# Table of Contents

## Recipes

### Introduction
- What makes a meal................................................................. 1
- The hunger-fullness scale......................................................... 2
- Cooking terms.......................................................................... 3

### Breakfasts
- Breakfast burrito....................................................................... 4
- The Perfect Crepe...................................................................... 5
- Egg-in-the-basket...................................................................... 6
- Energy-boosting toast............................................................... 7
- French toast............................................................................... 8
- Overnight oatmeal..................................................................... 9
- Trail mix.................................................................................. 10
- Yogurt parfait........................................................................... 11

### Lunches
- BBQ Chicken burrito bowls..................................................... 12
- Chicken pasta salad with salsa hummus dressing.................. 13
- Cranberry chicken salad......................................................... 14
- Fried rice made easy................................................................. 15
- Lo mein..................................................................................... 16
- Mediterranean pasta salad..................................................... 17
- Spicy chicken wraps................................................................. 18
- Spinach salad.......................................................................... 19

### Dinners
- Lemon pasta with chicken....................................................... 20
- Kielbasa Hash.......................................................................... 21
- Korean beef bowl....................................................................... 22
- Roast chicken and sweet potatoes........................................... 23
- Easy Stir-fry............................................................................. 24
- Salsa verde chicken................................................................. 25
- One-pot spinach rice................................................................. 26
- Thai chicken tacos................................................................... 27

### Recipes Sourced from................................................................ 28
What Makes a Meal?

It’s food time, what do I eat?

We hear a lot about food and nutrition. Some people skip whole lists of foods or turn eating into a numbers game in the name of health. There are scores of fad diets and plenty of “experts” claiming to have fast solutions and astounding results. What if there was an easier way to achieve moderation and balance? It may be easier than you think.

There are three components to a balanced plate — a protein, a starch, and a produce (see below for some examples.)

**Protein:** Beans, beef, cheese, chicken, eggs, fish, milk, nuts, pork, soy products, yogurt. For optimal health, choose lean sources of protein most of the time.

**Starch:** Bread, crackers, grains, pasta, potatoes, quinoa, rice, tortillas. For optimal health, make half of your grains whole grains.

**Produce:** Apples, asparagus, avocados, berries, broccoli, carrots, cauliflower, corn, cucumber, celery, egg plant, grapes, green beans, fresh herbs, kiwi, leafy greens, melons, mushrooms, olives, onions, oranges, peas, pears, peppers, plums, spinach, squashes, tomatoes, zucchini. Fresh, frozen, or canned, pick any fruit or vegetable. This is actually where there is the most variety!

A balanced meal has all three of these components—it’s that simple. Plan meals by picking from the categories (including foods not on the lists above) for increased energy, greater satiety (fullness), and better health.

Then in addition, don’t be afraid of adding fun foods like desserts and indulgent snacks some of the time. These are part of a fulfilling, enjoyable life. This book discusses only basic meal planning, so these foods are not included in this book.

The recipes in this book were selected with college students in mind. Each delicious, healthful recipe is relatively inexpensive, simple, and quick to prepare.

With these recipes and in considering all of the foods you eat, turn to the next page for tips on knowing how much food is right for you.
The Hunger Fullness Scale

With all the hype about servings, calories, and energy balance, you may ask, “How do I really know how much I need to be eating?” Despite what fitness apps and calorie calculators may say, the answer is actually quite simple: eat when you are hungry.

Our bodies are pretty decent communicators that will send several hunger signals. These cues are regulated by an internal food thermostat that changes daily based on what we are doing and what we already put into our bodies. Some hunger cues more obvious than others.

**Signs of Hunger**
- Stomach growls
- Stomach feels empty
- Feeling shaky
- Feeling nauseous
- Feeling dizzy or lightheaded
- A slight headache
- Getting irritated more easily than normal
- “Hanger” (which is more intense than your regular irritability)
- Difficulty concentrating or feeling “fuzzy headed”

If you are feeling one or more of these symptoms, you might be hungry. You may also have some other signals specific to you. Knowing how you feel and recognize hunger is an important step in less stressful portioning.

If the levels of hunger were measurable, you might use a scale that looks like this:

![Hunger Fullness Scale Diagram]

**Why think about hunger on a scale?**
This scale is a good chance to check in with your body and your food. The optimal levels to eat at are to start at a 3 or 4 and stop at a 6 or 7. A healthy meal pattern can include eating every 3-4 hours (3 meals and 2-3 snacks a day). The Hunger-Fullness Scale serves another purpose if you think of it as a way to measure the swinging of a pendulum. A pendulum swings forward as far as it is pulled back. On this scale if you start eating at a 1 or 2, you may eat until you hit a 8 or 9. Starting at a 3 can lead to a pleasant swing forward to a comfortable 7. Considering this pendulum, try cooking before you get hungry to ease the hunger and irritability!
Mindful Eating Tips

- Think about your cues. How do you personally feel when you are at each point on the scale? Pause when eating or considering eating and ask yourself where you are on the scale.
- Reduce distractions. Time away from a screen or other projects will help you be present during meals and snacks rather than mindlessly eating.
- Slow down. It takes a couple minutes for your body to process the food you just ate, if it helps, try pausing to talk to a friend or setting down your fork every few bites.
- Be grateful. Really notice the food in front of you. Savor the textures and enjoy the flavors. Consider how the food got to be in front of you in the first place and remember why you love living the life you live.

Shrinking Emotional Eating

Do you ever eat because you don’t want to do or face something else? If so, you certainly are not alone! But, as fun as eating during these times can be, in some situations you probably need something besides the food.

Before you start eating, ask if what you’re feeling is hunger. What if instead of hunger, you were feeling bored, upset, lonely, or irritated? Or you just really didn’t want to do your homework? The food will help mute these stressors for a while, but only until the food is gone. Afterwards, the problems and emotions will still be there. What if instead of eating you faced the real issue? What if you went for a bike ride, played an instrument, wrote in a journal, worked on a project, talked to a friend, or did something else you love? These things are more likely to address the original issue and the food will be waiting for you at your next meal or snack.

Basic Cooking Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beat</td>
<td>Stir quickly to incorporate air</td>
</tr>
<tr>
<td>Bake</td>
<td>Cook in the oven where the heat comes from the top and bottom</td>
</tr>
<tr>
<td>Boil</td>
<td>Cook in hot, bubbling water</td>
</tr>
<tr>
<td>Broil</td>
<td>Cook in the oven on high heat where the heat comes only from the top</td>
</tr>
<tr>
<td>Chop</td>
<td>Cut roughly into bite-sized pieces</td>
</tr>
<tr>
<td>Cream</td>
<td>Mix ingredients very well until they become soft and completely incorporated</td>
</tr>
<tr>
<td>Dice</td>
<td>Cut into cubes of relatively equal size and shape</td>
</tr>
<tr>
<td>Fry</td>
<td>Cook covered in hot fat, usually oil</td>
</tr>
<tr>
<td>Grill</td>
<td>Cook where the heat is coming primarily from the bottom, on a grill.</td>
</tr>
<tr>
<td>Mince</td>
<td>Cut food into very tiny pieces, the size of large crumbs</td>
</tr>
<tr>
<td>Pan-fry</td>
<td>Cook in a pan with a small amount of fat</td>
</tr>
<tr>
<td>Roast</td>
<td>Slow method of cooking where the food is fully surrounded by heat</td>
</tr>
<tr>
<td>Saute</td>
<td>Fry and brown quickly in a small amount of fat</td>
</tr>
<tr>
<td>Simmer</td>
<td>Cook in liquid less than its boiling point, visually there are small bubbles in the cooking liquid</td>
</tr>
</tbody>
</table>
Breakfasts
Breakfast Burrito

Time: 20 min  |  Yield: 2 burritos
Serving size: 1 burrito

*Breakfast burritos require some pre-preparation, but this hearty and fun breakfast is worth the work!

**Ingredients**

- 2 bacon strips, cooked and chopped or 4 oz sausage
- 3 large eggs
- 1 tsp oil
- 2 whole wheat tortillas
- ¼ cup cheddar cheese, shredded
- 4 Tbsp salsa
- Salt & pepper to taste

**Directions**

1. Cook bacon till crisp. Drain oil and chop after cool. Or cook sausage till it is done.
2. Whisk eggs, salt & pepper. Scramble eggs with oil, set aside.
3. Spoon half egg mixture onto each tortilla, and top with cheese, bacon and salsa. Roll and enjoy!

*You can be more creative about the fillings. Some ideas are beans, avocado, sour cream, or pickled jalapeno if you like some heat! If you have leftover bacon, you can use them in salad, sandwich or pasta! Also, try turkey bacon or sausage for less saturated fat intake*
The Perfect Crepe

Time: 20 min | Yield: 14 crepes
Serving Size: 2 crepes

This recipe was created after much trial and error to create the perfect batter that will make a thin yet break-resistant crepe. Choose from among the filling ideas or create your own combinations. Enjoy these crepes as a breakfast, dessert, brunch, snack, or even dinner!

Ingredients
- 2 cups milk
- 4 eggs
- 3 Tbsp. butter, melted
- 1 Tbsp. sugar
- 1 tsp. vanilla
- 1/2 tsp. salt
1 1/2 cups flour sifted (can use whole wheat flour)

Directions
- In a blender, blend all ingredients until smooth.
- Spray non-stick cooking spray (or spread regular oil) onto an 8-inch frying pan. Pour approximately 1/4 cup batter into pan and turn temperature to medium-low heat. Immediately, turn pan from side to side to spread batter into an even circle. Cook each side until lightly browned, about 1-2 minutes. Remove finished crepe from heat and stack until ready to serve.
- Serve with your favorite toppings. Fresh fruit, jams, pudding, nutella, whipped topping and nuts are crowd favorites.

Get Creative! Try any of these delicious filling or create your own
- Nutella, peanut butter, and bananas
- Ricotta or mascarpone with fresh berries
- Dulce de leche
- Brie with honey
- Peaches and cream
- Brown sugar apples
- Sauteed vegetables and eggs
- Mozarella, tomato and basil
- Ham and cheese
Egg-in-a-Basket

Time: 5 min | Yield: 1 piece
Serving size: 1 piece

Egg-in-the-basket, eggs-in-a-frame, hole-in-one, bullseye eggs... The name of this hit breakfast food may be hotly debated, but no matter what you choose to call this egg-in-toast contraption it is well-loved by many.

**Ingredients**

- 1 pat butter
- 1 slice whole-grain bread
- 1 egg
- Salt and pepper to taste

**Directions**

- Heat pat of butter in a skillet
- Use a glass to cut a hole in the bread
- Crack an egg into the hole in the bread. Salt and pepper egg to taste
- Cook the circle of bread in the pan as well
- Flip the egg in the toast when the bottom of the egg is set, and cook until the yolk is at desirable firmness

**Make it a Meal**

- Pair with tomato, avocado and/or your favorite fruit!

Why Eat Breakfast?
Breakfast kick-starts your metabolism, giving you energy and letting you better use the energy you get from your food. It feeds your brain, helping you focus at work and at school. Many studies have linked eating breakfast to good health, including better memory and concentration, lower “bad” cholesterol, and lower chances of getting diabetes, heart disease, and being overweight. Breakfast can be very easy, fast and nutritious!
Energy-Boosting Toast

Time: 5 min | Yield: 1 piece
Serving size: 1 piece

Toast may be one of the easiest breakfasts to eat on-the-go. However, it is not going to last you long unless you add some kind of protein or healthy fat! Kick up your toast experience with some of the suggestions below and then get out the door to go.

Ingredients

- 1 slice whole grain bread
- Your choice of items from the table below

<table>
<thead>
<tr>
<th>SPREADS</th>
<th>FRUIT</th>
<th>VEGETABLES</th>
<th>TOPPINGS</th>
<th>SEASONINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nut butter</td>
<td>Apple</td>
<td>Cucumbers</td>
<td>Chia seeds</td>
<td>Salt</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>Pear</td>
<td>Tomatoes</td>
<td>Sunflower seed</td>
<td>Pepper</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>Grapes</td>
<td>Peppers</td>
<td>Pepitas</td>
<td>Chiles</td>
</tr>
<tr>
<td>Jam</td>
<td>Banana</td>
<td>Carrots</td>
<td>Nuts</td>
<td>Herbs</td>
</tr>
<tr>
<td>Avocado</td>
<td>Peach</td>
<td>Arugula</td>
<td>Coconut</td>
<td>Spices</td>
</tr>
<tr>
<td>Hummus</td>
<td>Apricot</td>
<td>Baby Spinach</td>
<td>Dried Fruit</td>
<td>Salsa</td>
</tr>
<tr>
<td></td>
<td>Figs</td>
<td>Leafy Green</td>
<td>Granola</td>
<td>Honey</td>
</tr>
</tbody>
</table>

Directions

- Toast bread until lightly brown.
- Add spread of your choice.
- Scatter on any toppings you like.
- Finish with appropriate seasonings
- Top with a fruit or vegetable, or both, as desired.

Tip: Try whole grain/wheat bread to add an extra boost of health. You can find a whole grain by checking out the label--the first ingredient should say whole something (whole grain, whole wheat, etc). Whole grains have more fiber, protein, vitamins, and minerals and can have less Calories than refined grains. The 2015 Dietary Guidelines for Americans suggest making half your grains whole to lower your risk of many chronic diseases.
French Toast

Time: 10 min | Yield: 4 slices
Serving size: 2 slices

French toast is a family classic. For a complete meal, enjoy with your favorite fruit and frozen sausage, sliced ham, Greek yogurt, or eggs.

Ingredients

- 1 egg
- 1 tsp. vanilla
- 1/2 tsp. ground cinnamon
- 1/4 tsp. nutmeg (optional)
- 1/4 cup milk
- 3-4 slices bread

Directions

- Beat egg, vanilla and cinnamon in flat Tupperware container or other shallow dish. Stir in milk.
- Dip bread in egg mixture, turning to coat both sides evenly.
- Cook bread slices on lightly greased (balance whether you use butter for flavor or oil for healthy properties) nonstick skillet on medium heat until browned on both sides.

Are carbs unhealthy?
This may be one of the most asked nutrition questions of the 21st century. Many people think of carbs, short for carbohydrates, as foods that are high in sugars and starches, which is correct, those foods are carbs. But, the carbs category also includes fruits, vegetables, low-fat dairy, and whole grains, which are actually recommended as part of a healthy diet. Carbs are the body’s go source to for fuel. Without enough, you may find yourself feeling sluggish or sore. A balanced, healthy diet easily can include a variety of carbs, but be sure to choose foods where at least half of your carbs are full of fiber, vitamins, and minerals as well.
Overnight Oatmeal

Time: 5 min + overnight | Yield: 1 jar

This creamy and delicious breakfast is packed with protein and will keep your energy up every morning! Overnight oats are easy to prepare and great for advanced meal prep–if the fresh fruits are stored separately, they can keep for up to 1 week in the fridge.

Ingredients

- 1/2 cup milk
- 1/2 cup old-fashioned rolled oats
- 1/2 cup yogurt, optional
- 1 tsp. chia seeds, optional
- 1/2 banana, mashed, optional
- Your choice of add-ins! (See below for suggestions)

Directions

- Add the desired amounts of milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or for at least 5 hours.
- In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.

Get Creative—Add-in some excellent toppings for more variety

- Fruits
- Nuts
- Seeds
- Nut butters
- Protein powder
- Granola
- Sweetener (honey, maple syrup, brown sugar)
- Coconut
- Spices (cinnamon, nutmeg, cardamom, etc)
- Citrus zest
- Vanilla extract (or other extracts)
- Chocolate chips
Trail Mix

Time: 5 min | Yield: 3 cups
Serving Size: 1 cup

This is such a great snack (or breakfast) because it’s quick and great for on-the-go. With nuts, a grain, and dried fruit, it even fits the protein, starch, and a produce model for a meal.

Ingredients

- 1 cup nuts and/or seeds
- 1 cup grain
- 1/2 cup dried fruit
- 1/2 cup “extras”

Directions

- Mix in a bag or a bowl and enjoy!

Make your own Trail Mix

Invent your new favorite flavor of trail mix! There is no wrong way to do this, but a great strategy to follow is to include these 5 categories!

<table>
<thead>
<tr>
<th>N</th>
<th>F</th>
<th>S</th>
<th>G</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walnuts</td>
<td>Blueberries</td>
<td>Sunflower seeds</td>
<td>Popcorn</td>
<td>M&amp;Ms</td>
</tr>
<tr>
<td>Almonds</td>
<td>Bananas</td>
<td>Pumpkin</td>
<td>Pretzels</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Peanuts</td>
<td>Mangos</td>
<td>Flax</td>
<td>Granola</td>
<td>chips</td>
</tr>
<tr>
<td>Pecans</td>
<td>Cranberries</td>
<td>Chia</td>
<td>Cereal</td>
<td>Chocolate</td>
</tr>
<tr>
<td>Pistachios</td>
<td>Cherries</td>
<td>Hemp</td>
<td>chips</td>
<td>chips</td>
</tr>
<tr>
<td>Cashews</td>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tip: You’d be surprised how much energy (measured in Calories) can be packed into a small volume of food! Snacks and meals with a lot of energy/Calories in them can be great, but don’t let them catch you by surprise. At the same time, don’t be afraid to eat 2 or more servings if you are still hungry. Be mindful of how much food ends up in front of you, check in on your hunger/fullness cues and eat until you are satisfied or barely full.
Yogurt Parfait

Time: 5 min | Yield: 1 container
Serving size: 1 parfait

Yogurt parfaits are a classic breakfast that can taste like a dessert! Pick vanilla or your other favorite yogurt, add fun fruits of any kind, and then add some granola or muesli for some extra crunch! This breakfast in a cup can be enjoyed at home or on-the-go.

**Ingredients**

- 1 cup vanilla Greek yogurt
- 1/2 cup mixed berries or other fruits, fresh or frozen then defrosted
- 1/4 cup granola
* Optional: Nuts and seeds, coconut, fruit, cereal, honey

**Directions**

- Layer yogurt into the bottom of cup/container, add fruit
- Top with granola. Serve immediately to keep granola crunchy!

**Get Creative—Add-in some excellent toppings for more variety**

- Fruits
- Nuts
- Seeds
- Nut butters,
- Protein powder
- Granola
- Sweetener (honey, maple syrup, brown sugar)
- Coconut
- Spices (cinnamon, nutmeg, cardamom, etc)
- Citrus zest
- Vanilla extract (or other extracts)
- Chocolate chips

Tip: If you do not have fresh fruits, you can thaw frozen fruits the night before in the fridge to use the next day as a topping! Frozen foods can also be defrosted in the microwave right before use. Frozen fruits are picked at the peak of ripeness, which means they keep all of their sweetness and nutrients. They do become a little mushy, so are often best in dishes like parfaits, smoothies, and baked goods.
Lunches
BBQ Chicken Burrito Bowl

Time: 20 min | Yield: 6 cups
Serving size: 1 cup

This fun burrito bowl is full of so many flavors and textures! The ingredients are easy to stock in your fridge and pantry making this ready to prepare and eat at any time!

Ingredients

- 1 cooked chicken breast
- 1/2 cup BBQ sauce
- 4 cups cooked rice
- 15 oz can black beans
- 1 cup frozen corn kernels, thawed
- 1 small zucchini, diced
- 4 oz pepper jack cheese
- 2 green onions, chipped
- 1 small avocado, sliced

Directions

• Chop or shred chicken breast and mix with 2-3 tablespoons of BBQ sauce until well-coated.
• Drain and rinse black beans. Cut zucchini into small cubes (1/4-1/2”), shred pepper jack cheese, slice green onions, and pit and slice the avocado.
• To build the bowls, place 1 cup cooked rice in the bottom of each bowl. Divide the chicken, beans, corn, zucchini, shredded cheese, green onions, and avocado slices equally among all four bowls. Drizzle one more tablespoon of BBQ sauce over top and serve, or refrigerate until ready to eat.
Chicken Salad with Hummus dressing

Time: 10 min  |  Yield: 6 cups
Serving size: 2 cups

Easy to make ahead of time, this tasty pasta salad is great for weekday lunches or a quick dinner.

Ingredients

- 3 cups vegetables, chopped (carrots, peas, green beans, tomatoes, corn, etc)
- 2 cups cooked chicken, chopped
- 1/2 a medium avocado, cubed
- 1 cup elbow pasta, uncooked
- 1/3 cup salsa
- 1/3 cup hummus

Directions

• Prepare pasta according to package directions.
• While pasta is cooking, combine vegetables, avocado and chicken in a large bowl. Mix in pasta.
• Add salsa and hummus and stir until well combined.
• Refrigerate at least 1 hour to let flavors meld.
• Serve cold.

5 Grocery Shopping Tips
1) Do your prep work—eat before, bring a list, and check for coupons
2) When comparing prices, use the unit price to compare by weight
3) Buy fresh produce when it is in season—it's cheaper and it tastes better! If a produce is not in season, consider getting it frozen instead.
4) Check out the bulk and frozen sections for better deals. Try freezing any extra meats, bread products, chopped produce, and more.
5) Know your dates: best by date=best quality, sell by date=off the shelves, use by date=indicator of food safety. Generally (besides the use by date), go by quality (look, smell, taste) of a product rather than the dates to know if you can keep a food!
Cranberry Chicken Salad

Time: 15 min | Yield: 3 cups
Serving size: 1 cup

Do you like foods that are savory, crunchy, smooth, and sweet? If so, you’ll love this easy, versatile recipe, ready from start to finish in 15 minutes or less. Don’t be too skeptical of the cranberry. Just two spoonfuls adds light coloring, delightful depth, and a little bit of extra sweetness.

Ingredients

- 2 cups diced roast chicken
- 1/2 cup plain yogurt
- 1/4 cup canned cranberry sauce
- 1/2 cup chopped celery
- 1/2 cup grapes, cut in half
- 1/4 cup chopped nuts (optional)
- Bread or lettuce for serving

Directions

• Combine all ingredients (except last bullet) in a mixing bowl. Stir until evenly distributed.
• Serve on bread, over lettuce, or with crackers. Refrigerate any leftovers.

Dealing with Leftovers

• Making 3-4 meals worth of food at once can save you time
• Reuse entrees in different ways. For example, this chicken salad can be put on bread, a salad, a wrap, crackers, or more with any produce
• Reuse components of meals. For instance, chicken can be cooked in bulk and mixed into different meals or rice could be used two days in a row
• Eat leftovers for dinner or lunch the next day, but break up repeat meals with quick foods in between, try sandwiches—cold or toasted, wraps, quesadillas, nachos, salads, soups, cracker sandwiches, eggs, and pasta dishes, each paired with produce and protein
Fried Rice Made Easy!

Time: 20 min | Yield: 30 cups
Serving size: 1 1/2 cups

Making your own fried rice may look intimidating, but check out this recipe for a simple and easy approach to fried rice. All you need is a skillet, spatula, and 6 basic ingredients.

Ingredients
- 1 1/2 cups cooked rice
- 1 T oil or butter
- 1/2 small onion, chopped
- 1/2 - 1 cup frozen carrots and peas
- 1-2 Tsp. soy sauce (to taste)
- 1 egg
- 1 Tbsp. green onions (optional)

Directions

• Preheat large skillet to medium heat. Saute onion and frozen vegetables until tender. Push vegetables to one side of pan.
• On other side of pan, use a spatula to scramble the egg. Combine vegetables and eggs, then mix in rice.
• Pour soy sauce on top. Stir and fry rice and veggie mixture until heated through and combined. Top with green onions if desired.

What else could I add?
- Chopped lunch meat
- Broccoli and other veggies
- Sesame oil instead of butter or vegetable oil
- Other leftover ingredients

Tips for Cooking Rice

• Rinse dry rice before cooking to prevent rice from being too sicky
• Use a 2:1 ratio of water to rice, add both to the pan at the same time
• Expect the dry rice to double in volume when cooked, so if you want 1 cup of cooked rice, cook 1/2 cup of dry rice
• Add salt and/or butter to add flavor
• After the initial boil, keep the rice covered and the temperature low
• Measure doneness by texture of rice, not the amount of remaining water
• Fluff the rice when done!
Lo Mein

Time: 15 min | Yield: 6 cups
Serving size: 2 cups

This delicious Chinese noodle stir-fry only takes 15 minutes to make and for only a fraction of the cost of takeout. For the most authentic result use light soy sauce for salty, savory flavor and dark soy sauce (available at international markets) for a deeper color. Be careful, this might become your favorite weekday recipe!

Ingredients

Sauce:
-1 Tbsp. dark soy sauce (optional)
-1 Tbsp. light soy sauce
-1 tsp sesame oil
-1 tsp. sugar

Lo mein:
-4–6 ounces uncooked ramen noodles or spaghetti
-1 Tbsp. sesame oil
-3 green onions, chopped (separate green parts from white parts
- you’ll use both separately)
-3 cups julienne cut or chopped vegetables like carrots, red peppers, cabbage, bok choy, mushrooms, or broccoli
-1 Tbsp. rice wine

Protein of choice:
-Chicken, shrimp beef, pork, tofu, egg

Directions

- Sauce: Shake all the sauce ingredients together in a jar.
- Noodles: Cook noodles according to package. Drain and set aside.
- Lo Mein: Heat the sesame oil in a large wok or skillet. Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to loosen the browned bits up off the bottom of the pan. Add the cooked noodles and about half of the sauce - toss around in the hot pan to combine. Add more sauce if needed (I usually gauge the amount of sauce I want by the color of the noodles - you want a medium brown color, not too light, not too dark). Serve topped with remaining green onions!
Mediterranean Pasta Salad

Time: 15 min | Yield: 6 cups
Serving size: 2 cups

This is a basic recipe for a savory, easy, cheap pasta salad. All of the ingredients can be kept in the pantry for when it has been a while since your last trip to the grocery store!

**Ingredients**

- 1 box farfalle, penne, or other pasta
- 1 can of diced tomatoes
- 1 can of chickpeas/garbanzo beans
- 1 can of sliced olives
- 1/4 cup Italian dressing

**Directions**

- Cook and drain pasta according to package directions.
- Add can of diced tomatoes, can of sliced olives, can of rinsed chickpeas and Italian dressing (or olive oil, balsamic vinegar, salt, and pepper) to taste. Enjoy as a main meal or as a side dish.

**Why rinse your beans**

One of the top reasons people hesitate to eat beans is because they are concerned about one side effect in particular: flatulence. But, there is an easy way to tackle this barrier! When a person eats beans taken straight from the can, the bacteria in their gut (which helps with all kinds of things) digest the starches to produce a gas, the kind involved in flatulence. When the beans are rinsed first, it washes away the starch in question and reduces gas production.

Beans can be rinsed in a colander/strainer once or the can be filled and drained 4-5 times for a thorough rinse. Especially after an easy rinse, eating beans is worth it! Beans are one of the cheapest proteins around. They are a great source of fiber and many other nutrients, enough that they can be counted as a vegetable!
Spicy Chicken Wraps

Time: 20 min | Yield: 4 wraps
Serving size: 1 wrap

This chicken wrap recipe is made of jalapeno cream cheese, chicken, bacon, cucumbers and red onion. Super easy and quick fuel source. It is also a great way to use your leftover chicken!

Ingredients

- 4 spinach or whole wheat flour tortillas (or lettuce leaves)
- 1/2 cup jalapeno cream cheese spread
- 2 boneless cooked chicken breasts
- 2 1/2 cups fresh spinach
- 4 slices bacon cooked and diced
- 1 medium cucumber peeled and chopped
- 1/2 medium red onion thinly sliced
- 1 medium avocado pitted and diced

Directions

- Spread each tortilla (or lettuce leaf) with 1 tablespoon of the jalapeno cream cheese spread, top with a layer of spinach leaves, and arrange about 1/2 cup of chicken on the spinach leaves.
- Top with about 1 slice of bacon for each tortilla, cucumber, red onion, and avocado.
- Fold the bottom of each tortilla up about 2 inches, and start rolling the burrito from the right side. When the burrito is half-rolled, fold the top and bottom of the tortilla down, enclosing the filling, and continue rolling to make a tight, compact cylinder.
- If making ahead, wrap each chicken wrap tightly with plastic wrap and store in the refrigerator up to 3 days.
Spinach Salad

Time: 15 min | Yield: 10 cups
Serving size: 2 cups

Quickly customizable, this salad recipe will be sure to please! Add any combination of fresh vegetables with a protein and some healthy fats for a filling, delicious salad perfect for any meal.

Ingredients
- 6 cups fresh baby spinach
- 2 cups romaine lettuce, cut to bite size
- 1/2 small red onion, thinly sliced
- 1/4 pound sliced fresh mushrooms
- 3 hard-boiled large eggs, sliced
- 4 bacon strips, cooked and crumbled
- 1/2 cup croutons
- Ranch salad dressing

Directions
- In a big bowl, mix spinach, lettuce, onion, mushrooms and top with bacon, eggs and crouton. Serve with salad dressing

Make Your Salads More Filling
- Use greens with substance. For example, Spinach and arugula have more to them than iceberg lettuce. The heartier greens will be more filling because of their texture.
- Use lots of vegetables. The more toppings your salad has the more like a meal it will feel.
- Add a tasty, lean protein. This will give energy, add flavor, and be more filling
- Include a fat like avocado, nuts, or cheese. Fats take longer to digest so will keep you full for longer.
- Use a salad dressing you love. Whether it’s chipotle ranch or olive oil and balsamic vinegar, a light addition of a dressing you love will lend amazing flavor to help you enjoy that salad even more!
Dinners
Lemon Pasta with Chicken

Time: 35 min | Yield: 9 cups
Serving size: 2 cups

*This zingy dish with a hint of a kick tastes so much like a gourmet meal that you’ll be surprised at just how easy it is to throw together.*

**Ingredients**

- 1 lb dried penne
- 1 Tbsp. olive oil
- 1-2 chicken breasts, cut into strips
- Salt and pepper
- 3 Tbsp. olive oil
- 3 cloves garlic
- 1/4 tsp red pepper flakes
- 2 lemons, juiced
- 1/2 cup grated Parmesan
- 3 Tbsp. fresh parsley, chopped (optional)

**Directions**

- Cook pasta according to package directions. Drain well.
- Season chicken with salt and pepper. Cook chicken in 1 T olive oil in a skillet over medium high heat until golden and cooked through. Remove to a plate and slice.
- Add 3 T olive oil, garlic, and red pepper flakes to the skillet. Sauté until fragrant
- Add the cooked pasta and turn off heat. Mix in chicken and lemon juice. Top dish with Parmesan cheese and parsley. Season to taste. Serve with steamed vegetables and enjoy!

**How to Steam Vegetables in the Microwave**

There’s a super easy way to steam vegetables in your microwave! These are great alongside any lunch or dinner.

1) Choose a microwave-safe bowl and something to cover it. A small glass plate works great.
2) Add any steamable fresh or frozen vegetables. Add salt, pepper, and/or garlic (minced or powdered). Add a couple tablespoons of water, you really don’t need much!
3) Cover bowl. Microwave until vegetables are tender when tested with a fork. This is usually 3-4 minutes for a cereal bowl, or 6-7 minutes for a large bowl. Bowl will be hot!
Kielbasa Hash

Time: 20 min | Yield: 5 cups
Serving size: 1 1/4 cup

This recipe is simply delicious! Inexpensive flavor-filled turkey kielbasa is tossed among a mix of pan-fried vegetables for a comforting hearty dinner anytime. Add another quick vegetable on the side and voila! Dinner is served.

Ingredients

- 1 14-oz pkg of turkey kielbasa, cut into ¼ inch slices
- 1 green pepper, diced
- 1/2 yellow, red, or orange bell pepper, diced
- 1 onion, diced
- 3 small or two large potatoes, peeled, and diced
- 3 Tbsp. olive oil, divided
- Salt and pepper to taste

Directions

- In a large skillet, heat 2 T olive oil over medium-high heat.
- Add the potatoes and season with salt and pepper. Fry until golden brown and cooked through, about 8-10 minutes, stirring a few times to ensure even browning.
- In a separate skillet, brown the sliced kielbasa and saute the peppers and onions in 1 T of olive oil on medium-high heat. Cook for 5 minutes, or until softened, stirring occasionally.
- Mix everything together. Enjoy!

Short on time? Try frozen potatoes
Tip: When chopping before cooking, it is important to make all of pieces roughly the same size, or at least the same thickness. When pieces are the same size/thickness the pieces will cook evenly at the same rate. Uneven pieces may end up burnt or undercooked, or both. If you ever have questions on how to chop a vegetable or other food you haven’t practiced before, a quick youtube search may give the answer.
Korean Beef Bowl

Time: 20 min | Yield: 2 cups beef
Serving size: 1/2 cup beef

Korean BBQ inspired dishes don’t get easier than this! Enjoy this tangy and sweet meal while doing more with your ground beef. Serve over rice with steamed or sautéed veggies.

Ingredients

- 1/4 cup brown sugar, packed
- 1/4 cup reduced sodium soy sauce
- 2 tsp. sesame oil
- 1/2 tsp. crushed red-pepper flakes
- 1/4 tsp. ground ginger
- 1 Tbsp. vegetable oil
- 3 cloves garlic, minced
- 1 pound lean ground beef
- 2 green onions, thinly sliced (optional)
- 1/4 tsp. sesame seeds (optional)

Directions

• In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes and ginger.
• Heat vegetable oil in a large skillet over medium high heat. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat.
• Stir in soy sauce mixture and green onions until well combined, allowing to simmer until heated through, about 2 minutes.
• Serve immediately, garnished with green onion and sesame seeds, if desired.
Roast Chicken and Sweet Potato

This recipe is baked all on one sheet pan in one step! Chop, bake and drizzle for an easy, delicious, flavor-packed balanced meal.

Ingredients

- 2 medium sweet potatoes, peeled and cubed
- 12 oz. green beans, fresh or frozen
- 1 small red onion, sliced
- 3 slices raw bacon, chopped (optional)
- 2 Tbsp. cooking oil
- 1 tsp. dried thyme
- 1 1/2-2 lbs. chicken thighs (about 5 chicken thighs)
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4-1/2 cup Ranch dressing

Directions

- Preheat oven to 425 degrees. Line a sheet pan with parchment paper
- Add the sweet potatoes, green beans, red onion, and bacon to the sheet pan. Drizzle with 1 T oil and toss to coat.
- With a paper towel, soak up as much liquid as you can from the chicken thighs. Spread out veggies to make a space for each chicken thigh. Place on pan. Brush with oil as needed.
- Sprinkle salt, pepper, and thyme over entire sheet pan.
- Bake for 30 minutes, tossing vegetables twice, or until chicken is cooked through. Chicken is cooked when a thermometer reads 165 degrees Fahrenheit and juices run clear
- Remove from oven, drizzle with ranch and serve.
Easy Stir-fry

Time: 15 min | Yield: 4 servings
Serving size: 1 cup vegetables and chicken

This recipe is for a classic meal ready in almost no time at all.

Ingredients

- 1 Tbsp. vegetable oil
- 1 lb chicken, cut into bite sized strips
- 3 cups frozen stir-fry vegetables
- 1/4 cup water
- 1 1/2 Tbsp. low sodium soy sauce
- 1 clove minced garlic
- 1 tsp. ginger
- 1 tsp. cornstarch

Directions

- Add vegetables, stir-fry the vegetables until tender-crisp, about 5-7 minutes. Check that the chicken is cooked through (white/stringy inside).
- In a small bowl, mix water, soy sauce, garlic, ginger, cornstarch, and remaining 1 T oil
- Mix contents of bowl into chicken and vegetables. Cook for another minute. Serve over rice or noodles and enjoy!
Salsa Verde Chicken

Time: 30 min | Yield: 4 servings
Serving size: 1 cup

This One Pan Salsa Verde Chicken and Rice is an easy and delicious one pan chicken dinner that has all of the protein, carbs, veggies and healthy fats you want for a well-rounded meal!

Ingredients
- 2 Tbsp. cooking oil, divided
- 1 onion, diced
- 3 garlic cloves, minced
- 1 1/2 lbs. boneless, skinless chicken thighs, diced
- 1/2 medium cauliflower, cut into florets (about 2 cups)
- 1 tsp. cumin
- 1 cup long grain white rice, rinsed well and drained
- 1 cup Salsa Verde
- 1 1/2 cup chicken broth
- Salt and pepper to taste
- cilantro, for garnish

Directions
- Heat a medium heavy bottomed high-sided pan over medium-high heat. Once hot, add 1 tablespoon oil and onion and garlic. Cook until soft and translucent, 3-5 minutes.
- Push onion and garlic to the side and add 1 tablespoons of oil. Once hot, add chicken and cook until beginning to brown 5-7 minutes.
- Add cumin, salt, pepper, rice and cauliflower. Stir to combine.
- Add chicken stock and salsa and scrape up any browned bits.
- Let mixture come up to a boil, then cover with a tight fitting lid, and lower the heat to medium-low.
- Cook for 20 minutes.
- Garnish with cilantro and enjoy!
Filled with greens, beans, and carbohydrates this spinach rice recipe is cooked all in one pot. It is healthy and full of proteins, fibers, and vitamins.

**Ingredients**
- 2 Tbsp. cooking oil, divided
- 1 onion, diced
- 3 garlic cloves, minced
- 1 1/2 lbs. boneless, skinless chicken thighs, diced
- 1/2 medium cauliflower, cut into florets (about 2 cups)
- 1 tsp. cumin
- 1 cup long grain white rice, rinsed well and drained
- 1 cup Salsa Verde
- 1 1/2 cup chicken broth
- Salt and pepper to taste
- cilantro, for garnish

**Directions**
- Heat oil in large skillet on medium heat. Add garlic and saute until fragrant, about 30 seconds
- Add onion and saute until translucent. Then add diced tomatoes and cook until tomatoes soften, about 3-4 minutes
- Add spinach, beans, rice and cook for a couple of minutes. Now add water, stock and bring the mixture to a boil
- Season with curry powder, salt, and pepper.
- Simmer the rice mixture for 18-20 min (or until rice is tender) on low heat with lid on
- Turn off the heat and serve warm to enjoy this nutritious and delicious spinach rice
Thai Chicken Tacos

Time: 30 min | Yield: 6 servings
Serving size: 2 tacos

This is an awesome way to use your leftover chicken! Thai peanut sauce combined with chicken, top with some fresh vegetables, an easy, delicious and nutritious meal for college students!

Ingredients

- 12 taco shells, or tortillas for soft tacos
- 1 rotisserie chicken, skin removed, shredded
- 1/2 cup Thai peanut sauce
- 1 medium cucumber, julienned
- 1 medium carrot, julienned
- 1/3 cup minced fresh cilantro

Directions

- Heat taco shells according to package directions. Meanwhile, in a large skillet, combine chicken and 1/2 cup peanut sauce; heat through.
- In a small bowl, mix cucumber, carrot and cilantro. Serve chicken in taco shells with cucumber mixture and remaining peanut sauce.
Recipes Sourced from:

- **BBQ Chicken Burrito Bowls**: https://www.budgetbytes.com/bbq-chicken-burrito-bowls/
- **Breakfast Burrito**: https://www.fitnessmagazine.com/recipe/eggs-cheese/breakfast-burrito/
- **Chicken Pasta Salad with Salsa Hummus Dressing**: https://www.theleangreenbean.com/chicken-pasta-salad-salsa-hummus/
- **Cranberry Chicken Salad**: https://thekitchn.com/cranberry-chicken-salad-lunch/
- **Easy Stir Fry**: https://www.momontimeout.com/easy-chicken-stir-fry-recipe/
- **Fried Rice Made Easy**: https://www.momontimeout.com/easy-chicken-stir-fry-recipe/
- **French Toast**: https://www.mccormick.com/recipes/breakfast-brunch/quick-and-easy-french-toast
- **Fried Rice Made Simple**: https://therecipecritic.com/easy-fried-rice/
- **Kielbasa Hash**: https://www.thetwobiteclub.com/2014/05/kielbas-pepper-onion-and-potato-hash.html
- **Korean Beef Bowl**: https://damndelicious.net/2013/07/07/korean-beef-bowl/
- **Lo Mein**: https://pinchofyum.com/lo-mein
- **Mediterranean Pasta Salad**: https://www.thesimpledollar.com/20-favorite-dirt-cheap-meals/
- **One Pot Spinach Rice**: https://www.watchwhatueat.com/one-pot-spinach-rice/
- **Overnight Oatmeal**: https://www.foodnetwork.com/recipes/overnight-oats-3416659
- **Roast Chicken and Sweet Potatoes**: https://therealfoodrds.com/chicken-bacon-ranch-sweet-potato-bake/
- **Salsa Verde Chicken and Rice**: https://lexiscleankitchen.com/one-pan-salsa-verde-chicken-rice/
- **Spicy Chicken Wraps**: https://addapinch.com/sweet-spicy-chicken-wraps-recipe/
- **Spinach Salad**: https://www.tasteofhome.com/recipes/grandma-s-spinach-salad/
- **Thai Chicken Tacos**: https://www.tasteofhome.com/recipes/thai-chicken-tacos/
- **The Perfect Crepe**: https://www.iheartnaptime.net/perfect-crepe-recipe/
- **Trail Mix**: https://fit.webmd.com/jr/food/article/trail-mix-recipe
- **Yogurt Parfait**: https://fit.webmd.com/jr/food/article/trail-mix-recipe

This book was produced by 2019’s USU seniors in the Coordinated Program of Dietetics. Primary authors were Alicia Kunzler and Peipei Crapse. Design template created by Alexis Smith. This collection was supervised by registered dietitians Elizabeth King, Jill Henderson, and Tamara Steinitz.