**How to Make One Pot Pasta**

**General purpose:** To inform

**Specific purpose:** To inform my audience on how to make One Pot Pasta and that creating healthy eating habits is easy and important for college students.

**Organization:** Topical

**Introduction**

* 1. Who likes good food? Who likes good food that is also healthy for you? Who has *time* to cook good food that is also healthy for you?
  2. The problem with being a college student is that we are at a time in our lives when we have a thirst to learn all kinds of new things, but don’t have time to attempt them. What if I told you that there is a way that you can make and enjoy a healthy, delicious meal in only 9 minutes?
  3. It is called One Pot Pasta and not only is it quick, but also can be made with whatever ingredients you have in your refrigerator *and* the recipe is good for you!
  4. There are many ways to make this cheap, quick, and clean meal. I make one pot pasta all the time.
  5. Today I will begin with highlighting some facts about how college students can stay healthy, and then I will provide the step-by-step recipe to making One Pot Pasta.

*Connective: There is a lot of information about eating habits of college students.*

**Body**

1. College students must be mindful of their eating habits
   1. Having little time and very little money can have a big impact on our eating habits.
      1. When we are faced with decisions while eating out or grocery shopping, it seems like the unhealthy options are always the cheapest.
      2. When we do have our cabinets stocked and ready to prepare a meal, we also have six homework assignments, two exams to study for, and a presentation to prepare. Who actually has time to cook?
   2. High stress levels and lack of time management skills is another cause of unhealthy eating patterns
      1. According to an article published in 2014 by four researchers in the ***Family and Consumer Sciences Research Journal:***
         1. “College students are at an increased risk for poor eating habits due to their stressful lifestyle, and frequently poor diet practices…”
         2. The article goes on to include that unhealthy lifestyles can also develop due to poor time management skills, feelings of laziness, and decreased exercise as well.
      2. The ***Journal of American College Health*** wrote an article titled “Predictors of Emotional Eating During Adolescents’ Transition to College.
         1. The authors say that it is possible to manage stress and develop coping mechanisms to help buffer poor eating habits.
         2. Cooking has become my coping method, and I hope that this speech will encourage you to make it yours as well.
   3. Universities are even trying to encourage healthier choices among students.
      1. The ***Contemporary Issues in Education*** journal released a figure that said 25% of college freshmen gain weight in their first year of school.
      2. To combat this, some universities are actually having their students fulfill a minimum health and fitness requirement prior to graduation.
         1. This is according to John Todorich with the ***Journal of Physical Education, Recreation, and Dance***.
         2. The goal would be to encourage healthy habits to form and cultivate them throughout college to jumpstart a healthier lifestyle after graduation.

*Connective: Now that we have all of this information, let’s translate it into a quick and delicious recipe.*

1. How to make one pot pasta.
   1. First, gather your ingredients, prep your space, and wash your hands.
      1. The necessary ingredients are: a half a box of spaghetti; 3 cloves of garlic, minced; a quarter of a white onion, sliced; half a cup of cherry tomatoes, sliced; 2 ½ cups of chicken broth; 1 bag of fresh spinach; 2 tbsp each of salt and pepper; 3-4 tbsp of fresh or dried basil; mozzarella cheese (as much as you prefer).
      2. The best part about the ingredients is that you can substitute whatever you want.
         1. If you are vegetarian, use water instead of chicken broth.
         2. If you would like to add meat, just make sure to cook it first!
         3. Pretty much, whatever you have in your refrigerator will suffice.
      3. You will also need a large skillet or sauce pan and a pair of tongs or two wooden spoons.
   2. Put all of the ingredients into the skillet/sauce pan except for the mozzarella cheese.
      1. While it seems odd to put uncooked pasta in with everything else, it is what makes this dish so easy.
         1. Put the spaghetti in the bottom of the pan on the stove top.
            1. Cover it with the ingredients evenly distributed around it.
            2. Set stove to a medium heat.
         2. As the chicken broth begins to boil, turn the pasta with the tongs to make sure it is cooked evenly.
         3. Stir the other ingredients as well to make sure they do not burn.
      2. The pasta will become tender as the chicken broth begins to evaporate.
         1. When the chicken broth is almost completely evaporated, the dish is complete.
         2. This will take approximately 9-12 minutes.
   3. Turn off the flame and remove the pan from heat.
      1. Sprinkle the mozzarella cheese over the dish and stir it in to the pasta until it is melted.
      2. You can also top it off with Parmesan cheese if you want.
   4. Serve or store the pasta.
      1. While it is delicious coming right out of the pan, it is also wonderful for the days to come.
      2. Store it in a container and keep refrigerated, it should last about one week.
      3. I made this recipe last 5 meals!
         1. It saved me time during the days when I had to eat and go.
         2. It saved me stress when I did not want to think about making dinner.

*Connective: Honestly, it is as simple as that! Hard to believe, right?*

**Conclusion**

* 1. So today we have learned one of the many ways to make a cheap, delicious, and healthy meal like One Pot Pasta and the benefits that it has.
  2. Knowing how to make a meal like this can help form clean eating habits in college that can jumpstart a healthier lifestyle for our future. Cooking could also be one of the many coping methods that you could utilize to deal with stress, as long as you learn how to properly time manage. But all in all, this easy recipe is perfect for the most talented top chef to the most clueless college student trying to figure out where to start.
  3. Just one meal in your arsenal can do a lot of good when it comes to cooking, so why not make it one that is yummy and good for you? I hope to be invited to dinner soon! Thank you.