

Smoothie Template

Smoothies can be easily customized to your preference! Here's an easy recipe to follow that

allows you to add all your favorite ingredients.

1 ½ cups liquid like water, milk, or juice (can add more or less depending on how smooth you

want your smoothie to be) 1 ½ to 2 cups of your favorite fruits, fresh or frozen ½ cup Greek yogurt (plain or flavored) Add ½ cup ice for more liquid and texture Optional add ins: ½ c leafy greens 1 tsp chia seeds and/or flax seeds Sweetener of your choice 1 scoop protein powder 1 tbsp. peanut or nut butter

Chocolate Banana Breakfast Shake

1 cup skim or 1% milk 1 serving of Carnation Instant Breakfast, Ovaltine, chocolate protein powder or other chocolate powder that can be added to milk ½ banana ¼ cup dry oats Small handful of nuts (walnuts, almonds, or pecans are delicious) 1. Put all ingredients in blender. Blend until smooth (it will remain slightly lumpy because of the oats and nuts).

Recipe courtesy of Kami Vernon

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Vanilla-Peach Smoothie

2 cups yogurt 1 ½ cup orange juice, or as much as needed ½ tsp vanilla extract ½ frozen banana, optional 2 cups unsweetened frozen sliced or chopped peaches 1. Put the yogurt, juice, vanilla, and banana in the blender first, followed by the peaches. 2. Pulse blender to start, then turn on high to smooth. If the mixture is stiff, add more liquid.

Serve right away.

Recipe adapted from Mark Bittman's How to Cook Everything

Multi-Fruit Smoothie

2 cups frozen unsweetened strawberries

½ cup blueberries

1 banana cut in chunks

½ kiwi, sliced

2 cups fresh spinach

½ cup ice cubes

1 cup fat-free milk

½ cup 100-percent apple juice 1. Combine strawberries, blueberries, banana, kiwi, spinach, ice cubes, fat-free milk and apple juice in blender. 2. Blend until smooth.

Recipe from eatright.org

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Green Monster Smoothie

1 cup fat-free milk (or milk of your choice) ½ c fat-free plain yogurt 1 banana, frozen 1 tbsp. natural peanut butter 2 cups fresh spinach 1 cup ice cubes (optional) 1. Blend all ingredients until smooth.

Recipe from allrecipes.com

Overnight Oats

Overnight oats are a great make-ahead breakfast that you can even take with you on the go.

This is a basic recipe for overnight oats.

1/3 cup plain Greek yogurt ½ cup rolled oats 2/3 cup milk of choice (if using soy, rice, almond, or another non-dairy milk use unsweetened) 1 tbsp. chia seeds or ground flax seeds ½ tsp. vanilla extract Pinch of salt Up to 2 tbsp. honey or maple syrup Optional Mix-ins (these can be added before refrigerating or as toppings later): Fruit (bananas, berries, peaches, apple chunks) Nut butter Cocoa powder Coconut Nuts 1. Mix all ingredients in a bowl or in the jar you'll be storing them in. Pour or spoon the mixture into the storage container. 2. Refrigerate for at least 4 hours, but up to 8 hours (usually overnight) for best results. 3. Overnight oats can be eaten cold or heated in the microwave.

Recipe adapted from wholefully.com

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Peanut Butter Overnight Oats

½ cup unsweetened plain almond milk (or milk of your choice) ¾ tbsp. chia seeds 2 tbsp. natural peanut butter, almond butter, or nut butter of your choice (can be creamy or chunky) 1 tbsp. maple syrup (can substitute for your preferred sweetener) ½ cup rolled oats Optional toppings (bananas, strawberries, other fruit, granola, ground flax seeds or chia seeds) 1. Mix all ingredients together. 2. Put mixture into a storage container with a lid. Make sure the oats are covered by the milk. Store in the refrigerator overnight. 3. Add extra toppings right before eating. Can be eaten cold or warmed in the microwave. Recipe adapted from minimalistbaker.com and Eating Bird Food

Instant Oatmeal Packets

¾ cup rolled oats 1 ½ cup quick oats ½ cup powdered milk ½ cup sugar (white or brown) 1 tsp salt (scant) 1 tsp cinnamon **Ideas for toppings: dried fruit, fresh fruit, canned fruit, nuts, seeds, mini chocolate chips, peanut butter, jam, etc. 1. Blend dry rolled oats in a blender, pulsing until oats are powdery. 2. In a mixing bowl combine powdery oats and remaining ingredients. 3. To use, combine ½ cup instant oatmeal and 2/3 cup water in a microwaveable bowl and microwave for 2 minutes. Add toppings if desired. 4. If desired, put mix into individual baggies, ½ cup in each. Makes 6 packets. Recipe courtesy of Kami Vernon

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Tasty Toast

Toast is another quick and healthy breakfast option for a busy student on-the-go! Here are some ideas for yummy toast toppings.

1. Spread your favorite nut butter on a slice of toast. Put sliced bananas on the top and drizzle with honey.
2. Cook up an egg any way you want (scrambled, fried, poached). Mash up some avocado and spread it on your toast. Put the egg on top of the toast and sprinkle with some salt and pepper.
3. Top your toast with hummus and leftover cooked veggies.
4. Put some Nutella on your toast and top with your favorite sliced fruit

(strawberries and bananas are great options!) 5. Spread low-fat herbed cream cheese on your toast (can sub cream cheese for any type of low-fat cheese like cheddar, Colby, mozzarella, etc. Havarti is one of the best for this combo!). Top with sliced cucumbers. 6. Experiment with what you have in your fridge! Try jam, cheese, fruit, vegetables—get creative!

Frozen Breakfast Burritos

12 flour tortillas 6 eggs, scrambled 6 small potatoes, diced and fried Grated cheese Cooked and diced bacon or sausage Green pepper, diced and sautéed Salsa 1. Scramble the eggs the way you normally would. Sautee the potatoes and green peppers.

Bake the bacon or fry up the sausage. 2. Soften the tortillas in the microwave for a few minutes so they'll be more pliable. 3. Lay out the tortillas and add in the filling ingredients. Roll up, tucking the ends in first. Wrap in plastic wrap, then place all the burritos in a gallon freezer bag. 4. In the morning, heat in the microwave for 3-5 minutes or until warmed.

Recipe adapted from cheapcooking.com

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Boiled Eggs

1. Fill a pot with about 4-5 cups of water (or more if your pot is larger). You want the water to cover the eggs you'll be cooking completely. 2. Bring the water to a boil. 3. Very carefully add the eggs to the boiling water with a spoon making sure not to drop the eggs in the pot or on top of another egg. 4. Let the water keep boiling with the eggs in it for 10 minutes for a hard-boiled egg (yolk fully cooked). Boil for 8-9 minutes for a yolk that is a little softer in the middle. Boil for 6-7 minutes for soft-boiled egg (yolk is runnier).

Pancakes

These take a little bit longer to make so they are great for a weekend breakfast.

1 ¼ cups flour (use some white and some wheat flour for a healthier option)

2 tsp. sugar 2 tsp. baking powder 1 beaten egg 1 cup milk of your choice 1
tbsp. oil (or substitute with plain low-fat Greek or regular yogurt) ½ tsp salt
1. Stir together flour, sugar, baking powder, and salt. 2. Combine egg, milk,
and oil (or yogurt) in a separate bowl. Add all at once to flour mixture; stir
until blended but still slightly lumpy. 3. Cook on a hot, lightly greased skillet.
Makes about eight 4-inch pancakes.
Recipe adapted from Betty Crocker Cookbook.

Basic Muffins

This is a great make-ahead recipe since muffins are an easy grab-and-go
breakfast or snack.

1 ¾ c flour ¼ cup sugar or mashed ripe bananas 2 tsp. baking powder ½ tsp.
salt ¾ cup milk 1/3 cup oil (or substitute with plain low-fat Greek or regular
yogurt) 1 egg lightly beaten
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1. Preheat oven to 400 °F. 2. Mix dry ingredients together well. 3. In a
separate bowl, mix milk, oil, and egg. Make a well in the center of the dry
ingredients.

Pour in the wet ingredients and stir until moistened, leaving the mixture
slightly lumpy. 4. Fill sprayed muffin pans about 2/3 full. Bake 20-25
minutes. Makes 10-12. Blueberry Muffins: Add ¾ cup fresh or frozen
(thawed) blueberries. Add 1 tsp. zested lemon
peel if desired. Cranberry orange muffins: Add 1 cup fresh, frozen (thawed),
or dried cranberries and combine
with ¼ c more sugar and orange zest to taste. Fold into batter. Pumpkin:
Increase sugar to 1/3 c and add ½ c canned pumpkin to egg mixture. Stir ½
tsp ground
cinnamon and ½ tsp. ground nutmeg into flour mixture.

Waffles

Waffles take a bit of time to make so this is another great weekend breakfast
option!

1 ¾ cup flour (white, wheat, or a combination of both flours) 1 tbsp. baking
powder ½ tsp salt 2 egg yolks (save the whites!) 1 ¾ c milk ½ c cooking oil
(or substitute plain low-fat yogurt) 2 egg whites 1. In a large mixing bowl
stir together flour, baking powder and salt. 2. In a small mixing bowl beat egg
yolks with a fork. Beat in milk and cooking oil (or yogurt). 3. Add to flour

mixture all at once. Stir mixture until blended but still slightly lumpy. 4. In a smaller bowl, beat the egg whites with an electric beater until stiff peaks form. 5. Gently fold the beaten egg whites into the flour-milk mixture, leaving a few fluffs of egg white. Don't over mix. 6. Pour batter onto preheated waffle iron. Makes about 7 round waffles or 3 nine inch waffles.

Strawberry Quinoa Salad

Kale, washed, dried, and separated from woody stalk Quinoa, cooked Strawberries, sliced Apples, chopped Craisins Pecans Goat cheese Citrus vinaigrette (if you can't find this in the store, you make your own using lemon vinaigrette

and adding some orange juice) 1. Make sure that your kale has been separated from the woody stalk. Tear or cut into smaller, bite-sized pieces. 2. Cook your quinoa according to package directions. Use as much or as little quinoa as you like.

¼ cup cooked is good for a one person serving, ½ cup to 1 ½ cups are good if serving more

people. 3. Mix all ingredients together. Eyeball your toppings as you add everything to your salad. Add

more or less of what you like or don't like. 4. Dressing can be added to the salad in the bowl you've mixed it in or can be added to each individual salad if you are serving multiple people.

Massaged Kale Salad

2 bunches of kale, mustard greens, or broccoli rabe ½ cup parmesan cheese 1/3 cup olive oil ¼ cup lemon juice 1 clove garlic, minced (use more or less depending on preference) 1 anchovy, chopped, or 1 tsp anchovy paste (optional—if used will create a Caesar salad type

flavor) 1 tbsp. soy sauce, low sodium ½ tsp black pepper 1. Strip the greens from their stems. Wash and dry the leaves and florets. Cut into narrow ribbons and place in large bowl. 2. Add remaining ingredients to the greens.

With clean hands firmly massage and crush the greens until the volume is reduced by about half (1-2 minutes). The greens should look a little

darker and a bit shiny. They should have a silky, soft texture.

Recipe adapted from Eating Well Magazine, Sept. '12

Spicy Black Bean Salad While not a true salad since it isn't served with greens, this is a great salad option that is high in protein due to the black beans and packed with lots of yummy flavor! A great make ahead

option that will yield plenty of leftover.

Combine in a large bowl: 2 15-oz cans black beans, drained and rinsed 2 cups frozen corn, thawed (or fresh) 1 cup celery, chopped $\frac{3}{4}$ green onions, chopped 2 cups tomatoes, chopped 1 green pepper, chopped $\frac{1}{4}$ cup fresh cilantro, minced Whisk together: $\frac{1}{3}$ cup red wine vinegar $\frac{1}{3}$ cup olive oil 2 tsp. tabasco sauce $\frac{1}{2}$ tsp ground cumin 2 tsp. salt 1.2 tsp black pepper Stir in: 6 cups cooked brown rice, chilled (about 2 cups of cooked rice)* 1. Combine the first set of ingredients in a large bowl. 2. Whisk together the second set of ingredients and pour over the bean mixture, stirring to combine everything. 3. Combine the rice and beans mixture and stir well.

Serve chilled. This recipe can easily be

made ahead of time and will yield a lot of leftovers. *How to cook the rice: bring 4 $\frac{1}{2}$ cups water to a boil in a saucepan. Add 2 cups rice. Reduce heat to simmer and cover. After 35 minutes, tip pan to make sure that all water has been

absorbed. If not, cook another 5-10 minutes. Remove from heat and allow to steam for 5

minutes, then remove the lid. Fluff with a fork after another 5 minutes.

Recipe adapted from and courtesy of Tamara Steinitz

Strawberry Spinach Salad with Lemon Poppy Seed Vinaigrette

For the salad: 1 (10 oz.) bag fresh baby spinach $\frac{1}{2}$ -1 small red onion, thinly sliced 1 medium cucumber, seeded and sliced (you can peel it first as well if you like) 1 pint strawberries, hulled (hard middle part cut out) and sliced 1 cup sliced almonds, toasted 1.2 pound grilled chicken breasts, sliced or diced, optional 1. Toss all ingredients together and serve immediately. You can also arrange the ingredients on

individual plates. Serves about 8-10 as a side salad and about 4 as a main

dish. For the dressing: 2-3 large lemons (use as needed to yield 1/3 cup of lemon juice and 1 tsp zest) 1 tsp grated onion 1/4 cup rice wine vinegar 1/4 cup canola oil 3/4 tsp kosher salt 1/4 tsp freshly ground black pepper 1/4 cup sugar or honey 2 tsp poppy seeds 1 clove garlic, finely pressed 1. Using a micro plane or other fine grater, grate 1 tsp lemon zest and 1 tsp onion. Place in a small container with a lid. 2. Add remaining ingredients and shake vigorously. 3. If possible, refrigerate at least 1 hour before serving. Shake well before serving. This will yield extra dressing beyond what you need for this salad. Store for up to 2-3 weeks. Recipe adapted from Our Best Bites

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Pear Pomegranate Salad with Sweet Red Wine Vinaigrette

For salad: 1/2 cup chopped pecans 1/4 cup sugar 1 head romaine lettuce 1 (14-oz) bag baby spinach Seeds from 1 pomegranate (about 1 cup) 2 ripe pears that are still a little firm Juice of 1 lime 4 oz. crumbled feta cheese 1. Spray a sheet of aluminum foil with nonstick cooking spray and set aside. 2. Combine the pecans and sugar in a small nonstick skillet. Cook nuts over medium low heat

stirring occasionally until the sugar has melted and coated all the pecans. This takes about 15

minutes. Place the nuts on the aluminum foil and set aside. 3. Toss together the remaining ingredients adding the candied pecans to the salad right before serving. Drizzle with Sweet Red Wine Vinaigrette (see below) and serve immediately. 4. Note: if you plan to save some of the salad for leftovers, only put dressing on plated salads,

otherwise the dressing will cause the salad to wilt and get soggy. For the dressing: 1/2 cup red wine vinegar 1/2 cup sugar 1-2 cloves garlic, roughly chopped 1 tsp kosher salt 1 tsp coarsely ground black pepper 1/2 cup canola oil (can use olive oil, the flavor of the oil will just be stronger) 1. Combine the vinegar, sugar, garlic, salt, and pepper in a blender and blend on high. 2. Lower the speed of the blender and while it is still running, add the oil in a steady stream. 3. Store dressing in a glass container for up to 2-3 weeks in the fridge. Shake well before serving.

Recipe adapted from Our Best Bites

Fruit Salad

1 can fruit cocktail, undrained 1 small can mandarin oranges, drained 1 small can pineapple tidbits, drained 1 3-oz. pkg. instant lemon pudding 1. Combine all ingredients. Save the pineapple juice and add if the mixture is too thick. 2. After stirring everything to combine, add a chopped apple and sliced bananas. Serve chilled. 3. Note: you can also substitute the mandarin oranges for 1-2 whole oranges. Peel the oranges and slice into small pieces.

Tuna and White Bean “Waldorf Salad”

2 6-oz. cans chunk tuna, drained and flaked 2 15½-oz cans cannellini beans, drained, rinsed, and dried 3 stalks celery, sliced 1 red apple, cored and diced 1 small red onion, finely chopped 3 tbsp. chopped cilantro ½ cup light mayonnaise, or plain Greek yogurt ¼ cup cider vinegar 2 tsp. curry powder Salt and pepper, to taste Salad Greens of your choice (ex. Romaine, spinach) 1. Toss the tuna, beans, celery, apple, onion, and cilantro together in a bowl. 2. Puree the remaining ingredients—except the greens—in a blender or food processor. If you don’t have one of those, you can also just mash the beans with a fork and mix everything together. 3. Mix the tuna salad and dressing together, season with salt and pepper. 4. Spoon over greens, into a pita, tortilla, wrap in lettuce, or just eat it plain.

Recipe adapted from Parade Magazine

Couscous Salad with Chicken and Chopped Vegetables

Salad: 1 ½ cups water 1 tbsp. olive oil ¾ tsp salt 1 cup uncooked couscous 1 cup chopped yellow bell pepper ½ cup finely chopped zucchini ½ cup chopped mushrooms 1 ½ cups boneless, skinless chicken, cooked and chopped (can use rotisserie chicken) ½ cup carrots, cut diagonally ¼ cup thinly sliced green onions 3 tbsp. dried currants (or raisons or craisons) 3

1/2 cup finely chopped fresh mint 1/8 tsp ground black pepper Dressing: 1 cup plain low-fat yogurt (can use Greek yogurt) 3 tbsp. fresh lemon juice 1 tbsp. honey

1. To make the salad, bring water, 1 tsp oil, and salt to boil in medium saucepan. Gradually stir in the couscous. Remove from heat, cover and let stand for 5 minutes. Fluff with fork and place in large bowl. Let cool.

2. Heat a large nonstick skillet of medium-high heat. Add remaining oil to pan and heat. Add bell pepper, zucchini, and mushrooms and sauté until vegetables are tender. Add the cooked vegetables to the bowl of couscous. Add remaining salad ingredients to the bowl and mix to combine.

3. To make the dressing, whisk all dressing ingredients together. Pour over the salad mixture and toss to combine.