



## Advanced Exercise Sciences

Depending on your caloric intake and amount of fat you may substitute low-fat or fat-free for higher fat ingredients or vice versa in order to bring the calorie count in line with your own or add higher fat foods



### Cilantro Lime Vinaigrette

**Ingredients:** (yields 8 servings)

- 4 Tbsp canola oil
- 1 Tbsp apple cider vinegar
- 1 lime, completely juiced
- 1/2 tsp oregano leaves
- 1/4 tsp pepper
- 1/4 tsp sea salt
- 1/2 cup chopped cilantro
- 1 clove of garlic, minced

**Preparation:**

1. Blend dressing until smooth.
2. Let set for at least 30 minutes to let flavors blend together.

Serving Size: 1 Calories: 62, Total Fat: 7g, Total Protein: 0g, Total Carbohydrate: 0.5g, Total Fiber: 0

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### Sichuan Sauce

**Ingredients:** (yields 4 servings)

- 1 Tbsp tomato paste
- 2 Tbsp rice wine vinegar
- 1 tsp reduced sodium soy sauce
- 1/2 tsp sesame oil
- 1 tsp Splenda
- 1/4 tsp crushed red pepper
- 3 tsp reduced sodium chicken broth
- 1/4 tsp cornstarch

**Preparation:**

1. Whisk broth, tomato paste, rice wine vinegar, Splenda, soy sauce, sesame oil, cornstarch, and crushed pepper in a small bowl.

Note: Sauce can be prepared and stored in a sealed container for up to a week in the refrigerator.

Serving Size: 1 Calories: 12, Total Fat: 0.6g, Total Protein: 0g, Total Carbohydrate: 1.26g, Total Fiber: 0

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### Spicy Lime, Cilantro, and Garlic Marinade

**Ingredients:** (yields 2 servings) good for coating beef, lamb, or chicken for grilling or broiling

- 1 Tbsp red pepper flakes
- 2 Tbsp olive oil
- 1/4 cup lime juice
- 1/2 cup cilantro, finely chopped
- 4 cloves of garlic, minced

**Preparation:**

1. Put olive oil into a small shallow bowl.
2. Add finely chopped cilantro, pressed garlic, red chili flakes, lime juice, and mix well.

Serving Size: 1 Calories: 14.8, Total Fat: 14g, Total Protein: 1g, Total Carbohydrate: 5.7g, Total Fiber: 1

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