

# Elias's Cookbook

Elias Szabo-Wexler

November 17, 2014



## Contents

<b>1</b>	<b>Soups</b>	<b>3</b>
	Mushroom Barley Soup . . . . .	3
	Red Lentil Soup . . . . .	4
	French Onion Soup . . . . .	5
<b>2</b>	<b>Beans</b>	<b>6</b>
	Classic Black Beans and Rice . . . . .	6
<b>3</b>	<b>Rice</b>	<b>7</b>
	Vegetable Fried Rice . . . . .	7
<b>4</b>	<b>Pasta</b>	<b>8</b>
	Penne with Vodka Sauce . . . . .	8
	Penne Pasta with Chicken and Pesto . . . . .	9
	Lasagne . . . . .	10
	Baked Macaroni and Cheese . . . . .	11
<b>5</b>	<b>Salads</b>	<b>13</b>
	Strawberry and Spinach Salad . . . . .	13
<b>6</b>	<b>Salad Dressings</b>	<b>14</b>
	Balsamic Vinaigrette . . . . .	14

<b>7</b>	<b>Chicken</b>	<b>15</b>
	Tangy Chicken . . . . .	15
	Chicken with Balsamic Vinegar and Garlic . . . . .	16
<b>8</b>	<b>Side Dishes</b>	<b>17</b>
	Baked Asparagus . . . . .	17
<b>9</b>	<b>Workouts</b>	<b>18</b>
	Peworkout Fruit Smoothie . . . . .	18

## 1 Soups

# Mushroom Barley Soup

 1 h 15 m  
 6 Portions  
Calories 1400

### Preparation

- 1 Saute onion in butter for 5 minutes
- 2 Add barley, and simmer for 5 minutes
- 3 Add the rest of the ingredients (except mushrooms), and cook for 1 hour
- 4 Chop mushrooms and add before serving

### Ingredients

1 Onion, chopped  
6 tb Butter  
1 cup Pearl Barley  
8 cups Boiling Water  
6 cubes Bouillon (chicken or vegetable)  
1 tsp Italian Seasoning  
3 tb Garlic Powder  
 $\frac{1}{2}$  tsp Pepper  
Mushrooms

---

#### Hint

*230 calories per bowl*

# Red Lentil Soup

 45 m  
 4 Portions  
 Calories 1095

## Preparation

- 1 Sauté onion, garlic, carrots in soup pot over medium-high heat for 10 minutes, until tender
- 2 Add water, lentils, bouillon, and seasoning
- 3 Bring to a boil, and simmer (covered) for 25 minutes
- 4 Serve with lemon wedges + mint as garnish

## Ingredients

1  $\frac{1}{3}$  cups Red Lentils  
 picked  
 through/rinsed  
 7 cups Boiling Water  
 6 cubes Vegetable Bouillon  
 1 Large Onion, diced  
 4 Large Carrots,  
 sliced  
 4 Stalks celery,  
 sliced  
 4 Cloves Garlic,  
 minced  
 2 tb Tomato Paste  
 1 tsp Ground Cumin  
 $\frac{1}{4}$  tsp Cayenne Pepper  
 (to taste)  
 1 tb Garlic Powder  
 1 tsp Salt  
 1 tsp Pepper  
 1 tsp Italian Seasoning  
 $\frac{3}{4}$  tsp Fine Sea Salt (to  
 taste)  
 Lemon wedges  
 (optional)  
 chopped mint (op-  
 tional)

## Hint

*275 calories per bowl*

# French Onion Soup

 1.5 h  
 4 Portions  
 Calories 2320

## Preparation

- 1 Heat butter and oil in a soup pot over medium heat until butter melts
- 2 Add onions and thyme, stir to coat
- 3 Cook over medium heat, stirring occasionally and making sure onions do not scorch until onions begin to brown, about 15 minutes
- 4 Reduce the heat to medium-low and continue to cook, covered, stirring, until they are a rich brown, about 40 minutes
- 5 Stir in sherry/cognac, and increase heat to high
- 6 Cook, stirring constantly, until sherry/cognac has evaporated
- 7 Stir in broth, and bring to a boil
- 8 Reduce the heat and simmer, partially covered, for 20 minutes
- 9 Season with salt and pepper
- 10 Serve into bowls, then top bowls with one slice of french bread
- 11 Place one slice of provolone, then one slice of swiss on each bowl
- 12 Use broiler to melt cheese until it browns, then serve

## Ingredients

2 tb Butter  
 2 tb Olive Oil  
 5 Onions  
 1 pinch Dried Thyme  
 2 tb Dry Sherry or Cognac  
 3½ cups Vegetable Broth  
 1 tsp Salt  
 ¼ tsp Black Pepper  
 4 slices French Bread  
 4 slices Provolone Cheese  
 4 slices Swiss Cheese

## Hint

580 calories per bowl

## 2 Beans

# Classic Black Beans and Rice

 35 m  
 4 Portions  
 Calories 1350

### Preparation

- 1 Begin preparing rice (recommend rice cooker,  $\approx$  30 minute cook time)
- 2 Saute onion, pepper, and garlic over medium-high heat in a pot until tender, about 8-10 minutes
- 3 Stir in remaining ingredients and bring to a boil
- 4 Reduce heat, and simmer 10 minutes
- 5 Serve over hot white rice

### Ingredients



1 cup White Rice  
 2 tb Olive Oil  
 1 Onion, finely chopped  
 1 Green Pepper, finely chopped  
 $\frac{1}{2}$  Habañero pepper, finely chopped  
 2 Cloves Garlic, minced  
 1 15.5 oz can Goya Black Beans, undrained  
 $\frac{3}{4}$  cup Water  
 1 tsp Oregano  
 2 tb Garlic Powder  
 1 packet Sazón Goya without Annatto (seasoning)  
 1 tb White Cooking Wine or Cider Vinegar

### Hint

*340 calories per plate*

### 3 Rice

## Vegetable Fried Rice

 35 m  
 ??? Portions  
 Calories ???

#### Preparation

- 1 Cook rice using rice cooker (4 cups water for 2 cups rice)
- 2 Meanwhile, heat cumin seeds in olive oil in a wok until fragrant
- 3 Mince garlic, and add to wok. Saute until brown, about 2 minutes.
- 4 Dice onions, and carrots, and add to wok with peas. Saute, stirring constantly, until softened (about 5 minutes).
- 5 Move vegetables to side of wok, and crack all 6 eggs into the bottom of the wok
- 6 Cook the eggs through, moving to mix the yolk and whites, and creating strips in the process (about 4 minutes)
- 7 Mix the eggs and vegetables together, and add the cooked rice to the wok
- 8 Cut the scallions into 1" pieces, and add to the rice
- 9 Add the soy sauce, and mix well
- 10 Season with salt, pepper, and additional soy sauce to taste

#### Ingredients

1 tb Olive oil  
 1 tsp Cumin seeds  
 4 Cloves garlic  
 2 cups Basmati rice (or other long-grained white rice)  
 4 tb Soy Sauce  
 2 Onions  
 1 Bunch scallions  
 4 Large carrots  
 ½ cup Frozen peas  
 6 Eggs

## 4 Pasta

# Penne with Vodka Sauce

🕒 30 m  
 🍽️ ??? Portions  
 🔥 Calories ???

### Preparation

- 1 Heat olive oil over medium heat in a large frying pan (with cover)
- 2 Sprinkle cumin seeds in oil, and heat until fragrant (about 2 minutes)
- 3 Mince 3 cloves garlic, and saute until brown (about 1 minute)
- 4 Slice sausage into 1" bite sized pieces, and fry until brown on both sides (about 2 minutes per side)
- 5 Remove sausage from frying pan, and add butter, moving to coat the bottom
- 6 Dice onions, and saute until tender (about 5 minutes)
- 7 Mince remaining garlic (3 cloves), and add to onions. Saute until fragrant (about 2 minutes)
- 8 Dice plum tomatoes, and add tomatoes, vodka, crushed peppers, and sausage to frying pan
- 9 Simmer briskly, covered, for 10 minutes
- 10 Add  $\frac{1}{2}$  cup heavy cream and heat through. Meanwhile, cook penne (10 minutes for al dente, or as suggested on box)
- 11 Season sauce to taste (salt + pepper), and add (optionally) 12 leaves of basil, and  $\frac{1}{2}$  grated parmesan cheese
- 12 Combine penne, and sauce in a large mixing bowl, and stir well to coat
- 13 Serve hot, with parsley as a garnish, and optionally with Italian bread

### Ingredients

1 lb Penne  
 28 oz Can whole plum tomatoes  
 2 Large yellow onions  
 6 large cloves garlic  
 1 tsp Cumin seeds  
 1 tb Butter  
 1 tb Olive oil  
 $\frac{1}{4}$  cup Vodka  
 $\frac{1}{2}$  tsp Crushed Red Pepper Flakes  
 2 lbs Hot Italian Sausage  
 $\frac{1}{2}$  cup Heavy cream  
 Salt + pepper to taste



# Penne Pasta with Chicken And Pesto

👉 30 m  
© ??? Portions  
Calories ???



## Preparation

- 1 Bring water to a boil, and add penne. Cook for 11-13 minutes for al dente, or as directed on package.
- 2 Meanwhile, heat olive oil over medium-high heat in a large pan.
- 3 Mince garlic, and saute until fragrant (about 2 minutes)
- 4 Cut chicken into bite sized pieces, and add to garlic
- 5 Season with salt + pepper, and saute, stirring frequently, until chicken is white on the outside (e.g. cooked through)
- 6 Drain penne, and combine penne, chicken, and pesto sauce in a large mixing bowl
- 7 Mix well, to coat with the pesto sauce, and serve hot

## Ingredients

1 tb Olive Oil  
 $\frac{1}{2}$  cup Pesto Sauce  
1 lb Penne pasta  
1 lb Chicken breast  
4 Cloves garlic  
Salt + pepper to taste

# LASAGNE

 ?? m  
 ??? Portions  
 Calories ???





## Preparation

- 1 Heat olive oil in dutch oven or large saute pan
- 2 Heat cumin seeds until fragrant (about 2 minutes)
- 3 Mince garlic, and saute until brown (about 2 minutes)
- 4 Dice onions and mushrooms, and add to garlic, cook for 2 minutes
- 5 Add ground beef, and cook through
- 6 Preheat oven to 375°
- 7 Cook lasagne
- 8 Layer baking pan until full: 4 sheets of lasagne, then ricotta, then mozzarella, then parmesan, then sauce
- 9 Bake for 45 minutes

## Ingredients

2 tb Olive Oil  
 1 tb Cumin Seed  
 8 cups Tomato Sauce  
 ½ lb Mushrooms  
 2 Onions  
 ½ lb Ground Beef  
 4 Cloves Garlic  
 16 oz Ricotta Cheese  
 ½ lb Mozzarella  
 4 oz Grated Parmesan  
 12 sheets Lasagne (about 1/2 lb)

# Baked Macaroni and Cheese

 45 m  
 30 m,  350° F  
 8 Portions  
 Calories ???

## Preparation

- 1 Preheat oven to 350° F
- 2 Melt butter over medium-low heat in a medium sized dutch oven
- 3 Whisk in butter gradually, and heat until thick and smooth, about 1 minute. Make sure to whisk constantly, to prevent lumps.
- 4 Remove the roux from the heat, and whisk in the milk gradually
- 5 Return to the heat, and raise the heat to medium
- 6 Bring to a simmer, whisking constantly to keep smooth (about 15 minutes)
- 7 Simmer for about 5 minutes, until the sauce is thick and smooth
- 8 Add salt, pepper, and nutmeg to taste (I recommend about 1 tsp each)
- 9 Add sherry and chives
- 10 Add onions, paprika, bay leaves, and (optional) habanero
- 11 Bring to a simmer, and cook covered over low heat for 15 minutes, stirring occasionally
- 12 Meanwhile, cook cellentani according to package (recommend al dente)
- 13 Grate cheeses, and mix together in a large mixing bowl.
- 14 Add  $\frac{2}{3}$  of the cheese to the sauce, and add salt and pepper to taste.
- 15 Drain the cellentani, and put in a large mixing bowl. Pour the cheese mixture over the noodles, and mix well.

## Ingredients

8 tb Unsalted Butter  
 $\frac{1}{2}$  cup Flour  
 4 cups Milk  
 salt  
 pepper  
 nutmeg  
 4 tsp Sherry  
 chives  
 2.5 Onions  
 $\frac{1}{2}$  tsp Sweet Paprika  
 2 Bay Leaves  
 1 lb Cellentani Noodles  
 $\frac{1}{2}$  lb White cheddar cheese  
 $\frac{1}{4}$  lb Swiss cheese  
 $\frac{1}{4}$  lb Jarlsberg Cheese  
 (1 Habanero)  
 Bread crumbs

- 16 Add half of the mixture to a 9" × 13" baking tray, then sprinkle half the remaining cheese on top.
- 17 Add the remaining mixture, top with the remaining cheese, and sprinkle over with bread crumbs.
- 18 Bake in the oven for 30 minutes. Let cool for 5 minutes before serving.

## 5 Salads

# Strawberry AND Spinach Salad

 25 m  
 4 Portions  
 Calories 1570

### Preparation

- 1 Heat olive oil over medium high heat in a skillet
- 2 Combine spinach, strawberries, feta, cranberry raisins and red onion in a salad bowl
- 3 Cook the chicken breasts whole over medium heat until cooked through, about 10 minutes
- 4 Cut chicken into bite sized pieces, and add to salad
- 5 Dress with Balsamic Vinaigrette, mix, and serve

### Ingredients



2 tb Olive Oil  
 1 lb Chicken Breast  
 (skinned, boneless)  
 5 oz Baby Spinach Leaves  
 1 lb Strawberries, sliced  
 4 oz Crumbled Feta  
 Cheese  
 1 Red Onion, sliced  
 $\frac{1}{3}$  cup Cranberry Raisins  
 $\frac{1}{2}$  cup Balsamic Vinaigrette

### Hint

*390 calories per bowl*

## 6 Salad Dressings

# BALSAMIC VINAIGRETTE

 5 m  
 1 Portions  
Calories 540

### Preparation

- 1 Mix ingredients together and stir

### Ingredients

$\frac{1}{4}$  cup Balsamic Vinegar  
 $\frac{1}{4}$  cup Olive Oil  
1 Clove Garlic,  
minced  
1 pinch Mustard, ground  
1 pinch Salt  
1 pinch Pepper



---

### Hint

540 calories per  $\frac{1}{2}$  cup (single serving)

## 7 Chicken

# Tangy Chicken

 ??? m  
 ? Portions  
Calories ???



### Preparation

- 1 Heat butter in a large sauce pan over medium-high heat, and cook the chicken.
- 2 Combine salt, pepper, paprika, brown sugar, lemon juice, onion, and water, and pour over meat
- 3 Sprinkle olives over the top
- 4 Cover, and simmer for 20 minutes

### Ingredients

2 lb Chicken breasts  
1 tb Butter  
1 tb Lemon Juice  
2 tb Brown Sugar  
 $\frac{1}{2}$  tsp paprika  
 $\frac{1}{2}$  cup water  
20 stuffed olives, sliced  
2 large onion  
Salt + pepper

# Chicken with Balsamic Vinegar and Garlic

 ??? m  
 4 Portions  
 Calories ???

## Preparation

- 1 Combine flour, salt, and pepper in a small bowl, and dredge the chicken breast.
- 2 Heat the olive oil in a large saucepan over medium-high heat.
- 3 Saute the chicken until it is nicely browned on one side, without flipping (about 3 minutes).
- 4 Add the garlic, turn the chicken over, and scatter the mushrooms and onions over the chicken.
- 5 Continue frying, shaking the skillet, and stirring the mushrooms, for about 3 minutes.
- 6 Add vinegar, broth, thyme, and bay leaf. Cover tightly, and simmer over medium-low heat for 10 minutes, turning occasionally.
- 7 Remove the chicken to a plate, and continue simmering the sauce for 7 minutes over medium high heat.
- 8 Mix in the butter, discard the bay leaf, and add the chicken back to the sauce.
- 9 Let the chicken heat for several minutes, then serve hot.

## Ingredients

1 lb Chicken breasts  
 $\frac{3}{4}$  lb Mushrooms, sliced  
 1 Onion, diced  
 2 tb Flour  
 2 tb Olive Oil  
 6 cloves garlic, minced  
 $\frac{1}{4}$  cup Balsamic Vinegar  
 $\frac{1\frac{1}{4}}{4}$  cup Chicken Broth  
 2 Bay Leaves  
 $\frac{1}{4}$  tsp Dried Thyme (whole)  
 1 tb Butter  
 Salt  
 pepper





## Hint

*This dish goes very well served over pasta (I particularly like penne pasta), with baked asparagus on the side. It's also extremely good when served with a white zinfandel, or other rose wine.*



## 8 Side Dishes

### Baked Asparagus

 15 m  
 12 m,  400 °F  
 4 servings

#### Preparation

- 1 Preheat oven to 400°F.
- 2 Cut bottom 2" off asparagus (removing tough base).
- 3 Combine asparagus and olive oil in a large mixing bowl, and toss to coat.
- 4 Place asparagus in a baking tray.
- 5 Sprinkle with fresh grated salt, fresh grated pepper, and fresh grated Parmesan cheese.
- 6 Bake for 12 minutes, until crispy.
- 7 Serve hot!

#### Ingredients



1 bunch Asparagus  
2 tb Olive Oil  
salt  
pepper  
Parmesan cheese

#### Hint

*The asparagus will cool VERY quickly, so plan to have this be the last thing to finish!*

## 9 Workouts

# Prewriteout Fruit Smoothie

 5 m  
 1 (8 oz) Portions  
Calories 295

### Preparation

- 1 Combine yogurt, water, frozen berries, ice cubes, and oats in blender
- 2 Blend until smooth

### Ingredients

$\frac{1}{2}$  cup Plain Yogurt  
(minimum sugar)  
 $\frac{1}{2}$  cup Water  
1 cup Frozen Berries  
1 handful Ice Cubes  
 $\frac{1}{2}$  cup Oats

### Hint

*295 calories per 8 oz glass,  $\approx$  30g carbs*