



THE ROAD TO SOCHI COOK BOOK



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A HUGE THANKS TO DANA LIS (PICTURED), EMMA MCCRUDDEN, AND CANADIAN SPORT INSTITUTE FOR LEADING OUR NUTRITION PROGRAM LEADING UP TO THE GAMES!

Beef

Beef Stew with Wild Rice

Serves 4

If your broth is too thin you can thicken it by rapidly whisking in 2tbsp of cornstarch that has been mixed with 50mls of cold water. Once it has been incorporated make sure to boil the broth for a few minutes to cook out the raw starch

Ingredients:

500g	Stewing beef
2	Onions
6 cloves	Garlic
3	Carrots
2	Potatoes
100g	Split peas
350g	Wild rice

Directions:

- Cut off any excess fat from the beef and dice into 1 inch cubes. Season with salt and pepper.
- Slice both onions and set aside.
- Heat up a large pot and add a tablespoon of sunflower oil. Add the beef and cook until it develops a dark brown color. Add the sliced onions and cook until they are lightly colored then add stock or water to the pot. Once it starts to slowly bubble reduce the heat to a simmer. Cook for 2hrs.
- Place lentils in with the stew, they will over cook and break apart but this is a healthy way to add thickness and richness to your stew.
- Peel the carrots and cut into half inch rounds. Dice the potatoes into half inch pieces. Add to stew after 1hr30mins. Taste and adjust seasoning
- Heat a small pot full of unsalted water, add wild rice, cook rice until it starts to split (about 20 minutes), drain off excess water
- Place wild rice in the base of a bowl. Cover it with stew.

Nutritional Information – per serve

760 kcals

110g carbohydrate

44g protein

17g fat

7g saturated fat



TEAM CANADA AT THE 2013 SOCHI TEST EVENT

Seared Beef Striploin, Sage and garlic mashed potatoes, carrots, warm legume and cherry tomato salad

Serves 4

This dish requires very little active preparation. To speed up the process start by making the lentils and cooking the potatoes as they take the longest to cook.

Ingredients:

4x4oz	Strip loin steaks (substitute any type of red meat)
4 large	Sage leaves(substitute rosemary, thyme or dill)
6 cloves	Garlic
3 large	Potatoes(sub sweet potato or yam)
200ml	Almond milk
5med	Carrots
30ml	Oil
1med	Onion
300g	Lentils (any variety or a mix)
10	Cherry tomatoes

Directions:

- Remove any excess fat from steaks and refrigerate until plating.
- Peel potatoes then cut them into uniform pieces. Place in cool salted water then heat the water to a gentle simmer, cook until you can easily cut through the center of the potato with a fork. Drain, mash and set aside.
- Mince sage and garlic, place in almond milk and gently simmer for until the taste of raw garlic dissipates. Add sage mixture to potatoes.
- Peel 4 carrots and cut into sticks, quickly boil until carrots are barely cooked (roughly 2 minutes depending on size) and season with salt and pepper.
- Sweat diced onion and carrot over low heat add lentils and enough water to cover. Cook for fifteen to twenty minutes keeping water level above lentils until lentils are soft enough to eat. Cut cherry tomatoes in half and set aside.
- Season steaks with salt and black pepper then lay on a cloth or paper towel to absorb excess moisture. Heat a pan big enough to comfortably fit all four steaks, this also maintains the pans temperature during cooking. Sear steaks on each side for 2 minutes, put pan in the oven for 6 minutes before checking if steaks are done.
- Heat up potatoes and give them a final season with salt and pepper, adjust consistency with almond milk. Toss cherry tomatoes in warm lentil salad and serve with cooked carrots.

Nutritional Information – per serve

640 kcals

85g carbohydrate

51g protein

12g fat

2.5g saturated fat

Leftovers: leftover beef can be seared quickly and added to any meal. Take the leftover potatoes, tomatoes and legumes, place them in a pot and cover with any type of stock or broth or use almond milk. Bring to a boil and cook for ten minutes, then puree in a food processor, blender or with a hand mixer. Adjust consistency with liquid and then season to make a healthy soup.

Italian Beef

Serves 12

Time 10 min

Marinade ahead 1-8 hrs

Ingredients

4 pounds	flank steak
1.5 cup	light Italian salad dressing
4 cups	tomato basil pasta sauce
3 tbsp	chopped garlic
1 cup	water mixed with 1 cup red wine vinegar and tsp sugar
2 tbsp	Italian seasoning

Directions

- Rinse steak under cold water and pat dry with paper towels. Place in large zip lock. Add salad dressing, 1 cup pasta sauce, and garlic to bag. Gently massage to mix marinade. Marinate in refrigerator for 1 to 8 hours.
- In a small saucepan combine remaining pasta sauce, wine, and seasoning. Bring to a boil over medium-high heat. Reduce heat and keep warm.
- Remove steak from refrigerator 30 minutes before cooking and bring to room temperature. Preheat grill to medium-high. Just before cooking, clean and oil grate.
- Remove steak from bag and discard marinade. Place steak on grill. Cook for 6 to 7 minutes per side. Serve hot with warm sauce.



ROB FAGAN AND KEVIN HILL JOIN THE TEAM ON THE WHISTLER GLACIER FOR SOMETRAINING SUMMER 2013

Jo Mama's Spaghetti with Meat Sauce

Serves 10-14

Time 60 min

Ingredients

1 lb	low fat turkey sausage, casings removed (mild or hot), fat poured off once cooked.
1.5-2 lb	extra lean ground beef,
2	small onions, chopped (optional)
3 – 4	garlic cloves, minced
2 (28 oz.)	cans diced tomatoes
2 (6 oz.)	cans tomato paste
2 (15 oz.)	cans tomato sauce
2 cups	water (for a long period of simmering for flavors to meld. If you don't want to simmer it as long, add less)
2 tbsp	basil
2 tbsp	dried parsley flakes
1 tbsp	brown sugar
	salt & pepper
1 tbsp	crushed red pepper flakes
	Parmesan, fresh grated
1-1.5 lbs	(3 packages) thin spaghetti

Directions

- In large, heavy stockpot or Dutch oven, brown Italian sausage, breaking up as you stir. Pour off fat.
- In second pot, brown ground beef. Pour off fat.
- Mix both meats together.
- Add onions and continue to cook, stirring occasionally until onions are softened.
- Add garlic, tomatoes, tomato paste, tomato sauce and water.
- Add basil, parsley, brown sugar, salt, crushed red pepper, and black pepper.
- Stir well and barely bring to a boil.
- Simmer on low, stirring frequently for at least an hour. A longer simmer makes for a better sauce, just be careful not to let it burn.
- Cook spaghetti according to package directions.
- Spoon sauce over drained spaghetti noodles and sprinkle with Parmesan cheese.

Beef with Cashews

Serves 15

Ingredients

4 c.	long-grain or jasmine rice (make 8 c.)
2 tbsp	sesame oil
~800 g	lean beef (or ~100g meat/person), cut into thin strips (more if you want leftovers)
2	small onion, cut into thin wedges
2 tsp	minced ginger
2 tsp	minced garlic
2	red peppers, cut into thin strips
2	bags snow peas, halved
1 can	baby corn
2 head	broccoli, cut into florets
3 tbsp	soy sauce
1 cup	orange juice
1 c.	roasted cashew nuts

Directions

- Cook the rice in a large saucepan of boiling water until tender.
- Spray a nonstick wok or frying pan with oil and heat. Stir fry the meat in batches over high heat for 3-4 minutes or until well browned and tender. Remove from the pan.
- Reheat the wok, add the onion, ginger and garlic and stir fry for 2 minutes or until soft.
- Add the remaining vegetables and stir fry for about 3 minutes or until tender but still crisp. Add the soy sauce and juice and stir through.
- Return beef to the pan and stir for 1 minute or until heated through.
- Mix in the nuts and serve immediately over the rice



JOHN AT PUMPTRACK IN WHISTLER

Chili Rubbed Steak Tacos

Serves 24

Ingredients

2 tbsp	chili powder
3 cloves	garlic, minced
1/2 tsp	ground cinnamon
1/4 tsp	salt
A pinch	cayenne pepper
2.5 lb	top sirloin steaks cut 1-inch thick
24+	small corn tortillas (5 to 6 inches in diameter)
4 c.	shredded red cabbage
1 c.	chopped cilantro leaves
2	lime, cut into wedges

Directions

- In a small bowl stir together chili powder, garlic, cinnamon, salt and cayenne pepper. Rub spice mixture on both sides of steaks.
- Grill or broil steaks for 5-6 minutes on each side for medium rare, turning once. Remove from grill and let meat sit for 10-15 minutes. Carve into thin slices.
- Warm tortillas by placing them on the grill, for about 30 sec. and turn once. Or place 6 tortillas at a time between 2 moist paper towels and microwave for 45 seconds. Wrap in cloth napkin or place in a tortilla warmer to keep warm.
- Place the carved steak, warm tortillas, cabbage, cilantro, lime and Avocado Lime Salsa in serving dishes and let diners make their own tacos at the table.

Avocado Lime Salsa

2 large cucumber peeled, seeded and cut into chunks (about 2 cups)
4 avocados, cut into chunks
1 red onion, diced
3 limes, juiced (about 1/4 cup)
Salt

1/2 c. chopped cilantro leaves
2 jalapeno chiles, chopped, plus more to taste

Place cucumber, avocado and onion in a large bowl and add lime juice and salt. Add cilantro and chiles and toss gently.



Poultry

Seared chicken breast, whole wheat spaghetti, veggie ragout and spinach

Serves 4

Oven at 450degrees Fahrenheit. This recipe is all about timing. If you start by boiling water for your pasta and then start working on the ragout you should be able to complete everything by the time the pasta is done cooking

Ingredients:

4	Skinless chicken breast
400g	Whole wheat spaghetti (any shape pasta will work)
1	Onion
4 cloves	Garlic
5	Tomatoes
1	Red pepper
2	Leeks
2	Zucchini
5 leaves	Basil
250g	Spinach

Directions:

- Bring a large pot full of water to the boil and add a pinch of salt. Drop pasta in water and continue to boil for 10 to 15 minutes until cooked. Drain the pasta and immediately add the spinach and cover with the lid – the steam will cook the spinach.
- Peel and dice the onion and put it in a large heavy based pan over low heat, add some salt and sweat (cover with the lid) for 5 minutes. While the onions are sweating, roughly chop the garlic and toss it in with the onions, continue to sweat. Roughly chop the tomatoes and add to the pan.
- Cut the red pepper in half and remove the seeds and pith. Slice it lengthwise into finger width strips then cut the strips into squares and toss in a bowl.
- Cut off the base of the leeks and the firm green leaves at the top, slice the stem lengthwise and then slice each half lengthwise. Line them up and one half at a time dice them into squares roughly the same dimensions as the red peppers. Toss into the bowl with the red peppers and fill with water, move the leeks around with your hands to remove any dirt that was hiding on the inside of their layers, drain and add them to the pan with the onions and garlic.
- Slice the zucchini in the same way you did the leeks and toss them in with the rest of the ingredients in the pan, at this point add water if your pan starts to get to dry. Cook for 4 minutes, season, and set aside.
- Heat a large pan for the chicken. Season chicken on both sides with salt and pepper. Once the pan is hot add 2 tablespoons of sunflower. When the oil starts to smoke, carefully add the chicken. Sear for 3 minutes on each side then place pan in the oven for 9 to 13 minutes depending on size, or until chicken reaches an internal temperature of 74 degrees Celsius or 165 degrees Fahrenheit. Remove from the pan and rest the chicken for 3 minutes before slicing.
- Toss cooked pasta and spinach with ragout and reheat in pan. Place the ragout and pasta at the bottom of a plate and then slice chicken and put it on top of the pasta.

Nutritional Information – per serve

575 kcals

93g carbohydrate*

47g protein

5g fat

1g saturated fat

Chicken Curry with Couscous

Serves 4-6

Couscous is a very good alternative to rice. It can be prepared using boiling water only – so it's ideal for travel. Try adding a stock cube for a different flavor.

Ingredients:

500g	Skinless chicken breasts
¼ cup	Curry paste (Pataks madras curry paste)
1	Onion
5 cloves	Garlic
2 tbsp	Ginger
2	Carrots
1	Bananas
1	Apple, peeled and cored
200g	Cous Cous

Directions:

- Dice chicken breast into bite sized pieces.
- Dice onion, garlic and ginger and then sweat in a large pot. Add chicken and curry paste, diced carrots, bananas and apples.
- Add enough water to cover all ingredients. Then let it simmer for an hour and a half.
- Place couscous in a medium mixing bowl and cover with equal parts boiling water. Then cover the bowl and let it sit for ten minutes, remove lid and scrape the couscous with a fork, then season with salt and pepper.
- Serve warm curry with cous cous and salad.

Nutritional Information – per serve

Serves 4

450 kcals

70g carbohydrate

36g protein

4.5g fat

1g saturated fat

Serves 6

300 kcals

45g carbohydrate

25g protein

2.9g fat

0.7g saturated fat

Chicken Roulade, roasted potatoes, sautéed asparagus

Serves 4

Parchment paper and tin foil are needed to roll the chicken; a cooking thermometer is also very helpful in determining doneness, oven at 450. Be cautious of food hygiene when working with raw chicken.

Ingredients:

4	Boneless chicken legs (thighs attached)
2 tbsp	Dried cranberries
3 slices	Whole wheat bread
0.5	Carrot
1 small	Leek
1 head	Garlic
3 large	Potatoes
4 leaves	Sage
1	Lemon (juice and zest)
15ml	Sunflower oil
12 spears	asparagus

Directions:

- Make the stuffing: cube and toast the bread by putting it in a low (300) oven until it has dried out, dice carrots and leeks finely and roughly chop the one third of the garlic. Sweat them all in a medium pan for 5 mins. Add cherries, bread and salt and pepper. Set aside to cool.
- Cut parchment paper into 4 5x8 inch rectangles and cut tinfoil into 4 10x8 inch rectangles. Season the chicken on both sides and place on a sheet of parchment paper, lay some stuffing in the middle of the chicken and then roll it up with the parchment paper. Lay the roll on a sheet of tinfoil and roll the sheet and tighten it by twisting either end. Repeat this with remaining pieces of chicken. Store in the fridge.
- Peel potatoes and dice into one inch cubes, place in a large pot of salted water, cook until barely done then strain and let cool. Roughly chop remaining garlic, sage and place in a pan with oil lemon juice and lemon zest over low heat for 5 minutes. Drizzle warm oil over potatoes, then toss and lay them in a baking dish.
- Bend the asparagus near the base until it snaps, discard the bottoms. Toss in a bowl with black pepper and salt. Set aside.
- Put rolled chicken in a baking tray or pan and allow 30 to 45 minutes for the chicken to cook to 80 degrees Celsius (internal temperature of 74 will be safe but with stuffed meat it is safer to go a bit higher). Take chicken out and let it rest for 3 minutes. Put baking dish with potatoes in the oven for 30 minutes.
- Heat up a large pan and add the asparagus, sautee for 4 to 6 minutes. Unroll chicken by the ends of the tinfoil and slice in half, lay asparagus along the edge of the plate and place potatoes in the center with the chicken on top

Nutritional Information – per serve

370 kcals

55g carbohydrate*

23g protein

8g fat

1g saturated fat

*If you require a higher carbohydrate intake, just increase the amount of potato

Leftovers: asparagus and potatoes can be mixed with a citrus vinaigrette and served cold or reheated as a potato salad. Chicken Roulade can be stored in the fridge for 3 days and eaten warm or cold or it can be cut up and used in a stew or soup.

Easy Chicken-Mushroom Quesadillas

Serves 12

Time 20 min

Ingredients

3-4 tbsp	olive oil
2	large onion, chopped
5-6 cups	mushrooms,
6 cloves	garlic, minced
4 cups	cooked chopped skinless, boneless chicken breast (about 8 breasts)
1 tbsp	ground cumin
1 tbsp	chili powder
1 tbsp	dried oregano
8 cups	baby spinach leaves, sliced into ribbons
salt and pepper	
12-16	(10-inch) whole-grain flour tortillas
2 cup	light cheddar cheese, shredded
2 cup	salsa
1 cup	fat free sour cream

Directions

- Heat the oil in a large skillet over a medium heat. Add the onions and mushrooms and cook until the mushroom water is evaporated and they begin to brown, 5 to 7 min. Add the garlic and cook for 1 min more. Add chicken, cumin, chili powder and oregano and stir until all spices are incorporated. Add spinach, salt and pepper and cook until spinach is wilted, about 2 min.
- Lay 1 tortilla on a flat work surface and spoon 1/2 chicken and vegetable mixture on top of cheese, and then top with an 2 tbsp cheese. Top with another tortilla. Heat a large nonstick skillet with cooking spray over medium heat. Carefully place 1 quesadilla in pan and cook 3 min (may want to cover with lid). Using a large spatula, gently flip quesadilla and cook an additional 3 minutes until lightly browned and cheese is melted. Repeat with second quesadilla. Slice each quesadilla into quarters. Place 2 quarters on a plate with 1 tbsp sour cream and 2 tablespoons salsa.



TEAM TRAINING WITH S&C COACH, TRAVIS MCMASTER AND YOGA TEACHER, CRYSTAL JENNINGS AT CSI WHISTLER. SUMMER 2014

Quick BBQ Chicken Pizza

Serves 12

Time 30 min

Ingredients

4 tbsp	olive oil
2	Vidalia onion, chopped
2	jalapeño, chopped
Salt and freshly ground black pepper	
2 clove	garlic, minced
2 tsp	Hungarian or hot paprika
2 tsp	dried thyme
2 tsp	dried oregano
1.5 cup	ketchup
1/2 cup	yellow mustard
4 tbsp	Worcestershire sauce
2/3 cup	brown sugar
2 tbsp	white vinegar
2	rotisserie chicken, skin discarded, meat removed and chopped
1 (13.8 oz.) package	pre-made whole wheat pizza crust
1 cup	shredded light cheddar,
1/2 cup	grated Parmesan
8 oz.	light feta, crumbled

Directions

- Preheat the oven to 400 degrees F.
- In a pot over medium heat add the olive oil, onions, jalapeños and a sprinkle of salt and pepper, to taste. Cook, stirring, until the onions are translucent and tender, about 10 min.
- Add the garlic, paprika, thyme, and oregano, then stir well and cook until fragrant.
- Add the ketchup, mustard, Worcestershire sauce, brown sugar and vinegar. Raise the heat to medium-high and simmer, while rapidly stirring, until everything is blended and smooth. Lower the heat to a simmer and add the chopped chicken. Stir to coat all the chicken, then remove from the heat and let cool slightly.
- Place pre-made on cookie sheet or pizza sheet, or directly on grill. Leaving 1-inch border pour the BBQ chicken and sauce evenly over the crust. Top with the Cheddar, Parmesan and mozzarella, in that order.
- Put the topped pizza in the oven or on BBQ grill and bake/grill until the mozzarella cheese is bubbly and the edges of the crust are golden-brown, anywhere from 6 to 11 min. Remove the pizza from the oven to a cutting board and allow to cool for a few minutes before cutting and serving.

Thai Chicken Pizza

Ingredients

4	pizza dough (14"), any brand OR or pre-made crust, Naan will work too.
6	skinless boneless chicken breast, sliced thinly
1 jar	Thai peanut sauce
1 tbsp	crushed red pepper flakes
1 package (2 cups)	shredded provolone or Monterey Jack cheese
4	red bell pepper, thinly sliced
4	carrots, shredded
4	scallions, chopped
1 cup	bean sprouts, a couple of handfuls
Palm full	cilantro leaves, chopped
1/4 cup	chopped peanuts, 2 ounces
2 tbsp	vegetable oil
1/4 cup	peanut butter
1/4 cup	soy sauce
	a few shakes of hot sauce

Directions

- Preheat oven to 425 degrees F.
- Form pizza crust on pizza pan or cookie sheet. If not pre-made. Bake until golden and bubbly, 15 to 17 minutes.
- Preheat a grill pan over medium-high heat.
- One crust is ready to add toppings. Top crust with peanut sauce- spread it around like you would pizza sauce.
- Sprinkle red pepper flakes on top. Let stand.
- Combine vegetable oil, soy sauce and peanut butter with hot sauce and grill seasoning. Use the microwave to loosen up peanut butter if it is too cold to blend into sauce, 10 seconds ought to do it.
- Cut chicken into thin strips.
- Toss chicken into mixture above to coat thinly but evenly with mixture. Let stand 10 minutes then lightly sauté until firm.
- Top the hot, cooked pizza (with peanut sauce and flakes already on) with chicken, scallions, sprouts, carrots and cilantro. Garnish pizza with peanuts.

Basil Pad Thai

Serves 12

Time 35 min

Note: you may have to use 2 wok/skillets or cook in 2 batches.

Ingredients

1 cup	lime juice, divided
10 (6-ounce)	skinless, boneless chicken breast halves, cut into 3/4-inch cubes
3 – 4 packages	rice noodles
3 tbsp	brown sugar
3 tbsp	fish sauce
6 tbsp	soy sauce
1 tbsp	chili paste with garlic
3-4 tbsp	sesame or peanut oil
1/2 cup	thinly diagonally sliced green onions
2 tbsp	grated peeled fresh ginger
3 cloves	garlic, minced
1 cup	thinly torn fresh basil
1.5 cup	finely chopped green onion
3 cup	snow peas
3	red bell pepper, thinly sliced
3 cup	bean sprouts
1 cup	toasted peanuts, crushed (optional)
salt	

Directions

- Combine 2/3 cup lime juice and chicken in a bowl. Let stand 15 minutes.
- Cook noodles according to package directions. Drain well.
- Combine remaining 2 tbsp lime juice, brown sugar, fish sauce, soy sauce and chile paste. Stir in 1/8 tsp salt.
- Heat a large wok or skillet over medium-high heat (make sure it is hot to keep veg from getting overcooked). Add 1 tsp oil to pan; swirl to coat. Remove chicken from juice; discard juice.
- Add chicken to pan; stir-fry 5 min or until done. Transfer to large bowl; sprinkle with salt.
- Add 1-2 tbsp oil to pan. Add green onions, snow peas, bean spouts, red bell pepper, ginger, and garlic; stir-fry 1 min seconds or just until golden.
- Add noodles and sprouts; cook 1 min, tossing well. Stir in brown sugar mixture. Add chicken; cook 30 seconds. Place noodle mixture on each of 4 plates. Top each with 2 tbsp basil and 1 tbsp shallots. Top with toasted peanuts, if desired.

Pineapple Thai Chicken Curry

Serves 12

Time 1 hr

Ingredients

6 cups	uncooked jasmine rice or rice noodles
8 cups	water (for rice)
2 tbsp	oil
1/2 cup	red curry paste
4 (13.5 oz.) cans	light coconut milk
8	skinless, boneless chicken breast halves, cut into thin strips
6 tbsp	fish sauce (optional)
1/4 cup	agave
1 cup	sliced bamboo shoots, drained
3	red bell pepper, chopped finely
3	green bell pepper, chopped finely
2	medium onion, chopped
2 cup	pineapple chunks, drained

Directions

- Pot #1: Bring rice and water to a boil in a pot. Reduce heat to low, cover, simmer 25 min.
- Pan: Heat oil, add chicken and sauté lightly until cooked through.
- Pot #2: Whisk together curry paste and 1 can coconut milk. Mix in remaining coconut milk, chicken, fish sauce, sugar, and bamboo shoots. Bring to a boil. Simmer 15 min.
- Mix the red bell pepper, green bell pepper, and onion. Cook 10 more min.
- Remove from heat. Stir in pineapple. Serve over the cooked rice or quinoa.



ANOTHER FUN DAY ON THE BLACKCOMB GLACIER WITH KEVIN AND ROB

Seared Chicken Breast with Whole Wheat Spaghetti in a vegetable tomato sauce with kale salad citrus vinaigrette

Serves 5

Ingredients:

5	chicken breasts
5 cloves	garlic
1	onion
2 small	carrots
1	zucchini
2	red peppers
2 tablespoons	tomato paste
500mls	can of diced tomatoes
Citrus vinaigrette	
1 head	kale or mixed leaves for salad
400 - 500 g	whole wheat pasta

Directions:

- Sweat diced onions and garlic until translucent, season with salt and pepper, add tomato paste, canned tomatoes, sliced carrots and enough water to cover vegetables, simmer for 30 min.
- Sear chicken breast in a hot pan. 2 to 3 min per side, put in a 400 degree oven until cooked through – this will take approximately 20 – 25 minutes depending on the size of the chicken breast
- Dice zucchini and bell peppers add to sauce once sauce has desired consistency, simmer for 5 min. Season with salt and pepper.
- Meanwhile, add a pinch of salt to water and bring to the boil. Add noodles cook until to desired texture. Drain.
- Remove the stems from the kale and cut into small pieces. Dress with citrus vinaigrette (see below)
- Plate the cooked noodles and cover with the tomato sauce. Place kale on top and add slices chicken breasts.

To make the Citrus Vinaigrette:

1/4 cup	lemon juice
1/4 cup	extra virgin olive oil
1 tbsp	Dijon (and/or grainy mustard)
1 tsp	mustard (grainy)
1 tbsp	honey
1 clove	garlic (grated, optional)
1/4 tsp	salt
1/4 tsp	pepper

Nutritional Information – per serve

580 kcals
93g carbohydrate (100g of pasta each)
45g protein
5g fat
1g saturated fat
Leftovers: Leftover chicken can be used as is in salad, served with breakfast or kept as a quick source of protein to add to any meal. Leftover uncooked kale can be tossed with salt and pepper and placed in an oven a 200 degrees Fahrenheit until it becomes crispy to make kale chips.

Directions:

- Place everything in a bowl and mix thoroughly.

Turkey Burger

Serves 8

10 min cook

Ingredients

Lemon-Honey Mustard:

1/2 cup Dijon mustard
2 tbsp clover honey
1 tbsp fresh orange juice
1 tsp lemon zest
1 tsp fresh lemon juice, from lemons, if possible
Salt and freshly ground black pepper

Burgers:

3 pounds extra lean, freshly ground turkey
Salt and freshly ground black pepper
8 slices goat cheese, sliced 1/2-inch thick
8 whole wheat hamburger buns, split and lightly grilled
Watercress, for serving

Directions:

- For the lemon-honey mustard: Whisk together in a small bowl the mustard, honey, orange juice, lemon zest, lemon juice and season with salt and pepper. Cover and refrigerate for at least 30 minutes and up to 24 hours to allow the flavors to meld.
- For the burgers: Preheat the grill to high. Shape meat into burger patties.
- Sprinkle the burgers on both sides with salt and pepper. Grill until cooked through, 3 to 4 min on each side. During the last minutes of cooking, add 1-2 slices of cheese to each burger, cover the grill and let the cheese soften slightly, about 1 min.
- Put the burgers on the buns, drizzle with some of the lemon-honey mustard and top with a few sprigs of watercress. Serve with extra mustard on the side. Can add other toppings: tomato lettuce...

Chicken Parmesean

Serves 16

Time 1 hr 5 min

Ingredients

4 tbsp balsamic vinegar
1 tbsp olive oil
1-2 medium onion, chopped
3 garlic cloves, minced
3 bay leaves
1 cup kalamata olives, pitted
1 cup bunch fresh basil leaves
2 (28-ounce) cans whole peeled tomatoes, drained and hand-crushed
Pinch sugar
Kosher salt and freshly ground black pepper
12 skinless, boneless, chicken breasts (about 1 1/2 pounds)
3/4 cup GF flour
3 large eggs, lightly beaten
2 tbsp water
1 1/2 cup dried bread crumbs
1 (8-ounce) ball fresh part-skim buffalo mozzarella, water drained
Freshly grated Parmesan
whole wheat spaghetti pasta, cooked al dente

Directions

- Add 1 tbsp olive oil to saute pan with cooking oil and place over medium heat. When the oil gets hot, add the onions, garlic, and bay leaves; cook and stir for 5 minutes until fragrant and soft. Add the olives and some hand-torn basil. Carefully add the tomatoes (nothing splashes like tomatoes), balsamic and cook and stir until the liquid is cooked down and the sauce is thick, about 15 min; season with salt and pepper. Lower the heat, cover, and keep warm.
- Preheat the oven to 450 degrees F.
- Get the ingredients together for the chicken so you have a little assembly line. Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them. Pound the chicken breasts with a flat meat mallet, until they are about 1/2-inch thick. Put the flour in a shallow platter and season with a fair amount of salt and pepper; mix with a fork to distribute evenly. In a wide bowl, combine the eggs and water, beat until frothy. Put the bread crumbs on a plate, season with salt and pepper.
- Heat 3 tbsp of olive oil over medium-high flame in a large oven-proof skillet. Lightly dredge both sides of the chicken cutlets in the seasoned flour, and then dip them in the egg wash to coat completely, letting the excess drip off, then dredge in the bread crumbs. When the oil is nice and hot, add the cutlets and fry for 4 minutes on each side until golden and crusty, turning once.
- Ladle the tomato-olive sauce over the chicken and sprinkle with mozzarella, Parmesan, and basil. Bake the Chicken Parmesan for 15 minutes or until the cheese is bubbly. Serve hot with spaghetti.

*If you are in a rush, skip the bread crumb part and just put the breasts in the oven with the save and bake.

Marinated Greek Chicken Kabobs

Makes 12 (2 kabobs each)

45 min

Ingredients

1 large container	fat-free plain yogurt
1.5 cup	crumbled feta cheese
2 tsp	lemon zest
4 tbsp	fresh lemon juice
4 tsp	dried oregano
1/2 tsp	salt
1/2 tsp	ground black pepper
1/2 tsp	crushed dried rosemary
2.5 lbs	skinless, boneless chicken breast halves - cut into 1 inch pieces
2 large	red onion, cut into wedges
3 large	green bell pepper, cut into 1 ½" pieces

Directions

- In a large shallow baking dish, mix the yogurt, feta cheese, lemon zest, lemon juice, oregano, salt, pepper, and rosemary. Place the chicken in the dish, and turn to coat. Cover, and marinate 3 hours in the refrigerator.
- Preheat an outdoor grill for high heat.
- Thread the chicken, onion wedges, and green bell pepper pieces alternately onto skewers. Discard remaining yogurt mixture.
- Grill skewers on the prepared grill until the chicken is no longer pink and juices run clear.



IAN AND JOHN OUT FOR A RIDE IN WHISTLER

Pork

Brined Pork Tenderloin, curried brown rice, broccoli

Serves 4

This dish must be prepared 24 hours in advance so it's one for weekend cooking or a special occasion!

Ingredients:

1	Pork tenderloin
3 tbsp	Chilli flakes
1 bulb	Garlic
1 tbsp	Honey
1 tbsp	Salt
3 tbsp	Curry paste
1	Onion
1 med	Carrot
300g	Brown rice

Directions

- **Pork:** boil a small pot with 500mls of water and add the chilli flakes, peel the garlic and set aside 3 cloves for the rice. Put the rest of the garlic into the water whole. Add the honey to the water and then add roughly ¼ cup of salt (you want your water to be saltier than ocean water.)
- Once the salt has dissolved remove the pot from the heat and let it cool completely. Take the pork and remove the silver skin (it will be a smooth layer of shimmery connective tissue running from one end of the loin to just before the center where it starts to thin out) and then slice the pork into four even pieces. Put the pork in the cool brine and refrigerate for 24 to 48hrs remove from brine.
- Peel and dice onion, carrot and mince 3 cloves of garlic. Toss in a medium pot and sweat for 6mins . Add curry paste and rice. Then water as directed by the package of rice (1.5 times the amount of rice i.e. for this recipe 450mls)
- **Broccoli:** boil a small pot of salted water. Add broccoli and cook for 4 minutes, set aside
- **Plating:** get a medium sized pan hot over medium heat, dry off pork and then sear in the pan for 3 minutes per side then place pan in the oven for 8 minutes until pork is firm and reaches an internal temperature of 160 degrees Fahrenheit.
- Place rice on plate and then slice the pork and serve with cooked broccoli

Nutritional Information – per serve

520 kcals

80g carbohydrate

35g protein

5.6g fat

1g saturated fat

Leftovers: leftover fully cooked pork can be sliced thinly and used for sandwich meat or quickly pan fried and served with breakfast. Curried rice can be added to any soup and pureed in order to thicken the soup.

Pork Tenderloin with Roasted Yams and Potatoes

Serves 12-16

45 min

Ingredients

2 400-450g pork tenderloins
4 tbsp orange marmalade
4 tbsp Dijon mustard
4 tsp vegetable oil
8 potatoes, cut into 1" pieces
3-4 yams, cut into 1" pieces
2 tbsp lemon juice
4 tsp rosemary
Bottle of unsweetened applesauce

Directions

- Preheat the oven to 375 degrees F.
- In a small bowl, combine marmalade, mustard, and 1/1/2 of oil, brush over pork
- Using non-stick skillet, sear/brown all 4 sides of the pork tenderloin. When outside brown, place in the middle of a greased baking dish (on elevated rack in pan to allow fat to drip off into pan) ensuring adequate space in between to two tenderloins. Place in oven
- In a medium bowl, toss potatoes with remaining oil; put in separate baking dish. Sprinkle potatoes/yams with lemon juice. Sprinkle pork and potatoes/yams with rosemary.
- Bake in preheated oven for 40-45 min (have meat on bottom rack and potatoes/yams above to allow adequate heat to meat) or until pork is just slightly pink at center and potatoes are tender
- Cut pork into 1/2" slices before serving. Top with applesauce



Seafood & Fish

Arctic Char, with Roasted Potato wedges and Cauliflower

Serves 4

Arctic Char is a cold water oily fish – related closely to salmon and lake trout – so if you can't find arctic char, either will work as great replacements.

Ingredients:

1 side	Arctic char
4	Potatoes
30mls	Olive oil
1 head	cauliflower

Method:

- Peel and quarter potatoes then place in a bowl. Toss with olive oil, salt and pepper. Place potatoes on a tray and put into the oven at 400 degree for about 45 minutes.
- Chop cauliflower into very small pieces and then place in a pan with some oil, salt and pepper and cook slowly. Cove the cauliflower with a lid to steam it and prevent it from sticking.
- Arctic char: portion side into four equal pieces and then season with salt and pepper. Heat up a medium pan and then sear the fish skin side down for 1 minute and then place the pan in the oven for 4 to 6 minutes.

Nutritional Information – per serve

500 kcals

47g carbohydrate

43g protein

17g fat

4g saturated fat

Leftovers: arctic char leftovers can be used the same way as salmon leftovers. Sweat the leftover potatoes and cauliflower with onions. Add almond milk or stock and seasoning and puree to make a thick soup.

Quick Salmon Tikka with Cucumber Yogurt

Serves 16

20 min

Ingredients

8-16	Naan breads (preferably whole wheat)
2-3	fresh red chilies (depending on desired kick)
3	cucumber
6	lemons or lemon juice (6 tbsp)
2 cup	1% plain yogurt
Fresh cilantro	
16	salmon fillets (2-3lbs each), skin on, scaled and bones removed
6-10	heaped tbsp tandoori or mild curry paste
Olive oil	
Salt and pepper	

Directions

- Preheat oven to 225F; put your Naan bread into the oven to warm through
- Half, seed and finely chop chilies
- Peel and half cucumbers lengthways, and scoop out seeds with a spoon. Roughly chop and put into a bowl
- Squeeze 2 lemons over the cucumbers. Add the yogurt, pinch of salt and pepper and chiles.
- Remove skin, slice each salmon fillet across lengthways into 1/2" wide slices. Spoon the heaped tbsp of tandoori paste into a small dish and smear the paste all over each slice
- Heat a large frying pan over high heat. Once hot, add a tsp of olive oil, put the salmon into the pan and cook for about 1 1/2 min on each side until cooked through
- Place warmed Naan bread on each plate and top with good spoonful of cucumber yogurt and pieces of salmon.
- Finish with cilantro leaves and squeeze of lemon juice.

*Note: to make less spicy, add yogurt to tandoori paste



CELEBRATING 100 DAYS TO THE GAMES AT SOUL SKI & BIKE IN BANFF, ALBERTA

Japanese Style Grilled Sea Bass

Serves 8

Time marinade for 2 hrs

Cook time 10 min

Ingredients

8 (5-ounce) sea bass fillets
1 tsp salt

Marinade

1/2 cup soy sauce
1/2 cup mirin (if no mirin use rice vinegar + 1 tbsp sugar)
4 tbsp sugar
6 tbsp chopped green onion
6 tbsp chopped fresh ginger
3 lemon, thinly sliced

Directions

- Season fish with salt and set aside.
- Combine marinade ingredients, except lemon slices, in a small saucepan and bring to a boil. Remove from heat and allow to cool to room temperature. Add lemon and pour cooled marinade over fish and marinate refrigerated for 2 to 4 hours. Turn fish occasionally.
- Heat BBQ grill or oven on broil
- Grill on both sides until just done, approximately 4 to 5 min per side. Be careful not to overcook. Salmon should still be translucent in the center. Serve with Soba Noodle Salad on the side



MICHELLE SALT TRAINING AT MOUNT NORQUAY IN BANFF EARLY SEASON 2013

Seared Halibut with Potato spinach and butternut squash soup

Serves 4

On cold nights, a warm and filling soup can make a great accompaniment to your choice of protein. This soup can also be put into zip lock bags and frozen.

Ingredients:

4	Halibut steaks
4	Potatoes
1kg	spinach leaves
1 med	butternut squash
1 liter	almond milk
1	Onion
1	bulb garlic

Directions

- Dice onions and garlic and sweat in the bottom of a large pan, until they are translucent.
- Dice and add potatoes and almond milk. Cook until potatoes are very soft, about 30 minutes, pour hot soup into a blender and purée in batches adding water or almond milk to adjust the consistency. Pour puréed soup back into a large pot, dice and add butternut squash into 2" cubes and season with salt and pepper.
- Place the Halibut fillets into the soup and cook for 10 – 15 minutes.
- Once the squash has cooked, add the spinach. Season it again with salt and pepper.

Nutritional Information – per serve 630 kcals

72g carbohydrate

36g protein

25g fat

4g saturated fat



TRAINING WITH S&C COACH WILL RAJBAR. BANFF EARLY SEASON CAMP 2013

Rockfish with Warm Quinoa Salad

Serves 4

For the spice rub start with equal parts ancho powder, ground cumin, paprika, chilli powder and salt. And then adjust the seasoning to taste.

Ingredients:

4	Rockfish (or white fish) fillets	Honey – to taste
60g	Spice rub	
250g	Quinoa	
1	Lemon	
1	clove garlic	
1tbsp	Fresh chopped ginger	
2 spigs	Tarragon (any soft herb will substitute – e.g. parsley, cilantro)	
1sm	Red pepper	
1	Apple	
1 small	Fennel	
2 large	Yams	

Directions:

- Mix table salt, cumin, paprika, ancho pepper powder, and chilli powder. It should taste very intensely salty and flavorful but it will be much less pronounced once it is cooked on the fish.
- Boil roughly 750mls of water in a medium pot and add quinoa. Cook for 8 to 12 minutes until the quinoa shell opens up and you can see a small ring around each grain, or take a bite and if it is soft enough to eat then it is done. Then drain of extra water and toss quinoa in a bowl with a few pinches of salt.
- While the quinoa is cooking remove the zest from the lemon and squeeze out the juice. Finely dice garlic and ginger and add it to the lemon juice, then add enough honey until the flavor is balanced. Dice the apple, fennel and red pepper. Remove tarragon from its stem and roughly chop. Mix apple, fennel, red pepper, tarragon and honey, lemon, garlic and ginger mix. Add the quinoa and toss and finish seasoning with salt and pepper.
- Dust rockfish with an even layer of the spice rub on each side; heat the pan with a small amount of sunflower oil. When the oil is hot but not yet smoking add the rockfish cook for 2 minutes on each side then place pan in the oven for 4 – 6 minutes depending on the thickness of the fillets.
- Heat the quinoa mix in a pot on medium heat, stirring often to keep it from sticking. Lay the quinoa as the base of the plate and place the fish on top.

Nutritional Information – per serve 470 kcals

57g carbohydrate

45g protein

6g fat

1g saturated fat

Butter Lettuce Wrapped Halibut

Serves 12

25 min

Ingredients

12 large butter lettuce leaves
12 (12 oz.) Halibut Steaks (if frozen, thawed and patted dry)- or other white fish
2 cup feta cheese, crumbled
4 clove garlic, minced
2 cup kalamata olives, chopped
4 lemon slice, halved.
Italian seasoning to taste

Directions

- Preheat oven to 400oF. Place 2 pieces of parchment paper on counter.
- Sprinkle Italian seasoning on both sides of halibut. Place lettuce leaves on parchment and halibut on top.
- Mix garlic, feta, a dash of Italian seasoning and olives together and layer on top of and around fish.
- Fold in parchment sides to enclose fish. Place on baking sheet and cook ~ 10 min (until thoroughly cooked).



CPC STAFF DANNY BUNTAIN, ANNA JOHNSON & JORDAN BRIDAL VISIT THE TEAM AT BIG WHITE FOR A PREGAMES INFORMATION SESSION AND SOME HOCKEY FUN. THANKS GANG!

Scallops, with Quinoa and Black Kale and Salad

3 large scallops contain only 10g of protein so it's important to serve this with the protein rich grain quinoa.

Ingredients (serves 4):

12 large	Scallops (at least 120g)
200g	Quinoa
1 head	Kale
15	Cherry tomatoes
1	lemon

Directions:

- Quinoa salad: boil a medium pot of water, reduce the heat and cook the quinoa until the individual grains separate (approx. 15 mins).
- Dice the Kale and halve the cherry tomatoes and zest and juice the lemon. Drain any from the quinoa excess water. Add the kale, tomatoes and lemon zest and juice and cover with a lid. Allow to steam for 5 minutes.
- Whilst the quinoa is steaming, prepare the scallops: remove the small rectangular white muscle from the side of each scallop and season with salt and pepper. Heat sunflower oil in the pan. Once the oil begins to smoke add the scallops, flip them after 45 seconds then put the pan in the oven and cook for 2-3 minutes.
- Place salad on the plate and season. Then add the scallops.

Nutritional Information – per serve 280 kcals

40g carbohydrate

17g protein

3.7g fat

0.4g saturated fat

Leftovers: leftover scallops can be diced and mixed with the quinoa salad, then rolled in nori in order to make healthy convenient snacks. Make sure that your seafood is fully cooked and immediately chilled to avoid any food hygiene risk.



IAN LOCKEY AND JOHN LESLIE TRAINING AT BIG WHITE, BC
DECEMBER 2013

Seared Salmon, Brown Rice Pilaf and Pickled Beets.

Wholegrain carbohydrates contain many minerals and vitamins which are important for health. They are also high in fiber which provides slow release energy to fuel training and helps to keep you full.

Ingredients:

4	Salmon fillets
1.5 cups	Brown rice
4 cloves	Garlic
1 med	Onion
1 large	Carrot
2 tbsp	Honey
4	Beets
2 cups	Apple juice
1/4 cup	Lemon juice
Cumin to taste	

Directions:

- Place salmon fillets skin side down on a cloth to absorb excess moisture.
- Dice onions, carrot and garlic, and sweat in a medium pot with a small amount of oil. Add rice and a large pinch of salt, sweat for 2 minutes, add 3 cups of water. Bring to the boil and simmer.
- Season salmon with salt and pepper. Preheat a medium pan and add a small amount of oil, continue to heat oil until it is just starting to smoke. Place salmon skin side down on the pan and after 8 seconds move pan into the oven. Bake for 8 minutes roughly until you see small amounts of white protein coagulating on the outer edges of the fish.
- While the salmon is cooking, peel beets and cut into uniform pieces. Toss in a pot with honey, cumin, apple and lemon juice. Add enough water until beets are just covered. Season lightly with salt and pepper. Cook until a fork will easily penetrate the beets and drain immediately.
- Serve salmon on a bed of rice with beets to accompany.

Nutritional Information – per serve 730 kcals

90g carbohydrate

53g protein

17g fat

2.7g saturated fat

Leftovers: Anytime you have left over cooked salmon, you can flake it add seasonings and treat it like canned salmon or tuna. It can be used in wraps, mixed in with scrambled eggs, mixed with vinaigrette and used in a salad. If there is left over salmon that hasn't been cooked, it can be mixed with some left over rice and then you can add an egg to help bind the mixture. The mixture should be moist but not too wet. Then you can form small cakes and bake or pan fry them.

Leftover beets and their cooking liquid can be placed in a blender and use as a base for vinaigrette. Simply puree and add honey, mustard, lemon juice and oil. Until you reach a flavor and consistency that you are happy with.

Seared Albacore Tuna, Soba noodles salad, warm cherry tomato compote

Serves 4

Fresh tuna is rich in Omega-3 fish oils which are important for reducing inflammation and supporting your immune system.

Ingredients:

4	Tuna steaks
300g	Soba noodles
1	Carrot
0.5	Radish
1small	Jicama
1	Pear
1	Cucumber
24	Cherry tomatoes
4 cloves	Garlic
15 ml	Olive oil

Directions:

- Boil salted water and add soba noodles cook as if they were pasta (7 – 10 minutes approximately). Drain once cooked and set aside
- Cut all vegetables and fruit into matchstick shapes
- Cut cherry tomatoes in half and roughly chop garlic, toss into a pan with olive oil over low heat, season with salt and pepper. Once it has cooked for about 8 minutes, add the carrots, radish and jicama and cook for another 4 minutes.
- Season the tuna on all sides with salt and pepper. Heat up a medium pan and add a light amount of sunflower oil, when the oil smokes add tuna, sear on each side for 25 to 35 seconds, remove tuna from pan and place on a cutting board.
- In a large bowl toss soba noodles, pears and cucumbers with the warm cherry tomato sauce. Slice the tuna with a sharp knife. The center should be cool to the touch and very rare. Add noodle mixture to the bottom of each plate and top with tuna slices,

Nutritional Information – per serve 550 kcals

62g carbohydrate*

59g protein

9g fat

0.5g saturated fat

*If you require a higher carbohydrate intake, just increase the amount of noodles

Leftovers: leftover tuna can be stored in the fridge and saved for 2 days. It can be eaten by itself or put it nori or tortillas along with the soba noodle salad for a quick snack.

Salmon with Lentils

Serves 8

Time 30 min

Ingredients

3 cans	green lentils (canned or dry, recipe below is for dry)
1/4 cup	good olive oil, plus extra for salmon
4 cups	chopped yellow onions
4 cups	chopped leeks, white and light green parts only
2 tsp	fresh thyme leaves
salt and pepper	
2 tbsp	minced fresh garlic
3 cups	chopped celery (4 stalks)
3 cups	chopped carrots (3 carrots)
3 cups	Chicken Stock, recipe follows, or good canned broth
4 tbsp	tomato paste
4 tbsp	red wine vinegar
8 (6 oz)	center-cut salmon fillets, skin removed

Directions

- Place the lentils in a heat-proof bowl and cover with boiling water. Set aside for 15 min, then drain.
- Meanwhile, heat the oil in a sauté pan, add the onions, leeks, thyme, salt, and pepper and cook over medium heat for 10 min, until the onions are translucent. Add the garlic and cook for 2 more minutes. Add the drained lentils, celery, carrots, chicken stock, and tomato paste. Cover and simmer over low heat for 20 min, until the lentils are tender. Add the vinegar and season, to taste.
- Preheat the oven to 450 degrees F.
- For the salmon: heat a dry oven-proof saute pan over high heat for 4 min (if you do not have this pan then use baking sheet). Meanwhile, rub both sides of the salmon fillets with olive oil and season the tops very liberally with salt and pepper. When the pan is very hot, place the salmon fillets seasoning-sides down in the pan and cook over medium heat without moving them for 2 min, until very browned. Turn the fillets and place the pan in the oven for 5 to 7 min, until the salmon is cooked rare.
- Spoon a mound of lentils on each plate and place a salmon fillet on top. Serve hot.

Tuna Steak with Pesto

Serves 8

Time 10 min

Ingredients

8 (2-inch thick) tuna steaks
salt and freshly ground black pepper
1 jar pre-made basil pesto

If you want to make our own pesto here is the recipe:

1/4 cup extra-virgin olive oil
1 garlic clove, peeled
2 cups fresh basil leaves
1/4 cup toasted pine nuts
Salt and freshly ground black pepper
1/2 cup - 3/4 cup extra-virgin olive oil
1/2 cup grated Parmesan
2 tablespoons lemon juice

Directions

- Preheat grill to 400 degrees F.
- Wash and pat dry the tuna steaks. Season with salt and pepper and brush both sides with olive oil.
- Place tuna on hot grill and sear each side for 2 minutes for rare. If you prefer well done, cook the tuna an additional 2 to 3 minutes per side. Remove from skillet and let it rest.
- Transfer pesto sauce to a bowl and stir in 1/2 cup Parmesan.
- Slice the tuna across the grain and on a bias into 1/2-inch thick slices. Place the slices on a serving plate and drizzle with lemon juice then spread tuna with pesto.

Vegeterian Dishes

Black Bean & Corn Salad

Serves 16

Time 15 min

Ingredients

2 can (14 oz.)	black beans, rinsed and drained
4 cups	frozen corn kernels
2 small	red bell pepper, seeded and chopped
1	red onion, chopped
2 tsp+	ground cumin
1 tbsp	hot sauce, just eyeball the amount (recommended: Tabasco)
2	lime, juiced
1/2 cup	chopped cilantro
2 tbsp	olive oil, eyeball it
Salt and pepper	

Directions

- Combine all ingredients in a bowl. Let stand at least 15 minutes for corn to fully defrost and flavors to combine, then toss and serve. The corn will also place a quick-chill on this easy side-salad as it defrosts -- no need to refrigerate! Can add other veg: spinach, snow peas, lettuce, green bell peppers, mushrooms



ENJOYING TEAM DINNER WITH OUR CPC SUPPORT CREW
AT BIG WHITE. DECEMBER 2013

Buckwheat Soba Noodle & Veggies Salad

Serves 12

Time 15-20 min

Ingredients

2 packages (12 oz.) buckwheat soba noodles
1/2 cup reduced tamari (or soy sauce)
2 tsp sesame oil
4 tbsp rice wine vinegar
2 tsp red pepper flakes
1 bunch green onions, chopped
1 cup chopped cilantro
2 red bell pepper, sliced thin
1/2 head red or purple cabbage, thinly sliced
5 whole carrots, shredded with vegetable peeler
2 cups shelled edamame, steamed
1/2 cup toasted sesame seeds
Optional ingredients for extra flavor
one lime, juiced
1 jalapeño, finely chopped
peanut butter

Directions

- Cook soba noodles according to directions, and rinse in a colander.
 - Chop up all your vegetables, and toss into a bowl with the soba noodles.
 - In a small bowl, whisk together the tamari, sesame oil, canola oil, rice wine vinegar and red pepper flakes.
 - Pour the dressing into the pasta and veggies and toss well to combine. Enjoy
- On July 4th, one of my relatives brought a tasty Asian-inspired salad with noodles. A couple days later it occurred to me that the noodles were probably soba noodles, which I've seen in Asian dishes around the web.



Grilled Stuffed Portabello Mushrooms

Serves 8

Time 15 min

Ingredients

4	chopped plum tomato
1/2 cup	shredded part-skim mozzarella cheese
1 tbsp	olive oil, divided
1 tsp	finely chopped fresh or 1/8 teaspoon dried rosemary
1 tsp	ground black pepper
2 clove	garlic, crushed
8 (5-inch)	portobello mushroom caps
4 tbsp	fresh lemon juice
4 tsp	soy sauce
6 tsp	minced fresh parsley
Cooking spray	

Directions

- Prepare grill and make sure it is clean. Spray grill with cooking spray before turning on.
- Bowl: Combine the tomato, cheese, 1/2 tsp oil, rosemary, pepper, and garlic.
- Prepping the mushrooms: Remove brown gills from the undersides of mushroom caps using a spoon, and discard gills. Remove stems and discard. Combine 1/2 teaspoon oil, juice, and soy sauce in a small bowl; brush over both sides of mushroom caps.
- Grilling the mushrooms:

Step #1 - Place the mushroom caps, stem sides down, on grill rack coated with cooking spray, and grill for 5 minutes on each side or until soft.

Step #2 - Spoon 1/4 cup tomato mixture into each mushroom cap. Cover and grill 3 minutes or until cheese is melted. Sprinkle with parsley.

Spicy Vegetable Enchiladas

Serves 16

30 min

Ingredients

2	796 mL can kidney beans, drained and rinse
2	796 mL crushed tomatoes
2 cup	firm tofu, cubed
1 cup	finely chopped peanuts
6+ tbsp	salsa
1 tbsp	chili powder
salt	
14-16	large whole wheat tortillas
1.5 cup	light cheddar cheese (shredded)

(to make spicier add 1/4 to 1/2 tsp cayenne pepper)

Directions:

- In a saucepan, combine kidney beans, tomatoes, tofu, peanuts, salsa and seasoning; heat until hot and bubbling, stirring constantly to prevent sticking
- Spread filling evenly over tortillas; roll tortillas around filling\place seam side down on a baking sheet; sprinkle with cheese.
- Bake in preheated oven for about 5 min. until warm and cheese melts.

Curried Lentil Wild Rice Orzo salad

Ingredients

1/2 cup	wild rice
2/3 cup	green or brown lentils
1/2 cup	orzo pasta
1/2 cup	currants
1/4 cup	finely chopped red onion
1/3 cup	slivered almonds, toasted

Directions

- In a large pot of boiling salted water, cover and cook wild rice for 10 minutes. Add lentils, boil for 20-25 minutes, add orzo, boil another 5 minutes, until just tender. Drain well and transfer to a large bowl. Add currants and onion.

Dressing:

1/4 cup	white wine vinegar
1 tsp	ground cumin
1 tsp	Dijon mustard
1/2 tsp	sugar
1/2 tsp	ground coriander
1/4 tsp each	turmeric, paprika, ground cardamom, nutmeg
pinch each	cinnamon, cloves, cayenne
1/3 cup	olive oil

Directions Dressing

- In small bowl, whisk together all ingredients. Pour over rice and toss gently.
- Let cool completely, refrigerate at least 4 hours or up to 2 days. Just before serving sprinkle with almond



TYLER MOSHER AT THE COPPER MOUNTAIN IPS WORLD CUP.
JANUARY 2014

Tofu & Veg Udon Soup

Serves 10-12

Time: 50 min.

Ingredients

3 (8 oz.) package udon or soba noodles
10 cups water
1 cup soy sauce, preferably naturally brewed
1 cup mirin (use rice wine mixed with sugar as substitute if cannot find)
3/4 cup rice vinegar
3 tbsp finely grated peeled fresh ginger
3 cup snow peas, strings removed and halved crosswise on the diagonal
3 cup thinly sliced mushrooms
2 packages soft tofu, cubed
2 romaine lettuce heart, shredded
1 cup thinly sliced red radishes
1 cup carrot matchsticks (can buy pre cut)
4 green onions, white and light green parts only, thinly sliced
Toasted sesame oil, for serving, optional
Hot sauce, for serving, optional

Directions

- Bring a large pot of water to boil over high heat. Add the noodles and cook until al dente, about 8 minutes. Drain and divide them among 4 large soup bowls.
- In a medium saucepan over medium heat, combine 3 cups water with the soy sauce, mirin, vinegar, and ginger and bring it to a simmer. Add the snow peas, mushrooms, and tofu to the pan. Simmer until the snow peas are crisp tender and the tofu is heated through, about 3 to 5 minutes.
- Divide the lettuce, radishes, carrots, and scallions among the bowls. Ladle the hot soup over the noodles and vegetables.
- Drizzle each serving with a few drops of sesame oil and hot sauce, if desired. Serve immediately.



JOHN LESLIE ON THE PODIUM WITH MIKE SHEA AND EVAN STRONG ON THE USA. JANUARY 2014

Yam & Carrot Bake

Serves 12

25 min

Ingredients

6	large yams
12	large carrots
4 tbsp	olive oil
1.5 cup	milk
dash	nutmeg
dash	cinnamon

Directions

- Preheat oven 425 F.
- Peel and cut yams and carrots into 1" chunks.
- Boil in salted water until soft enough to mash.
- Drain, place in bowl and mash with potato masher (if you do not have a masher use the bottom of a cup)
- Mix in spices, 2 tbsp olive oil, milk. Spoon into baking dish.
- Drizzle remaining oil on top.
- Bake until top is lightly crispy. ~ 10 min.



JOHN LESLIE MAKING HIS WAY DOWN THE COURSE TO A BRONZE MEDAL DURING THE COPPER MOUNTAIN IPS WORLD CUP. JANUARY 2014

QUICK VEGETABLE SIDE DISHES

GARLIC ROASTED ASPARAGUS

2 lbs asparagus, trimmed
2 tbsp olive oil
4 garlic cloves, thinly sliced
Salt and pepper
Preheat oven to 400 degrees. On a large rimmed baking sheet, toss asparagus with oil and garlic; season with salt and pepper. Roast until tender and browned in spots, 10 – 15 min. Serve warm or at room temperature.

SAUTEED BOK CHOY & BROCCOLI

1 lb bok choy
1 lb broccoli
2 tbsp vegetable oil, such as safflower
1 garlic clove, chopped
1 tbsp grated fresh ginger
1 – 2 tbsp soy sauce or tamari
Cut white stalks from bok choy; slice into 1" pieces. Coarsely chop green leaves.
Peel stalks from broccoli; slice ¼" thick. Cut florets into bite-size pieces. In a large skillet, boil ½ cup water. Add bok choy stalks and broccoli; cover.
Simmer over med-low until broccoli is bright green, 5 – 7 min. Uncover; cook on high until water evaporates, 2 – 4 min. Add bok choy leaves, oil, and garlic. Cook, tossing often, until garlic is fragrant, 2 min. Press ginger in a sieve over skillet to release juices. Stir in soy sauce.

LEMON GREEN BEANS

1 lemon
Salt
1 lb trimmed green beans
1 ½ tbsp olive oil

Grate the zest of 1/2 lemon, and squeeze 1 1/2 tbsp lemon juice. In a saucepan of boiling salted water, cook beans until tender, about 10 minutes.

Drain, and return to pan. Remove from heat. Toss with oil, 3/4 teaspoon salt, and lemon juice. Serve sprinkled with lemon zest.

ROASTED PEPPERS

1 yellow or red bell peppers
Heat a gas burner to high. Place pepper over flame. Roast until blackened all over, turning as necessary. Wrap pepper in a paper towel, enclosing completely. Let steam for 2 minutes.
Unwrap, and peel blackened skin from pepper, using a paper towel. Discard skin. Stem and seed pepper.

CARAMELIZED BRUSSELS

SPROUTS

W/ LEMON
4 cups Brussels sprouts, halved lengthwise, or quartered if large
salt and pepper
2 tbsp olive oil
1 tbsp fresh lemon juice, plus lemon wedges, for serving
In a skillet, combine sprouts and ½ cup water; season with salt and pepper. Bring to a simmer over med heat. Cover; cook, stirring occasionally, until most of the water has evaporated and sprouts are crisp-tender, 5- 8 min (add ¼ cup more water if skillet becomes dry before sprouts are done). Increase heat to med-high; add oil to skillet. Continue to cook, uncovered, without stirring, until sprouts are golden brown on underside, 5 - 7 minutes. Remove from heat. Stir

in lemon juice; season with salt and pepper. Serve with lemon wedges.

OVEN ROASTED GRAPE TOMATOES

2 pints grape tomatoes, halved
1 tsp olive oil
1/2 tsp crushed dried rosemary
Coarse salt and ground pepper
1/4 cup coarsely chopped fresh chives
Preheat oven to 450 degrees. On a rimmed baking sheet, toss tomatoes, oil, and rosemary. Season with salt and pepper. Roast until tomatoes are browned on bottom and begin to collapse, about 15 minutes. Toss with chives.

HOISIN GRILLED EGGPLANT

¼ cup hoisin sauce
2 tbsp olive oil
4 baby eggplants or 1 large eggplant, cut lengthwise into 1-inch-thick slices and scored
Salt
Heat grill to medium. In small bowl, whisk together hoisin sauce and 1 tbsp oil; set aside. Halve eggplants lengthwise; slice a bit off the skin side so they lie flat, and score both sides in a crisscross pattern. Brush both sides of eggplant halves with remaining 1 tbsp oil, and season with salt. Grill until charred and tender, 4 – 7 minutes per side.
Brush both sides generously with reserved hoisin mixture; grill each side again just to glaze, about 1 min per side. Serve hot.

SPICY BROCCOLI W/ GARLIC

1 1/2 pounds broccoli
4 1/2 tablespoons olive oil
1 clove garlic, minced
1/4 teaspoon salt
1/8 teaspoon crushed red pepper
1 1/2 teaspoons vinegar
3/4 cup water
Peel and slice thick stems from broccoli; separate florets. In a skillet, bring water to a simmer over medium-low heat. Add stems and florets; cook, covered, until bright green, 4 minutes. Stir in olive oil, minced garlic, salt, and crushed red pepper. Cook 4 minutes. Turn off heat; stir in vinegar.

TOMATO & ONION CASSEROLE

4 large tomatoes (about 2 lb), cut crosswise into 1/2" slices
1 large or 2 medium red onions (about 1 pound), cut crosswise into 1/4-inch rounds
2 tbsp extra-virgin olive oil
salt and pepper
Preheat oven to 450 degrees. In a 9x13" baking dish, arrange tomatoes and onions in rows, overlapping slightly. Drizzle with oil and season with salt and pepper. Bake until tomatoes are lightly browned and onions are tender, about 30 min. Serve warm or at room temperature.

CHICKPEA ZUCCHINI SAUTEE

2 tbsp canola oil
1 large onion, diced
4 cloves garlic, minced
1 tsp ground coriander
1 tsp ground cumin
8 plum tomatoes, chopped
2 cans (15 1/2 ounces each) chickpeas, drained and rinsed

2 zucchini, quartered lengthwise and cut into 1 1/2-inch pieces
Coarse salt and ground pepper
In a large skillet, heat oil over medium. Add onion; cook, stirring occasionally, until beginning to brown, 5 – 8 min. Add garlic, coriander, and cumin; cook, stirring, until fragrant, 1 – 2 minutes. Add tomatoes, chickpeas, zucchini, and 1/2 cup water; season with salt and pepper. Cover skillet; simmer mixture over medium-high heat, stirring, until zucchini is tender, 10 – 12 minutes. Season with salt and pepper, as desired, and serve.

SWISS CHARD w/ PINE NUTS AND PAN ROASTED GARLIC

2 tablespoons olive oil
3 cloves
1/3 cup pine nuts
1 bunch Swiss chard (rainbow chard, if available)
1/4 cup water
salt and pepper
Dash lemon juice
Heat olive oil in a large sauté pan over medium high heat. Slice garlic on a mandolin (or thinly by hand) and add to oil, cooking until lightly browned. Add pine nuts and sauté until golden brown. Remove garlic and pine nuts and set aside. Trim stems from Swiss chard and cut into 1-inch pieces. Add chard stems to pan with water and simmer until water has evaporated. Chop chard leaves roughly and add to pan. Season lightly and toss to wilt. Add back garlic and pine nuts and sprinkle with

lemon juice. Adjust seasoning and serve.

ROASTED BEETS w/ BALSAMIC GLAZE

2 pounds red beets, medium sized, scrubbed clean, green tops removed
Olive oil
Salt
1/2 cup balsamic vinegar
2 teaspoons sugar
1 teaspoon grated orange zest
Freshly ground black pepper
Preheat oven to 400°F. Line a roasting pan with aluminum foil. Place the beets in the pan. Rub olive oil over the beets, and sprinkle with salt. Cover the beets with another sheet of aluminum foil. Roast for 1 to 2 hours, depending on the size of the beets and how old they are. After 1 hour, test every fifteen minutes by poking a beet with the tines of a fork. Once the fork tines go in easily, the beets are tender and cooked. Remove from the oven. While the beets are cooling, prepare the balsamic glaze. In a small, shallow sauté pan, add the balsamic vinegar and sugar. Heat on high until the vinegar has reduced to a syrup consistency. Remove from heat. After the beets have cooled for several minutes, but are still warm to the touch, peel off the outer skins and discard. Cut the beets into quarters or more, bite-sized pieces. Place beets in a serving bowl. Pour balsamic glaze over the beets. Stir in grated orange zest, and add salt and pepper to taste. Garnish with a little orange zest to serve.

Salads

Tangy Cauliflower salad

Serves 8

Time 25 min

(need to let cool so prep before burgers)

Ingredients

2 small	clove garlic, minced
4 tbsp	capers (optional)
4 tbsp	olive oil
2 tbsp	white-wine vinegar
1 tsp	crushed red pepper
2	lemon, zested (2 teaspoons) and juiced (2 tablespoons)
2 heads	cauliflower, cut into bite sized florets. Cook until tender but crisp (boil in lightly salted water, strain and cool)

Directions

- Whisk garlic, capers, oil, vinegar, crushed red pepper, lemon zest and juice in a large bowl. Add cauliflower to the bowl and toss to coat.
- Chill the salad for 30 min. Serve cold



JOHN TRAINING AT ASPIRE WITH S&C COACH SHANE PIZZEY

Green Salad w/ Roasted Pears and Blue Cheese

Serves 8

Time 20 min

Ingredients

3	pears, cored, peeled, and diced
1/4 cup	olive oil, divided
	Kosher salt and freshly ground black pepper
2	head red or green lettuce, washed and dried
4 tbsp	red wine vinegar
2 tsp	Dijon mustard
4 tbsp	slivered almonds, toasted
4	green onions, finely chopped
4 tbsp	crumbled blue cheese

Directions

- Preheat the oven to 400 degrees F.
- On a parchment-lined baking sheet, toss the pears with 1 tbsp olive oil, salt, and pepper. Place in the oven and bake until the pear edges are golden, but the pieces are still firm, 12 to 15 min, turning halfway through. Tear the lettuce into bite-size pieces and place in a salad bowl.
- In a small bowl, whisk together the vinegar and mustard and drizzle in the remaining 3 tbsp olive oil to make an emulsion.
- Season with salt and pepper and pour over the salad.
- Sprinkle with the pears, almonds, green onions, and blue cheese crumbles, and serve.



TEAM ANNOUNCEMENT AT BIG WHITE. JOHN LESLIE, IAN LOCKEY, TYLER MOSHER, CANDICE DROUIN (COACH). MICHELLE SALT (NOT PICTURED)

Low Fat Cesar Salad

Serves 8

Time 10 min

Ingredients

1 to 2 finely chopped or minced garlic cloves
Pinch of coarse salt
Juice of one (1) lemon
4-6 drops Worcestershire sauce
1/2 cup low-fat or light mayo
4 tbsp freshly-grated Parmesan cheese
3 Romaine lettuce, hearts and tender leaves only
Coarsely-ground black pepper

Directions

- Mix all dressing ingredients and then add to lettuce.
- Add bacon pieces and croutons if desired



JOHN, TYLER & IAN IN THE FINISH AT THE LA MOLINA, SPAIN IPS WORLD CUP.
FEBRUARY 2014

Kale & Mango Salad

Serves 8

Time 10 min

Ingredients

2-3 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced
2 lemon, juiced
1/4 cup olive oil, plus extra for drizzling
Kosher salt 1 tbsp honey or agave
Freshly ground black pepper
2 mango, diced small (about 1 cup)
Handful toasted pepitas (pumpkin seeds)

Directions

- In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.
- Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.



IAN LOCKEY RAILING A TURN IN LA MOLINA, SPAIN . FEBRUARY 2014

Raw Asian Kale Salad

Serves 10

Time 15 min

Ingredients

10 big stalks of kale
Salt
Raw red pepper and ginger salad dressing (see recipe below)
1 avocado, cubed
1 carrot, peeled and sliced into strips with a vegetable peeler
1 cup purple cabbage, chopped
2 tbsp cilantro, roughly chopped
4 tbsp red onion, thinly sliced
2 tsp sesame seeds

Dressing

3 tbsp olive oil
1 red pepper, seeded and chopped into big pieces
2 lime, juiced or lime juice
2 tbsp agave nectar or honey
1" piece ginger
2 tbsp apple cider vinegar
2 clove garlic

Blend all ingredients thoroughly in a food processor or blender.

Directions

- Pull the kale leaves off from the tough stem, and break into small, bite-sized pieces. Sprinkle with sea salt and massage the leaves for a couple of minutes, meaning that you should scrunch handfuls of kale in your hands, release, repeat. The kale will become darker in color and more fragrant. This step improves the taste of raw kale.
- Throw the kale into a bowl, drizzle in the salad dressing, and toss thoroughly. Let sit for 10 min to soften leaves.
- Add the avocado, carrots, cabbage and red onion.
- Top with cilantro and a big sprinkle of sesame seeds

WHEAT BERRY SALAD

Ingredients

2 cups	wheat berries, cooked	3 green onions, sliced
1	granny smith apple, diced	¼ cup walnuts, chopped
¼ cup	currant, dried	¼ cup dried cranberries
1	red pepper, diced	1 carrot, grated
1 – 2 stalks	celery, diced	2 – 3 oranges, juiced
¼ cup	olive oil	1 lemon juiced (or 2 tbsp lemon juice)

Directions

- Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt.
- Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally
- Drain and rinse.
- To serve hot, use immediately. Otherwise, follow the make-ahead instructions.
- For the salad, combine wheat berries, apple, walnuts, currants, cranberries, red pepper, carrot and celery in a large bowl.
- In another bowl, whisk Orange juice.
- Slowly drizzle in olive oil while whisking briskly.
- Once emulsified, add lemon juice to taste.
- Pour over berry mixture a little at a time. Taste after each addition and stop when you like the flavour. This tastes best if left overnight. If you are leaving it overnight, reserve any leftover dressing to add the next day as the flavour mellows a lot in the fridge.



BIG WHITE WAS HOME TO THE CANADIAN TEAM . THANK YOU TO EVERYONE WHO MADE OUR STAY AMAZING!

Dessert Ideas

Low Fat Cheesecake

Serves 14

Time 2 hr 10 min (1 hr active, have to let sit to firm up)

Ingredients

9 whole low-fat cinnamon graham crackers, broken in half
2 tbsp unsalted butter, melted
Cooking spray
2 8-oz packages Neufchatel cream cheese, softened
2 8-oz packages fat-free cream cheese, softened
1 1/2 cups sugar
1 cup reduced-fat sour cream
2 large eggs plus 3 egg whites
2 tbsp all-purpose flour
1 tsp vanilla extract
1 tsp finely grated lemon zest
Assorted toppings

Directions

- Preheat the oven to 350 degrees F. Pulse the graham crackers in a food processor until crumbled. Add 1 to 2 tablespoons water and the butter; pulse until moistened. Wrap the outside of a 9-inch springform pan with foil to prevent leaks. Coat the inside of the pan with cooking spray and press the crumbs onto the bottom. Bake until browned, about 8 minutes. Let cool, about 10 minutes.
- Meanwhile, beat both cream cheeses and the sugar with a mixer on medium-high speed until smooth, 5 minutes, then beat in the sour cream on low. Lightly whisk the 3 egg whites in a bowl, then add to the cheese mixture along with the 2 whole eggs, flour, vanilla and lemon zest. Beat on medium speed until fluffy, 3 minutes. Pour over the crust.
- Place the cheesecake in a roasting pan and add enough warm water to come one-quarter of the way up the sides of the springform. Bake until the cake is set but the center still jiggles, about 1 hour 10 minutes. Turn off the oven; keep the cheesecake inside with the door closed for 20 minutes.
- Remove the cake from the water bath and transfer to a rack. Run a knife around the edge, then cool completely. Chill until firm, at least 8 hours. Top as desired.

Angel Food Cake

Serves 10

Time 55 min

Ingredients

1 3/4 cups sugar
1/4 tsp salt
1 cup cake flour, sifted
12 egg whites (the closer to room temperature the better)
1/3 cup warm water
1 tsp orange extract, or extract of your choice
1 1/2 tsp cream of tartar

Directions

- Preheat oven to 350 degrees F.
- In a food processor spin sugar about 2 minutes until it is superfine. Sift half of the sugar with the salt the cake flour, setting the remaining sugar aside.
- In a large bowl, use a balloon whisk to thoroughly combine egg whites, water, orange extract, and cream of tartar. After 2 minutes, switch to a hand mixer. Slowly sift the reserved sugar, beating continuously at medium speed. Once you have achieved medium peaks, sift enough of the flour mixture in to dust the top of the foam. Using a spatula fold in gently. Continue until all of the flour mixture is incorporated
- Carefully spoon mixture into an ungreased tube pan. Bake for 35 minutes before checking for doneness with a wooden skewer. (When inserted halfway between the inner and outer wall, the skewer should come out dry).
- Cool upside down on cooling rack for at least an hour before removing from pan.
- Cook's Note: Since they're easier to separate use the freshest eggs you can get or buy egg whites pre separated.
- Topping, fresh berries, yogurt mixed with hot chocolate powder, lemon juice mixed with icing sugar , coconut and shaved dark chocolate...get creative



MICHELLE SALT, BIG WHITE, BC

Almond Butter Chocolate Chip Cookies

Ingredients

½ cup	packed pitted medjool dates (~ 6 to 8 dates)
¼ cup	hot water
¼ cup	coconut oil
¼ cup	honey
¼ cup	ground flax seeds
2 tsp	vanilla
1 cup	almond butter
1 cup	quinoa flakes
½ cup	almond meal flour (Bob's Red Mill)
¾ tsp	baking soda
¼ tsp	sea salt
¼ to ½ cup	mini chocolate chips

Directions

- Preheat oven to 350 degrees F. Lightly grease a large cookie sheet.
- Place the pitted dates and water in a blender and let them soak for about 5 min. Then add the coconut oil and honey. Blend until very smooth, ~ 1 min.
- Transfer date-oil mixture to a medium-sized mixing bowl (scooping out every last bit). Add ground flax seeds and vanilla; beat on high with an electric mixture until combined. Add almond butter and beat again.
- Sprinkle the quinoa flakes, almond meal, baking soda, and salt over the almond butter mixture, beat again until well combined.
- Drop dough by the large spoonful onto the greased cookie sheet. Lightly press each cookie down with the palm of your hand.
- Bake for ~ 10 – 12 min. Remove gently with a spatula and transfer to a wire rack to cool. The cookies will be slightly fragile when hot but will hold together very well after about 5 min of cooling.

Frozen Berry Squares

Ingredients

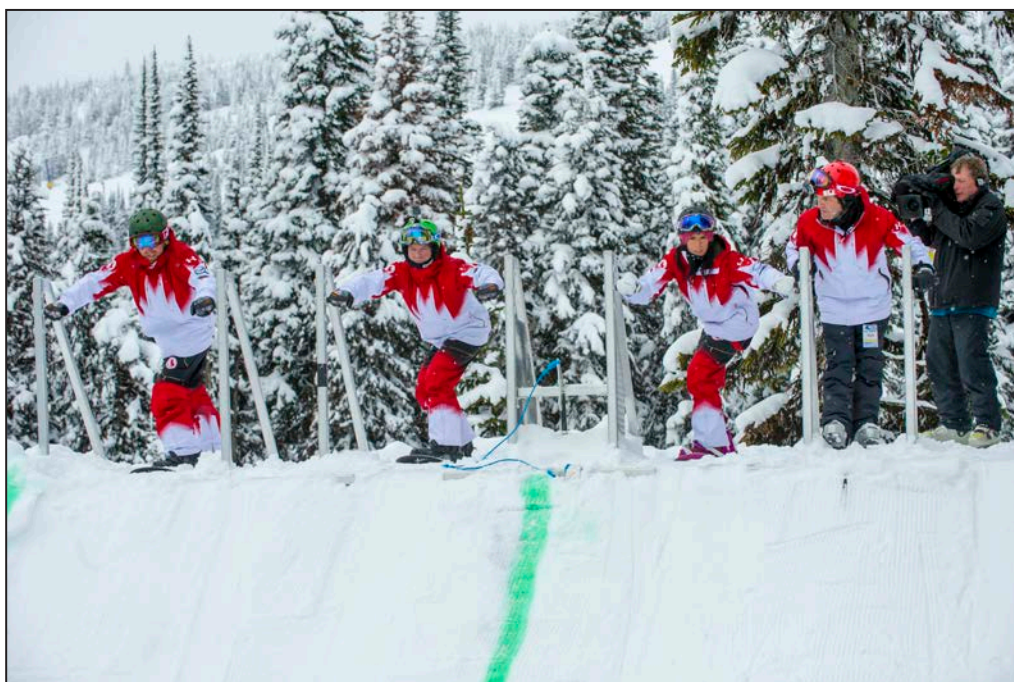
1 cup	whole-grain, low sugar granola
2 cups	fresh strawberries, raspberries or combination
3 cups	low-fat Greek yogurt
1/3 cup	agave nectar
1 tsp	vanilla extract

Directions

- Line 8" square baking pan with foil.
- Sprinkle granola evenly on bottom of pan and set aside.
- In a blender, whirl together berries, yogurt, agave nectar and vanilla until blended.
- Pour berry mixture over granola, smoothing mixture to the edges of the pan.
- Cover with foil and freeze until firm, approximately 4 hours. Keep frozen until serving.

Grilled bananas with vanilla frozen yogurt

- slice banana down center with skin on
- sprinkle cinnamon
- drizzle maple syrup
- grill on BBQ until soft
- slice and place on top of vanilla frozen yogurt



RICH MERCER CAME TO VISIT THE TEAM WHILE TRAINING AT BIG WHITE!

Banana Date Energy Bars

Ingredients

- 1 cup oats (quick or old fashioned)
- ½ cup flour (any of whole wheat, rice, spelt)
- 3 very ripe bananas, mashed
- 3 scoops vanilla whey protein powder (tested)
- ½ cup agave nectar or honey
- 3 egg whites
- ½ cup plain low fat yogurt
- 1 cup chopped dates
- 1 tbsp cinnamon
- 1 tsp vanilla extract
- ¼ cup chocolate chips (or butterscotch chips)

Add pumpkin seeds, sesame seeds, ground flax, raisins, dried berries...get creative.

As you add ingredient you made need to modify liquid or dry to get the right consistency.

Directions

- Thoroughly mix all dry ingredients in a large bowl. Mix all wet ingredients in another bowl.
- Add the wet stuff to the dry stuff and mix together thoroughly.
- Wet hands and spread on a cookie sheet that you've sprayed with non-stick spray.
- Top with evening spaced chocolate chips.
- Bake at 350 degrees Celsius for 5 min.
- When chocolate chips are warm pull bars out of the oven and spread over entire sheet with a knife.
- Bake for another 5-10 minutes. Let cool for 5 min.
- Cut into bars.



MICHELLE, JOHN AND CANDICE ENJOYING THE ALPINE EVENTS IN SOCHI

A HUGE THANK YOU TO EVERYONE THAT WAS A PART OF THE PREPARATION LEADING INTO THE 2014 PARALYMPIC WINTER GAMES IN SOCHI, RUSSIA. THE TIME AND ENERGY PUT IN BY SO MANY MADE IT POSSIBLE FOR THESE ATHLETES TO COMPETE AT THEIR BEST.

PLEASE ENJOY THIS COMPILATION OF RECIPES USED BY THE TEAM IN THE TWO YEARS LEADING INTO THE GAMES. DANA LIS & EMMA MCCRUDDEN, FROM THE CANADIAN SPORT INSTITUTE PACIFIC PROVIDED ALL THE RECIPES YOU SEE IN THIS BOOK. ENJOY AND BON APPETI!



TYLER MOSHER, IAN LOCKEY, TIM O'BRIAN (IPC STAFF), MICHELLE SALT, JOHN LESLIE, DEREK RHODES (TECHNICIAN) CANDICE DROUIN (HEAD COACH), MIKE CONWAY (PHYSIOTHERAPIST), DUSTIN HEISE (CS DIRECTOR), DAVE HUGIL (TECHNICAL COACH)