

BETSY'S KITCHEN

HAPPY NEW YEAR 2020!

Betsy's Recipe of The Month: Black Eyed Peas and Collard Greens

Ok, did you know that on January 1st its good luck to eat Black Eyed Peas? It's a southern tradition and one I never miss. What I love the most about black eyed peas are the HEALTH benefits of this meal, especially for athletes.

Look at this:
Black Eyed Peas are loaded with fiber, zinc, copper, protein and calcium. Zinc, copper and calcium are well known to help strengthen bones. Add in protein and fiber and you have a perfect gymnast dinner. Not to mention this recipe has GREENS! Greens are loaded with vitamin K which helps with blood flow and inflammation! Oh by the way this recipe also includes the anti-inflammatory spices garlic, paprika cayenne pepper, black pepper!

Ingredients:
1 Pound of Black Eyed Peas
2 Tablespoons of Olive oil
1 onion
3 cloves of garlic
1/2 bunch of celery
1 tsp oregano
1/2 Tbs smoked or regular paprika
1/4 teaspoon cayenne pepper
1 teaspoon fresh cracked pepper
1 bay leaf
6 cups of low sodium vegetable broth
12 oz of fresh collard greens



Over night soak the black beans in a large bowl, there should be 3x as much water in the bowl as peas. Leave in the refrigerator over night. Add olive oil to a large pot. Add diced onion, minced garlic, sliced celery and sauté until onions are transparent. Drain peas in a colander and rinsed with cool water. Add peas to the pot. Add oregano, paprika, cayenne pepper, cracked pepper, bay leaf and broth. Add a lid to the pot. Turn heat to high bring to boil. Once it reaches a town turn the heat dow to low and simmer 1 hour. After one hour, add greens to the pot and stir until wilted. Smach some o the peas to the pot to thicken the liquid. Turn heat up to medium bring the pot up to a simmer and allow peas and greens to simmer 30 minutes do not add the lid. The liquid should thicken. Add salt to your liking and serve with your favorite side of extra greens.

Betsy's Anti-Inflammatory Spices for January:



A great way for your athlete to battle inflammation and soreness during season is to add SPICE to your dishes. My favorites for gymnasts are cayenne pepper, black pepper, paprika and cloves.

Each one of these spices provide a plethora of anti-oxidants, anti-inflammatory properties, help with joint pain and blood flow! Heart health and metabolic health are both pluses for our athletes!

Where can we use our spices??

Cayenne Pepper: Sprinkle lightly on beans or meats/fish for a spicy kick!
Black Pepper: Use with sea salt and olive oil on baked Brussels sprouts
Cloves: Sprinkle cloves in hot green tea with lemon-great for fending off colds and viruses
Paprika: yummy in black eyed peas or used with olive oil in a marinade for fish, chicken, or in soups

Competition Meal Plan Tips!

Traveling during competition season?

Here are some tips for families traveling on the go:

1. Upon Arrival to your hotel go food shopping at a local Walmart, Kroger, Meijer or other food chain. Most stores carry organic produce, yogurt and veggies. If you are driving pack foods and snacks for car travel
2. Pack the following before going: seeds, sunflower, pumpkin as well as almonds for quick on the go snacks during competition, apples and packets of almond and peanut butter are also great go-tos.
3. When eating out look for the following restaurants: OutBack Steakhouse, Red Lobster, Panera and Whole Foods Stores are all great places to get lean meats, fish, greens, whole grain carbs and gymnast friendly foods



Snack Of The Month:

Post Workout Powerful Anti-oxidant Kiwi Banana Shake!

Did you know Kiwis' are in season in January?

Here is a great post workout recovery shake for gymnasts, packed with vitamin C and protein dense Greek yogurt your athletes will love this shake!

Don't forget, vitamin C and protein together boosts COLLAGEN which strengthens bones and muscles!

Try this one out:

- 1 ripe banana
- 1 kiwi peeled
- 1 cup of kale, washed and cut
- 1/2 cup almond milk
- 1/4 cup greek yogurt
- 1 tablespoon of honey
- 1 cup of ice

Place in a blender and blend until smooth! YUM!
Being healthy and strong never tasted so good!

