

Healthy Recipes for Gay Men Who Never Have Enough Time

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Baked Halibut in Lettuce Wrap

Ingredients:

8 large Boston or other soft lettuce leaves
4 skinless halibut fillets (6 ounces each), each 1/2 "- 3/4" thick
1 1/2 teaspoons chopped fresh thyme or 3/4 teaspoon dried
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup half-and-half
3 tablespoons dry white wine or nonalcoholic white wine
1 tablespoon butter
1 cucumber (6 ounces), peeled, seeded, and chopped



Directions:

Preheat the oven to 400° F.

Coat a large, shallow baking dish (large enough to hold the fillets in 1 layer) with cooking spray. Lay 4 lettuce leaves on the bottom of the prepared baking dish. Season the halibut with the thyme, 1/4 teaspoon of the salt, and the pepper.

Place 1 fillet on each lettuce leaf and top with the remaining 4 leaves. Drizzle with the half-and-half and wine. Dot with the butter.

Bake until the fish is opaque, 15 to 20 minutes. Remove to plates, reserving the pan juices.

Pour the juices into a small saucepan. Stir in the cucumber and cook over low heat until slightly thickened and reduced to about 1/4 cup, about 2 minutes.

Season with the remaining 1/4 teaspoon salt and spoon over the fish.

Makes 4 servings

Per Serving

249g calories

36g protein

12g carbohydrates

8g fat

1g fibre

419mg sodium

Apricot Mango Chicken

Ingredients:

1/2 cup reduced-sodium ketchup
1/2 cup apricot nectar
1/4 cup packed light brown sugar
1/4 cup mango chutney
2 tablespoons mango vinegar
1 tablespoon Worcestershire sauce
1/4 teaspoon Cajun seasoning
1/4 teaspoon hot-pepper sauce (optional)
1 tablespoon olive oil
1/3 cup red onions, chopped
1/3 cup chopped sweet red pepper
1 mango, finely chopped
4 boneless, skinless chicken breast halves (about 4 oz/115 g each)
Salt and ground black pepper



Directions:

In a medium bowl, combine the ketchup, apricot nectar, brown sugar, chutney, vinegar, Worcestershire sauce, Cajun seasoning, and hot-pepper sauce (if using).
Warm the oil in a medium nonstick skillet over medium heat. Add the onions and red peppers. Cook, stirring often, for 5 minutes, or until the onions are translucent. Stir in the mangoes and cook for 5 minutes. Stir in the ketchup mixture and simmer for 10 minutes, or until slightly reduced.
Coat a grill rack or broiler pan with nonstick spray. Preheat the grill or broiler.
Season the chicken with the salt and black pepper. Cook 4" (11 cm) from the heat for 4 to 5 minutes, or until browned. Turn the chicken over and brush the cooked surface with some of the sauce. Cook for 4 to 5 minutes, or until no longer pink in the center when tested with a sharp knife. Turn over again, brush with more of the barbecue sauce, and cook for 1 minute. Serve drizzled with the remaining sauce.

Makes 4 servings

Per Serving

326g calories

28g protein

44g carbohydrates

5g fat

2g fibre

168mg sodium

Crispy Trout Amandine

Ingredients:

1tbsp + 1 tsp olive oil
1 trout fillet, about 6oz (130g)
1tbsp cornmeal
1/2tsp chopped fresh parsley
1c green beans, trimmed
2tsp sliced almonds
Salt + pepper to taste



Directions:

Heat 1 tbsp olive oil in a non-stick skillet over medium heat.
While the pan is heating, sprinkle the flesh side of the trout with salt, and pepper, and cornmeal, pressing lightly so the corn-meal sticks.
Place in the pan, flesh side down, and sauté for 4 minutes.
Flip it and cook for another 2 minutes.
Top with the parsley.
Place the beans in a steamer basket and steam for 5 minutes.
Toss them with the remaining oil, the almonds, and the salt and pepper.

Makes 1 serving

Per Serving
372 calories
20g protein
17g carbohydrates
26g fat (4g saturated)
5g fibre
48mg sodium

Rotisserie Chicken with Roasted Vegetables

Ingredients:

3 Small Golden Potatoes
2 Carrots, sliced 1/4" thick
1 medium onion, cut in 1/4"-thick rings
1/2 Tbsp extra-virgin olive oil
1 rotisserie chicken breast



Directions:

Preheat the oven to 400°F.

In a baking dish, toss the vegetables with the olive oil and season with salt and pepper.

Roast for 12 to 15 minutes, until the vegetables have developed a light brown crust.

Serve the vegetables with the chicken and a simple mixed-greens salad tossed with olive oil and vinegar.

Makes 1 serving

Per Serving

238 calories

24g protein

31g carbohydrates

6g fat

2g fibre

48mg sodium

Chicken Portobello Wrap with Balsamic Aioli

Ingredients:

- 1 c chopped rotisserie chicken (or grilled chicken)
- 1/4 bell peppers
- 1 clove garlic, minced
- 1 Tbsp reduced-fat mayonnaise
- 1 tsp balsamic vinegar
- 1 whole-wheat tortilla
- 1 Tbsp shredded mozzarella cheese
- 1 small handful mixed greens
- 1 cup asparagus, mushrooms, and onions



Directions:

Place chicken on your cutting board and cut it into bite-size pieces.

Chop the pepper into 1/2" pieces.

Mix the garlic, mayonnaise, and vinegar together to make the aioli.

Brush the tortilla with the aioli, then put the cheese down the middle, followed by the greens, chicken, and vegetables.

To make a tight wrap, fold the bottom of the tortilla up first, and then roll it from the side.

Makes 1 servings

Per Serving

238 calories

34g protein

21g carbohydrates

4g fat

4g fibre

57mg sodium

Teriyaki Salmon Bowl with Buck Choy

Ingredients:

6oz (130g) boneless salmon fillet
2 ½ tbsp honey teriyaki sauce
½ cup chopped buck choy
½ cup brown rice



Directions:

Preheat the grill to high heat.

Spray a sheet of foil about four times the size of the salmon with olive-oil spray.

Rub the salmon with 1/2tbsp of the teriyaki sauce.

Place the foil on a grill rack, then place the salmon on the foil.

Grill for about 5 minutes per side, or until the salmon is light pink and no longer shiny throughout.

Microwave the buck choy for 1 minute.

Place the rice in a medium-size shallow bowl.

Top with the salmon, then add the buck choy around the fish.

Drizzle the remaining sauce over the top.

Makes 1 servings

Per Serving

319 calories

34g protein

40g carbohydrates

16g fat

5g fibre

78mg sodium

Oven Roasted Halibut

Ingredients:

2 fillets of halibut or other firm white fish (5 oz each)
8 oz jar marinated artichoke hearts
1 c cherry tomatoes
1/2 medium onion, thinly sliced
1 lemon, cut into fourths
1/2 Tbsp extra-virgin olive oil
Salt and pepper

Directions:

Coat a skillet with cooking spray and place over medium heat.
Add the mushrooms, spinach, green pepper, and black pepper.
Cook for 3 to 4 minutes.
Meanwhile, in a bowl, combine the egg, egg whites, tomato, and water or milk.
Whisk together until frothy. Pour the egg mixture into the skillet.
Cook, stirring, for 3 to 4 minutes, or until the eggs are firm.
Fill each pita with half the eggs and top with the avocado slices.

Makes 2 servings

Per Serving

345 calories

39g protein

17g carbohydrates

16g fat

2g fibre

424mg sodium



The Red Auerbach Pizza

Ingredients:

1/4 c marinara sauce
1 small (4") whole-wheat pita
2 slices deli turkey, chopped
1 Tbsp chopped scallions
2 Tbsp part-skim mozzarella



Directions:

Spread the sauce evenly over the pita, and top with all the ingredients.
Bake for 4 to 6 minutes in an oven preheated to 475°F.

Makes 1 serving

Per Serving

169 calories

10g protein

21g carbohydrates

5g fat

3g fibre

676mg sodium

Balsamic Grilled Chicken and Spinach

Ingredients:

4 boneless skinless chicken breasts (3 oz each)
1 bag baby spinach
A few thin slices red onion
1 red pepper, sliced into strips
1 package grape tomatoes sliced in half
1 carrot, sliced thin

Marinade:

2 tbsp fresh squeezed lemon juice
1 tsp dried oregano
1 tsp garlic, crushed
kosher salt to taste
fresh ground black pepper to taste

Balsamic Vinaigrette:

1/2 cup basil leaves
1/3 cup balsamic vinegar
1/3 cup chopped shallots
1/4 cup water
2 tablespoons honey
1 tablespoon olive oil
1/4 teaspoon freshly ground black pepper



Directions:

For Vinaigrette: Place all ingredients in a blender until smooth.

Serving size: 2 tbsp (1 pt)

Grilled Chicken: Mix together olive oil, lemon juice, oregano, garlic puree, salt and black pepper.

Lay chicken flat in a large ziploc bag and pour marinade over. Let chicken marinate in the refrigerator a minimum of two hours, but preferably 4-6 hours or longer.

Preheat grill to medium-high. Grill chicken top side down first. (Use a spray bottle of water if flames shoot up from the oil in the marinade when you first put chicken on the grill.) Cook chicken until well browned on both sides and firm, but not hard to the touch. Transfer to a plate when done.

Toss spinach, onions, carrots, tomatoes and peppers. Place evenly on 4 plates. Drizzle balsamic dressing over each dish. Top with chicken and serve.

Makes 4 servings

Per Serving

254g calories

25g protein

38g carbohydrates

9g fat

7g fibre

95mg sodium

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