



HEALTHY

Campfire Cooking Program

HealthiestWeightFL.com

Vegetarian Quinoa Stir Fry

Serves 4

- 4 cups quinoa, cooked
- 4 small zucchini, chopped
- 4 small summer squash, chopped
- 1 cup, edamame
- 8 tsp. olive oil
- 4 tsp. garlic powder
- salt & pepper to taste
- aluminum foil for packets

1. Make 4 large double-layers of foil strips. Spray with non-stick cooking spray to keep things from sticking.
2. In a bowl, combine zucchini, squash, and edamame. Drizzle olive oil over vegetables and stir so all are coated.
3. Place 1 cup of the cooked quinoa on each foil strip.
4. Layer vegetables on top of quinoa. Sprinkle with garlic powder, salt and pepper until well coated.
5. Wrap and seal the aluminum foil. Leave room in the packet to allow air to flow through as it cooks.
6. Cook on hot coals for 10 minutes, flip about half-way through.
7. Open with caution—there will be lots of steam.

Nutrition information per serving: 388 calories; 13 grams protein; 14 grams fat; 51 grams carbohydrate; 9 grams fiber.

55 minutes hiking = 422 calories/hr.
(155 lb. person)

Find places to hike at
www.FloridaStateParks.org.



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Cheesy Broccoli Scrambled Eggs

Serves 4

- 4 large oranges
- 4 large eggs
- 1 cup broccoli florets
- salt & pepper to taste
- ¼ cup reduced-fat cheddar cheese, shredded
- aluminum foil
- 1 gallon zippered plastic bag

1. Cut off the quarter top of the oranges. Carefully scoop out the pulp, making sure to not break the skin.
2. Crack the eggs into the zip lock bag. Press out most of the air in the bag and seal. Shake or squeeze the bag to scramble the eggs.
3. Add broccoli, salt and pepper to the bag. Seal the bag. Shake bag to combine ingredients.
4. Pour the egg mixture into the four orange shells. Wrap completely in aluminum foil.
5. Place oranges on top of hot coals and cook until eggs are cooked through.
6. Top with cheese.
7. Enjoy the scooped out oranges as well!

Nutrition information per serving: 99 calories; 8 grams protein; 5.5 grams fat; 1 gram carbohydrates; 0 grams fiber.

30 minutes playing catch = 176 calories/hr.
(155 lb. person)

Find places to play catch at
www.FloridaStateParks.org.



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