

UTAH STATE UNIVERSITY

# *Student Cook Book*

COLLEGE FRIENDLY RECIPES WITH TIPS AND TRICKS  
TO HELP YOU FEEL CONFIDENT COOKING AND SHOPPING

## Introduction

Food. It's something we all think about every day, even multiple times a day. It's a necessity. It's a delicacy. It's energy and fuel. It's a treat. It's the center of celebrations, the heart of family and friend gatherings.

It can also be a hassle for some people. Expensive, time-consuming, and difficult to prepare.

But it doesn't have to be that way.

Good food—healthy, delicious, tasty, nutritious, satisfying—can also be simple food. And simple is key in college. Most college students are juggling very busy schedules including classes, homework, jobs, friends, family, sports, clubs or other extra-curricular activities. Adding cooking and eating into that mix can be stressful.

The purpose of this cookbook is to relieve the USU student's stress in at least one area—food. This cookbook is filled with recipes designed for busy college students who may not have a lot of time to cook or a lot of money to buy food.

It also has some great resources beyond just recipes. Included is a list of cooking terms and definitions, tips for grocery shopping, a helpful method for making your meals healthy and balanced, and other tips and tricks to make preparing and eating meals the least of your worries.

Enjoy!

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## Terms and Definitions

From [goodhousekeeping.com](http://goodhousekeeping.com)

- Al dente: pasta cooked until just firm
- Bake: to cook food in an oven, surrounded with dry heat
- Baste: to moisten food for added flavor and to prevent drying out while cooking
- Batter: an uncooked pourable mixture usually made up of flour, a liquid, and other ingredients
- Beat: to stir rapidly to make a mixture smooth, using a whisk, spoon or mixer
- Blanch: to cook briefly in boiling water to seal in flavor and color; usually used for vegetables or fruit, to prepare for freezing, and to ease skin removal
- Blend: to thoroughly combine 2 or more ingredients, either by hand with a whisk or spoon, or with a mixer or blender
- Boil: to cook in bubbling water that has been heated to 212 °F
- Bread: to coat with crumbs or cornmeal before cooking
- Broil: to cook on a rack or spit under or over direct heat, usually in an oven
- Brown: to cook over high heat, usually on a stove top, with the purpose to brown the outside of the food (usually meat) before continuing cooking using another method
- Core: to remove the seeds or tough woody centers from fruits and vegetables
- Cream: to beat ingredients, usually sugar and a fat, until smooth and fluffy
- Cube: to cut food into small cubes ( $\frac{1}{2}$  inch)
- Deep-fry: to cook by completely immersing food in hot fat, usually oil
- Dice: to cut food into very small cubes (1/8 inch to  $\frac{1}{4}$  inch)
- Drizzle: to pour melted butter, oil, syrup, melted chocolate, or other liquid back and forth over food in a fine stream
- Fillet: to cut the bones from a piece of meat, poultry, or fish; a flat piece of boneless meat, poultry, or fish
- Fold: to combine light ingredients such as whipped cream or beaten egg whites with a heavier mixture, using a gentle over-and-under motion, usually with a rubber spatula
- Glaze: to coat foods with glossy mixtures such as jellies or sauces

- Grate: to rub foods against a serrated surface to produce shredded or fine bits
- Grease: to rub the interior surface of a cooking dish or pan with oil or butter to prevent food from sticking to it
- Grill: to cook food on a rack under or over direct heat, as on a barbecue or in a broiler
- Julienne: to cut into long , thin strips, matchstick-like in shape
- Knead: to blend dough together with hands or in a mixer to form a pliable mass
- Marinate: to soak in a flavored liquid; usually refers to meat, poultry, or fish
- Mince: to cut into tiny pieces, usually with a knife
- Poach: to cook gently over very low heat in barely simmering liquid just to cover
- Purée: to mash or grind food until completely smooth, usually in a food processor or blender
- Roast: to cook a large piece of meat or poultry uncovered with dry heat in an oven
- Sauté or panfry: to cook food in a small amount of fat over relatively high heat
- Scald: to heat liquid almost to a boil until bubbles begin to form around the edge
- Sear: to brown the surface of meat by quick-cooking over high heat in order to seal in the meat's juices
- Shred: to cut food into narrow strips with a knife or a grater
- Simmer: to cook in liquid just below the boiling point; bubbles form but do not burst on the surface of the liquid
- Steam: to cook food on a rack or in a steamer set over boiling or simmering water in a covered pan
- Stew: to cook covered over low heat in a liquid
- Stir-fry: to quickly cook small pieces of food over high heat, stirring constantly
- Whip: to beat food with a whisk or mixer to incorporate air and produce volume
- Whisk: to beat ingredients with a fork or whisk to mix, blend, or incorporate air
- Zest: the outer, colored part of the peel of citrus fruit; usually grated and incorporated into a dish for added flavor

Still not sure what you're doing? Search YouTube for videos that show you how to use these cooking skills/methods.

# WHAT MAKES A MEAL?



## What Makes a Meal?

To keep it simple, a meal is made up of 3 different components or food groups as we usually call them:

1. Protein
2. Grain
3. Produce (vegetables/fruits)

All of these different food groups have great health benefits on their own. Protein is a great source of energy, is satiating, and helps to build and rebuild muscles. Grains are the main source of fuel for our body and brain. Vegetables and fruits are full of fiber and important vitamins and minerals. When each component is combined together in a meal, the nutrition benefits increase even more.

An easy way to make sure that you are getting a protein, grain, and produce item in each meal is to use the Plate Method. Mentally divide your plate into three parts when planning or preparing a meal and then fill each part with one of the three meal components.

Using this method can help you achieve balance, variety, and nutrition with each meal. And it's so simple!



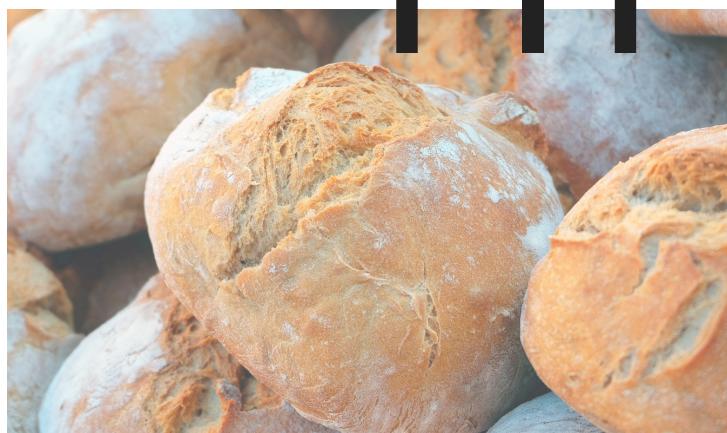
# GROCERY



# SHOPPING



# TIPS



## Tips for Making the Most of Grocery Shopping

Before you shop:

- Create and use a grocery list
- Schedule a set shopping day once a week (or how often you need to shop)
- Don't shop hungry
- Look for ads in the mail or online to know what deals are available

At the store:

- Shop the perimeter of the store for staples like produce, grains, and protein
- Compare prices using the unit cost which is in the corner of the price tag
- Compare prices of name brands and store brand items—this can be a big money saver!
- Stock up on staples when they are on sale
- Get foods that need to be refrigerated or frozen last
- Be aware of marketing tactics trying to get you to buy more than what you actually need

After:

- Keep raw meats separated from other food (all raw meats should be stored at the bottom of your fridge or freezer)
- Store your foods properly as soon as you get home to avoid spoiling the food you just bought
- Prepare necessary fruits and vegetables to ensure they will be eaten before spoiling

Other Tips:

- Produce:
  - Buying produce in bulk is not always better because it can spoil faster. Only buy what you will eat.
  - Pre-cut and bagged options are a great convenience options
- Breads:
  - Read labels to find bread that has WHOLE grain flour as the first ingredient
  - Aim for bread with 3-6 g of fiber per serving
- Middle Aisles:
  - Choose health oils (olive, canola, nuts)
  - Nuts are a great protein option
  - Choose cereals, pastas, and rice with high fiber content
  - Choose fruit canned in water or juice rather than heavy syrup
- Frozen foods:
  - Frozen fruit can be easily added to breakfasts or smoothies

- Frozen vegetables can be cooking easily (microwaved)
- Some frozen dinners/meals are healthier than others so look for low fat, low sodium, high protein meals
- Meats:
  - Buy in bulk and freeze for convenience
  - Leaner cuts are often cheaper and are healthier
  - Look for the words LOIN and ROUND
- Cheese:
  - White cheese tends to be lower in fat
  - Cottage cheese is a great source of protein
  - Use string cheese for portable snacks
  - Use unit pricing to find the best price
- Milk and Eggs:
  - All types of cow's milk have the same nutrients, the only difference is fat and calories
  - Cow's milk DOES NOT contain any added sugar and is a natural source of protein
  - Choose low-sugar options of yogurt
  - Eggs are an inexpensive source of protein

## Seasonal Shopping

*Purchasing foods that are in season can help you save some money and give you the best quality of produce possible.*

### Spring:

Asparagus  
Lettuces  
New potatoes  
Peas  
Radishes  
Rhubarb  
Spinach  
Strawberries

### Summer:

Apricots  
Blueberries  
Cherries  
Eggplant  
Green beans

Melons  
Peaches  
Plums  
Corn  
Peppers  
Tomatoes  
Zucchini

Fall:

Apples  
Broccoli  
Brussels sprouts  
Cauliflower  
Grapes  
Pears  
Pumpkins  
Winter squash

Winter:

Beets  
Cabbage  
Carrots  
Citrus fruits  
Onions  
Turnips  
Winter squash

Sources:

<https://health.usu.edu/wp-content/uploads/2017/01/Grocery-Shopping-Made-Easy.pdf>  
<https://health.usu.edu/wp-content/uploads/2017/01/Seasonal-Produce.pdf>

# *Breakfast Favorites*

Simple and healthy recipes to start  
your day off right!

## 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*

## 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*

## 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](http://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](http://wholefully.com)*

## 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*

## 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](http://cheapcooking.com)*

## 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  $\frac{1}{4}$  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)  
 $\frac{1}{2}$  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  $\frac{3}{4}$  c flour  
 $\frac{1}{4}$  cup sugar or mashed ripe bananas  
 2 tsp. baking powder  
 $\frac{1}{2}$  tsp. salt  
 $\frac{3}{4}$  cup milk  
 1/3 cup oil (or substitute with plain low-fat Greek or regular yogurt)  
 1 egg lightly beaten

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  $\frac{3}{4}$  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  $\frac{1}{4}$  c more sugar and orange zest to taste. Fold into batter.

Pumpkin: Increase sugar to 1/3 c and add  $\frac{1}{2}$  c canned pumpkin to egg mixture. Stir  $\frac{1}{2}$  tsp ground cinnamon and  $\frac{1}{2}$  tsp. ground nutmeg into flour mixture.

## **Waffles**

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

1  $\frac{3}{4}$  cup flour (white, wheat, or a combination of both flours)

1 tbsp. baking powder

$\frac{1}{2}$  tsp salt

2 egg yolks (save the whites!)

1  $\frac{3}{4}$  c milk

$\frac{1}{2}$  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 eggs whites with an electric beater until stiff peaks form.
5. Gently form 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.



# Quick Lunches

## Margherita Pizza Quesadillas

1 flour tortilla (wheat, multigrain, or white)  
 1 tomato, sliced  
 4 large basil leaves, chopped  
 3 oz. of mozzarella (fresh mozzarella is best, but expensive)



1. Heat a large skillet over medium-high heat.
2. Place the tortilla in the pan, and layer the tomato, mozzarella, and basil leaves on one half of the tortilla. Cook for a minute before folding the empty half of the tortilla over the other side. Cook for another two minutes, or until the cheese is beginning to melt and the underside of the tortilla is brown. Slip, and cook until this side is also brown. Slice and serve!

*Recipe and picture courtesy of [thekitchenpaper.com](http://thekitchenpaper.com)*

## Fajita Style Quesadillas

1 tbsp. canola or olive oil  
 ½ onion, cut into strips  
 ½ red bell pepper, cut into strips  
 ½ green bell pepper, cut into strips (if desired, you can just use 1 kind of bell pepper)]  
 4 oz. cheese  
 Optional toppings: salsa, guacamole, cilantro, limes

1. Heat oil in a large skillet over medium-high heat. Add onion and peppers and cook, stirring for 4 minutes until vegetables are tender but still crisp and lightly browned. Remove vegetables from pan onto a plate and set aside.
2. Lightly coat one side of a tortilla with cooking spray and place oiled side down in the skillet over medium heat. Add ¼ of the cheese and place a second tortilla sprayed with cooking spray on top.
3. Cook quesadillas about 2 minutes on each side until cheese is melted and tortillas are lightly browned. Repeat with remaining ingredients.
4. Slice and serve with desired toppings!

*Recipe adapted from [therecipecritic.com](http://therecipecritic.com).*

## Homemade Crunchwrap Supreme

Large (burrito size) tortilla shells

Small tostada shells (or corn tortilla, or tortilla chips)

Queso sauce

Pre-cooked taco meat

Shredded lettuce

Shredded Cheese

Sour cream

Optional ingredients: taco sauce, jalapenos, bell or banana peppers, black or refried beans, olives, tomatoes

1. Warm your tortilla in the microwave to make it soft enough to bend.
2. Put a dollop of queso sauce in the center of your tortilla, but be sure to leave a wide edge so you can wrap it.
3. Spoon some taco meat on the cheese (beans too, if you want to add them). Place the tostada shell, corn tortilla, or tortilla chips on top of the meat.
4. Spoon a dollop of sour cream and spread over the shell. Sprinkle some shredded lettuce and shredded cheese on top (this is where you would add tomatoes, etc.)
5. Wrap the edges up toward the center until they close around your filling (if it won't cover it all, tear a piece off another tortilla to cover)
6. Flip into a warm non-stick pan, fold-side down. Lightly press with spatula to seal the folds and brown. 2-3 minutes
7. Carefully flip over once browned, and brown the bottom side, 2-3 minutes.

*Recipe adapted from [freshdreamer.com](http://freshdreamer.com)*

Taco Meat for Crunchwrap Supreme:

1 lb. ground beef (ideally 90% lean)

1 taco seasoning packet

$\frac{1}{4}$  C water



1. Brown the ground beef in a non-stick skillet
2. Once browned, drain fat
3. Add in taco seasoning packet and water, and cook till water is evaporated and meat is well coated in seasoning.

## Nut Butter and Banana Open Sandwich

1 large banana  
 2 TB of almond butter or peanut butter  
 1 TB honey or maple syrup  
 1 TB tahini  
 Toppings of your choice: walnuts, raisins, almond flakes, sesame seeds, chia seeds



1. Slice the banana lengthwise.
2. Mix nut butter with tahini and sweetener of choice.
3. Layer it up and enjoy! This is an easy lunch, great afternoon snack or pre/post workout snack. Optional: Tahini can be expensive so if you don't have it or don't want to buy it, just don't use it in this recipe. Spreading the peanut butter on the banana without the tahini will still result in a delicious lunch or snack.

*Recipe adapted from and picture courtesy of [talesofakitchen.com](http://talesofakitchen.com)*

## Basic Egg Salad Sandwich

3 boiled eggs  
 1-3 TB mayonnaise (to your liking)  
 1 tsp. mustard  
 Optional: celery (diced into small pieces), salt, pepper, lettuce  
 Whole wheat bread

1. How to boil eggs: Place eggs in a pot. Cover them with cool water by 1 inch. Slowly bring water to a boil over medium heat. When the water has reached a boil, cover and remove from heat. Let sit for 12 minutes. Transfer eggs to a colander; place under cool running water to stop the cooking. The eggs can be peeled and served immediately!
2. Once cooled, mush boiled eggs in a bowl with a fork.
3. Add mayo 1 tablespoon at time, depending on how moist you like your salad.
4. Mix in mustard, celery, salt, and pepper.
5. Spread mixture on bread (toasted bread is good as well). Top sandwich with lettuce.

*Recipe courtesy of Shayna Bedingfield and [marthastewart.com](http://marthastewart.com)*

## Basic Tuna Sandwich

1 (7 oz.) can of white tuna packed in water, drained  
 $\frac{1}{4}$  C mayo or Miracle Whip  
 5 sweet or dill pickles (cucumber chips), 2 leaves iceberg lettuce, or baby spinach  
 Whole wheat bread

1. Drain and rinse tuna. In a small bowl, mix tuna with sauce.
2. Spread over whole wheat bread. Add pickles, lettuce, or spinach if desired.

*Recipe courtesy of Shayna Bedingfield*

## Basic Spicy Tuna Melt

1 (7 oz.) can of white tuna packed in water, drained  
 2 TB mayo or Miracle Whip  
 $\frac{1}{3}$  tsp. dill  
 Pinch of cayenne pepper (or red pepper flakes)  
 Salt and pepper, to taste  
 Whole wheat bread  
 Cheese



1. Preheat oven to 350 degrees.
2. Mix tuna, sauce, dill, cayenne, and salt/pepper in a small bowl.
3. Spread mixture over bread. Top with a slice of cheese.
4. Place on a cookie sheet in the oven at 350 degrees for 5-10 minutes.

*Recipe courtesy of Shayna Bedingfield*

## Ramen

*What is more college-friendly than ramen? Ramen is cheap and easy to make, but it's not the most nutrient rich food out there. Here are some recipes that use ramen but have some added healthy ingredients.*

Start with your basic ramen noodle package and add your favorite protein and vegetables.

Protein Ideas:

- Egg, boiled egg
- Beef, sautéed in strips
- Chicken, sautéed in strips
- Pork, sautéed in strips
- Tofu

Vegetable Ideas:

- Package of frozen Asian vegetables
- Carrots
- Zucchini
- Broccoli
- Corn
- Peas, Snap Peas
- Onions (any variety)

1. Cut up your protein and any fresh vegetables.
2. Heat 2 C of water to boiling. Add Ramen noodles and boil for 5 minutes. Add half of the flavoring packet to reduce sodium content.
3. While you're waiting for the Ramen...
  - Fresh vegetables: Stir-fry fresh veggies in pan (coated with cooking spray) over medium heat for 5 minutes. Add meat. Stir-fry until meat is well-cooked.
  - Frozen vegetables: Stir-fry meat in pan (coated with cooking spray) over medium-high heat for 5 minutes. Add frozen vegetables and 1-2 TB of water, and stir-fry until veggies are softened.
4. Add veggies and meat to the Ramen, and enjoy!

*Recipe courtesy of Shayna Bedingfield*

## Quick Ramen Bowl

1 package Ramen noodles  
1 C fresh spinach  
3 medium button mushrooms  
2 whole green onions  
1 large egg (optional)



1. In a small pot, bring 2 cups of water to a boil. While you are waiting for the water to boil, wash and slice the veggies (spinach, mushrooms, green onions). Add the dry noodles to the boiling water and cook for about 5 minutes. Add the seasoning packet (or half a packet if you prefer less sodium) and stir until dissolved.
2. Turn the heat down to medium and stir in all of the fresh veggies. Allow them to sit in the hot (not boiling) broth for 1-2 minutes or until slightly softened. Voila! You can go ahead and enjoy your Ramen, or follow the next step if you'd like some protein.
3. Make a well in the center of the pot and crack the egg into it. Allow the egg to poach in the broth until the whites are solid but the yolk is still runny. Alternatively, you can break the yolk and stir the pot just slightly to yield egg ribbons like in egg drop soup. The water should not be boiling at this point or else your egg will dissolve into such small pieces that it will give you a cloudy broth.

*Recipe and picture courtesy of budgetbytes.com*

## Cabbage Chicken Ramen Salad

Dressing Ingredients:

$\frac{1}{2}$  C white vinegar  
 $\frac{1}{2}$  tsp. sesame oil  
 $\frac{1}{4}$  C olive oil  
2 tbsp. sugar  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  tsp. pepper  
1 Ramen noodle chicken seasoning packet

Salad Ingredients:

1 head cabbage, sliced thin  
1 can drained chicken or 2 C cooked chicken chunks  
1 package dry, crumbled Ramen noodles  
Optional: mandarin oranges, sliced almonds, sliced green onions

1. Whisk together ingredients for sauce.
2. Chop cabbage into thin slices. Crumble noodles. In a large bowl, mix together cabbage, chicken, and noodles. Pour sauce over mixture and stir. If desired, add mandarin oranges, sliced almonds, and sliced green onions.
3. Refrigerate for 30 minutes. Serve cold.

*Recipe courtesy of Shayna Bedingfield*

## Sandwich Ideas

*Sandwiches are a great lunch staple and are very simple and easy to make. Getting bored of plain old peanut butter and jelly? Here are some ideas from USU dietetic students to try to spice up your everyday sandwiches.*

### Breads:

- Bread
- Tortilla
- Pita bread
- Naan bread (or other flat bread)
- Roll
- Bun
- French bread or other artisan breads
- English muffins
- Ciabatta



### Spread:

- Fancy mustard
- Hummus
- Pesto
- Cream cheese (plain or herbed)
- Mayonnaise (plain or flavored)
- Ranch or other salad dressings
- Salsa
- Guacamole
- Mashed beans



### Protein:

- Deli meat
- Grilled chicken
- Cooked egg
- Sausage
- Roasted turkey or other meat
- Tuna
- Cheese
- Beans
- Tofu
- Veggie Burgers
- Egg salad (or chicken salad)
- Lentils



### Vegetables:

- Lettuce
- Spinach

Tomatoes  
Chopped carrots  
Pickles  
Coleslaw  
Peppers (green, red, yellow, orange, or hot)  
Onions  
Avocado  
Cucumber  
Mushroom  
Sprouts

### **Cucumber Sandwiches (makes 4)**

8 thick slices whole-wheat bread  
 $\frac{1}{2}$  cup (4 oz.) cream cheese, softened (can be plain or flavored as desired)  
1 to 2 English cucumbers sliced into about 24 pieces  
 $\frac{1}{2}$  cup alfalfa sprouts  
4 tsp. olive oil  
4 tsp. red wine vinegar  
2 tomatoes, sliced  
4 lettuce leaves  
1 cup sliced pepperoncini or banana peppers  
2 avocados, peeled, seeded, and mashed

1. Spread about 1 tablespoon of cream cheese on each bread slice. Arrange the cucumbers in a single layer over 4 bread slices, cover with sprouts, and sprinkle with oil and vinegar.
2. Layer on the tomatoes, lettuce, and pepperoncini.
3. Spread avocados over the cream cheese on the remaining 4 slices of bread, Place spread-side down on pepperoncini and serve right away.

*Recipe adapted from [allrecipes.com](#)*

## Caprese Wraps with Chicken

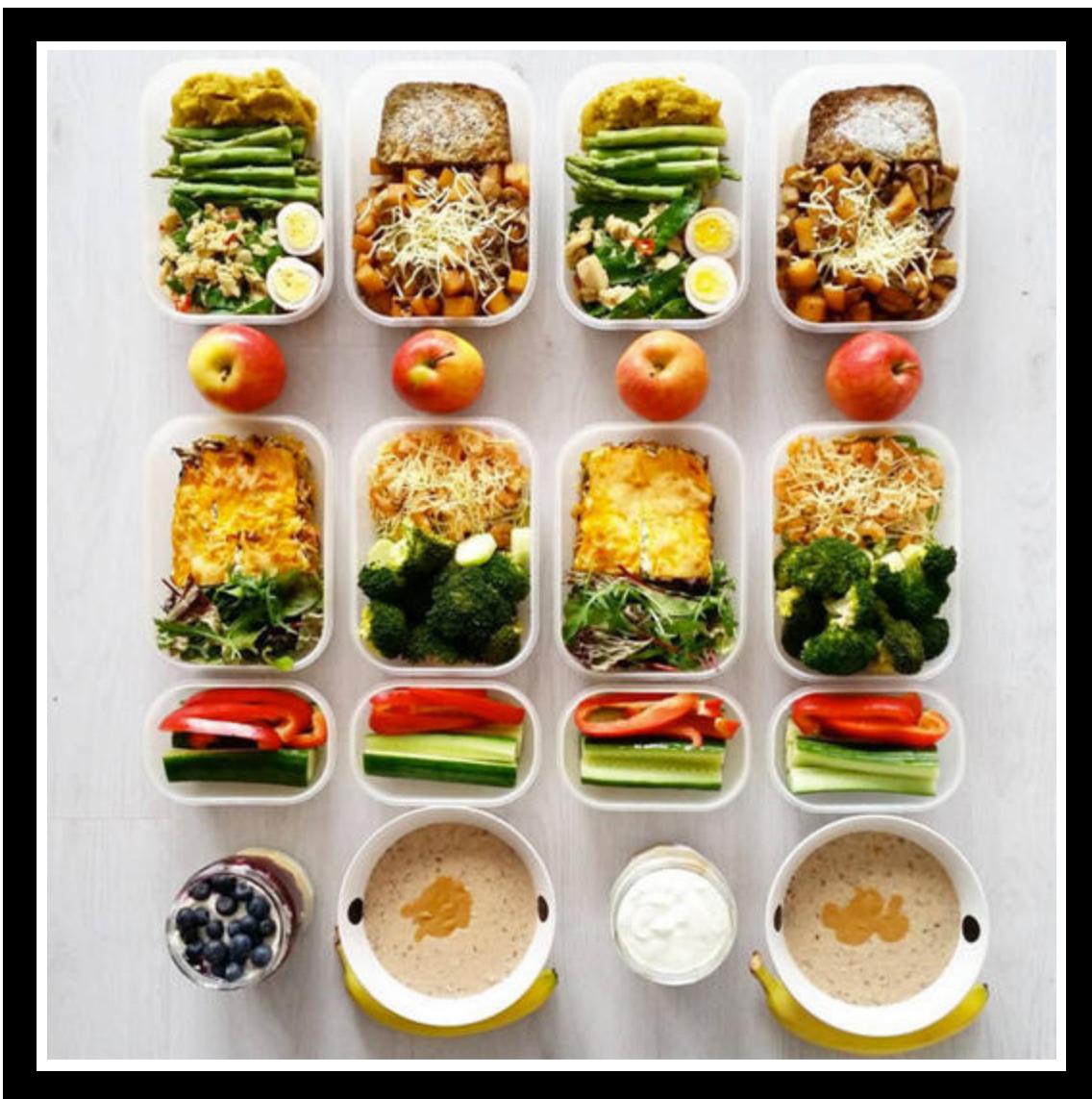
2 tbsp. olive oil  
2 tbsp. white wine vinegar  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp black pepper  
4 cups hearts of romaine lettuce, chopped  
1  $\frac{1}{2}$  cups shredded boneless, skinless chicken breast (can use rotisserie chicken if desired)  
 $\frac{3}{4}$  cup (3 oz.) fresh mozzarella cheese, cut into small pieces  
 $\frac{1}{2}$  cup fresh basil leaves, torn  
1 pint cherry tomatoes, quartered  
Cooking spray or additional olive oil  
4 multigrain flatbreads or pita breads  
1 large garlic clove, halved

1. Combine first 4 ingredients in a large bowl and whisk together. Add lettuce, chicken, mozzarella, basil, and tomatoes and toss to combine.
2. Heat a large nonstick skillet over medium-high heat. Spray with cooking spray or drizzle lightly with olive oil. Cook each flatbread or pita bread individually about 1 minute per side. Rub each side of the bread with the cut sides of the garlic. Arrange about 1  $\frac{1}{2}$  cups of the caprese mixture in the center of the flat bread and roll up. If using pita bread, cut in half and stuff the inside of the pita with desired amount of caprese mixture.

*Recipe from myrecipes.com*



# MEAL PREPPING IDEAS



## Meal Prepping

*Meal prepping is a great way to prepare your lunches (or dinners) for the whole week on just one day. You can make lunch for everyday of the week or only for those days when you're running all over campus from class to class and know you won't make it home to cook. These are a few ideas to get you started with meal prepping!*

### Steps for Effective Meal Prepping

1. Pick one day a week to do your meal prep. This includes shopping, cooking, and storing your meals. Depending on your schedule, you might shop one day and then cook the next day. Find what works for you!
2. Make sure you have the storage containers you will need. There are plenty of fancy containers available, but inexpensive plastic Tupperware works the same.
3. Read up on page 6 for some helpful tips on grocery shopping. Before you shop, make a plan for what you're going to be making for your meals.
4. Shop, cook, store, and go!

### Recipe Ideas

#### 1. Pick a protein:

- Chicken
- Turkey
- Steak
- Fish
- Egg
- Tofu
- Beans
- Lentils

#### 2. Pick a vegetable or two:

- Carrots
- Sweet potato
- Broccoli
- Peas
- Corn
- Squash
- Zucchini
- Leafy greens
- Cauliflower

#### 3. Pick a grain/carbohydrate:

- Rice
- Brown rice
- Quinoa
- Couscous

Lentils  
 Barley  
 Pasta  
 Bread (roll, slice of toast, tortilla, etc.)

4. Come up with any combination that you like and cook up your meals adding your favorite spices and herbs!

5. Need some more ideas or specific recipes to help you get started? Check out Pinterest or budgetbytes.com for hundreds of ideas!

### **Garlic Parmesan Kale Pasta Meal Prep**

There are 3 parts to this recipe which makes it a little time consuming; however, this can save you time because it will give you several meals instead of just one. Prepare each recipe separately and then combine each component into a plastic or glass container that you can take with you on the go.

For the Chicken:

1/4 cup olive oil

1/4 cup lemon juice

3 cloves garlic, minced

1/2 Tbsp. dried oregano

1/2 tsp salt

Freshly cracked pepper

1.5 lbs. boneless skinless chicken breasts (about 2) or 4-6 chicken thighs

1. Add olive oil, lemon juice, garlic, oregano, salt, and pepper to a large zip top bag, or a large shallow dish. Close the bag and massage to mix the ingredients, or stir the ingredients in the dish until combined.

2. Filet each chicken breast into two thinner pieces. You should now have 4 pieces of chicken. Place the pieces in the bag or dish, making sure the chicken pieces are completely covered in marinade. Marinate the chicken for at least 30 minutes and up to 8 hours, turning occasionally to maximize the chicken's contact with the marinade. The longer you marinate the chicken, the more flavorful it will be.

3. When ready to cook, heat a large skillet over medium flame or on medium heat. Transfer the chicken from the marinade to the hot skillet and cook on each side until well browned and cooked through (about 5-7 minutes each side, depending on the size of the pieces). I cooked two pieces at a time to avoid over-crowding the skillet, which can cause juices to pool and prevents browning. Discard any excess marinade.

4. Transfer the cooked chicken from the skillet to a cutting board and let rest for five minutes before slicing and storing.

For the Kale Pasta:

1 bunch 1/2 lb. kale  
1/2 lb. angel hair pasta (can use wheat or white flour pasta)  
2 Tbsp. olive oil  
2 Tbsp. butter  
2 cloves garlic, minced  
1/4 cup grated Parmesan  
Pinch salt and pepper  
Pinch red pepper flakes (optional)

1. Pull the kale leaves from the woody stems and tear or cut them into small 1 to 2-inch pieces. Rinse the kale well in a colander under cool, running water and allow it to drain.
2. Bring a large pot of water to a boil. Add the pasta to the boiling water, and cook until al dente (about 7 minutes). Drain the pasta in a colander.
3. While the pasta is cooking, add the olive oil, butter, and minced garlic to another large pot or skillet. Cook over medium heat for 1-2 minutes, or until the garlic is soft and fragrant. Add the kale and continue to sauté until the kale has wilted and has turned a deep green color (about 5-7 minutes). Turn the heat off.
4. Add the drained pasta to the pot with the sautéed kale. Toss the pasta and kale together. Allow them to cool to the point that steam is no longer rising from the pot. You want the pasta warm, but not hot enough to melt the Parmesan.
5. Season the pasta and kale with salt and freshly cracked pepper to taste. Add the grated Parmesan cheese and toss to coat. Add a pinch of red pepper flakes over top if desired.

For the Tomatoes:

1 pint of cherry tomatoes  
1-2 tbsp. olive oil (or use the leftover oil in the pan you used to make the chicken)

1. Heat a skillet or pan over medium heat,
2. Add your tomatoes to the pan and cook stirring occasionally.
3. Cook until the tomato skins are blistered, bursting, and soft.

*Recipe adapted from budgetbytes.com*

## Spaghetti and Broccoli Meal Prep

For the spaghetti:

1 Tbsp. olive oil

1/2 lb. lean ground beef (optional)

1 yellow onion

2 cloves garlic

1 zucchini

2 carrots

1/2 tsp basil

1/2 tsp oregano

1/4 tsp salt

Freshly cracked pepper

Pinch red pepper flakes (optional)

24 oz. jar pasta sauce (of your choice)

12 oz. spaghetti



1. Add olive oil and ground beef to a large, deep skillet. Brown the ground beef over medium heat until cooked through. If you are not using meat, disregard this step and move on to sautéing the onion and garlic.
2. While the beef is browning, finely dice onion and mince the garlic. Once the beef has cooked through, add the onion and garlic to the skillet and continue to sauté until the onion is soft and transparent.
3. While the onion and garlic are sautéing, shred the zucchini and carrots using a large-holed cheese grater. You should have about 1 to 1.5 cups of each vegetable.
4. Add the shredded zucchini and carrots to the skillet along with the basil, oregano, some freshly cracked pepper, salt, and a pinch of red pepper (optional). Continue to sauté until the vegetables are tender.
5. Add the pasta sauce and heat through. Cook the spaghetti according to the package directions then drain in a colander. Return the drained spaghetti to the pot with the heat turned off. Add one cup of the prepared sauce to the pasta and stir to coat. Divide the pasta into serving bowls and top with additional sauce.

For the broccoli:

1 lb. frozen broccoli florets (can also use fresh)

2 Tbsp. olive oil

1 Tbsp. Montreal steak seasoning

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or aluminum foil. Spread the frozen florets out over the baking sheet (no need to thaw). If you are using fresh broccoli, wash your florets and cut into smaller, bite sized pieces. Dry the florets before drizzling with olive oil.
2. Drizzle the olive oil over the florets, then sprinkle the Montreal steak seasoning over top. Toss the florets in the oil and seasoning until everything is evenly distributed.

3. Transfer the baking sheet to the oven and roast for 20 minutes. Take the baking sheet out and use a spatula to stir the broccoli and redistribute the oil and spices. Return the baking sheet to the oven and roast for another 10 minutes, or until the broccoli develops the amount of brownness desired.

To combine:

1. After making each of these recipes, portion out desired amounts of each into separate containers. This recipe will make about 4-5 servings depending on your portion sizes.
2. Store in fridge until ready to eat. Heat in microwave.

*Recipe adapted from budgetbytes.com*

## Curried Chicken Salad Meal Prep

### DRESSING

1/4 cup mayonnaise (can also just use plain yogurt)  
 1/4 cup plain yogurt  
 1 tsp lemon juice  
 1/2 tsp honey  
 1 tsp curry powder  
 1/4 tsp salt  
 Ground pepper to taste

### SALAD

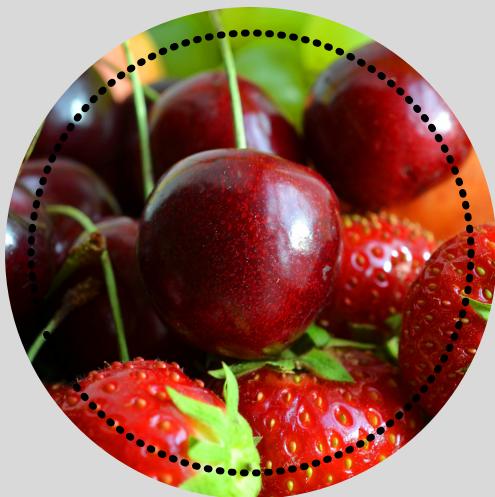
2.5 cups chopped cooked chicken (can also use rotisserie chicken)  
 Pinch salt & pepper  
 2 stalks celery  
 3 whole green onions  
 1/2 cup sliced almonds  
 1/2 cup raisins or craisins  
 1 15 oz. can cannellini beans, drained and rinsed (optional)

1. Make the dressing by whisking all dressing ingredients together in a small bowl.
2. Season both sides of chicken with salt and pepper. Cook chicken on a grill or skillet until cooked through. Allow cooked chicken breast to cool.
3. Finely dice celery and slice green onions. Place in large bowl with almonds and raisins.
4. Chop chicken into small cubes. Add to bowl with rest of salad ingredients. Stir to combine. Pour the dressing over top and stir to coat.
5. Make this a meal by adding apples, crackers, and a few slices of cheese when you portion out your salad into meal prep containers.

*Recipe adapted from budgetbytes.com*

# *Snacks*

Ideas for simple snacks to keep you energized  
and focused throughout your day!



## Snacks

*Snacks are just as important as meals. Snacking is a great way to keep our metabolism working throughout the day so that we are using energy instead of storing energy. It is also really helpful in keeping us satisfied, energized, and focused throughout the day. Here are some simple and delicious snack recipes!*

## Hummus

2 16-oz. cans garbanzo beans, drained and rinsed  
 1 clove of garlic, peeled  
 1/3 cup tahini\*  
 1 tsp salt  
 Juice of 1 lemon  
 1/4 tsp ground cayenne pepper  
 1/4 tsp ground cumin  
 1/4 tsp ground black pepper  
 1/3 cup extra virgin olive oil  
 1 handful fresh parsley, optional (or about 1/2 - 1 tsp dried parsley)  
 3-4 green onions cut into 1" pieces  
 Water as needed (about 1/3 cup)



1. Place all ingredients in a food processor or blender. Add water as needed to form a smooth paste. Adjust seasonings to taste.
2. Garnish with parsley if desired. Use as a dip for pita bread or fresh vegetables or use as a spread on sandwiches or toast.

\*Tahini is a paste made from sesame seeds and is usually found by the peanut butter or in the health foods section at the grocery store.

*Recipe adapted from and courtesy of Tamara Steinitz*

## Energy Bites

*Energy bites are very popular and for good reason. They are packed with protein and energy to keep you going throughout the day—and most recipes make a lot! This is a basic recipe, but you can find many more adaptations on Pinterest.*

1 cup rolled oats  
 1/3 cup mini semi-sweet chocolate chips  
 ½ cup ground flax seed  
 1 tbsp. chia seeds  
 ½ cup crunchy or creamy nut butter  
 1/3 cup honey  
 1 tsp vanilla extract

1. Combine oats, chocolate chips, flax seeds, nut butter, honey, and vanilla extract together in a bowl.
2. Once everything is combined, form the mix into small balls, about 1", using your hands.
3. Arrange the energy bites on a baking sheet or in a Tupperware and freeze until set, about 1 hour.
4. This recipe can be easily doubled according to how many energy bites you want to make at one time.

Optional add-ins:

Dried fruits  
 Chopped nuts  
 Cinnamon  
 Dark chocolate chips  
 Coconut flakes

*Recipe adapted from USU Dietetic students*



## Walnut Trail Mix

2 cups California walnut halves  
 1 cup unsalted pumpkin seeds  
 1 cup dried cranberries  
 1 cup chopped dried apricots  
 1 cup banana chips  
 Honey (optional for roasting)

1. Preheat oven to 350 °F.
2. Combine all ingredients besides the banana chips and spread the mixture on a baking sheet. If desired, drizzle honey over the mixture and toss to thoroughly coat. Bake for 10-15 minutes or until fragrant and lightly roasted.
3. Let the mixture cool and transfer it to a large bowl. Add in the banana chips and stir.
4. Store in an airtight container for up to 5 days.

*Recipe adapted from USU Dietetic students*

## Coconut Curry Nuts

Mix in a bowl:

1 tbsp. + 1 tsp extra virgin olive oil  
 1 tbsp. + 1 tsp maple syrup  
 2 tsp ground ginger  
 2 tsp curry powder  
 1 tsp salt



Add:

4 cups nuts (raw, in any combination you like)  
 2 tbsp. shredded and unsweetened coconut

1. Stir to combine thoroughly. Cover a large baking sheet with parchment paper and spread nuts out evenly on the baking sheet.
2. Bake at 350 °F for 10 minutes, or just until beginning to toast. Do not overcook—they will continue to cook after removing from the oven.
3. Cool the mixture and then store in a jar or plastic container for up to several weeks.

*Recipe adapted from Rebecca Katz's "The Healthy Mind Cookbook"*

## Spiced Pumpkin Seeds

Mix in a bowl:

2 tsp extra virgin olive oil  
 ½ tsp salt  
 1 tsp ground cumin  
 1 tsp ground coriander



Add:

2 cups raw pumpkin seeds

1. Stir all ingredients until combined. Cover a large baking sheet with parchment paper and spread the seeds out evenly over the sheet.
2. Bake at 350 °F for 7-8 minutes, or just until you can smell the spices and hear the seeds beginning to pop.
3. Cool the mixture thoroughly and store in a jar or plastic container for up to several weeks.

*Recipe adapted from Rebecca Katz's "The Healthy Mind Cookbook"*

## Air-Popped Popcorn

*Popcorn is always a fun snack, but microwaved popcorn is often loaded with calories, fat, and sodium. Using an air popper can decrease the calories and fat in popcorn. These are some recipe ideas that use air-popped popcorn and add some extra flavors for a tasty and easy snack.*

## Peanut Butter and Honey Popcorn

1/3 cup un-popped popcorn kernels  
 2/3 cup honey  
 2/3 cup peanut butter (or other creamy nut butter of your choice)  
 1 tsp vanilla

1. Pop the popcorn according to the directions on your popcorn maker.
2. In a separate bowl, melt the honey and peanut butter together. This can be done on the stove or in a microwave.
3. Mix the vanilla into the honey and peanut butter mixture. Pour the entire mixture over the popcorn and mix to cover it completely.

*Recipe courtesy of Jackie Heaps*

## Garlic Parmesan Cayenne Popcorn

½ cup un-popped popcorn kernels  
 1-2 tbsp. oil (olive, canola, coconut, or another oil of your choice)  
 ½ - 1 tsp garlic powder  
 ½-1 cup parmesan  
 ½ tsp smoked paprika  
 Pepper to taste  
 Pinch of salt

1. Pop the popcorn according to the directions for your popcorn maker OR
  1. In a heavy bottom pot, heat the oil on medium high heat. Test the heat by tossing in a couple of kernels. Once they pop, add the rest of the popcorn, cover the pot leaving a crack for steam to escape, and turn the heat down to medium. Shake the pot occasionally until all the kernels are done popping. Transfer popcorn into a large bowl.
2. Sprinkle the popcorn with the garlic powder, parmesan, smoked paprika, salt, and pepper and mix all together until the popcorn is well coated. Cover and let the mixture stand for 10 minutes or so until the cheese is melted.

*Recipe adapted from feastingfromhome.com*

## Homemade Granola

1 ½ cup brown sugar  
 ½ cup water  
 4 tsp vanilla  
 ½ tsp salt  
 8 cups oats  
 ¾ cups chopped pecans  
 ¾ cups chopped almonds  
 ½ cup sunflower seeds (can also use flax seeds, chia seeds, or a combination of all three)  
 ½ cup shredded unsweetened coconut

1. Microwave sugar and water on half power for 2 minutes, stirring occasionally until the sugar dissolves. Stir in the vanilla and salt.
2. In a large bowl mix the dry ingredients starting with oats. Add the sugar mix and stir well.
3. Bake the mixture on 2 cookie sheets for 45 minutes at 275 °F. Rotate the sheets on the oven racks every 15 minutes to prevent burning. With each switch, stir the granola gently.
4. Cool the granola completely before storing.

## Peanut Butter Granola Bars

In a large bowl mix:

4 cups oatmeal

4 cups Rice Krispies (or  $\frac{1}{2}$  puffed rice with 1/2 rice krispies or mixture of whatever is in the pantry to equal 4 cups of cereal)

3  $\frac{1}{2}$  - 4 cups chopped nuts and/or dried fruit (almonds, sunflower seeds, flax seeds, pumpkin seeds, chia seeds, raisons, craisons, coconut, millet...)

In a small sauce pan, heat:

1 cup peanut butter

1 cup honey

$\frac{1}{2}$  cup brown sugar (could substitute Xagave or your preferred sweetener)

1-2 tsp vanilla (depends on preference)

Heat until sugar and honey is dissolved into the peanut butter, and then mix with cereal, nut, and fruit mixture. Stir until coated well, and then press onto a cookie sheet. Put it in the refrigerator or freezer until firm. When firm cut it like granola bars from the store and put each in a snack size baggie. These can be stored in the fridge or freezer.

\*\*\* This is very forgiving...you can mix and match with what you already have around your house or apartment and it still does well. You can use Xagave or any other sweetener instead of brown sugar or even add maple syrup. Just play around with the ratio of the sweeteners because some are sweeter than others.

## Other Snack Ideas

*If you don't feel like taking the time and energy to make a snack, here are some easy ideas for snacks that you don't really have to put together. The key to a snack that will keep you energized? Include a protein and a produce component. That easy!*

Nut butter and apples

Cheese stick and fruit or veggies

Hummus and veggies

Nuts and dried or fresh fruit

Toast with a protein spread and a vegetable or fruit on top or on the side (think nut butter, hummus, beans, cheese, cream cheese, etc.)

# DINNER

*in 30 minutes*



## One-pan Mexican Quinoa

1 TB olive oil  
 2 cloves garlic, minced  
 1 jalapeño, minced  
 1 C quinoa  
 1 C vegetable broth  
 1 (15 oz.) can black beans, drained and rinsed  
 1 (14.5 oz.) can diced tomatoes  
 1 C frozen corn  
 1 tsp. chili powder  
 ½ tsp. cumin  
 Salt and pepper, to taste  
 Optional: 1 avocado, juice of 1 lime, 2 TB chopped fresh cilantro



1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno. Cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin. Season with salt and pepper, to taste.
3. Bring to a boil. Cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. If desired, stir in avocado, lime juice, and cilantro.

*Recipe and picture courtesy of damndelicious.net*

## Swift Stir-Fry

1-2 chicken breasts, cut into thin 2-inch strips (can use beef)  
 1/4 C + 2 TB of Mr. Yoshida's Marinade and Cooking Sauce  
 16 oz. bag of frozen stir-fry vegetable mix  
 1/2 C water  
 2 tbsp. cornstarch  
 Optional: ½ C cashews

1. Marinate meat in 2 TB of sauce. Meanwhile, cook vegetables in stir-fry pan (coated with cooking spray) on high for about 3-4 minutes. Remove vegetables to serving dish; cover to keep warm.
2. Sauté chicken on high until juices run clear, approx. 5 minutes. Meanwhile, whisk ¼ cup sauce, water, and cornstarch together until smooth. Over medium heat, add sauce mixture to chicken and heat to bubbling and thickened, about 2-3 minutes.
3. Stir in cashews, if desired. Add vegetables. Serve over rice.

*Recipe courtesy of Kaylene Craig*

## Broccoli Chickpea Stir-Fry

2 tbsp. olive oil  
 1 small onion, thinly sliced  
 4 cloves garlic, minced  
 Salt and pepper  
 1 ½ heads broccoli, including stalks, trimmed and chopped (2 cups)  
 1 (10.5 oz.) can chickpeas (aka garbanzo beans), drained and rinsed  
 1/3 C chicken or vegetable broth  
 ¼ tsp. crushed red pepper  
 1/3 C parmesan cheese (grated or shaved)

1. In a large skillet (preferably one with a lid), warm olive oil over medium heat until hot. Carefully add onion, garlic, and salt. Sautee, stirring often, until onion becomes transparent and garlic just begins to turn golden brown, 4 to 5 minutes.
2. Toss in chopped broccoli. Sautee for 3 minutes. Add chickpeas, broth, and red pepper. Stir once, cover, and cook for 3-9 minutes more. Cooking time will depend on how soft you like your broccoli.
3. Uncover, season with pepper, sprinkle with parmesan, and serve! Enjoy this spicy dish. The textures of the broccoli and chickpea complement each other well.

*Recipe courtesy of myrecipe.com*

## Baked Potatoes

1 potato for each person (if they are very small, 1-2 per person)  
 Toppings: cheese, broccoli, other veggies, chili, butter, sour cream, salt and pepper

1. Scrub potatoes and rinse with water. Poke fork into potatoes to make air holes.
2. Bake in a glass dish with lid in the microwave or wrap in foil and bake in the oven at 400° for 1 hour.
3. Prepare toppings: boil or steam vegetables; heat chili; grate cheese; get out butter, salt, pepper, and sour cream. Once potatoes are done, let cool for about 5 minutes before cutting and adding toppings.



## Ham and Cheese Oven Sandwiches

*The cook time for this recipe is just 30 minutes, but it does take some time to prepare the dough. All you have to do is leave it out all day to rise and when you come home from class to make dinner, your dough is ready to go!*

1 Rhodes “Bake n Serve” loaf of bread

Deli ham

Mozzarella cheese

1. Let dough sit out all day to rise.
2. Roll out and put ham and cheese out in one layer alternating.
3. Bake at 350° for 20-25 minutes.

## Tuna Casserole

Noodles of choice, cooked al dente and drained

1 can cream of chicken or mushroom

1 can tuna, drained

Milk, start with  $\frac{1}{2}$  of soup can

Salt and pepper

Optional: Vegetables to stir in

1. Cook your noodles of choice until they are al dente. Drain the noodles and add them back to their pot, keeping the stove on low heat.
2. Stir in the cream of chicken or cream of mushroom soup, tuna, and milk. Stir all the ingredients to combine. Add more milk to reach desired consistency.
3. Add salt and pepper to taste and other seasonings as desired such as onion powder, garlic powder, parsley, Italian seasonings, etc.
4. Optional: add your favorite cooked vegetable into the tuna casserole or serve on the side. Peas work especially well when cooked with the noodles.

## Pasta

*Pasta is a really easy dish to make and can be stored and used as leftovers too. Plus, it is easily customizable as you can add your favorite type of sauce and even some meat or vegetables. Directions for cooking pasta are usually on the packages they come in. Here are some simple pasta recipes!*

### Skinny Alfredo Sauce

12 ounces fettuccine (or whatever type of pasta you like)  
 1 Tablespoon extra virgin olive oil or butter  
 4 cloves garlic, pressed or finely-minced  
 3 Tablespoons all-purpose flour  
 1 cup chicken stock  
 1 cup low-fat milk (could use non-dairy milk, but that might change the flavor)  
 3/4 cup freshly-grated Parmesan cheese  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper  
 (optional toppings: chopped fresh parsley, extra Parmesan)

1. Cook pasta al dente according to package directions in boiling water.
2. Meanwhile, heat olive oil or melt butter in a large sauté pan over medium-high heat. Add garlic and sauté for about one minute, stirring occasionally, until fragrant. Sprinkle with flour, and stir to combine. Sauté for an additional minute to cook the flour, stirring occasionally.
3. Slowly add the chicken broth, whisking to combine until smooth. Whisk in milk, and bring the mixture to a simmer. Let the sauce cook for an additional minute until thickened, then stir in Parmesan cheese, salt and pepper until the cheese is melted.
4. Drain pasta, then immediately add it to the sauce. Toss to combine. Serve topped with chopped fresh parsley and extra parmesan if desired.

*Recipe adapted from [gimmesomeoven.com](http://gimmesomeoven.com)*



## Pesto Tortellini

6-20 oz. cheese or spinach and cheese tortellini (amount depends on how much you want)

Bottle of pesto

1-1 ½ grilled or baked chicken breast (optional)

1. Cook the desired amount of pasta that you want. Once cooked, drain the tortellini and return it back to the pot.
2. Add chicken if desired.
3. Add one or two spoonfuls of pesto and mix to combine everything. Add more pesto to your liking and heat on low to medium heat until the mixture is warmed through. Serve immediately.

## Fish

*Fish can seem intimidating to make, but it is really very simple because it doesn't take very long to cook. The hardest thing with fish is how expensive it can be. Look for sales on fish and freeze a few filets for easy use later.*

### How to Cook Most Types of Fish

*These methods work well with fish like salmon, tilapia, Mahi Mahi, cod, and halibut.*

Bake:

1. Preheat your oven to 350°F for thawed fish or 400°F for frozen fish. Spray a 9x9 or 13x9 inch glass pan with cooking spray.
2. Season your fish filets as desired. Some ideas are lemon pepper seasoning, Cajun seasoning, garlic and onion powder, butter and lemon, or whatever type of seasoning you like best. Add the filets to the pan.
3. Bake for about 15-20 minutes or until the fish flakes easily with a fork.

Pan Fry:

1. Heat a sauté pan over medium heat. Pour about 1-1 ½ tablespoons of olive oil in the pan and heat until the oil shimmers.
2. While the oil is heating, season your fish as desired (see above for some seasoning ideas).
3. Add your fish filets to the pan and cook for about 5-7 minutes on each side until the fish flakes easily with a fork.

## Tacos or Burritos

*Another quick and easy dinner idea is tacos or burritos. These can be made with any type of meat (beef, chicken, pork, shrimp) or can easily be made vegetarian or vegan with rice, beans, and veggies. Make your taco a salad by adding your toppings on to lettuce instead of a tortilla.*

### How to Cook Taco Meat:

1. Choose which type of meat you like best. You can cook your meat thawed or frozen.
2. Chicken can easily be baked in the oven at 375°F for around 35-40 minutes. Or you can pan fry the chicken over the stove.
3. Ground beef is best cooked in a sauté pan. Once the meat is cooked until it is no longer pink, drain the extra juice from the pan and pat the meat with a paper towel to remove additional drippings.
4. Whatever type of meat you choose, season it with taco seasoning from a packet or make your own by simply mixing all these ingredients together. 2-3 tbsp. of this mix is equivalent to a packet of taco mix:

1/3 cup dry minced onion  
 2 tsp salt  
 2 tbsp. chili powder  
 2 tbsp. paprika  
 1 tsp garlic powder  
 1 tsp cumin  
 ½ tsp oregano  
 2 tbsp. flour

### Topping Ideas:

Lettuce  
 Tomato  
 Avocado or guacamole  
 Salsa  
 Cilantro  
 Sour cream or plain yogurt  
 Hot sauce



## Lentil Tacos

*Here is super delicious vegetarian take on tacos using lentils, which are very high in protein.*

½ tbsp. olive oil

1 cup finely chopped onion

1 clove garlic, minced

1 cup dried brown lentils, rinsed (check for small dirt clods and rocks)

1 package of low sodium taco seasoning (or make your own using the recipe on page 39)

2 ¼ cups water

Tortillas

Toppings of choice

1. In a large saucepan or skillet over medium-high heat, heat oil. Add the onion and garlic and cook until the onions begin to soften.
2. Add lentils and taco seasoning to pan. Cook until the spices are fragrant and the lentils are dry, about 1 minute or so.
3. Add the water to the lentils and bring to a boil. Reduce heat to low, cover the lentils, and simmer until the lentils are tender and most of the liquid is gone, about 25-30 minutes but cook longer if needed. Uncover the lentils and continue to cook until the mixture thickens, about 3-5 minutes more.
4. Once the lentils are cooked, make up your tacos with all your favorite toppings!

*Recipe adapted from and courtesy of Anna Allen.*



# Crockpot Delights

## Crockpot Cooking

*Crockpots are one of the greatest inventions on Earth, especially for college students! Throw all your ingredients in your crockpot before you head to class in the morning, and by the evening, everything is all good to go!*

### White Bean Chicken Chili

4 15-oz cans great northern beans, rinsed  
 2 lbs. chicken breasts  
 2 4-oz cans green chilies (you can use mild or medium chilies)  
 2 tsp ground cumin  
 1 tsp oregano  
 1 1/2 tsp chili powder  
 1/2 tsp salt  
 3 cloves minced garlic  
 1 14 1/2 ounce can reduced sodium chicken broth (or make your own using chicken or vegetable bouillon)  
 1 cup water

1. Cut the chicken into small cubes and brown over the stove. You can also cook chicken in crockpot before adding other ingredients, this will just add to your prep time.
2. Drain and rinse the beans, and place all the ingredients into the crock pot. Mix well.
3. Cook covered on low for 10-12 hours or high 5-6 hours. Makes 6-8 servings.
4. Add your favorite toppings like cheese, cilantro, or crushed tortilla chips. You can even serve this over rice.

*Recipe adapted from lovetaza.com*



## Chicken Enchilada Soup

2 tsp. olive oil  
½ C chopped onion  
3 cloves garlic, minced  
3 C low-sodium, fat free chicken broth  
8 oz. can tomato sauce  
1-2 tsp. chipotle chili in adobo sauce (or another form of chili sauce)  
¼ C chopped cilantro  
15 oz. can black beans, rinsed and drained  
14.5 oz. can petite diced tomatoes  
15 oz. can of corn  
1 tsp. cumin  
½ tsp. dried oregano  
2 chicken breasts (raw)  
Cheese and sour cream for garnish

1. Heat oil in a saucepan over medium-low heat. Add onion and garlic, sauté until soft (3-4 min). Slowly add the chicken broth, tomato sauce, and chipotle adobo sauce and bring to a boil. Add cilantro and remove from heat. Pour into crockpot.
2. To the crockpot, add drained beans, diced tomatoes, corn, cumin, oregano and stir. Add the chicken breasts; cover and cook on low heat 4-6 hours.
3. Remove chicken and shred with a fork. Add chicken back into soup. Adjust salt and cumin to taste. Serve and top with sour cream and cheese if desired. You can also add avocado, tortilla strips, or oyster crackers.

*Recipe adapted from skinnytaste.com; Picture courtesy of skinnytaste.com*



## Lime Chicken Tacos

1 ½ lbs. boneless skinless chicken breasts

3 TB lime juice

1 TB chili powder

1 C frozen corn

1 C chunky salsa

Tortillas

Optional: cheese, lettuce

1. Place chicken in the crock pot. Combine lime juice and chili powder in a small bowl, and pour over chicken. Cover and cook on low for 5-6 hours or until the chicken is tender.
2. Remove chicken and cool slightly. Place on a large cutting board and shred with a fork and knife. Return it to the slow cooker.
3. Stir in the corn and salsa. Cover and cook on low for 30 minutes or until heated through. Serve on tortillas for tacos!

*Recipe courtesy of bestsimplerecipes.com*

## Easy and Perfect Pulled Pork

2-3 lbs. of boneless blade pork roast (buy when pork is on sale at the grocery store)

¾ tsp. smoked or regular paprika

1 tsp. pepper

½ tsp. cayenne pepper (or red pepper flakes)

½ tsp. thyme

½ tsp. garlic powder

¼ tsp. salt

½ C water

1. Combine all of the seasonings (paprika, pepper, cayenne, thyme, garlic powder, salt) in a small bowl. Rub the spices evenly over the roast.
2. Place the meat in a crock pot. Add water. Cover and cook on low for 6-8 hours or high for 4-5 hours. The pork is ready when it is very tender.
3. Remove the pork to a large cutting board and let rest for 10-15 minutes. Shred, slice, or chop to serve.
4. Serve with a starch (potatoes or rice) and veggies. Serve with barbecue sauce on a bun. The possibilities are endless! This meat is VERY tender and delicious!

\*Serves about 8. This freezes well for leftovers! Frozen, cooked meat will last for 2-3 months.

*Recipe courtesy of porkbeinspired.com*

## Tikka Masala

*This is a delicious Indian dish and is so simple to make!*

2 lbs. / 900 gr free-range organic chicken breasts, cut into 1½-inch chunks  
 1 large onion, finely chopped  
 4 garlic cloves, minced  
 2 tablespoons grated fresh ginger  
 1 (29 oz.) can of tomato sauce  
 2 tablespoons olive oil  
 1 tablespoon Garam masala (this is a spice that can be found with other spices at the grocery store, or you can make your own)  
 2 teaspoons ground cumin  
 2 teaspoons ground coriander  
 2 teaspoons paprika  
 1 teaspoon turmeric  
 ½ teaspoon cinnamon  
 ½ teaspoon cayenne pepper (adjust according to your heat preference)  
 ½ teaspoon ground black pepper  
 2 bay leaves  
  
 1 cup (250 ml) heavy cream or half-and-half (or full-fat coconut milk)  
 2 tablespoons cornstarch (or arrowroot powder)  
 Juice of ½ lemon

1. Grease the inside of your crockpot with a bit of olive oil.
2. Combine all ingredients (except for bay leaves, heavy cream, arrowroot powder, and lemon juice) in a large bowl. With a large spatula or spoon, stir to combine everything, making sure that the chicken is well coated.
3. Pour the mixture into the slow cooker and place the two bay leaves on top. Cover and cook for 8 hours on low (or 4 hours on high).
4. When done, combine heavy cream and cornstarch (or arrowroot) in a small bowl, and gently stir into the mixture. Let cook an additional 20 minutes or so to thicken.
5. Finally add the lemon juice and gently stir to incorporate. This is really yummy when served with or over basmati rice.

Optional: Looking for a vegetarian option? Swap out the chicken for chickpeas. Use about 3 cans of drained and rinsed chickpeas.

*Recipe adapted from [theironyou.com](http://theironyou.com)*

## Café Rio Style Sweet Pork

$\frac{3}{4}$  C brown sugar

$\frac{3}{4}$  C salsa

$\frac{1}{2}$  can cola (Coke or Pepsi, diet or regular, It doesn't matter.)

2 lbs. boneless pork roast

To make it salad or taco, add:

Lettuce

Frozen white corn, defrosted

Can of diced tomatoes

Cheese

Avocados

Tortillas (tacos)



1. In a bowl, mix the sugar, salsa, and cola.
2. Place the pork in the crock pot. Pour the sauce over.
3. Cook on low for 8 hours.
4. Remove the meat, and place it on a large cutting board. Let it cool slightly, and then shred with a fork and knife. Skim the fat off the juices. Place the meat back into the crock pot so it can absorb the sweet juices.
5. Serve as a salad or on tacos! Makes about 8 servings. Meat can be frozen for up to 2-3 months.

*Recipe courtesy of Shayna Bedingfield*

## Chicken Casserole

4 boneless chicken breasts, browned  
3 celery stalks, chopped  
 $\frac{1}{2}$  large yellow or white onion, chopped or diced  
2 (15 oz. each) cans low sodium cream of chicken soup  
1 can of water, adding more if too thick  
1 can instant or regular rice (white or brown as preferred)  
Thyme, to taste

1. Thaw and brown the chicken breasts.
2. Sauté the celery stalks and onions in olive oil in a sauté pan.
3. Add all the ingredients to crockpot and stir to combine. Cook on low for 6 hours, high for about 4 hours.
4. When finished cooking, gently shred the chicken. Add thyme to taste and mix to combine before serving.

*Recipe adapted from Gisela Aardema*

# Simple Salads



## **Salad**

*Salads are a delicious way to get all your veggies in! Here are some ideas for how to create the perfect salad combination as well as some tasty recipes to try!*

### Start with your greens:

- Spinach
- Leafy Romaine
- Spring Mix
- Iceberg lettuce
- Kale

### Toppings:

- Sliced red onions
- Chopped green onions
- Chopped apples
- Mandarin oranges
- Craisins
- Chopped dried mango
- Grapes
- Sliced pears



### Vegetables:

- Peas
- Celery
- Carrots
- Broccoli
- Snow peas
- Mushrooms
- Tomatoes
- Olives
- Avocado

### Cheese:

- Shredded mozzarella, Swiss, cheddar, or any other favorite
- Crumbled blue cheese, goat cheese, or feta cheese
- Parmesan

### Nuts/Seeds:

- Slivered almonds
- Walnuts
- Cashews
- Peanuts
- Pumpkin seeds
- Sunflower seeds

Dressings:

Light balsamic

Light ginger sesame

Light Italian

Caesar

Sweet fruit vinaigrette

Lemon poppy seed

Cilantro lime vinaigrette

\*Creamy dressings like ranch are also good, but can be high in fat and calories so look for low fat options if you are choosing a creamier dressing

Example Combinations:

1. Spinach and romaine lettuce topped with craisins, mandarin oranges, apples, green onions, blue cheese, cashews, and sweet vinaigrette like raspberry.
2. Spinach/romaine mixed with red onion, mandarin oranges, almonds and ginger sesame dressing. Top with sliced grilled chicken for some extra protein.
3. Spinach/romaine lettuce mixed with onions, peas, celery, carrots, olives, and light balsamic vinaigrette. Top with sliced boiled egg for extra protein.
4. Romaine/spinach with green onion, grated parmesan cheese, croutons, and Caesar dressing.

## 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.  $\frac{1}{4}$  cup cooked is good for a one person serving,  $\frac{1}{2}$  cup to  $1 \frac{1}{2}$  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  
 $\frac{1}{2}$  cup parmesan cheese  
 $\frac{1}{3}$  cup olive oil  
 $\frac{1}{4}$  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  
 $\frac{1}{2}$  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:

1/3 cup red wine vinegar  
 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  
 ½ -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  
 ¼ cup rice wine vinegar  
 ¼ cup canola oil  
 ¾ tsp kosher salt  
 ¼ tsp freshly ground black pepper  
 ¼ 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*



## Pear Pomegranate Salad with Sweet Red Wine Vinaigrette

For salad:

$\frac{1}{2}$  cup chopped pecans  
 $\frac{1}{4}$  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:

$\frac{1}{2}$  cup red wine vinegar  
 $\frac{1}{2}$  cup sugar  
1-2 cloves garlic, roughly chopped  
1 tsp kosher salt  
1 tsp coarsely ground black pepper  
 $\frac{1}{2}$  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 raisins or craisons)  
3 tbsp. 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.

*Recipe from myrecipes.com*

# SOUPS



## Soup

*Soup is a great comfort food and is usually very easy to prepare. While they do take a bit more time to make than just 30 minutes, you'll have a lot of leftovers that can be used for lunches or dinners throughout the week. Soup can also be customized pretty easily so feel free to play around with ingredients. Here are some delicious soup recipes!*

## Tortilla Soup

4 oz. carrots, diced (about 2 medium sticks)  
 4 oz. celery diced (about 2 large stalks)  
 4 oz. onions, diced (about  $\frac{1}{2}$  cup)  
 $\frac{1}{4}$  tsp garlic powder  
 Salt and pepper to taste  
 1 tbsp. olive oil  
 2 cans chicken or vegetable broth  
 1 (8-oz.) can tomatoes, diced  
 $\frac{1}{2}$  to 1 can Rotel tomatoes and chilies, diced  
 1 can beans, drained and rinsed (black, pinto, garbanzo, or any type you like)  
 $\frac{1}{2}$  packet taco seasoning (or 1  $\frac{1}{2}$  tbsp. of homemade, see page 39)  
 5 corn tortillas, broken or cut into small pieces  
 8-10 oz. cooked chicken meat, diced, poached, or grilled  
 $\frac{1}{2}$  cup milk  
 6 oz. Monterey Jack cheese, shredded  
 Corn tortilla chips, broken into small pieces

1. Poach or grill the chicken meat, let it cool, then cut it into small to medium sized cubes.
2. Heat olive oil in a sauce pot. Sauté the carrots, onions, and celery in the olive oil until tender, adding the garlic powder, salt, and pepper to season the cooking vegetables.
3. Add the chicken broth and bring to a boil. Add tomatoes, Rotel tomatoes and chilies, beans, taco seasoning, and cooked chicken.
4. Cut tortillas into small pieces and add to the broth mixture. Let boil for 20 minutes or until the tortillas are thoroughly incorporated into soup stirring occasionally to keep from sticking.
5. Reduce heat and add 4 oz. of the cheese, stirring to combine. Simmer for an additional 10 minutes while the cheese is melting.
6. Add milk and simmer for another 10 minutes. If thicker soup is desired, add more diced tortillas and let them incorporate into the soup.
7. Garnish with the additional 2 oz. of cheese, broken tortilla chips, and cilantro if desired.

*Recipe adapted from Recipezaar.*

## Broccoli and Aged Cheddar Soup

$\frac{1}{2}$  yellow onion, chopped

3 large garlic cloves, minced

Olive oil or butter

1 head of broccoli and stem, woody part of stem removed and cut into smaller pieces

2 palm size Yukon gold potatoes, peeled and cubed

1 large leaf of chard, chopped

2 cups vegetable or chicken stock (can be made canned or made from bouillon)

1 cup cream, half and half, or milk

$\frac{1}{2}$  to 1 cup aged cheddar cheese

Salt and pepper to taste

1. Sauté onion and garlic in olive oil or butter until fragrant and onion begins to look translucent. Add the broccoli pieces, potato cubes, and chopped chard.

2. Cook everything together, moving the ingredients around the pan until the broccoli and chard turn a bright green. Add the stock and bring to a boil then cover and simmer until the potatoes are soft.

3. Remove the pot from the heat, add the cream, and puree everything together with an immersion blender or in batches in your standing blender until smooth.

4. Add the cheese, mixing until it has melted. If you need to, return the pot to the stove to make sure the cheese melts completely. Season the soup and serve with your favorite garnish (ex. Toasted pine nuts, caramelized onions, homemade croutons) and a side of artisan bread.

*Recipe adapted from Edible Wasatch, issue 8, Spring 2012.*



## Creamy Chicken and Wild Rice Soup

3 tablespoons butter or olive oil  
½ to ¾ cup finely chopped onion  
1 cup finely chopped carrots (about 3 to 4 medium carrots)  
1 cup finely chopped celery (about 3 stalks)  
1/3 cup all-purpose flour  
6 cups low-sodium chicken broth  
1 teaspoon salt  
¼ teaspoon pepper  
3 cups cooked wild rice or wild rice blend  
2 cups cooked, cubed chicken (a rotisserie chicken works great here, but you can also just cook chicken beforehand using your preferred method)  
1 cup half-and-half, evaporated milk or milk  
Chopped chives for garnish (optional)

1. In a large pot, melt the butter or heat the olive oil and add onion, carrots and celery. Cook the vegetables, stirring often, until they are mostly tender, 5-7 minutes. The onion and celery should be slightly translucent.
2. Add the flour and stir to combine, cooking another 30 seconds or so.
3. Gradually add the chicken broth, stirring or whisking constantly to avoid lumps that might be created by the flour. Stir in the salt, pepper, and cooked rice.
4. Bring the soup to a boil and then back to a simmer, and cook for 2-3 minutes, stirring often to make sure it's not sticking on the bottom.
5. Add the chicken. Stir in the half-and-half or milk. Simmer for 3-4 more minutes. Add additional salt and pepper to taste. Serve with a garnish of chives if desired.

*Recipe adapted from Mel's Kitchen Café*

## Curried Red Lentil and Quinoa Soup

$\frac{3}{4}$  cup quinoa, dry  
1  $\frac{1}{2}$  tbsp. olive oil  
 $\frac{3}{4}$  - 1 cup onion, diced  
 $\frac{3}{4}$  -1 cup carrots, diced  
 $\frac{3}{4}$  - 1 cup celery, diced  
1  $\frac{1}{4}$  tbsp. garlic minced  
1  $\frac{1}{2}$  tbsp. fresh ginger, grated  
1  $\frac{1}{2}$  tbsp. curry powder  
1  $\frac{1}{4}$  cup red lentils  
5 cups vegetable broth  
3 cups water  
3 (15 oz.) cans diced tomatoes  
1- 1  $\frac{1}{2}$  tbsp. chili sauce (like Sriracha)  
1 (15 oz.) can garbanzo beans, drained and rinsed

1. Rinse the quinoa and cook according to package directions.
2. Heat the olive oil in a pan. Add onions, carrots, and celery and cook until tender, about 10-15 minutes.
3. Add the garlic, ginger, curry powder, and sauté until fragrant, about 1 minute.
4. Add lentils, broth, water, tomatoes, and chili sauce. Bring soup to a boil, reduce heat and simmer until lentils are tender, about 10-15 minutes.
5. Add the chickpeas and cooked quinoa, stirring to combine. Cook for an additional 5 minutes or so to allow the chickpeas to soften.

*Recipe adapted from dishupusu.blogspot.com*

## Vegetable Barley Soup

2 quarts vegetable broth  
1 cup uncooked barley  
2 large carrots, chopped  
2 stalks celery, chopped  
1 (14.5 ounce) can diced tomatoes with juice  
1 zucchini, chopped  
1 (15 ounce) can garbanzo beans, drained  
1 onion, chopped  
3 bay leaves  
1 teaspoon garlic powder  
1 teaspoon white sugar  
1 teaspoon salt  
1/2 teaspoon ground black pepper  
1 teaspoon dried parsley  
1 teaspoon curry powder  
1 teaspoon paprika  
1 teaspoon Worcestershire sauce

1. Pour the vegetable broth into a large pot. Add the barley, carrots, celery, tomatoes, zucchini, garbanzo beans, onion and bay leaves.
2. Season with garlic powder, sugar, salt, pepper, parsley, curry powder, paprika and Worcestershire sauce.
3. Bring to a boil, then cover and simmer over medium-low heat for 90 minutes. The soup will be very thick. You may adjust by adding more broth or less barley, if desired. Remove the bay leaves before serving.

*Recipe adapted from dishupusu.blogspot.com*

## Slow Cooker Tomato Basil Soup

2 (14 oz. each) cans petite diced tomatoes, undrained  
 1 cup finely diced celery  
 1 cup finely diced carrots  
 1 cup finely diced onions  
 1 tsp dried oregano  
 1 tbsp. dried basil  
 4 cups low sodium chicken broth  
 1 bay leaf  
 $\frac{1}{4}$  cup (4 tbsp.) butter  
 $\frac{1}{2}$  cup flour  
 1 cup freshly grated Parmesan cheese  
 2 cups fat free half and half, or milk warmed  
 1 tsp salt  
 $\frac{1}{2}$  tsp black pepper  
 Croutons, optional for garnish



1. In a 5 quart slow cooker, combine the tomatoes, celery, carrots, onions, oregano, basil, broth, and bay leaf. Cover and cook on low for 5-7 hours or on high for about 3-4 hours until the vegetables are tender.
2. About 45 minutes before serving, melt butter over low heat in a medium saucepan. Add flour and cook, stirring the mixture constantly, until golden, about 3 minutes. The mixture will be crumbly and that is what you're looking for.
3. Whisking constantly, slowly ladle in about 1 cup of the soup from the slow cooker. Whisk everything together until it is smooth and bubbly. Add another cup of the soup and stir again until smooth and bubbly. Repeat this with 1-2 more cups of soups, stirring so that the mixture stays smooth.
4. Stir the creamy mixture from the sauce pan back into the slow cooker with the rest of the soup. Add the cheese, half and half (or milk), and salt and pepper. Adjust the seasoning to your taste preference.
5. Cook everything for another 30 minutes. The soup will be very creamy. This is great served with croutons or another type of crusty bread.

*Recipe adapted from Mel's Kitchen Café*

## Curried Tomato Soup

2 tbsp. olive oil  
1 large onion, chopped  
2 cloves garlic, minced  
1 tbsp. curry powder  
2 (28 oz. each) cans diced tomatoes  
4 cups chicken broth, vegetable broth, or water  
 $\frac{1}{4}$  tsp cinnamon  
Salt, to taste  
4 cups cooked pasta (can use any type of pasta, but farfalle, penne, fusilli, rotini, orecchiette, or rigatoni are great options)

1. Heat oil in a sauce pot. Add onions and sauté until tender, about 5-10 minutes.
2. Add the garlic and curry powder, sautéing for 5 more minutes.
3. Add remaining ingredients except for the pasta and simmer for 25 minutes.
4. While the soup is simmering, cook the pasta according to package directions.
5. If desired, puree the tomato mixture after it is done cooking. Return it to the sauce pot and add the pasta.

*Recipe courtesy of Tamara Steinitz*

# EASY SIDE DISHES



## Side Dishes

*Side dishes are a great way to spice up a main dish, create a well-balanced meal, or can even be used as a snack during the day. Check out the salad section of this cookbook for some salad recipes that can double as sides. Here are some easy side dishes recipes for you to try!*

### Mexican Rice

1 c. rice  
 1 c. frozen mixed vegetables  
 1 8-oz. can tomato sauce  
 2 T. oil  
 1 T. dry onion or some fresh chopped onion  
 1 t. garlic powder  
 $\frac{1}{2}$  t. salt  
 Pepper to taste  
 2 c. water, more if using brown rice

1. Heat pan with oil. Brown the rice.
2. Add tomato sauce with onion, garlic, and salt.
3. Add water and vegetables. Simmer covered, stirring occasionally, for 20 minutes.
4. You can also make this in a rice cooker and it works really well. Just add everything at once, mix to combine, and let it cook. Fluff with a fork when done.

### Lime Rice (Café Rio Style)

1 c. dry rice  
 2 cups low sodium chicken broth  
 1 minced garlic clove  
 1 tsp. finely grated lime zest  
 2 T. lime juice  
 $\frac{1}{2}$  tsp. kosher salt  
 2 T. minced cilantro (optional and after cooking)

1. Combine all ingredients except the cilantro and cook in a rice cooker.
2. Add cilantro if desired after rice is finished cooking.

## Spicy Tomato Basil Quinoa

1 ½ cups dry quinoa  
 3 cups chicken or vegetable broth  
 1 cup crushed tomatoes (can use basil infused tomatoes for extra flavor)  
 ¼ cup light coconut milk  
 5 fresh basil leaves, chopped  
 1 sprig of fresh rosemary, chopped  
 1 tsp dried crushed red pepper  
 ½ sweet onion, diced  
 1 tbsp. olive oil  
 2 cloves minced garlic  
 Salt and pepper to taste  
 Fresh mozzarella to garnish (optional)

1. Heat your olive oil in a skillet on medium-high, and season the oil with salt and pepper, fresh rosemary and crushed red peppers, while it heats for 30 seconds.
2. Add in the onions and garlic and sauté until they just start to get translucent.
3. Add in your crushed tomatoes and fresh basil, and simmer for 3 minutes. Slowly pour in coconut milk, and stir until well combined. Simmer together for about 3 minutes.
4. Pour in 3 cups of chicken or vegetable stock and the dry quinoa, stir and bring to a rapid boil. When boiling, turn down to medium-low and cover for 15 minutes. When the quinoa is done, the round fibers will start to separate from the proteins.
5. This dish will be a little bit saucy, but you can also take the pan off the heat, stir everything, and let it sit for about 10 minutes to set a little bit more before serving. Add more salt and pepper to your liking and shred a little cheese on top and a bit of fresh basil if desired.

*Recipe adapted from Busy Bee Lauren (website no longer exists)*

## New Potatoes

1 to 1 ½ pounds new red potatoes  
 Parsley  
 2 T. butter

1. Scrub potatoes and cut in fourths. Add to a pan and cover with cold water. Bring to a boil and simmer about 20 minutes or until potatoes are cooked. Drain potatoes.
2. Put in a bowl and add 2 T. butter. Stir to mix. Sprinkle parsley on top.

## Roasted Vegetables

Choose any combination of the following vegetables:

- Parsnips
- Carrots
- Potatoes
- Onions
- Green beans (whole)
- Turnips
- Rutabagas
- Winter Squash
- Bell peppers
- Whole garlic cloves
- Eggplant
- Asparagus
- Beets
- Sweet Potatoes
- Broccoli
- Cauliflower

1. Preheat oven to 400°F.
2. Cut vegetables of your choice into large chunks, about 1" x 2".
3. Oil a large roasting pan or baking sheet with 1-2 tbsp. olive oil. Add the cut vegetables and salt and pepper to taste. Gently turn vegetables to coat with the olive oil, adding more oil if desired. Add additional herbs or spices such as thyme, rosemary, sage, or cinnamon, cloves, and nutmeg depending on the type of vegetables you are making.
4. Put the pan or baking sheet in the oven and roast the vegetables for 30-50 minutes, or until they are tender and golden brown. Turn the vegetables with a spatula every 10 – 15 minutes.
5. Once finished, add more seasonings if needed and serve immediately.

*Recipe adapted from Tamara Steinitz*



## Oven Baked Sweet Potato Fries

2 pounds sweet potatoes, peeled

2 tablespoons olive oil

1 teaspoon garlic powder

1 teaspoon paprika

1 teaspoon salt

½ teaspoon black pepper

1. Preheat oven to 400°F.
2. Cut the sweet potatoes into sticks  $\frac{1}{4}$  to  $\frac{1}{2}$  inch wide and 3 inches long, and toss them with the oil. You can make them thicker if you want more of a potato wedge rather than a fry.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the oiled sweet potatoes. Spread them out on 2 baking sheets so that they aren't overlapping too much.
4. Bake until the potatoes are brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.
5. Optional: you can sprinkle these with freshly grated parmesan cheese and parsley for a little extra garnish if desired.
6. Note: you can also use regular potatoes with this recipe, but the cooking time may need to be adjusted slightly so just watch the potatoes to make sure they are getting cooked enough to be tender.

*Recipe adapted from Mark Bittman*



## Cucumber Salad

3 medium cucumbers peeled and thinly sliced into rounds  
 1/3 cup chopped fresh dill (you can also use dried dill, but use about 1-2 tbsp.)  
 2 tbsp. chopped chives (optional)  
 1 tbsp. dried minced onion  
 3 tbsp. neutral-tasting oil (canola or olive both work fine)  
 3 tbsp. white vinegar  
 1 ½ tsp sugar  
 1 tsp salt  
 ½ tsp freshly ground black pepper

1. Place the sliced cucumbers in a medium-sized bowl and set aside.
2. In a small bowl, whisk together the remaining ingredients. If using dried dill, start with 1-2 tbsp. and add more according to your preference.
3. Pour the mixture over the cucumbers and stir to combine. Cover and chill for at least 2 hours before serving, stirring everything couple of times to blend the flavors and cover the cucumbers. You can let this sit overnight as well.
4. Add salt and pepper to taste, and more dill if needed. Serve cold or at room temperature.

*Recipe adapted from [daringgourmet.com](http://daringgourmet.com)*

## Easy Breadsticks

1 tbsp. yeast  
 1 ¼ to 1 ½ cup warm water  
 2 tbsp. sugar  
 3 cups flour (can use white, wheat, or a mix of both)  
 1 tsp salt  
 1-2 tbsp. melted butter  
 Garlic powder, Parmesan cheese, parsley, add other seasonings as desired

1. Stir yeast, water, and sugar and let sit for 5 minutes. Stir in flour and salt and knead for 3 minutes (either by hand or in a stand mixer), adding more flour if needed.
2. Lightly grease a cookie sheet. Roll out dough to fit the pan. Melt butter and spread it on top of the dough. Sprinkle with garlic powder, parmesan cheese, parsley, and any other desired seasonings.
4. Slice with a pizza cutter. Make a cut halfway through the dough on the short side of the pan. Then make cuts down the long side of the pan so that you have long breadsticks.
5. Let the breadsticks stand for 20 minutes to rise. Bake for 10-12 minutes until golden brown at 400°F.

## Lion House Dinner Rolls

2 tbsp. dry yeast (the equivalent of 2 packets)

2 cups warm water (110-115°F)

1/3 cup sugar

1/3 cup butter

2 ½ tsp. salt

2/3 c. nonfat dry milk

5-6 cups flour

1 egg

1. In the large bowl of an electric mixer, combine yeast and water. Let stand 5 minutes.
2. Add sugar, butter, salt, dry milk, 2 cups flour, and egg. Beat together until very smooth. Add 2 more cups flour, one at a time, and beat until smooth.
3. Add about one more cup flour, ½ cup at a time (in your mixer if it will take it, or by hand), until it is well mixed in.
4. Turn dough onto a lightly floured cutting board or clean surface and knead until it is smooth and satiny. Gather dough into a ball. Scrape bowl clean and grease it with butter. Return dough to bowl and grease the dough surface lightly (could use cooking spray). Let the dough rise away from drafts and in a warm place until about triple in bulk. (You can also let the dough rise in a cool oven with a pan of hot water on a rack underneath the dough).
5. Use the last of the flour as needed on the cutting board or a clean surface for rolling and shaping the dough. (Don't use it all unless you need it). Let dough rest on board for 10 minutes so it will be easier to manage if you roll it. Cut or mold into desired shapes. You can easily make small round rolls or get fancier with some different shaping methods.
6. Place on greased baking sheets. Brush the surface of rolls with melted butter. Let the rolls rise in a warm place until ready for the oven (about 1 ½ hours).
7. Bake at 400°F for 15-20 minutes, or until browned to your satisfaction. Recipe makes about 3 dozen rolls.

*Recipe adapted from the Lion House Cook Book*

# More Time to Cook

Recipes for when you have more  
time on your hands



## Recipes for When You Have More Time to Cook

*These recipes are a bit more labor intensive and might take more time to make than you have on a normal weekday. However, they are worth it if you make the time to try these out and do some preparations a head of time if needed. Many of these recipes also make a lot of food and can be used for meal prepping or as leftovers so don't be afraid to try some of these tasty recipes!*

### Cashew Chicken

1 lb. boneless, skinless chicken breasts cut into 1-inch strips

$\frac{3}{4}$  c. orange juice

1/3 c. honey

$\frac{1}{4}$  c. reduced sodium soy sauce

1 T. cornstarch

1 tsp. ground ginger

1 tsp. garlic salt

$\frac{1}{2}$  tsp. pepper

2 tsp. olive oil

4 green onions, sliced

3 carrots, sliced

2 celery stalks, sliced

$\frac{3}{4}$  cup cashews

1. Combine orange juice, soy sauce, honey, cornstarch, and seasoning and mix well. Set aside.
2. Heat 1 tsp. olive oil in large nonstick skillet until it begins to smoke. Add vegetables and stir-fry until crisp-tender, about 2 minutes.
3. Remove from skillet and set aside. Add remaining oil to skillet and heat until it begins to smoke again. Add chicken and stir-fry until browned and tender.
4. Add vegetables, cashews and sauce mixture into the skillet and continue to cook until sauce is bubbly and thickened. Serve over rice.

## Black Bean Quinoa Burgers

2 tablespoons flax meal + 5 tablespoons water (this will make flax eggs; you can also use 2 regular eggs)

Coconut or olive oil for cooking

$\frac{1}{2}$  cup uncooked quinoa

1 small yellow onion, finely chopped

1 orange bell pepper, finely chopped

1 jalapeno pepper, seeds removed, finely chopped

1 tablespoon garlic, minced

1 cup packed spinach, chopped

1 can black beans, rinsed and drained

1 tsp salt

1 tsp paprika

$\frac{1}{2}$  tsp cumin

$\frac{1}{2}$  tsp pepper

$\frac{1}{8}$  tsp ground cayenne

$\frac{1}{2}$  cup oat flour (ground-up rolled oats), or regular flour



1. Preheat oven to 375°F. Lightly grease a baking sheet and set aside. Combine flax meal and water in a small bowl if you are making flax eggs and set aside in the fridge.
2. To cook quinoa, heat 1 teaspoon of oil in a small saucepan over medium heat. Rinse quinoa in a small mesh strainer until the water running off of it runs clear. Once oil is hot, add quinoa to the saucepan and stir. Cook for 1-2 minutes until lightly toasted. Add 1 cup water and turn the heat to high. Once boiling, reduce the heat to low, cover, and simmer for 13-15 minutes or until the quinoa is tender and the small fibers are starting to separate.
3. While the quinoa is cooking, heat about 1 tablespoon of oil in a skillet over medium heat. Once hot, add chopped onion and let it cook until it begins to soften, about 5-7 minutes. Add the bell pepper, jalapeño, and garlic and cook until the onion is translucent and the other vegetables are softening, about 5-7 minutes. Add the spinach and stir immediately, letting it wilt slightly. Turn the heat off.
4. In a large bowl, add black beans and mash them with a fork, leaving some texture. Add the cooked quinoa, sautéed vegetables, salt, paprika, cumin, pepper, cayenne, and reserved flax eggs or regular eggs if you are using those. Mix until combined then add oat flour or regular flour and stir everything together. The mixture will be sticky, but should still pull together slightly.
5. Form 10-12 patties depending on desired size. Place on baking sheet and bake for 20 minutes, flip, then bake for 25-30 more minutes, until browned and crispy.
6. These can be served on a whole-wheat hamburger bun with guacamole, barbecue sauce, and other desired toppings, on top of a salad, in a lettuce wrap, or folded up in a warmed tortilla with avocado and lettuce.

*Recipe adapted from emilieats.com*

## Baked Chimichangas

1 small onion, chopped  
2 ½ cup shredded cooked chicken  
1 cup salsa  
¾ tsp. ground cumin  
½ tsp. dried oregano  
6 flour tortillas  
¾ cup shredder low-fat cheddar cheese

Sauce:

1 cup chicken broth  
1/8 tsp. pepper  
¼ cup flour  
1 cup fat free half-and-half or milk  
1 can (4.5 oz.) chopped green chilies

1. Preheat oven to 425°.
2. In a nonstick skillet, sauté the onion until tender. Add chicken, salsa, cumin, and oregano. Simmer until heated through and most of the liquid has evaporated.
3. Place ½ cup of the chicken mixture down the center of each tortilla. Top with 2 tbsp. cheese. Fold sides and ends over filling and roll up. Place seam down in a 13x9 pan coated with nonstick cooking spray. Bake uncovered for 15 minutes until lightly brown.
4. For the sauce, heat the broth, bouillon and pepper in saucepan until bouillon is dissolved. In a small bowl, combine flour and half-and-half. Mix until smooth. Stir into broth. Bring to a boil. Cook and stir for 2 minutes or until thickened. Stir in chilies and heat through.
5. Cut the chimichangas in half and spoon sauce over the top.

*Recipe adapted from Jenny E*

## Lime Herb Chicken

1 cup lime juice  
 2/3 cup fat free Italian salad dressing  
 2 tsp. minced garlic (tsp. garlic salt)  
 2 tsp. dried basil  
 1 tsp. dried thyme  
 ½ tsp. salt  
 ½ tsp. pepper  
 3-4 boneless, skinless chicken breasts

1. In a bowl, combine first seven ingredients and mix well. Pour 1 cup marinade into a large resealable plastic bag. Add the chicken to the mixture. Seal bag and turn to coat.
2. Marinade for at least 15 minutes, longer if you want the flavor to set into the chicken a little bit more. Set aside remaining marinade for basting. Drain and discard marinade from the bag with chicken. Cook as desired using one of the following methods:
  - Grill chicken covered over medium heat for 40-45 minutes or until juices run clear, basting and turning occasionally.
  - Preheat oven to 350°. Put chicken in baking dish and pour remaining marinade over chicken. Cook 30-35 minutes or until juices run clear.
  - Coat a frying pan with baking spray and cook with marinade on stove top.

## Manicotti

14 pieces (8 oz.) American Beauty Manicotti, uncooked  
 1-3/4 cups (15 oz. container) part-skim ricotta cheese  
 2 cups (8 oz.) shredded mozzarella cheese  
 ¼ cup grated Parmesan cheese  
 2 tbsp. chopped fresh parsley  
 ½ tsp. salt  
 ¼ tsp. ground black pepper  
 3 c. (about 28-oz. jar) spaghetti sauce

1. Cook pasta according to package directions; drain. Cool in single layer on foil or baking sheet.
2. Heat oven to 350°F. In large bowl, stir cheeses, parsley, salt and pepper. Spoon into cooled pasta tubes.
3. Spread thin layer of pasta sauce on bottom of a 13x9 pan. Arrange filled pasta in single layer over sauce. Pour remaining sauce over pasta, cover with foil, and bake 40 minutes. Remove foil and bake 15 minutes longer or until hot and bubbly.

*Recipe adapted from American Beauty Manicotti pasta box*

## Cheesy Tortellini Spinach Bake

1 (12 oz.) container cheese or cheese and spinach tortellini  
 4 oz. bacon or pancetta\*  
 3 cloves garlic, finely diced or minced  
 2 tbsp. flour  
 2 cups milk  
 $\frac{3}{4}$  tsp salt  
 1/8 tsp black pepper  
 1  $\frac{1}{2}$  tsp dried basil (could use fresh, but use about 2-3 tsp)  
 $\frac{1}{4}$  tsp red pepper flakes (use more if you want more of a kick)  
 1 medium lemon  
 2 cups roughly chopped, loosely packed fresh spinach  
 $\frac{3}{4}$  cup grated mozzarella cheese, divided  
 $\frac{3}{4}$  cup grated parmesan cheese, divided

1. Preheat oven to 350°F. Fill a large pot with water, bring to a boil, and cook the tortellini according to the directions on the package. Set aside finished tortellini after cooked and drained.
2. Cook the bacon or pancetta in a medium sized skillet on medium-high heat until cooked and crisp. Remove the bacon or pancetta from pan and set on paper towels to drain. Reserve about 2 tbsp. of the drippings and discard the rest.
- \*NOTE: if you want to make this dish vegetarian, omit the bacon or pancetta and use melted butter or olive oil in place of the drippings.
3. Add the garlic to the bacon drippings (or other heated oil) and cook until tender and fragrant. Add the flour to the pan and whisk for about 1 minute. Slowly add the milk and continue to whisk until smooth. Add the seasonings (salt, pepper, basil, red pepper flakes) and bring the sauce to a simmer.
4. While the sauce is simmering, use a micro plane grater or fine cheese grater to zest the lemon. After zesting, cut the lemon in half and juice it. Add 2 tsp of zest and 1 tbsp. of lemon juice to the simmering sauce and stir to combine. After the sauce thickens slightly, remove it from the heat.
5. Set aside 1 tbsp. of cooked bacon and add the rest to the tortellini. Add the spinach,  $\frac{1}{2}$  cup mozzarella and  $\frac{1}{2}$  cup parmesan. Add the sauce and stir to combine and slightly melt the cheese. Put the mixture in an 8x8- or 9x9-inch glass baking dish. Top with the remaining cheese and the reserved bacon.
5. Cover the dish with aluminum foil and bake for 20 minutes. Remove the foil and cook for 5-10 minutes more until the cheese is melted and bubbling. Remove dish from the oven and let it cool for about 10 minutes before serving.

*Recipe adapted from Our Best Bites*

## Mexican Quinoa Casserole

4 cups cooked quinoa or brown rice (about 2 cups dry of each)  
 1 cup cherry tomatoes, quartered (you can also use 2-3 large tomatoes, diced)  
 1 cup fresh spinach, packed  
 1 cup plain Greek yogurt  
 1 cup cheddar cheese shredded (or cheese of choice)  
 1-15 oz. can black beans, drained and rinsed  
 2 chicken breasts, cooked and chopped or shredded (can omit for vegetarian dish)  
 2 tsp chili powder  
 1/2 tsp ground cumin  
 1 tsp salt  
 1/2 tsp pepper cheddar cheese, for sprinkling  
 Toppings: Greek yogurt/sour cream, guacamole, crushed tortilla chips

1. Preheat oven to 350°F.
2. In a large bowl, combine all of the ingredients except for the toppings. Mix until everything is coated evenly with the yogurt and spices.
3. Scoop the mixture into a lightly greased 13x9 inch glass dish and smooth the mixture. Sprinkle with extra cheese. Bake for 20-25 minutes, until heated through. The cheese should be a bit bubbly or crispy.
4. Let the casserole cool slightly before serving. Add whatever extra toppings you like.

*Recipe adapted from cookingalamel.com*



## Lasagna

16 oz. American Beauty® Lasagna  
 1 lb. ground beef  
 1 jar (24 oz.) pasta sauce  
 1 1/2 cups water  
 2 cups ricotta cheese  
 2 cups shredded mozzarella cheese  
 1/2 cup grated Parmesan cheese  
 2 eggs  
 1/4 cup parsley, chopped  
 1/2 tsp salt  
 1/4 tsp freshly ground black pepper



1. Prepare 9 lasagna noodles according to package directions. Pre-heat oven to 350° F.
2. In 2-quart saucepan over medium-high heat, brown meat; drain.
3. Add pasta sauce and water to saucepan with browned meat; simmer about 10 minutes.
4. Meanwhile, in a medium bowl, stir together ricotta cheese, one-half mozzarella cheese, Parmesan cheese, eggs, parsley, salt and pepper.
5. Pour about 1 cup meat sauce on bottom of 11x7 inch baking dish.
6. Arrange 3 cooked pasta pieces lengthwise over sauce; cover with 1 cup meat sauce.
7. Spread one-half cheese filling over meat sauce.
8. Repeat layers of pasta, sauce and cheese filling.
9. Top with layer of pasta and remaining sauce; sprinkle mozzarella cheese. Cover with foil.
10. Bake 45 minutes.
11. Remove foil; bake additional 10 minutes or until hot and bubbly. Let stand 10 minutes before cutting.

*Recipe from American Beauty Pasta Package*

## Tagine

Pronounced "tah-jzheen", this is a delicious Moroccan dish! Tagine is the name of this recipe, but it is also the name of the pot it is traditionally cooked in. This dish is simple and tasty!

½ tsp cayenne pepper  
 1 tsp ground black pepper  
 ¾ tbsp. paprika  
 ¾ tbsp. ground ginger  
 ½ tbsp. turmeric  
 1 tsp ground cinnamon  
 1 large onion, minced  
 2 tbsp. olive oil  
 2 garlic cloves, minced  
 1 cup tomato juice  
 1 small can diced tomatoes  
 1 cup stock or broth  
 3 medium yellow potatoes (like Yukon gold)  
 2 large carrots, peeled and diced  
 7 dates, cut in half (make sure to remove the pit if there is one)  
 7 apricots, diced (remove pit)  
 Chopped cilantro as garnish

1. Heat olive oil in a large pan or pot over medium heat. Add onions and spices and sauté over medium-low heat until tender and fragrant, about 10 minutes. Add the garlic and sauté for 2 more minutes.
2. Add the rest of the ingredients (except for the cilantro) and stir everything well to combine.
3. Cover the mixture and simmer everything until the potatoes and carrots are fork tender, about an hour.
5. Serve tagine on top of cooked couscous or rice and garnish with cilantro if desired.

NOTE: if you want to add some extra protein to this dish you can easily add cooked meat like chicken or even lamb.

*Recipe adapted from [lesborjsdelakasbah.com](http://lesborjsdelakasbah.com)*

## Pineapple Chicken Tenders

1 cup pineapple juice (can be drained from canned pineapple)

$\frac{1}{4}$  -  $\frac{1}{2}$  c. packed brown sugar

1/3 c. low sodium soy sauce

2 pounds chicken breast tenderloins or strips

Skewers

1. In a small saucepan over medium heat, mix pineapple juice, brown sugar, and soy sauce. Remove from heat just before the mixture comes to a boil.
2. Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and refrigerate for at least 30 minutes, longer to let the flavor set into the chicken more.
3. Preheat a grill for medium heat. Thread chicken lengthwise onto wooden skewers. Lightly oil the grill grate. Grill chicken tenders 5 minutes per side, or until juices run clear. They cook quickly, so watch them closely.
4. This is great served with rice, vegetables, and extra pineapple.
5. NOTE: if you don't have a grill or don't want to grill these, you can also bake these in the oven. Preheat your oven to 375°F to 400°F. Line a baking sheet with aluminum foil. Place the tenders on the foil and put the pan in the oven. Cook for 15 minutes, turn the chicken and cook 15 minutes more. Juices should run clear and the internal temperature of the chicken should be 165°F and should hold at that temperature for 15-30 seconds.

## Roast

*Oven roasted meat is really delicious and is actually very easy to make. This is a simple recipe for how to roast meat in the oven, but you can also do this in a crockpot if you prefer. If using a crockpot, brown the sides of your cut of meat, place it in the crockpot with about a cup of water, and let it cook on low for about 6 hours. You can also add in some veggies to make a complete meal!*

1 oven roast, 2 lbs. (beef, pork loin, or turkey breast)

Coarse salt

Ground pepper

1. Preheat oven to 350°F. Prepare the roast by setting it on a roasting rack in a shallow baking pan. Rub salt and pepper over the roast as needed.
2. Place roast in the oven and cook for about 1 to 1  $\frac{1}{2}$  hours, or until a meat thermometer inserted in the center reads the appropriate temperature—150-155°F or beef and pork, 165°F for turkey).
3. Remove the roast from the oven and let it stand for 10-15 minutes before slicing.

## Easy Pizza Dough

2 ½ cups flour  
 ½ tbsp. yeast  
 1 cup warm water  
 ½ tbsp. sugar  
 ½ tsp. salt

1. Preheat oven to 400°.
2. In a mixing bowl or stand mixer, combine yeast and warm water and let sit for about 5 minutes while yeast bubbles and activates (if using active dry).
3. Add in the remaining ingredients and knead or mix until the dough is well combined and pulls easily from the side of your bowl. Let dough rise for about 15-20 minutes while you prepare your toppings.
4. Roll out your pizza dough onto a sheet pan or a pizza stone. Roll the dough thinner if you want a crispier crust, thicker if you want a fluffier crust. Depending on the size of your pan or pizza stone, you may or may not have leftover dough to make a second smaller pizza.
5. Bake the crust for 8 minutes with no toppings. If you are making a thinner crust, you may want to cook the crust for just 6-7 minutes.
6. Once your crust has been cooked, add your desired toppings and then cook for about 10-12 minutes or until all ingredients are heated through and cheese is melted (if you are using cheese). Watch the crust while it is baking to make sure that it doesn't burn, especially if you are making a thinner crust.
7. Remove from oven and cool slightly before slicing and serving.

### Topping Ideas:

- Tomato sauce, pepperoni, olives, green onions, mozzarella cheese
- Basil pesto sauce, sliced red tomatoes, cooked and diced chicken, caramelized onions, mozzarella cheese
- Creamy alfredo sauce, bacon pieces, cooked and diced chicken, spinach
- Tomato sauce, Canadian bacon, pineapple, mozzarella cheese
- BBQ sauce, chicken, red onions, mozzarella cheese
- Tomato or basil pesto sauce, onions, green and red peppers, mushrooms, banana peppers, sundried tomatoes, spinach, feta cheese
- Tomato sauce, fresh mozzarella slices, fresh basil
- Come up with your own favorite!

## Jambalaya

*This is a spicy and tasty Cajun style dish that you will want to try!*

4 oz. Andouille sausage, medium diced  
 1-2 cloves garlic, minced  
 $\frac{1}{4}$  yellow or white onion, diced  
 $\frac{1}{4}$  green pepper, diced  
 1/8 red pepper, diced  
 $\frac{1}{2}$  stalk celery, diced  
 1 green onion, chopped  
 Olive oil, for sautéing  
 Cajun seasoning, to taste  
 6 oz. long grain white rice  
 7 oz. canned, diced tomatoes  
 $\frac{3}{4}$  cup chicken stock  
 10 oz. raw shrimp, peeled and deveined  
 Salt and pepper, to taste



1. Sauté sausage to render (release) fat. Remove meats and set aside. Add garlic, onions, peppers, celery and green onions to the rendered fat and sauté. Add more olive oil if necessary. Season as desired with Cajun spice mix.
2. Add rice and toss until coated with fat. Add tomatoes and stock and bring to a boil. Add shrimp and sausage. Simmer for 20 minutes, until rice is done and there is no liquid left in the pan. If needed, add additional water throughout to make sure the rice gets cooked until it is soft. Adjust seasonings as desired and serve.

# SWEET TREATS



## Sweet Treats

*Everyone needs a little sweet treat every once in a while. And dessert can be part of a healthy diet—in moderation. These yummy recipes incorporate some healthier ingredients, like fruit, whole grains, beans, less sugar, and less fat.*

### Fruit Crumble

**Filling:**

7 ½ cup sliced fruit (peaches, plums, apricots, berries, apples, apricots, pears, etc.)  
 3 tbsp. sugar  
 3 tbsp. whole wheat flour  
 3 tbsp. orange juice

**Topping:**

1 ½ cup rolled oats  
 ¾ cup chopped nuts  
 ½ cup brown sugar  
 1/3 cup whole wheat flour  
 ¾ tsp cinnamon  
 5 tbsp. olive oil

1. Preheat oven to 400°F. Lightly oil a 9 x 13 inch baking dish and set aside.
2. Combine filling ingredients in a large bowl, stirring to combine well. Pour into the baking dish.
3. In the bowl you mixed the fruit in, combine the topping ingredients. Pour over the fruit and make sure that it covers most of the fruit pieces.
4. Bake for 20-25 minutes or until bubbling and golden brown.
5. Serve warm with fresh cream or a dollop of ice cream. This is also very tasty just as it is!

*Recipe adapted from Tamara Steinitz*



## Healthy Rice Pudding

1/3 cup sugar  
 2 tbsp. corn starch  
 2 eggs  
 2 cups milk (skim, 1%, 2%, soy, or nut milks all work great)  
 2 cups cooked rice (using brown rice will add extra flavor and fiber)  
 ¼ cup raisins or other dried fruit (optional)  
 1 tsp vanilla

1. Whisk sugar, cornstarch, and eggs together in a medium-sized, heavy-bottomed saucepan.
2. Add milk, rice, and raisins (if desired) and heat over medium heat until thickened, stirring often. Remove from the heat and stir in vanilla.
3. Serve warm or cold, according to your preference.

*Recipe adapted from Sheryl Aguilar*

## Baked Apples

4 large baking apples (Granny Smith, Golden Delicious, Jonathon, Jonagold, or Rome Beauty)  
 ¼ cup brown sugar  
 1 tsp cinnamon  
 ¼ cup chopped pecans (optional)  
 ¼ cup chopped dried fruit (cranberries, raisins, dates, currants, etc.)  
 1 tbsp. butter  
 ¾ cup boiling water or apple juice

1. Preheat oven to 375°F. Wash apples. Remove cores leaving ½ inch of the bottom still intact. Make sure that you remove the seeds as you cut out the core. Make the holes ¾ to 1 inch wide. This is where the filling will go so make it wide enough, but don't cut through the bottom of the apples.
2. In a small bowl, combine the sugar, cinnamon, dried fruit, and pecans. Place the apples in a square baking dish (8x8 or 9x9 both work well). Stuff each apple with the filling mixture and top each with a dot of butter (about 1 tsp for each).
3. Add boiling water or apple juice to the baking dish and cover with foil. Bake for 30-40 minutes, until the apples are tender, but not mushy. Remove the dish from the oven and baste the apples with the pan juices several times. Serve warm with vanilla ice cream, whipped cream, or vanilla yogurt if desired.

*Recipe adapted from simplyrecipes.com*

## Heart Healthy Cookies

*What makes these cookies heart healthy? Beans. Yes, beans! Beans are high in fiber and are a great source of plant based protein. They are used in this recipe to replace the fat, making it a more heart healthy dessert. Sounds a little weird, right? Don't worry, these cookies are so tasty, you'll easily forget that they have beans in them.*

¾ cup mashed white beans  
 3 tablespoons canola oil  
 ¾ cup brown sugar  
 ½ cup granulated sugar  
 ¼ cup egg substitute or 1 egg  
 1 teaspoon vanilla  
 3 cups oats  
 1 cup whole wheat flour  
 1 teaspoon salt  
 ½ teaspoon soda

Optional add-ins:

Chopped nuts  
 Chocolate chips  
 Coconut flakes  
 Dried fruit

1. Preheat oven to 350°F. Beat mashed white beans, oil, brown sugar, granulated sugar, egg substitute or egg, and vanilla until smooth and creamy.
2. Combine the remaining dry ingredients in a separate bowl and mix together. Add to the bean and sugar mixture and mix well. Add chopped nuts and chocolate chips if desired.
3. Drop onto greased cookie sheets and bake for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely. Recipe makes about 36 cookies.

*Recipe adapted from Heidi Wengreen*

## Cinnamon Oranges

*This Moroccan dessert couldn't be simpler, and the result is really delicious!*

Oranges, as many as you'd like  
 Ground cinnamon

1. Peel the oranges and slice into wheels about ¼ inch thick. Place in a bowl.
2. Sprinkle cinnamon lightly over the oranges and stir to combine. Add more or less cinnamon as desired and serve immediately.

## Pineapple Orange Frozen Yogurt

*Ice cream is delicious, but this frozen yogurt alternative is just as tasty! Play around with this recipe and see what other combinations you can come up with using your favorite fruits and different flavors of yogurt.*

1 1/3 cup plain yogurt  
1/3 cup orange juice  
1 cup pineapple chunks, fresh or canned

1. Place yogurt and fruit in large plastic bag, flatten, and freeze for at least 6 hours, preferably overnight. If you are using pineapple already frozen, don't worry about adding it to the bag.
2. Combine all ingredients in a blender or food processor and blend until smooth.
3. Serve immediately or place in freezer for up to an hour stirring occasionally so that it doesn't get too stiff. Stir before serving. Serves about 4.

*Recipe adapted from [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)*





# Additional Resources

## Additional Resources

This recipe book is a *very* basic start to giving you some resources to help you feel confident in preparing healthy, homemade meals from your apartment or home. Of course, this does not even begin to scratch the surface of all the healthy recipes that are available. So where can you go for more ideas if you can't find something you're looking for here? Try some of the following resources:

- **Pinterest**: Just type in whatever you are thinking about making and you will find dozens to thousands of recipe ideas. This is also a great way to find food blogs or other recipe websites. You can even type in key words like "healthy", "college-friendly", "vegetarian" to recipes that fall into that category.
- **Allrecipes.com**: This is another website similar to Pinterest, but it is only for recipes. It's a great community based website and most recipes have ideas for how to adapt them or adjust them. Recipes are also given reviews so you can search for recipes that are 4 or 5 stars and know that you are likely going to end up with a really good recipe.
- **Budgetbytes.com**: Budget Bytes is a website full of recipes created for people on a budget—hence most college students! Beyond having a wide variety of recipes, the author includes how much each recipe costs. The website also offers some additional resources including how-to tutorials, tips on what cooking utensils and equipment you should own, and more.
- **Local Library**: Going to the library isn't as simple as looking up a recipe on your phone. However, there is just something fun about reading through and cooking from an actual cookbook and the library is the perfect place to find some great ones.
- **Family/Friends**: Ask family or friends for their favorite recipes, especially if you know that they make really good food. Beyond getting some great recipes, you might also learn some new tips and tricks that you can use as you expand your cooking skills.
- **USU Wellness and Nutrition Website**: Visit [health.usu.edu](http://health.usu.edu) for additional resources on wellness and nutrition. You can also visit with the on-campus dietitian if you have additional nutrition-related concerns or questions that you would like help with.