

Healthy Hunting:

Delicious & Nutritious Recipes for the Outdoorsman

Ok, we get it – you are a “meat & potatoes” kind of guy! Salads and fussy health recipes do not interest you. You enjoy filling, hearty meals – perhaps even made from ingredients that you hunted and prepared yourself! Let us show you that healthy doesn’t have to mean light or boring! Try these delicious recipes for game and know that you are pleasing not only your taste buds but doing something great for your health as well!

Health Benefits of Game

- Venison (deer) is rich in protein, iron and many B vitamins and is lower in total and saturated fat than beef.
- Lean duck is also high in protein as well as niacin. Niacin helps metabolize fats and lowers LDL cholesterol, which can cause heart disease.
- White fish (mostly caught in lakes) is especially low in fat while being rich in B vitamins and selenium. B vitamins are good for your immune system while selenium can help prevent problems associated with thyroid conditions.



Venison Chili

- ¼ cup olive oil
- 2 lbs ground venison
- 1 t cumin
- 1 t chili powder
- 1 T salt
- 2 green peppers, chopped
- 1 cup celery, chopped
- 1 onion
- 24 oz strained tomatoes
- 25 oz kidney beans
- 15 oz other beans (cannellini, black, etc)
- 3 cloves garlic, minced

1. Put the olive oil and meat in a cast-iron enamel pan on your stove top. Cook the meat until browned.
2. Add the cumin, chili powder & salt.
3. Throw in the chopped peppers, garlic and celery and cook until tender.
4. Add the tomatoes, tomato sauce, and beans, and throw in the whole onion (with skin removed).
5. Cook for about 15 minutes and you’re good to go!

Nutritional Facts per serving [1.5 cup]

Calories 354	Fat 11g	Sat. Fat 2g
Cholesterol 96mg	Sodium 1371mg	Carbs 29g
Sugars 6g	Dietary Fibre 9g	Protein 35g



Orange Roasted Duck

- 1 5lb duck
- 2 small oranges
- ½ cup orange marmalade
- 3 T reduced-sodium soy sauce, divided
- ¾ cup reduced-sodium chicken broth
- 2 t cornstarch
- 1 t brown sugar



Nutritional Facts per serving (4 servings per recipe)

Calories 297	Fat 10g	Carbs 31g
Protein 22g	Sodium 397mg	

1. Preheat oven to 350F. Line a large roasting pan with foil.
2. Remove both wingtips at the top joint with kitchen scissors or a heavy knife; reserve wing tips. Reserve neck & discard rest of giblets. Trim the excess skin and fat around the neck and cavity opening. Grate ¼ tsp orange zest and set aside. Cut oranges into quarters. Set aside 3 sections and place the remaining orange sections inside the duck; fold the wings under and tie the legs together with kitchen string. With a skewer or fork, prick holes in the skin without piercing the flesh (this allows fat to drain during roasting).
3. Whisk marmalade and 2 tbsps of soy sauce in a small bowl. Loosen the skin over the breast and thigh meat and rub about 3 tbsps of the marmalade mixture under the skin. Place breast-side down on a rack in the prepared roasting pan.
4. Roast the duck for 1 hour. Remove the duck from the pan and carefully pour off the fat. Return the duck to the rack breast-side up. Continue roasting, basting every 15 minutes with another 2 tbsps of marmalade mixture, until an instant-read thermometer inserted into thigh registers 165F (1-1.5 hours more).
5. Meanwhile, place the reserved wing tips and neck in a saucepan, add broth and bring to a boil. Reduce heat and simmer, stirring occasionally, until the broth is reduced by half. Strain and discard solids; return broth to the pan. Squeeze the juice from the reserved orange sections into a small bowl; add cornstarch and whisk until smooth. Stir the juice mixture, reserved zest and brown sugar into the broth; cook over medium heat, stirring, until thickened, 1-2 minutes. Stir in the remaining 1 tbsp of soy sauce.
6. Transfer the duck to a cutting board; let rest for 15 minutes before removing the string and carving. Serve with sauce on the side.

Preparing Wild Game

Most game meats are low in fat compared to domestic animals. When preparing, keep in mind:

- Game birds can be dry when cooked, especially if the skin is removed.
- Ducks and geese may be baked, broiled, barbecued and used in casseroles, gumbos, creoles and more! Keep in mind that older duck will be tougher.
- Game meat may dry out quicker and may cook faster.
- Game meat with excess fat should be trimmed prior to cooking since fat holds off flavours more than muscle.
- Game birds are delicious when smoked with woods such as apple, hickory or cherry.



Sources: www.menshealth.com, www.eatingwell.com, www.healthysd.gov, www.livestrong.com

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