



DRINKS

49



STARTERS

71



SIDES SALADS SOUPS

97

CONTENTS



CHICKEN

139



SEAFOOD

179



PORK

201



BEEF LAMB BISON

231



MEATLESS

253



SWEET

271

<i>Foreword</i>	xi
<i>Preface</i>	xv

Introduction

Where to Sit 1 • Social Fuel 3 • Five-Ring Fever 5 • Copernican Shift 8 • Eating Together 11 • Head Count 13 • Diet-Health Paradox 17 • Loneliness 21 • “We” Versus “I” 28 • Cultural Dilemma 30 • Nutritional Pragmatism 35 • The Last Word 40

Recipes

Eat & Cook 43

DRINKS

Lemon Hibiscus Iced Tea with Honey	52
Mumbai Spiced Chai	55
Spiced Apple Cider	56
Salty Cucumber Lime Soda	59
Watermelon Soda with Fresh Mint	60
Vietnamese-Style Coffee	62
Sparkling Ginger Soda	64
Swiss Mountain Herb Tea	66
Homemade Hot Chocolate	69

STARTERS

Grilled Bread & Artichokes with Dipping Oil	73
Guacamole with Beans	77
Italian Rice Balls with Red Pepper Oil & Lemon Pesto	78
White Anchovy Toast	83
Toasted Chickpeas with Ghost Pepper Salt	84
Tuna Mushroom Salad with Lemon Tarragon Dressing	87
Bitter Chard on Grilled Bread	88
Classic Hummus	91

SIDES SALADS SOUPS

Chilled Black Bean Yogurt Soup	102
Turkey Meatball & Tomato Soup	105
Torn Bread & Radicchio Salad	106
Chile & Lime–Spiced Bay Scallops	108
Olive Oil–Poached Tomato Soup with Walnuts	110
Fresh Grapefruit & Avocado Salad	113

Coconut Rice Porridge with Adacherri	115
Broccoli Soup with Smoked Trout & Chives	117
Spicy Red Beans & Rice	118
Sweet Potato–Stuffed Wonton Soup	121
Grilled Romaine with Pancetta, Hard-Boiled Eggs & Dijon Dressing	123
Kimchee Spiced Salad	127
Citrus Salad with Yuzu Dressing & Wonton Crisps	128
Warm German Potato Salad	131
Pan-Roasted Chickpeas & Summer Vegetables	132
Pasta with Maple Carrots & Leeks	135
Cauliflower & Corn Chowder with Red Pepper Oil	137

CHICKEN

Rustic Lemon Chicken	140
Masala Chicken Wrap with Cabbage Slaw	143
Kalamata Chicken with New Potatoes	144
Chopped Chicken Salad with Pickled Onions & Radishes	147
Baked Chicken Parmesan with Bright & Chunky Marinara	149
Split Chicken with Lemon Garlic Sauce & Roasted Vegetables	154
Chicken Pad Thai	156
Sautéed Tortellini & Sausage with Collard Greens	158
Grilled Chicken with Homemade Barbecue Sauce	160
Chicken & Almond Dumplings	165
Chicken Madras & Yogurt Sauce with Harissa	166
Red Chicken with Baked Biryani	170

SEAFOOD

Baked Jambalaya	180
Catfish Piccata	183
Grilled Salmon Steak Sandwiches	184
Miso & Maple–Marinated Cod with Sweet Pea Risotto	186
Baked Salmon in Pastry	191
Lobster Mac 'n' Cheese with Fresh Tomatillo Sauce	193
Pepper-Crusted Cod with Sambal	196
Ginger Barbecue Salmon	198

PORK

Sausage, Potato & Kale Soup	203
Grilled Pork Chops with Kabocha Squash Mash	204
Blackened Pork Loin & Pickled Onions with Baked Apples	208
Stewed Black-Eyed Peas with Salt Pork	213
Santa Fe Mac 'n' Cheese	215
Roast Pork Loin with Peach Glaze & White Beans	216
Country-Style Hoisin Ribs	219
Allen's Ramen	221

BEEF LAMB BISON

Flank Steak with Torn Heirloom Tomatoes	233
Beef & Beet Meatloaf	235
Irish Lamb Stew with Guinness & Soda Bread	237
Mac 'n' Cheese Bolognese	241
Bison Stew with Barley & Belgian Beer	243
Grilled T-Bones with Blue Cheese Dressing & Radicchio Slaw	245
Lamb Chops with Cherry Jam, Farro & Fennel Slaw	248

MEATLESS

Chilled Soba with Spicy Red Beans & Poached Eggs	254
Baked Ziti with Toasted Chickpeas & Squash	257
Mixed Bean Curry	259
Falafel with Chunky Cucumber Yogurt Sauce	262
Sweet Potato, Pecan & Mushroom "Meatloaf"	265
Eggplant & Onion Fried Wild Rice	266
Homemade Egg Pasta with Fresh-Chopped Sauce	269

SWEET

Banana Mousse Dessert	272
PB&J Cookies	275
Cashew Honey Brittle	277
Baked Granola Crisp	278
Almond Cornbread with Grilled Stone Fruit	281
Dark Chocolate Bark with Spiced Pumpkin Seeds	282
Baklava	285
Cinnamon Shortbread Cookies with Fresh Jam	287

Oils & Dressings

Balsamic Dipping Oil **73** • Red Pepper Oil **78** • Lemon Tarragon Dressing **87** • Dijon Dressing **123** • Red Pepper Sesame Oil Dressing **127** • Yuzu Dressing **128** • Mustard Yogurt Dressing **184** • Blue Cheese Dressing **245**

Sauces & Spices

Lemon Pesto **80** • Ghost Pepper Salt Mix **84** • Adacherri **115** • Bright & Chunky Marinara **149** • Lemon Garlic Sauce **154** • Homemade Barbecue Sauce **163** • Yogurt Sauce **166** • Harissa **168** • Roasted Tomato Yogurt Sauce **172** • Roux **180** • Fresh Tomatillo Sauce **195** • Sambal **196** • Ginger Barbecue Sauce **198** • Basic Grilling Salt **206** • Vindaloo Spice Mix **209** • Fresh Jalapeño Hot Sauce **215** • Hoisin Sauce **219** • Cherry Jam **248** • Chunky Cucumber Yogurt Sauce **262** • Fresh-Chopped Sauce **269**

<i>Nutrition Facts</i>	293
<i>Notes</i>	299
<i>Index</i>	306
<i>Acknowledgments</i>	314
<i>About the Authors</i>	316
<i>Credits</i>	318

PREFACE

Chef Biju and I wrote *The Feed Zone Cookbook* and *Feed Zone Portables* for anyone interested in improving athletic performance. So when we heard that people who don't necessarily consider themselves athletes were using our cookbooks because they wanted simple, healthy recipes to share with their friends and family, we were pleasantly surprised . . . and inspired.

We've always believed that physical activity and sport are central to our individual and cultural health. More important, we know that proper nutrition is fundamental to supporting an athletic lifestyle. But for us, neither sport nor nutrition is solely about performance. The reality is that we value activity and food not just because we want to perform better but also because both have this amazing ability to bring people together, to give us pleasure, and to feed our souls. How we gather and share on a human level is at the very heart of what makes us happy and healthy. And if there's anything we've learned from sport and life, it's our happiness and health that drive performance and success, not our performance or success that make us happy or healthy.

We are not interested in perpetuating the idea that there has to be a certain way that athletes eat for performance that is somehow different from how nonathletes eat for health and well-being.

With that in mind, *Feed Zone Table* is our acknowledgment that we are our happiest and best when we find community with one another. This book is a thank-you to everyone who's ever told us that our cookbooks have brought their families closer together, as well as encouragement and applause for those who are willing to make the effort to get themselves, their friends, their kids, their parents, or their teammates into the kitchen to cook.

**For the athletes we know and love,
this book is a resource to help bolster the fragile line
separating athletic drive from isolation.**

While we all intuitively know that recipes made from scratch that use fresh, whole foods are the best for our health and performance, it's equally important to recognize that coming together with others for a meal often drives us to prepare healthier foods. In the same way that it's hard to talk about nutrition without talking about food, it's hard to talk about food without talking about people and their influence on how and what we eat. Like the magic stone that makes stone soup, the real secret is not a single ingredient but collaboration—setting aside our own self-interest, even for a moment, to care for and cook with others.

Obviously, there are differences between how an elite athlete might eat versus someone who is only moderately active or even sedentary. Portion size or the relative amount of macronutrients such as carbohydrate and fat, for example, will differ for different people. And certainly, *The Feed Zone Cookbook* and *Feed Zone Portables* take an athlete-centric approach to eating and cooking. But, as proud as we are of those cookbooks, we are not interested in perpetuating the idea that there has to be a certain way that athletes eat for performance that is somehow different from how nonathletes eat for health and well-being. Even if individuals choose to build their plates differently, we know from experience that athletes and nonathletes can eat from the same table. The problem is, we see more and more people so caught up in the pursuit of performance that they end up eating alone, in part because they define their nutritional needs as distinct from others, including their very close friends, family, and teammates. What we want is for people to share—to be inclusive rather than exclusive.

It's taken a lot of time to develop this perspective. When I first left the rigors of academia to practice the craft of sport science, I had this romantic vision that I was going to be working to uncover marginal gains—the tiny details and innovation that would keep athletes on the winning side of the exceptionally small margin between success and failure.

Unfortunately, I entered into a dysfunctional culture so focused on the science of performance that fundamentals were being ignored and becoming bottlenecks. Coursing through the world of elite cycling, the sport I chose as my professional focus, was a gold vein of potential fueled by young athletes who lacked the basic

life skills they needed to take care of themselves and each other. They were adult children. Instead of legends and giants, I found people disconnected from their homes, families, and friends, trying to perform their best under an enormous amount of pressure. Despite being part of a team, these remarkably talented athletes in the prime of their lives spent a significant amount of their time alone and lonely. Athletes will gladly go to extremes with their training and diet, all in the name of performance. The sad reality, however, is that too often the goal of performance pushes athletes into a withdrawn lifestyle that is innately selfish and isolating. Trying to manage a sport-specific diet can add to that isolation.

For the athletes we know and love, this book is a resource to help bolster the fragile line separating athletic drive from isolation. While it's often the case that we use our pursuit of sport as an escape, real nourishment—the kind we get from sharing a meal with those we care for—may very well be the ingredient we need most as we push ourselves to be and perform better. This book is a reminder that we don't have to hide behind our ambition or sport—that we can actually accomplish more if we view our nutrition as nourishment shared in the company of others. This isn't just touchy-feely sentiment. There is strong scientific evidence demonstrating that the context of a meal can both shape the meal itself as well as our psychological and physiological response to it. Simply put, regardless of the meal, we do better when we consistently eat with others, and we do worse when we mostly eat alone.

It's with all of this in mind that we return to the kitchen for what we consider the most social meal of the day—dinner. No matter how you define family, we sincerely hope that the ideas and recipes in this cookbook create a deeper foundation for family-style meals as a basic life skill and habit. Like all of our cookbooks, this isn't about following every instruction to the letter, counting grams, or solving the world's problems. It's about using fresh, whole ingredients, tasting, modifying, and having fun. Cooking is rarely a perfect process. But it is a process—one that does not have to be a solitary chore, one that continuously evolves as we learn, and one that has its own reward and joy. Ultimately, *Feed Zone Table* is our way of sharing and inspiring simple, healthy, and performance-driven dinners that bring great food and people to the table. Because no matter what our size, speed, goal, or disposition, we all thrive when we play, cook, and eat together.



HEART



CHICKEN

CHICKEN PAD THAI

This is a light dish that balances fresh ingredients with a hint of heat and a subtle sweetness. Once you learn the timing of the different components, it's easy to make pad Thai at home in as little as 30 minutes. Best of all, you can dial in a flavor all your own. I like mine mild, without a lot of fish sauce. **Serves 4**

vegetable oil
2 pounds boneless, skinless
chicken thighs, cut into
bite-sized strips
salt and pepper to taste
8 ounces firm tofu,
cut into cubes (optional)
2 eggs, lightly beaten
1 tablespoon sesame oil
8 ounces flat rice noodles
2 tablespoons chili paste or
chili garlic sauce (Sambal,
p. 196, also works well)
2 tablespoons low-sodium
soy sauce
2 teaspoons fish sauce
8 ounces bean sprouts, divided
1 jalapeño, sliced
3 green onions, sliced thin

ON TOP

½ cup raw peanuts
2 tablespoons chopped fresh
Thai basil and cilantro
crushed red pepper to taste
2 limes, cut into quarters
lengthwise

Begin by toasting the peanuts for the topping in a dry pan over medium heat until they turn golden brown. Set aside to cool, then coarsely chop for topping.

Lightly coat the bottom of a large, shallow sauté pan with vegetable oil and cook the chicken thighs over medium heat with a sprinkle of salt and pepper. (If you are using tofu, add it here.) In a small bowl, lightly beat the eggs with the sesame oil. Once the chicken is nearly cooked through, add the egg mixture to the pan and scramble until dry. Set aside until you are ready to plate the noodles.

While the chicken is cooking, bring a large pot of water to a boil. Cook the rice noodles as directed on the package. Drain the noodles and toss them with a little sesame oil or water to prevent them from sticking.

Whisk together the chili paste or chili garlic sauce, soy sauce, and fish sauce in a large bowl. Add to the noodles along with half of the bean sprouts and the jalapeño and green onions and toss to coat.

Divide the noodle mixture between plates and top with the chicken and egg mixture. Finish with additional bean sprouts, fresh Thai basil and cilantro, toasted peanuts, crushed red pepper, and a couple of lime wedges.





PORK

ROAST PORK LOIN WITH PEACH GLAZE & WHITE BEANS

This pork is great for sandwiches or wraps, or you can serve it on top of a warm white bean salad with fresh chopped herbs. Don't be intimidated by the fancy presentation. A rustic presentation with thick-cut slices will taste equally amazing. **Serves 6**

2-pound pork loin
2 tablespoons Basic Grilling
Salt (see p. 206)
1 tablespoon olive oil
¼ cup chunky peach preserves,
divided

WHITE BEANS

2 cups uncooked butter beans
or large lima beans
4 cups water or stock
¼ cup minced fresh parsley
1 garlic clove, sliced thin
1 heaping tablespoon minced
fresh chives
1 tablespoon extra-virgin
olive oil
juice from 1 lemon
½ teaspoon coarse salt
¼ teaspoon pepper
2 tablespoons maple syrup
⅛ teaspoon Ghost Pepper
Salt Mix (see p. 84)

TO START THE BEANS: Rinse and sort the beans to remove any debris or discolored beans. Cover with cold water and let soak in the fridge for at least 1 hour. Large beans work best if soaked just a couple of hours before cooking. Drain the water.

Place the beans and salted water or stock in a medium stockpot. Make sure the liquid covers the beans. Bring to a rolling boil then reduce heat to low and let simmer for 1 hour, or until tender.

Heat the oven to 375 degrees.

TO MAKE THE PORK: Season the pork loin with grilling salt. (If you don't have any on hand, season with coarse salt and pepper and a sprinkle of celery salt.)

In an oven-safe sauté pan over high heat, heat the olive oil and sear the loin until you have a nice even brown color all around.

Brush the pork loin with 3 tablespoons peach preserves and bake in the oven for 25–30 minutes, or until the temperature of the meat reaches 145 degrees. Remove and let rest for about 5 minutes.

TO FINISH THE BEANS: Once the beans are finished cooking, drain and rinse under cool water. In a mixing bowl, combine parsley, garlic, chives, olive oil, lemon juice, salt, and pepper and gently fold in the cooked beans. Finish with maple syrup and Ghost Pepper Salt Mix.

Add another spoonful of preserves to the pork loin before serving, then slice thin with a sharp knife.

