

Phil Long Culinary Challenge Cookbook



Created By: Phil Long employees, and LiveAnew

“Humble Pie” Healthy Pizza



Humble Pie.....

Domino's large hand tossed 14" pepperoni pizza

<u>Serving size</u>	1/3 of the pizza (3 slices)	1 slice (8 slices to a full pie)
Calories/serving	375	324
Fat calories/serving	18 grams	15 grams
Protein/serving	29 grams	14 grams
Carbs/serving	32 grams	39 grams
Fiber/serving	4 grams	2 grams

I took a California thin crust pizza chicken BBQ pie and added mushrooms, frozen red, yellow and green peppers, diced kielbasa and topped it with Fat free parmesan cheese and dipped it in a red sauce....

Delicious Grilled Fish Tacos



Ingredients

Tacos:

1 pound white flaky fish, such as mahi mahi or talapia
2 tbsp olive oil
1 lime, juiced
1 tablespoons ancho chili powder
1 jalapeno, coarsely chopped
1/4 cup chopped fresh cilantro leaves
8 corn tortillas

Garnish:

Shredded white cabbage
Hot sauce
Fish Taco Sauce (recipe below)
Thinly sliced green onion
Chopped cilantro leaves

Directions

Preheat grill to medium-high heat. Place fish in a medium size dish. Whisk together the lime juice, ancho, jalapeno, and cilantro and pour over the fish. Let marinate for 15 to 20 minutes up to a few hours. Remove the fish from the marinade place onto a hot grill with 2 tbsp of oil, flesh side down. Grill the fish for 4 minutes on the first side and then flip for 30 seconds and remove. Let rest for 5 minutes then flake the fish with a fork.

Place the tortillas on the grill and grill for 20 seconds. Divide the fish among the tortillas and garnish with any or all of the garnishes.

Yummy Chicken Enchiladas



Ingredients

Coarse salt and ground pepper
3 boneless, skinless chicken breast halves (6 to 8 ounces each)
2 tablespoons vegetable oil, such as safflower
2 garlic cloves, minced
1/4 cup all-purpose flour
1 teaspoon ground cumin
1 to 2 tablespoons minced canned chipotles in adobo
1 can (14 1/2 ounces) reduced-sodium chicken broth
8 corn tortillas (6-inch)
1/2 cup grated Monterey Jack cheese (2 ounces)
1/2 cup reduced fat sour cream

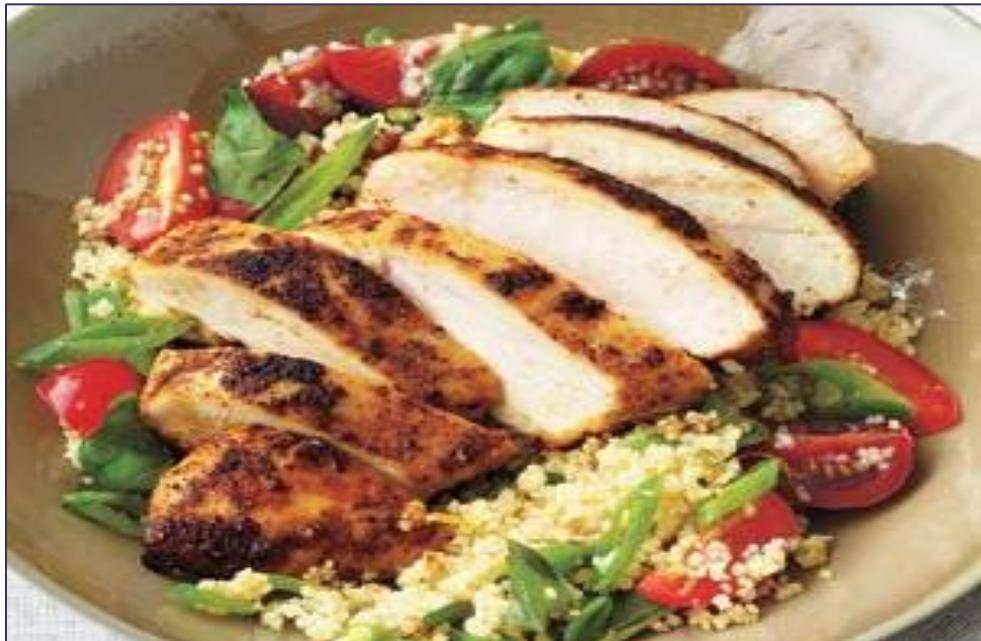
Directions

In a large skillet with a tight-fitting lid, bring 1 inch salted water to a boil. Add chicken. Cover; reduce heat to medium-low. Simmer 5 minutes; remove skillet from heat. Let chicken steam, covered, until opaque throughout, 12 to 14 minutes. Transfer chicken to a medium bowl; shred with two forks. Set aside.

While chicken is cooking, make sauce: In a medium saucepan, heat oil over medium. Add garlic; cook until fragrant, 1 minute. Add flour, cumin, and chipotles in adobo; cook, whisking, 1 minute. Whisk in broth and 1/2 cup water; bring to a boil. Reduce to a simmer, and cook, whisking occasionally, until sauce has thickened slightly, 5 to 8 minutes; season with salt and pepper. Transfer 1 cup sauce to bowl with chicken; toss to combine. Optional – add 1/4 cup reduced fat sour cream to mixture.

Preheat oven to 400 degrees. Pour 1/4 cup sauce into bottom of an 8-inch square baking dish; set aside. Stack tortillas, and wrap in a double layer of damp paper towels; microwave until hot, about 1 minute. Fill each tortilla with chicken mixture; roll up tightly, and arrange, seam side down, in baking dish. Cover with remaining sauce, and top with cheese. Bake until hot and bubbling, 15 to 20 minutes. Let cool 5 minutes before serving.
Serve with Sour Cream.

Spicy Couscous Salad



Ingredients

3 tablespoons olive oil
4 boneless, skinless chicken breasts (6 ounces each)
1 teaspoon paprika
2 teaspoons ground cumin
kosher salt and black pepper
3/4 cup couscous
3/4 pound cherry or grape tomatoes, quartered
1/4 pound snap peas, thinly sliced crosswise (about 1 cup)
1/2 cup torn fresh basil
1/2 teaspoon grated lemon zest plus 2 tablespoons fresh lemon juice

Directions

Heat 1 tablespoon of the oil in a large skillet over medium heat. Season the chicken with the paprika, cumin, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Cook the chicken until golden brown and cooked through, 6 to 7 minutes per side. Transfer to a cutting board. Meanwhile, place the couscous in a large bowl. Add 1 cup hot tap water, cover, and let sit for 5 minutes. Fluff with a fork. Add the tomatoes, snap peas, basil, lemon zest and juice, remaining oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper to couscous. Toss to combine. Slice the chicken and serve with the couscous.

Created By: Jerry Simpson

Winner, Winner, Chicken Dinner



INGREDIENTS:

2 frozen boneless, skinless chicken breasts
16 oz. package frozen California Mix vegetables (broccoli, cauliflower, and carrots)
1/2 red bell pepper
2 Tablespoons olive oil (extra-virgin is nice, but not necessary)
garlic salt to season
herb seasoning (like Mrs. Dash or Spike) or a selection of herbs of your choice
1/4 cup water (or white wine if you want it fancy)
1/2 cup Ranch Dressing (fat-free is best)
1 cup grated parmesan cheese (I suppose you could use that stuff in the shaker bottle,

but freshly grated is so much better)

DIRECTIONS:

Follow these directions in order--Read through and understand before starting. As soon as you start, things will happen quickly, so you need to know what's coming next.

1. Set out cutting board, knife (sharpen if needed), spatula and spoon. Assemble all ingredients on counter near stove. Premeasure water, dressing and grated cheese. Chop red pepper into bite sized morsels.
2. Set wok on stove and turn burner to high or as close to high as you dare. A hot wok is the key to this recipe's success.

Winner, Winner, Chicken Dinner (Cont.)



3. As wok is heating, put frozen chicken in microwave on high for 1 minute. Turn over and heat for 1 more minute. You are not cooking it--just making it easy to cut.

4. Remove chicken and cut in half, butterfly style. Cut halves into 1/2" strips, then cut strips into 1/2" cubes. You don't have to be exact--just nice bite-sized pieces.

5. Put 2 Tablespoons olive oil in wok and swirl around to cover bottom.

6. Add chicken. Be careful--wok is very hot and may spatter.

7. Stir-fry until all sides of all pieces are either white or golden brown. No pink at all. You may need to turn individual pieces over to accomplish this. Sprinkle with garlic salt and seasoning.

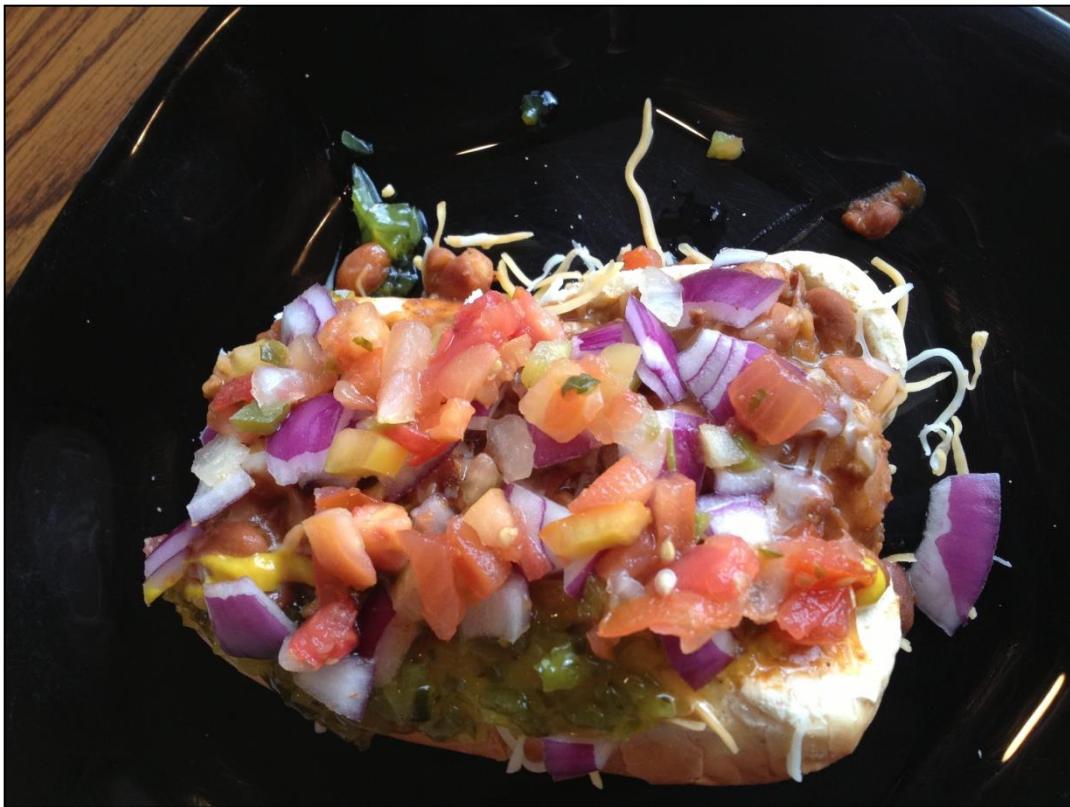
8. Add all vegetables and mix in. Add water(or wine) to steam for a few minutes. Don't overcook it--limp broccoli doesn't please the palate.

9. Add dressing and cook a couple minutes to reduce liquid to a sauce consistency.

10. Add parmesan and stir--it should melt right in and thicken the sauce.

11. Using slotted spoon, plate individual servings or put on a platter for presentation. Sprinkle with some seasoning to add color. Serve with green tea or white wine to make it special. Enjoy!

Chili Cheese Dogs



Regular chili cheese dog from Sonic is 460 calories with 240 fat calories (26g), 1 gram of fiber and 12 grams of protein and 30 grams of carbs (fat content = 52% of calories)

Scott's Heart Healthy Chili Cheese dogs: 336 total calories, 11 grams of fat (100 calories), 20 g fiber, 22g of protein and 30g of carbs (fat content = 30% of calories)

80 calorie high fiber (6 g) Sarah Lee bun, One (1), 6' turkey kelbasa: 14g protein, 140 total cals (9g fat).

Fat free Hormel chili with additional can of kidney beans: 2 oz weight; 80 cals: 14 g fiber, 8 g protein, 14 g carbs.

1% shredded cheese .5 oz weight = 36 calories, 2 g protein...

1 Ta relish, swoosh of mustard, lots of salsa and a cut up purple onion.....

Delicious Fruit Sushi



Here are the ingredients and instructions:

1 Banana
1 Low-carb healthy grain wrap
2 tbs Peanut Butter (We use PB2 to save calories)

2 tbs Agave Nectar

2 tbs shredded coconut

2 tbs cacao nibs

2 chopped dates

1 tbs cinnamon

CALORIES: 275

FAT: 9

CARBS: 50

PROTEIN: 10

teaspoon of the Agave to spread across the top of the wrap, and dust the inside with 1 tbs of shredded coconut and cacao nibs as well. Then, Lightly sprinkle the top with cinnamon. Now take the banana and roll it up inside the now sticky and decorated wrap. Finish rolling with the edge of the wrap on the bottom to hold it closed. Drizzle the remaining amount of agave nectar over the top of the roll and cut it into sushi pieces. Finally, spread the last of the chopped dates, cacao nibs, and shredded coconut across the top of the roll.

Enjoy...

Approximately the following with PB2 being used...

Nutty Mocha Latte



Ingredients

1 cup Silk Pure Almond Vanilla
2 shots espresso or 1/2 cup strong black coffee
1 tablespoon chocolate syrup
1-2 drops almond extract

Directions

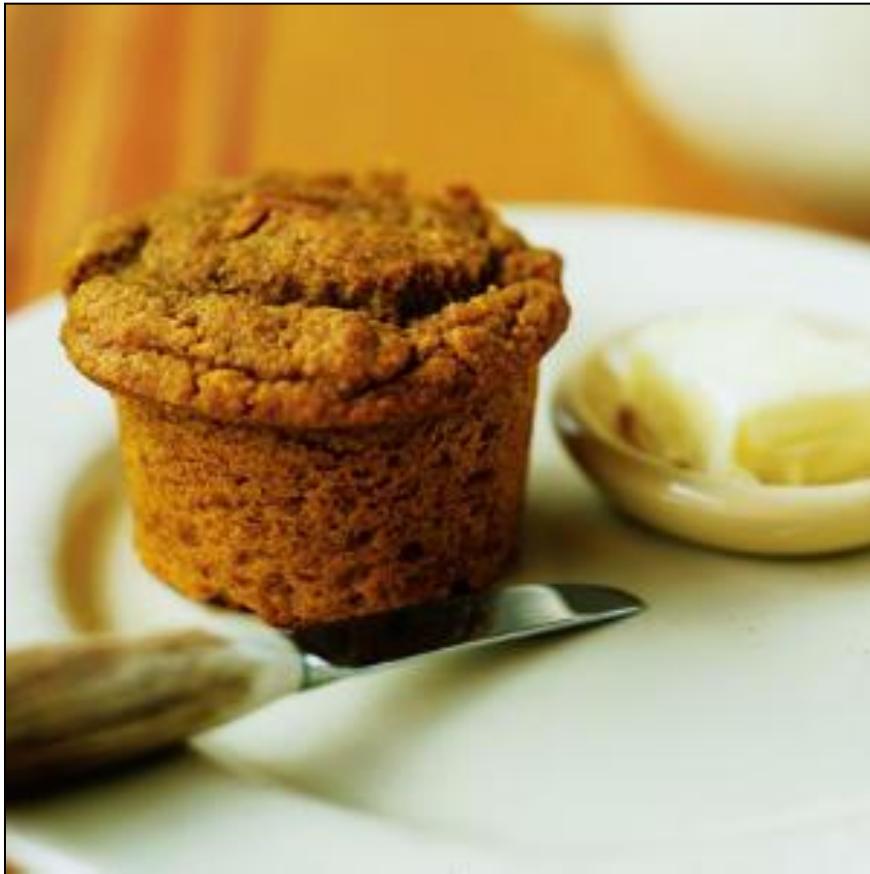
In a small saucepan heat Pure Almond to a simmer. Add coffee and syrup and heat for 1-2 minutes until hot. Remove from heat, stir in extract and pour into your favorite mug. Enjoy.

Yield: 1 serving

Prep Time: 5 minutes

Created By: John Spector

“Paleo” Muffins



Here's what you need...

1/2 cup coconut flour (find at natural foods store), almond flour, or sprouted wheat flour (if you don't mind a few extra carbohydrates)
2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 cup canned pureed pumpkin
6 eggs, beaten
3 Tablespoon coconut oil, melted
1/3 cup honey
1 teaspoon vanilla extract
Preheat oven to 400 degrees F. You might want to grease the muffin pan.

Combine the flour, spices, baking soda and salt. In a separate bowl, place the pumpkin puree and eggs in one at a time. Mix well. Add melted coconut, honey and vanilla mix then stir until well combined. Add the flour mixture to the pumpkin mixture, blend with a whisk until it looks gooey. Spoon into prepared muffin pan, filling each muffin 2/3 full. Bake for 18-20 minutes or until golden. Place on wire rack to cool.

Created By: Mike Sorenson

Protein-Packed PB and J



The key to this recipe is homemade chocolate peanut butter protein spread. Here is how you make the spread... Take two heaping tablespoons of peanut butter and put them in a microwave safe container. Next, add a scoop of your favorite chocolate whey protein shake mix. Add about three tablespoons of water to the mix and microwave for approximately 30 seconds.

When the mixture is done microwaving stir it vigorously. You should end up with a creamy protein-packed chocolate spread.

I like to use this spread on two pieces of sprouted grain bread (very healthy bread that is low in carbohydrates) along with some fresh fruit preserves. This makes one of the tastiest, and healthiest PB and J's you will ever have. Enjoy the sandwich post workout for a nice recovery snack, or eat it as a quick and easy lunch. Heck, feed it to your kids, dog, grandma...whatever. I think it's good stuff.

enjoy...

Created By: Lisa Mayberry

Super-Powered Snack Bars



Here are the ingredients and recipe (which understandably can have some slight variance)...

- 1/2 cup brazil nuts
- 1/2 cup raw almonds
- 1/2 cup raw pumpkin seeds
- 1/2 cup almond butter
- 1/4 cup goji powder (can substitute w/ maca, goldenberry, etc.)
- 1/3 cup hemp seeds
- 1/2 cup assorted dried tropical fruit (pineapple, mango, etc.)
- 1/4 cup goji berries, goldenberries, or other superfruits
- 1/3 cup honey
- 3 tsp stevia
- 2 tbs almond milk

Combine all the nuts and seeds into a food processor w/ the 2 tsp of almond milk and process.

Take the processed nuts and seeds and mix them in a bowl with the remaining honey, stevia, almond butter, and dried fruits and berries.

Mix the in the bowl until everything is combined then empty the mixture into a pan – like you would rice crispy treats

Leave in the refrigerator for about 2 hours and serve. These will usually last a week or two, and are delicious.



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