

GymJunkies.com Recipe Contest 2010

Winner: Steak a la Chez Wolf by Julie

Well...the title is silly but it's something a friend coined...

Ingredients:

I usually buy eye of round roast beef, it tends to be lean enough. Any other lean cut of steak will suffice as well.

1 half pint of strawberries

half a bag of spinach

1/4 cup of balsamic vinegar

3 cloves garlic, chopped

3 shallots, sliced thinly

Get a frying pan medium hot and add a tablespoon of coconut oil. Add the garlic, shallots and strawberries. Push these around for a minute, and then add the balsamic vinegar.

Cook until the strawberries start to disintegrate.

Add spinach and cook until wilted. Move this mixture to the sides of the pan until the middle is clear. Drop the steak on and cook to your liking. I like it rare, so I leave it there about a minute per side.

Serves 2.

Buffalo Chicken Chili by Lanell

One of my good friends made this recipe up & it's one of my favorites.

1 T Extra Virgin Olive Oil

2 T butter

2 # all white meat ground chicken breast or 1 # each of ground chicken breast & ground turkey breast

1 Large carrot, peeled & finely chopped

1 Large Onion, chopped

3 Ribs celery, finely chopped

5 large cloves of garlic, chopped

1 T smoked paprika

1 bay leaf

salt & freshly ground pepper

2 C chicken stock or 15 oz. can chicken broth

1/4-1/2 C hot sauce (depending on how hot you like it)

15 oz. can tomato sauce

15 oz can crushed tomatoes

Place a large pot over med-high heat, add 1 turn of the pan of Extra Virgin Olive Oil (about 1 T) and the butter.

Once the butter has melted and the pot is hot, add the ground chicken. Brown it using the back of a wooden spoon to break it into small pieces, about 5-6 minutes. Add the carrot, onion, celery, garlic, paprika, bay leaf & some salt & pepper. Cook stirring frequently for about 3-4 minutes. Add the chicken stock, hot sauce, tomato sauce & crushed tomatoes & bring to bubble. Simmer for 8-10 minutes to let the flavors come together. Or just after mixing everything, crock pot all day.

I want the shirt Thai Shrimp Salad with Mango Dressing by Nancy

Salad:

- 1 lb shelled and deveined med shrimp or prawns
- 1 red bell pepper quartered, seeded and thinly sliced
- 1/2 med cucumber peeled, cut in half and seeded and cut into thin slices
- 8 oz spinach leaves stemmed and washed
- 2 Tbls pine nuts
- 2 med green onions thinly sliced
- 2 Tbls minced cilantro

Dressing

- 1 med ripe mango
- 4-5 Tbls lime juice
- 2 Tbls light brown sugar
- 2 Tbls fish sauce
- 1 teas Chinese chili sauce or 1/2 teas. hot chili oil
- 1 Tbls grated fresh ginger

Bring a pan of water to a boil, add prawns and time for 2 minutes, until pink, curled and cooked through. Drain, rinse with cold water and drain again. Transfer to a paper towel lined bowl and refrigerate.

Prepare the spinach, cucumber and bell pepper and refrigerate

For dressing, peel the mango, cut in food processor (or blender) Add the lime juice, brown sugar, fish sauce, chili sauce or oil and ginger. Process until smooth and refrigerate.

When ready to serve. Cut the spinach leaves into shreds with scissors. Combine with the shrimp, bell pepper, cucumber, pine nuts, green onions and cilantro.

I like to lay this out on a platter with some whole spinach leaves on the bottom. A row of thin sliced cucumbers circling the plate with a few slices of lime tucked in this circle.

Then mound the Shrimp mixture in the middle. This is definitely a feast for the eyes as well. It's a fresh, clean taste and good enough to serve company. It always gets rave reviews at our house.

Per Serving Stats

Calories 201

Protein 20g

Fat 4g

Carbs 24g

Sodium 690 mg

Saturated fat 1g

Monosaturated fat 1g

Polyunsaturated fat 2g

Cholesterol 148mg

Black Bean Quesadillas by Brett

Everyone loves grilled food, and I have a fresh spin that doesn't even involve meat. I am a hardcore meat eater, but I love this recipe, and it is something fun and different to do on the grill. I didn't make it up, got it from a friend, but it needs to be shared

1-2 Red Peppers

Cilantro (to taste, but I usually do about a 1/2 cup)

Black beans

1 Large tomato

1/2-whole Jalapeno Pepper (depending on taste)

2-3 tbl spoons green onions

crumbled feta cheese, (to help hold together and give flavour) You may substitute with other healthier cheeses, but this makes it awesome and a little aint gonna hurt.

Whole Wheat tortilla's

Pre heat grill on a medium temp. I usually have mine set at around 350' or so. Brush grill lightly with oil to prevent sticking.

Roast the red peppers on the grill, then peel of the skin. Chop up tomatoes, and other ingredients. Mix in a bowl. Then add mixture to tortilla's. used a bit of Feta on the top and bottom to help make everything stick together. Place on grill and just cook until the tortilla's brown up and the cheese melts.

Slice and eat with your favorite Salsa. (Maybe someone has a killer Salsa Recipe)

Talapia by Sallie

Mine is simple and good.

Ingredients: Tilapia, capers, black olives, olive oil, garlic powder, paprika & green veggie of choice.

Sprinkle garlic powder & paprika lightly on tilapia – set aside..heat pan with olive oil & saute capers & black olives, add tilapia, cook one side, then easy turn on other – remove from pan, take green veggie and cook in pan..add to plate.Nice looking dinner, not a lot of fuss.

Creamed Cauliflower or “Mashed Faux-tatoes” by Brian

Depending on how much you want at one time, adjust accordingly.

2 cups raw cauliflower

2 large garlic cloves

2 tbsp organic, unsalted butter

1 tbsp organic heavy cream

salt/pepper/parsley

Steam cauliflower & garlic until soft. Put all ingredients together and blend until smooth (I use a hand blender).

May have to tweak it a little to suit your taste, but if you do it just right it'll taste like just mashed potatoes.

Eggplant in The Oven by Francisco

Serves 4

I love eating this vegetable dish even though I am a meat lover. You don't have to have meat or fish at every single meal, especially if you choose protein rich veggies. There is a Mediterranean style to this dish, so Mediterranean cooks should make this correctly on their first attempt.

1 large onion

2 red bell peppers

3 egg plants

olive oil

béchamel sauce (about a pint or 500 ml) – buy low fat version or make your own with skim milk and low fat cream.

optional: grated mozzarella cheese, (200 to 300 grams) – get the low fat version.

Halve the onions, then slice them. They should come apart in short strips. Lay the onion strips on a large roasting tray and douse them with olive oil. Cut one of the peppers in strips and layer them on top of the onion strips. (Don't try and "carpet" the tray with peppers, just sparsely populate the tray). Slice the egg plants into circles about the thickness of your pinkie finger. Layer half the egg plant slices on top of the peppers. Now you have one pepper left and half the egg plant left – do one more layer of pepper, then a top layer of egg plant slices.

(sprinkle rock salt on every layer, to taste)

Almost done now.

Pour the béchamel sauce all over the top layer of egg plant. Don't worry, eventually the sauce will ooze down to all the layers all by itself. Cook in the oven at a medium-high temperature for 30 minutes while you work out. Now remove from oven and sprinkle the grated cheese on top and put back in. When the cheese begins to toast, its ready to serve (about 5 or 10 more minutes, just enough for a shower).

Serve with your favorite rice!

ABET salad (avocado, bacon, eggs, and tomato) by Rick

1 avocado pitted and flesh scooped out

2-4 slices of cooked bacon chopped

2 hardboiled eggs chopped coarsely

1 tomato chopped

juice from half lemon

tsp chopped cilantro

salt and pepper to taste

chop up the avocado flesh and mix with the eggs and tomato. It's ok if it's a little mushy. Sprinkle with lemon juice, cilantro and the salt and pepper. Add the bacon and voila!

“TO DIE FOR” Chickan Piccata by Susie Traylohr

4 med boneless, skinless chicken breast

1 tsp. minced garlic

1/2 cup lemon juice

1/2 cup flour

2 tbsp olive oil

1/3 cup capers

1 can artichoke hearts (packed in water)

1 pkgl. sliced mushrooms

Coat chicken with flour. In large skillet, cook garlic and oil over moderate heat, until garlic is pale gold. Add chicken and brown -3 min. each side. Add lemon juice, artichokes, capers and mushrooms. Simmer, covered for about 30 min. Turn chicken occasionally.

Serve with brown rice or pasta. Deliciouso and hearty!

Bacon Avocado Omelet (Mexican style) by Jeremy

-2-3 slices of cooked bacon strips chopped

-1 small tomato chopped or bell pepper

-1 avocado pitted and cut into strips

-2-3 eggs whisked in a bowl

-chop some white onion (i use a lot of onion but its to your liking)

-1 piece of pepper jack cheese

Salsa Verde (the green salsa w/ tomatillos and Jalapeno peppers)

I start off by cooking the chopped onion first in 1-2 tablespoons of canola oil, cook them until they are slightly brown (this adds great flavor). Next toss in the chopped tomato and cook for another minute or two. Add the eggs and cook until they set and can be flipped into the form of an omelet. Before you form the omelet add the pre-cooked chopped bacon, pepper jack cheese, and avocado slices. Once the omelet is formed cook to your liking. Add the salsa verde on top and devour! I will sometimes have 1-2 corn tortillas on the side depending on my nutritional needs.

Chicken with tomato sauce and onions by Joe

Ingredients:

1 Package of chicken breasts

1 onion (usually a large one)

1 can of olives

extra virgin olive oil

tomato sauce

fresh basil

Directions

preheat the oven to 350

get a pyrex glass container, usually one of the larger size ones

cover the bottom with olive oil

cut the chicken into cubes or pieces that are not too thick

cut the onion either into slices or dice it up

put the chicken into the pyrex with the oil

add the onions and the olives

pour tomato sauce over the top. usually I like mine with a lot of sauce on it and depending how much chicken there is I usually use a whole jar.

if possible add some fresh basil on top.

put into the oven for about an hour

The dish goes well with some quinoa on the side or some frozen veggies.

Roasted Romano Beans by Julie

Fresh Romano Beans

Olive oil

Fresh Garlic and herbs such as oregano or rosemary

Pinch of Salt

Fresh grated Parmesan

Optional, roast some sliced onions and peppers at the same time

Preheat oven to 450 degrees F

wash and clean as many Romanos as you want to eat. Cut into bite sized pieces if you prefer. The two of us can eat a pound between us easily. Dinner with another couple had us nearly finishing 2 pounds between the 4 of us.

Let drain while you mince the garlic and herbs, add to a few tablespoons of olive oil and let flavors blend for a few minutes while the oven heats. When the oven is hot, toss the beans in the olive oil and spread over a baking sheet in one layer so they roast more than steam. Sprinkle with a bit of salt.

Roast for about 8 minutes and turn them over, roast for another 7-8 minutes until starting to brown and are to your desired degree of firm or tender. Grate some fresh Parmesan on and toss while it is hot.

If you do choose to roast peppers or onions with it, I suggest using either 2 pans or keep the vegetables separate on the pan as they may turning at different times.

This recipe is very basic. With good fresh ingredients however it is a true delight. By varying the herbs and other vegetables that you grill, summer squash and tomatoes are also great with this, we can eat and savor it twice a week during fresh bean season.

No Guilt Oatmeal Pancakes by Jesus Sanchez

I use this for either a breakfast(rarely), desert(sometimes), or carb load before a big next day lift or event (often).

What you need:

3 Tablespoons Whole Flax Seed (better texture)

Palm full of unsalted roasted almonds

1/2 Banana

3 Fresh Strawberries (sliced) or Palm full of Fresh Blueberries

4 WHOLE free range eggs

1/4 cup milk

Cinnamon

2 Packs of McCann's Sugar Free Instant Irish Oatmeal (Maple & Brown Sugar) or whatever you can get your hands on that you THINK is healthy (lol).

1. Grind up Flax seeds in blender at high speed. Lower the speed and add in the almonds.

2. Add in oats, 4 eggs, milk (Blend it, but DON'T Liquify!)

3. Pour 1/2 the batter into the hot pan and put in sliced bananas and fruit. Sprinkle the cinnamon on (if you like it). DON'T add the cinnamon during the blending it's better if used as a light coating.

You shouldn't need syrup. If you FEEL you do, add a good Maple one. This will taste good and the next day (when it metabolizes and the glycogen gets in the muscles) you will feel like taking on the world.

Cheers,

Jesus

Bacon Spinach Tomato by Jen

3-5 Slices of Bacon

4 cups fresh spinach

Cherry Tomato – cut in half

Cut bacon into bite size pieces and brown in a large pan. Drain bacon fat and wilt spinach in with the bacon, add tomato. Enjoy as a side dish for dinner and in an omelet for breakfast.

LAMB CHILI

1x can organic chicken broth

3x cans northern white beans

1x container of hot salsa (I like to use Garden Fresh Gourmet Screamin Hot)

1x pound pepper jack cheese cubed

3x lamb shanks left on bone

2x broccoli crowns chopped up

2x large red bell peppers chopped up

Dump all the ingredients into a crock pot for 4-6 hours on high. Pull out lamb bones prior to serving, meat will fall off the bone. Enjoy!

Easy and DELICIOUS: Salty Sea-bass by Vicente

Ingredients: 1 sea bass, cooking salt, 1 lemon

1. Pre-heat the oven (max power, 15-20 minutes)
 2. Put the sea bass (without removing bones or skin) on an ovenproff dish
 3. Cut two slices of lemon and place them into the fish's gills (to prevent salt to penetrate)
 4. Cover it COMPELTELY with cooking salt and place it into the oven
 5. Once the salty cover gets hard, remove the plate from the oven
 6. Remove carefully the salty cover. You will be able to easily remove skin and bones now
 7. Bon apetit!!
- Enjoy your meals!
Vicente

bacon/jalapenos by W C

go to your garden and pick a fresh jalapeno. Cut it lengthwise almost in half. De-vein and de-seed. Put in some cheese of your liking into the pepper, wrap in bacon, and then slide a water soaked toothpick perpendicular through the bacon/jalapeno/cheese. Grill hot and they are done when the bacon is done.

Omega Shake by Craig

Half pint full fat organic milk (omega fats), 3 organic eggs (more omega fats), a scoop of chocolate flavoured whey protein, small handful of almonds & walnuts, splash of chia seeds (more omega fats!) and blended all together. Possibly not a foody recipe, but delicious and powerful!

Crock-Pot Asian Pepper Steak by Justin

Ingredients:

2 lbs. steak (sirloin is preferable, but any other good cut will do)
2 tbsp coconut oil
1-2 cloves of garlic, minced
1/4 cup wheat-free tamari (similar to soy sauce)
1 16 oz can bean sprouts, drained (optional)
1 16 oz can diced tomatoes
1 large green pepper, sliced in thin strips
1 small onion, sliced
Salt and pepper to taste

Method:

On a chopping board, cut the steak on an angle to make strips about a ½ inch thick. In a large frying pan, add the oil and heat. Saute the steak until it lightly browns. Drain excess fat, liberally coat the meat with ground pepper and put the meat in the crock pot. Add garlic and tamari, and mix so that the steak is thoroughly coated. Cook in a crock pot on low for 6 hours. One hour before serving, add sprouts, tomatoes, green peppers and onions and turn crock pot to high. Cook for one hour and then serve piping hot.

Notes

The slow cooking process creates some seriously tender steak, and the extra time spent in the pot allows all the flavors to mix together to create a delicious dish.

And the best part? With a little forethought you can throw this together in the amount of time it would take to place a take-out order.

Watermelon Smoothie by Kelley

super simple but fast, yummy and filling-

2-3 cups frozen watermelon

1 cup almond milk

optional- egg whites for protein

blend and enjoy!