

Menu #8

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 cup Oatmeal, ½ cup berries, 12 ground almonds	Ham & Cheese Breakfast Muffins* , Fresh Fruit Salad	½ cup cottage cheese, ½ cup mixed fruit, ½ cup yogurt, toast w natural peanut butter	Cranberry Flax Muffin* , cottage cheese & peaches canned in water	¾ cup Kashi Go Lean Crunch, ½ Grapefruit	2 Scrambled eggs, salsa, 1 Tbsp grated cheese all wrapped in ww tortilla	Whole Wheat Pancakes, Turkey Bacon, Fresh Fruit Salad
Lunch	Tuna & White Bean Salad* , Raw Veggies, 2 Ryvitta or Wasa crackers	Parmesan Chicken Wraps* , Spiced Almond Rice* , Spinach Salad	Szechuan Green Beans w Beef or Bison* , Brown Basmati Rice, Mini-Carrots	Chili Taco Salad with ww tortillas* , spinach salad with sliced strawberries & 1 Tbsp roasted slivered almonds	Black Forest Ham & Turkey Wrap, Decadent Fruit Smoothie*	Salmon Salad Fajitas* , Baby Carrots, Yogurt	Special Tuna Salad w Corn & Peppers* , Raw Veggies, 2 Ryvitta or Wasa Crackers
Supper	Lean Sirloin Fajitas w Greens* , Mexican Brown Rice w Tomatoes & corn*	Pork Tenderloin with Mango Chutney* , Sweet Potato-Squash-Bulgur* , raw veggies	Fish Fillets with Vegetables* , Baked Potato Wedges, mixed greens	BBQ Lean Steak, Marinades* , Baby New Potatoes tossed w olive oil, Steamed Broccoli & Cauliflower w parmesan cheese	Curried Chicken Lentil Stew* Brown Basmati Rice, Tossed Salad	Ginger Beef with Egg Noodles & Snap Peas* , Raw Veggies with light Ranch dressing	Low-Fat Butter Chicken w Veggies* , Quinoa or Brown Rice, Spinach Salad
Snacks for the day	1/2 cup yogurt OR ½ cup cottage cheese 1/3 to 1/2 cup fruit	12 walnuts ½ cup dried fruit 1 cup Vegetable V8 Juice	¾ cup yogurt 1 Pear or Orange Sesame Snaps	½ - 1 cup apple sauce 12 almonds 1 c grapes	¾ cup oatmeal 1 apple Skinny latte	1 Elevate Me Bar 1-1.5 c Ovaltine made with 0-1% milk	Vegetable V8 Juice 10 mini-carrots 2 c air-popped popcorn

Ham & Cheese Breakfast Muffins*

What You Will Need:

- 4 eggs
- $\frac{3}{4}$ cup 0-1% milk
- 1 Tbsp honey mustard
- Pinch of salt & pepper
- 5 cups of cubed whole grain bread (about 5 slices)
- $\frac{3}{4}$ cup shredded light cheddar cheese (< 20% M.F.)
- $\frac{3}{4}$ cup diced deli ham (or leftover baked ham)
- 12 cherry or grape tomatoes cut in half lengthwise

How to Prepare:

1. Preheat oven to 350 degrees F. Line 12-cup muffin tin with muffin papers or spray with non-stick spray.
2. In a large bowl whisk together the eggs, milk, mustard, salt, pepper. Stir in the bread, grated cheese & ham; mix until evenly coated with the egg mixture.
3. Spoon the mixture into the muffin tin, pressing gently and drizzling with any liquid left in the bowl. Press 2 tomato halves, cut side up (seeds up), on top of each muffin.
4. Bake for about 25 minutes or until golden and puffed and when a knife inserted into the centre comes out clean. Let cool in the pan on a rack for 5 minutes before serving.
5. Muffins can be cooled, then individually wrapped and refrigerated for up to 2 days OR can freeze for up to 2 months. Serve hot.

Makes 12 muffins.

Nutrition Facts (per muffin): 108 calories, 8 g protein, 10 g carbs, 4 g fat, source of calcium, vitamin B12, phosphorus, niacin, riboflavin.

***Source:** Dairy Farmers of Canada, 2009 Milk Calendar

Salmon (Fish) Fillets with Vegetables

What You Will Need:

4 skinless salmon fillets, 170-200 grams each (could use halibut, sea bass or cod)
2 carrots, peeled & julienned into thin matchsticks
2 spring green onions, cut into 1 inch segments
16 snow pea pods
1 Tbsp Olive Oil
60 ml (1/4 cup) white wine or apple juice
Handful of fresh herbs – thyme & chives are ideal
Salt & pepper to taste

How to Prepare:

1. Pre-heat the oven to 400 degrees F; or use a medium-high setting on a grill.
2. Wash and cut the vegetables. Toss the veggies with the oil, herbs, salt & pepper.
3. Rip off 4 pieces of tin foil, big enough to create a sealed pouch for each piece of fish. Put each piece of fish on a sheet of tin foil. Divide the vegetable mixture evenly as you pour this over each piece of fish. Seal up the foil and bake on a cookie sheet or place on a grill for 25 minutes.
4. The fish is cooked when it easily flakes in the middle with a fork.

Curried Chicken Lentil Stew*

What You Will Need:

- 1 tbsp olive oil
- 2 lb (900 g) chicken breasts, cut into 1-inch cubes
- 2 onions, cut into eighths
- 5 garlic cloves, chopped or minced (or 3 Tbsp minced garlic)
- 2 tbsp curry powder
- 2 cups chicken broth
- 2 cups water
- 1 ½ cup dry lentils (green, yellow, brown and/or red)
- 2 cups cherry tomatoes, quartered
- 2 carrots, washed, peeled & diced into ½ inch chunks
- 2 stalks of celery, washed & diced into ¼ inch chunks

How to Prepare:

1. Heat the oil in a large pot over medium-high heat. Add the chicken and brown for 5 minutes, turning often.
2. Reduce the heat to medium, add onions & garlic; stir; let cook for 5 minutes.
3. Add the curry powder, stir, then add the rest of the ingredients. Cover and simmer for 50 minutes, stirring occasionally. Uncover and let sit for 5 minutes before serving.

Makes 6-7 servings

Nutrition Facts (per serving): 392 calories, 5 g fat, 36 g carbohydrates, 49 g protein, 18 g fibre, 5 mg iron.

***Source:** Oxygen Magazine, Fall 2009

Ginger Beef with Egg Noodles & Snap Peas*

What You Will Need:

- 1 tsp olive or canola oil
- 6 cloves garlic (or 2 Tbsp minced garlic)
- 1-2 Tbsp finely grated fresh ginger (or 1-2 Tbsp ginger powder)
- 1 bunch green onions
- 1 lb (450 g) extra-lean ground beef (or ground chicken, ground pork, or tofu)
- ¼ cup soy sauce
- 2 Tbsp rice wine vinegar
- 1 Tbsp sesame oil
- ½ - 1 tsp red pepper flakes
- ¼ cup sweet chilli sauce
- 2 Tbsp cilantro (optional)

- 3 cups boiling water
- ¾ lb (340 g) whole wheat broad egg noodles

- 1 small zucchini (Italian squash), washed & sliced
- 3 cups snap peas, washed & trim off brown bits

How To Prepare:

1. Heat the oil in a large non-stick fry pan on medium heat. Add the ground meat/poultry/pork, brown and discard the fat. Could even rinse the meat under running hot water once fully brown (no longer pink).
2. Add the garlic, ginger, onions to the meat; sauté for 2-3 minutes. Add the soy sauce, vinegar, sesame oil, red pepper flakes, chilli sauce and cilantro; let simmer on medium-low heat.
3. Boil the water in a separate pot; then add the noodles and cook according to package directions; likely will take 10-12 minutes at medium temperature.
4. Meanwhile, add the sliced zucchini wedges and snap peas to the meat mixture, stir fry to heat thoroughly.
5. Drain the cooked noodles. Serve noodles on the plate with ginger beef-vegetable mixture over top. Serves 4-6

Note: could add additional vegetables to this stir fry, such as broccoli, cauliflower, water chestnuts, carrots, celery, mushrooms, bok choy, etc.

Source: Cooking for the Rushed by Sandi Richard.

Lean Sirloin Fajitas with Greens*

What You Will Need:

- 1 tsp olive or canola oil
- 1 lb (450 g) lean, boneless sirloin steak, cut into thin strips
- 1 tsp of each: cumin, chilli powder, minced garlic
- Salt & pepper to taste
- 1 small onion (purple is preferred)
- 1 small green pepper
- 1 small red pepper
- 8 large soft whole wheat tortillas
- $\frac{3}{4}$ cup chunky salsa
- 1 Tbsp of each: Worcestershire sauce, red wine vinegar

Topping Suggestions:

- 2 green onions, slice into $\frac{1}{2}$ inch pieces
- 4 Roma tomatoes, diced
- 1 cup grated light cheddar (< 20% M.F.) cheese
- 1 bunch of green leaf lettuce, shredded
- Fat free sour cream & extra salsa (optional)

How to Prepare:

1. Pre-heat oven to 350 degrees F. Heat oil in a large non-stick skillet or wok. Add the steak strips to the heated oil; keep tossing until no longer pink. Add the spices while the meat is browning.
2. Now turn off the oven; wrap the tortillas in tin foil and place in the warm oven.
3. Slice the onions & peppers, add to the meat strips. Then add the salsa, Worcestershire sauce & red wine vinegar to the meat mixture, blend well.
4. Wash and slice the fajita toppings. To assemble fajitas spoon the meat mixture onto the centre of a warm tortilla; add your favourite toppings, then fold up the fajitas.

*Source: Life's on Fire – Cooking for the Rushed, by Sandi Richard

Cranberry Flax Muffins*

What You Will Need:

½ cup dried cranberries, chopped
1 cup 0-1% milk
1/3 cup fat free, plain yogurt
1 cup enriched white flour
¾ cup whole wheat flour
¼ cup ground flaxseeds
2 tsp baking powder
1 tsp cinnamon
¼ tsp each: baking soda & salt
2/3 cup packed brown sugar
1 egg
¼ cup melted butter
Extra dried cranberries – optional

How to Prepare:

1. Preheat oven to 375 degrees F. Put paper liners in 12 tin muffin pan or spray the pan with non-stick spray.
2. In a bowl combine the cranberries, milk & yogurt
3. In a separate bowl combine all the dry ingredients: flours, flaxseeds, baking powder, cinnamon, baking soda & salt.
4. Whisk the brown sugar, egg & melted butter into the milk mixture. Now add the dry ingredients into the milk mixture – only mix until moistened.
5. Spoon the muffin mixture into the muffin tin; filling each about 2/3 full. Press a few extra cranberries into the top of each muffin batter.
6. Bake for 20-25 minutes or until the tops are firm to touch. Let cool for 10 minutes. Makes 12.

Nutrition Facts: 153 calories, 4 g protein, 22 g carbohydrates, 6 g fat, 2 g fibre.

***Source:** Dairy Farmers of Canada, 2009 Milk Calendar

Spiced Almond Rice*

What You Will Need:

3 cups cooked brown rice (or start with 1 cup uncooked, add 2 cups water or chicken)
1-2 tsp (5-10 ml) curry powder (choose your degree of heat)
½ cup chopped almonds
Sprinkle of fresh basil or dill (or dried basil or dill)

How to Prepare:

1. Bring water or chicken broth to a boil. Then add the dry rice and simmer for 45-50 minutes over low heat with lid on saucepan.
2. Stir in the curry, almonds, and basil or dill.

*From www.Chatelaine.com April, 2006.

Parmesan Chicken Wraps^

What You Will Need:

4 whole wheat tortillas
1 lb (500 g) boneless, skinless chicken, cut in thin strips
3 cloves garlic, minced
1 tsp basil
2 Tbsp flour
1 cup Milk
1/3 cup parmesan cheese
½ tsp hot pepper sauce (optional)
¼ tsp pepper
2 fresh tomatoes
¼ cup chopped fresh basil (optional)

How To Prepare:

1. Spray non-stick pan with Pam or use small amount of oil. On medium heat cook the chicken with garlic and dried basil, stirring until the chicken is brown all over.
2. Whisk flour into milk and gradually stir into skillet. Reduce heat to medium-low and cook, stirring for about 5 minutes or until thickened and chicken is no longer pink inside.
3. Remove from heat; stir in parmesan cheese, hot pepper sauce, pepper. Keep stirring until the cheese is melted. Spoon filling along centre of each tortilla; top with tomatoes and fresh basil.
4. Fold up bottom of tortilla, then fold in the sides to enclose the filling.

Makes 4 servings. ^From 2006 Milk Calendar, Alberta Milk, www.albertamilk.com

Pork Tenderloin with Mango Curry+

What You Need:

- 1 lb (454 grams) pork tenderloin
- 2 Tbsp oil or butter
- 2 cloves garlic, minced
- 1 small onion, finely chopped
- 1 Tbsp yellow curry paste or powder
- 1 cup Half & Half OR Whole Milk (3.25% M.F.)
- 1/3 cup mango chutney
- ½ cup plain yogurt
- Toasted sliced almonds

How to Prepare: serves 4

1. Cut the pork tenderloin crosswise into 1 inch thick medallions. In a large skillet melt 1 Tbsp butter (or heat half of the oil) over medium-high heat. Brown the pork medallions, turning once for 2 minutes per side; transfer the pork to a plate.
2. Reduce heat to medium-low and add the second Tbsp of butter or oil with the garlic, onion & curry; cook stirring for about 3 minutes or until softened. Pour in the cream or milk along with the mango chutney and bring to a boil, stirring and scraping up any bits that stick to the pan. Boil gently until thickens slightly, about 3 minutes.
3. Return the pork to the skillet, simmer for about 2 minutes or until just a hint of pink remains in the pork. Serve with a dollop of yogurt and sprinkle with almonds.

+ From 2006 Milk Calendar, www.albertamilk.com.

BBQ Marinades (Recipes from Alberta Pork)

Spicy BBQ Sauce:

- 1 cup ketchup
- 1 tsp garlic powder
- 1 tsp salt
- ½ tsp dried thyme
- ¼ cup honey or brown sugar
- ¼ cup each lemon juice, water, Worcestershire sauce
- 2 tsp prepared yellow mustard

In a medium saucepan combine all ingredients and simmer for 5 minutes

Hoisin Marinade:

- ½ cup hoisin sauce
- 2 Tbsp rice wine or dry sherry or red wine
- 1 Tbsp oyster or fish sauce
- 1 Tbsp sugar
- ½ tsp ground allspice
- ¼ tsp grated ginger root

In a glass jar with a tight fitting lid thoroughly combine all ingredients.

Honey Mustard Marinade:

- ½ cup beer
- 2 Tbsp each canola oil, honey, Dijon mustard, prepared yellow mustard
- 1 tsp coarse black pepper

In a glass jar with a tight fitting lid thoroughly mix all ingredients.

Teriyaki Marinade:

- ¾ cup orange or pineapple juice
- ¼ cup soy sauce
- 2 cloves garlic, minced
- 2 Tbsp honey
- ½ tsp ground ginger

Mix all ingredients in a glass jar.

Sweet & Simple Marinade:

- ½ cup apricot jam
- 1 Tbsp Dijon mustard
- 1 ½ Tbsp Worcestershire sauce
- 1 Tbsp cider vinegar

Heat all ingredients in a saucepan, stirring until the jam is melted

Salmon Salad Fajitas*

What You Will Need:

- 1 can (7.5 oz/213 g) canned salmon OR 8 oz cooked salmon fillet
- ¼ cup low-fat plain yogurt
- 2 Tbsp light Mayonnaise
- ¼ tsp chilli powder
- 1 medium carrot, grated
- 1 green onion, chopped
- 1 tomato, diced
- 1 small avocado, peeled & cut in chunks
- ¼ cup chopped fresh coriander or cilantro
- Salt & pepper to taste
- 4, 8-inch whole wheat tortilla shells
- 4 large leaves dark green lettuce

How to Prepare:

1. In bowl, combine the salmon, yogurt, mayo and chilli powder. Add the carrot, onion, tomato, avocado & coriander. Season with salt & pepper to taste; stir gently.
2. Wrap the tortillas in foil and heat in the oven (350 degrees F) for 5 minutes.
3. Lay each tortilla flat, top with lettuce then spoon salmon mixture and roll up. Makes 4 tortillas.

*Source: Anne Lindsay's Light Kitchen, 1994.

Nutrition Content: per filled tortilla

328 calories, 15 g protein, 16 g fat, 34 g carbohydrate, 414 mg sodium, 3 g fibre, 695 mg potassium.

Chili Taco Salad

What You Will Need:

- 1 ½ lbs (750g) extra lean ground beef
- 1 pouch onion soup mix
- 1 ½ Tbsp chili powder
- 1 tsp ground cumin
- 2 cloves garlic, minced
- 1 ½ cups water
- 1 19 oz (540mL) can red kidney beans, rinsed and drained
- 1 red pepper, seeded and diced
- 1 cup ready made pasta sauce
- 6 large whole wheat tortillas
- 1 bag mixed lettuce
- 1 medium tomato, diced
- ½ cup grated Cheddar cheese

How to Prepare:

Preheat oven to 350°F (180°C). Brown beef in a 12-inch skillet and drain. Stir in soup mix, chili powder, cumin and garlic; cook for 1 minute. Add water, beans, red pepper and pasta sauce and bring to a boil over high heat. Reduce heat to low and simmer uncovered for 15 to 20 minutes, stirring occasionally. Meanwhile, press tortillas into individual oven-proof bowls and bake for 15 minutes. Let cool 5 minutes and place on plates. Fill tortillas with lettuce and tomatoes and top with chili and grated cheese.

Makes 6 servings.

Tuna and White Bean Salad

What You Will Need:

- 1/4 cup extra virgin olive oil
- 1/4 cup apple cider vinegar
- 2 Tbsp honey
- 2 Tbsp lime juice
- 1/2 tsp garlic salt
- 1/2 tsp ground black pepper
- 1 1/4 cup low sodium vegetable cocktail
- 1 8oz (226g) package mixed salad greens
- 2 170g cans tuna
- 1 19oz (540mL) can white navy beans, rinsed, drained and chilled
- 1 cup cherry tomatoes cut in half
- 1 small English cucumber, cut into ribbons, chilled

How to Prepare:

Mix oil, vinegar, honey, lime juice, garlic salt and pepper in a blender. Gradually add vegetable cocktail. Refrigerate mixture. Toss salad greens, tuna, beans, tomatoes and cucumber together in a large bowl with dressing. Serve.

Makes 2 servings.

Nutrients Per Serving:

369 Calories, 48g carbohydrate, 12g fibre, 29g protein, 8g fat

Decadent Fruit Smoothie*

What You Will Need:

1 ripe banana
10oz (300g) peach-mango flavoured dessert tofu
1 cup frozen peach or mango slices
1 cup orange juice
liquid honey or granulated sugar as needed

How to Prepare:

Blend banana, tofu, peach slices and orange juice at high speed until smooth. Sweeten with honey if needed.

Makes 4 servings.

Nutrients Per Serving: 123 Calories, 25.4g carbohydrate, 1.7g fibre, 3.6g protein, 1.5g fat

*page 87 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Special Tuna Salad with Corn & Peppers*

What You Will Need:

- 1 can (184 grams) tuna packed in water
- 2 green onions, chopped
- 1 stalk celery, diced
- ½ cup cooked corn (could cut off cob)
- 2 Tbsp Each: light mayo, plain yogurt, fresh coriander or parsley
- 2 tsp lemon juice
- 3 tomatoes

How to Prepare:

Combine tuna, onions, celery, corn, mayonnaise, yogurt, coriander, parsley, lemon juice & pepper – mix well. Keep tomatoes whole, but carefully cut slits in the tomatoes, spoon tuna mixture into tomatoes. (Could also dice the tomatoes and toss all ingredients together). Makes 2-3 servings, each: 161 calories, 17 grams protein, 4 grams fat, 16 grams carbohydrates.

***From Anne Lindsay's Light Kitchen, 1994.**

Szechuan Green Beans & Beef (or Bison)

What You Will Need:

400-500 g Extra Lean Ground Beef or Bison
2 tsp canola oil
1 lb (500 g) green beans, cut in 1" lengths
6-8 cloves garlic, minced (6 Tbsp minced garlic in a jar)
1 tsp hot chili paste or ½ tsp crushed red pepper flakes
4 green onions, diagonally sliced into long strips

Sauce

3 Tbsp soy sauce, 2 Tbsp sugar, 2 Tbsp rice or cider vinegar, 1 Tbsp cornstarch, ½ cup water

How to Prepare:

1. Mix together the soy sauce, sugar, vinegar, cornstarch and ½ cup water, set aside.
2. In nonstick skillet, cook the beef over medium-high heat, breaking it up and drain off the fat. Once completely brown can drain the meat in a colander under hot tap water.
3. Add the oil to the skillet. Add the beans & garlic, stir fry for 1 minute. Stir in the chili paste and ¾ cup water; cover & cook for 2-3 minutes stirring occasionally.
4. Stir in the cook meat, and the soy sauce mixture, stir together, bring to boil.
5. Finally, stir in the green onions & cook for 1 minute.

Makes 3 servings.

Mexican Brown Rice with Tomatoes & Corn

What You Will Need:

- 1 Tbsp olive oil
- 3-4 cloves minced garlic, or 3 Tbsp pre-minced garlic
- 1 large onion, chopped
- 1 Tbsp chili powder
- 1.5 tsp ground cumin
- 1.5 tsp dried oregano
- 1 1/3 cup dry brown rice
- 1 can -14 to 19 oz stewed tomatoes
- 1/4 tsp hot pepper sauce
- 1 cup frozen corn
- 1 cup frozen peas
- 1/2 tsp each salt & pepper

How to Prepare:

1. In saucepan heat the oil over medium heat, add the garlic & onion, stirring for 3 minutes. Stir in chili powder, cumin & oregano; cook for 1 minute. Stir in the rice until well coated.
2. Stir in 1 1/3 cup water, tomatoes & hot pepper sauce; bring to boil, breaking the tomatoes with spoon. Reduce heat to low; cover and simmer for 30 minutes. Then add the corn & peas and heat up the mixture back to simmering then cook final 10 minutes.

Makes 4 servings.

From: Anne Lindsay's New Light Cooking.

Sweet Potato, Squash & Bulgur

What You Will Need:

- ½ cup dry bulgur (cracked wheat)
- 1 Tbsp olive oil
- 1 onion, sliced
- 2 cloves garlic, chopped
- 1 tsp each cumin, dried oregano, and paprika
- 3 cups cubed, peeled butternut or winter acorn squash
- 1.5 cups cubed peeled sweet potato
- 1 sweet red or green pepper, chopped
- 2 cups chopped tomatoes
- ¾ cup vegetable or chicken stock
- 2 Tbsp balsamic vinegar

How to Prepare:

1. In a bowl cover the bulgur with 2 cups of hot water; let stand for 15 minutes. Drain.
2. In a large nonstick skillet or wok heat the oil over medium-high heat; cook onion & garlic, stirring often for 5 minutes or until onion is softened.
3. Add cumin, oregano, & paprika; cook, stirring for 2 minutes.
4. Add squash, sweet potato & red pepper, cook stirring for 2 minutes.
5. Add the tomatoes & vegetable/chicken stock; bring to simmer. Cover & cook for 15 minutes until veggies are tender.
6. Stir in the bulgur, simmer for 5 minutes. Stir in the vinegar, season with salt & pepper.

Makes 4 servings.

From: Anne Lindsay's New Light Cooking.

Low-Fat Easy Butter Chicken with Veggies

What You Will Need:

4-6 chicken breasts (skinless, boneless, cut into 1-2 inch cubes)
1 jar of Blue Label President's Choice Indian Butter Chicken Sauce
2-3 cups frozen peas
2-3 carrots, diced into 1/2 inch pieces
2-3 stalks celery, sliced
1 cup chopped mushrooms
Optional: 14 oz can of chickpeas, rinsed
Olive oil

How to Prepare:

1. Heat the oil in a large pot. Add the chicken cubes. Keep turning the chicken until no longer pink.
2. Add the jar of butter chicken sauce. Fill the jar with water and add to the chicken.
3. Bring to a boil, then reduce heat to low for at least 30 minutes; longer is better.
4. Add the peas, carrots, celery, mushrooms & chickpeas; continue to simmer on low-medium heat for another 15-20 minutes.

From: Kelly Anne Erdman