

Michele Wieser is a professional chef who cooks for many world class athletes. She is the mother of Dublin High School track & field alum Savannah Wieser, who is currently pole vaulting for Harvard University. We have asked her to provide recipes that feature iron:

Here are some of my most requested recipes from my athletes that have iron in them:

Athlete Rice

Roast your veggies first: I use tri colored peppers (one yellow, one red, one green), 1/2 lb asparagus, 1/2 red onion, cut into 1/2" pieces on the peppers and onion. Toss with olive oil and salt/pepper and roast at 400 for 10 min. If the asparagus are really thin I just sauté them in a pan for a few minutes.

In a pan with a little olive oil scramble three eggs, then add your diced up veggies, then add your quinoa/brown rice mixture. You can make ahead of time 2 cups of rice or all the stores, including Costco has an organic quinoa/brown rice mix that you just microwave for 90 seconds and it's ready. Add this to the pan with a 1/4 cup of chicken broth (my favorite is by Imagine in the carton, Whole Foods \$2.99 or Safeway has it), it is very close to homemade. Also add 1 tablespoon of soy sauce. Stir it up and you can eat it as a side dish or for breakfast. You can also add tofu to this dish or sautéed spinach for more iron.

You can also make this a meal by adding sautéed shrimp, or beef or chicken. Sometimes if the guys need extra iron I will throw in some edamame beans!

Egg Cups

Mix 12 eggs in a bowl, add 1 cup of finely chopped spinach, 1/4 cup of your favorite cheese, 1/4 cup of diced mushrooms. Mix together and pour into greased muffin tins or aluminum papered cupcake wrappers. Bake at 350 for 15-20 minutes or until cooked through. These can be stored in a Tupperware or plastic bag in your fridge for up to 5 days. My daughter eats 2 on the way to school. They reheat in the microwave wonderfully. Full of protein and iron.

Marinated Flank Steak

1-2 lb beef flank steak, put in a plastic bag. In a bowl mix together, 1/4 cup of soy sauce, 1 tablespoon of ginger, 1/4 cup olive oil, 3 tablespoons of red vinegar, 3 tablespoons of honey, diced green onion, 2 cloves of garlic minced. Marinate meat in this for 2 hours-overnight. Take out and grill on bbq, or pan fry, slice against the grain into strips. Serve this with some sautéed spinach and your good to go!!!

Steamed sweet potatoes or yams

Place potato in your microwave for 12 minutes or until soft or bake in your oven at 400 degrees for 45 minutes until soft.

Take out of skin and mash with 1 Tbsp. of coconut oil, salt and pepper. Enjoy. You can bake these ahead of time and eat one a day.

Other

Humus also has ALOT of iron in it. 1/2 cup of Chickpeas or garbanzo beans have the same amount of iron than a 3 oz steak.

Send your child to school with humus and veggies to dip in it. Even if they use pretzels, they are getting the humus in them.