

ELITE NUTRITION AND
PERFORMANCE'S

Holiday
RECIPE
Book



Butter Lettuce Salad with Walnuts and Grapes

Makes 12-14 servings

Ingredients

- 5 oz raw walnut halves
- 1/4 cup plus 1 tablespoon walnut/olive oil
- About 1 teaspoon salt
- 1/2 cup apple vinegar
- 1 minced shallot
- 2 tablespoons Dijon mustard
- About 1/4 teaspoon fresh-ground pepper
- 2 heads butter lettuce or red leaf lettuce, rinsed, crisped, and torn into bite-size pieces
- 2 cups rinsed and stemmed red seedless grapes, halved
- 2 T. dried tarragon

Directions

1. Heat a small skillet over medium high heat. Add the walnut halves and toast until golden brown. Watch carefully because the walnuts will easily burn if left on too long.
2. In a large bowl, mix vinegar, shallots, mustard, tarragon and 1/4 teaspoon pepper. Slowly whisk in oil until vinaigrette is emulsified. Add lettuce, grapes, and toasted walnuts; mix gently to coat. Serve immediately.

Creamy Feta Dip

Makes 12 servings

This versatile dip can be served as a dip for your favorite fresh vegetables or whole grain bread, serve atop an arugula salad or stuff baked chicken breasts with it.

Ingredients

- 1 c. feta cheese crumbles, preferably reduced-fat
- 1 c. non-fat greek yogurt
- 2 tsp fresh rosemary or 1 tsp dried
- 1 tsp. black pepper
- veggies for dipping: broccoli, grape tomatoes, baby carrots
- optional: 8 oz whole grain pita chips

Directions

1. Put all ingredients except veggies and pita chips in a food processor. Blend on high until smooth and creamy.
2. Arrange pita chips and any vegetable of your choice around the cheese dip. Serve immediately or cover and chill for up to three days.



Herbed Chicken Quinoa Salad

Makes 8 servings

Ingredients

- 1 lb chicken breasts
- 2 T. garlic infused olive oil from the Crescent Olive
- 4 T. oregano white balsamic vinegar from the Crescent Olive
- 3 tsp. salt
- 3 tsp. black pepper
- 3 tsp. dried rosemary
- 1 c. dry, plain, quinoa
- 1 pint grape tomatoes, halved
- 1 pint sliced mushrooms (can be fresh or sautéed)
- 3 green onions, sliced
- ½ cucumber, diced

Directions

1. Mix together 1 T. garlic oil, 2 T. oregano white balsamic, 1 tsp. salt, 1 tsp. black pepper and 1 tsp. dried rosemary. Pour over chicken and marinate for 30 minutes. Meanwhile, preheat the oven to 350 degrees.
2. Bake chicken until cooked throughout (165 degrees); ~20 minutes. Simultaneously, cook quinoa according to package directions along with 1 tsp. salt.
3. Meanwhile, mix together tomatoes, mushrooms, green onions and cucumber in a bowl. Add quinoa when cooked. Toss with 1 T. garlic oil, 2 T. oregano white balsamic, 2 tsp. black pepper and 2 tsp. rosemary.
4. When chicken is cooked and cooled; dice the chicken and add to quinoa mixture. Toss and serve.

Prosciutto Wrapped Asparagus

Makes about 25 pieces

Ingredients:

1 bunch fresh asparagus

¼ lb thinly sliced prosciutto, like Boar's Head brand

2 tsp. olive oil

pinch of salt and pepper

Directions

1. Heat the oven to broil and arrange a rack about 5 to 6 inches below the heating element. Set a large plate aside.
2. Place the asparagus on a baking sheet, drizzle it with the olive oil, and season with salt and pepper. Using your hands, toss until the spears are



- evenly coated with the oil. Transfer them to the large plate and set the baking sheet aside.
3. Starting just under the scaled tip of the asparagus, wrap each spear with 1 slice of prosciutto in a downward spiral toward the cut end, just barely overlapping the seams of the prosciutto. Place on the baking sheet. Repeat with the remaining asparagus, leaving as much space as possible between each spear while still fitting all of them onto the baking sheet. (Make sure the spears don't actually touch, or the asparagus and prosciutto will steam and won't crisp.)
 4. Broil for 3 minutes, remove the baking sheet from the oven, and flip the asparagus over. Return the baking sheet to the oven and continue to broil until the asparagus is charred in spots and the prosciutto is crisped and browned, about 3 minutes more.

Homemade Gluten-Free Energy Balls

Makes 20 Balls

Great as a pre-workout snack or as fuel during a run or bike ride!

Ingredients

4 oz cashews, salted, roasted
4 oz raisins
1/2 cup dried coconut, sweetened
1/2 tsp cinnamon
pinch of salt

Directions

Combine all ingredients in a food processor and process until the mixture is ground fairly fine, and begins to ball up into a thick paste. Line a small baking sheet with parchment. Turn the paste onto the parchment paper, and roll balls into 1" balls. Enjoy immediately or store in the refrigerator. Great to keep in a small baggie for long bike rides!

Nutrition Information:

Per Ball: 75 cal, 5g fat, 3g sugars, 1.5g protein, 7g carbohydrates, 1g fiber



Chocolate Protein Truffles

Makes ~25 truffles

Ingredients

- 1 c. walnuts, raw
- ½ c. pumpkin seeds, raw
- ¼ c. good quality cocoa powder
- ¼ c. good quality Vegan chocolate protein powder
- ¼ c. flax seeds
- 1 c. dates, soaked in very hot water until cooled enough to touch

Directions

1. Combine all in a food processor and pulse until fine
2. Add dates to the items in the food processor; thin with the soaking liquid from the dates until soft enough to roll in a ball that keeps its shape. You can then roll in desiccated coconut, or cocoa.

Recipe provided by:



Garlicky Kale Chips

Makes 4 servings

Ingredients

- 2 bunches of kale, washed & dried
- 1 ½ T. garlic infused olive oil
- salt & pepper

Directions

1. Preheat oven to 375 degrees.
2. Remove tough stems from kale and roughly chop. Toss with oil, salt and pepper.
3. Spread kale out on a baking sheet. Kale does not need to be in a single layer since it will cook down.
4. Bake for 15-20 minutes, stirring every 5 minutes or so, until leaves are crisp on the edges.

