

# External Advisory Committee



Colorado Clinical and Translational  
Sciences Institute (CCTSI)

UNIVERSITY OF COLORADO **DENVER** | **ANSCHUTZ MEDICAL CAMPUS**

# Welcome

- ▶ We hope you enjoy the meals prepared by the CCTSI Nutrition Core.
- ▶ Each sample meal has a macronutrient composition of 15% protein, 35% fat, and 50% carbohydrate which is representative of the average American intake for adults based on NHANES data:  
[https://www.ars.usda.gov/ARUserFiles/80400530/pdf/1112/Table\\_1\\_NIN\\_GEN\\_11.pdf](https://www.ars.usda.gov/ARUserFiles/80400530/pdf/1112/Table_1_NIN_GEN_11.pdf)
- ▶ You can estimate your daily energy requirement using the Mifflin St. Jeor equation with an activity factor (AF).
  - ▶ Females:  $\text{calories/day} = 10 * \text{weight (kg)} + 6.25 * \text{height (cm)} - 5 * \text{age (yrs)} - 161 * \text{AF}$
  - ▶ Males:  $\text{calories/day} = 10 * \text{weight (kg)} + 6.25 * \text{height (cm)} - 5 * \text{age (yrs)} + 5 * \text{AF}$

AF	Activity Level
1.20	Sedentary, little or no physical activity
1.38	Light activity or exercise: light-intensity exercise 1-3 days per week
1.55	Moderate activity/exercise: moderate intensity exercise 3-5 days per week

# Sample Lunch: 1500 Calories per Day

## Chicken

1 Rosemary Orange Chicken Breast  
1/3 cup Parmesan Green Beans  
1/3 cup Beet and Goat Cheese Salad  
1 1/3 cup Citrus Salad  
1 serving Pots de Crème  
1 cup Lemonade

## Vegetarian

3/4 cup Parmesan Green Beans  
1/2 cup Beet and Goat Cheese Salad  
1 1/2 cup Citrus Salad  
1 cup Lemonade

## Bratwurst

1 Bratwurst with a bun  
2 tbsp Sauerkraut  
1 tbsp Mustard  
1 cup Citrus Salad  
1 1/4 cup Parmesan Green Beans  
1 serving Pots de Crème  
1 cup Lemonade



# Sample Lunch: 2000 Calories per Day

## Chicken & Bratwurst

1 Rosemary Orange Chicken Breast

1 Bratwurst with a bun

1 tbsp Mustard

2 tbsp Sauerkraut

1 cup Parmesan Green Beans

1 ½ cups Citrus salad

1 serving Pots de Crème

1 cup Lemonade

## Vegetarian

1 ½ cup Parmesan Green Beans

½ cup Beet and Goat Cheese  
Salad

2 cups Citrus Salad

1 serving Pots de Crème

2 cups Lemonade



# Sample Lunch: 2500 Calories per Day

## Chicken & Bratwurst

- 1 Rosemary Orange Chicken Breast
- 1 Bratwurst with a bun
- 2 tbsp Sauerkraut
- 2 tbsp Mustard
- 1 cup Parmesan Green Beans
- 1 cup Citrus Salad
- 1/3 cup Beet and Goat Cheese Salad
- 1 serving Pots de Crème
- 2 cups Lemonade

## Vegetarian

- 2 cups Parmesan Green Beans
- 1/2 cup Beet and Goat Cheese Salad
- 2 cups Citrus Salad
- 1 serving Pots de Crème
- 2 cups Lemonade



# Rosemary and Orange Chicken

## Ingredients

Servings: 3-4

- ▶ 1 1/2 lb. Chicken Breast
- ▶ 1 tsp Fresh Rosemary, finely chopped
- ▶ 1/4 cup Orange Juice
- ▶ 1/2 tsp Ground Cumin
- ▶ 2 tbsp Plain Yogurt
- ▶ 1/2 cup Apricot Glaze (optional, see recipe)

## Instructions

- ▶ Stir together the chopped rosemary, orange juice, honey, cumin and yogurt in a bowl or dish. Add the chicken.
- ▶ Mix the chicken thoroughly with the marinade so it is well coated. Cover and refrigerate for at least an hour. This can be prepared in the morning and left to marinate all day.
- ▶ When ready to cook, slice the orange. Cut the slices into quarters so that they are equal to the pieces of chicken.
- ▶ Grill until the chicken is cooked and reaches an internal temperature of 165°F.



# Apricot Glaze

## Ingredients

Yield: 1 cup Servings: 4

- ▶ 1 tsp Oil
- ▶ 3 cloves Garlic, minced
- ▶  $\frac{2}{3}$  cup White wine
- ▶ 1 tbsp Whole-grain mustard
- ▶ 1 cup Apricot preserves
- ▶ 2 tsp Rosemary, finely minced

## Instructions

- ▶ In a sauté pan, heat oil. Once oil is hot, sauté garlic for 1-2 min on low.
- ▶ Whisk in white wine, mustard, and preserves.
- ▶ Simmer on low for 10 min.
- ▶ Strain in mesh sieve.
- ▶ Add chopped rosemary.
- ▶ Brush on chicken if desired.

# Elk and Buffalo Bratwurst with Sauerkraut

## Ingredients

Servings: 4

- 4 ea. Bratwursts
- 36 fl oz. Beer
- 1 ea. Onion, diced
- 1 cup Sauerkraut
- 1/4 cup German mustard
- 4 ea. Hot dog buns (optional)

## Instructions

- Preheat grill on medium-high heat. When hot, lightly oil grate.
- Combine beer and onions in a large pot and bring to a boil.
- Submerge bratwurst in beer. Reduce to a simmer and cook 10 – 12 minutes. Remove bratwurst from beer mixture.
- Cook the bratwurst on grill for 5 – 10 minutes, turning once.
- Garnish with sauerkraut and mustard.
- Serve on hot dog bun if desired.



# Roasted Parmesan Green Beans

## Ingredients

Servings: 4

- 1 lb. Fresh Green Beans, trimmed
- 2 tsp Olive Oil
- 1<sup>1</sup>/<sub>2</sub> tsp Greek seasoning (see recipe)
- 2 tbsp Shredded Parmesan Cheese
- Salt and pepper

## Instructions

- Grease a 15"x10"x1" baking pan with nonstick spray.
- Place green beans in pan and drizzle with olive oil.
- Sprinkle with Greek seasoning. Lightly toss to coat.
- Bake, uncovered, at 425°F for 12-15 minutes or until beans are tender, stirring once.
- Salt and pepper to taste. Finish with cheese.

# Greek Seasoning

## Ingredients

- 1/4 cup Garlic Powder
- 1/4 cup Onion Powder
- 1/8 cup Black pepper
- 1/8 cup Basil
- 1/4 cup Oregano
- 1/8 cup Parsley
- 1/8 cup Rosemary
- 1/8 cup Dill
- 1/8 cup Marjoram
- 1 tbsp Thyme
- 1 tbsp Nutmeg

## Instructions

- Combine all ingredients together.

# Roasted Beet & Goat Cheese Salad

## Ingredients

Servings: 4

- ▶ 3 Beets, peeled, tops removed and washed
- ▶ 1 tbsp Olive Oil
- ▶ 1 tsp Salt
- ▶ 1 tsp Pepper
- ▶ 1/4 cup Roasted Pumpkin Seeds
- ▶ 2 oz Crumbled Goat Cheese
- ▶ 1/4 cup Lavender Vinaigrette (see recipe)

## Instructions

- ▶ Preheat the oven to 425°F.
- ▶ Dice beets into one-inch cubes.
- ▶ Place the beets on a baking sheet lined with foil. Drizzle with olive oil, and salt and pepper on top.
- ▶ Roast in the oven for 45-60 minutes depending on their size.
- ▶ Allow to cool to room temperature.
- ▶ Pour the dressing over the beets and toss.
- ▶ Garnish with goat cheese and pumpkin seeds.

# Lavender Vinaigrette

## Ingredients

Yield: 2 cups Serving size: 1-2 tbsp

- 6 tbsp Balsamic vinegar
- 3 tbsp Minced Garlic
- 3 tsp Dijon Mustard
- 6 tbsp Honey
- 3 tsp Dried Lavender Blossoms  
(can be found on Amazon's website)
- 1 cup Olive Oil

## Instructions

- Mix balsamic vinegar, garlic, mustard, honey and lavender in a bowl.
- Using an immersion blender, slowly pour in olive oil while blender is on low until a uniform.
- Refrigerate.

# Citrus Salad

## Ingredients

Servings: 8

- ▶ 3 cup Leaf lettuce, torn
- ▶ 3 cup Romaine or iceberg lettuce, chopped
- ▶ 2 ea Grapefruits, peeled and segmented
- ▶ 3 ea Oranges, peeled and segmented
- ▶ 1 ea Avocado
- ▶ 1/4 cup Slivered almonds, toasted

## Instructions

- ▶ In a large bowl, toss together the lettuce.
- ▶ Arrange grapefruit, orange, avocado, and almonds on the lettuce.
- ▶ Serve with poppyseed dressing (see recipe).

# Poppyseed Dressing

## Ingredients

Yield: 1 cup Serving Size: 1-2 tbsp

- ▶ 1/3 cup Sugar
- ▶ 3 tbsp Vinegar
- ▶ 1 tsp Onion, finely chopped
- ▶ 1/2 tsp Salt
- ▶ 1/2 tsp Dry mustard powder
- ▶ 1/2 cup Canola Oil
- ▶ 2 tsp Poppy seeds

## Instructions

- ▶ In a blender or food processor, combine sugar, vinegar, onion, salt, and mustard.
- ▶ Cover and process until blended.
- ▶ With machine running, slowly add oil until thick and smooth.
- ▶ Transfer to container and stir in poppyseeds. Keep refrigerated.



# Chocolate Cappuccino Pots de Crème

## Ingredients

Servings: 4

### ▶ Chocolate Layer

- ▶ 1 cup Heavy Cream
- ▶ 2 Egg Yolks
- ▶ 2 tbsp Sugar
- ▶ 4 oz Semi-sweet chocolate

## Instructions

### ▶ For Chocolate Layer

- ▶ Break the chocolate into little pieces and place them in a bowl.
- ▶ In a separate bowl, lightly whisk the egg yolks.
- ▶ Pour the cream and sugar into a small saucepan.
- ▶ Heat on medium-high heat until the mixture boils. Using a wood spoon, constantly stir to prevent the cream from burning.
- ▶ Pour the hot cream over the chocolate. Let sit for 1-2 minutes. Mix the hot chocolate mixture until the chocolate has completely melted and without lumps.
- ▶ Add about  $\frac{1}{2}$  cup of the hot cream mixture on top of the yolks. Using a whisk, mix until the yolks and cream until combined. Combine the entire cream and mix together.
- ▶ Place this mixture on the saucepan and cook on medium-low heat until custard thickens. Do not let it boil. About 5 minutes.
- ▶ Pour the chocolate custard into glass jars or ramekins. Chill in the fridge while preparing the coffee layer

# Chocolate Cappuccino Pots de Crème (cont.)

## Ingredients:

- Coffee Layer
  - 1 cup Heavy Cream
  - 1 tbsp Instant Coffee
  - 3 Egg Yolks
  - 3 tbsp Sugar

## Instructions:

- For Coffee Layer
  - Lightly whisk the egg yolks in a bowl.
  - In a small saucepan, pour in the cream, coffee, and sugar.
  - Heat the mixture on medium heat until it boils. Using a wooden spoon, constantly stir to prevent the cream from burning.
  - Add about  $\frac{1}{2}$  cup of the hot cream mixture on top of the yolks. Using a whisk, mix until the yolks and the cream until combined. Combine the entire cream and mix together.
  - Place this mixture on the saucepan and cook on medium-low heat until custard thickens. Do not let it boil.
  - Pour the coffee custard on top of the chocolate layer.
  - Chill in the fridge for 30 mins to 1 hour.
  - Garnish with whipped cream and coffee beans if desired.