



A Food for Thought Pantry & Campus Partners Project

Recipe Book

Affordable & Nutritious

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CHAW Nutrition Corner



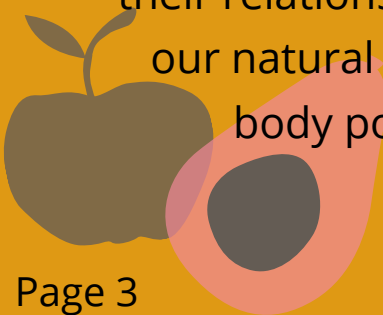
On Campus Nutrition Support

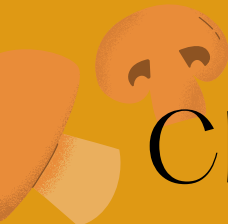
CHAW knows that college is a time of change and busy schedules often affect your eating habits. Our goal is to help you optimize your nutrition by strategizing with you to set realistic, behavior change goals that support overall wellness.



Our Philosophy

We utilize evidenced based, peer-reviewed research and national nutrition guidelines to provide the best care. We embrace a wellness versus weight philosophy, health at every size and a non-diet, mindful and intuitive eating approaches. We do not provide weight loss counseling. We help students incorporate balance, variety, and moderation in all food choices, improve their relationship with food, learn to identify and trust our natural hunger and fullness cues and promote body positivity to achieve overall wellness.





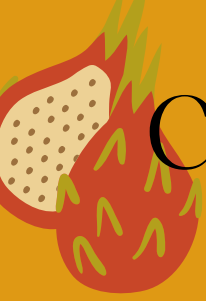
CHAW Nutrition Corner



Research shows that dieting doesn't result in long-term weight loss (it may even cause weight gain) or better health. In addition, restrictive eating, either quantity or food type, has been proven to lead to overeating and bingeing.

Intuitive Eating is a process that allows you to listen to your body and eat accordingly. You trust your body enough to eat when you're hungry and stop when you're full. Intuitive eating allows you to eat the foods that you want without guilt or shame. You learn how to eat for satisfaction, move for enjoyment and become more accepting of your body. You develop a healthier relationship with food and eating.





CHAW Nutrition Corner

Intuitive Eating has the following 10 principles:

1. Reject the diet mentality
2. Honor your hunger
3. Make peace with food
4. Challenge the food police
5. Feel your fullness
6. Discover the satisfaction factor
7. Cope with your emotions without food
8. Respect your body
9. Exercise - Feel the difference when you move your body in ways that you enjoy.
10. Honor your health with gentle nutrition



Intuitive Eating has become a “buzz” word lately, but if weight loss or restriction is mentioned, it isn’t truly Intuitive Eating.

Intuitive Eating isn’t any of the following:

- It isn’t a weight loss method.
- It doesn’t mean you are forbidden from making conscious decisions.
- It doesn’t mean you don’t care about nutrition.
- It’s not about always eating the perfect amount of delicious and nutritious foods in the ideal balance at the perfect time.
- It doesn’t mean you have given up.
- It isn’t always easy!

CHAW Nutrition Corner

Eating Tips

Unless you have a food allergy, there is no reason to ban foods/food groups from your diet. If you want to eat healthy, you need to listen to your body and allow yourself to eat all foods. Eating healthy means you have to eat, relax and listen to your body. When you eat intuitively and mindfully, you listen to your body and not outside voices. You eat when you are hungry and stop when you are full and you enjoy what you are eating. Here are some basic things to keep in mind:

Eat Food - If you are not giving your body enough food, i.e. energy, how can it possibly keep you from breaking down physically and mentally? Your body knows when you are starving it so it holds onto your fat stores. In addition, your metabolism slows down when your body is starved making it harder to even maintain your weight.



CHAW Nutrition Corner

Eating Tips

Break the Fast- Your body needs something to get its engine started in the morning. It doesn't have to be a big meal, just consist of some protein and carbohydrate.

Don't Label Food- As soon as you label a food "bad," you will want it more than ever. Labeling leads to binging.

Have the Real Thing- If you really want ice cream, then the fat free stuff is just not going to cut it. Chances are you will eat at least two times more of the imitation frozen dessert. Fat is what makes premium ice cream so good. It gives it texture and body so when that is missing, you will eat more in an attempt to achieve that same mouth feel.



CHAW Nutrition Corner

Eating Tips

Be a Mindful Eater- Really taste your food by making your meal last 30 minutes. Put your fork down between bites or eat with your non-dominate hand.

Don't Skip Meals- Eating more frequently keeps your blood sugar steady, reduces carvings. and helps you with focus.

Have a Drink or Two- It is important to stay well hydrated and water is the best choice. At a minimum, you should drink 64 ounces per day.

Add Protein- You can eat too much protein (and no eating more will not give you bigger muscles), but it is important to make sure you have some each time you eat. Protein helps you feel full. It slows down the absorption of sugar into your blood stream so you'll have energy for a longer period of time.



CHAW Nutrition Corner

If you want to make sure you are meeting your nutritional needs, try to make your plate look like this:



CHICKEN



For any recipe calling for chicken, you can choose to utilize fresh, frozen, or canned chicken. You can substitute and use any part of the chicken, from breasts to thighs to legs.

Chicken Leg Quarters, Drumsticks, and Bone-in Chicken Thighs are typically the cheapest cuts of fresh chicken you can get at the grocery store.

While they may seem more daunting than chicken breasts, they can be easily substituted into each recipe. Just mind the bone! Also, be sure to peruse the frozen and shelf-stable options! Canned chicken is often about \$1.00 and frozen chicken can be bought for very cheap in larger quantities that can be portioned out and used over time.

Chicken and Rice Casserole

Makes: 3 Servings

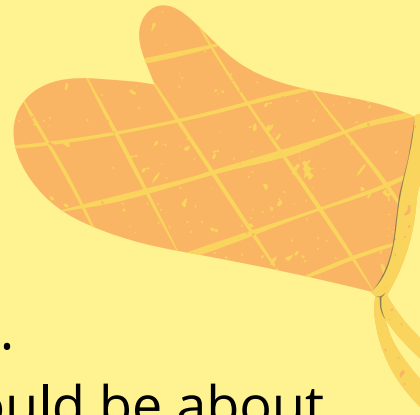
This delicious recipe is simple and comforting, with lots of room for personal modification!

INGREDIENTS:

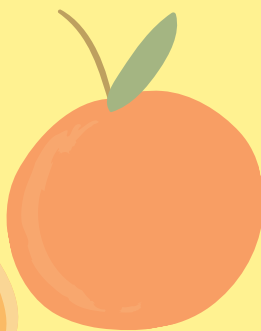
- 3 oz. rice
- ½ can of cream of mushroom soup
- ½ can of cream of celery soup
- 1-2 chicken breasts/canned chicken (or sub with beans for vegetarian option)
- Non-stick cooking spray or 1 tbsp butter/cooking oil
- Any desired seasonings (garlic powder, onion powder, paprika Mrs. Dash, bay leaf)
- Salt and pepper (to taste)



DIRECTIONS:



1. Preheat oven to 350 degrees F.
2. Lightly grease baking dish (should be about 4x10 inches or larger) with cooking spray or butter/oil
3. Combine rice and soups in dish. Fill each soup can with water and add to the dish. Repeat once. Mix together until combined.
4. Add chicken (or beans) on top. Season with salt and pepper.
5. Cover dish with foil and seal tightly. Bake for 1 hour and 30 minutes or until all liquid has been absorbed. Keep dish covered while baking.
6. Serve and enjoy!



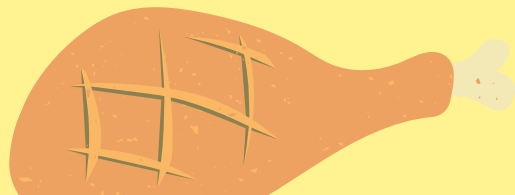
Chicken Cacciatore

Makes: 3 Servings

This recipe is delicious, easy to make, and comes together in less than 30 minutes!

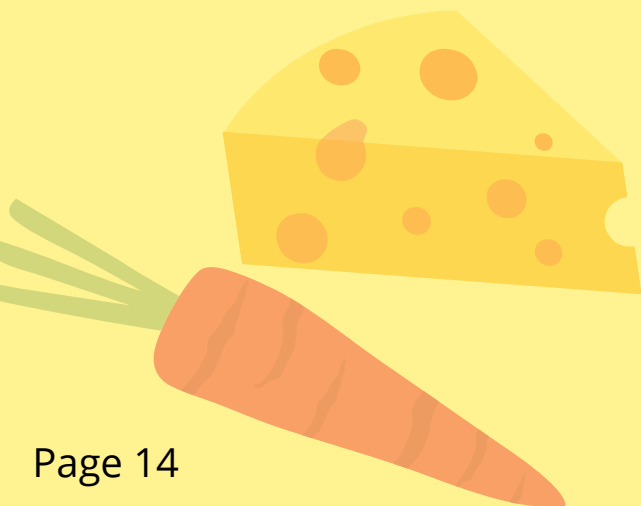
INGREDIENTS:

- 2 cups of frozen vegetables or 2 cans of vegetables
- 1 tbsp of oil
- 3 chicken breasts or 3 cans of chicken
- 1 onion, diced
- 1 bell pepper, diced
- 6 tomatoes, diced
- 2 tsp sugar/honey/syrup
- Salt and pepper (to taste)
- OPTIONAL: shredded cheese, red pepper flakes, parsley, garlic powder, onion powder, Mrs. Dash, cayenne pepper



DIRECTIONS:

- 1.If using frozen vegetables, prepare according to package instructions. If using canned vegetables, drain.
- 2.Heat oil in a skillet. Add chicken, onion, bell pepper, salt, and pepper. Cook and stir for 5-7 minutes
- 3.Stir in tomatoes and sugar. Reduce heat to low. Cover and simmer for 10-15 minutes, until tomatoes begin to form a sauce
- 4.Remove from heat. Serve alongside vegetables and garnish with cheese if desired. Enjoy!



Chicken and Spanish Rice

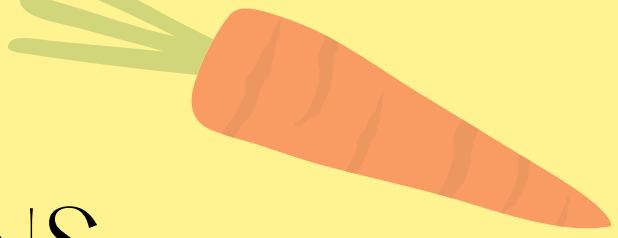
Makes: 3 Servings

This recipe uses many shelf-stable ingredients and provides a nutritious and balanced meal packed with flavor!

INGREDIENTS:

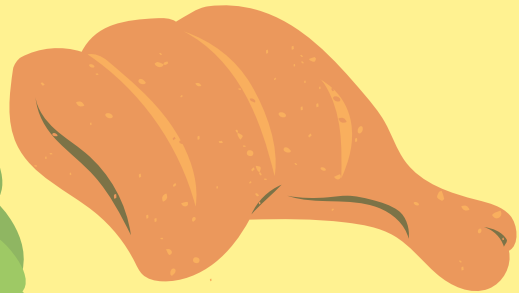
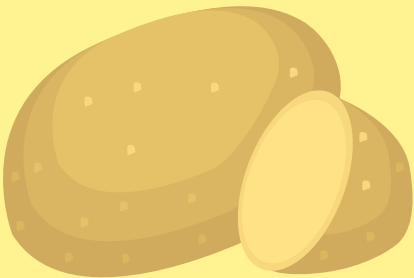
- 1 cup of any rice
- 2 tbsp cooking oil or butter
- 1 can of crushed tomatoes
- 1 onion
- 2 cups of chicken or vegetable broth (can substitute water if broth is unavailable)
- ½ tsp of cumin
- 1 tsp of garlic powder and/or 1 clove of garlic
- 1-2 cans of chicken or 1-2 chicken breasts (can substitute canned beans for vegetarian option)
- Salt and pepper (to taste)
- Optional: Serrano pepper, cilantro, diced green chiles, chili powder, salsa, hot sauce, black beans, paprika, onion powder, bay leaf





DIRECTIONS:

1. Heat oil in large frying pan or pot on medium heat. (If cooking raw chicken, add now and season with salt and pepper. Cook for 5-6 minutes, turning pieces occasionally). Dice onion. Cook rice per instructions and substitute broth for water if available.
2. Add diced onion, cook until golden brown. (If using a clove of garlic, mince and add now)
3. Add cooked rice, tomatoes, salt, cumin, pepper, (and garlic powder).
4. Stir and cover. Let ingredients meld together for 5-10 minutes. Fluff before serving and enjoy!



Baked Chicken and Brown Rice

Makes: 2 Servings

This recipe provides a balanced meal that is both nutritious and delicious! Feel free to modify ingredients and make it your own.

INGREDIENTS:

- 2 cans of chicken or 2 boneless skinless chicken thighs
- ½ cup of rice (preferably brown)
- 1 cup of chicken stock (or vegetable stock)
- 1 can of mixed vegetables or 1 bag of frozen vegetables
- Salt and pepper (to taste)
- OPTIONAL: Mrs. Dash, garlic powder, onion powder, paprika, fresh herbs/vegetables, barbeque sauce, teriyaki sauce, bay leaf





DIRECTIONS:

1. Preheat oven to 375 degrees. Evenly spread brown rice on the bottom of a 9×13 baking dish.
2. Boil stock. (If using raw chicken, place chicken on top of rice within dish)
3. Pour in the hot chicken stock and season with salt and pepper (as well as optional Mrs. Dash).
4. Bake for 45 minutes.
5. At the end of cooking, add mixed vegetables (as well as canned chicken if using shelf-stable protein), mix, and bake 5 more minutes until warmed through.
6. Serve (with additional Mrs. Dash) and enjoy!



Chicken, Lentil, and Bean Soup

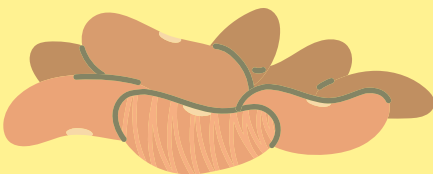
Makes: 3 Servings



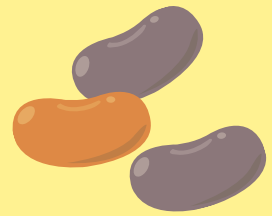
This versatile soup can be modified easily with any extra ingredients or spices on hand, and can be easily reheated throughout the week!

INGREDIENTS:

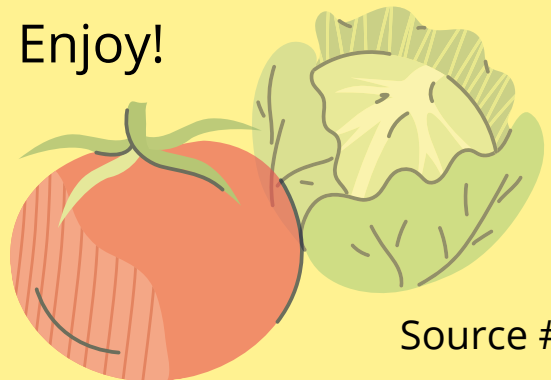
- 1 cup cooked, shredded chicken
- ½ tbsp olive oil
- 2 cloves garlic or 2 tsp garlic powder
- 1 onion, diced
- 1 cup red lentils, raw
- ½ cup brown rice
- 8 cups chicken broth
- 1 cup chopped carrots
- 1 cup chopped celery
- Salt and pepper (to taste)
- 1 bell pepper, diced (can be substituted with any canned vegetables)
- 1 can tomatoes
- 1 can kidney beans, not drained
- 1 tsp basil
- ½ tsp thyme
- ½ tsp oregano
- ½ cup shredded cheese
- ½ cup parsley, fresh, chopped



DIRECTIONS:



1. Heat oil over medium heat in large soup pot. Add lentils, rice, and chicken broth and bring to a boil. Cover and cook over low heat for 5-8 minutes.
2. Add the can of tomatoes, carrots, garlic, onion, celery, green pepper (or other vegetable alternative), and the beans (with liquid). Cover and simmer for about 45 minutes or until lentils and rice are cooked.
3. Stir in cooked, chopped chicken and season with basil, thyme, oregano, salt and pepper, and any other spices you desire.
4. Serve with a sprinkle of cheddar cheese and chopped parsley. Enjoy!



TURKEY



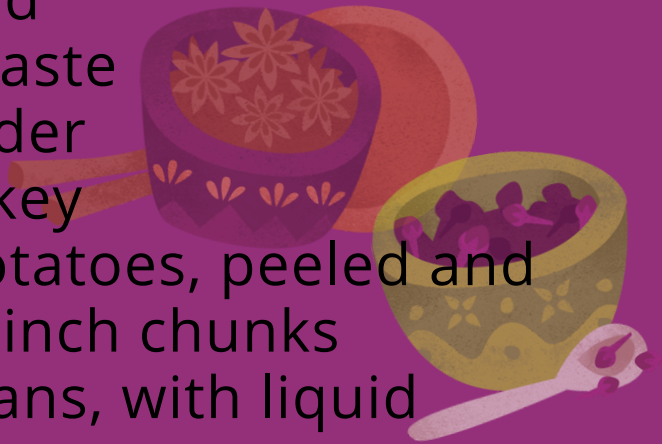
Turkey, Sweet Potato, and Kidney Bean Chili

Makes: 3 Servings

This recipe is delicious, quick, and easy, plus its super filling!

INGREDIENTS:

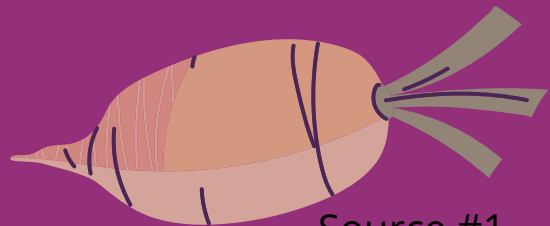
- 2 tbsp oil or butter
- 1 onion, chopped
- 3 tbsp tomato paste
- 2 tbsp chili powder
- ½ lb ground turkey
- ½ lb of sweet potatoes, peeled and chopped into ½ inch chunks
- 1 can kidney beans, with liquid
- Salt/pepper to taste
- Optional: garlic powder, onion powder, adobo, salsa, crushed tortilla chips, cilantro, avocado/guacamole
- Make it even more filling and serve over brown rice!





DIRECTIONS:

1. Heat oil in a large pot over medium heat, add onions and sauté until lightly browned (5 minutes)
2. Add tomato paste and chili powder, frequently stir (2 minutes).
3. Add the turkey; break it up into small pieces with a wooden spoon and cook about 10 minutes, stirring frequently. Add 2 cups water, and bring to a boil. Add the sweet potatoes.
4. Reduce the heat to low, cover, and simmer until potatoes are tender, 15 to 20 minutes. Stir in the beans with their liquid, and heat through.
5. Add your seasonings to taste. Mix well and enjoy!



Turkey Stir Fry

Makes: 4 Servings

This twist on traditional stir fry has a fresh, delicious flavor!

INGREDIENTS:

- 1 lb ground turkey
- ½ head of cabbage, chopped or shredded
- 1 carrot, chopped
- 1 small onion, chopped
- 2 tbsp soy sauce
- 1 tbsp oil
- 1 tbsp minced/powdered garlic
- Salt and pepper, to taste
- OPTIONAL: cilantro, peanuts, sriracha, gochujang, onion powder, green onions, edamame beans, bok choy, sesame seeds/everything bagel seasoning, peanut/sesame oil



DIRECTIONS:

1. Heat oil in a large non-stick skillet.
Add onion and cook until it begins to soften, about 5 minutes.
2. Add turkey and cook, breaking into small pieces with the back of a spoon.
3. Add cabbage, carrot, and soy sauce and cook until tender, about 10 minutes. Remove the cover and cook 5 more minutes.
4. Serve with chopped peanuts and cilantro (if desired) on top.



Turkey Meatloaf

Makes: 4 Servings

This turkey meatloaf is incredibly filling and delicious, making it a great comfort meal!

INGREDIENTS:

- 1 pound ground turkey
- ½ cup breadcrumbs
- 1 small onion, chopped
- 1 egg, beaten
- ½ cup milk or chicken broth
- ¼ cup ketchup
- 2 tbsps Dijon mustard
- 1 tsps dried rosemary
- 1 (14-ounce) can cranberry sauce
- 1 tsp of each: Mrs. Dash, onion powder, garlic powder
- Salt and pepper to taste



DIRECTIONS:



1. Preheat oven to 400 degrees.
Prepare a baking sheet with foil.
2. Combine the turkey, breadcrumbs, onion, egg, milk, ketchup, mustard, rosemary, salt and pepper.
3. Transfer mixture to a baking sheet and form into a loaf. Bake 50-60 minutes.
4. Spread cranberry sauce evenly on top and allow to sit 10 minutes.



Mini BBQ Turkey Burgers

Makes: 4 Servings

These mini barbecue turkey burgers are a much healthier alternative to a classic hamburger, and are just as delicious!

INGREDIENTS:

- 15 oz. can white beans (white, kidney, pinto, or garbanzo/chickpea)
- 1 small onion
- 1 lb ground turkey
- ½ cup BBQ sauce
- 2 tbsp oil
- 8 lettuce leaves (substitute with bun if desired)
- Pinch of Mrs. Dash
- 1 tbsp Worcestershire sauce (if available)
- Salt and pepper, to taste



DIRECTIONS:

1. Drain and rinse beans. In a large bowl, lightly mash beans with a fork.
2. Grate onion on a box grater. Mix together the turkey, onion, barbecue sauce and beans. Add salt, pepper, and a generous pinch of Mrs. Dash. Form into 8 small burgers.
3. In a large, non-stick pan, heat oil over medium heat. Fry the burgers in two batches until well browned on both sides, about 5 minutes per side.
4. Serve the burgers on the lettuce leaves. Fold lettuce around the burger.



Turkey Tacos

Makes: 2 Servings (2 tacos each).

These lean tacos are so good, you won't even know its not beef!

INGREDIENTS:

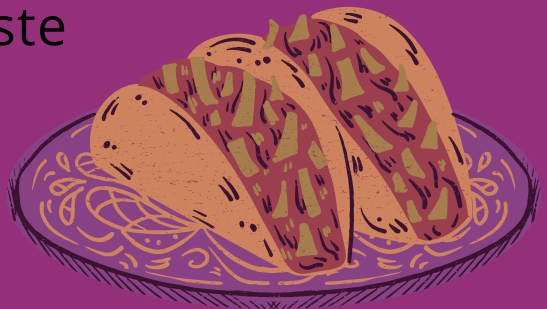


- 1 tbsp olive oil
- 1/2 lb. ground turkey, broken into chunks
- 1 tsp minced garlic or garlic powder
- 1 packet of taco seasoning OR 1 tsp chili powder, 1 tsp ground cumin, and (optional) 1/2 tsp paprika
- 1/2 cup salsa
- 2 tbsp chopped cilantro
- 4 tortillas (hard or soft)
- Salt and pepper to taste



Toppings (all optional):

- Shredded cheese
- 1 tomato, diced
- Shredded lettuce
- Hot sauce (Cholula, Tapatio)
- Avocado/guacamole

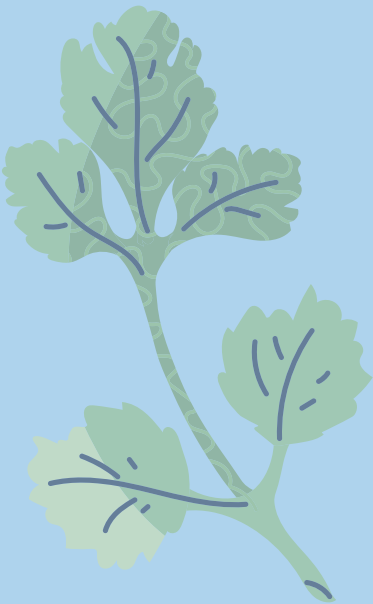
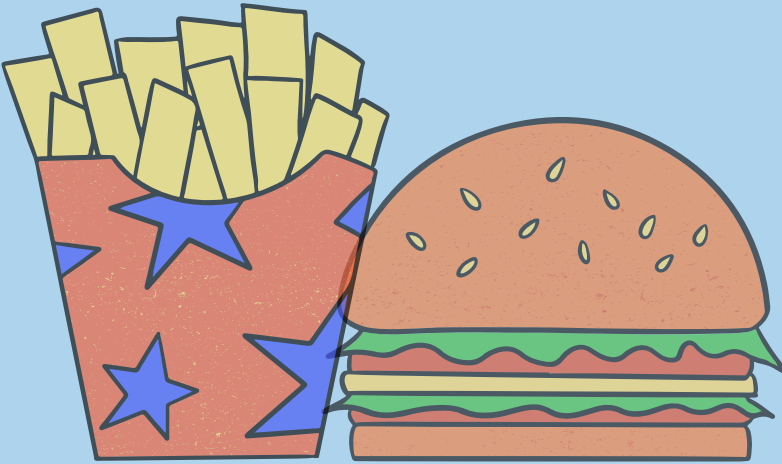
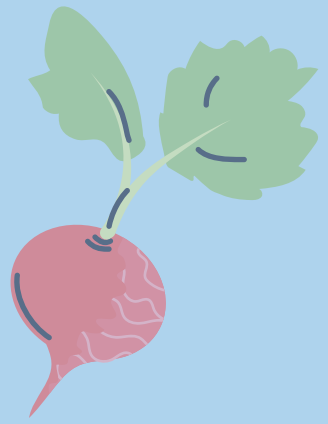


DIRECTIONS:

1. Heat oil in a skillet over moderately high heat.
2. Add turkey, season with salt and pepper and let lightly brown on bottom, about 3 minutes.
3. Reduce heat slightly, turn turkey, add garlic. Break up turkey and let just barely cook through.
4. Add taco seasoning (or seasoning mix) and saute 30 seconds longer.
5. Pour in salsa and toss. Reduce heat to low. Cover and let simmer for a few minutes. Note that every salsa is different, if mixture is a little dry you can add a splash of chicken broth or water as needed.
6. Serve turkey mixture over individual warmed tortillas topped with cheese, lettuce, tomatoes, and optional hot sauce.



BEEF





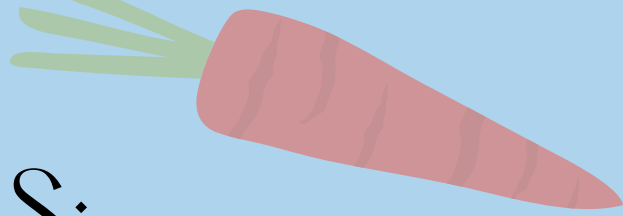
Beef Noodle Stir Fry

Makes: 2 Servings

This savory dish is perfect for enhancing your day!
Regardless of the vegetables you have on-hand, this dish is always a tasty meal.

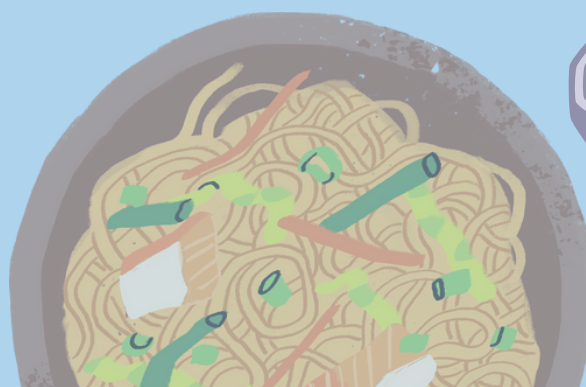
INGREDIENTS:

- 1 tbsp of oil (sesame oil if available)
 - ½ lb of beef
 - 1 can snow peas, drained (can substitute with other vegetable)
 - 1 tbsp garlic (minced, paste, or powder)
 - 1 can of mushrooms, drained
 - 1 can of carrots, drained
 - 1 tsp ground ginger, if available
 - 1 tsp of red pepper flakes, if available
 - ¼ cup beef broth
 - 1 package of ramen noodles boiled and drained
 - 1 tbsp of soy sauce, if available
 - Salt and pepper, to taste
 - Optional: chili paste, peanut/sesame oil
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DIRECTIONS:

1. Add oil to a large skillet pan on medium heat. Add beef to the pan, along with black pepper, salt, red pepper flakes, ginger, and garlic (or other available spices). Stir and cover for a few minutes.
2. Add snow peas, mushrooms, carrots, and/or other available vegetables. Sautee for 4-6 minutes, until browned. Add more oil and soy sauce, until the marinade thickens.
3. Stir in cooked noodles, and saute for a few minutes. Transfer to a plate, and add more spices and/or sauce as desired. Enjoy!



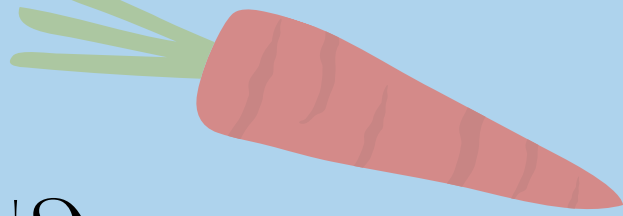
Texas–Style Beef Enchilada Casserole

Makes: 3 Servings

This dish is super tasty and easy to make with extra ingredients lying around!
It is also super versatile, and great for substitutions.

INGREDIENTS:

- ½ lb ground beef
- ½ onion chopped (red preferably)
- 1 can diced green chiles
- 6 tortillas, cut into little strips
- 1 can cream of mushroom soup
- 1 can black olives, drained
- 1 can corn, drained
- 1 can diced tomatoes (optional)
- 1 tbsp of hot sauce, if available
- ½ cup sour cream, if available
- ½ cup shredded cheese, if available
- ⅓ tbsp of garlic powder
- Salt and pepper (to taste)



DIRECTIONS:

1. Preheat oven to 400 °F.
2. Cook beef in a large skillet over medium heat. Add in onions and green chiles. Stir until beef has browned.
3. Drain beef and vegetables and place in a large bowl. Stir in tortilla pieces and cheese, as well as mushroom soup, black olives, corn, and diced tomatoes.
4. Add spices and hot sauce. Spoon mixture into a baking dish and heat in the oven for 20-25 minutes. Top with sour cream, if desired. Serve and enjoy!



Beef Shepherd's Pie

Makes: 4 Servings

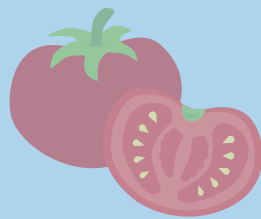
This dish is super easy and very versatile!
It's also great for meal prepping, as it reheats well all week.

INGREDIENTS:

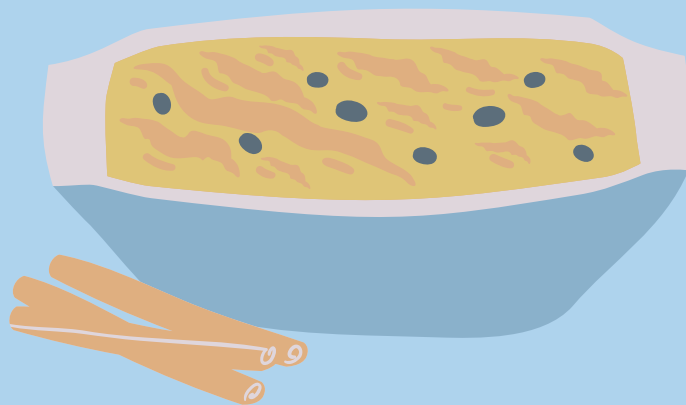
- ½ lb ground beef
- 1 can of corn, drained
- 1 can of peas, drained
- 1 can of carrots, drained
- ⅓ cup of ketchup, if available
- 1 tbsp Worcestershire sauce (recommended)
- ¼ cup of shredded cheese (recommended)
- 16/oz package of mashed potatoes
- Salt and pepper (to taste)
- Optional seasoning (1 tsp each):
garlic powder, onion powder, Mrs. Dash



DIRECTIONS:



1. Preheat oven to 400 °F.
2. Place the beef in a large skillet and cook over medium-high heat for about 5 minutes, until browned. Season.
3. Stir in the ketchup and Worcestershire sauce. Add the vegetables and cook, stirring, for 1 minute. Spoon into a baking dish.
4. Mix the cheese (if desired) with the potatoes in a bowl. Spread over the beef and vegetables and bake until heated through, about 10 minutes. Let cool and enjoy!





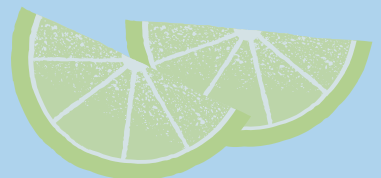
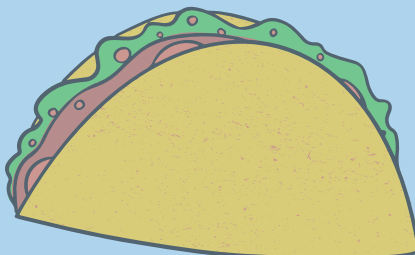
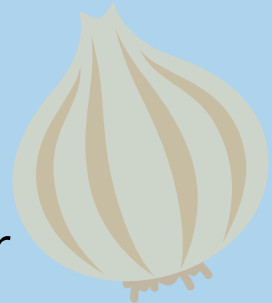
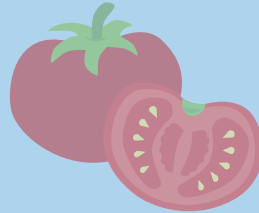
Beef Tacos

Makes: 2 Servings

This dish is timeless and fun to diversify!
A tasty meal that can easily be made with ingredients on-hand.

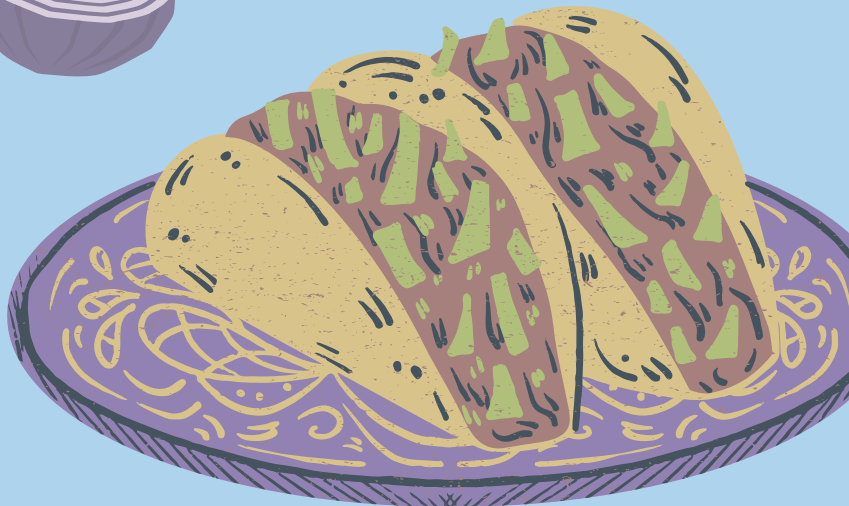
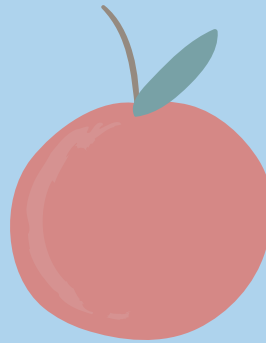
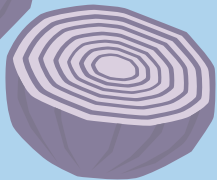
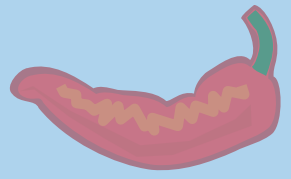
INGREDIENTS:

- ½ lb beef
- 1 tbsp oil/butter
- 1 can diced or crushed tomatoes
- 1 can corn, drained
- 1 onion, diced
- 1 garlic clove or 1 tsp garlic powder
- 5-6 tortillas
- 1 packet of taco seasoning OR:
 - 1 tsp chili powder
 - 1 tsp ground cumin
 - (optional) 1/2 tsp paprika
- Salt and pepper (to taste)
- Optional toppings: shredded cheese, cilantro, avocado/guacamole, lime juice, hot sauce, salsa, etc.



DIRECTIONS:

1. Heat oil in a large pan on medium heat. Add beef and spices. Stir until beef is fully cooked and add vegetables while stirring.
2. Stir until desired or fully cooked, likely around 6-8 minutes.
3. Prepare by scooping mixture onto tortillas, top as desired. Enjoy!



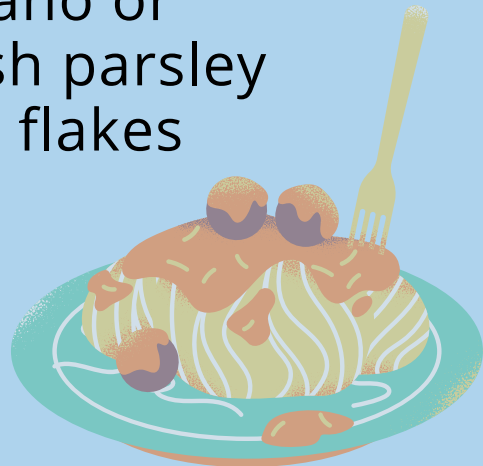
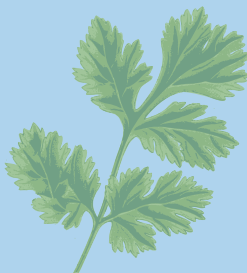
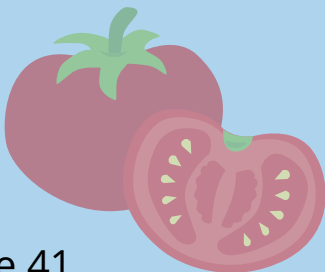
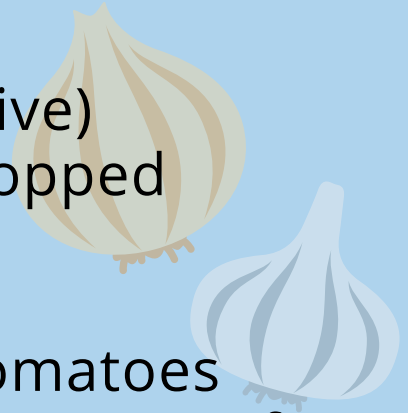
Spaghetti Bolognese

Makes: 2 Servings

This recipe is a very simplified version of spaghetti bolognese, but is still flavorful!
Add mushrooms for more filling protein and a rich texture.

INGREDIENTS:

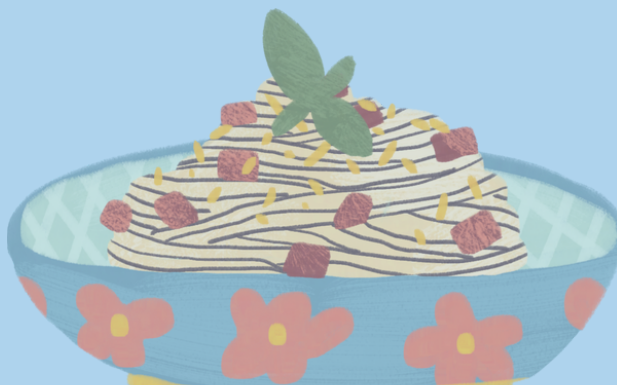
- 1/4 lb spaghetti
- 1 tbsp oil (preferably olive)
- 1 small onion, finely chopped
- 1/2 lb ground beef
- 1/2 tbsp dried oregano
- 1 can (14 oz) crushed tomatoes
- 2 cloves garlic, minced or 2 tsp of garlic powder
- 1 tbsp tomato paste
- Salt and pepper (to taste)
- Optional: Grated Romano or Parmesan cheese, fresh parsley (chopped), red pepper flakes





DIRECTIONS:

1. Heat the olive oil in a large pan over medium heat. Add the onions and sauté until lightly golden, 2 to 3 minutes. Add the garlic and cook for another minute.
2. Add the ground beef; saute until fully cooked (no pink in the meat - about 8 minutes). Add the oregano and tomato paste and mix with the meat.
3. Add the tomatoes and parsley (if using), and bring to a boil. Season with salt and pepper. Reduce the heat to low, and cook for at least 15 minutes (cook longer for a deeper flavor).
4. In the meantime, cook the spaghetti according to the package instructions. Drain and serve topped with the sauce and cheese (if using).





LAMB





Meatballs with Yogurt Sauce

Makes: 4 Servings

This dish pairs spiced lamb meatballs with a refreshing and herby yogurt-based dip, perfect for eating with pita bread, rice, or just on its own!

INGREDIENTS:

Ingredients for Meatballs:

- 1 lb. ground lamb
- 2 tbsp yogurt (Greek if available) or sour cream
- 1 tbsp minced garlic
- 1 tsp onion powder
- 1 tsp cumin
- ½ cup chopped cilantro
- 2 tbsp olive oil
- Salt and pepper (to taste)

Ingredients for Yogurt Dip:

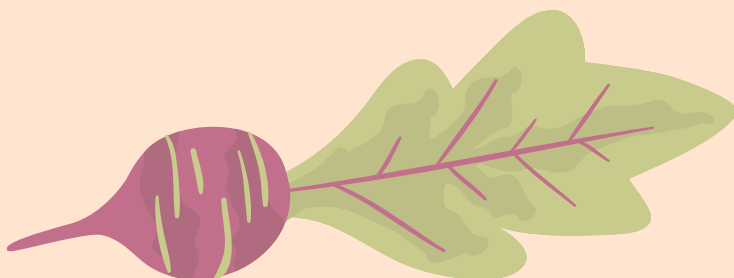
- 1 cup of plain yogurt (Greek if available)
- 1 clove of garlic, crushed or 1 tsp of minced garlic (or garlic powder)
- 1 tbsp of fresh herbs (dills, parsley, mint, cilantro)
- 1 tbsp of lemon juice
- Salt and pepper to taste





DIRECTIONS:

1. In a medium bowl, mix together all the meatball ingredients except for the oil.
2. Scoop out even portions of the mixture, wet hands, and shape each into a round meatball.
3. Heat the oil in a large skillet over medium-high heat (about 2 minutes), then add the meatballs in a single layer and cook, turning frequently, until golden brown (5 minutes). If oil becomes too hot, lower the heat to medium.
4. Add $\frac{1}{4}$ cup of water to the bottom of the skillet. Cover with the lid and cook the meatballs until they are cooked through (2-3 minutes). Once cooked, remove from heat and serve immediately.
5. To make the yogurt dip, mix ingredients together and season as desired. Serve with meatballs.



Greek Lamb Stew

Makes: 3 Servings

This stew is hearty and reliable and yields leftovers!

INGREDIENTS:

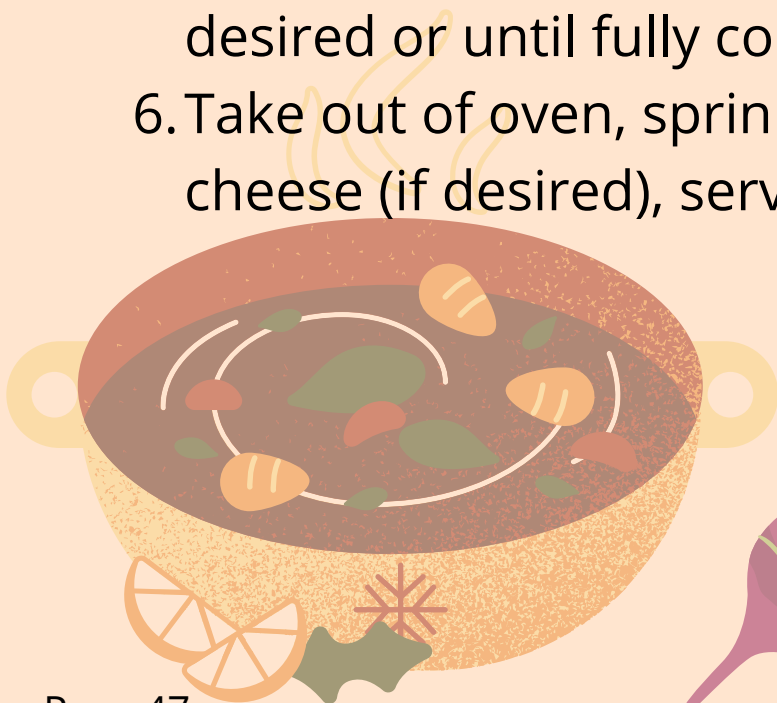
- ½ lb of ground lamb
- 3 tbsp oil/butter
- 1 onion, chopped
- 1 can peppers, drained (red, if available)
- 1 can corn, drained
- 1 can diced tomatoes
- 1 can carrots, drained
- ½ cup celery chopped
- ½ cup of tomato paste, if available
- 6 cups of chicken broth (or other broth)
- ½ can of olives drained, if desired
- 1 tbsp of garlic, mince, powder, or paste
- ½ cup of feta cheese, if available
- Salt and pepper (to taste)
- Optional: serve with pita bread



DIRECTIONS:



1. Preheat oven to 325 °F.
2. Add oil to a large pot and cook on low-medium heat. Add in vegetables and tomato paste and stir.
3. Add in spices and lamb. Stir and then cover for a few minutes.
4. Add broth and bring stew to a boil.
5. Transfer stew to oven and let cook for 45 min - 2 hours, however long as desired or until fully cooked.
6. Take out of oven, sprinkle with feta cheese (if desired), serve and enjoy!



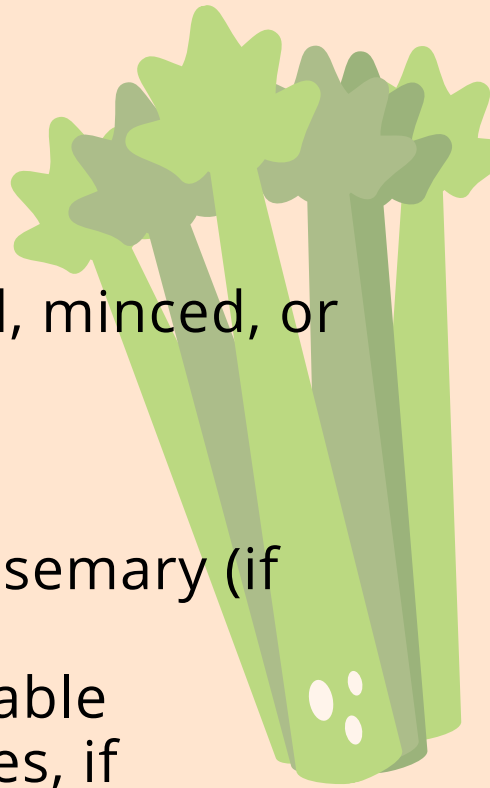
Lamb Ragu

Makes: 4 Servings

This meal is perfect for those who are new to cooking, especially cooking lamb.

INGREDIENTS:

- ½ lb ground lamb
- 1 tbsp oil/butter
- 1 small onion, chopped
- 1 can carrots, drained
- 1 cup celery, chopped
- 1 tbsp garlic, powdered, minced, or paste
- 1 can diced tomatoes
- ½ cup tomato paste
- 1 tbsp thyme and/or rosemary (if available)
- 1 tbsp oregano, if available
- ⅓ tbsp red pepper flakes, if available
- 2 cups cooked and drained pasta
- Salt and pepper (to taste)



DIRECTIONS:

1. Add oil to a large pot and heat over medium. Add vegetables and cook for 5 minutes, until soft. Add tomato paste, stir for 1 minute.
2. Add lamb and cook until finished, around 10-15 minutes.
3. Add spices and bring to a simmer while stirring. Reduce heat and let it sit covered for 30-40 minutes, or until desired.
4. Serve over cooked pasta and enjoy!



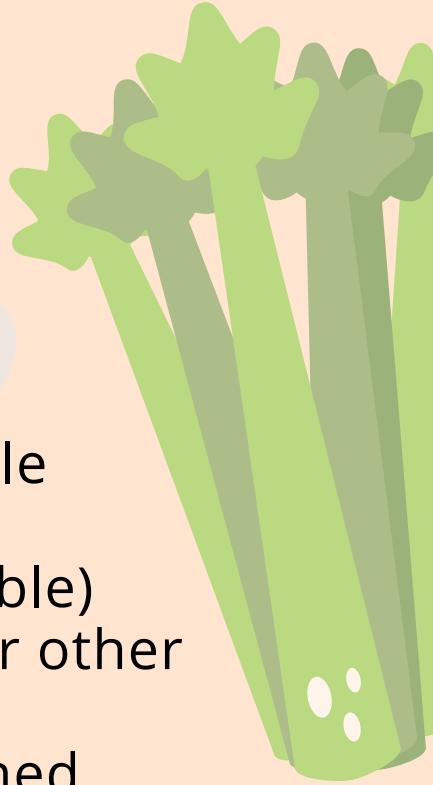
Leftover Lamb Curry

Makes: 4 Servings

This meal is super handy when you're in need of a tasty dish and have extra ingredients on-hand you might not know what to do with!

INGREDIENTS:

- ½ lb ground lamb
- 2 tbsp oil/butter
- 1 onion, chopped
- 1 can diced tomatoes
- ½ cup tomato paste
- ½ cup curry paste, if available
- 1 can green chiles
- 1 can peppers (red, if available)
- 8 cups of vegetable stock (or other broth)
- 1 cup rice, cooked and drained
- ½ tbsp cinnamon powder, if available
- 1 tbsp garlic, powdered, minced, or paste
- 1 tbsp ginger (if available)
- Salt and pepper (to taste)



DIRECTIONS:

1. Heat oil in a large pot, add vegetables and tomato paste and stir on medium heat.
2. Add in spices, pour in stock and bring mixture to a simmer. Stir in lamb and leave covered for 40 min - 1 hour, or until lamb is cooked.
3. Serve with rice and top with spices as desired. Enjoy!



Garlic Lamb and Potatoes

Makes: 2 Servings

This one-pot recipe is quick, easy, and delicious!
Add rosemary for an elevated flavor if accessible.

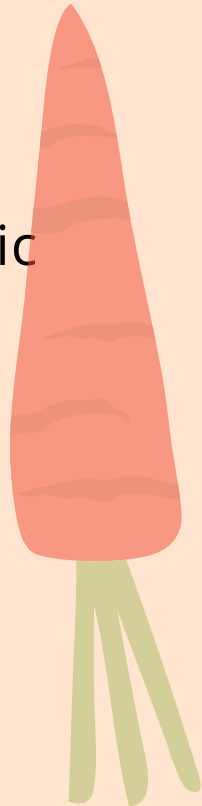


INGREDIENTS:

- 3 tbsp oil
- ½ lb ground lamb
- 2 potatoes, cut into ½ to 1-inch cubes
- 1 small onion diced
- 2 tbsp minced garlic or 2 tbsp garlic powder
- ½ tsp paprika
- Salt and pepper (to taste)

Optional:

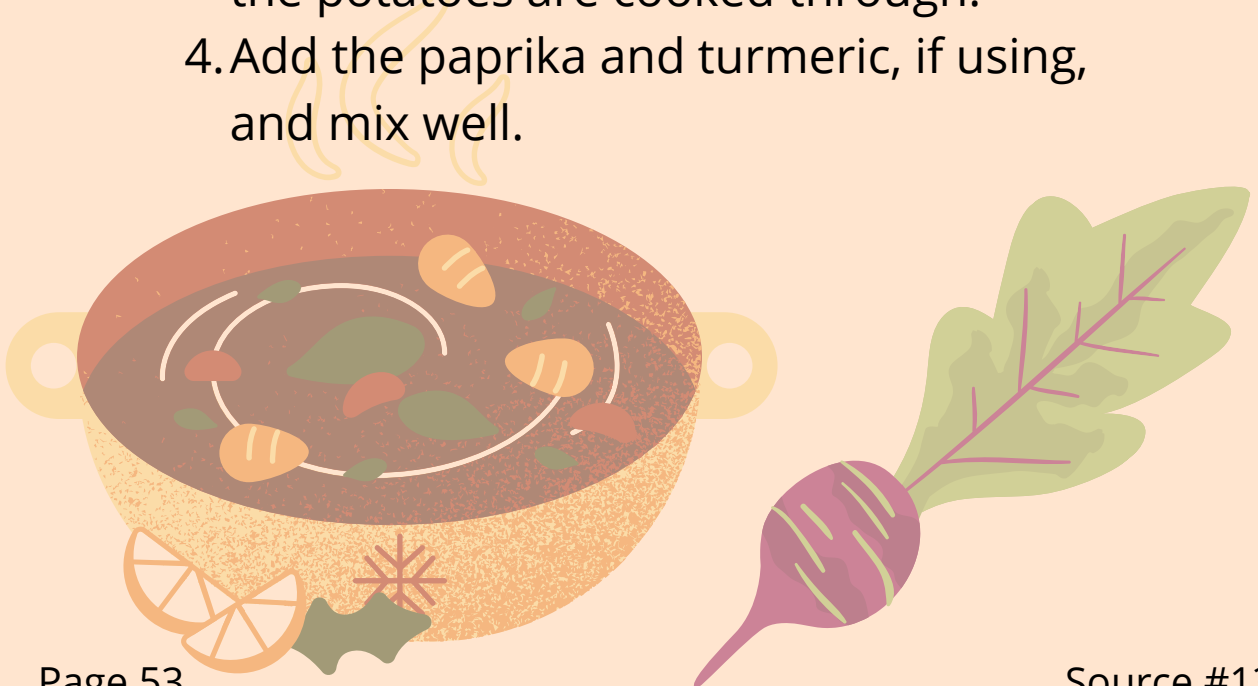
- ½ tsp turmeric
- 2 tbsp minced rosemary, fresh or dried
- 1 Serrano pepper, minced



DIRECTIONS:



1. Heat oil in a large skillet or a dutch oven/heavy bottomed pot over medium heat, then add the ground lamb, potatoes, onion (and Serrano pepper, if using) and cook for 10 minutes. The meat should be fully browned.
2. Add the garlic, (rosemary if using), salt and pepper to taste, and stir-fry for 1-2 minutes.
3. Cover with a lid for 2-3 minutes or until the potatoes are cooked through.
4. Add the paprika and turmeric, if using, and mix well.



PORK



Asian Pork Lettuce Wraps

Makes: 4 Servings



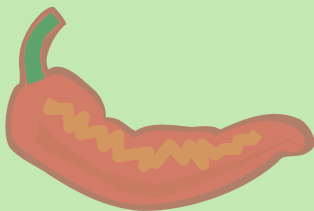
This dish is super fun to make and offers a bright fresh taste.

INGREDIENTS:

- 4 cups water
- 2 cups uncooked rice
- 1 tbsp oil/butter
- ½ lb pork
- ½ tbsp garlic, minced, powdered, or paste
- 1 small onion, chopped
- 1 can corn, drained
- 1 can carrots, drained
- 8 lettuce leaves
- Salt and pepper, to taste

Optional:

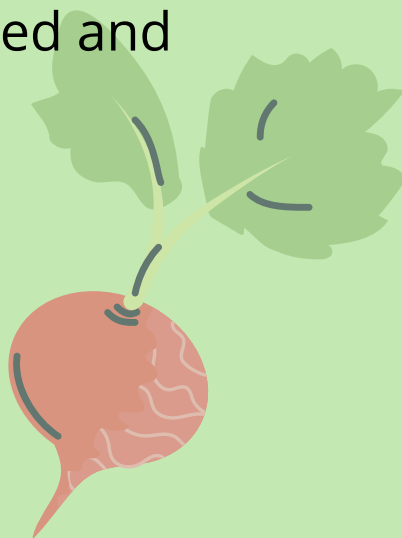
- 1 cup tofu
- 2 tbsp soy sauce
- 1 tbsp sesame/peanut oil
- 1 tbsp chile paste



DIRECTIONS:



1. Cook rice in a saucepan with water for around 20 minutes. Set aside and keep warm.
2. Add oil to a large pan on medium heat. Add pork and vegetables and cook while stirring for 5-7 minutes.
3. Add tofu and soy sauce, stir until heated through. Remove from heat, stir in sesame oil and chili paste.
4. Serve by scooping pork and rice mix into lettuce leaf. Top as desired and enjoy!



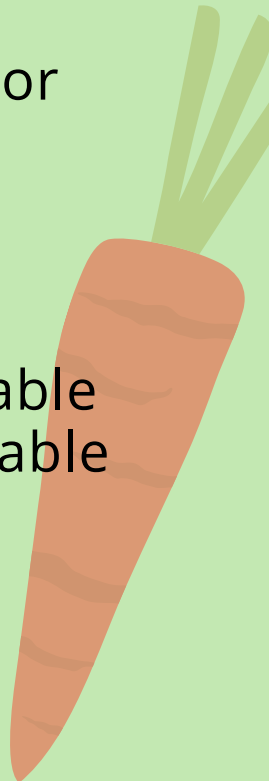
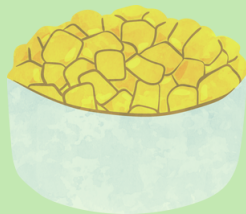
Pork Fried Rice

Makes: 4 Servings

This dish is perfect for left-overs and works for an array of different ingredients at-hand

INGREDIENTS:

- 2 cups cooked rice
- ½ lb pork
- 1 small onion, chopped
- 1 can corn, drained
- 1 can carrots, drained
- 1 can peas, drained
- 1 cup broccoli
- 1 tbsp garlic, minced, powdered, or paste
- 1 egg
- ½ tbsp ginger, if available
- 1 tbsp soy sauce
- ¼ tbsp red pepper flakes, if available
- 1 tbsp sesame/peanut oil, if available
- Salt and pepper (to taste)



DIRECTIONS:



1. Cook the rice according to package instructions and set aside.
2. Heat oil in a large pan on medium heat. Add pork and cook until tender with spices. Remove pork after a few minutes and set aside.
3. Add vegetables and garlic to the pan. Stir and let cook for 5-6 minutes. Set vegetables aside.
4. Add rice to pan and cook with oil. Add egg in the middle of rice. Stir and add in pork and vegetables. Stir in soy sauce and sesame oil.
5. Continue cooking for 3-4 minutes, or until desired. Serve and enjoy!



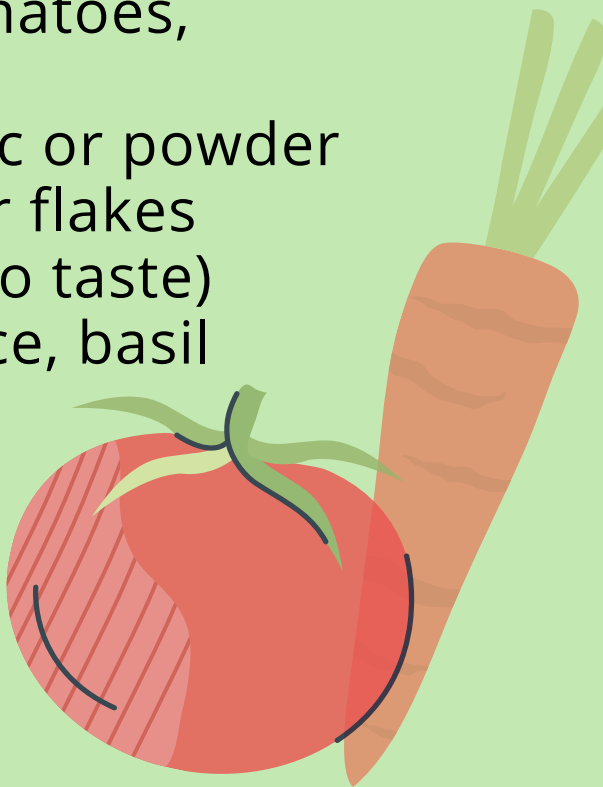
Italian Pork Meatballs

Makes: 4 Servings

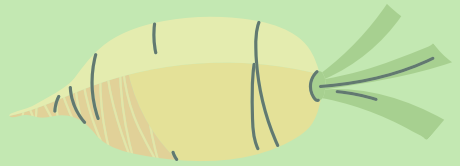
This dish is easy-to-make and can be paired with many different grains, vegetables, and side dishes

INGREDIENTS:

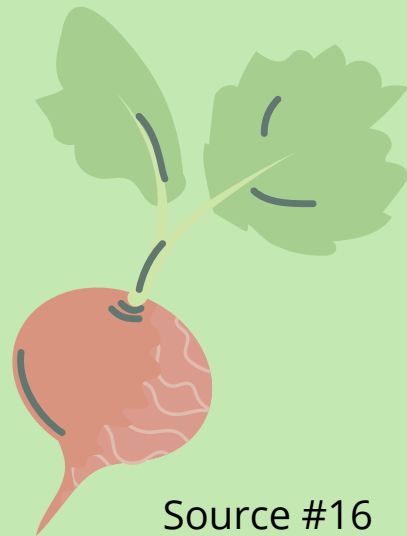
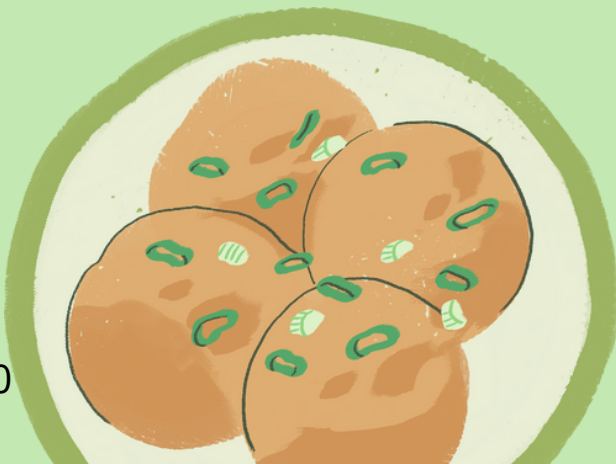
- ½ lb pork
- ½ tbsp of oil
- ½ cup tomato paste or marina sauce
- 1 can crushed tomatoes, undrained
- 1 tsp minced garlic or powder
- ½ tbsp red pepper flakes
- Salt and pepper (to taste)
- Optional: hot sauce, basil



DIRECTIONS:



1. Preheat oven to 400 °F. Line a cooking pan with foil.
2. In a large bowl, mix pork with seasoning and spices. Use a spoon to mold mixture into meatball shapes and place on foil in pan.
3. Place pan in oven and bake for 15-18 minutes.
4. While meatballs are baking, heat oil in a large pan over medium heat. Add garlic and pepper flakes, as well as hot sauce and tomatoes. Heat to a simmer and stir for 4-5 minutes. Remove from heat.
5. Take meatballs out of oven, top with tomato sauce. Serve and enjoy!



Pork Bolognese

Makes: 3 Servings

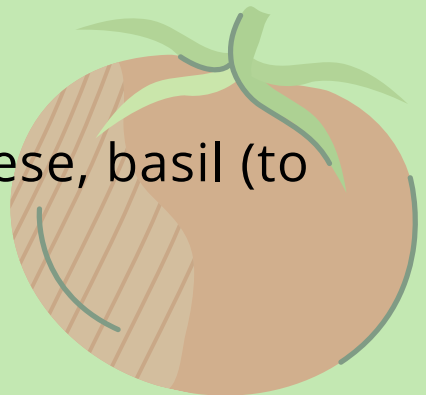
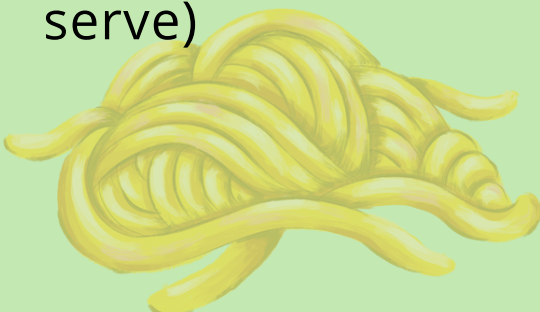
This pork bolognese puts an unexpected twist on a classic!

INGREDIENTS:

- 1/2 lb ground pork
- 1/2 lb spaghetti
- 14 oz can of whole tomatoes
- 1/2 cup chopped carrots (or canned)
- 1/2 cup whole milk or heavy cream
- 2 cloves of garlic, minced or 2 tsp garlic powder
- 2 tbsp of oil
- 1/4 teaspoon of red pepper flakes
- Salt and pepper to taste

Optional:

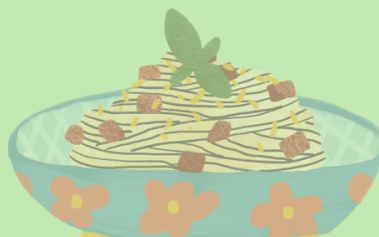
- 1/2 cup dry red wine
- 1 tbsp butter
- 1/2 tsp nutmeg
- Parmesan/Romano cheese, basil (to serve)





DIRECTIONS:

1. In a large pan over medium heat, add oil, red pepper flakes, carrots, and garlic. Cook for 4-5 minutes.
2. Add ground pork, break into small pieces and brown.
3. Next, add all of your wine (if using) and simmer on medium high until the wine completely evaporates and gets absorbed into the meat (15 minutes). If not using wine, skip this step.
4. Turn heat down to medium, add milk and/or cream (and nutmeg, if using), cook until the cream mixture evaporates and is absorbed completely into the meat. About 15 minutes
5. Scoop out your tomatoes from the can and place them on a cutting board. Dice the tomatoes and add them to the pan.
6. Add the juice from the can, mix well, and season.
7. Cover with a lid and turn down heat down to low and allow to gently simmer for at least 20 minutes, 30 is even better.
8. Add butter, if using, and gently mix that into the sauce.
9. Cook pasta according to package instructions and add sauce. Serve with parmesan if using.



Juicy Pork Burgers

Makes: 4–6 Servings

This twist on an American classic gives you a juicy, flavorful burger that is super easy to make! These are great for meal prepping at the beginning of the week and can be easily reheated in the oven (350 degrees for 5-10 minutes).

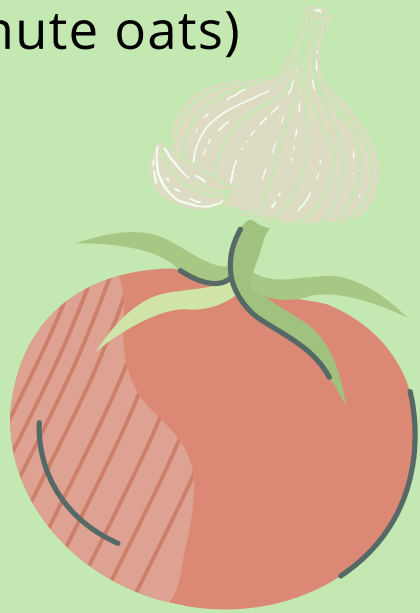
INGREDIENTS:

- 1 lb ground pork
- ½ cup instant oats (or 1 minute oats)
- 1 egg
- 2 tsp dried oregano
- 1 tsp garlic powder
- 1 tbsp olive oil
- 4-6 burger buns
- Salt and pepper to taste

Optional: Spicy Mayo Topping

- ½ cup mayo
- 1-2 tbsp ketchup
- 1-2 tbsp sriracha

Optional Toppings: Lettuce, Tomato, Onion, Bacon, Jalapenos, Relish, anything you'd like



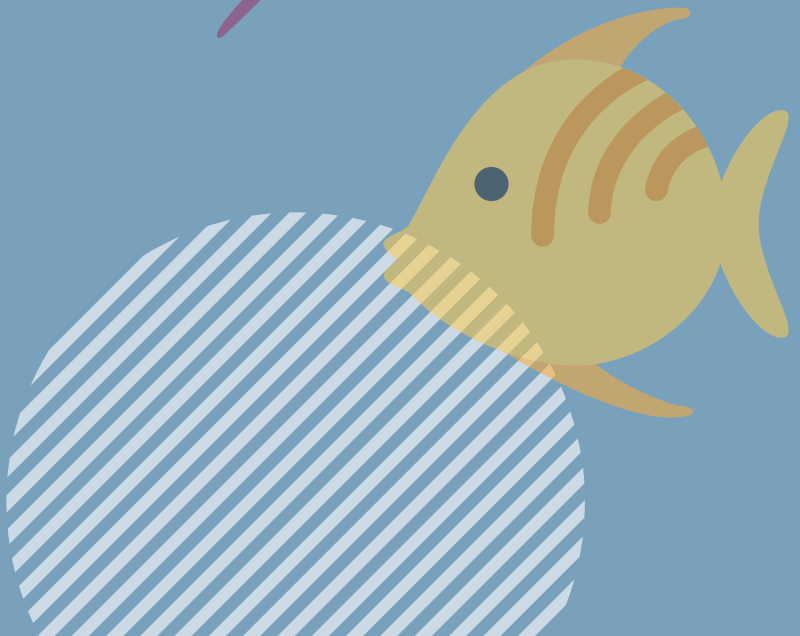
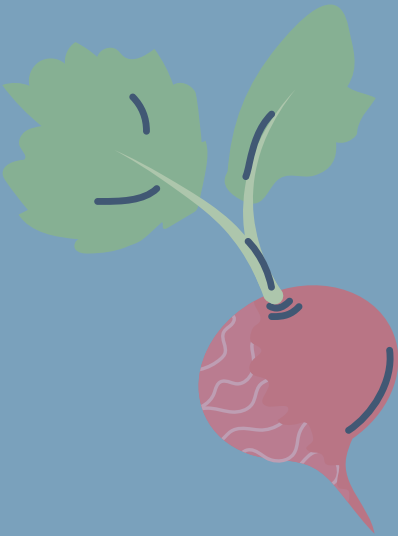
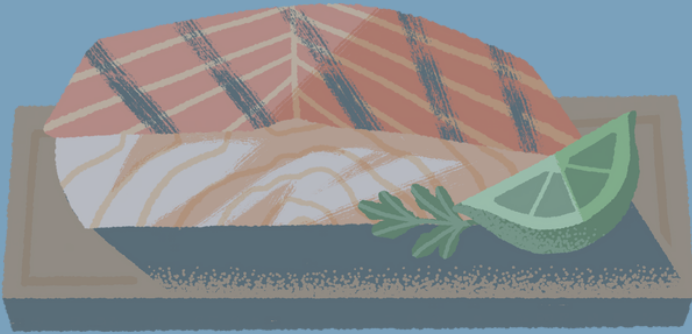
DIRECTIONS:



1. Combine all the ingredients in a large bowl and mix well, making sure to distribute the spices evenly.
2. Divide the mixture into 4-6 even parts and form burger patties, making sure to squish them with your hands in the middle. Make them as wide as your burger bun and not too thick in the middle so they cook evenly.
3. Preheat a large skillet to medium heat. Spray or brush with olive oil. Carefully place the burgers on the skillet, cover with a lid, and cook about 4 minutes per side.
4. To make spicy mayo sauce, combine all ingredients in bowl and spread on buns when assembling burgers. Add whatever toppings you'd like and enjoy!



FISH



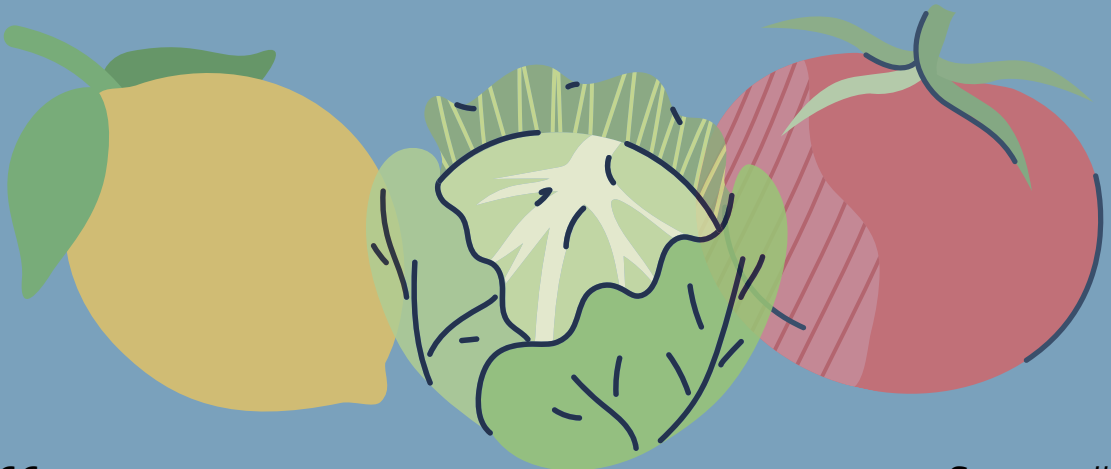
Canned Salmon Patties

Makes: 4 Servings

These canned salmon patties are a fun twist on a burger and a great way to use canned fish!

INGREDIENTS:

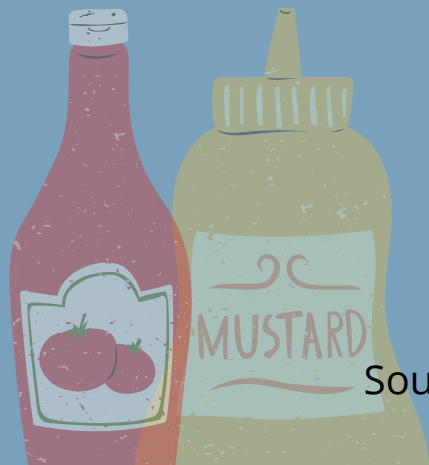
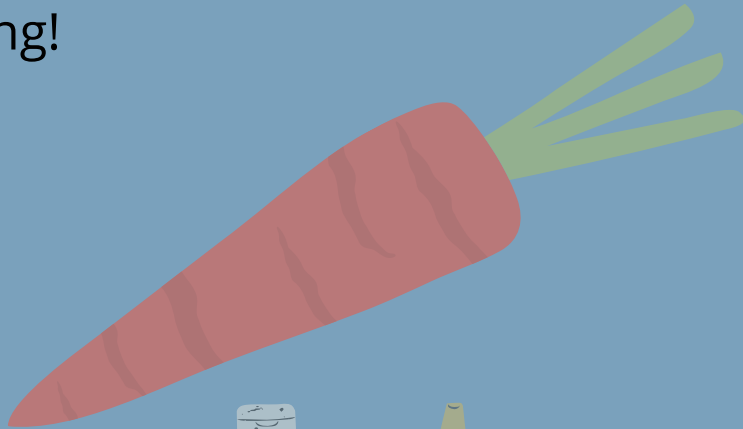
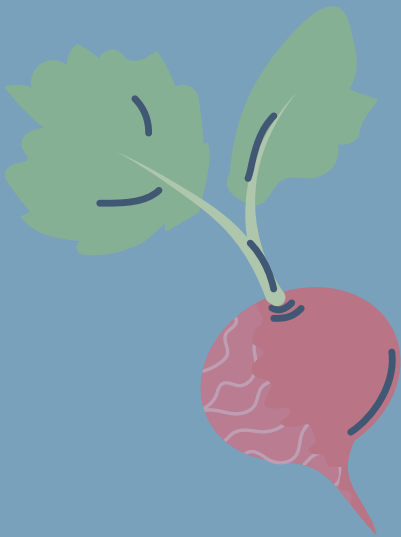
- 15 oz can salmon (or other fish), drained
- 2 tbsp Dijon mustard
- 2 eggs or egg substitute (you can use some of the canned salmon juice as a substitute)
- 4 garlic cloves, minced, or 1 tsp garlic powder
- Juice of 1 lemon or 3 tsp lemon juice
- 1 tbsp oil
- Salt/pepper to taste





DIRECTIONS:

1. Mix all ingredients (except oil) together in a bowl using a fork.
2. Once combined, divide mixture into 4 burgers
3. Heat oil in a pan over medium heat
4. Place burgers in a pan, fry burgers until golden brown on each side
5. Serve as a burger and add toppings or over a salad with dressing!



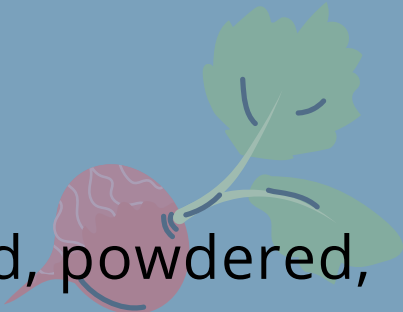
Tuna Noodle Casserole

Makes: 2 Servings

This dish is a filling casserole that combines fresh and canned ingredients.

INGREDIENTS:

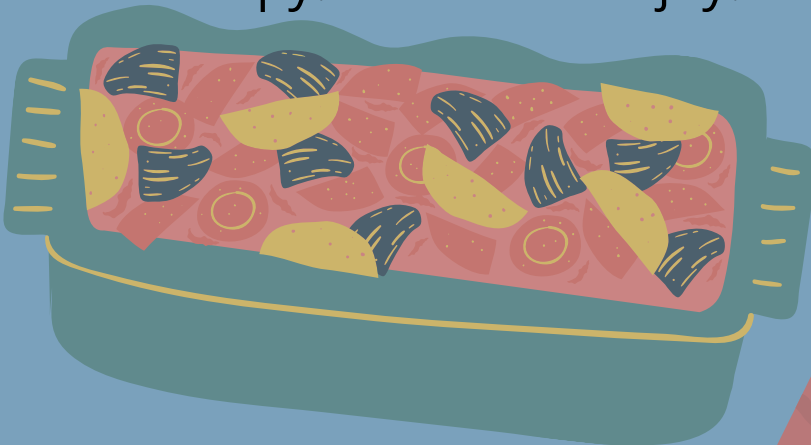
- 2 cans tuna
- ¼ cup butter
- 1 tbsp garlic, minced, powdered, or paste
- 1 small onion, diced
- 1 can peas, drained
- ½ cup chopped celery
- 1 ½ cup chicken (or other) broth
- 2 tbsp flour, if available
- 1 oz evaporated milk, if available
- 2 cups cooked pasta
- Salt and pepper (to taste)
- Optional: Parmesan, Romano, or other shredded cheese





DIRECTIONS:

1. Preheat oven to 350 °F. Cook pasta and set aside.
2. Heat butter or oil in large pan on medium heat. Add vegetables and seasoning. Stir and cook for 3-4 minutes.
3. Stir in flour and milk and bring to a simmer. Stir in cheeses and remaining spices.
4. Add pasta and tuna and keep stirring. Transfer mixture to a pan and bake in oven for 20 minutes or until golden and crispy. Serve and enjoy!



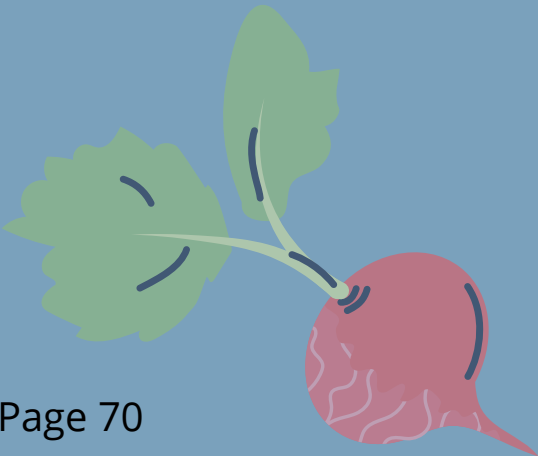
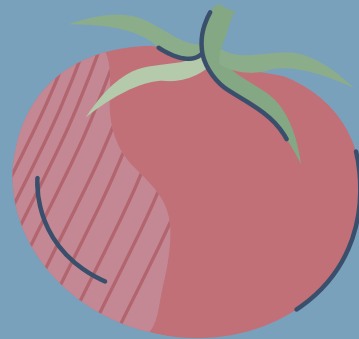
Tuna Patties

Makes: 2 Servings

Canned tuna can be more versatile than you expect!

INGREDIENTS:

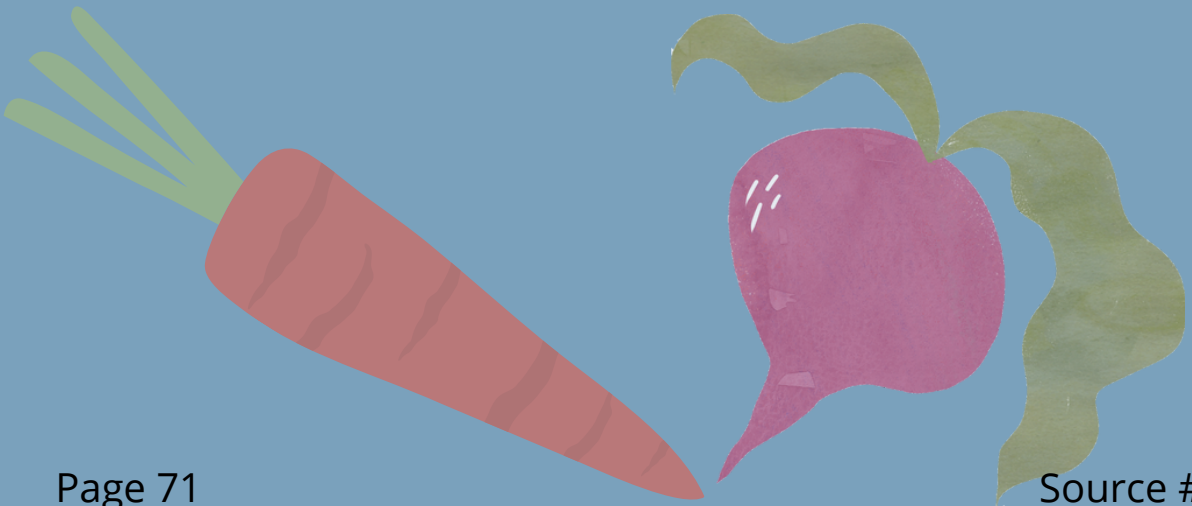
- 1-2 cans tuna
- ½ tbsp olive oil
- ½ tbsp garlic, powdered, minced, or paste
- 1 tbsp dijon mustard
- 1 tbsp mayonnaise
- ½ tbsp parsley, if available
- Salt and pepper, to taste



DIRECTIONS:



1. Drain tuna and shred with a fork. Add seasonings and spices, and mix sauces in.
2. Form the mixture into patty shapes and place onto a plate to cool. Refrigerate for at least 15 minutes, so patties can become firm.
3. Heat oil in a pan over medium heat. Add patties and cook on each side until brown, at least 3-5 minutes.
4. Serve with desired sauces and enjoy!



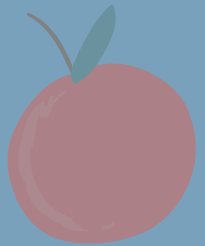
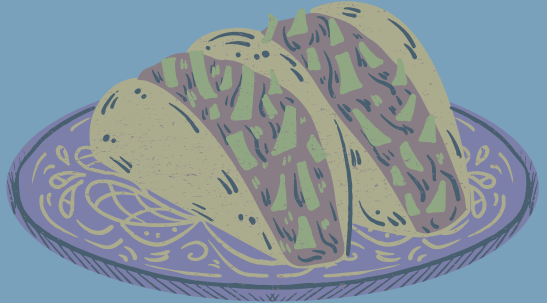
Canned Fish Tacos

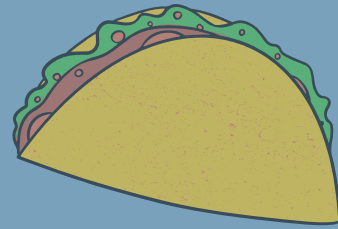
Makes: 2 Servings (2 tacos each)

This taco recipe is cost-effective and can be served with rice and/or beans to make it an even fuller meal.

INGREDIENTS:

- 2 tbsp mayonnaise
- 2 tbsp sour cream
- 2 tbsp heavy cream
- 1 tsp lemon juice (or lime juice)
- 1/4 cup chopped onion
- 1/4 cup cilantro, chopped
- 1 tsp vegetable oil
- 1 (8-ounce) canned fish (tuna, salmon, etc.), well-drained
- 4 hard or soft tortillas





DIRECTIONS:

1. Whisk together mayonnaise, sour cream, cream, and lemon/lime juice to make sauce.
2. In a separate bowl, stir together the onions and cilantro. Set garnish and the cream sauce aside.
3. Heat oil in a small pan and sauté the fish, stirring often, until the fish is heated through and very slightly browned. Turn heat off.
4. If using soft tortillas, heat a griddle over high heat and place them on it. Heat the tortillas, turning once or twice in the process, until they are very hot. For hard taco shells, place them on a baking sheet and heat until crispy.
5. Place 1/4 of the fish mixture onto each tortilla, then top each with some of the onion-cilantro mix, and a drizzle of cream sauce.
6. Serve with hot sauce if desired. Enjoy!





Tuna Salad

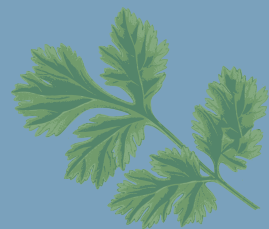
Makes: 2 Servings

This classic tuna salad is the perfect recipe to make ahead for quick lunches. This recipe is also perfect to use up the rest of your veggies, like onion and celery, if you have some left over. This tuna salad also can stay good in the fridge for up to three days if kept in an airtight container, so this recipe is also great for meal prepping.

INGREDIENTS:

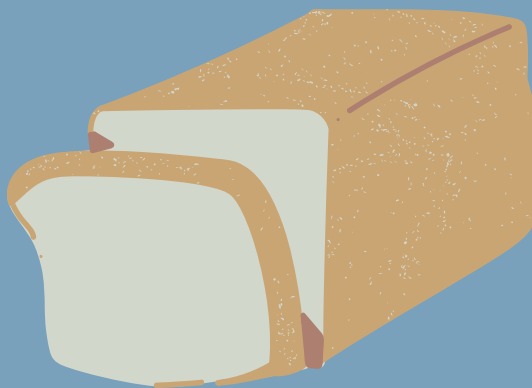
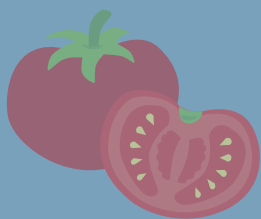
- 1 can (5 oz) tuna in water (drained)
- 2 tbsp plain yogurt (Greek if possible) or mayonnaise, plus more as desired)
- 1 tbsp relish
- 1 tbsp finely chopped onion (red if possible) plus more to taste
- 1 tbsp chopped celery
- Salt and pepper (to taste)

Optional: Serve tuna salad on bread, rolls, croissants or crackers. For low carb, serve tuna salad on a bed of lettuce, in hollowed out tomatoes, or in avocado halves.



DIRECTIONS:

1. Place drained tuna in a medium bowl.
2. Add the plain yogurt (or mayonnaise), relish, red onion, celery, and a little salt and pepper.
3. Stir with a fork until everything is well combined. Taste and add more salt and pepper as needed.
4. Serve with whatever you desire or eat on its own, enjoy!



EGGS



Western Omelette

Makes: 1 Servings

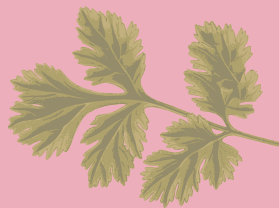
This delicious recipe adds flavor to your everyday eggs and ensures a balanced breakfast!

INGREDIENTS:

- 2 eggs or liquid egg/egg whites
- 1 tbsp onion, diced
- 1 tbsp bell pepper, diced
- Shredded cheese, as desired
- Salt and pepper (to taste)
- 1 tsp oil or butter

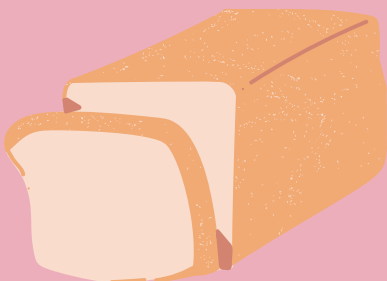
OPTIONAL: guacamole, diced ham, spinach





DIRECTIONS:

1. Melt butter or heat oil in a skillet over medium heat. Add diced bell peppers and onions and cook for 3-4 minutes. Remove vegetables from the pan
2. Reduce heat to medium low
3. Crack egg or pour liquid egg into the same pan. Add salt and pepper to taste. Cook over medium low heat, lifting the edge of the egg and pulling them toward the center while lifting the pan to allow uncooked egg to cover the pan. Repeat as needed every 1-2 minutes until egg is set
4. Add vegetables and shredded cheese to the eggs and fold in half. (Optional: Top with guacamole and more shredded cheese if desired)



Shakshuka

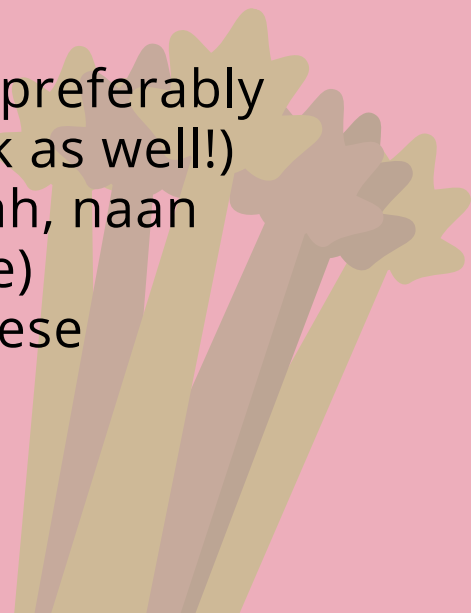
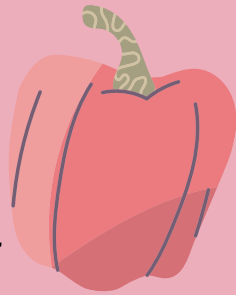
Makes: 3 Servings

This recipe is incredibly rich in flavor and can be eaten for breakfast, lunch, or dinner!

INGREDIENTS:

- 2 tbsp oil
- 1 onion, diced
- 1 bell pepper (red if possible), seeded and diced
- 3 cloves of garlic, minced
- 2 tsp paprika (if available)
- 1 tsp cumin
- ¼ tsp chili powder or red pepper flakes
- 1 can of tomatoes (any kind!)
- 3 eggs
- Parsley and/or cilantro (preferably fresh but dried can work as well!)
- Bread, pita bread, challah, naan
- Salt and pepper (to taste)

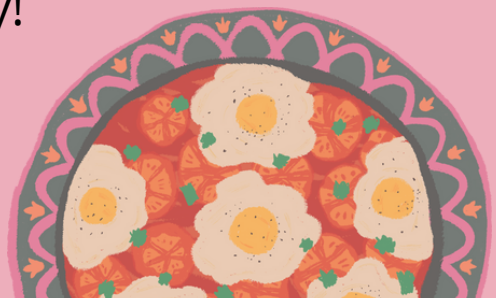
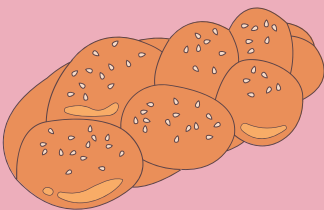
OPTIONAL: feta or goat cheese



DIRECTIONS:



1. Preheat oven to 375 degrees Fahrenheit
2. Heat olive oil in pan on medium-high heat
3. Sauté peppers and onions until fragrant (10 minutes). Add garlic after 5 minutes and continue to sauté.
4. Season with cumin, paprika, and chili powder/pepper flakes. Add salt and pepper to taste. (If using feta or goat cheese, do so now)
5. Add tomatoes, reduce heat to a low simmer (15-20 minutes). Create 3 wells in the sauce, crack egg and deposit it into the well.
6. Transfer pan to oven, let bake until the egg whites are set (around 15 minutes)
7. Garnish with cilantro and parsley. Let sit for 5 minutes before serving. Toast or warm bread, serve, and enjoy!



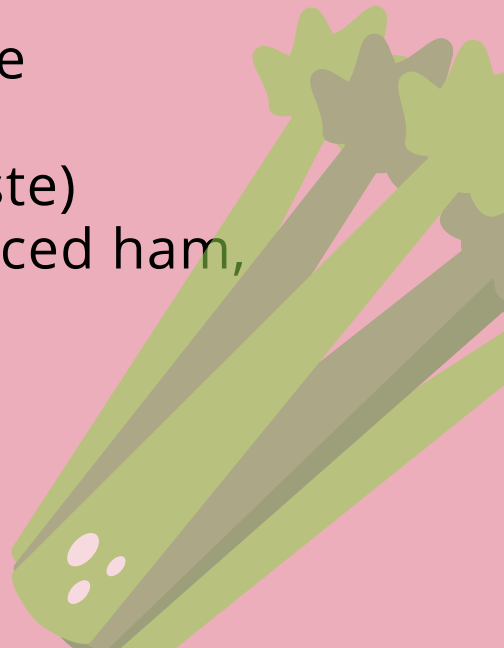
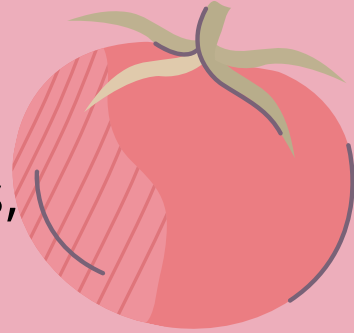
Breakfast Quesadillas

Makes: 3 Servings

This meal is savory, delicious, and perfect to start the day!

INGREDIENTS:

- 1-2 eggs
- 1 can pinto (or other) beans, drained
- 1 can green chiles
- 1 can mixed vegetables, drained
- 2 tbsp butter, or substitute such as oil
- 1 tbsp cilantro, if available
- 1 jalapeno chopped, if available
- $\frac{1}{3}$ cup tomato paste
- $\frac{1}{2}$ cup shredded cheese
- 1-2 tortillas
- Salt and pepper (to taste)
- Optional: hot sauce, diced ham, bacon, bell pepper



DIRECTIONS:



1. Whisk egg in bowl and add spices, along with hot sauce. Add beans, green chiles, and mixed vegetables and set aside.
2. Heat butter or oil to large pan on medium heat. Pour in egg mixture and stir until egg is cooked, about 1-2 minutes.
3. In a separate pan (if able), heat tortilla on medium, flipping occasionally.
4. Once tortilla is warmed, add egg mix onto one half of tortilla and top with cheese (if desired).
5. Press empty tortilla half onto half with mixture. Flip after around 1-2 minutes. Heat evenly on both sides until golden and crispy.
6. Transfer to plate and let cool. Enjoy!



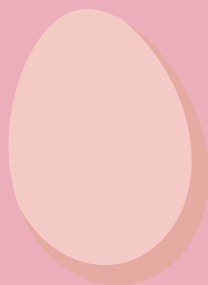
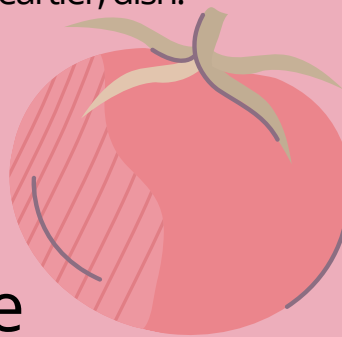
Baked Eggs and Crispy Rice Cake

Makes: 2 Servings

Add quinoa to the rice cake for an even healthier, and heartier, dish!

INGREDIENTS:

- 1 cup cooked brown rice
- 2 eggs
- 1 tbsp chopped cilantro
- 1 tbsp oil
- Salt and pepper (to taste)
- Salsa (optional)



DIRECTIONS:

1. Heat oil in a large skillet over medium heat. Add the rice to the pan and evenly spread the rice to the edge of the pan, forming a circle by using the back of a spoon or measuring cup.
2. Allow the rice cake to cook until the bottom starts to brown, about 10 minutes. Lower the heat slightly if the bottom starts to brown too quickly. Make 4 indentations with a spoon and crack the eggs on top. Cover and allow the eggs to cook until the whites are set, about 5 minutes; cook longer for a firm yolk.
3. Cut into slices and top with your favorite condiments, such as black pepper, salt, or salsa.



Breakfast Burrito

Makes: 1 Servings

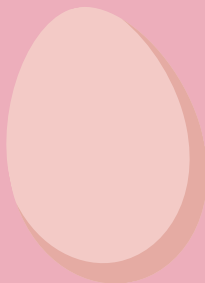
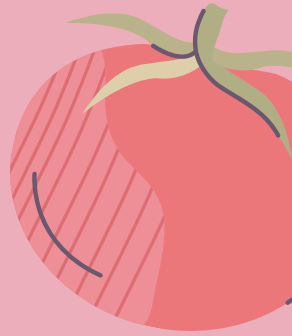
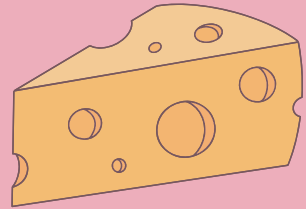
Serve with salsa or hot sauce if desired.

INGREDIENTS:

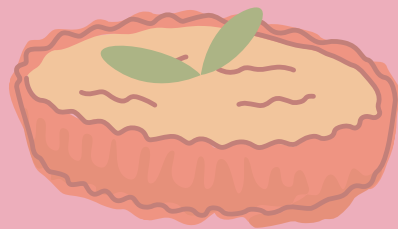
- 1 tablespoon oil
- ⅓ cup onion, chopped
- ⅓ cup red/green bell peppers, chopped
- ⅓ cup canned black beans
- 1 large tortilla
- 1 egg

Optional: Add additional vegetables if desired, such as mushrooms, spinach, kale, tomatoes, carrots, jalapenos, or corn.

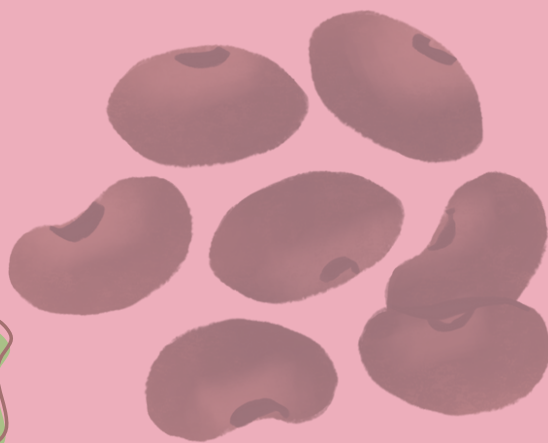
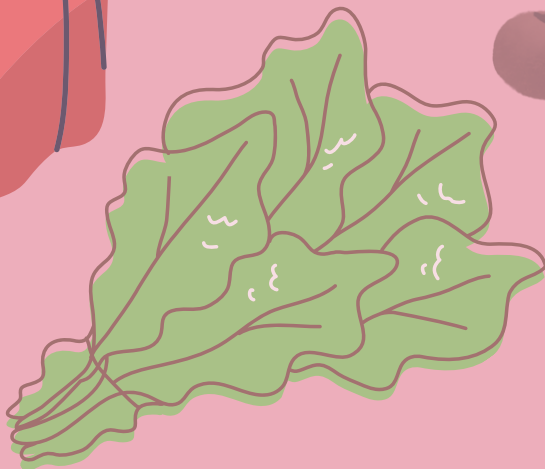
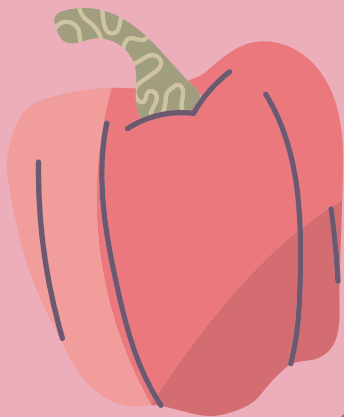
- Salsa or hot sauce
- Shredded cheese



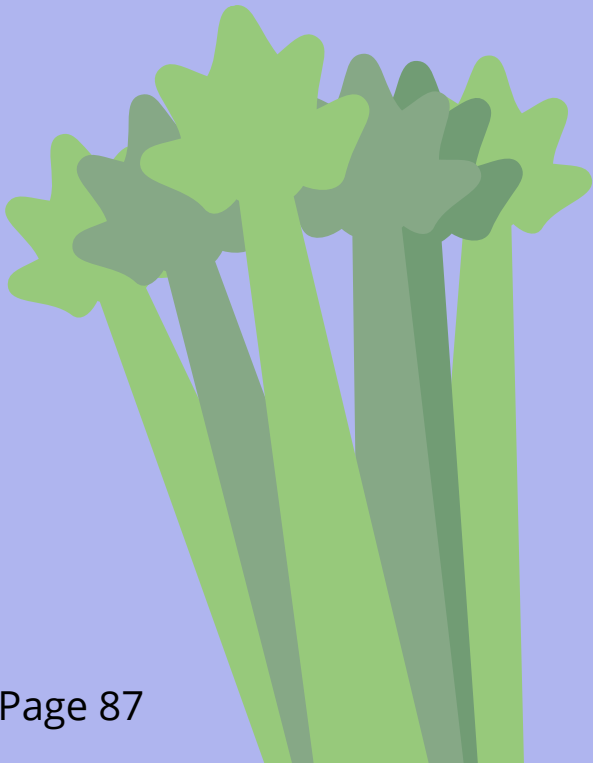
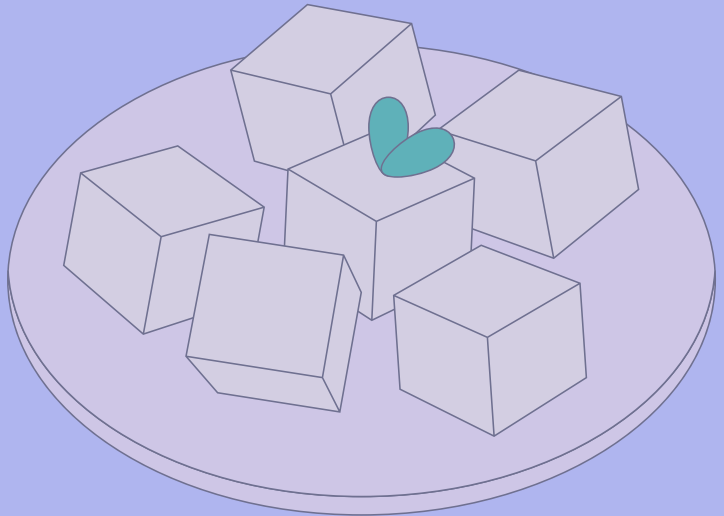
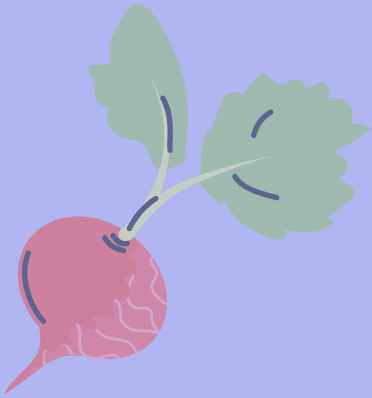
DIRECTIONS:



1. Heat oil in a pan and sauté onions and peppers until soft throughout
2. Add the black beans and sauté for 1 more minute.
3. Scramble an egg and add to mixture, then add mixture to the tortilla
4. Fold the tortilla to make the burrito and put seal-side down into a hot pan to seal the tortilla. Heat on both sides and serve with salsa or hot sauce if desired.



TOFU



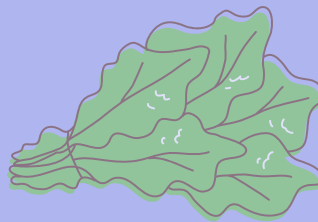
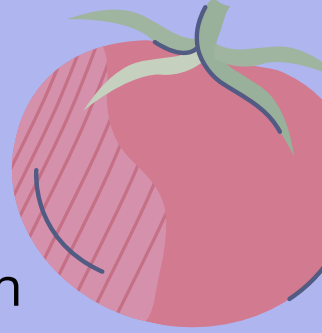
Tofu Lettuce Wraps

Makes: 3 Servings

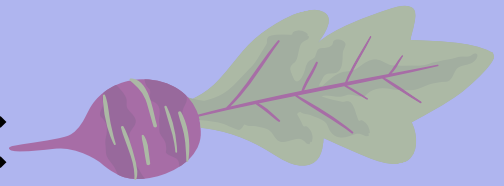
This recipe is incredibly bright and refreshing, while also being packed with vegetarian-friendly protein!

INGREDIENTS:

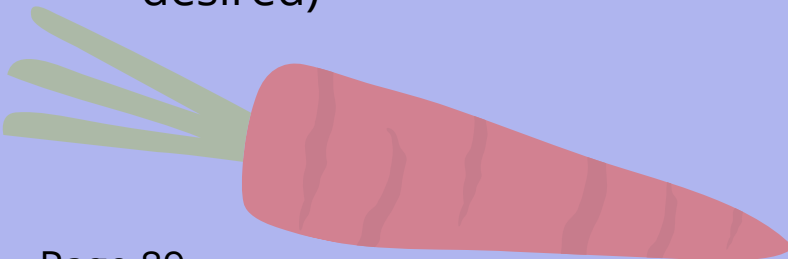
- 1 block of tofu
- 1 onion
- 1 green onion, finely sliced (with greens and whites separated)
- 2 tbsp garlic powder or 2 cloves of garlic, minced
- 1 tbsp oil or butter
- 1 head of lettuce, leaves separated and well-rinsed
- ½ cup shredded or thinly sliced carrots
- 8 oz plain yogurt (or Greek)
- 1 tbsp lemon juice
- Salt and pepper (to taste)
- OPTIONAL: bok choy, diced jalapeno, shredded cabbage, canned or fresh chicken, soy sauce



DIRECTIONS:



1. In a small bowl, combine yogurt, lemon juice, 1 tbsp garlic powder or 1 clove, and salt. Mix well
2. Heat oil or butter over medium high heat in a skillet. Saute diced onions for 4-5 minutes
3. Add white parts of green onion and garlic. Saute for a few minutes, until fragrant and slightly tender
4. OPTIONAL: if using bok choy, add now
5. Add crumbled tofu and stir fry until lightly browned
6. Add green parts of green onions and stir fry for 1-2 minutes
7. Remove from heat
8. Assemble by taking a lettuce leaf and scooping the tofu filling on top and garnishing with sauce, carrot, and jalapeno (if desired)



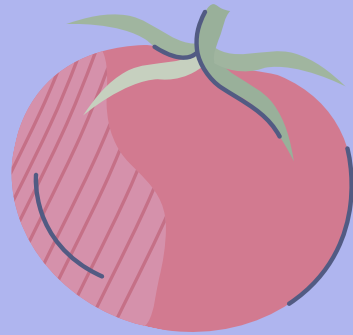
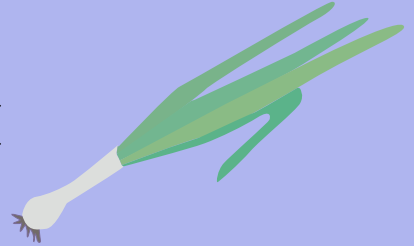
Sesame Garlic Tofu

Makes: 2 Servings

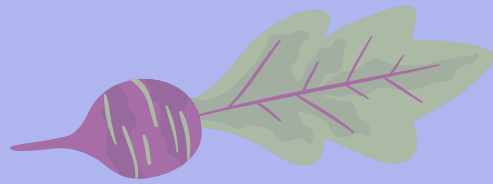
This dish is a creative and tasty adaptation of tofu, providing a delicious meal!

INGREDIENTS:

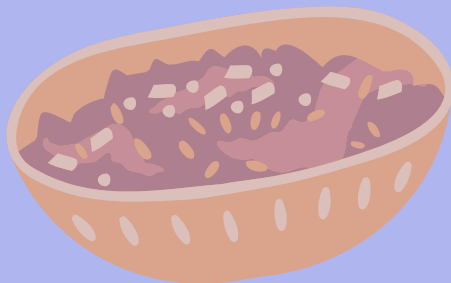
- 1 block tofu
- ½ tbsp oil or butter
- ½ tbsp soy sauce
- ½ tbsp sesame oil (optional, but recommended)
- ½ tbsp garlic, powdered, minced, or paste
- 2 cups rice
- 1 can corn, drained
- 1 can carrots, drained
- 1 can vegetable mix, drained
- ⅓ tbsp red pepper flakes
- 2 tbsp honey/syrup (optional, but recommended)
- Salt and pepper, to taste



DIRECTIONS:



1. Drain the tofu on counter by placing tofu on a plate and a heavy item on top, but be careful not to crush it. Let drain for 20 minutes.
2. Meanwhile, cook rice in boiling water, drain, and set aside.
3. After draining tofu, slice into cubes and toss into bowl
4. In a large skillet, add sesame oil and vegetable oil (or oil substitute) and heat on medium.
5. Add tofu to skillet and let it brown on all sides. Stir in vegetables and spices.
6. In a separate bowl, mix soy sauce, sesame oil, red pepper flakes, and honey.
7. Add sauce mixture to skillet and stir until finished. Serve tofu with rice and enjoy!



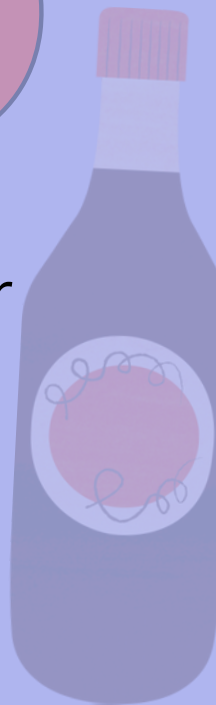
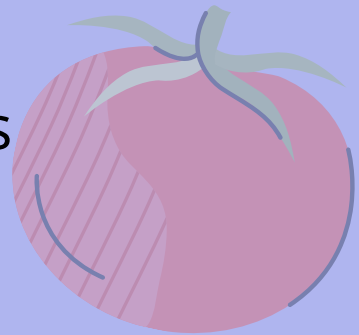
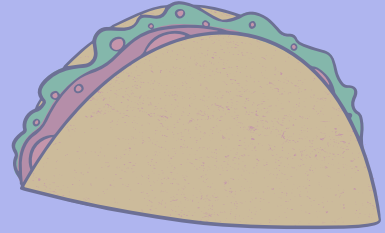
Tofu Tacos

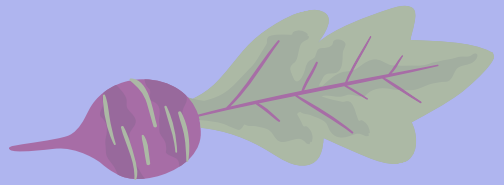
Makes: 2 Servings

These tacos are tasty and fun to make, providing a unique vegetarian option!

INGREDIENTS:

- 1 block tofu
- 1 tbsp oil or butter
- 1 tbsp garlic, minced, powdered, or paste
- 1 tbsp soy sauce
- 1 tsp chili powder
- 1 can diced tomatoes
- 1 can corn, drained
- 1 can beans, drained
- 2-3 tortillas
- Salt and pepper (to taste)
- ½ cup (Greek or plain) yogurt or sour cream (optional, but recommended)





DIRECTIONS:

1. Drain tofu for 20 minutes. Crumble tofu into a bowl and add soy sauce and seasonings
2. Heat oil in a skillet on medium heat. Add tofu and cook for 8-10 minutes while stirring in vegetables. Cook until everything is browned and softened, or until desired.
3. Scoop mixture onto tortilla and top with desired ingredients. Enjoy!



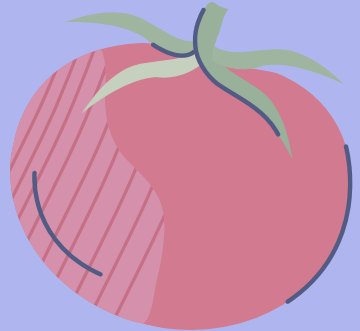
Peanut Tofu Noodle Bowls

Makes: 4 Servings

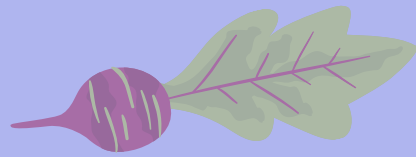
These Peanut Tofu Noodle Bowls feature light and airy rice noodles, cold crunchy vegetables, and a deliciously bright peanut lime dressing.

INGREDIENTS:

- 14 oz. tofu
 - 2 Tbsp cornstarch
 - 1 Tbsp oil
 - 3 Tbsp peanut butter
 - 1 Tbsp brown sugar
 - 1 clove garlic, minced or 1 tbsp garlic powder
 - 1/2 tsp grated fresh ginger
 - 2 Tbsp lime juice
 - 2 tsp soy sauce
 - 1/4 cup neutral oil (canola, peanut, sesame, avocado, grapeseed)
 - 8 oz. rice noodles
 - 1 bell pepper (preferably red)
 - 1 cucumber
 - 1 carrot
 - 1/2 bunch cilantro
 - Salt and pepper to taste
- Optional: 1/4 cup chopped peanuts



DIRECTIONS:



1. Remove the tofu from the package, and press it by placing a flat object over top, then placing something heavy on top of that. Let sit for about 30 minutes to press out excess moisture.
2. Combine the peanut butter, brown sugar, minced garlic, grated ginger, lime juice, soy sauce and oil in a bowl. Whisk until smooth. Set the dressing aside.
3. Slice the red bell pepper, slice the cucumber into thin sticks, shred the carrot using a cheese grater, and remove the cilantro leaves from the stems (or just roughly chop them).
4. Cut pressed tofu into 1/2 Inch chunks; sprinkle with salt and cornstarch and toss gently in a bowl until coated
5. Heat cooking oil in a large skillet over medium heat. Once hot, add the tofu cubes and cook on each side until golden brown and crispy. Once crispy, remove them from the heat.
6. Finally, cook the rice noodles. Bring a pot of water to a full boil, then add the noodles. Boil only for about three minutes, or the recommended time on the package. Drain the noodles in a colander and rinse briefly with cool water. Let the noodles drain well.
7. To assemble the bowls, place $\frac{1}{4}$ of the noodles in the bottom of each bowl. Top with some bell pepper, cucumber, carrot, cilantro, and crispy tofu. Sprinkle some chopped peanuts over top (if using), then drizzle with the peanut lime dressing.
Enjoy!



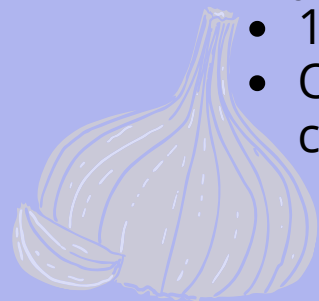
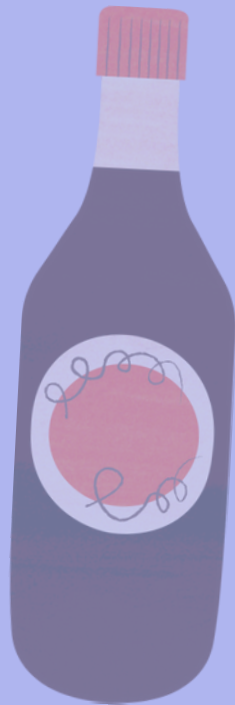
Tofu and Brown Rice Lettuce Wraps

Makes: 4 Servings

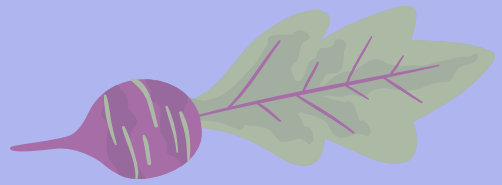
These lettuce wraps are ridiculously good! Crunchy, fresh, and packed with tofu and brown rice, plus a drizzle of peanut sauce and spicy mayo.

INGREDIENTS:

- Drizzle of olive oil
- 14-ounce block tofu – minimally pressed to remove water
- 2 cups cooked brown rice (and/or quinoa or other grains)
- Leaf lettuce for wrapping
- ¼ cup mayo
- 2 tbsp sriracha (plus more, if desired)
- 1/2 cup teriyaki sauce
- 1 orange, juiced or ⅓ cup orange juice
- 1/4 cup peanut butter
- Optional: chopped peanuts or crispy onions straws for topping



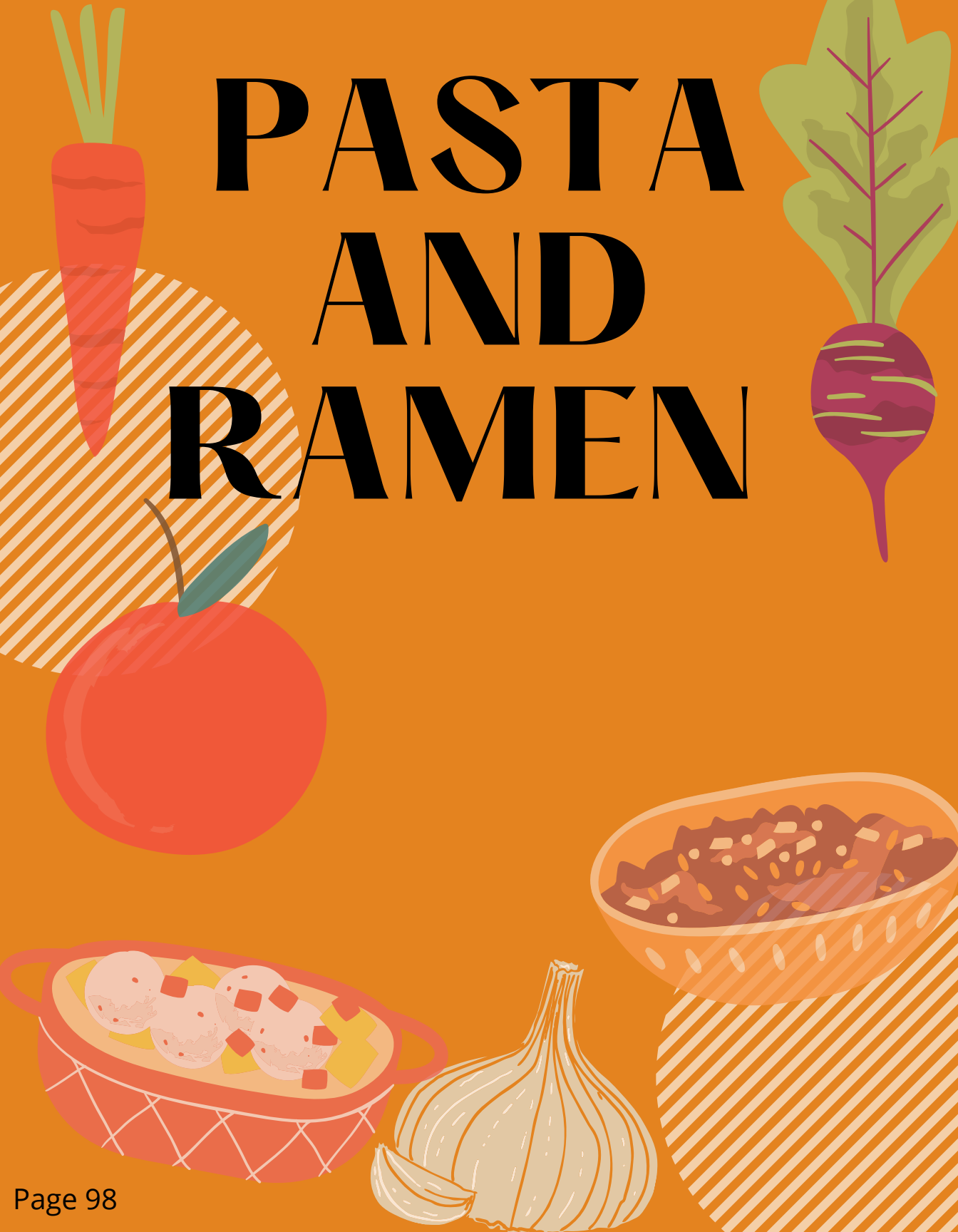
DIRECTIONS:



1. Heat a few swishes of oil in a nonstick skillet over medium high heat. Add the tofu and crumble in the pan. Cook until slightly browned.
2. While that's cooking, make spicy mayo and peanut sauce. For spicy mayo, combine mayo with 1 tbsp of sriracha (or more, if desired) until well mixed, set aside. For peanut sauce, whisk together teriyaki sauce, orange juice, peanut butter, and a dash of sriracha (if desired) until well combined, set aside.
3. Add the rice and most of the peanut sauce to the pan. Sauté for 5 minutes or so – just enough to get some browning / light caramelization and get everything nice and yummy. Season with salt and pepper to taste.
4. Spoon your tofu and brown rice filling into lettuce leaves to make wraps. Top with something crunchy if desired (peanuts, crispy onions) and drizzle with spicy mayo and leftover peanut sauce. Serve and enjoy!



PASTA AND RAMEN



Parmesan Red Pepper Gnocchi

Makes: 2 Servings

This recipe is incredibly delicious, and filling, and offers a lot of room for personalization!

INGREDIENTS:

- 1 package of fresh or frozen gnocchi (potato based is more cost effective)
- 1 can or tube of tomato paste
- 2 tsp garlic powder and/or 2 cloves of garlic, minced
- 2 tbsp olive oil (can be substituted with other cooking oil or butter)
- 1 tbsp butter
- 1 tsp red pepper flakes
- ½ cup roasted red peppers
- ½ cup heavy cream
- ½ cup Parmesan or Romano cheese
- 1 package of spinach (fresh or frozen)
- 1 tomato, diced, or can of tomatoes
- Salt and pepper (to taste)
- OPTIONAL: 1 onion or onion powder, oregano/basil (fresh or dry), additional vegetables like zucchini or squash
- Add protein with chicken, tofu, etc. and enjoy!



DIRECTIONS:

1. Cook gnocchi according to package instructions. Reserve $\frac{1}{2}$ cup of starchy pasta water before draining.
2. Heat oil in large saucepan over medium heat. (If using minced garlic, add now and cook until fragrant, 2-3 minutes)
3. Add tomato paste, red pepper flakes, roasted red peppers, spinach, tomato, (and garlic powder) and cook for two minutes
4. Add heavy cream and reserved pasta water. Stir and cook until thickens
5. Add parmesan and butter. Stir and season to taste with salt and pepper.
6. Add cooked gnocchi and toss to coat evenly. Serve with additional parmesan and red pepper flakes, enjoy!



Fettuccine Alfredo

Makes: 3 Servings

While this recipe is vegetarian, you can easily add additional protein with canned, fresh or frozen chicken.

INGREDIENTS:

- 6 oz fettuccine pasta
- ½ jar of alfredo sauce
- 1-2 tsp garlic powder or 1 clove of garlic, minced
- 1 tbsp of olive oil (can be substituted with other cooking oil or butter)
- Salt and pepper (to taste)
- Optional: 1 package of fresh or frozen spinach, 1 ripe tomato, Parmesan or Romano, red pepper flakes
 - 1-2 cans of chicken or 1-2 chicken breasts



DIRECTIONS:

1. Cook pasta according to instructions on the box. Drain water and set aside.
2. Heat oil in a saucepan over medium heat. (If using garlic clove, mince and saute until slightly darker in color. If using raw chicken, cube and add now. Cook for 5-6 minutes.) Add spinach, salt, and pepper. Mix and saute for 5-6 min.
3. Add alfredo sauce, simmer on low, and stir. (If using canned chicken, drain and add now.)
4. Add cooked pasta and toss to coat well.
5. (Optional: Chop tomato for garnish.)
Serve and enjoy!



Broccoli Chicken Mac & Cheese

Makes: 4 Servings

This recipe takes boxed mac and cheese to the next level!
It's also a great way to use leftover chicken or vegetables.

INGREDIENTS:

- 1 box of macaroni and cheese
- 1 cup of shredded chicken or 1 can of chicken, drained well and shredded
- Broccoli, cut into bite-sized pieces (as much as desired, and don't be afraid to use the stems!)
- 1-2 tbsp butter or cooking oil if sauteing broccoli
- Salt and pepper to taste
- Optional: shredded cheese

DIRECTIONS:

1. If sauteing broccoli, add butter to a pan on medium heat.
2. Add broccoli pieces and salt and pepper. Cook for 3-4 minutes, stirring regularly, then turn heat to low. Continue cooking until tender.
3. If boiling broccoli, bring a pot of water to boil and add salt. When water is boiling, add broccoli pieces. Cook for about 2-4 minutes or until tender.
4. Make the macaroni according to package instructions, including the sauce/cheese it provides you with. Add additional cheese if desired.
5. Add shredded chicken, broccoli, and shredded cheese (if using). Stir well to bring everything to the same temperature. If needed, return to low heat until cheese melts. Serve and enjoy!



Mac and Cheese Carbonara

Makes: 2 Servings

This recipe elevates traditional mac and cheese with bacon and peas for a twist on a classic carbonara.

INGREDIENTS:

- 1 box of macaroni and cheese (must have a powdered cheese)
- 1 tbsp butter
- 2-3 strips of bacon
- ½ can of peas or ½ cup of frozen peas
- 2 eggs
- Salt and pepper, to taste
- Optional: splash of milk, Parmesan/Romano cheese for serving



DIRECTIONS:

1. Boil macaroni according to package instructions.
2. Cut bacon into one-inch pieces and fry it up until crispy while the pasta boils.
3. Next, crack two eggs into a bowl and stir in the powdered cheese mixture with a fork.
4. Once the noodles are tender, take out some of the starchy pasta water to use if you do not have milk available. Drain the remaining pasta water and stir in the egg-cheese mixture (along with a splash of milk or pasta water) until combined.
5. Toss in the bacon and peas and stir thoroughly until everything is the same temperature. Serve with parmesan (optional), and enjoy!



Bibim Guksu (Spicy Cold Noodle Salad)

Makes: 6 Servings

This cold noodle salad is delicious, flavorful, and fresh!
It also is perfect for meal prepping, and can be served with hard boiled eggs for additional protein.

INGREDIENTS:

- 8 oz thin noodles (soba, spaghetti, angel hair pasta)
- ½ medium cabbage (red or green), thinly sliced
- 1 small carrot, peeled and thinly sliced
- 1 small cucumber, thinly sliced
- 4 lettuce leaves, thinly sliced
- 2-3 tablespoons gochujang (or siracha)
- 2 tablespoons honey/syrup
- 2 tablespoons vinegar (rice or apple cider vinegar)
- 1 tablespoon soy sauce
 - Optional toppings: kimchi, hard boiled egg



DIRECTIONS:

1. Prepare noodles as directed on the package and let cool.
2. Chop or peel vegetables into small/thin pieces.
3. Mix together gochujang (or siracha), honey, vinegar, and soy sauce in a small bowl.
4. Combine noodles, vegetables, sauce and desired toppings and serve.



Elevated Ramen

Makes: 2 Servings

This recipe is well-known for being incredibly delicious, and a great way to elevate instant ramen while utilizing any leftovers you may have. Add peas, chicken, tofu, anything you'd like!

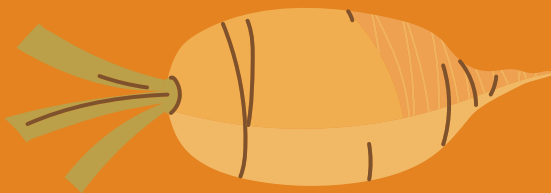
INGREDIENTS:

- 1 (3 oz.) package instant ramen (spice packet isn't needed for this recipe, but feel free to save it for later)
- 2 tbsp. butter
- 1/2 medium red bell pepper, stemmed, seeded, and chopped or thinly sliced
- 1 small carrot, peeled, trimmed, and thinly sliced into rounds or 1 can of carrots
- 1 clove garlic, minced or 1 tbsp garlic powder
- Large pinch red pepper flakes
- 1 1/2 tbsp soy sauce
- 1 1/2 brown sugar (light if available)
- 1 large egg, lightly beaten
- Optional:
 - 1 tbsp. everything bagel seasoning or sesame seeds
 - Chopped green onion, chili paste



DIRECTIONS:

1. In a medium pot of boiling water, cook the ramen noodles according to package instructions. Drain and set aside.
2. Melt the butter in a large nonstick skillet over medium-high. Add bell pepper and carrot, and cook stirring often, until softened, about 4 minutes. Add garlic and chile flakes, and cook until fragrant and golden, about 1 minute. Add the soy sauce and brown sugar and cook, stirring, until sugar is dissolved and sauce is boiling, about 15 seconds.
3. Add the cooked noodles and toss to coat. Push the noodles to one half of the skillet and add the egg to the other half. Season eggs with salt and pepper. Let sit until the very edges look like cooked, about 20 seconds. Stir occasionally, using a wooden spoon or spatula until eggs scramble, about 3 minutes.
4. Combine noodles and eggs into bowls.
5. Sprinkle with everything bagel seasoning and green onion, if using. Serve and enjoy!



RICE





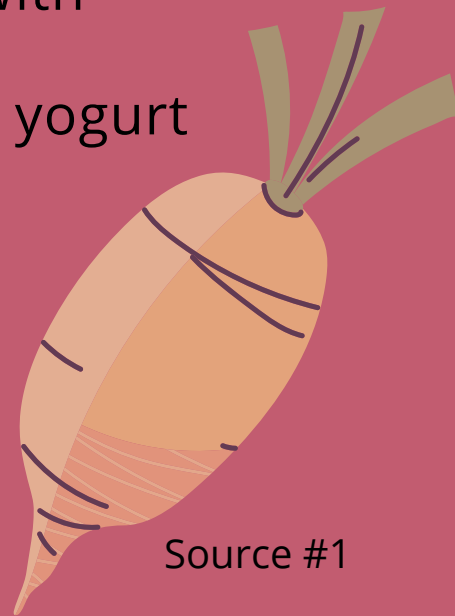
Lentil Curry with Yogurt Sauce

Makes: 3 Servings

This vegetarian recipe is packed full of protein.

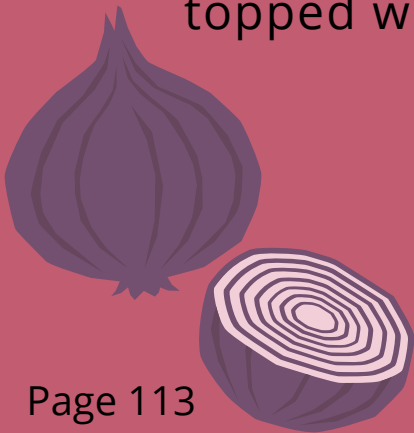
INGREDIENTS:

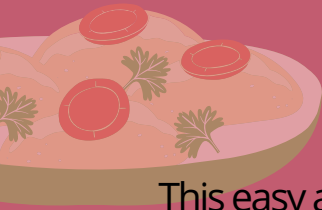
- 1 ½ cups of cooked rice of your choosing
- ½ cup lentils (preferably) brown or green
- 15 oz can tomatoes (with juice)
- 1 small onion, chopped
- 2 cloves of garlic, minced or 2 tsp of minced garlic or garlic powder
- ¼ cup of fresh cilantro, with stems
- ¼ cup of plain (or Greek) yogurt
- 1 tbsp of oil
- 1 tbsp of curry powder
- Salt and pepper to taste
 - 1 bay leaf (optional)



DIRECTIONS:

1. Fill a medium saucepan with water two-thirds to the top. Bring water to boil. Add the lentils and bay leaf (if desired), reduce heat to medium-low, and simmer until the lentils are tender, about 20 minutes. Drain, add ½ teaspoon of salt, and set aside.
2. Heat canola oil in a large pan over medium heat. Add the onions, and sauté until soft, about 5 minutes. Stir in the garlic and curry powder, and cook for 30 seconds. Stir in the tomatoes with juice and lentils, and simmer until the curry thickens a bit, about 10 minutes.
3. To make the yogurt sauce: In a small bowl, mix the cilantro with the yogurt.
4. Enjoy the lentils over a bowl of rice topped with yogurt sauce.





Spam & Rice

Makes: 2 Servings

This easy and versatile recipe transforms a hard to approach but easy to find ingredient bound to be at any food pantry: Spam!

INGREDIENTS:

- 1 tbsp oil or butter
- 1 can of Spam
- 1 can of mixed vegetables (or frozen alternative)
- 1 cup of any rice
- 1-2 tsp garlic powder or 1-2 cloves of garlic
- Salt and pepper (to taste)

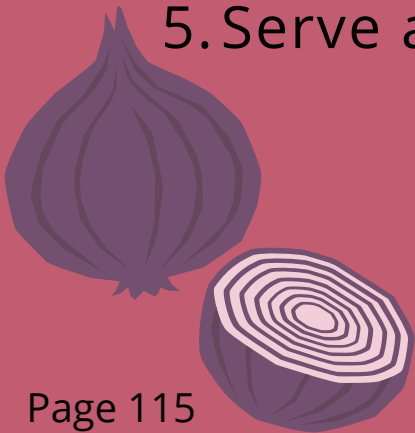
OPTIONAL: For more flavor, end result will be similar to fried rice:

- 1 onion and/or 1-2 tsp onion powder
- Splash of soy sauce
- Add 1 can of beans for additional protein or substitute for Spam to make recipe vegetarian



DIRECTIONS:

1. Cook rice per package instructions, generally using boiling water in an uncovered pot.
2. Bake ham per package instructions; typically in the oven.
3. Heat oil/butter over medium heat in a pan. (If adding onion, saute now for 5 minutes or until fragrant) Add rice, seasoning, Spam, and vegetables to pan.
4. Mix and saute for 10 minutes. (If adding soy sauce, do so now)
5. Serve and enjoy!





One Pot Dinner

Makes: 4 Servings

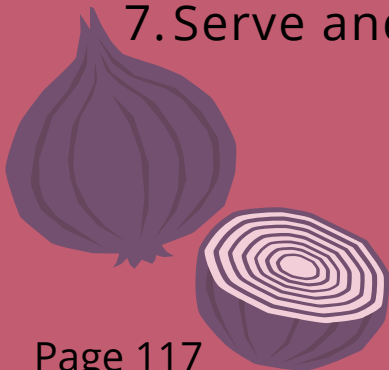
This recipe is incredibly customizable to utilize whatever is available at the food pantry into one easy and cohesive dinner.

INGREDIENTS:

- 2 cups of rice (can also be substituted with small pasta such as pastina, ditalini, orzo, etc) or quinoa
 - 2 cups (or one 15 oz can) of any protein (fresh meat, canned meat, rehydrated/canned beans/chickpeas, tofu, soy protein, etc)
 - 2 cups of vegetables (fresh, canned, or frozen)
 - 1 tablespoon of cooking oil
 - 4 cups of stock (if unavailable, water can be used instead)
 - Any desired seasonings (salt, pepper, garlic powder, chili powder, Mrs. Dash, curry powder/paste etc.)
- 

DIRECTIONS:

1. Strain any canned vegetables or protein before cooking. Make sure all vegetables and protein are fairly dry before sautéing
2. Sauté vegetables, protein, and any large grain seasonings in a pot with a small amount of cooking oil until golden on medium heat.
3. Once sautéed ingredients are sufficiently browned, add liquid or stock of choice, and turn up the heat to high.
4. Check salt level before bringing to a boil. This will depend on your choice of proteins, vegetables, and seasonings.
5. Once liquid boils, add rice (or pasta). Stir periodically until liquid is absorbed
6. Add final seasonings, take of the heat, and let rest for 5 minutes before eating
7. Serve and enjoy!





Kale and Brown Rice Bowl

Makes: 4 Servings

This recipe is super easy, incredibly healthy, and absolutely delicious!
Substitute the brown rice for quinoa for an even more nutritious dinner.

INGREDIENTS:

- 1½ cups brown rice
- 1 bunch kale, stems removed and finely chopped
- ¼ cup peanut butter
- 1 tsp peanut oil (or other oil)
- 1 tsp soy sauce
- 1 tsp vinegar
- 1 tsp honey/syrup
- ¼ tsp ground/powdered ginger
- ¼ tsp cayenne (optional)
- Chili paste (optional)
- Salt and pepper (to taste)



DIRECTIONS:

1. Fill a saucepan with water $\frac{2}{3}$ to the top over high heat. Bring to a boil, add rice, and lower the heat to medium.
2. Cook 20 minutes, drain the water, return the rice to the saucepan, add the chopped kale and cover 10 minutes.
3. Meanwhile, whisk together the peanut butter, peanut oil, soy sauce, vinegar, honey, ginger and cayenne (if using). Add a little water to thin out the sauce.
4. Divide the rice and kale mixture into 4 bowls. Drizzle the peanut sauce on top.





Lentils and Rice (Mujadara)

Makes: 3 Servings

Serve with naan If desired.

INGREDIENTS:

- 1/2 cup dry brown rice (or quinoa if desired)
 - 1/2 cup lentils (preferably brown or green)
 - 1 large onion, (yellow If possible) thinly sliced
 - 1 garlic clove, minced or 1 tbsp garlic powder
 - 1/4 cup parsley leaves, finely chopped with stems
 - 1 bay leaf
 - 2 cups vegetable broth
 - 2 tbsp oil, divided
 - 1/2 tsp cumin
 - Salt and pepper, to taste
 - Optional:
 - Add a hardboiled egg for extra protein.
 - Top with plain/Greek yogurt or make sauce:
 - Combine 1 cup yogurt with 1 tsp cumin, 2 tbsps finely chopped cilantro, and salt to taste. Drizzle over for a flavor packed sauce.
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DIRECTIONS:

1. Fill a medium saucepan with broth and bring to a boil. Add the lentils, brown rice, and bay leaf (if desired), reduce heat to medium-low, and simmer until the lentils are tender and the rice is fully cooked, about 20 minutes. Drain, add ½ teaspoon salt and set aside covered for 10 minutes.
2. Meanwhile, heat 2 tablespoons of oil in a large nonstick skillet, over medium heat. Add the sliced onions and cook until a rich golden brown color develops, 20-25 minutes. If the onions begin to burn, add 1 tablespoon of water. When the onions are dark golden brown, add the garlic and cook 2 more minutes.
3. When the rice and lentils are finished cooking, fold half of the onion mixture, cumin, chopped parsley, and remaining 1 tablespoon of olive oil into the pot.
4. Serve with the remaining onions, chopped egg, and plain yogurt or yogurt sauce (if using) for the top. Enjoy!



CANNED VEGETABLES

A stylized illustration of a turnip with green leaves on the left and a purple beet with green leaves on the right, positioned above the title.

Chickpea Stew

Makes: 4 Servings

This vegetarian recipe is the perfect meal for a cold day! You can also switch up the chickpeas with different types of beans for a whole new dish.

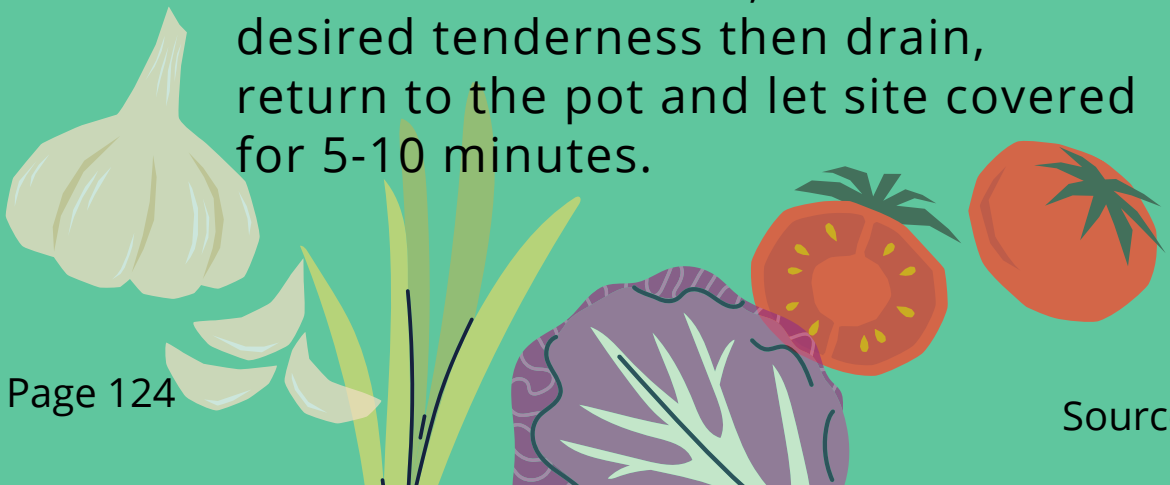
INGREDIENTS:

- 3 cups cooked brown rice
- 2 (15-ounce) cans diced tomatoes
- 2 (15-ounce) cans chickpeas
- 3 cloves garlic, minced or 3 tbsp garlic powder
- 1 cup orange juice
- 2 tbsp olive oil
- 1 tsp red pepper flakes
- 1 tsp dried thyme leaves
- Salt and pepper to taste



DIRECTIONS:

1. Heat oil over medium-low heat in a large pan that has a lid. When the oil is hot, add the garlic, red pepper flakes, thyme, and salt. Cook and stir for 1 minute, being careful not to burn the garlic.
2. Add the orange juice, tomatoes, and chickpeas. Increase the heat to medium-high and bring the stew to a boil.
3. Reduce heat and simmer until the stew thickens a bit, about 10 minutes.
4. Serve with the rice.
 - a. How to cook brown rice: Bring a large pot of water to a boil, add 1 teaspoon of salt, a splash of olive oil, and 1 bay leaf. Leave mixture to boil for about 30 minutes, or until desired tenderness then drain, return to the pot and let sit covered for 5-10 minutes.



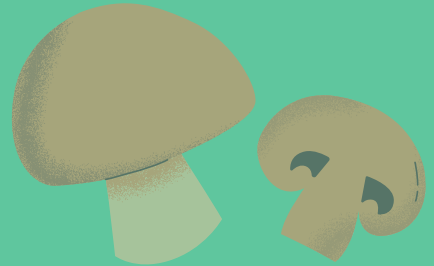
Vegetarian Shepherd's Pie

Makes: 4 Servings

This unique recipe is a play on shepherd's pie for vegetarians, and primarily utilizes ingredients that can be found in the food pantry!

INGREDIENTS:

- 1 can of corn
- 1 can of beans
- 1 can of peas & carrots
- 1 can or package of gravy
- 4 cups of instant mashed potatoes
- Shredded cheese
- Seasoning(s) of choice (Salt/pepper, garlic powder, onion powder, Mrs. Dash, paprika, etc.)



DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Rinse and drain all canned vegetables.
3. Combine beans and choice of seasoning(s) in a saucepan over medium heat for 3 minutes.
4. Add gravy to the saucepan and cook for an additional 2 minutes.
5. Add remaining vegetables to the saucepan.
6. Pour saucepan mixture into a casserole dish.
7. Prepare mashed potatoes as directed on container.
8. Add the mashed potatoes over the top of the contents in the casserole dish. Spread evenly.
9. Sprinkle cheese over the potatoes.
10. Bake for 25 minutes and enjoy!





Enchilada Soup

Makes: 4 Servings

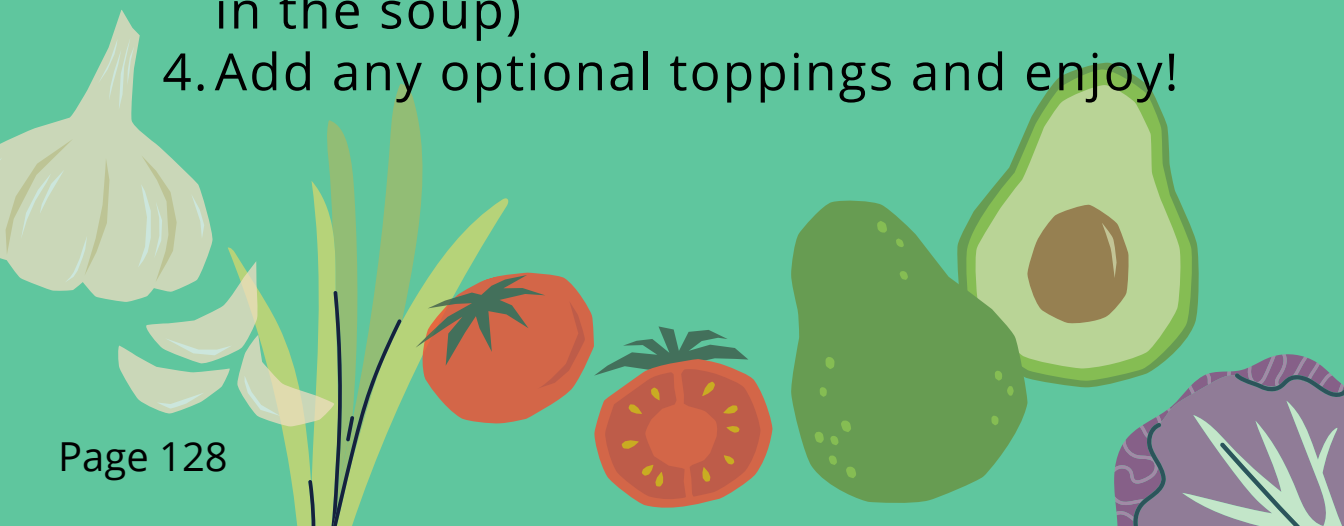
This delicious, warm, and filling recipe is very versatile and easily customizable!

INGREDIENTS:

- 1 tablespoon oil or butter
 - 1 onion (preferably yellow), chopped
 - 1 Serrano pepper, chopped
 - 1 tablespoon garlic powder OR 4 cloves garlic, minced
 - 1 tablespoon cumin
 - 1 tablespoon paprika
 - 1 teaspoon chili powder
 - 1 can black beans, drained
 - 1 can corn, drained
 - 1 can enchilada sauce
 - 1 can Ro-Tel (or diced tomatoes with green chilis preferably, but any diced tomatoes work)
 - 2 cups vegetable broth
 - Salt and pepper (to taste)
 - OPTIONAL:
 - Add meat with 1-2 cans chicken or 1 lb. chicken breasts, substitute vegetable broth with chicken broth (left-over chicken works as well!)
 - Make it creamy with ½-1 block cream cheese, depending on preference.
 - Toppings: Cilantro, Lime, Shredded Cheese, Crushed Tortilla Chips or tortillas cut into strips and toasted.
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DIRECTIONS:

1. Heat your oil/butter over medium heat and sauté onion, green pepper, garlic, and spices for about 10 minutes until slightly softened and fragrant.
2. Add corn, beans, enchilada sauce, tomatoes, and vegetable (or chicken) broth.
3. Bring to a boil by putting over high heat for 5 minutes. (If adding chicken, do so now and immediately cover. For cooked chicken, bring to a simmer (low heat) for 10 minutes. For raw chicken, bring to a simmer for 30 minutes or until chicken is cooked through. Once cooked, shred chicken in the soup)
4. Add any optional toppings and enjoy!



Bean Quesadillas

Makes: 2 Servings

This vegetarian recipe is a super easy to make dinner!

INGREDIENTS:

- 1 (15 oz.) can beans, any kind
- 1/2 can corn
- 1/2 can diced tomatoes
- 1/2 cup shredded cheese
- 1 tbsp chili powder
- 1 tbsp canola oil
- Salt and pepper to taste
- 4 tortillas
 - Optional: salsa or hot sauce to serve

DIRECTIONS:

1. Drain beans, corn, and tomatoes. Rinse black beans and corn.
2. In a large bowl, mash the beans with a fork or potato masher. Mix beans with tomatoes, cheese, corn, salt, pepper, and chili powder.
3. Place $\frac{1}{2}$ cup bean mixture on half of a tortilla. Fold tortilla to make a half-moon shape and pat down filling so it is evenly distributed. Repeat until all filling is used up.
4. Heat oil in large skillet over medium high heat. Use $\frac{1}{2}$ Tablespoon of oil per 2 quesadillas that you cook. In batches of 2, cook quesadillas until golden brown and flip to cook other side.



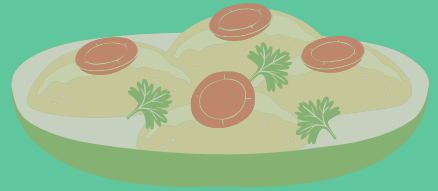
Black Bean Burger

Makes: 4 Servings

These black bean burgers are a super healthy alternative to traditional burgers, and are great for meal-prepping since the leftover patties can be stored and reheated all week!

INGREDIENTS:

- 1 tablespoon oil
- 1 (15oz) can black beans, drained and rinsed
- ½ cup canned corn
- ½ cup onion, finely chopped
- 1 egg (and 1tsp flour if needed)
- ½ cup breadcrumbs
- Salt and pepper to taste
 - Optional: 1 teaspoon cumin, garlic powder, or chili powder
 - Optional toppings: lettuce, tomato, onion, jalapeno, cheese, avocado, salsa, mayo, ketchup, etc.

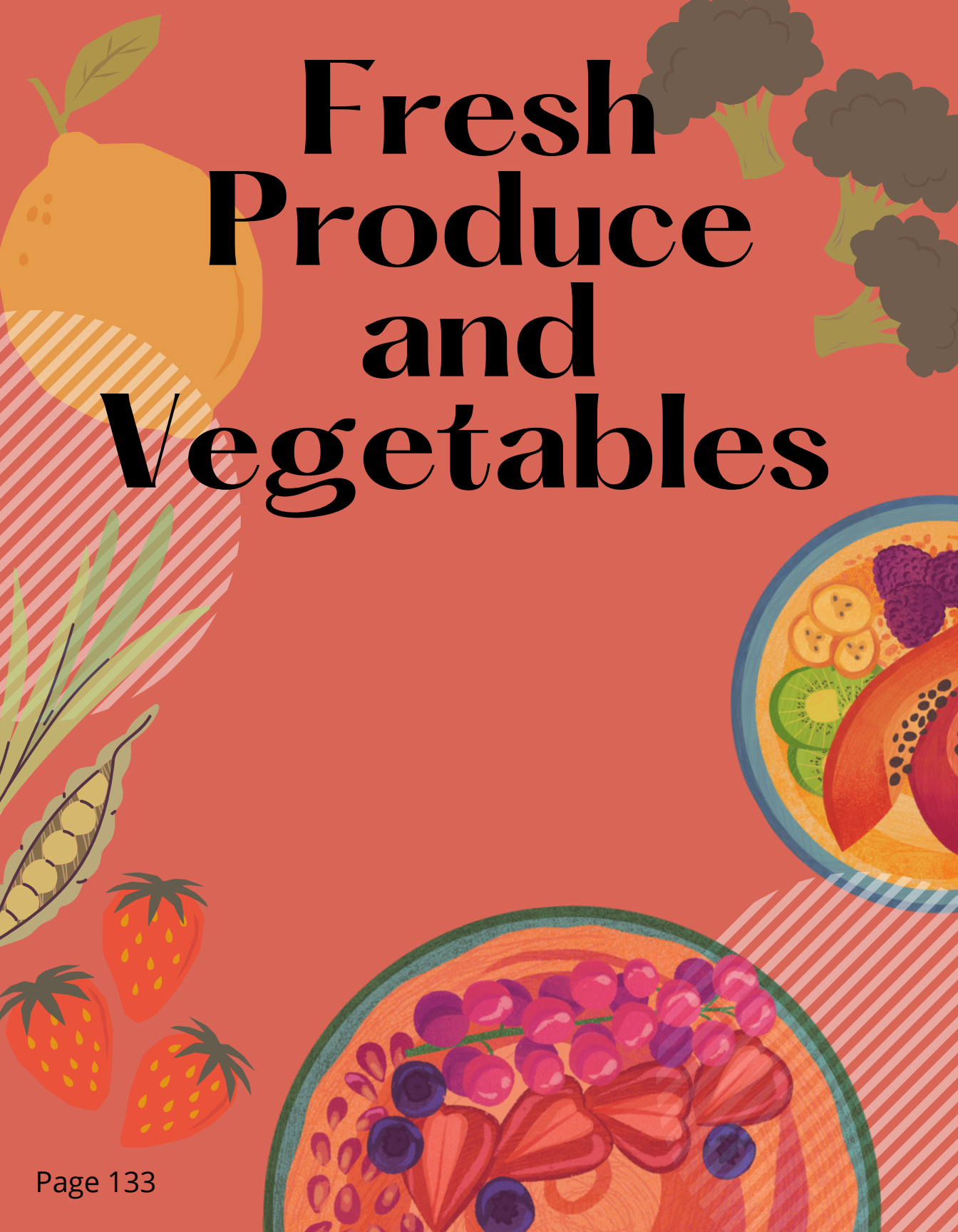


DIRECTIONS:

1. Place black beans into a large bowl. Use a fork to mash the beans well.
2. Add the onion, corn, egg, breadcrumbs, salt, pepper, and optional spices to the bowl with the black beans. Stir to combine.
3. Divide the mixture into 4 equal portions and shape into round patties using your hands, packing the mixture tightly.
4. Heat a pan over medium-low heat and add the oil.
5. Place patties onto pan and cook for about 5 minutes before flipping. Cook the other side for about 5 minutes, or until the patties are browned and cooked through.



Fresh Produce and Vegetables





Sweet Potato Hash

Makes: 4 Servings

This hash is a great way to utilize common pantry ingredients into a dish that can pair perfectly with any meal! Serve with eggs for a balanced breakfast, or enjoy with beans for a healthy lunch.

INGREDIENTS:

- 1 tablespoon butter
 - 1 tablespoon oil
 - 2 medium sweet potatoes, peeled and cut in 1/2-inch dice
 - 1 large onion, chopped
 - 1 medium apple, chopped
 - Salt and pepper to taste
- 



DIRECTIONS:

1. Heat the butter and olive oil in a large skillet over medium-high heat until butter melts.
2. Add the sweet potatoes, and cook, stirring occasionally, until they begin to brown, about 5 minutes.
3. Stir in the onions, and cook until they begin to soften, about 5 minutes.
4. Add the apples, and cook until the sweet potatoes are tender, about 10 minutes. Stir in the salt and pepper.





Sautéed Cabbage

Makes: 4 Servings

This low-carb, heart-healthy recipe is a delicious way to eat cabbage and makes a perfect side to any meal, or serve with beans and/or ground turkey for a low-carb lunch.



INGREDIENTS:

- 1 head cabbage (Slice in half and then in quarters. Remove the core and thinly slice)
 - 4 strips bacon (optional)
 - 1 small onion (preferably yellow), diced
 - 1 clove garlic or 1 tbsp minced garlic
 - 1 tablespoon olive oil
 - Salt & pepper to taste
- 

DIRECTIONS:

- 1.If adding turkey bacon, heat oil in large pan on medium heat and add turkey strips. Brown on both side until slightly brown but not crispy. Remove bacon from pan.
- 2.Cook onions in same pan until translucent. Add garlic and heat for approximately 1 minute.
- 3.Add cabbage and cooked turkey bacon to pan and cook until cabbage is tender, about 25 minutes, stirring occasionally, until cabbage is tender and starting to brown. Add a little water if cabbage starts to burn.





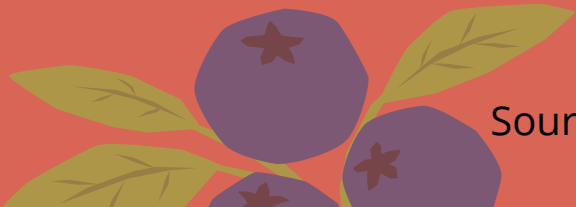
Roasted Sweet Potato with Apples and Scallions

Makes: 4 Servings

This dish makes a great side, and can also be served as a meal with eggs or chicken!

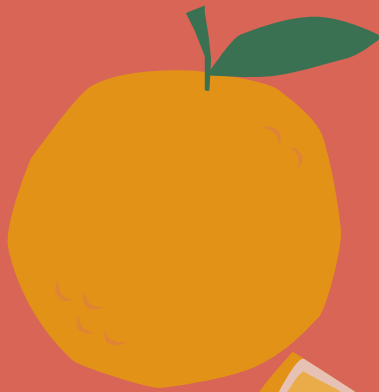
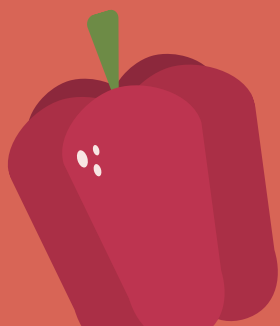
INGREDIENTS:

- 2 pounds sweet potatoes, peeled and chopped into ½-inch pieces
- 2 apples, cored and chopped
- 1 bunch green onion, white and light green parts, cut into 2-inch pieces
- 1 tbsp balsamic vinegar (optional)
- 2 tbsps oil
- ½ tsp dried thyme leaves
- ¼ tsp garlic powder
- Salt and pepper to taste



DIRECTIONS:

1. Preheat the oven to 400°F.
Line a large rimmed baking sheet with foil.
2. In a small bowl, mix together the oil, vinegar (if using), salt, pepper, garlic powder, and thyme.
3. Place the potatoes, apples, and scallions on the baking sheet. Add the oil mixture, and toss to coat.
4. Roast until the potatoes are tender, about 30 minutes.
5. Top with desired toppings and enjoy!





Sautéed Vegetables with Noodles

Makes: 6 Servings

This recipe is super easy to make and gives you a lot of leftovers for the week. Serve with white beans or chickpeas for extra protein, or put a Thai twist on it and toss with a peanut sauce instead of oil at the end of cooking.

INGREDIENTS:

- 1 cabbage, quartered, core removed, and thinly sliced
 - 1 onion, chopped
 - 4 tbsps oil
 - 3 tbsp minced garlic or 3 tsp garlic powder
 - 1 box pasta (preferably whole wheat) of any kind
 - 1 can snow peas
 - Salt & pepper, to taste
 - Optional: Peanut Sauce
 - ½ cup peanut butter
 - 2 tablespoons soy sauce
 - 1 tablespoon vinegar
- 

DIRECTIONS:

1. In a large pot, heat 2 tablespoons oil over medium heat. When the oil is hot, cook the onion until it begins to soften, about 5 minutes. Add garlic, and cook 2 minutes. Be careful not to burn the garlic.
2. Add cabbage, turn up heat slightly, and stir. Cook cabbage until it begins to brown, adding a little water if it begins to stick to the pan. Cover and let cook, around 45 minutes.
3. Meanwhile, in another large pot, bring water to a boil. Cook pasta, following instructions on package.
4. Add drained pasta to the cabbage and combine with remaining oil, and salt and pepper to taste.
5. If using peanut sauce, toss noodles with it in place of additional oil.





Collard Green Coleslaw

Makes: 4 Servings

This collard green coleslaw is heart-healthy,
vegetarian, and delicious!

INGREDIENTS:

- ½ pound collard greens, stems removed and sliced into ribbons
 - 1 small onion, shredded
 - 1 carrot shredded
 - 1 apples shredded
 - 3 tbsp oil
 - 1 tbsp vinegar
 - 1 tsp sugar
 - Salt and pepper, to taste
 - Optional: peanuts and cilantro
- 
- 

DIRECTIONS:

1. In a small saucepan, heat the oil, vinegar, sugar, salt and pepper.
2. Combine the collard greens, onion, carrots and apples in a large bowl.
3. Pour sauce from step 1 over the collard green mixture and combine well to coat all of the vegetables. Allow to sit 2 hours or overnight to allow the flavors to come together.
4. Serve with chopped peanuts and cilantro (if desired) on top. Enjoy!





Ethiopian Collard Greens

Makes: 4 Servings



These collard greens are the perfect side dish or you can serve them with lentils or rice to act as a full meal!

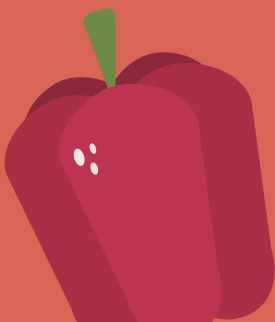
INGREDIENTS:

- 8 cups collards, stems removed and thinly sliced
- 1 large onion (preferably white) chopped
- 2 tsp garlic, minced
- 1 tbsp fresh ginger, minced
- Juice of 1 lemon (or 2 tbsp of lemon juice)
- 2 tbsp oil
- 1 tsp red pepper flakes
- 1 tsp cumin
- 1 tsp paprika
- Water
- Salt and pepper to taste



DIRECTIONS:

1. Heat oil in a large nonstick skillet (with a lid). When oil is hot, add onions, and cook 5 minutes until translucent.
2. Add garlic, ginger, crushed red pepper flakes, cumin, paprika and sauté for about 30 seconds, stirring constantly. Careful not to burn the spices.
3. Add collards, lemon juice, and little water. Cover and cook 15 minutes until greens are tender. Add a little more water as needed. Add salt and pepper to taste.
4. If serving with lentils, fill a medium saucepan with water two-thirds to the top and bring to a boil. Add 1 cup lentils, reduce heat to medium-low, and simmer until the lentils are tender about 20 minutes.





Curried Sweet Potato Bites

Makes: 6 Servings

This heart-healthy, vegetarian recipe can be served as a side dish or as a main course with rice.

INGREDIENTS:

- 1 sweet potato, baked
- 1 (15-ounce) can pinto beans, rinsed, drained and mashed
- 1 package wonton wrappers
- 1 tbsp finely chopped cilantro, stems included
- 2 tbsp oil, plus more to oil the pan
- 1 tsp curry powder/paste
- 1/2 tsp turmeric
- for a Tex-Mex flavor, replace the curry powder with chili powder and add 2 tsps salsa to the mixture.

DIRECTIONS:

1. Preheat oven to 400 degrees and oil two baking sheets. In a large bowl, scoop out the flesh of the sweet potato. Add the mashed beans, curry powder, cilantro, and salt and mix to combine.
2. Line baking sheets with wonton wrappers. Place 1 teaspoon filling in the center of each wonton. Have a small cup of water nearby to wet your fingers. Fold skin over, forming a triangle and wet the edges with your fingers to seal shut. Brush the tops with oil.
3. Bake 10-15 minutes, until edges of wontons are browned. Set aside on a plate and allow to cool slightly. Enjoy!





Cauliflower “Fried” Rice

Makes: 4 Servings

This vegetarian and easy to cook recipe is a tasty twist on a traditional fried rice.

INGREDIENTS:

- 1 (12-ounce bag) frozen peas and carrots mix (or any other vegetable mix desired)
- 1 bunch green onions, chopped
- 2 eggs
- 1 head cauliflower, florets and stems, grated using large holes of a box grater
- 3 tsbps soy sauce
- 1 tbsp oil
- Salt and pepper, to taste



DIRECTIONS:

1. Heat oil in a large non-stick skillet.
When oil is hot, add frozen peas and carrots until warmed through, about 2-3 minutes.
2. Add the chopped green onions and sauté for one minute, then remove from heat.
3. Set the vegetables aside, break both eggs into pan and scramble until cooked through, about 3 minutes.
4. Combine with the vegetables. Stir in the grated cauliflower and soy sauce. Cover and cook until the cauliflower softens, about 3 minutes.
5. Transfer to a plate and top as desired.
Enjoy!





Chili Ramen and Bok Choy

Makes: 1 Serving

This recipe is a great way to transform traditional ramen into something a bit healthier but just as flavorful!



INGREDIENTS:

- 1 ramen package with the seasoning (any flavor)
- 2 tbsp cooking oil
- 3 garlic cloves, minced or 1 tbsp of minced garlic (or garlic powder if neither are available)
- At least one stalk of bok choy (with leaves)
- Chili paste
- Chili sauce (as desired)
 - OPTIONAL: soy sauce, sesame oil, red pepper flakes, green onion



DIRECTIONS:

1. Quarter bok choy and rinse with cold water
2. Heat a large skillet or wok over medium-high heat and add the oil. Swirl to coat the entire surface of the pan. As soon as the oil is hot, add the garlic (and shallots if using), and sauté for 1-2 minutes, stirring continuously.
3. Add the bok choy (as well as the soy sauce and sesame oil, if using). Toss and cover. Cook for approximately 2 minutes before uncovering, tossing, and covering. Continue to cook the bok choy until white parts reach desired doneness
4. OPTIONAL: Sprinkle with crushed red pepper, if using, and drizzle with additional sesame oil, if desired.
5. Cook ramen per package instructions. Add cooked bok choy and chili sauce, as desired. Serve and enjoy!



Sweet Potato and Black Bean Tacos

Makes: 3 Servings

This recipe offers a lot of room for customization and can be modified with the addition of meat for some extra protein!

INGREDIENTS:

- 2 tbsp oil
- 1 onion, chopped
- 1 tbsp chili powder
- 1 tbsp garlic powder or 1 clove of garlic
- 1 sweet potato, cut into bite-sized pieces (can be substituted with other kinds of potato or even cauliflower)
- 1 can black beans, rinsed and drained
- ½ cup salsa
- 9 tortillas
 - OPTIONAL: Toppings:
Avocado/Guacamole (can utilize frozen edamame beans or peas to create a substitute), cilantro, shredded cheese, rice, etc.
 - Add protein with chicken, pork, beef, or tofu!
 - For cost-effective protein, consider using canned chicken or even spam.

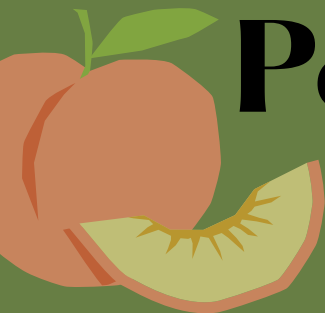
DIRECTIONS:

1. Heat oil in a large skillet (that has a lid) over medium heat.
2. When the oil is hot, add the onion and cook until it begins to brown, about 5 minutes.
3. Add chili powder, garlic powder/cloves, salt, and pepper; stir and saute for 1 minute. Add diced sweet potatoes with a little water, cover, and cook until tender, about 10 minutes.
4. Mix in the black beans and salsa and warm through.
5. Warm tortillas/shells in oven or microwave.
6. Serve mixture on a tortilla/shell and add additional toppings. Serve and enjoy!

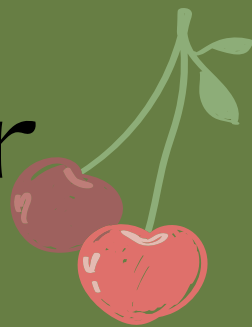


SWEETS





Peach Cobbler Dump Cake



Makes: 12 Servings

This dump cake is super easy and delicious!

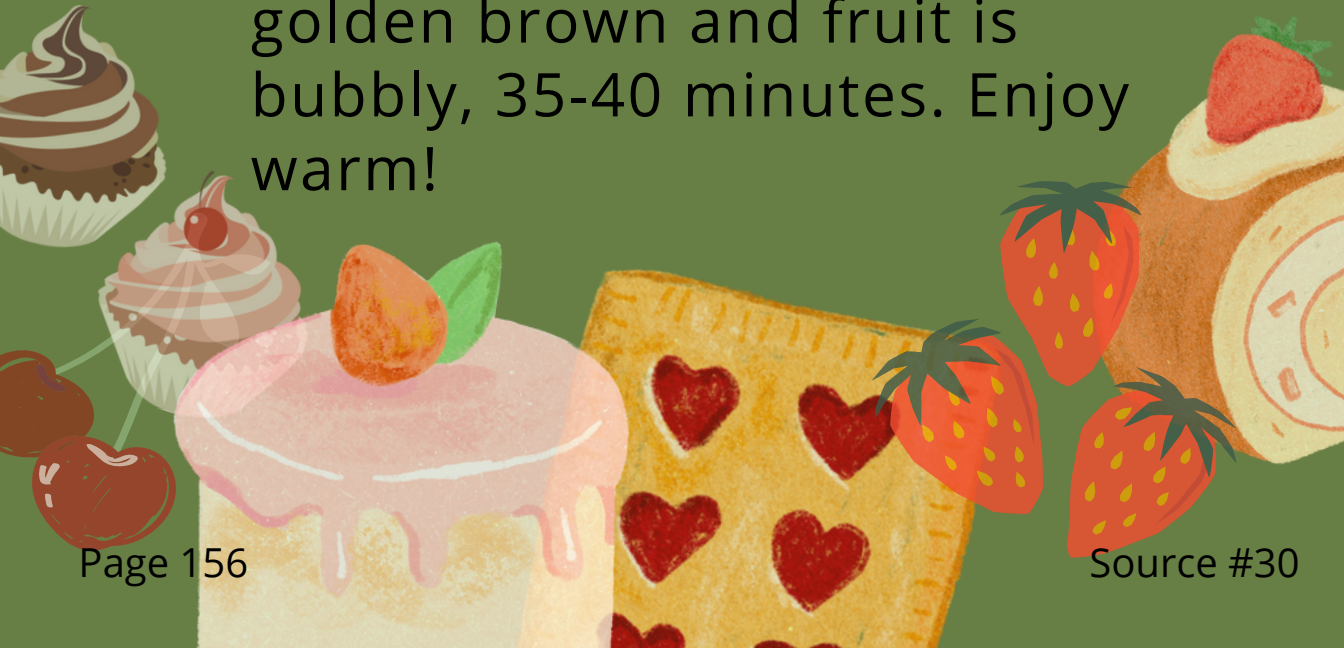
INGREDIENTS:

- 2 cans (15 ounces each) sliced peaches
- 2 tbsps brown sugar
- 1 tsp ground cinnamon
- 1 package yellow cake mix (regular size)
 - May need an egg depending on mix, can substitute for apple sauce, 1/4 cup yogurt, or 1/4 cup buttermilk
- 3/4 cup sliced or crushed almonds
- 1/2 cup cold butter



DIRECTIONS:

1. Preheat oven to 350°. Pour 1 can of peaches into a greased 13x9-in. baking dish. Drain remaining can of peaches and add to baking dish; sprinkle with brown sugar and cinnamon. Sprinkle with cake mix and almonds.
2. Cut butter into very thin slices; arrange over top, spacing evenly. Bake until golden brown and fruit is bubbly, 35-40 minutes. Enjoy warm!



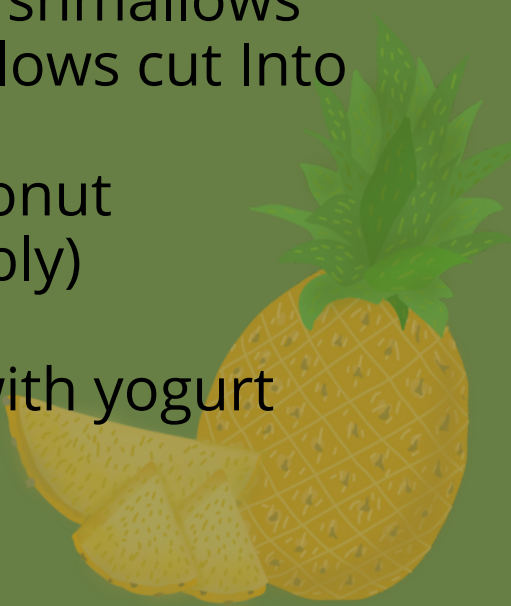


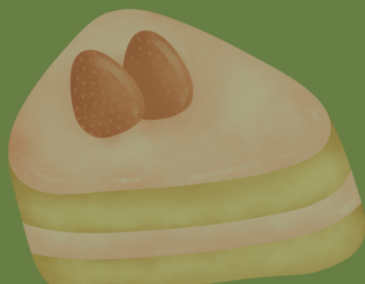
Ambrosia Salad

Makes: 4 Servings

This dessert is a great way to use canned fruit!

INGREDIENTS:

- 1 can (15 ounces) mandarin oranges, drained
 - 1 can (8 ounces) pineapple tidbits, drained
 - 1 cup miniature marshmallows (or larger marshmallows cut into small pieces)
 - 1 cup shredded coconut (sweetened preferably)
 - 1 cup sour cream
 - Can substitute with yogurt
 - Optional: raisins
- 
- 



DIRECTIONS:

1. In a large bowl, combine the oranges, pineapple, marshmallows and coconut. (Add cinnamon if desired)
2. Add sour cream and toss to mix.
3. Cover and refrigerate for several hours.
4. TIP: Keep your dessert from browning by tossing it in some of the juice from the canned pineapple.





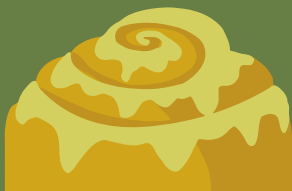
Peanut Butter Muffins

Makes: 12 Muffins

These peanut butter muffins make a great breakfast that you can eat all week!
Dress it up with different toppings to switch it up.

INGREDIENTS:

- 1 $\frac{1}{4}$ cup flour
- $\frac{3}{4}$ cup rolled oats
- $\frac{3}{4}$ cup brown sugar
- 1 tbsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 $\frac{1}{4}$ cups milk
- $\frac{1}{4}$ cup peanut butter
- 1 egg
 - OPTIONAL: bananas, apples, pretzels, cinnamon, chocolate, raisens



DIRECTIONS:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Mix flour, oats, brown sugar, baking powder, and salt in a large bowl. Beat milk, peanut butter, and eggs in another bowl; stir into oat mixture, mixing until batter is well blended. Spoon batter evenly into 12 muffin cups.
3. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 18 minutes.
4. OPTIONAL: Top with additional peanut butter and cut up bananas or apples, or even crushed pretzels!



Baked Apples

Makes: 4 Servings

This recipe is warm, delicious, and perfect for fall or any time you're looking for some comfort!

INGREDIENTS:

- 1 tsp canola oil
- 4 medium apples
- ¼ cup raisins
- 2 tsp cinnamon
- 2 tbsp honey
 - OPTIONAL: nuts, nutmeg, yogurt



DIRECTIONS:

1. Preheat oven to 400F. Spread the oil on the bottom of an 8-inch square baking dish that has raised edges.
2. Cut $\frac{1}{4}$ inch off the bottom of each apple so they will sit flat. Remove the cores-do not go all the way down to the bottoms, leave about $\frac{1}{2}$ -inch base. Place the apples upright in the prepared baking dish.
3. Mix the raisins, cinnamon, and honey together in a small bowl. Spoon about 2 tablespoons of the raisin mixture into the center of each apple.
4. Bake until the apples are tender, about 30 minutes. Let cool for 5 minutes before eating.
5. OPTIONAL: Add nuts and yogurt to make it a light breakfast!





Overnight Oats

Makes: 1 Serving

This recipe is quick and easy to make, and super filling!
Requires no cooking, and very versatile.



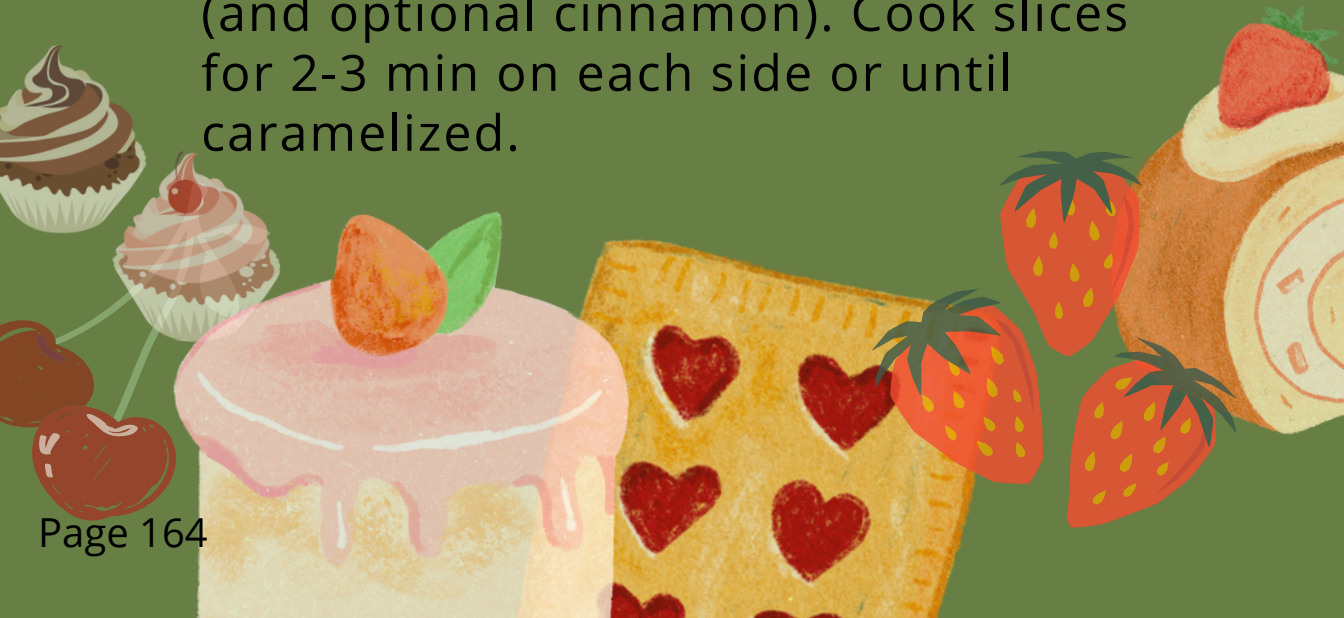
INGREDIENTS:

- Packet(s) of instant oatmeal or any type of oats (use about $\frac{1}{3}$ cup for one serving)
- Milk (regular, almond, etc.) or water
- Sweetener: honey, sugar, agave, cinnamon, syrup, etc.
 - OPTIONAL: Toppings! (nut butter, fresh or frozen fruit, yogurt, crumbled granola bar, graham crackers, etc.)
- A delicious, sweet, and inexpensive addition to your overnight oats is caramelized bananas as a final topping! Requires a banana, 1 tbsp of butter or cooking oil, and 2 tbsp honey or sugar. Add 1 tsp of cinnamon for extra flavor if available!



DIRECTIONS:

1. Mix equal parts of oats and milk/water.
2. Mix in as much sweetener as desired. Flavored packs of instant oatmeal will most likely have sweetener already. 1 tbsp of sweetener per serving is recommended to start (can always add more!). If adding fruit, do so now.
3. Put covered mixture in fridge for at least two hours or overnight.
4. Add additional toppings/sweetener and enjoy!
5. Caramelized Bananas: Slice bananas. Heat butter in saucepan over medium heat. Add bananas and honey/sugar (and optional cinnamon). Cook slices for 2-3 min on each side or until caramelized.





Flavorful Fruit Compote

Makes: 8 Servings

This heart-healthy recipe is the perfect topping for pancakes or toast. You can also serve it over oatmeal, plain yogurt, spread on toast with any nut butter, top pancakes, waffles, French toast, cheese and crackers.

INGREDIENTS:

- 2 cups fresh fruit, chopped if needed (can also substitute with frozen or canned fruit)
 - Fruit suggestions: Pears, apples, oranges, peaches, blueberries, cranberries, strawberries, raspberries, blackberries, cherries
 - 2 tablespoons water
 - 3 tablespoons sugar or honey
 - 2 teaspoons lemon juice
 - Optional (for additional flavor): Lemon zest, orange zest, ground cinnamon, nutmeg, ginger, vanilla extract, fresh mint leaves.
- 

DIRECTIONS:

1. Combine 1 cup of the fruit, water, sugar, and lemon juice in a small saucepan and cook over medium high heat until mixture comes to a boil
2. Add the rest of the fruit, lower to medium heat and cook for another 5-8 minutes, stirring frequently
3. Remove from heat and allow to cool for a few minutes before serving.
4. Enjoy!



Chocolate Fruit Salad

Makes: 5 Servings

Have a chocolate craving but need more nutrition?

This quick and easy recipe makes a simple, delicious, and healthy dessert that can easily include any fruit you have on hand.

INGREDIENTS:

- Chocolate bar/Chocolate Chips (as much as desired)
- Any fruit on hand! Bananas, apples, strawberries, pineapples, etc.



DIRECTIONS:

1. Place chocolate in a dry, microwave-safe bowl and place in the microwave for 30 second bursts, pausing to stir intermittently. Stop once chocolate looks just about melted and very glossy, so it does not burn. Stir thoroughly.
2. Coat pieces of fruit with chocolate. You can choose to cut up the fruit or coat pieces whole. Toothpicks, kebabs, or any skewers on hand can make this process easier and less messy.
3. Either consume immediately or set aside on a plate to dry. Placing coated fruit in the fridge can expedite this process. Enjoy!



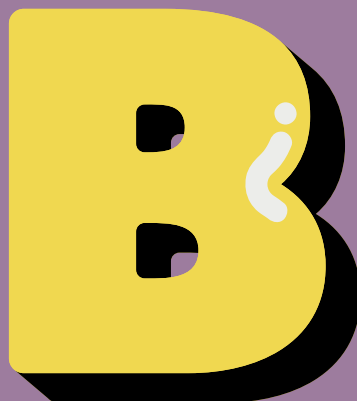
Ingredient Index

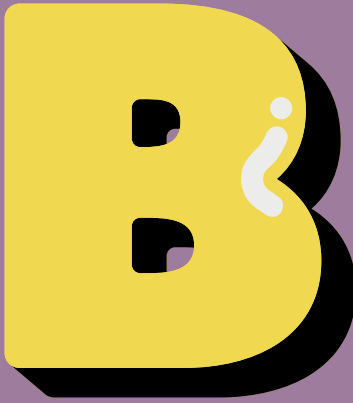
Not sure what to make for dinner? Check your pantry to see what you have on hand and look up the page numbers of recipes that include those ingredients here!



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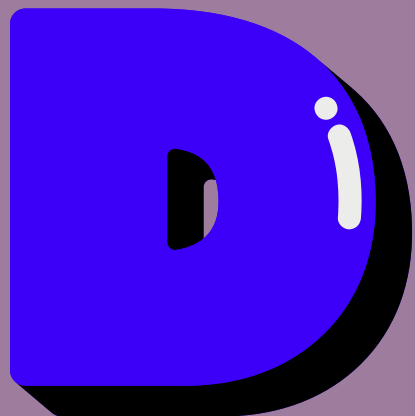
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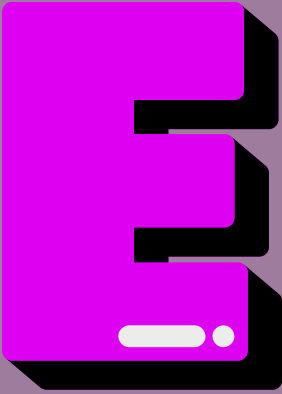




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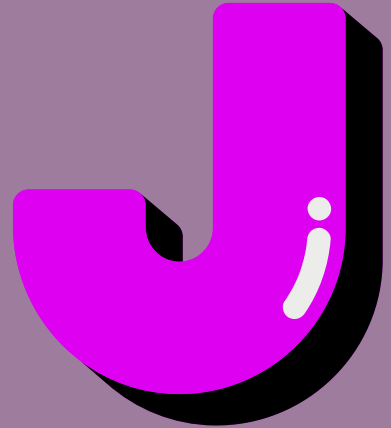
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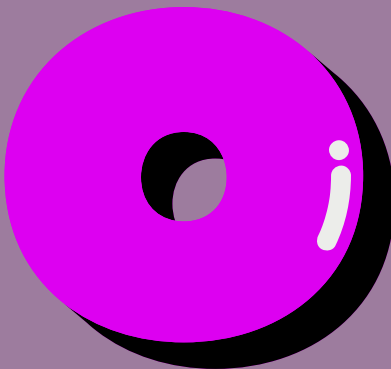
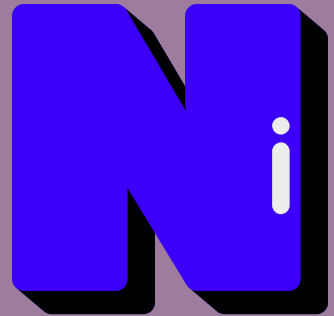
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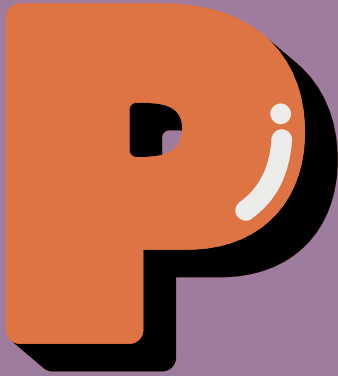


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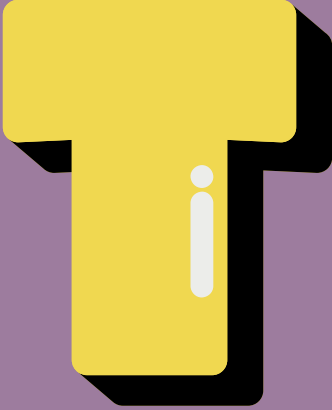


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Who are we?



The Food for Thought Pantry is a service offered by the Department of Student Support & Transitions to currently-enrolled students who face low food security. Always cost- and judgment-free, the Pantry typically offers dry staples, produce, refrigerated items and frozen meat from 8 am to 5 pm Monday through Friday in University Center A Room 4148.

The Presidential Scholars program offers the premier undergraduate merit scholarship at Florida State University and invests in undergraduate students with extraordinary potential to be the transformational leaders. During the 2021-2022 school year the Presidential Scholars focused on the issue of food insecurity on campus and in the broader community. This recipe booklet is one outcome of their collective investigations and peer-to-peer education efforts.



Together we thrive.



The Center for Health Advocacy and Wellness at University Health Services encourages students to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness. Call 850-644-8871 to schedule a consultation.