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Polyunsaturated Beef Stew

Ingredients

- 6 oz sirloin steak, cut into 1-inch cubes
- 5 baby carrots, halved
- 1/2 medium onion, chopped
- 1 large celery stalk, chopped
- 1 cup beef broth (from can or bouillon cubes)
- 1 tablespoon flaxseed oil

Directions

1. Brown the beef cubes in a nonstick skillet sprayed with Pam, just until the outside of the pieces are slightly cooked (inside still raw).
2. Put beef cubes in a larger pot with the broth, onions, celery and carrots.
3. Cover and boil over low heat for 30 min to 1 hour.
4. Stir in the flaxseed oil just before you eat it.

Turkey Kebabs with Spicy Beans

Ingredients: Turkey Kebabs

- 1 lb. ground turkey, 7% fat
- 2 whole eggs
- 2 tablespoons olive oil
- 3/4 teaspoon ground celery seed
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon coriander
- Couple dashes ground red chili
- 1 teaspoon black pepper
- 1 teaspoon salt

- 1" cube fresh ginger, finely chopped
- 4 cloves garlic, finely chopped

Ingredients: Spicy Beans

- 1 lb fresh green beans, cut into 1" links
- 4 teaspoons black mustard seeds
- 1/2 teaspoon red pepper
- 4 cloves garlic, finely chopped
- 1 teaspoon salt
- 3 tablespoons olive oil

Directions

1. Mix all of this together in a big bowl, then form into 2" balls and put on a baking sheet.
2. Sprinkle top of meatballs with black mustard seeds, then bake at 400-degrees for 15-20 min
3. Boil the beans in a big pot for 5 minutes, then drain and rinse in cold water.
4. Spray a nonstick pan with cooking spray and add garlic and mustard seeds.
5. Fry until seeds start popping, and then add the beans!
6. Stir-fry for 10 minutes or so, remove from heat, then stir-in the olive oil and the rest of the spices.

Mediterranean Salad

Ingredients

- 6 oz extra lean ground beef
- 1 oz pecans
- 8 giant pitted olives
- Generous amount of romaine lettuce
- 1 tablespoon olive oil
- 1 oz feta cheese, crumbled

Directions

1. Fry the ground beef in a nonstick skillet, breaking into small chunks with spatula.
2. Remove from heat and stir-in pitted olives and pecans.
3. Put this mixture over a bed of lettuce, drizzled with olive oil, and sprinkle with feta cheese.

Asian Chicken Curry

Ingredients

- 12 oz. Grilled chicken breast, sliced
- 1 green bell pepper, sliced
- 6 scallions, chopped
- 6 white mushrooms, sliced (replace with shitake if you've got them)
- 2 cups chicken broth, from bouillon
- 4 tablespoons natural peanut butter
- 2 cloves garlic, finely chopped
- 1-inch cube of ginger, finely chopped
- Spices, below

Directions

1. Stir-fry the garlic and ginger in a nonstick pan with cooking spray for a couple of minutes, add the veggies and continue stirring for a few more minutes, then add the chicken and broth.
2. Bring to a boil, then stir-in a dash of tumeric (not too much), a teaspoon of ground celery seed, as much chili powder as you dare, a teaspoon of coriander, a dash of cumin, and salt to taste.
3. Stir-in the peanut butter slowly, and then serve it up.

Beef Curry

Ingredients

- 1 lb. Beef Sirloin, grilled to medium-rare and cubed
- 1 small-medium eggplant, cubed
- 2 cups sliced mushrooms

- ? medium onion, chopped
- 1 cup broth (beef or chicken bouillon)
- 2 cloves garlic, finely chopped
- 1-inch cube of ginger root, finely chopped
- 4 tablespoons plain yogurt, whole
- 2 tablespoons olive oil
- Spices, below

Directions

1. Fry the onions, garlic, and ginger in a nonstick pan with cooking spray until brown, and then add mushrooms and eggplant.
2. Stir-fry for a few minutes, and then add beef and broth.
3. Bring to a boil, and add the following spices: 1 bay leaf (whole), 5 cardamom pods, a dash of chili powder, a dash of tumeric, 1 teaspoon ground coriander, ? teaspoon ground cumin, ? teaspoon ground celery seed, 1 teaspoon Masala spice, and 1 teaspoon salt.
4. Stir-in the yogurt, one tablespoon at a time. The fat profile of whole yogurt is not ideal, but even just four tablespoons really makes this dish nice and creamy.

Add more if you want it to taste better, and don't mind the extra saturated fat. Just before serving, stir-in the olive oil.

Salmon with a Cream Spinach Sauce

Ingredients

- 20 oz salmon fillet, skin removed
- 2 cups frozen spinach
- 1/3 raw eggplant, cut into 1-inch cubes
- 2 large slices onion, finely chopped
- 1 plum tomato, finely chopped
- 4 garlic cloves, finely chopped
- 1-inch cube ginger root, finely chopped
- 1 ? oz. goat cheese, soft type
- Spices, see below

Directions

1. The salmon needs to be lightly seared. This is best done on an outdoor grill by placing the whole fillet/ fillets on a grill at high heat for 4 minutes on each side.

2. The outside will get browned, but the inside will still be raw. You can also do it on a Foreman Grill, for a quick 4 minutes (don't overcook), or in the oven on broil for 4 minutes on each side.
3. After searing, cut the salmon into large cubes (1-2 inches) and set aside. Use a sharp knife, and be careful not to cause too much flaking (quick slashes).
4. While you're pre-cooking the salmon, spray a heated nonstick pan (large wok-style) with cooking spray, and toss-in finely chopped onion slices, garlic, ginger, 4 whole green cardamom pods, and 1 whole bay leaf.
5. Stir-fry on medium heat for 10 minutes, until onions start to become brown. Keep some extra chicken broth to add to the pan when it gets too dry (a couple of tablespoons at a time).
6. Add the tomatoes and eggplant next and stir for a couple of minutes, then pour-in one cup of chicken stock.
7. Bring to a boil and add the following spices: ? teaspoon tumeric, ? teaspoon cumin, ? teaspoon coriander, and salt to taste (? -1 teaspoon, depending on how salty the chicken stock is).
8. Mix these spices together, and as the mixture is at a low boil, stir-in the goat cheese, 1 tablespoon at a time.
9. Add the salmon cubes to the mixture, being careful not to break-up the pieces by placing them gently in the pan and spooning sauce over them.
10. Cover and simmer for 5 minutes, stir-in ? teaspoon Masala spice (careful with those salmon chunks!), and it's time for gnashing of teeth.