

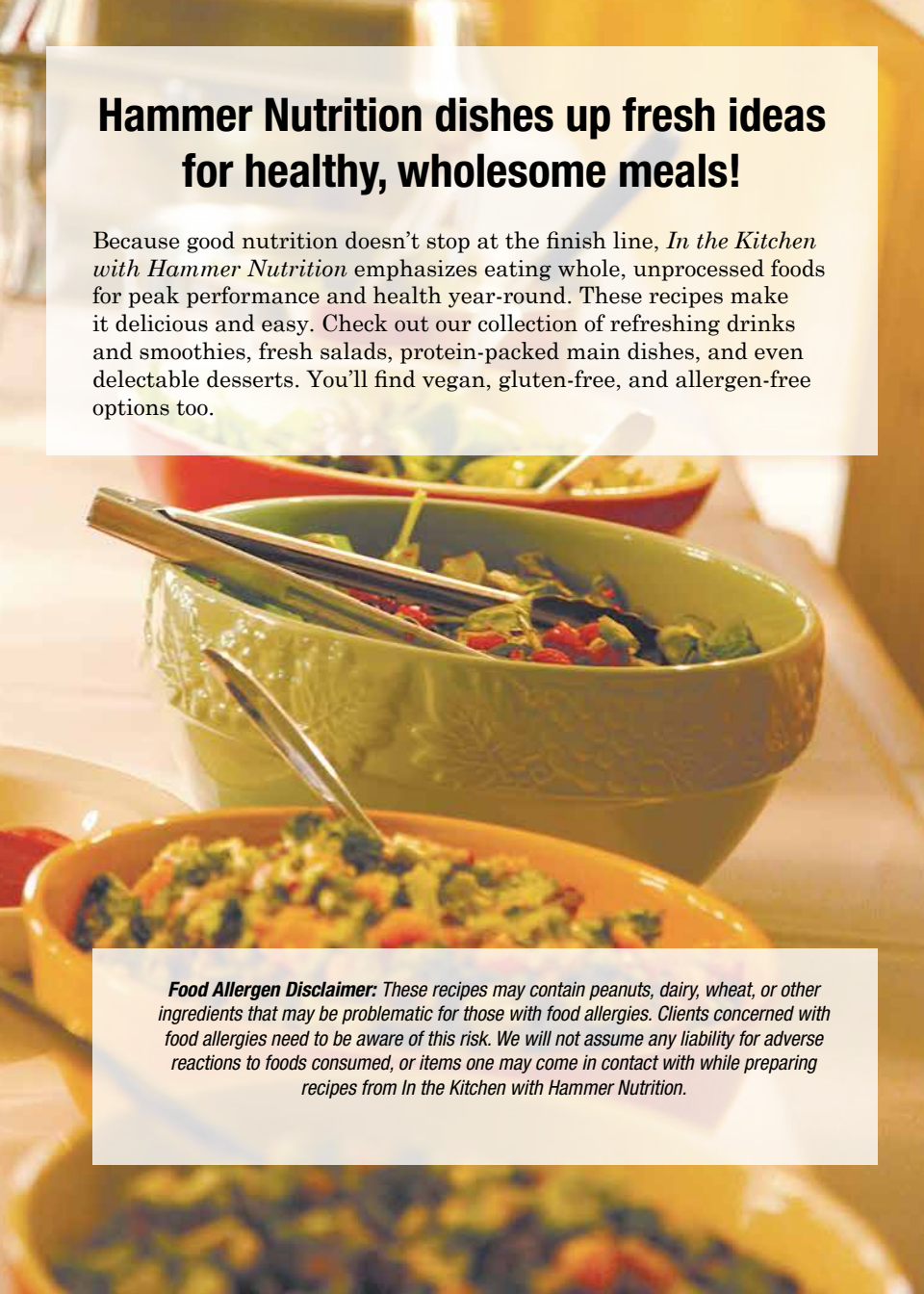
IN THE KITCHEN

with



Hammer Nutrition dishes up fresh ideas for healthy, wholesome meals!

Because good nutrition doesn't stop at the finish line, *In the Kitchen with Hammer Nutrition* emphasizes eating whole, unprocessed foods for peak performance and health year-round. These recipes make it delicious and easy. Check out our collection of refreshing drinks and smoothies, fresh salads, protein-packed main dishes, and even delectable desserts. You'll find vegan, gluten-free, and allergen-free options too.



Food Allergen Disclaimer: *These recipes may contain peanuts, dairy, wheat, or other ingredients that may be problematic for those with food allergies. Clients concerned with food allergies need to be aware of this risk. We will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while preparing recipes from In the Kitchen with Hammer Nutrition.*



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Hammer Protein Smoothies

*Ways to incorporate the numerous health benefits of **Hammer Whey Protein**, **Hammer Vegan Protein**, and **Hammer Soy Protein** into your daily diet*



Blackberry Banana Smoothie

From the Kitchen of Laura Lee Labelle

- 1/2 cup blackberries (frozen or fresh)
- 1 banana
- 1/2 cup almond milk* (or lowfat milk, soy milk, or rice milk)
- 1 scoop Vanilla Hammer Protein (Whey, Vegan, or Soy)

Blueberry Chai Smoothie

Reader Recipe

- 1 scoop Chai Hammer Whey Protein
- 1 cup frozen blueberries
- 1 teaspoon fresh ground flax seed
- 1 cup almond milk
- 1/2 teaspoon cinnamon
- 1/2 cup water

Fruits and Peanut Butter Smoothie

Reader Recipe

- Frozen blueberries
- 1 banana
- 1 tablespoon peanut butter
- 1 cup nonfat yogurt (any flavor)
- Almond milk* (or lowfat milk, soy milk, or rice milk), to desired consistency
- 1 scoop Unflavored Hammer Whey Protein

Preparation for smoothie recipes:

Blend all ingredients in a blender. Enjoy!

*Homemade Almond Milk recipe, page 9.

Hammer Protein Smoothies

*Ways to incorporate the numerous health benefits of **Hammer Whey Protein**, **Hammer Vegan Protein**, and **Hammer Soy Protein** into your daily diet*



Busy Bee Smoothie

From the Kitchen of Laura Lee Labelle

- 2 cups almond milk* (or lowfat milk, soy milk, or rice milk)
- 1 scoop Vanilla Hammer Protein (Whey, Vegan, or Soy)
- 1 tablespoon almond butter
- 1 ripe banana
- 1 teaspoon honey
- 1 teaspoon lecithin

Date Smoothie for Two

From the Kitchen of Laura Lee Labelle

- 1 1/2 cups almond milk* (or lowfat milk, soy milk, or rice milk)
- 1 cup ice
- 4 scoops Vanilla Hammer Protein (Whey, Vegan, or Soy)
- 2 bananas
- 1/2 cup date pieces

Green Protein Smoothie

From the Kitchen of Laura Lee Labelle

- 1 cup shredded, fresh organic kale (loose, not packed)
- 1 cup frozen pineapple chunks
- 1 cup almond milk* (or lowfat milk, soy milk, or rice milk)
- 1 large ripe banana (I like to freeze my banana chunks)
- 1-2 scoops Vanilla Hammer Protein (Whey, Vegan, or Soy)

Preparation for smoothie recipes:

Blend all ingredients in a blender. Enjoy!

*Homemade Almond Milk recipe, page 9.

Hammer Protein Smoothies

*Ways to incorporate the numerous health benefits of **Hammer Whey Protein**, **Hammer Vegan Protein**, and **Hammer Soy Protein** into your daily diet*



Strawberry Blonde Smoothie

From the Kitchen of Laura Lee Labelle

- 1 cup orange juice
- 1 banana
- 6 frozen medium strawberries
- 1 scoop Vanilla Hammer Protein (Whey, Vegan, or Soy)

Strawberry Watermelon Smoothie

Reader Recipe - John Maniaci

- 3 strawberries
- 2 cups watermelon
- 2 tablespoons nonfat yogurt
- 1 scoop Unflavored Hammer Whey

Green Tea Berry Smoothie

From the Kitchen of Laura Lee Labelle

Makes 2 servings

- 1 1/2 cups chilled green tea
- 1 cup mixed frozen berries
- 1 ripe banana
- 1/4 cup Vanilla Hammer Protein (Whey, Vegan, or Soy)
- 1 Tablespoon flax seed

Preparation for smoothie recipes:

Blend all ingredients in a blender. Enjoy!

REFRESHING DRINKS

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Refreshing Drinks

Healthy and delicious!



Almond Milk

From the Kitchen of Laura Lee Labelle

- 5 cups filtered water
- 1 cup raw almonds (blanched* or not)
- 1/3 cup pitted dates (Medjool recommended)
- 1/2 vanilla bean (or 1 teaspoon extract)

Add all ingredients (if you use a bean, cut it open and scrape out the paste inside of it) to a blender, and puree for 2 minutes on high. Pour mixed ingredients through a fine sieve. This is a very creamy, slightly sweet version of almond milk that my kids love and so do I.

*Tip: Blanching almonds is easy. Just bring water to a boil, and then add almonds. Boil for 3 minutes. Cool, and then simply rub off the skins and discard them.

Horchata at Home

Reader Recipe - Steve Sundra

- 1 cup water*
- 1 cup vanilla rice milk
- 1 heaping scoop Unflavored Perpetuem
- 1 heaping scoop Unflavored or Vanilla Hammer Whey
- 2 tablespoons Apple-Cinnamon Hammer Gel
- Extra cinnamon to taste

Combine the ingredients in a tall glass, stir well, and enjoy.

*This recipe is even better if half of the water is replaced with ice.



Refreshing Drinks

Healthy and delicious!



Iced Hammer Mocha Latte

- 2 scoops Chocolate Hammer Whey Protein
- 1 cup organic 1% milk
- 1 cup cold coffee
- 1/2 cup crushed ice
- 1 packet natural stevia sweetener (optional)

Combine all ingredients in a tall glass, stir well, and enjoy!

Gingersnap Smoothie

Reader Recipe - Christy Jones

- 6 oz. soy milk
- 6 oz. chai tea (I make mine from a sugar-free mix)
- 1 scoop Vanilla Hammer Soy Protein
- 1 tablespoon blackstrap molasses
- 1 tablespoon powdered ginger
- 1/4 teaspoon cinnamon
- 1 cup ice
- 1 ripe banana (optional)

Put all of the ingredients in a blender, blend until smooth, and enjoy! This is easy to make, tastes like a gingersnap cookie, and is a great source of protein along with iron, calcium, and potassium (thanks to the blackstrap molasses).

This recipe is based on one I found online for a smoothie using blackstrap molasses. I added some of my Hammer Soy powder to thicken it up and get my protein too!



BREAKFAST

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Amaranth Granola Bars



From the Endurance News Staff
Makes 12-18 bars

Ingredients:

4 tablespoons raw amaranth
1 cup dried, unsweetened, shredded coconut
1-1/2 cups mixed seeds and nuts (such as toasted sesame seeds, sunflower seeds, pumpkin seeds, ground flax seeds, chopped walnuts, or almonds)
1/2 cup almond or peanut butter
2 packets Peanut Butter or Nocciola Hammer Gel
1/4 cup maple syrup
1 teaspoon vanilla extract
1/2 cup dried cranberries or blueberries

Preparation:

Butter or oil an 8-inch square baking dish. (If pan is metal, line it with oiled parchment paper.) To puff the amaranth, heat a large skillet over high until it is very hot. Puff 1-2 tablespoons (a single layer) of amaranth at a time, stirring constantly, until most of the amaranth has popped. (Not every seed needs to pop.) Pour the popped amaranth into a bowl; repeat until all amaranth is puffed.

In a medium-size bowl, mix together the amaranth, coconut, seeds, and nuts. In a small saucepan, over medium heat, warm the peanut or almond butter until it is pourable. Remove from heat, then add the Hammer Gel, maple syrup, and vanilla. Pour the liquid mixture into the amaranth and nut mixture and stir until evenly combined. Add the dried fruit and mix again. Spread the mixture into an even layer in the baking dish. Refrigerate for at least 90 minutes until set.

Cut into bars, then store in an airtight container in the refrigerator.

Gingerbread Oatmeal

From the Kitchen of Laura Lee Labelle
Makes 1 serving



Ingredients:

- 1/2 cup old fashioned oats
- 1 cup water
- 1 teaspoon fresh, grated ginger
- 1 teaspoon fresh, grated turmeric root
- 1/4 cup dried currants
- 1/2 teaspoon powdered cinnamon
- 1 Tablespoon molasses
- 2 teaspoons golden flax seeds

Preparation:

Cook oats in water along with the fresh ginger, turmeric, currants, and cinnamon. Drizzle the cooked cereal with the molasses, then sprinkle with the flax seeds. For a little additional sweetness, add a bit of honey or coconut sugar.



Granola

From the Kitchen of Laura Lee Labelle

Vanilla Almond

Granola

Makes 6 servings

Ingredients

2 1/2 cups old-fashioned rolled oats
 3/4 cup slivered almonds
 1/2 teaspoon ground cinnamon
 pinch of salt
 1/2 cup pure maple syrup
 1/4 cup melted coconut oil
 1/4 teaspoon almond extract
 1 tablespoon vanilla extract

Preparation

Preheat oven to 250°F. Line a large baking sheet with parchment paper or a silicone baking mat. Toss the oats, almonds, cinnamon, and salt in a large bowl. Set aside. In a medium bowl, whisk the maple syrup and coconut oil together until combined. Whisk in the almond and vanilla extracts. Pour the liquid over the oats and toss, making sure that all of the oats are moistened.

Spread the mixture onto the prepared baking sheet; bake 30-45 minutes, stirring every 15 minutes, until golden. Allow granola to cool completely. As it cools, the granola will become crunchy. Store in an airtight container at room temperature for up to 3 weeks.

Hearty Granola

Makes 12 servings

Ingredients

3 cups old-fashioned rolled oats
 1 cup slivered almonds
 1 cup chopped pecans
 3/4 cup shredded sweet coconut
 1/4 cup plus 2 tablespoons coconut or date sugar
 1/4 cup goji berries
 2 tablespoons flax seeds
 2 tablespoons chia seeds
 3/4 teaspoon salt
 1/4 cup plus 2 tablespoons pure maple syrup
 1/4 cup coconut oil

Preparation

Preheat oven to 250°F. Line a large baking sheet with parchment paper. In a large bowl, mix together all ingredients. Spread the mixture in a single layer on the prepared baking sheet. (You may need to bake the granola in two batches.) Toast in the oven until the ingredients begin to turn golden (about 30-45 minutes), stirring every 15 minutes so that the granola toasts evenly. Allow granola to cool completely. Store in an airtight container at room temperature.

Fruity Granola

Makes 12 servings

Ingredients

3 cups old-fashioned rolled oats
 1 cup coarsely chopped pecans
 1/2 cup unsweetened shredded coconut
 1/2 cup coconut sugar
 3/4 teaspoon cinnamon
 1/4 teaspoon salt
 1/3 cup honey
 2 tablespoons coconut oil
 1 cup assorted dried fruit (such as apples, apricots, raisins, etc.)

Preparation

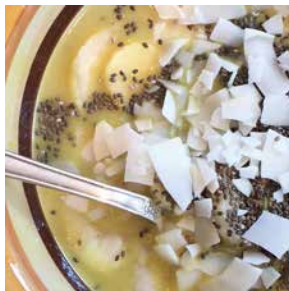
Preheat oven to 250°F. Line a large, rimmed baking sheet with parchment paper. In a large bowl, mix together the first six ingredients. (Set aside the assorted dried fruit, which will be added last.)

In a medium saucepan, gently heat the honey and oil over medium-low, stirring until smooth. Pour the honey mixture over the oat mixture; toss. Spread granola on the prepared baking sheet. Bake until golden, stirring every 10 minutes, about 30-40 minutes total. Place sheet on rack. Stir granola; cool. Mix in dried fruit. Store in an airtight container.



Hot Turmeric Cereal

From the Kitchen of Laura Lee Labelle
Makes 2 servings



Ingredients:

2 servings oatmeal or Cream of Rice

2 teaspoons grated fresh turmeric

OR

4 Tissue Rejuvenator capsules

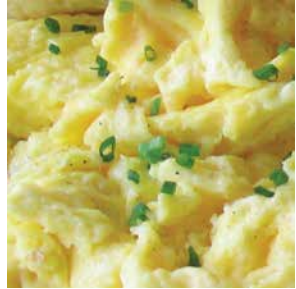
1 teaspoon honey (if using Tissue Rejuvenator)

Preparation:

In a medium-size saucepan, prepare the cereal according to package directions. For extra flavor, I like to cook my cereal in almond milk instead of water. As the cereal cooks, add either the turmeric or Tissue Rejuvenator capsules. (Break open the capsules and pour the contents into the cereal.) If using Tissue Rejuvenator, add the honey to offset the slightly bitter flavor. Serve with your choice of toppings and milk.



Kale and Eggs



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

1 teaspoon ghee or olive oil
1 medium onion, finely chopped
1 large bunch kale, finely chopped
1/2 cup chicken or vegetable broth

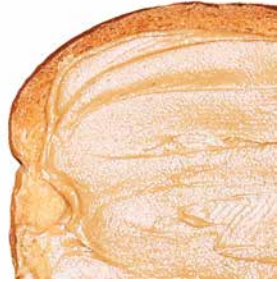
8 large organic free-range eggs
2 teaspoons crumbled feta cheese
1 teaspoon ghee or olive oil

Preparation:

In a medium-size skillet, heat the ghee or oil, then brown the onion. Add kale and broth, then steam for 4 minutes. Remove skillet from the heat and set it aside.

In a small bowl, whisk the eggs until fluffy. Stir in feta. In a separate nonstick pan, heat the ghee or olive oil, then add the egg-feta mixture. Gently stir and cook the eggs to your liking. Plate kale and onion mixture, and then spoon the cooked eggs into center. Garnish with hot sauce, or salt and pepper to taste.

Nutty Banana Cinnamon Toast



From the Endurance News Staff

Ingredients:

- 1 slice of toast (preferably oat, millet, or other non-wheat grain)
- 1 packet Peanut Butter, Chocolate-Peanut Butter, or Nocciola Hammer Gel
- 1/2 banana, sliced
- 1 tablespoon shredded coconut, toasted
- Dash of cinnamon

Preparation:

Toast the bread, then top it with the remaining ingredients.



Protein Scramble

From the Kitchen of Laura Lee Labelle
Makes 2+ servings



Ingredients:

- 1 teaspoon ghee or olive oil
- 1 medium onion
- 1/2 cup chopped mushrooms
- 1/2 lb. ground chicken or turkey
- 1 small tomato, chopped
- 4 large basil leaves, chopped
- 6 egg whites

Preparation:

In a medium-size skillet, heat the ghee or oil. Saute the onions and mushrooms until they are lightly browned. Add the meat and cook thoroughly. Add the tomato, basil, and egg whites. Stir continuously a few more minutes until cooked.

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Apple Avocado Salad

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 1 head butter lettuce, shredded
- 3 Belgian endives, cut crosswise into ribbons
- 1 large crisp apple, peeled and cubed
- 1 avocado, peeled, pitted, and cubed
- 1 teaspoon fresh dill, minced (or dried dill)

Dressing:

- Juice of one large lemon
 - 1/4 cup extra virgin olive oil
 - Salt and pepper to taste
- Combine ingredients in a small bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

Combine salad ingredients in a large bowl. Add dressing, then gently toss, and serve!

Tip: Delicious with grilled, chopped chicken or shrimp!



Arugula Salad



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

5 oz. baby arugula
1 bunch watercress
2 Belgian endives
1 large heirloom tomato

Dressing:

1 tablespoon lemon juice
1 teaspoon Dijon mustard
1 large garlic clove, crushed
1/4 cup extra virgin olive oil

Salt and pepper to taste

Combine all ingredients in a small bowl (or Hammer Blender Bottle!), and mix well.

Preparation:

Remove thick stems from the watercress and discard. Slice the endive into rounds and sliver the tomatoes. In a salad bowl, mix together the arugula, watercress, endive, and tomato. Toss with dressing and enjoy!



Beet and Apple Salad

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 1 small bunch of baby beets
- 1 large Braeburn apple
- 1 large head butter lettuce
- 1/4 cup sunflower seeds, toasted and seasoned

Dressing:

- 3 tablespoons extra virgin olive oil
- 1 tablespoon seasoned rice vinegar
- Salt and pepper to taste

Preparation:

Peel the beets and cut them into quarters. Core the apple and cut it into cubes. Combine the salad ingredients in a large bowl, then toss with the dressing and toasted sunflower seeds.

Beet Salad

From the Kitchen of Laura Lee Labelle
Makes 6 servings



Ingredients:

3 bunches of fresh baby beets

To taste:

Fresh parsley, chopped

Fresh basil, chopped

Lemon

Olive oil

Salt and pepper

Preparation:

Wash the beets and then place them in a large pot with enough water to cover them. Boil until they are tender (you should be able to pierce them easily with a paring knife or fork). Remove the beets from the pot and run them under cold water. Peel, rinse, and pat dry. Cut the beets in half, place them in a bowl, and add the remaining ingredients to taste.

Berry Salad



From the Kitchen of Laura Lee Labelle
Makes 3-4 servings

Ingredients:

1-2 small heads of butter lettuce
3 sprigs of green onions, sliced
1/4 cup raspberries
1/4 cup blackberries
1/4 cup sliced strawberries
1 ripe avocado
1/2 cup slivered almonds, toasted

Dressing*:

1/4 cup extra virgin olive oil
3 tablespoons rice vinegar
Salt and pepper to taste
Combine dressing ingredients in a small bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

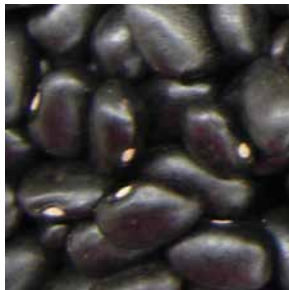
In a salad bowl, tear the lettuce into pieces, then add the onions and berries. Peel and pit the avocado, cut it into squares, and add to the salad. Add almond slivers. Toss with dressing and enjoy!

*This is a super light dressing as the salad ingredients are so flavorful on their own. If you prefer, substitute your favorite dressing.



Black Bean Salad

From the Kitchen of Sonia Frank
Makes 4 cups (6 servings)



Ingredients:

- (2) 15-oz. cans black beans, drained and rinsed (or cook your own)
- 1 cup chopped tomatoes
- 2/3 cup chopped white onion
- 1 cup chopped cilantro
- 2 cloves garlic, minced (or as desired)
- 3 tablespoons olive oil (preferably extra virgin)
- 1 tablespoon cumin
- 1 jalapeno pepper, finely chopped (optional)
- Salt and pepper to taste

Preparation:

Mix all ingredients in a bowl and refrigerate for at least 2-3 hours before serving.

Earthy Beet, Pecan and Feta Salad



From the Kitchen of Laura Lee Labelle
Makes 6-8 servings

Ingredients:

4 large boiled beets, peeled, cooled, and sliced
1/2 cup toasted pecan halves
1/4 cup crumbled feta cheese
3 Tablespoons olive oil
1 Tablespoon balsamic vinegar
1 Tablespoon chopped fresh parsley
1 Tablespoon chopped fresh basil
Salt and pepper to taste

Preparation:

Place the sliced beets in a serving bowl. Cover them with the toasted nuts, and then add the cheese. In a small, separate bowl, mix the oil, vinegar, herbs, and seasonings. Just before serving, pour the dressing over the top of the salad ingredients. Enjoy!



Endive and Walnut Salad

From the Kitchen of Laura Lee Labelle
Makes 6 servings



Ingredients:

- 4 large Belgian endives
- 1 large ripe Bosc pear
- 1 cup arugula
- 1/2 cup crumbled Gorgonzola cheese
- 1/2 cup walnut pieces, broken

Preparation:

Slice endive into fairly thin circles. Core and cube the pear, and then toss the cubes in a small amount of lemon juice to prevent them from browning. Place all of the ingredients in a bowl, then toss with Dijon Vinaigrette and serve! (*See page 39 for Dijon Vinaigrette recipe.*)

Fennel and Orange Salad

From the Kitchen of Laura Lee Labelle
Makes 6-8 servings



Ingredients:

3 oranges
4 cups baby arugula
1/2 red onion, thinly sliced
1/2 cup pomegranate seeds
1 bulb fennel, cleaned and thinly sliced

Dressing:

1/2 cup extra virgin olive oil
Juice of one lemon
Salt and pepper to taste
Combine dressing ingredients in a small bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

Peel oranges and thinly slice. In a large salad bowl, mix arugula, red onions, pomegranate seeds, and fennel. Toss with the oranges and dressing, then serve!

Kale Salad with Peanut Dressing



From the Kitchen of Laura Lee Labelle
Makes 6 servings

Ingredients:

- 1 bunch kale (I like the frizzy kind)
- 1/4 head green cabbage
- 2 green onions
- 1 large carrot
- 1 large crisp apple
- 1 small bunch cilantro
- 1/4 cup chopped peanuts (reserve for finish)

Dressing:

- 1/4 cup peanut butter
- 1/2 cup orange juice
- 1 tablespoon soy sauce
- 1 teaspoon chili flakes

Combine dressing ingredients in a bowl; whisk until smooth and creamy.

Preparation:

Shred kale, cabbage, and green onions. Grate the carrot. Cut the apple into small, thin slices. In a large salad bowl, combine the ingredients. Toss well with dressing. Sprinkle with the peanuts.

I serve this salad as is or with grilled steak, chicken, or tofu.

Kale Slaw



From the Kitchen of Laura Lee Labelle
Makes 4-6 servings

Ingredients:

1 bunch kale
12 baby Brussels sprouts
1 large carrot
1 Fuji apple
Juice of a lemon
1/2 cup dried cranberries

Dressing:

1/2 cup extra virgin olive oil
1/4 cup seasoned rice vinegar
Salt and pepper to taste

Combine ingredients in small bowl (or Hammer Blender Bottle!) and mix well.

Preparation:

Shred kale and Brussels sprouts either by hand or in a food processor. Grate carrot. Cube apple and toss with lemon juice to prevent browning. In a large bowl, mix kale, Brussels sprouts, carrot, apple, and dried cranberries. Toss with dressing and enjoy!

Napa Cabbage Slaw

From the Kitchen of Laura Lee Labelle
Makes 6 servings



Ingredients:

- 1 head Napa cabbage
- 1 bunch cilantro
- 1 bunch green onions
- 2 large carrots
- 1/4 cup seasoned rice vinegar
- 1/2 cup extra virgin olive oil

Preparation:

Cut cabbage crosswise into thin slivers, chop cilantro and green onions, and grate carrots. Mix all ingredients together in a large salad bowl and enjoy.



Persimmon Salad

From the Kitchen of Laura Lee Labelle
Makes 2 servings



Ingredients:

1 bulb shaved fennel
1-2 Japanese persimmons
1 large crisp apple
1 cup of arugula
Juice of a lemon

Dressing:

Olive oil
Salt and pepper, to taste

Preparation:

Cut fennel in half length-wise and then slice into thin slivers. Remove core from persimmons, and slice fruit into long, thin wedges. Core apple and cut it into quarters. Slice quarters into smaller pieces, then toss them with lemon juice to prevent browning.

Mix all ingredients and toss with olive oil, salt, and pepper to taste. You've made the perfect accompaniment to any meal! Or, turn it into a main course by adding grilled salmon or chicken breasts.



Soba Salad with Avocado Miso Dressing

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

1 package buckwheat soba noodles
1 bunch kale, curly or flat
1/2 large cucumber

Optional Garnishes:

Sesame seeds
Paprika

Dressing:

1 avocado
1 garlic clove
1 tablespoon extra virgin olive oil
3 tablespoons white miso
Juice from half of a lime
1/2-3/4 cup water

Blend all dressing ingredients except the water in a blender or food processor. Add water to reach desired consistency.

Preparation:

Cook the soba noodles according to package directions. While the noodles are cooking, remove the stems from the kale and cut the leaves into small pieces or ribbons. Chop cucumber into small, thin semi-circles or ribbons. When noodles are cooked, drain and rinse with hot water. In a large bowl, combine kale, cucumber, noodles, and dressing.

Garnish with sesame seeds and/or paprika, and serve with a wedge of lime. Serve warm, or chill for one hour prior to serving.

Summer Salad



From the Kitchen of Laura Lee Labelle
Makes 2 servings

Ingredients:

2 organic hothouse cucumbers, peeled and chopped in chunks
1 cup organic cherry or grape tomatoes*
4 oz. crumbled feta cheese

Dressing:

1 teaspoon dry chopped dill
Juice of one large lemon
2 tablespoons olive oil
1/4 cup minced red onion (optional)
Salt and pepper to taste
Combine dressing ingredients in a bowl (or Hammer Blender Bottle!)
and mix well.

Preparation:

Combine the salad ingredients in a bowl, gently toss with the dressing, and enjoy!

*Select the freshest in-season tomatoes. In summer, I tend to use tiny cherry tomatoes; in the winter I sometimes use chopped heirloom or Roma tomatoes.

Warm Bread Salad

From the Kitchen of Sonia Frank
Makes 4 servings



Ingredients:

- 6 cups spelt bread, cut into 1" cubes
- 1 cup red onion, sliced
- 2/3 cup Greek olives
- 1/2 cup sundried tomatoes
- 1/4 cup capers (optional)
- 1 cup feta cheese, cut into 1/2" cubes
- 5 cloves garlic
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar or red wine vinegar

Preparation:

Combine all ingredients in a large bowl and mix gently. Pour into a casserole dish. Sprinkle with a small amount of additional oil and vinegar, if desired. Bake at 350°F for 25 minutes. Serve warm.

Vegan Egg Salad

From the Kitchen of Bill Sirl
Makes 2 servings



Ingredients:

1 tablespoon apple cider vinegar
1 tablespoon mustard
2 teaspoons honey
1/2 teaspoon turmeric

1 block firm tofu (drained)
2 tablespoons diced celery
3 tablespoons diced onion
2 tablespoons nutritional yeast
1 teaspoon garlic powder
1 teaspoon dill
1/2 teaspoon cayenne pepper
1 teaspoon black pepper
1 teaspoon parsley
1 teaspoon paprika
1 teaspoon salt (optional)
2 tablespoons Vegenaïse® (optional)

Preparation:

In a small bowl, mix together the first four ingredients, then set aside. Crumble tofu into medium mixing bowl. Add celery, onion, nutritional yeast, garlic powder, dill, cayenne, black pepper, parsley, and paprika. Mix with fork. Add reserved vinegar/mustard/honey/turmeric mixture and combine with fork. Add salt and Vegenaïse® if desired. Refrigerate for at least one hour. Enjoy!

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Basil Vinaigrette

From the Kitchen of Ty Brookhart
Makes about 12 ounces



Ingredients:

5 cloves garlic

1/2 shallot

2-3 anchovies

3/4 cup balsamic vinegar

2 tablespoons Dijon mustard

Pinch of cayenne

Fresh (or dried) thyme and oregano (pinch of both)

Juice of one lemon

6-10 fresh basil leaves

Olive oil

Preparation:

Add all ingredients except olive oil to a food processor. Blend until fairly uniform. Gradually add olive oil until the dressing thickens, but be careful not to let the olive oil overpower the dressing.

Tip: To add a little sweetness to the overall taste, add a splash of agave nectar or honey.

Dijon Vinaigrette

From the Kitchen of Laura Lee Labelle
Makes about 3 ounces



Ingredients:

4 tablespoons olive oil
2 teaspoons Dijon mustard
1 tablespoon red wine vinegar
Salt and pepper to taste

Preparation:

Put all ingredients in small bowl (or Hammer Blender Bottle!), and mix well. *Goes great with Endive and Walnut Salad recipe on page 27.*

Honey Sesame Dressing

From the Kitchen of Sonia Frank
Makes about 16 ounces



Ingredients:

3/4 cup seasoned rice vinegar
1 1/2 tablespoons honey
1/2 cup light vegetable oil
1/4 cup sesame oil
2 cloves garlic, minced
1 1/2 teaspoon sesame seeds
1 teaspoon soy sauce
Juice from half a lemon, strained

Preparation:

Put all ingredients in a small bowl (or Hammer Blender Bottle!). Mix well and refrigerate overnight. Use as salad dressing or marinade.

Goes great with Chinese Chicken Salad recipe on page 77.

Strawberry Ginger Vinaigrette



From the Kitchen of Ty Brookhart
Makes about 12 ounces

Ingredients:

1/2 cup frozen strawberries

1 tablespoon fresh minced ginger

Juice of 1/2 lemon

1/8 cup apple cider vinegar

1/8 cup balsamic vinegar

1/8 to 1/4 cup raw honey (to taste, depending on the sweetness of the strawberries and balsamic)

1 tablespoon fresh minced lemon thyme or mint

Black pepper to taste

1/8 cup walnut, grape seed, or olive oil (if desired)*

Preparation:

Add strawberries, ginger, lemon juice, and vinegars to a food processor or blender. Blend until smooth. Add honey, herbs, and black pepper while blending. *For thicker dressing or to increase calories, add oil.

Tip: To add body and thicken the dressing without using oil, blend the other ingredients with raw walnuts.

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African Peanut Soup

From the Kitchen of The Cycling House
Makes 8 servings



Ingredients:

- 3 tablespoons olive oil
- 1 yellow onion, finely chopped
- 2 bell peppers, finely chopped
- 2-3 garlic cloves, minced
- 28 oz.-can chopped tomatoes with juice
- 8 cups vegetable or chicken broth
- Pepper to taste
- Red pepper flakes to taste
- 1 cup uncooked short-grain rice
- 2 chicken breasts, sliced (or one block of sliced tofu sautéed to crisp the outside)
- 2/3 cup peanut butter
- Roasted peanuts

Preparation:

In a large soup or stock pot, heat the olive oil. Just before the oil begins to smoke, add the onion and bell peppers. After 3-4 minutes, add the garlic. When the onions begin to brown, add the tomatoes with their juice, as well as the broth. As the soup heats, add pepper and red pepper flakes to taste. Bring the soup to a boil and then allow to simmer, uncovered, for about 15 minutes. Add rice and meat or tofu. Cover and allow to simmer 30 minutes more. Whisk in the peanut butter. Garnish with the roasted peanuts.

Dahl (Yellow Lentil) Soup

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

2 tablespoons ghee or olive oil
1 large onion, diced
2 stalks celery, diced
2 medium carrots, diced
3 bay leaves

32 oz. vegetable broth
2 cups red split lentils
Sea salt and pepper to taste

Preparation:

Heat the olive oil or ghee in a soup pot. Add the onion, celery, carrots, and bay leaves, then sauté until vegetables soften and darken in color. Add broth. Stir in lentils, and bring to a low simmer. Cover and simmer for an hour, or until lentils are very soft. Season with sea salt and pepper to taste, and enjoy for lunch or dinner.



Green Magic Soup

From the Kitchen of Laura Lee Labelle
Makes 4 servings



This tasty and healthful soup has been in my family since I was a little girl. When we are sick we make a huge batch of “green soup” and eat only this. Sometimes we whip in a whole egg for protein or serve it with brown rice for more a filling meal. When I have over indulged or have eaten too much for the holidays, I fast on this for a day or two. In our house, it is the ultimate comfort food!

Ingredients:

1 tablespoon olive oil
1 large (or 2 small) sweet onion(s), chopped
3 celery stalks, chopped
1 pound green beans, roughly chopped
1 pound zucchini, cubed
2 (or more) cups parsley, chopped
Fresh herbs of your choice
Several cloves of garlic, minced (optional)
32 ounces chicken or vegetable stock

Preparation:

Over medium temperature, heat olive oil in a large soup pot. Add the onions and cook several minutes until softened. Add the celery, green beans, zucchini, parsley, herbs, and garlic (if using); cook about 5 minutes, or until vegetables begin to brown lightly. Add stock, bring to a boil, then gently simmer for about 10 minutes until vegetables are soft but still bright green in color. Remove the pot from the heat. In a food processor or blender, carefully puree the soup in batches. Return the pureed soup to the pot and gently reheat, if necessary. Season to taste.

Potato Leek Soup

From the Kitchen of Sonia Frank
Makes 2 quarts (about 5 servings)



Ingredients:

1 bunch leeks (3-4 good-size ones)
1/2 cup finely chopped yellow onion
2 tablespoons canola oil
8 cups white potatoes, diced
5 cups water
3 teaspoons chicken bouillon powder
1 teaspoon salt (optional)
1 teaspoon dried dill (or 2 teaspoons fresh dill)
Pepper to taste

Preparation:

Chop white part of leeks and discard the rest. In a large pot, sauté leeks and onion in canola oil until transparent. Add potatoes, water, bouillon, and salt (if desired). Cook until potatoes are tender. Blend 3/4 of the soup in a food processor or blender, and return to pot. Add dill and pepper. Stir well and serve.

Tip: This soup tends to thicken overnight, so some water and salt may need to be added when reheating.

Pumpkin Soup



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

1 tablespoon olive oil, ghee, or coconut oil

2 large white onions, diced

3 large garlic cloves, minced

16 oz. pumpkin puree

(I like to cut up a pumpkin and roast it in the oven, until it is soft and mushy. Then I scoop it out and puree it.)

1/2 teaspoon cumin

1/2 teaspoon cinnamon

1/2 teaspoon turmeric

32 oz. chicken stock or water

Sea salt and fresh pepper to taste

Optional: 1 cup heavy cream, 1 cup unflavored almond milk, or 1/2 cup cashews

Garnish options: Fresh dill and toasted pumpkin seed oil

Preparation:

In a soup pot, heat the oil or ghee. Add the onions and garlic, then sauté until lightly brown. Add pumpkin and spices, and then cover with stock or water, stirring to blend. Bring to a boil and then reduce to a simmer; cook for 20 minutes. Remove from heat and let stand for 20 minutes. If desired, stir in optional cream, almond milk, or nuts. Carefully puree with a blender, food processor, or handheld blender.

Sweet Potato Coconut Soup

From the Kitchen of Sarah Hornby
Hammer Nutrition Canada
Makes 6 servings



Ingredients:

1 tablespoon coconut oil
1 large onion, peeled and chopped finely
2 garlic cloves, crushed
2 cm piece fresh ginger, peeled and diced
2-3 sweet potatoes, peeled and diced
1 tablespoon lemongrass, chopped
600 ml (20 fl oz) vegetable or chicken stock
1 13-oz can coconut milk
Salt and fresh-ground pepper, to taste
2 limes (zest and juice)

Preparation:

Heat coconut oil in a large saucepan and gently sauté onion, garlic, and ginger until tender (about 5 minutes). Add diced sweet potatoes and lemongrass, cook for 3 more minutes. Add stock and bring to a boil. Reduce heat and simmer, covered, for 20 minutes until vegetables are tender. Cool soup slightly. Add half the can of coconut milk and puree in batches, using a hand blender or food processor. Return soup to the saucepan; add remaining coconut milk. Salt and pepper to taste. Heat through without allowing the soup to boil. Add lime juice. Ladle soup into bowls and garnish with lime zest. Enjoy!

Tomato Soup

From the Kitchen of Sonia Frank
Makes 11 cups (8 servings)



Ingredients:

1 1/2 tablespoons canola oil
1 cup onions, chopped
1/2 cup celery, finely chopped
1/2 cup carrots, finely chopped
1 teaspoon dried basil
1 teaspoon dried dill
1 clove garlic, minced
(2) 28-oz. cans tomatoes (crushed if possible), pureed in food processor or blender
4 cups chicken stock
1 tablespoon sherry (optional)
Pinch of pepper

Preparation:

In a large soup pot, heat oil and sauté onions. When onions are transparent, add the celery and carrots, and sauté for 5 minutes. Add herbs and garlic, and cook for a couple of minutes. Add remaining ingredients. Bring to a boil, then cook on low simmer for 35 minutes, stirring frequently. Season to taste. (See variations on page 50.)

Tomato Soup Variations

From the Kitchen of Sonia Frank



Curried Rice Tomato Soup

Add 1/4 cup white rice, 1/2 cup more water or stock, and 1 teaspoon (or to taste) curry powder.

Tomato Pasta Soup

Add 1 1/2 cups cooked pasta and 1/2 cup chopped parsley to soup. You can use macaroni elbows, fusili, shells, or any of your favorite pastas.

Creamy Tomato Soup

In a small sauce pan, make a roux: melt 2 tablespoons butter, then add 2 tablespoons flour. Over a low flame, whisk the flour constantly for 2-3 minutes until smooth and thickened. Add roux and 1 cup of heavy cream to prepared soup; stir well to blend until smooth.

Zucchini Soup



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

- 6 medium zucchini
- 1 large onion
- 1 teaspoon pure (not virgin) olive oil, ghee, or coconut oil
- 1 quart chicken broth
- 2 sprigs fresh dill

Optional for a creamy version:

- 1/2 cup organic raw cream, or
- 1/4 cup cashews

Preparation:

Wash zucchini and cut into 1" round slices. Peel onion and cut into large slices (size or shape not important). In a 3-quart pot, heat oil over low, then lightly sauté veggies until softened. Add chicken broth and dill, and bring to a rapid boil. Boil for 10 minutes. Remove from heat and let cool for 20 minutes. Puree with a hand mixer or in a blender, salt to taste, and enjoy! My children and husband usually will not eat zucchini, but they LOVE this soup; it's a great way to make this healthy vegetable more appetizing. For a vegan version, substitute veggie broth for chicken broth.

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Brown Rice



From the Kitchen of Sonia Frank
Makes 2 hearty servings

Though there are many ways to make brown rice, this simple version is quick and easy to prepare. Hearty and versatile, short grain (preferably organic) brown rice is a great source of fiber and carbohydrates, as well as a healthy alternative to wheat pasta. Eat it plain along with steamed veggies, or add to a variety of dishes.

Ingredients:

2 cups plus 1 tablespoon water
1 cup brown rice (preferably short grain)
1/2 teaspoon salt or bouillon

Preparation:

Bring water to boil, add rice and salt, and stir once. With lid off, wait for water to boil again. When it boils, put lid on and simmer for 45 minutes or until water is absorbed. Set aside and let cool.

Brown Rice Mushroom Pilaf

From the Endurance News Staff
Makes 4 servings



Ingredients:

- 1 Tablespoon olive oil
- 1 small onion, chopped
- 1-2 garlic cloves, minced
- 1 cup sliced mushrooms
- 1 cup long-grain brown rice
- 2 1/2 cups low-sodium chicken or vegetable broth
- 1 teaspoon dried basil
- Several sprigs of fresh thyme
- 1 bay leaf
- 2 Tablespoons chopped parsley

Preparation:

In a medium skillet, heat the olive oil over medium heat. Add the chopped onion and sauté about 3 minutes. Add the garlic and mushrooms, then sauté until mushrooms are cooked and most extra liquid has evaporated, about 5 minutes. Add the rice, and cook 1 minute, stirring. Add the broth, basil, thyme, and bay leaf. Bring liquid to a boil, then cover and reduce heat. Simmer 40 minutes, stirring occasionally. Add chopped parsley; simmer another 5-10 minutes until liquid is absorbed and rice is tender. Remove thyme sprigs and bay leaf. Salt and pepper to taste, if desired.

Corn Salsa

From the Kitchen of Sonia Frank
Makes 4 cups (about 8 servings)



Ingredients:

- 1 1/2 cups raw corn, cut off the cob or canned
- 1 cup tomatoes, diced
- 1 cup cilantro (coriander), chopped
- 1/2 cup red onion, chopped
- 3 teaspoons chopped jalapeno pepper (or as desired)
- 2 tablespoons lemon juice

Preparation:

Mix all ingredients together. Serve with tacos, or by itself as a salad.

Cumin Carrots



From the Kitchen of Laura Lee Labelle
Makes 6 servings

Ingredients:

3 bunches small organic carrots
2 tablespoons chopped cilantro
3 tablespoons virgin olive oil
1/2 teaspoon cumin
Salt and pepper to taste

Preparation:

Wash, peel, and boil carrots until tender. Remove and rinse under cold water. Pat dry and slice into rounds. Add cilantro, olive oil, cumin, salt, and pepper.

Garlic Beets

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

2 bunches medium beets
2 tablespoons virgin olive oil
1 tablespoon chopped parsley
2 cloves finely minced garlic
Himalayan salt to taste

Preparation:

In a large pot, bring water to a boil. Wash beets and add to boiling water. Boil until cooked enough to poke with a fork. Drain and then run under cold water to remove the skins. Slice beets and cover with remaining ingredients. Serve warm as a side dish to any healthy protein or carbohydrate, or serve cold as a salad. I also enjoy these served cold, tossed with farro or quinoa.



Green Gazpacho

From the Kitchen of Laura Lee Labelle
Makes 2-4 servings



Ingredients:

2 cups diced honeydew melon
1 large cucumber, deseeded and diced
1 small sweet onion, diced
1 large ripe avocado, peeled, pitted, and chopped
1 small jalapeño pepper, seeded and chopped
4 large cleaned basil leaves
1 clove garlic
3 tablespoons white vinegar
1 tablespoon lime juice
Salt and pepper to taste

Preparation:

Blend all ingredients in a processor or blender. Serve chilled with a dollop of plain yogurt and a few drops of olive oil to garnish.

Hummus

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 1 (19-ounce) can garbanzo beans, half the liquid reserved
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic, chopped
- 1 teaspoon salt
- Black pepper to taste
- 2 tablespoons olive oil (or more depending on desired consistency)

Preparation:

Put all ingredients in a food processor and blend. It is ready to serve!



Pico de Gallo

From the Hammer Nutrition employee luncheon Fiesta!
Makes about 2 1/2 cups



Ingredients:

1 yellow or red onion, finely chopped
5 Roma tomatoes, finely chopped
1/2 cup fresh cilantro leaves
1 jalapeno
Juice of half a lime
Kosher salt

Preparation:

Combine all ingredients and adjust seasonings as needed. Serve with tortilla chips, or as a delicious taco topping.



Portobello Gravy

From the Kitchen of Bill Sirl
Makes 8 servings



Ingredients:

3 tablespoons grapeseed oil
1/2 yellow onion, diced
4-6 cloves garlic, minced
1/2 cup portobello or shitake mushrooms, diced
1/2 cup chopped spinach (optional)
4 oz. tempeh (optional)
1/4 cup diced celery (optional)
1 32 oz. container portobello mushroom broth

1/2 teaspoon paprika
1 teaspoon basil
1/2 teaspoon dill
1/2 teaspoon thyme
1/2 teaspoon rosemary
1/2 teaspoon tarragon
1/4 teaspoon chili powder
3 tablespoons warm water
2 tablespoons liquid amino
1 tablespoon arrowroot powder or cornstarch

Preparation:

In a medium sauce pan, heat oil to medium high. Cook onion until translucent. Add garlic and diced mushrooms (as well as optional spinach, tempeh, or celery) and cook 1 more minute. Add broth and spices. Bring to simmer, and reduce heat to low. Combine water, liquid amino, and arrowroot/cornstarch and then stir into broth. Simmer on low for 5 minutes, stirring occasionally. If you prefer a smoother gravy, puree with immersion blender after 15 minutes of the gravy simmering on low. *Goes great with Mashed Cauliflower recipe on page 97.*

Roasted Cauliflower with Turmeric

From the Kitchen of The Cycling House
Makes varied servings



Ingredients:

Cauliflower
Olive oil
Diced garlic
Turmeric powder
Garlic powder
Ginger powder
Salt
Pepper

Preparation:

For this recipe you get to use your chef skills, because you don't actually measure anything out, you just season it to taste. Preheat oven to 425°F degrees. Cut up cauliflower into bite-sized pieces, place them in a bowl, and toss with just enough olive oil to coat. Dice one clove of garlic per head of cauliflower and add it to the bowl. Season with turmeric, garlic powder, and ginger powder. Use about three times more turmeric than garlic or ginger, enough turmeric to give the cauliflower a nice yellow hue. Add salt and pepper. Taste often and adjust seasonings. Place on a baking sheet and bake for 30 to 40 minutes, turning once during that time. When the cauliflower is soft and looks slightly roasted, it is done.

Southwestern Brown Rice

From the Kitchen of Sonia Frank
Makes 4 servings



Ingredients:

- 1 onion, chopped
- 1 tablespoon canola oil
- 1 clove garlic, pressed or minced
- 1/2 cup red bell pepper, chopped
- 1 cup brown rice, cooked
- 8 oz. can red kidney beans, drained
- 11 oz. can whole kernel corn with liquid
- 2 teaspoons ground cumin
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon apple cider vinegar

Preparation:

Over medium-low heat, sauté onion in oil until transparent. Add garlic and red bell pepper, stirring constantly. Cook several minutes until the pepper begins to soften. Add rice, beans, corn, cumin, and parsley. Cook, stirring occasionally, until thoroughly heated. Sprinkle vinegar on top and serve.

Simple Summertime Edamame Dip



From the Kitchen of Laura Lee Labelle

Makes about 1-1/4 cups

Ingredients:

1 cup shelled cooked edamame beans

1/4 cup Veganaise or mayonnaise

1 Tablespoon vinegar or lemon juice

Salt and pepper to taste

Preparation:

Blend all ingredients in a food processor or blender. Enjoy as a veggie dip or as a spread for crackers or bread.

Stuffed Mushrooms

From the Kitchen of Bill Sirl
Makes 4 servings



Ingredients:

- 10-12 large mushrooms (button or mini portobella), cleaned and stems removed
- 1 tablespoon olive or grapeseed oil
- 1/2 cup onion, finely chopped
- 2 garlic cloves, minced
- 1/4 lb. mushrooms, finely chopped
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 cup chopped walnuts
- 1/2 cup cooked spinach, well-drained and chopped
- 1 teaspoon liquid amino
- Pepper to taste
- 1 tablespoon oat bran
- 1 teaspoon nutritional yeast

Preparation:

Preheat oven to 350°F. Oil a baking sheet, and then place whole mushrooms on sheet. Bake for 5 minutes while you sauté the onions, garlic, and chopped mushrooms in oil for 10 minutes. Add basil, thyme, walnuts, spinach, and liquid amino. Pepper to taste. Remove from heat, and add oat bran and nutritional yeast. Mix well and stuff mushrooms. Bake for 6 additional minutes.

Vegan Pesto

From the Kitchen of Laura Lee Labelle
Makes about 1 cup



Ingredients:

4 oz. basil leaves

3 cloves garlic

1/2 cup of pine nuts (I sometimes use walnuts)

2 tablespoons white miso

1/2 cup olive oil

Preparation:

Blend all ingredients in a food processor or blender. Enjoy a small amount as a sauce or spread.

Veggie Taco Dip



From the Hammer Nutrition employee luncheon Fiesta!

Makes 8-10 servings

Ingredients:

- 1 can kidney beans (rinsed and drained)
- 1 can black beans (rinsed and drained)
- 1 can whole kernel corn (drained)
- 1 can stewed tomatoes
- 8 oz. can tomato sauce
- 4 oz. can chopped green chilies (drained)
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1/2 teaspoon ground cumin
- 1 teaspoon chili powder
- Lime juice to taste
- Pepper to taste

Preparation:

Stir all together and serve with tortilla chips, or as a delicious taco topping.

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BEEF ENTRÉES

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Kibbeh

From the Kitchen of Laura Lee Labelle
Makes 6-8 servings



Ingredients:

- 2 lb. finely ground beef or lamb, lean, divided
- 1/2 lb. bulgur cracked wheat (medium or #2), or cooked quinoa
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons pepper
- 1 teaspoon allspice
- 1 teaspoon cumin seeds
- 2 medium onions, finely chopped
- 1/2 cup toasted pine nuts (optional)
- 1/2 cup raisins (I like golden, presoaked in water one hour.)
- 2 tablespoons olive oil

Preparation:

Combine ingredients in a large bowl and mix thoroughly. Form into a meatloaf shape. Place in a 13" x 9" Pyrex baking pan and press flat, leaving some space between the loaf and the edge of the pan. Bake at 375°F until done.

Marinated Flank Steak

From the Kitchen of Sonia Frank
Makes 4-6 servings



Ingredients:

- 1 flank steak
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon honey
- 1/2 teaspoon sesame oil
- 1 clove garlic
- 1/2 teaspoon grated ginger (optional)

Preparation:

Flank steak cuts are typically between 1 1/4 - 2 lb. If this is more than you need, cut in half and freeze one of the steaks. Allow about 1/3 lb. of raw meat per person. In a small saucepan, combine all ingredients except meat, and heat on low stirring constantly until honey melts. Pour over meat and let marinate for 20-30 minutes. Then, broil or barbecue steak to desired wellness. To serve, slice thinly at an angle, cutting across the grain.

More Meat Marinades

From the Kitchen of Hammer Staffers



Greek Marinade

1 lemon, juiced
 1/4 cup olive oil
 1/4 cup low sodium soy sauce
 1 teaspoon dried oregano
 3 cloves garlic, crushed

Mix all ingredients and pour over beef, pork tenderloin, or chicken breasts. Refrigerate for up to 24 hours. Remove meat, discard marinade, and then grill meat until thoroughly cooked. (Goes great on veggies too!)

Ginger-Garlic Lime Marinade

1 tablespoon ginger, peeled and minced
 1/4 cup lime juice
 2 garlic cloves, minced
 1/4 cup olive oil
 1 tablespoon honey
 1/2 tablespoon crushed red pepper flakes
 1/2 teaspoon fresh thyme, chopped
 Pepper to taste

Mix all ingredients thoroughly. Place steak, salmon, shrimp, or fresh vegetables in a shallow dish and cover with marinade. Cover and refrigerate for 1 hour. When ready to grill, remove meat or veggies; discard marinade. Serve grilled meat with a lime wedge garnish.

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Balsamic Chicken with Pears

From the Kitchen of The Cycling House
Makes 4 servings



Ingredients:

- 1 1/2 cups cooked whole wheat couscous
- 4 small boneless, skinless chicken breast halves
- 2 Bosc pears, peeled, cored, and cut into 8 wedges
- 1 cup chicken broth
- 3 tablespoons balsamic vinegar
- 2 teaspoons cornstarch
- Olive oil

Preparation:

Cook couscous according to the package directions, and set aside. Lightly coat a medium pan with olive oil and heat on medium high heat until the oil almost begins to smoke, and then add the chicken. Let the chicken cook for 6 minutes on each side. (Resist the temptation to move the chicken during this time. Leaving it in place will give it a good brown color). While the chicken cooks, mix the broth, balsamic vinegar, and cornstarch in a small bowl. After approximately 12 minutes, pierce the thickest part of the chicken with a knife. If the juices run clear, the chicken is done. Remove it from the pan, and put another teaspoon of olive oil in the pan. Place the pears in the pan and cook until they begin to brown, about 5 minutes. Pour the balsamic mixture into the pan and heat to boiling. Allow the mixture to boil and thicken for about 1 minute, then add the chicken and any juice that has run out of it back into the pan. Coat the chicken in the balsamic mixture and heat thoroughly. To serve, place a chicken breast and a few slices of pears on the couscous and drizzle with the balsamic sauce.

Chicken & Rice Soup

From the Kitchen of Sonia Frank
Makes 8 servings



Ingredients:

3 quarts (12 cups) water	1/4 teaspoon fresh ground pepper
1 cup onion, chopped	1 chicken breast, halved and skinned
1 cup celery, chopped	1/3 cup white rice
1 cup carrot, chopped	1 1/2 cups zucchini or summer squash, chopped
2 bay leaves	1/2 cup parsley
2 cloves garlic	
1 tablespoon dried basil leaves	
1 teaspoon salt	

Preparation:

Combine first nine ingredients in large sauce pan. Bring to boil and simmer for 10 minutes. Add chicken breast and simmer, covered for 20 minutes. Remove chicken and set aside to cool. Add rice and cook for 15 minutes. Shred chicken meat from bone. Add chicken meat, zucchini, and parsley to soup. Bring to a rapid boil for 1 minute, then remove from heat. Serve, adding salt and pepper to taste.

Chicken with Fennel, Onions, & Olives

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 4 boneless, skinless chicken breasts
- 2 bulbs fennel
- 2 onions
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1/2 - 1 cup chicken broth
- 1 cup green olives, pitted
- 1 bunch tarragon, leaves removed from stems

Preparation:

Cut each chicken breast into three pieces. Slice fennel into semicircles by cutting cross sections. Slice onions into slivers. In a cast-iron Dutch oven, heat olive oil and chicken until it begins to turn brown. Dust with salt and pepper. Add fennel, onions, and chicken broth. Cover and simmer on low heat for 20 minutes. Add olives and tarragon leaves, and stir. Cook for a few minutes and serve.

Chinese Chicken Salad

From the Kitchen of Sonia Frank
Makes 11 cups (about 8 servings)



Ingredients:

2 cups cooked chicken breast
4 cups lettuce or cabbage, shredded
1 cup bean sprouts
1 cup cooked sugar snap peas
1 small can mandarin oranges, drained
1 cup cilantro, chopped
1/2 cup peanuts or cashews*
1/2 cup green onions, chopped

*The fat content of this dish can be significantly reduced by decreasing the amount of nuts to 1/4 cup or less.

Preparation:

In a small bowl, mix chicken breast with about 2 tablespoons of Honey Sesame Dressing (see page 40), and refrigerate for about 2 hours. In a large bowl, combine all ingredients including marinated chicken. Dress lightly with Honey Sesame Dressing.

Glazed Curry Chicken

From the Kitchen of Sonia Frank

Makes 2 servings

(or 1 serving for a really hungry athlete)



Ingredients:

2 skinless chicken breasts (free range or organic, if possible)

1/4 teaspoon poultry seasoning

1/4 teaspoon curry powder

1/3 cup water

2 tablespoons apricot jam or any chutney

Preparation:

Preheat oven to 375°F degrees. Wash chicken, place in baking dish, and sprinkle with poultry seasoning and curry powder. Add water to dish to keep chicken moist. Bake for 40 minutes. Remove from oven and glaze breast with jam or chutney. Return to oven for 10-15 minutes. Serve with salad, steamed vegetables, baked potatoes, or brown rice.



Herbed Chicken

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

4 boneless, skinless organic chicken breast halves
1/2 large onion, diced
1/2 lemon
1 sprig rosemary
Pinch of salt (to taste, or optional)

Preparation:

In a large pan, add all ingredients, along with just enough water to cover the chicken. Bring to a rapid boil. Let boil 10 - 15 minutes depending on the size of your breasts (chicken that is!). Remove pan from heat and wait 10 minutes. Remove chicken breasts and serve over steamed veggies, or chill and use for salads, sandwiches, or as a yummy lean source of protein.

Tip: Broth can be used for rice or soup recipes.

Lemon Rosemary Chicken



From the Kitchen of Laura Lee Labelle
Makes 6-8 servings

Ingredients:

- 1 large organic chicken
- 1/2 cup flour
- 1/2 teaspoon Himalayan salt
- 1/2 teaspoon fresh cracked pepper
- 1/4 teaspoon cayenne pepper
- 1/4 cup coconut oil
- 1 cup preserved lemons (I buy them from Trader Joes)
- 2 medium sprigs rosemary (leaves removed from stems)
- 1 Tablespoon fresh oregano

Preparation:

Cut chicken into eight to 10 pieces. (I cut the larger breasts in half to make four pieces.) Put chicken pieces into a large sealable bag along with the flour, salt, pepper, and cayenne. Shake to coat the chicken. In a large, heavy skillet, melt the coconut oil over medium heat, then add the brown chicken pieces and brown on both sides. (You probably will need to do this in two or three batches to avoid crowding the pieces.) Transfer the browned chicken to a large glass baking dish.

In a food processor, combine the preserved lemons, rosemary, oregano, and salt. Spread this mixture over the chicken pieces and let stand for at least 2 hours.

Preheat oven to 450 degrees. Bake chicken for 20 minutes. Reduce heat to 350 degrees and cook for about 30-40 more minutes. The chicken should reach an interior temperature of 165 degrees to be fully cooked.

Marinated Chicken

From the Kitchen of Miles Frank
Makes 4 servings



Ingredients:

- 4 chicken breasts or a mix of thighs/ breasts/wings
- 2 large lemons (zest one, then juice both)
- 3 cloves of garlic, minced
- 1/4 cup chopped parsley
- 1/4 cup coarsely chopped fresh basil, rosemary, dill, oregano, or a mix of all four
- 1/3 cup olive oil
- 1/2 teaspoon pepper

Preparation:

Combine all ingredients in a 2-gallon Ziploc-style storage bag. Marinate chicken for 1-2 hours in the refrigerator. Preheat oven to 365°F; bake for 45 minutes. Allow to cool, then refrigerate until ready to eat.



Orange Chicken Salad

From the Kitchen of Laura Lee Labelle
Makes 2 servings



Ingredients:

- 4 large oranges
- 1 bunch watercress
- 1 large seasonal apple
- 2 grilled, skinless chicken breasts (or 3 thighs de-boned)

Dressing:

- 2 tablespoons orange juice
 - 1/4 cup olive oil
 - 1/4 teaspoon Himalayan salt and fresh ground pepper
- Put all ingredients in a small bowl (or Hammer Blender Bottle!), and mix well.

Preparation:

Peel oranges and slice into rounds. Or, cut oranges into wedges (be sure to remove the white part of the rind). Wash watercress and spin dry. Remove leaves from stems. (I like to chop some of the tender sections of the stems near the leaves, and add them, too.) Wash apple, core, slice into quarters, and then into thin slices. *Tip:* Toss apple with some lemon juice to prevent browning. Prepare dressing.

Grill chicken breasts and let rest for 10 minutes before slicing. (I marinate chicken breasts in lemon, garlic, and parsley before grilling.) Toss all ingredients while chicken is still warm, then toss everything with dressing and enjoy!

Pulled Chicken or Pork

From the Hammer Nutrition employee luncheon Fiesta!
Makes 6 servings



Ingredients:

- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon sea salt
- 5 boneless, skinless chicken breasts or 1 pork shoulder roast
- 1 lime, juiced

Preparation:

Combine spices and rub on roast or chicken. Place in a crockpot on low and let cook 6-8 hours or until tender. Once finished, shred the meat, sprinkle with lime juice, and serve with your favorite taco toppings.



Spaghetti Squash Bolognese

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

One large spaghetti squash, cut in half lengthwise, seeds removed
6 ripe Roma tomatoes, quartered
4 cloves garlic, peeled
1/2 cup water
1 pound ground organic chicken (dark meat is best for flavor)
1 tablespoon olive oil (pure, not virgin)
2 teaspoons dried oregano
1 teaspoon fennel seeds
1 tablespoon tomato paste
Salt to taste
Extra virgin olive oil and Parmesan cheese to garnish

Preparation:

Preheat oven to 375°F. Place squash facedown in a large (13" x 9") Pyrex baking dish with an inch of water. Bake 45-60 minutes, or until flesh is tender. Meanwhile, blend quartered tomatoes, garlic, and water in a blender, and set aside. In a cast-iron skillet, heat oil over medium low, then sauté ground chicken, oregano, fennel, and tomato paste. Season with salt to taste. When meat is mostly cooked, add contents of the blender. Simmer on low for 20 minutes. Use a fork to scrape meat from squash onto a large platter, forming "spaghetti" strands. Pour sauce over the top. Garnish with extra virgin olive oil and Parmesan cheese.

Turkey Taco Meat

From the Kitchen of Sonia Frank
Makes 3 cups (about 3 servings)



Ingredients:

- 1 pound extra-lean ground turkey
- 1/4 cup white onion, finely chopped
- 1 tablespoon canola oil
- 3 tablespoons soy sauce
- 1 teaspoon cumin powder

Preparation:

Sauté turkey and onion in canola oil until turkey is cooked, about 10 minutes. (Turkey turns white when thoroughly cooked.) Add soy sauce and cumin for flavoring. Use as a meat for tacos, burritos, or tostadas.

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Mediterranean Tuna Salad

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 1 cup green beans, cut into 1-inch pieces (I usually use leftovers)
- 1 heart of romaine lettuce, cut into thin ribbons
- 2 hardboiled eggs, peeled and chopped
- 1 cup cherry tomatoes
- 1 cup boiled and sliced baby potatoes
- 1/4 cup chopped Kalamata olives
- 1/4 cup crumbled feta cheese
- 6 oz. can white albacore tuna, drained
- 1/4 - 1/3 cup olive oil
- 1 tablespoon fresh lemon juice
- Salt and pepper

Preparation:

Lightly steam and then drain the green beans if they have not been previously cooked. In a large salad bowl, gently mix together all of the ingredients except for the olive oil, lemon juice, and seasonings. Drizzle with the oil and lemon; season to taste with salt and pepper! Serve at room temperature or lightly chilled.

Pepper Ahi Steak

From the Kitchen of Sonia Frank



Ingredients:

Fresh ahi tuna steaks

Canola oil

Peppercorns (allow about 2 tablespoons per person)

Preparation:

Brush ahi steaks lightly with canola oil on both sides. On a cutting board, coarsely crush the peppercorns with the bottom of a small pot or pan. Coat both sides of the Ahi with the crushed pepper. Grill, barbecue, or pan fry without oil. Cook for about 6 minutes on each side, or until done. Serve with lemon or tartar sauce.

Roasted Sea Bass

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

4 boneless, skinless sea bass fillets
1/2 cup cherry or grape tomatoes
1/4 cup Kalamata olives, pitted and sliced
1/4 cup bell peppers, diced
1/4 cup dry white wine
1/4 cup lemon juice
4 cloves garlic, minced
1/4 cup fresh parsley, chopped
1 teaspoon dried oregano
1 teaspoon dried thyme
Sea salt and fresh pepper to taste

Preparation:

Preheat oven to 400°F. Place fish in a Pyrex roasting dish large enough so that fish will fit in one flat layer. Mix remaining ingredients in a bowl, then pour over fish. Roast 15-20 minutes, or until fish flakes when prodded with a fork.



Salmon Cakes



From the Kitchen of Laura Lee Labelle
Makes about 8 small cakes

Ingredients:

- 8 oz. salmon (leftover is my favorite, but canned will do)
- 1 whole large egg
- 2 teaspoons Sriracha sauce
- 1/2 teaspoon salt (optional)
- 1/4 cup chopped fresh basil
- 2 tablespoons chopped fresh mint
- 1 cup mashed potatoes (leftover, or instant made with water and olive oil)
- 3 egg whites, stirred
- 1/2 cup panko or bread crumbs

Sauce:

- 1/4 cup nonfat yogurt
- 2 tablespoons mayonnaise or Vegenaise
- 1 tablespoon lemon juice
- 1 teaspoon Sriracha sauce
- 1 teaspoon chopped fresh dill

Preparation:

In a bowl, mix the salmon, whole egg, Sriracha, salt (if using), herbs, and potatoes. Scoop into 2-oz. portions, forming about 8. Roll into balls; coat each in egg whites and then panko or bread crumbs. Press flat and chill. I like to cook these on the griddle or frying pan, using a small amount of oil; however, I think you could bake them too! Drizzle the lightly browned cakes with the sauce, and serve.

Smoked Herring/ Smoked Trout Salad



From the Kitchen of Laura Lee Labelle
Makes 3-4 servings

Ingredients:

1 6-oz. can smoked herring (kippers) or smoked trout
1 small onion, minced
1 celery stalk, minced
1 clove garlic, minced
1/4 cup mayonnaise
Fresh cracked pepper to taste
1 small head butter lettuce, washed and dried
Olive oil
Red wine vinegar

Preparation:

Drain the liquid from the fish. Use a fork to flake the fish into a medium size bowl. Add the onion, celery, garlic, and mayonnaise. Gently stir to combine. Tear the lettuce into manageable sized pieces. Put a few of the lettuce pieces onto salad plates, then top with the salad. Dress with a drizzle of olive oil and red wine vinegar. Or, serve as a sandwich between your favorite whole grain bread or roll.

Steamed Salmon & Zucchini

From the Kitchen of Laura Lee Labelle
Makes 2 servings



Ingredients:

1 6-oz. fillet of salmon
1 small onion, thinly sliced
1 medium zucchini, thinly sliced
2 thin lemon slices
1 teaspoon fresh or dried dill leaves
1 tomato, thinly sliced
1 cup white wine
1/2 cup water
Pumpkin seed oil
Salt and pepper to taste

Preparation:

Cover the bottom of a steamer pan with the onion, zucchini, lemon, dill, and tomato. Add the wine and water. Place a steamer basket on top of the veggies and liquid. Bring liquid to a rapid boil, then reduce heat to low. Gently place salmon on top. Cover and cook about 10 minutes. Remove the fish. Use a slotted spoon to remove the veggies, reserving the liquid. To serve, spoon some of the reserved liquid over the veggies and salmon. Finish by drizzling pumpkin seed oil on top for a yummy and beautiful garnish.

Tuna, Garden Greens, & Veggie Salad

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

- 1 head romaine lettuce
- 2 heads of Belgian endive
- 1 bunch watercress (or arugula or kale)

- 1 cup cherry tomatoes
- 6 radishes
- 2 celery stalks
- 1 large carrot
- 2 hardboiled eggs, peeled and sliced
- 6 oz. can white albacore tuna in water, drained

Preparation:

Cut romaine and endive into thin strips. Remove oversized stems from watercress. Place all greens in salad bowl. Chop tomatoes, radishes, celery, and carrot, and add to salad bowl. Add eggs and tuna.

Tip: Use your favorite dressing, or dress with the following:

- 3 tablespoons of olive oil
- 1 tablespoon of balsamic vinegar
- Salt and pepper to taste

Tuna Salad

From the Kitchen of Sonia Frank
Makes 2 hearty servings



Ingredients:

1/2 head of lettuce, cleaned and shredded
8 oz. can red kidney beans, drained
6 oz. can solid white tuna in spring water, drained
1 carrot, chopped or grated
1/4 cup red onion, chopped
1/2 cup fresh parsley
1 cup cooked red potatoes, diced
1 small tomato, sliced
2 tablespoons low-fat Italian salad dressing
1 hard-boiled egg, sliced
Freshly ground pepper

Preparation:

Mix all ingredients except egg and pepper in a large bowl and toss well. For extra flavor, mix in your favorite fresh herbs. Top with egg and fresh pepper. Add croutons or sunflower seeds if desired.

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Baba Ghanoush



From the Kitchen of Laura Lee Labelle
Makes 2 servings

Ingredients:

- 1 large eggplant
- 1/4 cup tahini (plus more as needed)
- 3 cloves garlic, minced
- 1/4 cup fresh squeezed lemon juice (plus more as needed)
- 1 pinch ground cumin
- Salt to taste
- 1 tablespoon virgin olive oil
- 1 tablespoon chopped flat leaf parsley
- 1/4 cup Kalamata black olives

Preparation:

Roast eggplant over stove flame or on grill, until skin is slightly charred on all sides. Wrap in aluminum foil and bake at 350°F degrees until soft. Blend eggplant and remaining ingredients in food processor until smooth and creamy.

Mashed Cauliflower

(or Soup!)

From the Kitchen of Bill Sirl

Makes 4 servings



Ingredients:

2 heads cauliflower, broken into florets
Olive oil cooking spray
1 teaspoon garlic powder
Black pepper
1 teaspoon chili powder
1 tablespoon paprika
3 tablespoons curry powder

8 cups water
2 tablespoons vegetable bouillon
2 medium potatoes, cubed
1/4 cup olive oil
1 large onion, chopped
2 tablespoons butter
6 cloves garlic, chopped
Salt to taste
Milk/soy milk (optional)

Preparation:

Place the cauliflower florets into a large bowl of lightly salted water; let stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray olive oil cooking spray evenly on the cauliflower.

Preheat the oven's broiler and set oven rack about 6 inches from the heat source. Dust cauliflower with garlic powder, pepper, chili powder, paprika, and 1 tablespoon curry powder. Broil the cauliflower until browned. Bring 8 cups of water and bouillon to boil in a large pot. Season with black pepper and salt or liquid amino. Add roasted cauliflower and potatoes to pot, and simmer until all vegetables are tender, about 30 minutes. Meanwhile, heat olive oil in a skillet, and cook the onion until translucent, about 5 minutes; add butter to pan, stir in garlic, and sauté for about a minute. Set aside. Drain cauliflower and potatoes. Return to pot, and add sautéed onions and garlic. Puree with hand blender until smooth. You may choose to add a small amount of milk/soy milk. (I use a bit of Tofutti cream cheese.) Add remaining curry powder, if desired. ***Goes great with Portobello Gravy recipe on page 61.***

Tip: To make as soup, do not pour off water. Just puree all components together with immersion blender.

Ratatouille



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

- 1 3/4 cup olive oil
- 2 onions, chopped
- 2 yellow bell peppers, seeds removed, cored, and diced
- 4 garlic cloves, peeled and chopped
- 1 tablespoon chopped fresh or dried thyme
- 1 tablespoon chopped fresh or dried oregano
- 2 bay leaves
- 6 small zucchini, diced
- 3 medium eggplants, diced
- 6 tomatoes, diced
- Salt and pepper to taste

Preparation:

In a heavy skillet, brown onions and peppers in 1 cup of the oil along with the garlic and herbs. Set aside. Use a second skillet to sauté zucchini and eggplant in the remaining 3/4 cup of oil for 10 to 15 minutes, or until tender. Combine contents of both skillets plus the chopped tomatoes into a large skillet or sauce pan, and simmer on the stove over low heat for about an hour, stirring occasionally. It becomes a yummy, healthy veggie stew!

Serve warm or at room temperature.

Roasted Root Veggies

From the Kitchen of Laura Lee Labelle
Makes 3-4 servings



Ingredients:

2 large carrots

2 large parsnips

1 smallish butternut squash

2 large onions

2 large leeks

1 small bunch fresh thyme

1 sprig fresh rosemary

4 sprigs fresh sage

(If fresh herbs are not available, use 2 tablespoons of each of a dried variety.)

1/4 cup pure olive oil, or ghee (For fat-free version, use 1 cup of stock.)

Sea salt to taste

Preparation:

Preheat oven to 375°F. Wash root veggies very thoroughly, as they tend to be sandy. Peel carrots, parsnips, and squash if desired. Chop all veggies into approximately 1" cubes. Finely chop herbs. Add vegetables and herbs to a 9"x13" Pyrex baking dish, mix them with the oil, and salt to taste. Bake until golden brown and tender, approximately 45-110 minutes depending on your oven, altitude, etc.

Spaghetti Squash

From the Kitchen of Sonia Frank
Makes 2 large servings



Seasoned Spaghetti Squash

1/2 medium spaghetti squash
1 tablespoon unsalted butter
1 tablespoon Parmesan cheese
1 1/2 teaspoon salt-free
seasoning (lemon pepper or
Italian)

Preparation:

Cut spaghetti squash in half again, and steam for about 25 minutes or until tender. Remove from steamer, and let cool for 5 minutes. Using a large spoon, remove squash meat from skin and put in bowl. Discard skins. Add butter, Parmesan, and seasoning; stir gently.

Spaghetti Squash with Marinara Sauce

1/2 medium spaghetti squash
6 oz. marinara sauce

Preparation:

Follow the same preparation instructions as Seasoned Spaghetti Squash. Spoon hot marinara sauce over squash; serve.

Sweet Potato with Swiss Chard & Ricotta



From the Kitchen of The Cycling House
Makes 4 servings

Ingredients:

- 4 medium sweet potatoes
- Olive oil
- 1 bunch Swiss chard
- 2 garlic cloves, peeled and thinly sliced
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon red pepper flakes
- Coarse salt and pepper
- 1 cup part-skim ricotta cheese

Preparation:

Preheat the oven to 450°F. Pierce the skin of each sweet potato several times with a fork and coat lightly with olive oil. Place them on a baking sheet and bake for about 50 minutes, or until you can pierce them easily with a paring knife. Remove and discard the stems of the Swiss chard, and tear the leaves into medium-size pieces. Lightly coat a large pan with olive oil and heat until just before the oil begins to smoke. Add garlic to the pan and cook until golden, 1 to 2 minutes. Remove garlic from the pan and set aside. Add Swiss chard to the pan. Cook, tossing frequently until tender, 3 to 5 minutes. Remove pan from heat and stir in balsamic vinegar and red pepper flakes. Set aside. When the potatoes are done, slice partway through lengthwise to open them. Serve them on plates, seasoned with salt and pepper, and then topped with ricotta, Swiss chard, and the reserved garlic.

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Focus on Quinoa

A Nutritional Superstar

By Sonia Frank / Steve Born

In the world of healthy foods, quinoa (pronounced either KEEN-wah or KEE-no-uh) has relatively few peers. For thousands of years in South America (in what was the Andean region – now Peru, Bolivia, and Ecuador), this hardy plant was and continues to be a dietary staple. It's referred to as a pseudo-cereal because its seeds are often ground into flour for use as a cereal. (True cereals are grasses.) Also, although quinoa is often considered a grain, it's actually more closely related to leafy green vegetables like spinach.

What these ancient civilizations knew about quinoa's superb nutritional value has fortunately been rediscovered . . . simply put, quinoa is one of the world's healthiest foods. Unlike the grains wheat, rice, corn, and rye, quinoa is high in protein (up to 18% protein)

and contains an excellent profile of amino acids, including the essential amino acids. (Your body can't synthesize essential amino acids; you must obtain them through your diet. The essential amino acids are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophane, and valine.)

Quinoa is also a good source of fiber and is high in magnesium. The latter is especially worth noting. It's been estimated that at least half of the U.S. population consumes inadequate amounts of this important mineral. Magnesium deficiencies have been linked to cardiovascular disease, hypertension, diabetes, and other age-related diseases. By including quinoa in your diet, you'll boost your intake of this important mineral and many other beneficial nutrients.

Quinoa's health benefits include:

- A low-glycemic food source (rating: 35)
- An alkaline-producing food source
- An excellent amino acid profile (great for vegetarians and vegans)
- A very good source of both manganese and copper, the two minerals that serve as co-factors of the antioxidant SOD (superoxide dismutase), and an excellent source of magnesium and phosphorus
- Gluten-free
- A good source of iron
- Has a delicious, nutty flavor
- Used in a number of food preparations such as hot breakfast cereal, as an alternative to "traditional" pastas, as a ground flour added to baked goods, and, as a sprout, in salads



How to Sprout Quinoa

From the Kitchen of Sonia Frank
Makes about 2 cups



Ingredients:

1 cup quinoa
1/4 teaspoon salt
2 quart mason jar

Preparation:

Put quinoa and salt in large mason jar and fill with water. Cover with a clean cloth or cheese cloth, and secure with a rubber band. Let sit about 10 hours or overnight. Remove cloth and drain thoroughly. Replace cloth, or use a Sprout-Ease® Topper, size small. Place jar on its side, out of direct sunlight. Rotate jar occasionally so seeds are exposed to air. After about 36 hours, seeds will have roots about 1/4" inch long.

Sprouted quinoa can be placed in refrigerator for up to 2-3 days before cooking. Sprouted quinoa can be cooked like white rice, but requires less water and cooking time. Cooking time may be affected by altitude and humidity levels.

Breakfast Quinoa

From the Kitchen of Laura Lee Labelle
Makes 1 serving



Ingredients:

2 cups water
1/3 cup raisins (or other dried fruit)
Pinch of salt (optional)
1/4 teaspoon cinnamon
1 cup quinoa

Preparation:

In a sauce pan, boil 2 cups water with raisins, pinch of salt, and cinnamon. Once liquid is at a rolling boil, add quinoa, stir, and reduce heat. Simmer until water is absorbed (approximately 5 minutes, as every stove is different). Remove from heat and let stand 5 minutes. I like to garnish with rice milk and agave nectar. Enjoy!



Greek Quinoa



From the Kitchen of Bill Sirl
Makes 4 servings

Ingredients:

3-4 cups water or vegetable
broth

1 1/2 cups quinoa, uncooked

1/4 cup apple cider vinegar (you
may use any flavor you prefer)

2 cloves garlic, minced

Juice from one lemon

3 tablespoons olive oil

1/2 cup Kalamata olives, sliced if
desired

1/3 cup fresh parsley, chopped

1/3 cup fresh cilantro, chopped

1 red onion, diced

1 cup cherry tomatoes, sliced in
half

1/2 cup chopped artichoke hearts
(optional)

Salt and pepper to taste

1/2 cup crumbled feta cheese

Preparation:

In a medium saucepan, cook quinoa in vegetable broth for 15-20 minutes, until tender, stirring occasionally. Allow to cool. In a small bowl, whisk together the vinegar, garlic, lemon juice, and olive oil. Gently toss the quinoa together with the remaining ingredients, except feta. Pour the olive oil mixture over the quinoa. Add more salt and pepper to taste and gently stir in the feta cheese. You may also add any additional vegetables that you like, such as lightly steamed broccoli, snap peas, or diced bell pepper.

For Greek Quinoa Stuffed Peppers: Cut tops or sides off peppers, fill with above quinoa mixture, and bake at 375°F for 25-30 minutes. The remainder of the filling can be served later as a side dish.

Kale & Quinoa Frittata



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

- 1 bunch of kale, cleaned
- 1 large sweet onion, chopped
- 1 tablespoon ghee
- 2 cups cooked quinoa
 - (I use red for its color, but any will do)
- 4 whole eggs (or substitute 6 whites)
- 2 tablespoons Parmesan cheese (optional)

Preparation:

Prepare quinoa according to package directions. Meanwhile, prepare kale by removing the thick center ribs; cut the remaining leaves into thin ribbons. Place the kale into a medium-size bowl.

In a pan over medium heat, heat 1 teaspoon of the ghee. Sauté the onion for about 5 minutes or until it is transparent. Whip the eggs with an eggbeater or blender.

Add the cooked onions, hot cooked quinoa, and whipped eggs (as well as the optional Parmesan, if using) to the bowl with the kale. Gently mix them together. In a large non-stick pan, heat the remaining ghee over medium. Add the entire mixture and cook. When the bottom of the frittata has set, use a large spatula to turn over the entire frittata. (Use a plate if necessary to turn the frittata upside down, and then slide it back into the pan.) Cook through on the reverse side, and then serve.

Kale & Quinoa Salad

From the Kitchen of Chad Baker
Makes 2 servings



Ingredients:

1 cup quinoa, rinsed
1 bunch kale
1 red bell pepper
1/3 cup red onion
3 cloves garlic, crushed
1/2 inch of fresh ginger, grated
1 lemon, squeezed
3 tablespoons apple cider vinegar
Olive oil
Sea salt, to taste

Preparation:

Cook quinoa according to directions. Process kale to desired consistency in food processor. Dice red bell pepper and red onion. Mix kale, pepper, onion, garlic, and ginger in large bowl. Pour lemon juice over mixture and mix well. Add apple cider vinegar and mix. Stir in olive oil.

Let quinoa cool slightly and add to mixture while still warm (not hot). Salt to taste if needed.

Pear Quinoa



From the Kitchen of Laura Lee Labelle
Makes 1 serving

Ingredients:

- 1 Bosc pear
- 1 cup pear juice (or apple juice)
- 1 1/4 cups water
- 1 cup quinoa

Preparation:

Core pear and cut into large chunks. Bring pear juice, water, and pear chunks to a boil in small saucepan. Add quinoa and reduce to a simmer. Cover and cook until liquid is absorbed, approximately 20 minutes. Remove from heat and let stand 5 minutes.

Garnish with trail mix, almond milk, and/or agave if desired.

Quinoa Salad

From the Kitchen of Miles Frank
Makes 4 servings



Ingredients:

3 cups cooked quinoa

Handful of cilantro, chopped

1 tablespoon olive oil

Handful of cherry tomatoes (5-8)

1 small cucumber, diced

1 celery stalk, chopped

Braggs Liquid Aminos, or a drizzle of soy sauce to taste

Preparation:

In a large bowl, gently mix together all ingredients. Refrigerate until ready to eat; keeps up to three days.



Sprouted Quinoa Pilaf

From the Kitchen of Sonia Frank
Makes 4 servings



Ingredients:

- 2 tablespoons grapeseed oil or vegetable oil
- 1/2 cup onion, chopped
- 2 1/2 cups sprouted quinoa (see p. 92)
- 1 1/4 cups water
- 2 tablespoons powdered vegetable broth or powdered imitation chicken bouillon (available at health food stores)

Preparation:

In a medium pan, heat oil over medium low. Sauté onions until tender. Add sprouted quinoa, water, and powdered bouillon. Stir and bring to a boil. Lower heat and gently simmer uncovered, about 15 minutes, stirring occasionally. Cover and remove from heat. Let stand about 10 minutes.



Sweet Sprouted Quinoa

From the Kitchen of Sonia Frank
Makes 4 servings



Ingredients:

3/4 cup coconut milk
3/4 cup water
2 1/2 cups sprouted quinoa (see p. 92)
1/4 cup celery, chopped
1/4 cup raisins or currants
1/4 teaspoon salt
1/2 cup shredded carrots

Preparation:

Combine liquids in a medium pan, and add quinoa. Stir well, and add celery, raisins, and salt. Bring to a boil, reduce heat, and simmer about 15 minutes uncovered. Cover, remove from heat, and let stand about 10 minutes. Transfer to a large bowl, and let cool for 10 minutes. Add shredded carrots and toss lightly. If desired, garnish with fresh chopped parsley, sunflower sprouts, shredded zucchini, etc. Serve as is, or on a bed of lettuce.

For a tasty breakfast or healthy dessert, prepare the same way but without celery or raw veggies. If desired, add a healthy sweetener such as honey, maple syrup, or agave nectar, and serve like oatmeal. Enjoy!

White Quinoa with Mango & Avocado Salad

From the Kitchen of Laura Lee Labelle
Makes 4 servings



Ingredients:

2 cups water
Pinch Celtic sea salt
2 cups white quinoa
2 large ripe mangoes (not overly ripe)
2 firm avocados (ripe but holds shape)
1/2 cup green onions, chopped
1/4 cup basil, chopped
1/2 cup olive oil
Fresh ground pepper and salt to taste

Preparation:

Bring water and salt to a boil. Add quinoa and stir, reduce heat to a simmer, and cook approximately 15 minutes on low simmer until all water is absorbed. Remove from heat and chill. Peel and pit mangoes and avocados, and then chop fruit into 1" cubes. Gently combine all ingredients and stir in chilled quinoa. Enjoy!

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Almond Chia Seed Pudding

Vegan, Sugar-Free

From the Kitchen of Laura Lee Labelle

Makes 4-6 servings



Ingredients:

2 cups almond milk

6 Medjool dates, pitted

1/2 cup almonds

1/2 cup chia seeds

Preparation:

Blend milk, dates, and almonds in blender. Add chia seeds. Mix at slow speed or manually stir. Chill in the refrigerator for 2 or more hours prior to serving.

Baked Apples



From the Kitchen of Laura Lee Labelle
Makes 4 servings

Ingredients:

4 large Granny Smith apples
4 large Medjool dates
4 teaspoons maple syrup
1 cup apple juice

Preparation:

Preheat oven to 375°F. Core apples and stuff with dates. Place in baking dish and pour maple syrup over dates. Put apple juice in the bottom of the dish and bake until done, approximately 1 hour.

Banana Oatmeal Recoverite Cookies

*From the Kitchen of Maria Maslanka
Hammer Athlete*



Ingredients:

2 large ripe bananas, mashed
2 cups rolled oats
1/2 cup Chocolate Recoverite,
prepared

Optional ingredients: Cinnamon, honey, vanilla, chocolate chips, peanut butter chips, dried cranberries, raisins, chopped walnuts, shredded coconut

Preparation:

Preheat oven to 350°F. In a large bowl, combine mashed banana with oats until smooth. Add Chocolate Recoverite. Spray a baking sheet with nonstick spray. Drop dough by large tablespoons onto cookie sheet; flatten a bit. Bake 9-12 minutes until golden. Cool on wire rack.

Blueberry Cobbler

From the Kitchen of Laura Lee Labelle
Makes 6 servings



Batter Ingredients:

1 cup Gluten-free Master Baking
Mix (or gluten-free Bisquick)
1/3 cup almond milk
2 tablespoons Sucanat

Filling Ingredients:

3/4 cup water
1/2 cup agave
2 tablespoons cornstarch (or
arrowroot starch)
3 cups fresh or frozen blueberries

Topping Ingredients:

1/2 teaspoon cinnamon
2 teaspoons agave
2 tablespoons coconut oil, butter,
or non-stick cooking spray

Preparation:

Preheat oven to 425°F. Lightly coat a 9" x 9" baking dish with non-stick cooking spray or coconut milk, and set aside. In a small bowl, mix baking mix, almond milk, and Sucanat.

In a small saucepan, mix or whisk water, agave, and cornstarch. Bring to a boil over high heat, stirring constantly. Allow to boil 1 minute. The mixture will turn translucent and thicken. Remove from heat and add blueberries. Pour blueberry filling into the greased baking dish. Drop batter by tablespoons on top of the blueberry filling; use a fork to spread evenly.

In a small bowl, mix the cinnamon and agave; sprinkle it over the top of the cobbler. Dot the top of the cobbler with butter or coconut oil, or spritz with non-stick cooking spray to help the cobbler brown. Bake 25 minutes or until the top of the cobbler is golden brown and the blueberry filling is bubbling. (You can place a cookie sheet underneath your baking dish to keep the cobbler from bubbling over into your oven.) Cool for about 30 minutes. Serve with ice cream, frozen yogurt, sorbet, or my favorite—as is!

Cashew Cookies

From the Kitchen of Laura Lee Labelle
Makes about 3 dozen cookies



Ingredients:

2 cups cashew meal
1/2 cup coconut sugar
Pinch of cinnamon
1/4 cup applesauce
1/4 cup coconut oil or Ghee
1 teaspoon vanilla
1/2 cup chocolate chips
1/4 cup raisins
1/2 cup shredded coconut

Preparation:

Preheat oven to 350°F. Put all ingredients in the order given into a large mixing bowl. Mix well with a mixer or by hand. Scoop out tablespoon-size dollops onto non-stick cookie sheets. Bake for about 15 minutes, or cookies are done.



Orange Almond Cakes

From the Kitchen of Laura Lee Labelle
Makes 12-18 small cakes



Ingredients:

- 1 cup butter
- 2/3 cup agave nectar
- 1/3 cup xylitol
- 4 eggs, beaten
- 1/4 cup sour cream
- Zest of two oranges
- 1 cup almond flour
- 1 cup oat flour
- 1/2 cup potato flour
- 1 teaspoon xanthan gum
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup warm orange juice reduction (I take a 1/2 gallon of fresh juice and cook it down to a syrup.)

Preparation:

Preheat oven to 350°F. Beat butter, agave, and xylitol until fluffy. Add beaten eggs, sour cream, and orange zest. In a separate bowl, sift together the flours, xanthan gum, baking powder, and salt. Fold the dry ingredients into the batter. I like to pour the batter into cupcake pans with liners, but you could make it as a single cake, if you prefer. Bake until done (until a toothpick comes out clean). Cakes will rise and fall a little, not to worry. Spoon the hot syrup over the cakes, fresh out of the oven; serve warm.

Rice Flan

From the Kitchen of Sonia Frank
Makes about 4 servings



Ingredients:

3 cups rice milk (we use Rice Dream brand, Original)
4 eggs
1/2 cup honey
1/2 teaspoon vanilla extract
1/2 teaspoon cinnamon

Preparation:

Preheat oven to 350°F degrees. Blend all ingredients thoroughly. Pour into individual custard cups, and place cups in a casserole dish. Add water to casserole dish to about 1" high. If you don't have custard cups, pour liquid into a small baking dish, and place in a larger baking dish with water in it. Bake for approximately 45 minutes, or until top starts to brown and gets firm. Remove from oven. Allow about 2 hours for the flan to cool and finish firming up before serving. Refrigerate any unused portions.

Sugar-Free, Gluten-Free, Vegan Cookies

From the Kitchen of Laura Lee Labelle
Makes 2 1/2 dozen cookies



Ingredients:

3 ripe bananas, mashed
1/3 cup almond milk
2 cups oats
1/4 cup shredded unsweetened coconut
1/4 cup coco nibs
1/4 cup raisins
1/2 teaspoon vanilla
1/4 cup chopped nuts (optional)
Pinch of salt (optional)

Preparation:

Preheat oven to 350°F. In a large mixing bowl, mix together all ingredients. Spoon out by rounded tablespoons onto a greased, non-stick, or parchment-covered baking sheet. Bake for 15-20 minutes. Allow cookies to cool before storing them in an airtight container. Enjoy as a healthy snack or delicious treat!



Vanilla Whey Crepes

From the Kitchen of Suzy Degazon
Makes about 6 crepes



Ingredients:

1/2 cup sifted all-purpose flour
3 tablespoons Hammer Vanilla Whey
1 whole egg
1 egg yolk
1 tablespoon unsalted butter, melted
A few drops of vanilla, if desired
1 cup skim milk

Preparation:

Sift flour. Blend all ingredients together in a blender. (Some people like to refrigerate the batter for an hour before making the crepes, but I haven't found that necessary.)

Heat a skillet and spray with oil or add a dab of butter. When the skillet is heated, pour a small amount of the crepe mix into the hot skillet—crepes are meant to be thin. As soon as they start to bubble, flip over and place on a plate.

I also take these crepes to long races and fill them with almond butter or cream cheese and strawberries. I like to drizzle Montana Huckleberry Hammer Gel or maple syrup on them too. You can also go the English way and eat them with lemon juice!

Easy, Easy Nut Cookies

From the Kitchen of Laura Lee Labelle
Makes 6 cookies



Ingredients:

1/2 cup nut butter (I've used peanut, almond and cashew)

1/2 cup coconut sugar

1 egg

1 teaspoon vanilla extract

Optional: 1 heaping Tablespoon shredded coconut, coconut nibs, or raisins

Preparation:

Pre-heat oven to 350 degrees. In a small mixing bowl, thoroughly blend the ingredients. Spoon six large blobs onto a greased cookie sheet. Bake for approximately 10 minutes. Cool cookies, enjoy.

Vegan Huckleberry Cookies

From the Kitchen of Laura Lee Labelle



Ingredients:

2 cups almond meal

1/4 cup coconut oil, softened

3 tablespoons honey

1/4 teaspoon salt

1/2 teaspoon baking soda

2 teaspoons vanilla extract

1/4 cup huckleberries (or blueberries), reserved

Preparation:

Preheat oven to 350°F. Combine all ingredients except for the berries. With your hands, roll the dough into balls (the size of meatballs), then place them on a greased cookie sheet. Use your thumb to make an indentation into the center of each cookie. Put several huckleberries in each indentation. Bake 12-15 minutes. Cool cookies on a rack.

Walnut Scones

From the Kitchen of Laura Lee Labelle
Makes about 6 servings



Ingredients:

2 cups brown rice flour
1 tablespoon non-aluminum baking powder
1 tablespoon baking soda
3/4 teaspoon xanthan gum
1/2 teaspoon salt

1 cup milk
1/3 cup agave nectar (or substitute)
1/3 cup oil
1 large egg

2 cups toasted walnuts
1 cup raisins
1 tablespoon anise seeds

Preparation:

Preheat oven to 350°F. In a large bowl, mix flour, baking powder, baking soda, xanthan gum, and salt. In a separate bowl, whip milk, agave, oil, and egg; when thoroughly mixed, add to the dry ingredients. Then add in walnuts, raisins, and anise seeds. An easy way to shape the scone mix for baking is to press into pie dish and cut into wedges. Bake the wedges on baking sheet for 30 minutes, or until a toothpick comes out clean.





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