

for Ultimate Performance

# FE

High  
Octane  
Food



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## Table Of Contents

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Beans and Legumes.....	1
BBQ Lentils .....	2
Bean and Mango Salad .....	5
Black Bean Pasta in Pink Sauce with Vegetables.....	8
Black Bean Pasta with Kabocha Squash and Pesto .....	11
Black Bean Pasta with Lemon Pesto .....	14
Chickpea Salad .....	17
Chickpea, Chard and Kale Salad .....	20
Lentil Salad .....	23
Pineapple Black Bean Salad .....	26
Portabella Chili .....	29
Roasted Red Pepper, Tomato and Lentil Soup.....	32
Split Pea Soup .....	35
Split Pea Soup – Vegan .....	38
Tofu and Kale .....	41
Eggs and Dairy.....	44
Asiago Crisps .....	45
Blueberry Cheesecake Bites .....	47
Broccoli Cheddar Soup .....	50
Cheesy Spinach Artichoke Dip .....	53
Crustless Quiches .....	56
Egg Bakers .....	59
Eggs Kalentine .....	62
Huevos Rancheros .....	65
Pumkin Cheesecake Bites .....	68
From the Sea.....	71
Asian Influenced Salmon .....	72
Fish Tacos .....	75
Pecan Crusted Honey Mustard Salmon .....	78
Pesto Salmon with a Sweet Potato Crust.....	81
Salmon Sweet Potato Cakes .....	84
Fruits and Vegetables.....	87
Apple Chips .....	88
Berry Spinach Salad .....	91
Broccoli Salad .....	94
Broccoli Soup – Vegan .....	97
Classic Smoothie .....	100
Coleslaw .....	103
Cool Green Salad .....	106
Creamy Mushroom Soup .....	109
Eggplant Rollups .....	112
Greek Salad .....	115
Green Goddess Smoothie .....	118
Kabocha Squash and Kale .....	121
Kale Chips .....	124
Kale with Mushrooms and Onions .....	126
Mild Brussel Sprouts .....	129
Mild Guacamole .....	132
Mixed Greens and Beet Salad .....	135
Peach and Blueberry Compote .....	138
Portabella Bruschetta .....	141
Roasted Potato Soup .....	144
Simple Sauteed Kale .....	147
Smoothie Snacks - Kiwi Strawberry .....	149
Smoothie Snacks - Mango Madness .....	152
Smoothie Snacks - Strawberry Bananna .....	155
Strawberries in Grass .....	158
Tropical Cookies .....	161
Grains.....	164
Ben's Blueberry Muffins .....	165
Breakfast Quinoa .....	168
Carrot Muffins .....	171

Carrot Muffins - Vegan .....	174
Cheesecake French Toast .....	177
Chocolate Coconut Muffins .....	180
Chocolate Coconut Muffins – Vegan .....	183
Groovy Granola .....	185
Maple Vanilla Almond Granola .....	188
Overnight Oatmeal .....	191
Power Pancakes .....	194
Protein Brownie Bites .....	197
Pumpkin Granola .....	200
Quinoa and Millet with Roasted Vegetables .....	203
Quinoa Kale Salad .....	206
Tropical Granola .....	209
Vegan Brownie Bites .....	212
<b>Meat .....</b>	<b>215</b>
Apricot Roast Chicken .....	216
Black Bean and Pork Soup .....	219
Buffalo Nachos .....	222
Mango Chicken Sala .....	225
Moroccan Chicken Salad .....	228
Teaching Day Chicken .....	231
<b>Mixes and Seasonings.....</b>	<b>234</b>
Baking Mix 1 .....	235
Baking Mix 2 .....	237
Baking Mix 3 .....	239
Baking Mix 4 - Nut Free .....	241
Baking Mix 5 - Nutty Mix .....	244
Taco Seasoning .....	246
<b>Pasta .....</b>	<b>249</b>
Macaroni and Cheese .....	256
Macaroni and Cheese – Vegetarian .....	259
Pasta Bake .....	262
Pasta in Garlic Cream Sauce – .....	265
Shirataki and Pesto .....	268
Slow Cooker Lasagne .....	271
<b>Sauces and Stocks.....</b>	<b>274</b>
Basil Pesto Paste .....	275
Cilantro Lime Sauce .....	278
Marinara Sauce – Drunken .....	280
Marinara Sauce – Smooth .....	283
Roasted Red Vegetable Sauce .....	286
Roasted Red Vegetable Sauce – Vegan .....	289
Simple Chicken Stock .....	292
Vegetable Stock – Mild .....	293
Vegetable Stock – Southwestern .....	294
White Sauce .....	295
<b>Seeds and Nuts .....</b>	<b>298</b>
Chia Pudding .....	299
Grain Free Brownies .....	301
Grain Free Vegan Brownie Bites .....	304
Sweet Nuts .....	307

## Slow Cooker Lasagne

Prep Time ⌚

Cook Time ⌚⌚⌚⌚

Difficulty 😊

Servings: 6

Special Equipment - Slow cooker or crockpot, grater

### Ingredients

10 oz Frozen spinach thawed  
1 Zucchini  
4 oz Mushrooms (white, baby bellas or combination)  
1/4 cup Non fat ricotta  
1/4 cup Non fat Greek yogurt  
2 oz Mozzarella cheese shredded - part skim  
2 oz Fontina  
2 oz Asiago cheese, grated  
1/4 lb Sweet Italian turkey sausage links, casing removed  
9 Brown rice lasagna noodles (not no boil)  
4 cups \*Marinara Sauce – Drunken (pg 280)  
1/2 cup Water, filtered



### Directions

1. Place thawed spinach in a colander or strainer and allow to drain. Press out any remaining liquid.
2. Grate the zucchini and mushrooms into the spinach.
3. Mix the ricotta, yogurt, mozzarella and fontina cheese.
4. Remove the sausage from the casing and crumble into the cheese mixture, add the vegetable mixture and mix well.
5. Mix the marinara sauce and water.
6. Place 1 cup of the sauce mixture on the bottom of the crock.
7. Place 3 of the noodles on the sauce, breaking them to fit in the shape of the crock.
8. Place 1/2 of the filling mixture on the noodles and spread evenly over the noodles.
9. Top with 1/3 of the remaining sauce mixture.
10. Repeat the noodle, filling and sauce mixture.
11. Top with the remaining 3 noodles.
12. Top with the remaining sauce and spread the asiago cheese over the top.
13. Cover the slow cooker with the lid and cook on low for 3 1/2 hours.
14. Let the crock sit outside of the base for 5-10 minutes before cutting and serving.

### Tips and Time Savers

- Using commercially prepared marinara will save time.
- Purchasing pre-shredded cheese for another time saver.
- The addition of sausage adds a bit of flavor to the lasagne. If you don't want to use meat add some additional spices to bring more depth to the flavor.

## Nutrition Facts (Per Serving) – Slow Cooker Lasagne

<b>Calories 345.93</b>	<b>Calories From Fat (37%) 129.05</b>
<b>Calories From Protein (19%) 66.16</b>	<b>Calories From Carbohydrates (39%) 136.07</b>
<b>Calories From Alcohol (4%) 14.65</b>	

		<b>% Daily Value</b>
<b>Total Fat</b>	<b>14.61g</b>	<b>22%</b>
Saturated Fat	6.12g	31%
Saturated Fatty Acid 4:0	0.12g	
Saturated Fatty Acid 6:0	0.06g	
Saturated Fatty Acid 8:0	0.04g	
Saturated Fatty Acid 10:0	0.09g	
Saturated Fatty Acid 12:0	0.09g	
Saturated Fatty Acid 14:0	0.44g	
Saturated Fatty Acid 16:0	1.58g	
Saturated Fatty Acid 18:0	0.49g	
Saturated Fatty Acid 20:0	0.01g	
Monounsaturated Fat	2.95g	
Monounsaturated Fatty Acid 16:1	0.16g	
Monounsaturated Fatty Acid 18:1	2.66g	
Monounsaturated Fatty Acid 20:1	0.01g	
Polyunsaturated Fat	0.69g	
Polyunsaturated Fatty Acid 18:2	0.41g	
Polyunsaturated Fatty Acid 18:3	0.2g	
Alpha Linolenic Acid	0.03g	0%
Linoleic Acid	0.01g	0%
<b>Cholesterol</b>	<b>41.02mg</b>	<b>14%</b>
Phytosterols	13.98mg	
Campesterol	0.38mg	
<b>Sodium</b>	<b>709.99mg</b>	<b>30%</b>
<b>Potassium</b>	<b>925.52mg</b>	<b>26%</b>
<b>Total Carbohydrates</b>	<b>35.4g</b>	<b>12%</b>
<b>Fiber</b>	<b>5.09g</b>	<b>20%</b>
Sugar	8.77g	
Sucrose	0.33g	
Glucose	1.49g	
Fructose	1.18g	
Lactose	0.24g	
Galactose	0.11g	
<b>Net Carbohydrates</b>	<b>30.3g</b>	
<b>Protein</b>	<b>17.57g</b>	<b>35%</b>
Vitamin A	4698.08IU	94%
Retinol	36.19mcg	
Beta Carotene	2745.3mcg	
Alpha Carotene	0.36mcg	
Beta Cryptoxanthin	0.08mcg	
Lycopene	2285.46mcg	
Vitamin C	126.86mg	211%
Calcium	233.66mg	23%
Iron	3.71mg	21%
Vitamin E	1.67mg	17%
Gamma Tocopherol	0.2mg	
Vitamin D	4.7IU	1%
Thiamin	0.13mg	8%
Riboflavin	1.15mg	68%
Niacin	1.65mg	8%
Vitamin B6	12.76mg	638%

## Nutrition Facts (Per Serving) – Slow Cooker Lasagne

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		<b>% Daily Value</b>
Folate	113.48mcg	28%
Vitamin B12	0.59mcg	10%
Pantothenic Acid	0.56mg	6%
Vitamin K	269.9mcg	337%
Phosphorus	175.13mg	18%
Magnesium	61.17mg	15%
Zinc	1.39mg	9%
Copper	0.41mg	20%
Manganese	1.28mg	64%
Selenium	6.35mcg	9%
Fluoride	36.88mg	0%
Choline	24.65mg	0%
Tryptophan	0.1g	
Threonine	0.28g	
Isoleucine	0.36g	
Leucine	0.66g	
Lysine	0.61g	
Methionine	0.17g	
Cystine	0.07g	
Phenylalanine	0.37g	
Tyrosine	0.36g	
Valine	0.49g	
Arginine	0.33g	
Histidine	0.24g	
Alanine	0.29g	
Aspartic Acid	0.57g	
Glutamic Acid	1.45g	
Glycine	0.2g	
Proline	0.65g	
Serine	0.37g	
Alcohol	2.09g	

## Blueberry Cheesecake Bites

Prep Time ⌚

Cooking Time ⌚

Difficulty 😊

Servings: 24

Special Equipment - Hand mixer, mini muffin tin, mini muffin liners

### Ingredients

1/4 cup Almond flour  
8 oz Neufchatel cheese  
3.5 tbs Maple syrup  
2 Egg whites  
1 tsp Vanilla powder  
1.5 cups Blueberries (fresh or frozen) - smaller works better  
1/4 cup Water, filtered and cold  
2 tsp Cornstarch  
1 tsp Honey



### Directions

1. Preheat the oven to 350 degrees F.
2. Line the mini muffin pans with paper liners.
3. Divide the almond flour into the cups, about 1/2 - 3/4 of a tsp in each.
4. Use the mixer to beat egg whites, cream cheese, maple syrup and vanilla powder in the mixing bowl.
5. Divide the cheese mixture between the cups, about 1 tablespoon in each. Do not fill the papers up to the top to allow for the filling.
6. Place on the middle rack of the oven and back for 15 minutes.
7. Once the cheese cakes are removed from the oven, move to a plate right away.
8. Place the blueberries into a small saucepan over low medium heat. Cook until the berries release their juices (if using frozen berries, do not defrost first).
9. Mix the cornstarch into the cold water and stir to dissolve.
10. Add the cornstarch mixture to the berries and add the honey. Continue to cook until the sauce thickens and coats the back of a spoon.
11. Place 1/2 - 1 teaspoon of berries on each cheesecake. Place in the refrigerator for at least 1/2 hour before serving.

### Tips and Time Savers

You can substitute low fat cream cheese for the neufchatel.

## Nutrition Facts (Per Serving) – Blueberry Cheesecake Bites

<b>Calories 46.43</b>				<b>Calories From Fat</b>	<b>(55%)</b>	<b>25.46</b>
<b>Calories From Protein</b>	<b>(12%)</b>	<b>5.49</b>		<b>Calories From Carbohydrates</b>	<b>(32%)</b>	<b>15.06</b>
				<b>% Daily Value</b>		
<b>Total Fat</b>		<b>2.62g</b>		<b>4%</b>		
<b>Saturated Fat</b>		<b>1.38g</b>		<b>7%</b>		
Polyunsaturated Fat		0.01g				
Polyunsaturated Fatty Acid 18:2		0.01g				
Polyunsaturated Fatty Acid 18:3		0.01g				
<b>Cholesterol</b>		<b>6.67mg</b>		<b>2%</b>		
<b>Sodium</b>		<b>45.53mg</b>		<b>2%</b>		
<b>Potassium</b>		<b>26.62mg</b>		<b>&lt;1%</b>		
<b>Total Carbohydrates</b>		<b>4g</b>		<b>1%</b>		
<b>Fiber</b>		<b>0.35g</b>		<b>1%</b>		
Sugar		3.21g				
Sucrose		1.72g				
Glucose		0.6g				
Fructose		0.59g				
Maltose		0.01g				
Galactose		0.01g				
<b>Net Carbohydrates</b>		<b>3.65g</b>				
<b>Protein</b>		<b>1.29g</b>		<b>3%</b>		
Vitamin A		7.69IU		<b>&lt;1%</b>		
Beta Carotene		2.9mcg				
Vitamin C		0.88mg		<b>1%</b>		
Calcium		12.92mg		<b>1%</b>		
Iron		0.05mg		<b>&lt;1%</b>		
Vitamin E		0.05mg		<b>&lt;1%</b>		
Gamma Tocopherol		0.03mg				
Thiamin		0.01mg		<b>&lt;1%</b>		
Riboflavin		0.05mg		<b>3%</b>		
Niacin		0.04mg		<b>&lt;1%</b>		
Vitamin B6		0.01mg		<b>&lt;1%</b>		
Folate		0.66mcg		<b>&lt;1%</b>		
Pantothenic Acid		0.02mg		<b>&lt;1%</b>		
Vitamin K		1.75mcg		<b>2%</b>		
Phosphorus		7.16mg		<b>&lt;1%</b>		
Magnesium		1.5mg		<b>&lt;1%</b>		
Zinc		0.06mg		<b>&lt;1%</b>		
Copper		0.01mg		<b>&lt;1%</b>		
Manganese		0.12mg		<b>6%</b>		
Selenium		0.59mcg		<b>&lt;1%</b>		
Fluoride		0.02mg		<b>0%</b>		
Choline		0.63mg		<b>0%</b>		
Threonine		0.01g				
Isoleucine		0.02g				
Leucine		0.03g				
Lysine		0.02g				
Methionine		0.01g				
Cystine		0.01g				
Phenylalanine		0.02g				
Tyrosine		0.01g				
Valine		0.03g				
Arginine		0.02g				
Histidine		0.01g				



Nutrition Facts (continued) – Blueberry Cheesecake Bites

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		<b>% Daily Value</b>
Alanine	0.02g	
Aspartic Acid	0.04g	
Glutamic Acid	0.05g	
Glycine	0.01g	
Proline	0.01g	
Serine	0.02g	

# Pineapple Black Bean Salad

Prep Time ⌚

Inactive Time ⌚

Difficulty 😊

Servings: 4

## Ingredients

2 cups Pineapple, diced  
1 1/4 cups Black beans  
1 cup Corn, fresh or frozen  
1/2 cup Red bell pepper, diced  
1/2 cup Orange bell pepper, diced  
1/4 cup Red onions, cut into small dice  
1 tbs Lime juice  
1 tbs Olive oil  
2 tsp Dried mint  
3 tbs Fresh basil minced



## Directions

1. If using packaged black beans, drain and rinse well.
2. Cut all of the vegetables into bite sized pieces.
3. Add the pineapple and black beans.
4. Add the lime juice, olive oil, mint and basil and mix thoroughly.
5. Refrigerate for at least 1 hour before serving.

## Tips and Time Savers

- Save time and use a 13 - 15 oz can or box of prepared beans. Look for BPA and salt free packaging.
- Cook large batches of beans when you have time and freeze in 1 cup servings to have a ready supply of prepared beans.
- The longer this salad sits, the more the flavors will blend.

## Nutrition Facts (Per Serving) - Pineapple Black Bean Salad

<b>Calories 185.6</b>	<b>Calories From Fat (21%) 38.35</b>
<b>Calories From Protein (12%) 22.77</b>	<b>Calories From Carbohydrates (67%) 124.48</b>
	<b>% Daily Value</b>
<b>Total Fat</b>	<b>4.38g 7%</b>
Saturated Fat	0.68g 3%
Saturated Fatty Acid 16:0	0.56g
Saturated Fatty Acid 18:0	0.09g
Saturated Fatty Acid 20:0	0.02g
Monounsaturated Fat	2.66g
Monounsaturated Fatty Acid 16:1	0.05g
Monounsaturated Fatty Acid 18:1	2.59g
Monounsaturated Fatty Acid 20:1	0.01g
Polyunsaturated Fat	0.72g
Polyunsaturated Fatty Acid 18:2	0.6g
Polyunsaturated Fatty Acid 18:3	0.12g
Linoleic Acid	0.17g 0%
<b>Cholesterol</b>	<b>0mg 0%</b>
Phytosterols	12.31mg
<b>Sodium</b>	<b>9.31mg &lt;1%</b>
<b>Potassium</b>	<b>451.93mg 13%</b>
<b>Total Carbohydrates</b>	<b>32.79g 11%</b>
<b>Fiber</b>	<b>7.4g 30%</b>
Starch	2.07g
Sugar	11.24g
Sucrose	4.98g
Glucose	3.19g
Fructose	3.05g
Galactose	0.01g
<b>Net Carbohydrates</b>	<b>25.39g</b>
<b>Protein</b>	<b>6.9g 14%</b>
Vitamin A	1192.39IU 24%
Beta Carotene	596.99mcg
Alpha Carotene	11.83mcg
Beta Cryptoxanthin	190.21mcg
Vitamin C	81.29mg 135%
Calcium	35.25mg 4%
Iron	1.98mg 11%
Vitamin E	1.03mg 10%
Beta Tocopherol	0.02mg
Gamma Tocopherol	0.13mg
Thiamin	0.27mg 18%
Riboflavin	0.11mg 6%
Niacin	1.64mg 8%
Vitamin B6	0.26mg 13%
Folate	126.18mcg 32%
Pantothenic Acid	0.66mg 7%
Vitamin K	12.43mcg 16%
Phosphorus	123.89mg 12%
Magnesium	67.04mg 17%
Zinc	0.96mg 6%
Copper	0.23mg 12%
Manganese	1.1mg 55%
Selenium	0.98mcg 1%
Choline	14.72mg 0%

## Nutrition Facts (continued) - Pineapple Black Bean Salad

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		<b>% Daily Value</b>
Tryptophan	0.07g	
Threonine	0.28g	
Isoleucine	0.28g	
Leucine	0.54g	
Lysine	0.41g	
Methionine	0.11g	
Cystine	0.08g	
Phenylalanine	0.35g	
Tyrosine	0.2g	
Valine	0.35g	
Arginine	0.37g	
Histidine	0.18g	
Alanine	0.35g	
Aspartic Acid	0.86g	
Glutamic Acid	1.1g	
Glycine	0.26g	
Proline	0.33g	
Serine	0.36g	

## Portabella Chili

Prep Time 🕒

Cook Time 🕒🕒🕒🕒🕒🕒🕒🕒

Difficulty 😊

Servings: 6

Special Equipment - Slow cooker or crockpot

### Ingredients

- 2 Onions, peeled and chopped (small)
- 6 cloves Garlic, peeled and minced or pressed
- 1 1/2 lb Portabella mushroom caps chopped into 1/2 dice
- 26 oz Chopped tomatoes
- 1 tbs Chili powder
- 1 tbs Ancho chili powder
- 1 tbs Cumin
- 2 cups Kidney beans, cooked



### Directions

1. If using canned kidney beans, drain and rinse them before adding them.
2. Add all of the ingredients to the crock pot.
3. Mix thoroughly after adding the tomatoes and again after the spices.
4. Put the cover on the slow cooker and cook on low for 8 hours.

### Tips and Time Savers

- For a hearty salad, serve over a bed of greens.
- For a main course, serve over a baked sweet potato.
- If you like spicier chili, add some cayenne pepper or red pepper flakes to the spice mix.
- The mushrooms reduce in volume as they cook and their juices add to the liquid as they cook which is why the chili seems a bit dry as it starts out.
- If using cans or boxes of beans, 1 ½ - 2 packages of 13 – 15 oz would be approximately the correct amount.
- Look for BPA and salt free packaging if using commercially prepared beans.