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SAVORY RICE BARS

BY ROB ROWAN



3 cups sushi rice
6 eggs
6 slices of bacon
Soy Sauce (to taste)
Balsamic Vinegar (to taste)

Begin by cooking the bacon, scrambling the eggs and cooking the rice. simultaneously. Once the bacon is done, break it into small (roughly half inch) pieces.

Once the rice is done quickly stir in the bacon and scrambled eggs. Stir in a bit of soy sauce and balsamic vinegar to your taste. Don't be afraid to put too much soy Sauce in - these are supposed to be very savory.

Before the concoction cools, put it into a large baking pan and spread it out evenly. Using a spatula, press the rice mixture down into the pan and then cut bars out. Finally transfer individual bars into plastic wrap, tin foil, or wax paper to let them set.

The original version of this recipe came from the Garmin team website. This one differs from the original in that it takes less time to prepare and substitutes a few cheaper ingredients.

I knew these would work because lots of riders crave savory foods after they ride and the bar shape made them easy to keep in their pockets or in our musettes, for the longer races.

YOUR FAVORITE BARS

BY LIZ MARCELLO

2 cups oatmeal
1 cup oat bran or wheat germ
1 cup whole wheat flour
½ cup brown sugar (optional)
½ cup canola oil
1/8 cup water
2 eggs



For flavor, add one whole ripe banana and/or ½ cup walnuts, almonds, chocolate chips, cranberries, raisins, etc.

Mix all ingredients in a large bowl until sticky and cohesive and pour into a greased baking dish (square or rectangle). Bake at 350° for 20 minutes. Let cool and cut into bars. Wrap with Press 'n' Seal to take on long rides or enjoy them when you get home.

★ { The best part about this recipe is that it never comes out the same way twice. Try to be creative with what you add to flavor it. } ★

I brought a huge patch to the Philly Phlyer this year and after everyone had a taste, they started helping themselves. Don't get me wrong; I like to share, but not as much as I like to eat!

OMELET PIZZA

BY SHANE FERRO



Omelet:

- 3 eggs
- a mixture of parsley, chives, and thyme
- salt and pepper to taste

Pizza:

- one medium-size tortilla
- ½ cup pizza or tomato sauce
- ½ cup shredded mozzarella cheese
- any other toppings of choice

Because the taste of the omelet is present, don't pick the toppings you like on regular pizza. Think of how the omelet will impact the taste and get creative.

Heat large skillet with 1-2 tbsp of oil or butter over medium heat. Whisk the eggs with a fork, making sure they are smooth and the whites/yolks merge. Mix the herbs into the eggs. Pour that into the skillet, and stir the eggs on the bottom of the pan to keep them from setting. When they begin to cook, pull a fork around the outer edges of the omelet to ensure it is not stuck to the bottom. When the eggs set, transfer the omelet to a plate to cool. Place a tortilla on the hot pan over medium heat. Let it warm on one side, then flip. Pour the sauce over the tortilla and spread out, leaving a 1-inch margin. Sprinkle cheese and any other toppings over the sauce and cover with a lid. Allow to cook until the cheese is melted. Slide the omelet over the melted cheese.

I eat in phases. During my first season I was in a pizza phase and an omelet phase. After a particularly difficult training ride, the two cravings collided, and I had one of my best ideas ever: omelet pizza.

MONKEY BARS

BY SAM ROWAN

1 pound of dates, finely chopped
½ cup sugar
1 cup water
1 cup chopped walnuts or pecans
1 cup chopped golden raisins
1/3 cup butter
½ cup sugar
2 eggs
½ cup molasses
1 cup whole wheat flour
¼ cup toasted wheat germ
½ teaspoon ground ginger
½ teaspoon salt
½ teaspoon baking soda
1½ teaspoon baking powder
½ cup whole milk
1 cup quick oats



Part 1: Boil dates, sugar, salt, water, and raisins. Lower heat, and simmer for 5-10 minutes, creating a thick paste. Let cool, then add walnuts. Part 2: In a separate container, cream the butter, sugar, molasses and eggs with a beater on medium speed.

In a separate bowl, combine flour, wheat germ, baking powder, baking soda, salt and ginger. Mix well. Blend the dry ingredients into the creamed butter/sugar/eggs, while adding the milk. Stir in oats and walnuts.

Minimally mix date/raisin paste of part 1 with the batter from part 2 until combined. Pour into a greased (roughly) 18x12x3 baking pan. Bake for 25 minutes at 350 degrees, until a knife-poke comes out clean. Use spatula to compress before cooling begins.

These bars take a lot of ingredients and some time to make. But they freeze well. Make a bunch, then defrost as needed.



These bars are named after their creator's butt. During his freshman year, Alex Bremer was not the bike racer stringbean he is today. He had a large posterior, called his monkey butt.

APPLE CROSTATAS

BY SHANE FERRO

Pastry crust (makes enough for two pies):

2 ½ cups flour (sifted), plus extra for rolling

1 cup cold butter cut into 1/2-inch cubes

1 teaspoon salt

1 teaspoon sugar

4-8 tbsp ice water

Filling:

4-6 gala apples

1 tsp lemon juice

1 tsp cinnamon

1 tsp agave nectar or 1 tbsp sugar

Fresh-grated ginger (optional)

Peanut butter

Topping:

4 tbsp butter

½ cup flour

½ cup brown sugar

2 tsp cinnamon



★ This is a family recipe that I learned in high school. Since, it has become one of my favorite desserts to make because once you learn the basics of making pastry crust (or have one in the freezer), it's a breeze to make. ★

For the pastry dough, start by filling a small bowl with water and ice. Then, place the flour in a medium-size bowl. Add salt and sugar. Whisk well to blend. Place butter/Crisco in a larger mixing bowl. Use a pastry cutter to cut into smaller pieces, so it looks like crumbs. Add the flour mixture in at least two batches, using the pastry cutter to blend. Once the flour is well-combined with the butter, add the ice water one tablespoon at a time. It is likely you will need 6-8 tbsp of water, but it depends on the humidity, heat, and voodoo of the day. When the dough starts sticking together roll into a ball. Split the ball into two, cover, and refrigerate if not using immediately.

Don't let the several steps intimidate you. I like it because there isn't much extra sugar called for in the filling. It can be made even more health-conscious-friendly by omitting the crust and baking it as a cobbler.

APPLE CROSTATAS

CONTINUED

For the filling, begin by washing the apples. Wash the apples and then grate them using a cheese grater (do not peel). Place in a bowl and toss with lemon juice, cinnamon, agave nectar, and ginger. Set aside while making the topping.

For the topping, cut butter into pieces and use the pastry cutter to form crumbs. Add the sugar, flour, and cinnamon. Mix well with the pastry cutter.

When ready to assemble the pie, preheat oven to 350 degrees. Lightly grease a round pizza pan or a large cookie sheet. Use extra flour to coat the rolling surface, dough, and rolling pin. Roll the dough out into a circle about 1/8 inch thick. Transfer the flat crust onto the cookie sheet or pizza sheet. Don't worry if some hangs over the edges. Coat the center of the crust with a thin layer of peanut butter, leaving about 1 1/2 inch margin around the edges. Cover the peanut butter with the apple mixture. Cover the apple mixture with the topping mixture. Fold over the crust around the edges of the pie so it looks like a pizza. Bake for 45-60 minutes, or until the crust begins to brown and the topping is crispy.



QUINOA SALAD

BY: WESTON ANDREWS

1 cup red quinoa:cooked and chilled

Combine the following:

1/4 cup of raisins

1/2 cup of diced and dried apricots

1/4 cup of toasted almonds

2 avocados diced

3 scallions diced

Chilled red quinoa



Vinaigrette:

4 tbs of olive oil

1 large lemon juiced and zested

2 tbs of coriander

1 tbs of paprika

1 tps of cumin

Salt and pepper to taste

Mix together real well and toss the salad in this. I sometimes add more coriander because I love the flavor that it imparts. Also, if you are pressed for time and need to cool the quinoa quickly I recommend spreading the hot quinoa on a baking tray and putting it in the freezer for 8 min. This is more or less the outline of my favorite quinoa salad, I sometimes experiment with different citrus fruits and play around with the amounts of the spices. It tastes good right away, but I think it tastes even better once the salad has chilled and soaked up the vinaigrette.

This is a recipe I created while I was a chef. I worked at a restaurant that featured intriguing vegetarian and vegan dishes. This is a variation on one of the themes we served there.



"Salad" may not come to mind after a long ride. But the easily digestible quinoa and avocado are excellent sources of proteins and an array of vitamins. This is great after a hot ride.