

Dietitian Tip **June**  
Tuesday **16/20**

# What's Cooking? Campfire Edition

It's finally almost summer, and with that comes backyard fires and camping! Our dietitians love cooking over the fire, and want to share a couple of delicious recipes for you to try.

# Tinfoil Dinner

**Prep Time: 15 minutes    Cook Time: 30 minutes**

## Ingredients

4 pieces of tinfoil (12 inches in length)

Cooking spray

4 sausages (choose a favourite)

1 medium onion

4 small potatoes

4 cups assorted veggies (ex. broccoli, carrot, mushroom, cauliflower, spinach, squash, bell pepper)

Seasonings of choice (garlic powder, rosemary, thyme)

Salt and pepper to taste

## Directions

1. Cut sausage, onion, potato and vegetables into 1.5 inch pieces.
2. Spray tinfoil pieces thoroughly with cooking spray (to prevent sticking).
3. Divide ingredients between 4 pieces of tinfoil and fold to close.
4. Cook for 20-30 minutes in hot coals or on a wire rack above the fire. Turn occasionally using tongs to avoid burning the food. Sausage should be cooked through and potatoes soft.
5. Be careful opening as there will be steam that can burn you.
6. Eat straight from the tinfoil container (less dishes yay!) or scoop onto a plate and enjoy!



Find example recipes, and more information on nutrition and healthy eating, at [www.grandeprairiepcn.com/resources/dietitiantip](http://www.grandeprairiepcn.com/resources/dietitiantip)

# Tinfoil Apples

**Prep Time: 5 minutes    Cook Time: 20 minutes**

## Ingredients

4 apples (sliced)  
1 tbsp brown sugar  
1 tsp cinnamon  
Tinfoil

## Directions

1. Sprinkle sliced apples with brown sugar and cinnamon.
2. Wrap in tinfoil and place on hot coals or wire rack over fire.
3. Let cook for 20 minutes or until tender.
4. Be careful when opening tinfoil as steam can burn the skin.

Adapted from Super Healthy Kids Healthy Camping Meal Plan, Recipes and Shopping List at [www.superhealthykids.com](http://www.superhealthykids.com)



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