

# “Set it and forget it” Crock Pot-Braised Balsamic Chicken & Vegetables

## Ingredients

Makes 8 servings

1.5 lbs. Chicken Breast  
2 tsp. garlic powder  
2 tsp. dried basil  
1.5 Tbsp. onion powder  
1 tsp. salt  
1 tsp. pepper  
½ cup balsamic vinegar

8-10 whole cloves of garlic  
4 Tbsp. olive oil  
1 lb. peeled carrots  
1 lb. halved russet potatoes  
½ lb. celery  
½ lb. quartered sweet onions

\*Recipe provided by Heather Petri, 4 x Olympic Medalist in Water Polo

## Directions

1. Mix all dried herbs & spices together. Rub half of the spice mix on both sides of the chicken breasts.
2. Take the remaining half of the spice mix and combine it with the garlic cloves, carrot, potato, celery, onion, and olive oil.
3. Place the chicken breasts on the bottom of the crockpot. Top with the vegetables. Pour the balsamic over the mixture.
4. Cook on HIGH for 3 hours, then switch to LOW for one more hour.



Crock Pot Braised Balsamic Chicken & Vegetables

Amount	1/8 of recipe
Calories	260
Fat (g)	9
Sat. Fat (g)	1
Carb. (g)	24
Fiber (g)	3
Protein (g)	23
Dairy free, Gluten free.	

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## Food Fact

**Chicken is an excellent source of branched chain amino acids (leucine, isoleucine, and valine), which aid in healing from intense exercise and help to build new muscle tissue.**

## Cooking Tip

The leftover meals are endless with this dish! Make a salad by mixing diced chicken, crushed walnuts, chopped apple, celery, and a little bit of dressing over a bed of mixed greens or in a sandwich. Dice up the veggies and scramble them with eggs for a quick and easy breakfast. Shred the chicken, mix it with a little bit of balsamic dressing, and put it in a wrap with some fresh veggies. You could even make a soup with a few cups of chicken or vegetable broth!

### Ingredients

Preparation time: 15 minutes

Cook time: 8 hours

Servings: 8

Cost: \$

1<sup>3</sup>/<sub>4</sub> lb. beef stew meat

3 Tbsp. minced garlic

2 medium garnet yams

4 C celery

2 C carrots

¼ C Chimichurri seasoning

1 Tbsp. salt

### Directions

1. Coarsely chop yams, celery, carrots
2. Add chopped vegetables, minced garlic and meat to large crock-pot and mix
3. Add chimichurri seasoning and salt and mix again
4. Set crockpot to cook for 8 hours on low
5. Stir at the 4-hour mark



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

### Crock Pot Hearty Beef Stew

Amount	1 C
Calories	180
Fat (g)	4.5
Sat. Fat (g)	2
Carb. (g)	12
Fiber (g)	2
Protein (g)	23

Allergen info: Dairy Free, Gluten Free

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Charli Brand – Author

### Cooking Tip

Enjoy this recipe with couscous, rice or quinoa for an extra carbohydrate boost, especially after a hard training day. This recipe works well with beef sirloin, tenderloin or round.

### Performance Facts

Beta-carotene is an antioxidant that strengthens the immune system and protects the body from free radical damage. The body requires adequate levels of beta-carotene to combat the oxidative stress that occurs during intense training. Aim to consume at least 5 servings per day of yellow, orange and green leafy fruits and vegetables.



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# Monthly Recipe

## Slow Cooked Sweet n' Savory Sirloin

### Ingredients

Preparation time: 20 minutes

Cook time: 6 hours

Servings: 8

Cost: \$

#### For the Marinade:

1 large jalapeño

2 large shallots

¼ C soy sauce

¼ C honey

2 Tbsp. ground mustard powder

3 Tbsp. garlic powder

#### Main Ingredients:

1½ lbs. pork sirloin

6 C cabbage

6 C broccoli

½ Tbsp. salt

### Directions

1. Finely chop shallot and jalapeño and place in a small mixing bowl. Add remaining marinade ingredients and stir to combine
2. Place sirloin in a large crockpot and add the marinade
3. Set crockpot to cook for 6 hours on high
4. At the five-hour mark, take a spatula and begin to break-up the sirloin. Chop broccoli and cabbage. Add the cabbage and salt and mix, then add the broccoli and continue mixing until the vegetables are covered in marinade
5. Continue cooking on low until the timer reaches 6 hours



#### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

#### Slow Cooked Sweet n' Savory Sirloin

Amount	1 C
Calories	272
Fat (g)	9
Sat. Fat (g)	1.5
Carb. (g)	23
Fiber (g)	3.5
Protein (g)	26
Allergen info: Gluten Free, Dairy Free	

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### Cooking Tip

Enjoy this recipe with couscous, rice or quinoa for an extra carbohydrate boost, especially after a hard training day. Spice it up with Sriracha and/or BBQ sauce for a hot and savory kick, or try a different flavor profile with a pre-made marinade such as teriyaki, balsamic or Italian dressing. This recipe also works well with pork tenderloin!

### Performance Facts

Animal proteins like pork, chicken, beef, and dairy are a good source of the branched chain amino acid, leucine. Consuming leucine-rich protein after exercise stimulates repair and growth of muscle tissue; 3-4 oz. of animal protein (or 20 grams of whey) contains between 2 and 3 grams of leucine. Aim to consume leucine about 4 times per day (breakfast, lunch, dinner, snack)!



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# Slow Cooker Honey-Garlic Chicken

## Ingredients

Preparation time: 30 min.

Servings: 8

Cost: \$

1 onion, sliced

6-8 cloves of garlic, chopped

¼ cup honey

½ cup ketchup

½ cup soy sauce

1 Tbsp. Italian seasoning

2 lbs. chicken breast

## Directions

1. In a medium saucepan, sauté onions and garlic until soft.
2. Add honey, ketchup, soy sauce, and Italian seasoning. Stir to combine.
3. Place chicken in slow cooker, pour sauce on top, and cook on high for 5 or more hours.



### Honey Garlic Chicken

Amount	4 oz.
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Calories	260
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Fat (g)	7
Sat. Fat (g)	2

Carb. (g)	19
Fiber (g)	0

Protein (g)	30
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Allergen info: Dairy Free

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## Cooking Tip

Try placing the ingredients in the slow cooker before leaving for work or practice. For a complete 15-minute meal upon arriving home, heat up some 90-second brown rice and sauté kale or spinach. Layer the brown rice and kale, top with a 3-4 oz. portion of chicken, and drizzle with 1-2 Tbsp. of cooking liquid!

## Performance Facts

Chicken and other animal proteins are high in leucine, a branched chain amino acid that stimulates the synthesis and repair of muscles. Having quality sources of protein in meals and snacks throughout the day facilitates recovery, drives training adaptations, and helps athletes achieve their body composition goals, whether they be to gain, lose, or maintain.

# Spicy Kimchi Salmon BLT

## Ingredients

Preparation Time: 25 min.  
Servings: 1 serving

### Sandwich

- 4 oz. salmon, baked
- 2 slices, bacon, baked
- 2 slices, whole wheat bread
- 1 Tbsp. Sriracha aioli
- ¼ avocado
- Small Bunch of kale, spinach, or any leafy green combination
- 3-4 slices, heirloom tomato
- Salt & pepper to taste
- 2 Tbsp. kimchi, store bought

### Green Side

Any quick side salad or vegetable combination.

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## Directions

1. Preheat oven to 425°F  
Spray a sheet pan lined with foil and line bacon side to side. Season salmon with salt and pepper, and bake for 10-15 min. in same sheet as bacon until fully cooked. Check on bacon and pull if cooked before salmon.
2. Toast bread if desired.
3. Assemble sandwich by spreading aioli on one slice of bread, avocado on the other, and add remainder of ingredients. Cut in half
4. Serve any vegetable combination or side salad as desired.



Photo Credits: Mario Limaduran

Mario Limaduran, Chef, BS - Author

Spicy Kimchi Salmon BLT	
Amount	1 Serving
Calories	533
Fat (g)	27
Sat. Fat (g)	5
Carb. (g)	39
Fiber (g)	7
Protein (g)	35
Allergen info: Dairy Free	

## Cooking Tip

Substitute bacon with turkey bacon for a learner, kosher option. Chose a gluten free bread for a gluten free option. Use an oil based mayo mixed with Sriracha and minced garlic cloves for a home-made aioli. Skip Sriracha for a non-spicy aioli. Grilled salmon if desired. Salt tomatoes and avocado to enhance flavor.

## Performance Facts

Kimchi, a fermented food that is rich in both probiotics and fiber, helps to promote a healthy digestive tract. Consuming a diet high in fermented foods enhances the immune system, reduces inflammation and promotes regularity. Additionally, salmon and avocados are an excellent source of omega-3 fatty acids, which help reduce the inflammation produced during heavy training.

# Chili Baked Potato

This is a perfect evening meal after a hard day of training. It is easy and quick to prepare when you are tired but looking for a home cooked meal. The protein and carbs allow for nutrients replenishment and repair of tissue.



## Ingredients

Makes 1

1 medium potato  
1 cup raw spinach  
1 cup canned turkey chili  
2 Tbsp. plain nonfat greek yogurt  
2 Tbsp. shredded cheddar cheese

### Optional toppings

-sliced green onions  
-diced red onions  
-chopped jalapenos  
-peanuts  
-hot sauce

## Directions:

1. Wash and scrub potato clean, pierce with a fork several times.
2. Microwave for 4 minutes, turn over and cook for an additional 2 minutes or until tender.
3. Slice potato in half and top with spinach and chili and microwave for an additional 1-2 minutes to warm chili.
4. Sprinkle cheddar cheese on top along with a dollop of yogurt and any additional toppings.
5. Enjoy with a salad to make it a meal!

## Chili Baked Potato

Amount	1
Calories	482
Fat	10g
Sat Fat	4g
Carbs	69g
Fiber	12g
Protein	31g
Gluten Free (depending on Chili)	

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## Cooking Tip

There is a common misconception that microwaving food greatly decreases its nutritional value. Actually, microwaving as a cooking method retains much of the nutrients in food because the cooking times are relatively short, the food is exposed to less heat compared to other cooking methods, and there is little to no water added (as in boiling) to allow nutrients to leach out into the water. Foods that are easy to cook in the microwave include oatmeal, eggs, and vegetables.

## Simple Protein Balls

For athletes who train daily, whey protein isolate is a fast acting and highly bioavailable protein that has been shown to increase muscle protein synthesis, overall strength and improve body composition, especially when taken after a bout of resistance training.



### Simple Protein Balls

Amount	1 Ball
Calories	240
Fat	13g
Sat Fat	2g
Carbs	20g
Fiber	3g
Protein	13g
Gluten Free	

#### Directions:

1. In a large bowl, microwave peanut butter for about 20 seconds or until soft.
2. Add honey, protein and trail mix and massage with your hands until the mixture starts to fuse.
3. Form mixture into golf ball-sized balls (about 2 oz.)
4. Store in refrigerator.

#### Ingredients:

Makes ~12 protein balls

- 4 scoops protein powder
- 1 C trail mix
- 1 C peanut butter
- 6 Tbsp. honey

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#### Preparation Tip

Use whatever trail mix you prefer for this simple and versatile recipe. Pureed dates can work well as a substitute for honey and any nut butter can be used as a substitute for peanut butter. Prep these protein balls ahead of time for a tasty and satiating snack after training. These nutrient and energy dense protein balls can also work well as a breakfast meal.

# COFFEE BUZZ BITES

Servings: 12 | Preparation Time: 20 minutes



## INGREDIENTS

- 1 cup raw cashews (salted or unsalted)
- 1 cup (packed) pitted dates
- 3 tsp. instant coffee
- ¼ cup dark chocolate chips
- Cold water, as needed, by the tablespoon



Photo credit: <http://www.justjessieb.com>

## DIRECTIONS

Place cashews in food processor or a high powered blender to process until finely chopped.

Add dates and instant coffee and continue to process until mixture forms a dough.

Gradually add in cold water if needed to help reach dough consistency.

Add chocolate chips into processor to distribute in small pieces OR move dough to a medium bowl and fold in whole chocolate chips.

Shape into ~1-inch balls.

Store in refrigerator for up to 2 weeks.

Serving Size: 1 ball

Calories: 140

Fat (g): 6 g

Sat. Fat (g): 1.5 g

Carb (g): 20 g

Fiber (g): 2 g

Protein (g): 3 g

Caffeine: 33-35 mg

## THE INSIDE SCOOP

Caffeine is an ergogenic aid that affects the central nervous system. Research shows it can increase time to exhaustion, decrease time needed to complete endurance events as well as improve sprint performance and other repeated power movements. Caffeine also enhances cognitive functions including concentration and alertness.

Research supports ingestion of 3-6 mg/kg body weight of caffeine, taken approximately 1 hour prior to training or competition. However, lower doses of 1.5 mg/kg body weight (~ 100-200 mg) have also been shown to be as effective. Start with the lowest effective dose. Try eating 2 coffee buzz bites 60 minutes before training or during a longer moderate intensity session as a fuel source and cognitive performance tool.

Emely Lambert, Sports Nutrition Intern

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# Pumpkin Bites

## Ingredients

Preparation Time: 20 min  
Serving Size: 12 bites  
Cost: \$

- 1 cup pitted dates (soak in water and drain before using)
- ½ cup walnuts (or pecans)
- ⅓ cup pumpkin (canned)
- 1 cup oats
- ¼ cup unsweetened shredded coconut
- 2 tsp. vanilla
- 1 tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. cloves
- Pinch sea salt
- 1 scoop vanilla protein powder (optional)

### Toppings (optional)

- Unsweetened coconut
- Shaved dark chocolate

## Directions

1. **Place** walnuts and oats in food processor (or high powered blender) and pulse until finely ground.
2. **Add** remaining ingredients. **Pulse** until combined.
3. **Place** in fridge for 30 min to chill.
4. **Form** small balls and store in airtight container in fridge.
5. **Roll** in coconut or shaved dark chocolate (optional).

*\*Recipe Adapted from: Rebecca Bohl in Dessert*

**Jacque Scaramella, MS, RD- author**



<b>Pumpkin Bites</b> (w/o protein powder or toppings)	
Amount	1 bite
Calories	110
Fat (g)	5
Sat. Fat (g)	1.5
Carb. (g)	16
Fiber (g)	3
Protein (g)	2
Allergen info: Vegan	

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### Preparation Tips

- To save time, make bars instead of bites by pressing mixture into an 8" x 8" pan lined with wax paper. Drizzle a ½ cup of melted chocolate chips (mixed with 3 Tbsp. of almond milk) for a sweet dessert bar.
- Can be made gluten free if you choose gluten free oats.
- Try rolling in shredded coconut or shaved dark chocolate and serve as dessert.

### Performance Facts

- Consume 1-2 bites a couple hours before exercise as a source of energy to help fuel training.
- Try post exercise as part of a recovery snack to replenish energy. Add a glass of milk to make a carb and pro recovery snack.
- The bites are rich in vitamin A and Omega 3s, which help promote eye health and fight inflammation.

# LEMON THYME PROTEIN BALLS

Dietary: Gluten Free | Servings: 10 | Preparation Time: 10 minutes



Source: Julie Ferris

## INGREDIENTS

7 dates, pitted and chopped  
1 cup almonds, toasted  
2 scoops vanilla protein powder  
Juice and zest of 2 medium lemons  
½ tsp. salt  
1 Tbsp. fresh thyme, chopped  
3 Tbsp. shredded unsweetened coconut flakes

## DIRECTIONS

Place almonds in a food processor and blend until fine, but not a paste. Add in dates and blend until smooth. Add lemon juice, zest, protein, powder, salt, thyme, and 1 Tbsp. of the coconut.

Roll the mixture with your hands into 10 even sized balls and then roll in the remaining coconut flakes.

Refrigerate until ready to eat.

Serving Size: 1 ball

Calories: 135

Fat (g): 6.5

Sat. Fat (g): 1.5

Carb (g): 14

Fiber (g): 3

Protein (g): 7

Author- Julie Ferris, Chef, BS

## THE INSIDE SCOOP

These sweet and refreshing balls are a great portable snack or post-training recovery option. 2-3 balls provides an appropriate amount of protein for muscle recovery and carbohydrates to replenish muscle energy stores.

The nutrition analysis for these balls is based off of whey protein, however you can use any type of protein powder you like. You can easily double the recipe to have enough for the week!

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