



Power Fueling

HERE ARE SOME GREAT FUEL UP RECIPES
TO GET READY FOR THE BIG GAME! **BURRITO BOWL**

Coleslaw with Cumin-Lime Vinaigrette

YIELD - 4 servings • TIME - 15 minutes



INGREDIENTS

DRESSING

5 Tbsp fresh lime juice
1/4 tsp ground cumin
1 clove garlic, minced
Few dashes of hot sauce
1/4 cup olive oil

SLAW

1½ carrots, peeled and shredded
½ medium head green cabbage, shredded
½ red bell pepper, julienned
½ red onion, thinly sliced

¼ cup chopped fresh cilantro
Salt and pepper

DIRECTIONS

FOR THE DRESSING:
Place all ingredients in a blender and blend until smooth.

FOR THE SLAW:

Combine all ingredients in a large bowl, toss with the dressing and season with salt and pepper, to taste.

Grilled Mixed Peppers and Onions

YIELD - 6 servings • TIME - 40 minutes



INGREDIENTS

1 white onion, peeled, cut into ¼ inch-thick rounds
1 red onion, peeled, cut into ¼ inch-thick rounds
1 green bell pepper, cut into quarters and seeded
1 red bell pepper, cut into quarters and seeded

1 orange bell pepper, cut into quarters and seeded
1 yellow bell pepper, cut into quarters and seeded
3 tbsp olive oil
½ tsp salt
½ tsp ground black pepper

DIRECTIONS

o Soak wooden skewers for 20 minutes in cold water
o Skewer the white and red onion slices, passing the skewers through each layer
o Skewer green, red, orange and yellow peppers
o Place the skewered

vegetables, olive oil, salt and pepper into a bowl, and turn the vegetables until they are coated
o Heat grill to medium, place vegetable skewers on the grill and cook until lightly charred (6-8 minutes per side)
o Transfer vegetables to cutting board, cut

peppers into ½ inch-thick slices, and remove skewers from onions
o Transfer vegetables to a serving platter

Honey Lime Smoky Chipotle Shredded Chicken Sandwich

YIELD - 5 servings • TIME - 40 minutes



INGREDIENTS

Pressure Cooker
1½ Lbs/750g Boneless, Skinless Chicken Breast
½ Cup (4 Chillies and Sauce) Chipotles in Adobe Sauce
1 Can (400g) Crushed Tomatoes
2 Garlic Cloves,

Crushed
3 Tsp Herbs
(1 Tsp EACH of Dried Oregano, Cumin Powder, Onion Powder)
2 Tsp Brown Sugar
¾ Tsp Table Salt
Freshly Ground Black Pepper to Taste
3 Tbsp Olive Oil

2 Tbsp Lime Juice

DIRECTIONS

o Chicken (10qt Pressure Cooker)
o Place chicken and sauce ingredients into pressure cooker on high setting and cook for 35 minutes
o Let chicken sit for 5

minutes after removal, and shred
o Sauce
o Add lime juice and 1 Tbsp olive oil to the sauce and puree the sauce
o Add salt and pepper to taste
o Serve
o Brown shredded

chicken in 1 Tbsp olive oil on high heat, flipping twice until golden brown on both sides

Mango Orzo Pasta Salad

YIELD 4 servings • TIME - 2 minutes



INGREDIENTS

1 cup orzo pasta
1 ripe mango, seeded and diced
3 Tbsp chopped fresh cilantro (basil or mint can be substituted)
2 limes, juiced
2 Tbsp honey-lime vinaigrette (or store bought)
Salt and pepper to taste

DIRECTIONS

o Cook orzo as directed
o In a mixing bowl, toss together the diced mango and cilantro with the lime juice and vinaigrette.
o When the orzo is cooked thorough, rinse with cold water. Add to the mixing bowl and toss together with mango - cilantro mixture.
o Chill for at least an hour in the refrigerator, season with salt and pepper to taste.
o Serve as a side dish or add diced avocado or grilled chicken

Honey Lime Vinaigrette

YIELD -8 servings 8 servings(¾ cup total) • TIME - 5 minutes



INGREDIENTS

1/4 cup fresh lime juice
2 Tbsp honey
1 tsp Dijon mustard
1/2 tsp garlic powder
1/4 tsp cumin
1/2 tsp kosher salt
1/2 tsp ground black pepper
1/4 cup olive oil
1/4 cup grapeseed or canola oil

DIRECTIONS

IN A JAR, add everything except the 2 oils. Cover and shake to combine.
Add the two oils and shake vigorously until well combined.

As needed, pls inquire for original sources of online recipes.