

RISE & SHINE KABOBS: A BREAKFAST FOR CAMPERS, TAILGATERS, AND WEEKEND WARRIORS EVERYWHERE

What You'll Need

- Sticks or skewers
- 3 mandarin oranges
- 2 cups of pineapple chunks
- 2 green peppers
- 3 new potatoes
- 1 pkg. of sausage links
- 1/2cup of desired flavor of jelly, jam, preserves, or honey

Arrange the ingredients on the stick in whatever order you wish, roll the kabobs in the jam as a kind of quick marinade, and cook over hot coals for about 15 minutes or until the sausage has browned. Take care not to put the kabobs too close to the coals in your early morning haze, as the fruit and vegetables will burn before the meat is finished cooking. Serves 2-3

CARNIVORE BREAKFAST: LOTS OF PROTEIN TO JUMPSTART YOUR MOUNTAIN CONQUERING MOTOR

What You'll Need

- Sticks or skewers
- 2 eggs
- 2 sausage links
- 2 strips of bacon

This is a very basic yet delicious breakfast. A skewer will work much better for this one, because you'll need something as sharp and skinny as possible to accommodate everything at once and not shatter the eggshell. Put one end of the bacon on the sticks and skewers, then the sausage. Wrap the bacon around the sausage a few times and then skewer the other end at the top of the sausage link. Push the bacon-wrapped sausage down the stick or skewer so that there is about 4-5 inches at the top to make room for the egg. Carefully skewer the wide end of the egg first, and then gently through the small end. Hold the skewer so that the small end of the egg slopes down toward the ground. Some egg white will drain out and cook on the outside of the egg, preventing any more from draining out. Cook the egg for 10-12 minutes over hot coals, turning frequently.

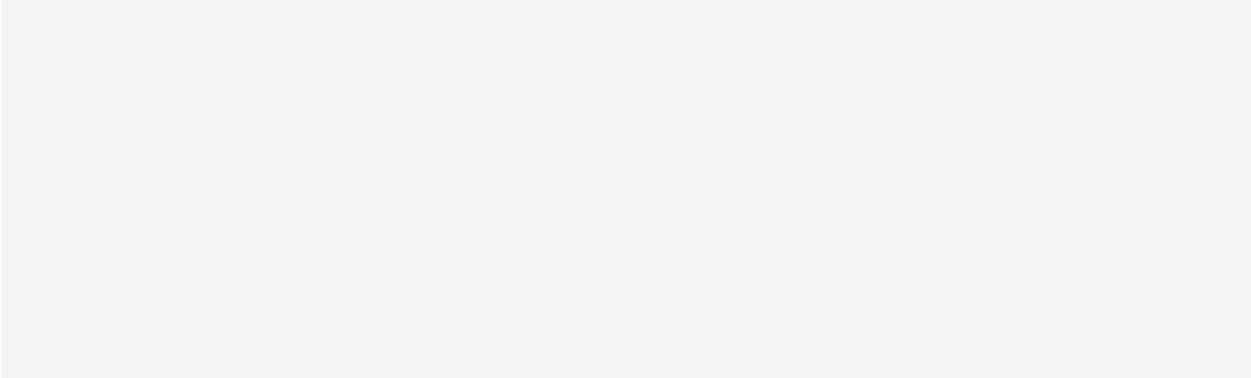
Cook the bacon-wrapped sausage over the coals for 5-7 minutes or until the bacon is brown and crispy. Serves 2.

PORK CUBE-BOBS: ANOTHER LUNCHTIME TAKE ON THE SAME OL' SHISH KABO

What You'll Need

- Sticks or skewers
- 1lb pork loin
- 2 gala apples
- 1 green pepper
- 1 white onion
- 1/4 cup walnuts
- 1/8 cup brown sugar
- 2 tsp butter
- Salt to taste

Cube and salt the pork loin. Cut the onion, green pepper, and 1.5 apples into chunks. Arrange the meat, fruit, and veggies on the stick or skewer in your desired order. Chop the remaining apples into very small chunks (if you want to break out of caveman character, you can use applesauce or a food processor to get the itty-bitty apple chunks). In a bowl, melt the butter over the fire and stir in the small apple chunks, walnuts, and brown sugar. Pour or brush the mixture over the ingredients on the stick, paying special attention to the pork. Cook over hot coals for 6-8 minutes, pouring or brushing the mixture over the kabobs and turning frequently. Serves 2-3.



VEGGIE-STUFFED SPICY MEATBALL SUBS: QUICK AND EASY MEATBALL SANDWICH WITH A SOUTHWESTERN KICK

What You'll Need

- Sticks or skewers
- 1lb ground beef
- 2 eggs and 1/4cup cracker or bread crumbs mixed into the ground beef before making them into balls.
- 1 green pepper
- 1 white onion
- 2 jalapenos
- 1 cup shredded cheddar cheese
- 1/4 cup salsa
- 4 hot dog buns
- Chili Powder, salt and pepper to taste