

5 Protein Packed Recipes to Fuel Your Sports Performance

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Protein comes from the Greek word *proteios* which means “primary”. We know that it is an important macronutrient for total body health, especially athletes with goals!

One challenge athletes face with getting adequate nutrition is always being on-the-go. You know you need it, but getting proper nutrition can be challenging. I’m here to tell you that it’s easier than you think to pack high-quality protein into your meals and snacks. So, set the protein powder aside, and get ready to prepare one or all of these protein-packed meals.

1 Fruit & Yogurt Parfait

This recipe comes from my book and has been a big hit among many readers.

DIRECTIONS:

Simply take your favorite yogurt and layer it with the fruit of your choice (berries, melon or even dried fruit) and a fiber-rich cereal.

Felicia’s Tip:

Most granola is high in calories without much fiber, so fiber-rich cereal is a smarter option. Yogurt is one of my favorite foods... after cheese! While many people think of yogurt as a breakfast food, this recipe can be used any time of the day! Look for plain or vanilla, fat-free Greek or Skyr yogurt.

Layered Broccoli Salad

www.cabotcheese.coop/layered-broccoli-salad

Who says salads must have lettuce? My kids love it when I have extra broccoli, so I can make this salad to send with them to school. This recipe uses broccoli florets in a layered salad. You can certainly use broccoli that has been steamed in advance, as it packs a lot of texture, flavor, color and nutrients into one bowl. In all my years of being a registered dietitian nutritionist,

Felicia’s Tip:

This recipe calls for cheddar cheese, but you can swap it out for any cheese that you like!

I can say that veggies are the most challenging food group for many people – kids and adults alike.

This recipe combines

the protein in vegetables with the high-quality protein found in cheese, making it an easy and tasty protein-packed meal that you can make in advance.



DIRECTIONS:

Arrange layers of broccoli, onion and cranberries in a large glass serving bowl. Whisk together ½ c yogurt, 3 T honey, 2 T mayonnaise and 2 T vinegar in a small bowl. Drizzle over the layered salad. Sprinkle 1 ½ cups cheese evenly on top. Cover and refrigerate until ready to serve. Then add final touch of sprinkled sunflower seeds or walnuts and bacon pieces.



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Tzatziki Dip & Veggies

www.americandairy.com/dairy-foods/recipes/snacks-and-sides/tzatziki-dip.stml

This is one of my favorite dips to make for veggies. It packs plenty of flavor to complement your crispy veggies, and yes – it's packed with protein! Try it with pita chips or spread it on your next wrap to add loads of flavor.

DIRECTIONS:

Stir 1 cup plain Greek yogurt, ½ cucumber, diced, 2 T fresh chopped dill, 1 minced garlic clove, and the juice of ½ lemon into a chilled bowl.



Felicia's Skinny Buffalo Chicken Dip

Everyone loves buffalo chicken dip, but my take on it leaves you with more than just a snack. All you need are these three ingredients – chicken, Greek yogurt and hot sauce. That's it!

DIRECTIONS:

Combine 1 cup of chopped, cooked chicken breast with 2 cups of plain Greek yogurt and ½ cup Hot Buffalo Wings Sauce. This protein-packed creamy dip can be served with veggies or scoop it up with tortilla chips or crackers.

I love the way yogurt can "cool down" a spicy dip. This has become a favorite in our household. Most people are impressed that it tastes so good, since it's low in fat and packed with protein!

Felicia's Tip:

You can make it easier by using a rotisserie chicken breast with the skin peeled off.

Grilled Salmon with Yogurt, Lemon & Dill

DIRECTIONS:

Simply grill the salmon with a small amount of olive oil or use poached salmon to make it even easier. In a bowl, mix ½ cup of plain, Greek or Skyr yogurt, with 2 tablespoons of fresh or bottled lemon juice and 2 tablespoons of fresh dill). Serve it on the side as a dip for the salmon.

Felicia's Tip:

I use fat free yogurt because the salmon has plenty of healthy fats like omega-3 fatty acids.

The salmon can be served hot, warm or cold. The yogurt, lemon and dill mixture adds a, light and complementary flavor that is nutrient rich (ahem, more protein)!



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