



Quick, Functional, Family Recipes from Betsy's Kitchen

This collection of healthy, satisfying recipes includes creations that require minimal prep time to support you in getting your functional meals faster this competition season!



Welcome to my quick meals for the competition season

I'm so glad you're here.

The competition season is BUSY! Lots of travel, lots of late nights and hard work both on the gymnastics floor and in the kitchen. The recipes in this e-book contain protein packed, functional, nutrient dense meals perfect for athletes and their families. Each recipe takes under 30 minutes of preparation and your gymnast will love the taste!

Now, let's get cooking!

Betsy

Betsy McNally Laouar
www.betsymcnally.com



Recipes For Competition

Season Meals

BREAKFAST

- Betsy's Holiday Overnight Apple Pie Oats
- Gymnast's Shakshuka
- Flipping Oatmeal Pancakes

SOUPS & SALAD

- Anti-inflammatory Roasted Carrot Ginger Soup
- Oui, Oui, French Onion Soup
- Muscle UP Black Bean and Quinoa Salad

DINNER

- Yummy Chicken Bruschetta
- Gymna-Turkey Herb Burger
- Slow Cooker Chicken Carnitas (for speedy gymnasts)



Betsy's Holiday Apple Pie Overnight

Oats

Serves 4

Prep: 10 mins. | Total: 4 hours

Ingredients

- 2 cups oats
- 4 cups oat milk, plain, unsweetened (or another non-dairy milk)
- 2 tsp vanilla extract
- 2 apples, medium, chopped
- 1/2 cup water, or more if needed
- 1 tsp cinnamon
- 1 tsp all spice
- 4 Tbs pumpkin seeds
- 2 Tbs coconut flakes



Prep

1. Evenly divide the oats, oat milk, and vanilla extract among containers with sealable lids (mason jars are perfect). Seal and shake well. Refrigerate overnight to allow oats to soften.

Make

1. Wash and chop apples.
2. Heat a small sauce pan over medium heat. Add the water, chopped apple, and pumpkin pie spice. Cook until the water has evaporated and the apples are softened and fragrant.
3. To assemble: Remove the oats from the refrigerator and take the lid off of the container. Evenly divide the apple mixture between the containers. Top with pumpkin seeds and coconut flakes.

Gymnast's Shakshuka

Serves 3

Prep: 10 mins. | Total: 30 mins.

Ingredients

- 1 1/2 lb tomato sauce (Raos' is our favorite brand)
- 1 Tbs olive oil
- 8 cups collards, spines removed and chopped
- 1/2 cup basil, fresh, chopped (optional)
- salt, to taste
- black pepper, to taste
- 6 large eggs



Prep

1. Remove spines from collards and chop leaves.
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Make

1. Heat olive oil in a 12-inch non-stick skillet with sides over medium heat. Add collards and sauté until softened and bright green - about 2 minutes. Reduce heat to low.
2. Add tomato sauce and stir.
3. Make 6 wells, one at a time, and drop eggs into wells in a circle. Make sure heat is low then cover and cook until eggs are cooked through.
4. If you prefer, you can scramble eggs into shakshuka too. Just make sure eggs are completely cooked before serving.
5. Season with salt and pepper and top with fresh basil if desired.

Flipping Oatmeal Pancakes

Serves 4

Prep: 20 mins. | Total: 30 mins.

Ingredients

- 2 cup oats, quick-cook, gluten-free if necessary
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon, ground
- 1/4 tsp salt
- 1 banana, ripe, mashed
- 1 cup almond milk, unsweetened
- 1 egg
- 1 1/2 tsp vanilla extract
- 2 Tbs maple syrup



Prep

1. Preheat griddle to medium. If using a non-stick skillet you can wait to warm until the batter is complete.

Make

1. Add oats, baking powder, baking soda, cinnamon, and salt to a blender. Process until mixture resembles flour.
2. Add banana, milk, egg, vanilla, and maple syrup and pulse until batter forms. Let batter sit for 5-10 minutes to thicken.
3. Grease griddle or skillet and bring to medium heat. Using 1/4 cup measure cup, pour batter to create pancakes.
4. Once bubbles appear on the surface, flip the pancake with a spatula and continue to cook until the pancake springs back when touched.
5. Serve pancakes warm or follow the directions below to freeze and cook in a toaster.

Anti-Inflammatory Roasted Carrot Ginger Soup

Serves 4

Prep: 30 mins. | Total: 45 mins.

Ingredients

- 8 carrots, peeled and cut into 1-inch rounds
- 2 Tbs ginger, peeled and cut into 4 pieces 1-inch knob
- 1/2 onion, sweet, chop
- 2 Tbs olive oil
- 2 tsp thyme, fresh (or 1/2 the amount dried)
- 6 cup vegetable stock, low-sodium
- salt, to taste
- pepper, to taste
- 2 Tbs pepitas, raw



Prep

1. Preheat oven to 400°F. Line a roasting pan with parchment paper.
2. Chop carrots, ginger, and onion.

Make

1. Place carrots on a baking sheet lined with parchment paper, drizzle with one tablespoon of the oil and toss to coat. Roast in the oven for 15-20 minutes, until just browned and tender.
2. Meanwhile, in a large soup pot, heat the rest of the olive oil over medium heat. Sauté onions until translucent and tender. Add thyme and ginger and sauté gently until fragrant.
3. Add roasted carrots and broth and bring to a boil and then turn down to a simmer for 10 minutes.
4. Use an immersion blender, or blender to purée the soup. Add more stock if needed to reach the desired thickness.
5. Season with salt and pepper. Garnish with pepitas.

Oui, Oui, French Onion Soup

Serves 4

Prep: 10 mins. | Total: 50 mins.

Ingredients

- 4 onions, sliced
- 3 cloves garlic, chopped
- 1 Tbs thyme, fresh, chopped
- 1/4 cup parsley, fresh, chopped
- 4 French bread rounds, toasted
- 1/2 cup Swiss cheese, shredded
- 1/4 cup Olive Oil
- 2 tsp black pepper, ground
- 6 cups beef broth, no added salt

Prep

1. Slice onions.
2. Chop garlic.
3. Remove parsley and thyme leaves from stems and chop.

Make

1. Add the olive oil to a large pot over medium-low heat. Add the onions and cook until caramelized, about 20 minutes. Add the garlic and black pepper and cook for an additional 3 minutes.
2. Add the thyme and beef broth. Bring to a boil then reduce to a simmer and cook for 25 minutes.
3. Place toasted bread round in individual bowls and top with cheese.
4. Cover each bowl with a plate to condense heat and melt the cheese. Alternatively, you could use a kitchen torch to brown and melt the cheese.
5. Serve topped with fresh parsley.



Muscle Up Black Bean Quinoa Salad

Serves 4

Prep: 15 mins. | Total: 25 mins.

Ingredients

- 1 1/2 cups quinoa, frozen, defrosted
- 1 1/2 cups corn, frozen, defrosted
- 1 1/2 cups black beans, canned, rinsed, and drained
- 1 medium bell pepper, red, seeded, and chopped
- 4 medium scallions, chopped
- 1/4 cup cilantro, fresh, chopped fine
- 1/4 tsp garlic powder
- 1/3 cup lime juice
- 1/2 tsp salt
- 1 1/4 tsp ground cumin
- salt & pepper, to taste



Prep

1. Defrost quinoa and corn. If you cannot find frozen quinoa you can either pre-cook a batch or replace it with defrosted pre-cooked brown rice.
2. Chop pepper, scallions, and cilantro.

Make

1. Once the quinoa and corn have come to room temperature, add to bowl with beans, bell pepper, scallions, and cilantro, and toss to combine.
2. In a small bowl whisk together garlic, lime juice, salt, and cumin and add oil in a stream while whisking. Drizzle over salad and toss well. If desired, add salt and pepper, to taste.

Yummy Chicken Bruschetta

Serves 4

Prep: 20 mins. | Total: 30 mins.

Ingredients

- 2 lb chicken breast, boneless and skinless
- 2 Tbs olive oil
- 2 cloves garlic, minced
- 1 Tbs Italian seasoning (or another herb mix)
- 6 ounces mozzarella
- salt and pepper, to taste

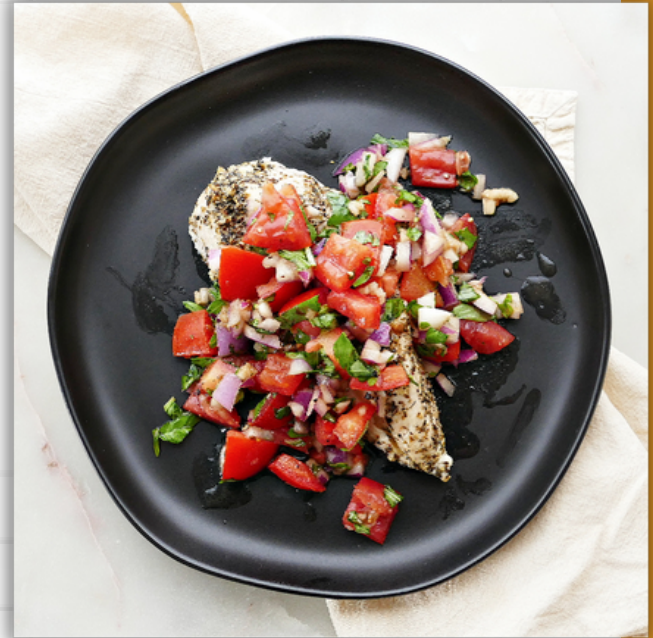


Prep

1. Pat chicken breasts dry and place in a glass baking dish or deep bowl.
2. Preheat oven to 375° F.
3. Mince garlic.
4. Prepare bruschetta topping: prep ingredients according to instructions and add to a bowl - mix well and set aside.

Make

1. Whisk together olive oil, garlic, and Italian seasoning. Pour into the glass baking dish or deep bowl and add chicken. Turn to coat and let stand for 10 minutes.
2. Place chicken on a parchment-lined baking sheet, sprinkle with Italian seasoning, and season with salt and pepper. Bake for about 20 minutes until the internal temperature reaches 165° F.
3. Meanwhile, prepare bruschetta topping.
4. Remove chicken from oven and top with cheese [if using] and let stand to melt. Top with bruschetta mixture. Serve immediately.



Bruschetta Ingredients

- 4 roma tomatoes, chopped
- 1/4 cup red onion, chopped
- 1/2 cup fresh basil, chopped
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 cloves garlic, minced or pressed
- salt and pepper to taste

Gymna Turkey- Herb Burger

Serves 4

Prep: 10 mins. | Total: 15 mins.

Ingredients

- 1 1/2 lb turkey, ground, lean
- 1/4 cup basil, fresh, finely chopped
- 1/4 cup mint, fresh, finely chopped
- 1/4 cup chives, finely chopped
- 1 tsp sage, dried



Prep

1. In a large bowl, combine the turkey, basil, mint, chives, and sage.
2. Add salt and pepper to taste.
3. Mix gently and form into 4 patties.
4. Preheat grill or griddle pan to medium-high.

Make

1. Grill and brown the burgers for about 6 minutes on each side, or until cooked through.
2. Serve with your favorite toppings like tomato, avocado, pickles, onion, and lettuce.



Slow Cooker Chicken Carnitas (For Speedy Gymnasts!)

Serves 4

Prep: 15 mins. | Total: 4 hours

Ingredients

- 2 tsp chili powder
- 1 tsp oregano, dried
- 2 tsp cumin, ground
- 1/2 tsp coriander, dried
- 1/2 tsp paprika, smoked
- 2 1/2 Tbs olive oil
- 3/4 cup red onion, chopped
- 4 cloves garlic, chopped
- 1 Tbs diced (canned) jalapeños
- 1 lime, juiced
- 1 orange, sliced
- 2 lb boneless skinless chicken thighs
- 1 1/2 Tbs soy sauce
- 1 Tbs maple syrup
- 8 tortillas
- cilantro, chopped
- 1 lime, cut into wedges



Prep

1. Whisk together chili powder, oregano, cumin, coriander, and paprika.
2. Chop onion, garlic, and jalapeño pepper.
3. Slice orange.

Make

1. Rub all sides of chicken thighs with spice mixture. Place in a slow cooker.
2. Top chicken with 1/2 cup of onions [reserve 1/4 cup for serving], garlic, jalapeño, and orange slices. Drizzle with soy sauce and maple syrup.
3. Cover and cook on high for 4 hours, or on low 8 hours. Alternatively, you can cook in Instant Pot for 1 hour.
4. Use two forks to pull apart the chicken in the slow cooker. Let the meat sit in juices until ready to serve.
5. Serve in warm tortillas topped with onions, cilantro, and lime wedges.