

Cook Book

*Easy, nutritious, low-cost
recipes for students*





Recipe Guide

Welcome to the Cook Book! Our goal is to provide you with guidance for creating nutritious meals at home using items you can find in our pantry. Cooking at home, rather than relying on convenience foods, is a healthier and more cost-effective option.

We know students are pressed for time. That's why each recipe requires minimal cooking and equipment. There are even some no-cook options. Each recipe will keep you full and focused for the school day ahead.

If you don't have all the ingredients for a recipe, don't worry! Don't have garlic? Leave it out or use garlic powder. Don't have olive oil? Sub for canola oil. Get creative and don't be afraid to adapt and add to these recipes.

Portion/Measuring Tool



Closed fist = 1 cup

**index &
middle finger**
1 ½ ounces

- cheese
- nuts

**pointer
finger tip**
teaspoon

- butter
- oils
- sugars

palm
3 ounces

- fish
- red meat
- chicken

thumb
tablespoon

- peanut butter
- dressings
- toppings



Mediterranean Hummus

Equipment: food processor or blender, or you can just mash it all with a fork.



Ingredients

2 cans garbanzo beans (chickpeas)
1 lemon
2 tsp minced garlic (garlic powder if you don't have fresh)
1 tbsp olive oil
Seasoning: salt, pepper, paprika, dried parsley

Preparation

Drain and rinse garbanzo beans

In a food processor add beans, garlic, olive oil and desired amount of seasoning. Squeeze 1 lemon into the mix.

Blend until smooth.

*If you do not have a food processor or all the spices just mash the beans with your fork and add lemon, olive oil, and any of the spices you have.

Store leftovers in fridge for up to 3 days.

Serve with pita bread, chips, crackers, carrots, cucumbers, or celery.

Meatless Chili

Equipment: stove and pot



Ingredients

- 2 tsp cooking oil
- 1 chopped onion
- 3 carrots chopped
- 2 tbsp chili powder
- 2 cans black beans drained and rinsed
- 1 can corn
- 1 can diced tomatoes
- 3 cups water
- ½ tsp salt

Preparation

Heat up oil in a pot over medium heat then add in onion and carrot and cook for 5-10 minutes continuously stirring.

Add tomatoes, corn, beans, water, salt, and chili powder.

Bring chili to a boil and then bring it down to a simmer for 15-20min.

Store leftovers in fridge for up to 3 days.

*Serve with half baked
potato or rice.*

Hearty Oatmeal

Equipment: microwave



Ingredients

1/2 cup oats

1 cup water

1 tbsp nut butter

Additional toppings: cinnamon, nuts, seeds,
fruit

Preparation

Combine oats and water into a bowl and microwave on high for 2 minutes. Let the oatmeal cool for a couple minutes.

Stir in toppings and enjoy!

Try these toppings: peanut butter, chopped nuts, ½ banana, berries, cinnamon, hemp seeds

Try cold overnight oats too: Mix oats and water or milk in a jar and let sit overnight in the fridge. In the am add toppings and take with you on the go.

Two Ingredient Cookies

Equipment: bowl, baking pan, oven



Ingredients

1 cup oats
2 over ripe bananas

Optional: 1/4 cup chocolate chips or raisins

Preparation

Mash bananas in a bowl thoroughly with a fork.

Add in oats, chocolate chips or raisins, and any optional additions if you choose.

Roll into balls and place them spread out on a lined or greased baking sheet.

Bake at 350 for 15-20 min.

Optional additions: pinch of salt, peanut butter, ½ tsp vanilla, 1 egg

Put left over cookies in an air-tight container and store at room temperature for up to 3 days.

Build-Your-Own Mexican Bowl

Equipment: None



Ingredients

1 can corn
1 can black beans
1 jar salsa or canned diced tomato
 $\frac{1}{4}$ chopped onion
Salt & pepper

Preparation

Drain canned ingredients and mix everything together in a bowl.

*Top with lime or add avocado if you have it.
Serve with tortilla chips or over rice!*

Store leftovers in the fridge for up to 2 days.

Tuna or Chicken Salad Sandwich

Equipment: None



Ingredients

2 6oz cans of tuna or chicken
½ lemon
2 tbsp olive oil
¼ chopped onion
Salt & Pepper

Optional: use 1 tbsp olive oil and 1 tbsp
Greek yogurt or mayo

Preparation

In a bowl, mix tuna, olive oil, onion, salt, and pepper.

Squeeze in ½ of a lemon and stir completely.

Serve as a sandwich with tomato or enjoy it alone! Throw in tomato, celery, or other crunchy veggies for added texture.

Store leftovers in fridge for up to 24 hours.

Upgraded Pasta

Don't just opt out for simple carbs, amp up your pasta with any beans and vegetables you have!

Equipment: stove, pot, pan



Ingredients

1 box pasta

Any of these that you have:

1 can beans (any) – drained and rinsed

1 can green beans

1 can diced tomatoes or fresh tomatoes

Fresh leafy greens

Broccoli

Onion

1 tbsp olive oil

Garlic (fresh or powder), salt, pepper

Marinara sauce

Preparation

Cook pasta according to box instructions.

In a pan, heat up the toppings you choose in olive oil on medium heat for 5-10 minutes.

If using onion, cook onion alone for the first 5 minutes.

If using leafy greens or broccoli, throw 1 tbsp water into the pan and cover to steam the vegetables.

Mix toppings with pasta and serve.

Store leftovers in the fridge for up to 2 days.

Stay fuller for longer when you add protein and fiber to a carbohydrate rich meal.

Mediterranean Chickpea Salad

Equipment: None



Ingredients

1 chopped tomato
¼ chopped red onion
½ chopped cucumber
¼ cup olives
1 can chickpeas
½ lemon
Salt & pepper

Preparation

Chop tomato, onion, cucumber, and olives.

Drain and rinse chickpeas (garbanzo beans)

Combine all ingredients in a bowl. Drizzle
1/2 tbsp of olive oil and squeeze half a
lemon.

Season with salt & pepper.

Store leftovers in fridge for up to 2 days.

Lentil Vegetable Soup

Equipment: stove and pot



Ingredients

1 tsp olive oil
1 cup chopped onion
1 chopped sweet or white potato
1 can lentils
3-4 cups water
1 can diced tomatoes
Salt & pepper
Optional: leafy greens

Preparation

Heat oil in a pot over medium heat.

Add onion and cook 3-5 minutes.

Add potato, lentils, water, diced tomatoes, and salt/pepper.

Bring soup to a boil then lower to a simmer. Cover pot partially and let cook for 15 minutes or until vegetables are to desired tenderness.

Add in any leafy greens if you have them. Cook for an additional 5 minutes.

Store leftovers in fridge for up to 2 days.

Make your own vegetable broth to use instead of water. Keep scraps of all vegetables in the freezer then boil them down with water for 1 hour.

Tuna or Chicken Patties

Equipment: stove and pan



Ingredients

1 can tuna or chicken (drained)
1/4 diced onion
1/3 cup diced veggies: carrots, peppers,
zucchini
1 whisked egg
Salt & pepper
Non-stick spray or cooking oil

Preparation

Mix egg and tuna/chicken together.

Add in optional chopped veggies to the mix.

Season with salt & pepper.

Form mixture into patties.

Heat up a greased pan on medium heat.
Place the patty in the pan and cook each
side for 2-3 minutes or until browned.

Add bread crumbs to the mixture for extra crispiness. Serve patties over lettuce or open face on 1/2 bun.

Store leftovers in the fridge for up to 24 hours.

Protein Energy Bites

Equipment: None



Ingredients

½ cup peanut butter
1 cup oats
¼ cup honey/maple syrup

Preparation

Mix together all ingredients in a bowl. Add in 1 tbsp water at a time if needed to moisten the mixture.

Place mixture in fridge for 1 hour.

Roll mix into 1 inch balls.

*Get creative with this one,
add in nuts, seeds, vanilla,
or anything you have!*

Store in fridge for up to 3 days.

Fried Rice

Equipment: stove, pot, and pan



Ingredients

1 cup uncooked rice

1-2 tbsp soy sauce

Add what you have:

- 1-2 eggs or canned chicken
- $\frac{1}{4}$ chopped white onion (or green onion)
- Vegetable suggestions: peas, broccoli, mushroom, carrots
- Garlic or garlic powder

Preparation

Cook rice according to package directions in a pot on a stove top.

In a separate pan heat up any vegetables you wish to add in cooking on medium heat for 5-10 minutes.

Add eggs or canned chicken to vegetable pan and continue to cook for 3-5 minutes.

Once rice is done, add it to the pan of vegetables along with the soy sauce and continue to mix on low heat for 1-2 more minutes.

Store leftovers in the fridge for up to 3 days.

*1 cup uncooked rice
makes 2-4 cups cooked
rice depending on the type*



Cooking Vegetables

Most vegetables can be cooked by steaming, roasting or sautéing, which will protect or even enhance the nutrients.

- ***To Sauté:*** cook on the stovetop over medium heat in $\frac{1}{2}$ tbsp oil.
- ***To Steam:*** add a splash of water to a pan and cook with the lid on.
- ***To Roast:*** toss your vegetables in $\frac{1}{2}$ -1 tbsp cooking oil and place on a sheet pan. Time in oven will vary.



Eggs

- Eggs can be a wonderful addition to any of these recipes. Crack your eggs into a bowl and mix thoroughly with a fork. Pour the mixture onto a heated non-stick or greased pan. Stir the egg until it is no longer runny.
- You can also hard boil eggs and store them in the fridge to eat later as a snack or to top salads, soups, ect.
 - To hard boil: put some eggs in a pot of water and bring to a boil. Once it is boiling, turn off the heat and cover with a lid. Wait 7-11 minutes (depending on how hard you want the yolks). Then transfer the eggs to cold water. Peel shells and enjoy!