

DORMet DINING

Whole Foods, Gourmet Recipes, College Lifestyle



A collaboration with SIU Wellness and Health Promotion Services and SNAC



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INTRODUCTION

Wellness and Health Promotion Services in collaboration with the Student Nutrition Academic Council (SNAC) hope Dormet Dining provides you a guide to create simple, satisfying meals to fuel your everyday. From classroom, to dorm room and everything in between we want to be a part of your everyday as a Saluki. Whole foods, gourmet recipes, college lifestyle.



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MAINS - DINNER





Cooking Method: Oven

CHICKEN CASSEROLE

INGREDIENTS

- 1 cup of whole-wheat packaged spiral-shaped pasta
- 1 to 2 cans of chicken
- 1 can corn (drained, rinsed)
- 16 oz packaged, frozen broccoli (thawed)
- 1 can chicken soup

DIRECTIONS

1. Preheat the oven to 350° F.
2. Cook pasta according to package instructions.
3. Add chicken, corn, broccoli, canned soup then mix in with drained pasta.
4. Transfer to a 13x9 inch baking dish.
5. Cover with foil, and cook in the oven until fully warmed (about 10-15 minutes).

Cooking Method: Stove

CHICKEN WITH RICE, BLACK BEANS AND CORN

INGREDIENTS

- 12.5 oz can of chicken, Drained
- 1 tbsp olive oil
- ½ cup chopped red onion (or onion powder)
- 15 oz can of black beans, rinsed and drained
- 15 oz can of corn, rinsed and drained
- 1 tomato, diced
- 1 cup cooked rice
- Salt and pepper to taste

DIRECTIONS

1. Shred the chicken with a fork and set aside.
2. Heat oil in a large skillet. Add the onion and sautee for 3-5 minutes.
3. Add chicken, black beans, corn and tomato, stirring until heated through.
4. Stir in cooked rice and remove from heat.
5. Season with salt and pepper.

Cooking Method: Oven

EGGPLANT PARMESAN

INGREDIENTS

- 1 large eggplant, peeled and cut into 1/4 inch slices
- 2 eggs, beaten
- 1½ cups day old bread
- ¼ cup olive oil
- 3 cups spaghetti sauce
- 1 /3 cup grated parmesan cheese

DIRECTIONS

1. Arrange a layer of eggplant AND Sprinkle with salt.
2. Continue layering and salting all eggplant slices.
3. Let stand 30 minutes.
4. Rinse and pat dry.
5. Dip each eggplant slice in beaten egg and drag through bread crumbs.
6. Heat oil in skillet. Over medium high heat, fry eggplant in hot oil about 1 ½ minutes per side.
7. Preheat oven to 350° F.
8. Arrange half the eggplant slices in the bottom of a baking dish sprayed lightly with nonstick spray.
9. Spread half the sauce over top.
10. Sprinkle with Parmesan.
11. Repeat layers.
12. Bake 20-25 minutes or until mixture is bubbly.

Cooking Method: Stovetop

INSTANT POTATO CROQUETTES

INGREDIENTS

- 1 box of prepared instant mashed potatoes
- 2 egg yolks
- 4 eggs
- 2 cups of breadcrumbs
- 2 cups of vegetable oil
- 1 tbsp of all-purpose flour
- 1/3 cup of choice of cheese (optional)
- 1 tbsp of garlic powder
- 1 cup of choice vegetables and/ or meat (optional)

DIRECTIONS

1. Mix egg yolks with mashed potatoes, cheese, vegetables, meat, and flour.
2. Shape mix into little balls.
3. Chill for three hours.
4. After the three hours are up, beat the eggs in one bowl, and add breadcrumbs to another bowl.
5. Heat vegetable oil onto high heat in a pot.
6. Dip balls into the beaten eggs and then roll in the breadcrumbs.
7. Add to pot until golden (about 4 minutes).
8. Place on paper towel to drain.

Cooking Method: Oven

PIZZA

INGREDIENTS

- Flat bread or Naan
- Olive Oil
- Parmesan Cheese
- Fresh Mozzarella Cheese
- Topping of your choice

Homemade pizza sauce

- Italian marzano tomatoes
- 2 tbsp Garlic
- 1 tbsp italian seasoning

DIRECTIONS

1. Set oven to 425° F.
2. Bake bread 5-10 minutes.
3. Make the tomato sauce by adding all of the ingredients into a blender and mixer.
4. Brush a little bit of olive oil.
5. Brush tomato sauce on flatbread.
6. Sprinkle parmesan cheese.
7. Add the toppings of your choice.
8. Top with mozzarella cheese.
9. Bake until golden brown.

Cooking Method: Oven

POTATO PIE

INGREDIENTS

- 1 onion
- 1 can of yellow corn
- salt
- pepper
- 1 lb ground sausage
- 9-12 medium potatoes
- food processor or standing mixer
- 8x10 glass dish

DIRECTIONS

1. Peel 12 potatoes carefully and dice them in quarters. Dice onion.
2. Preheat oven to 350° F.
3. Boil potatoes until tender (a fork can easily puncture the potato). Once boiled drain excess water.
4. Blend tender potatoes in food processor. Add salt and pepper to taste. Be careful to cool before tasting.
5. Brown sausage in a skillet. Remove cooked sausage from skillet. Leave behind the grease.
6. Use the remaining grease to caramelize the diced onion.
7. Once onions have reached caramelization, add corn to the skillet and let it heat for 3-5 minutes.
8. Remove excess liquid from the corn and onion mixture.
9. Place half of the mashed potatoes on bottom of the 8x10 dish. Add all sausage and then all corn and onion mixture into two consecutive layers. Finally, smooth the remaining half of the mashed potato on top.
10. Carefully place in the oven from 30 minutes or until surface potatoes are golden-brown.
11. Enjoy!

Cooking Method: Stovetop

BLACK BEAN BURGER PATTY

INGREDIENTS

- 2 cans of black beans
- 1 tsp of cumin
- 1 tsp of chili powder
- 1 tsp garlic powder
- 1/2 cup of canned carrots
- 2/3 cup canned peppers or onions
- 1 cup of breadcrumbs
- oil for frying

DIRECTIONS

1. Mash black beans into paste and add vegetables and seasonings and combine.
2. Form patties with hands.
3. Roll in breadcrumbs.
4. Pan-fry patties on medium heat.
5. Flip after a few minutes.
6. Serve on bun.



Cooking Method: Stovetop

MEATLESS CHILI

INGREDIENTS

- 2 tsp oil
- 1 onion, chopped
- 3 carrots, chopped
- 2 tbsp Chili powder
- 2 cans black beans
- 1 can corn
- 1 can diced tomatoes
- 3 cups water
- ½ tsp Salt

DIRECTIONS

1. Heat oil in a large pot over the stove.
2. Sautee onions for 4 minutes.
3. Add carrots to the pan and cook for another 5 minutes.
4. Add chili powder, black beans, corn, tomatoes, water, and salt. Stir to mix chili ingredients.
5. Bring chili to boil. Reduce heat to low. Simmer for 15-20 minutes.

Cooking Method: Stovetop

RICE WITH TUNA, TOMATO AND PEAS

INGREDIENTS

- 7 oz of canned tuna, drained
- 1 tbsp olive oil
- 1 medium onion, chopped
- 15 oz can of peas, drained and rinsed
- 1 medium tomato, diced
- 1 cup cooked rice
- Salt and pepper, to taste

DIRECTIONS

1. Shred the tuna with a fork and set aside.
2. Place olive oil, onion, peas and tomato in a saucepan and cook until the tomato starts to break down.
3. Add tuna and season with salt and pepper, cook until heated through.
4. Stir in cooked rice.
5. Serve immediately.

Cooking Method: Stovetop or Microwave

UPGRADED RAMEN

INGREDIENTS

- 2 cups Low sodium Chicken Broth
- Ramen noodles
- Canned carrots
- Scallions
- Sesame oil
- 1 boiled egg

DIRECTIONS

1. You can either cook the noodles in a pot on the stovetop or just using a bowl and the microwave.
2. For the microwave, place ramen noodles in a bowl and cover with 1 ½ - 2 cups of chicken broth. Use the seasoning packet at a later date.
3. Bring a small pot of water to boil for the egg. Gently place in egg and cook to desired doneness.
4. Microwave the bowl of ramen for 1 min 30 seconds to 2 minutes on each side of the noodle block.
5. While everything is cooking, drain canned carrots and chop a few scallions (just the greens).
6. Once the ramen noodles are cooked, add as many carrots and scallions as you'd like.
7. Once the boiled egg is done, peel, cut in half, and add to the ramen.
8. Add in the sesame oil, a little goes a long way, so add around a teaspoon and add more to desired taste.

Tip: Use the flavor packet for something else, like as seasoning for potatoes! Also, you can add a variety of other things to the ramen like sesame seeds, protein sources like pork or chicken, radishes, etc., anything you have on hand works!!

Cooking Method: Toaster

PB&B SANDWICH

INGREDIENTS

- 2 slices of bread (could be gluten-free or regular, whatever type works best for you!)
- 1 banana
- 2 tbsp of any kind of nut butter you choose

DIRECTIONS

1. Toast or don't toast 2 slices of bread.
2. Use a knife to apply 1 tbsp of nut butter onto each of the slices.
3. Cut up the banana horizontally where you get little circular pieces and place on top of the nut butter.
4. Either place the two slices together or leave apart and enjoy!

Cooking Method: Oven

STUFFING MEATBALLS

INGREDIENTS

- ½ lb ground beef
- ¾ cup stuffing mix
- 1 tbsp grated parmesan
- 3 tbsp water
- 1 pinch of salt

DIRECTIONS

1. Preheat oven to 400° F.
2. Put ½ a pound of ground beef in a bowl, then add ¾ cup of stuffing mix, 1 tbsp of grated parm, 3 tbsps of water, some chopped parsley if you have it, and a big pinch of salt.
3. Shape into 12 balls.
4. Bake on a parchment-lined sheet for 20 to 25 minutes, until cooked through.



MAINS - BREAKFAST





Cooking Method: Microwave

PB&J OATMEAL

INGREDIENTS

- 1/2 cup old fashioned or rolled oats
- 1 cup milk
- 1/2 cup frozen raspberries (or other berry of your choice)
- 1 tbsp peanut butter

DIRECTIONS

1. Combine all ingredients in microwave safe bowl.
2. Microwave 1-2 minutes.
3. Stir.
4. Enjoy!

Cooking Method: Stovetop

ACAI BOWL

INGREDIENTS

- ½ cup yogurt
- 1 tbsp granola
- 1 tbsp chia seeds
- 1 chopped banana
- 1 peach

DIRECTIONS

1. Begin by adding ½ cup of yogurt to a bowl.
2. Cut one banana and one peach into pieces and add to bowl.
3. Top with granola and chia seeds.
4. Enjoy!

TIP:

You can add whatever fruit or yogurt you would like.

Cooking Method: Oven

CHILI & CHEESE QUICHE

INGREDIENTS

- 6 eggs
- 2 tbsp of flour
- 2 cups cottage cheese
- 1 cup shredded cheese
- ½ stick (4 tbsp.) butter, melted
- 4 oz can diced green chillies, undrained

DIRECTIONS

1. In a large mixing bowl, beat eggs.
2. Stir in flour.
3. When well mixed, stir in cottage cheese, shredded cheese, butter, and chillies.
4. Pour into greased 10 in. pie pan.
5. Bake 40-50 minutes, or until set in center. Insert blade of knife in center. If it comes out clean, the quiche is finished. If it doesn't, bake for 5 more minutes. Test again, and continue baking if needed.
6. Let stand for 10 minutes before cutting to allow cheeses to firm up.

Cooking Method: Refrigerate

EASY OVERNIGHT OATS

INGREDIENTS

- 1/2 cup old-fashioned oats
- 1/2 cup milk, whichever type you prefer
- 1/2 tsp pure maple syrup
- For serving, optional: fresh fruit, sliced or slivered almonds, other nuts or nut butter, etc.

DIRECTIONS

1. Combine oats, milk, and maple syrup in a mason jar or bowl.
2. Seal with a lid and shake to mix, or stir if using a bowl. (If making a larger batch, you can stir the ingredients together in a bowl).
3. Refrigerate overnight or at least 6 hours and up to 4 days.
4. Stir and add toppings right before serving.
5. Before serving, stir and add any preferred toppings such as peanut butter, chia seeds, blueberries, yogurt, dried fruit, honey, almonds, banana, nuts, etc.

Cooking Method: Blender

IBS FRIENDLY SMOOTHIE

INGREDIENTS

- 1/2 cup of blueberries
- 1/2 rip banana
- 1 cup almond milk
- 1 tbsp of all natural peanut butter

DIRECTIONS

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Serve with extra fruit or toppings on top.

Cooking Method: Stovetop

VEGAN PUMPKIN SPICE OATMEAL

INGREDIENTS

- 1 cup non-dairy milk (plus more for serving)
- 2/3 cup large flake rolled oats
- 1/3 cup pumpkin puree (not pumpkin pie filling)
- 1/4 cup dates , pitted and chopped
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon pumpkin pie spice
- 1 tbsp maple syrup (optional)
- A handful of pecans (optional)

DIRECTIONS

1. Add everything except for the maple syrup and pecans to a pot and put over medium heat. Stir and cook for about 5 minutes until the oatmeal has thickened and most of the liquid is absorbed.
2. You can enjoy as is, or splash on a little extra non-dairy milk, a drizzle of maple syrup, and a sprinkle of pecans.

TIP:

The perfect quick, easy, hearty and healthy breakfast for autumn. Takes just 5 minutes to make! Great for Thanksgiving breakfast.

SIDES





Cooking Method: Blender

BLACK BEAN DIP

INGREDIENTS

- 1 can black beans
- ¼ cup salsa
- 2 tbsp mayonnaise
- 1/4 tsp cumin
- 1/4 tsp cayenne

DIRECTIONS

1. Drain and rinse black beans then blend.
2. Then blend in salsa, mayonnaise, cumin, and cayenne.
3. Serve with tortilla chips and enjoy!

Cooking Method: Stovetop

BLACK BEANS AND COUSCOUS

INGREDIENTS

- 1.5 oz butter
- 1.25 oz green onions
- 1.5 cup red bell peppers sliced
- 15 oz black beans drained
- 1.25 cup chicken stock
- 1 lime / fresh lime juice
- 8 oz instant couscous
- 1 tbsp chopped parsley

DIRECTIONS

1. Sauté onion and pepper just until soft in stock pot.
2. Stir in beans, chicken stock, and lime juice with veggies. Bring to boil
3. Add couscous and stir.
4. Remove from heat, cover and sit for 5 minutes.
5. Sprinkle parsley into couscous and serve!

Cooking Method: Oven and Stovetop

BUTTERNUT SQUASH MAC AND CHEESE

INGREDIENTS

- 1 box of mac and cheese
- 1 cup of butternut squash (Frozen squash could work too, just steam in bag per instructions)
- Pepper

DIRECTIONS

Prepare Butternut Squash

1. Preheat oven to 400° F.
2. Cut both ends of the butternut squash.
3. Stand the butternut squash up on one end and cut in half (lengthwise).
4. Spoon out the seeds.
5. Drizzle with olive oil and sprinkle salt and pepper on the flesh side.
6. Turn the butternut squash halves flesh side down on a lined baking sheet.
7. Bake in the oven until tender, about 40 - 60 minutes depending on the size of the squash. You should be able to pierce the squash with only resistance coming from the skin.
8. Once cooked, let cool until it can be handled.
9. Scoop the flesh part into a bowl. You can either mash with a fork or blend the butternut squash with a blender.

Mac and Cheese

10. Cook mac and cheese according to the box.
11. Add 1 cup of the pureed butternut squash and pepper to taste.
12. Stir, serve, and enjoy!!
13. Tip!! If you want, you can bake one side of the butternut squash as instructed above and peel or trim off the skin of the other half. Cube (1-inch cubes) the peeled half and season with salt, pepper, and olive oil and bake until tender. 20- 30 minutes. These are great topped with fried eggs and other seasonings like cumin, paprika, garlic, etc.

Cooking Method: Oven

CANNED GREEN BEAN CASSEROLE

INGREDIENTS

- ½ cup of milk
- 2 tsp butter
- 1 can condensed cream of mushroom soup 3 cans (14 oz) green beans
- 2 slices sliced day old bread or 1 cup corn flakes

DIRECTIONS

1. Preheat Oven to 350° F.
2. Melt Butter in large skillet over medium-high heat for four minutes.
3. Stir in soup, milk, beans.
4. Bake for 25 minutes uncovered.
5. Take out and bread or corn flakes on top.
6. Bake an additional 3 minutes.

Cooking Method: None

CORN AND BLACK BEAN SALSA

INGREDIENTS

- 1 can of black beans
- 1 can of corn
- 1 can of diced tomatoes
- 1 small red onion
- 1 avocado
- 1 lime

DIRECTIONS

1. Drain liquid contents from canned products.
2. Combine into large bowl.
3. Dice onions and avocado into desired sized pieces and add to mixture.
4. Juice lime and add to salsa.
5. Salt and pepper to taste.

Serve with tortilla chips or use as topping for tacos and quesadillas.

Cooking Method: Oven

CORN CASSEROLE

INGREDIENTS

- 1 (16 oz) can creamed corn
- 1/2 cup milk
- 1 cup Bisquick
- 1 egg, beaten
- 2 tbsp butter, melted
- 2 tbsp sugar
- 8 oz monterey Jack cheese

DIRECTIONS

1. Mix all but cheese.
2. Pour half into greased baking dish.
3. Slice cheese and cover mixture.
4. Pour rest of corn mixture over cheese.
5. Bake 20 to 30 minutes at 400° F.

Cooking Method: Oven

CORNBREAD

INGREDIENTS

- 1 ½ cup yellow cornmeal
- ½ cup flour
- ¼ cup vegetable oil (or bacon fat)
- 1 ½ cup buttermilk
- 2 tsp baking powder
- 2 tsp sugar
- 1 tsp salt
- ½ tsp baking soda
- 2 eggs

DIRECTIONS

1. Preheat oven to 450° F.
2. Mix all ingredients in large bowl.
3. Beat fast for 30 seconds.
4. Pour mix into a greased cast iron skillet or 8x8 inch pan.
5. Bake until a golden brown, 25-30 minutes.

*This recipe isn't a sweet cornbread.

Cooking Method: None

CRANBERRY SAUCE

INGREDIENTS

- 1 can of jelly cranberry sauce
- 1 can of whole cranberry sauce
- Splash of orange juice

DIRECTIONS

1. Whisk the jelly cranberry sauce until it's separated.
2. Add the whole cranberry sauce into the bowl.
3. Add a splash of orange juice.
4. Enjoy!

Cooking Method: Stovetop

GARBANZO BEANS WITH SPINACH

INGREDIENTS

- 2 cans of garbanzo beans
- 2 cups of spinach (canned or fresh)
- 1 tbsp of olive oil
- 1 tsp of paprika
- 1 tsp of cumin
- 1/2 tsp of salt
- 1/2 onion or 1 tsp of onion powder OR 4 cloves of garlic or 1/2 tbsp of garlic powder

DIRECTIONS

1. Heat oil in large pan over medium heat and add onion and garlic for about 5 minutes. If not using garlic or onion, and using powder forms, only heat oil.
2. Add beans and spinach to pan.
3. Add the seasonings.
4. Cook until heated thoroughly.

Cooking Method: Stovetop

GRANDMA'S CANNED GREEN BEANS

INGREDIENTS

- 1 50 oz can cut green beans, undrained
- 2 cups chicken broth
- 1 cup chopped, cubed, or diced ham
- 2 tbsp dried chopped onion
- Generous pinch garlic powder
- Salt and pepper, to taste

DIRECTIONS

1. Add all of the ingredients to a stock pot. Stir them to combine.
2. Bring the mixture to a rolling boil, reduce the heat to a simmer.
3. Let the beans simmer for 30 minutes, to one hour, uncovered & stirring occasionally.
4. Using a slotted spoon, transfer the beans to a serving dish and serve immediately.

Cooking Method: Microwave

EASY MICROWAVE YAM BAKE

INGREDIENTS

- 1 tbsp cinnamon
- 1 tbsp brown sugar
- 2 tbsp honey

DIRECTIONS

1. Place butter, cinnamon, sugar, and honey in a small bowl.
2. Microwave on 30 second intervals until butter is melted and mixture is blended together.
3. Place yams in an 8x8 inch baking dish.
4. Pour butter mixture over yams.
5. Cover and microwave for 2 minutes until hot.
6. Add granola or pecans on top and enjoy!

Cooking Method: Stovetop

RICE & BEANS

INGREDIENTS

- 2 cans black beans
- 1 can chick peas
- 2 cups uncooked brown rice
- ½ onion chopped fine
- 2 tbsp minced garlic
- 1 tbsp oil
- 2 tbsp ground cumin
- 2 tbsp Parsley
- Salt and pepper to taste
- 2 tbsp lime juice

DIRECTIONS

1. Pour two cups of water into a pot with brown rice.
2. Bring to a boil, reduce heat and cover.
3. Pour oil into a skillet and sautee onions and minced garlic to a golden brown.
4. Drain and rinse beans.
5. Add all beans to the skillet of onions/ minced garlic with a little water (just enough so the pan doesn't burn).
6. Add spices and lime juice to the skillet.
7. Once rice is cooked, add to bean/spice mixture.
8. ENJOY

Cooking Method: None

SALSA

INGREDIENTS

- 1 can drained black beans
- 1 can drained corn
- 1 (16 oz) jar salsa

DIRECTIONS

1. Add corn and black beans with salsa in a large bowl and mix together.
2. Serve with chips.

Cooking Method: None

TOMATO BASIL COUSCOUS

INGREDIENTS

- 2 cups cooked couscous, cooled
- 1 cup chopped tomato
- 2 tbsp. Chopped fresh basil
- 2 oz. feta cheese, crumbled fine
- ¼ cup olive oil
- 2 tbsp Lemon juice
- 1 tsp Dijon mustard
- 1 clove garlic, crushed
- Fresh black pepper, to taste

DIRECTIONS

1. Mix together couscous, tomato, basil, and feta cheese.
2. In a separate bowl, mix together olive oil, lemon juice, mustard, garlic, and black pepper. Pour over couscous mixture and toss.
3. Chill at least 2 hours before serving.

SALADS





Cooking Method: None

BLUE CHEESE SALAD

INGREDIENTS

- 1 small bunch of romaine lettuce
- 2 tbsp Olive oil
- Salt and pepper, to taste
- 4 oz crumbled blue cheese
- 2 tsp Lemon juice
- ¼ cup grated parmesan cheese, optional

DIRECTIONS

1. Wash lettuce and tear into bite sized pieces. Place in salad bowl.
2. Drizzle with olive oil. Toss.
3. Season leaves with salt and pepper to taste.
4. Add blue cheese. Toss. Set aside until near serving time. (Refrigerate if more than 15 minutes).
5. When ready to serve, add lemon juice, and parmesan cheese (optional), and toss again.

Cooking Method: Toaster

CORN SALAD

INGREDIENTS

- 1 can corn, drained
- 1 tomatoe, chopped
- 1 cucumber, chopped (optional)
- 2 tbsp vegetable oil
- 1/4 cup vinegar
- Salt and pepper, to taste

DIRECTIONS

1. Drain can of corn.
2. Combine corn and tomatoes in a bowl.
3. In a small bowl, combine oil, vinegar, salt and pepper. Mix well.
4. Pour dressing on the salad and toss.
5. Refrigerate leftovers.

Cooking Method: None

GREEK SALAD

INGREDIENTS

Dressing

- ¼ cup of chicken stock
- 2 tbsp Red wine vinegar
- 2 tsp Lemon juice
- 1 tsp Sugar
- ½ tsp Dried basil
- ½ tsp Dried oregano

Salad

- Head of romaine lettuce, torn
- 1 medium-sized cucumber, sliced thin
- 2 medium-sized tomatoes, cut in pieces
- Half a red onion, finely chopped
- Parsley
- 4 oz can sliced black olives, drained
- 3-4 oz crumbled feta cheese
- Several artichoke hearts, quartered

DIRECTIONS

1. Combine dressing ingredients in a jar with a tightly fitting lid. Shake until mixed well.
2. Place lettuce, cucumber, tomatoes, onion, and parsley in a large serving bowl.
3. Just before serving, drizzle with dressing and toss.
4. Top with olives, cheese, and artichoke hearts.



Cooking Method: Stovetop

POWER PASTA SALAD

INGREDIENTS

- 1 box of tricolor rotini noodles
- 1 can of chickpeas
- 1 can of sliced black olives
- 1 diced green pepper
- 1 small red onion diced or cut to preference
- 1 cup of cherry tomatoes cut in half
- 1/3 cup cilantro
- 1 cup spinach
- 3-4 tbsp olive oil
- Garlic powder, salt and pepper to taste
- Squeeze of 1 lemon

DIRECTIONS

1. First, cook the pasta earlier in the day before meal or night before to cool.
2. After pasta has cooled add all veggies and pasta to large bowl.
3. Add dressing and lemon juice to bowl and season to taste.
4. Mix and enjoy!

Cooking Method: Stovetop

SALAD WITH HOT BACON DRESSING

INGREDIENTS

- 6-8 strips of bacon
- 1 ½ cup of sugar
- 2 beaten eggs
- 1/3 cup vinegar
- 2/3 cup water salad greens
- Grated carrots
- Hard-cooked eggs

DIRECTIONS

1. In a skillet, brown bacon. Drain off drippings. Crumble and set aside.
2. In the same skillet, mix sugar, beaten eggs, vinegar, and water. Bring to boil, stirring up browned bacon drippings. Stir dressing until slightly thickened.
3. Stir in bacon.
4. Just before serving, toss warm salad dressing with mixture of salad greens, grated carrots, and hard-cooked eggs.

Cooking Method: Stovetop

SOUTHWEST BLACK BEAN PASTA SALAD

INGREDIENTS

- 1/2 cup mayonnaise
- 2 tbsp lime juice
- 1/2 tsp salt
- 1/2 tsp pepper
- 8 oz rotini pasta, cooked (or preferred pasta)
- 1 can (15 oz) whole kernel corn, drained
- 1 can (15 oz) black beans, drained and rinsed
- 1-pint grape or cherry tomatoes halved

DIRECTIONS

1. In a large bowl, whisk together mayonnaise, lime juice, salt, and pepper.
2. Add cooked pasta and remaining ingredients; toss to combine and coat the pasta.
3. Put in a bowl and enjoy it!



Cooking Method: None

SPINACH SALAD CAPRESE

INGREDIENTS

- 6 cups fresh spinach
- 12 cherry tomatoes, halved
- ½ cup fresh basil, chopped
- 4 oz fresh cubed mozzarella cheese
- ¼ cup light olive oil

DIRECTIONS

1. Gently combine all ingredients.
2. Toss to mix.
3. Serve immediately.

Cooking Method: Stovetop

TORTELLINI SUMMER SALAD

INGREDIENTS

- 9 oz pkg. cheese tortellini, cooked and cooled
- 1 cup julienned fully cooked ham
- $\frac{3}{4}$ cup frozen peas, thawed
- $\frac{1}{2}$ cup swiss cheese, cut in cubes
- 2 cups ranch dressing

DIRECTIONS

1. Cook tortellini according to package directions until done. Drain and cool.
2. Combine all ingredients in a large mixing bowl and toss.
3. Chill until ready to serve.

SOUPS





Cooking Method: Stovetop, Slow Cooker

BLACK BEAN AND TURKEY CHILI

INGREDIENTS

- 3 tbsp cooking oil
- 1/8 tsp garlic powder
- 1 pkg of chili seasoning mix
- 1 small white onion, chopped (about 1 cup)
- 1 bell pepper, chopped (about 1 cup)
- 1/2 lb ground turkey
- 1 (28 oz) can crushed tomato
- 1 (15 oz) can diced tomato
- 1 (15 oz) can black beans, rinsed and drained

DIRECTIONS

1. Heat a large skillet with oil over medium heat.
2. Add ground turkey. Break up ground meat with a spoon. Add diced onions and pepper.
3. Cook until turkey is cooked through and the onion and pepper are tender; about 8-10 minutes. Drain grease. Set aside.
4. In slow cooker combine crushed tomatoes, diced tomatoes, and the rinsed and drained black beans. Add chili seasoning mix and garlic powder. Stir to combine.
5. Add cooked turkey mixture to slow cooker and combine all ingredients.
6. Cook on High for approximately 3-4 hours

Cooking Method: Stovetop

CREAMY BROCCOLI SOUP

INGREDIENTS

- 4 cups milk, divided
- 1 tbsp chicken-flavored soup base
- 1 ½ cups cut-up broccoli
- 2 tbsp Cornstarch
- Salt, to taste

DIRECTIONS

1. Heat 3 cups milk and chicken base in a stockpot over low heat until hot.
2. Meanwhile, place cut-up broccoli in a microwave-safe dish. Add 1 tbsp of water. Cover and microwave on high for 90 seconds. Stir and repeat until broccoli becomes bright green and tender. Be careful not to overcook it. Drain broccoli of liquid.
3. In a small bowl, or in a jar with a tight-fitting lid, mix together 1 cup of milk and cornstarch until smooth. Slowly add hot milk mixture.
4. Simmer gently, stirring constantly.
5. When slightly thickened, add broccoli and salt.

Cooking Method: Stovetop

MEATBALL TORTELLINI SOUP

INGREDIENTS

- 14 oz can beef broth
- 12 frozen Italian meatballs
- 8 oz of canned stewed tomatoes
- 11 oz can Mexican style corn, drained
- 1 cup (20) frozen cheese tortellini

DIRECTIONS

1. Bring broth to boil in a large stockpot.
2. Add meatballs. Cover and reduce heat. Simmer for 5 minutes.
3. Add tomatoes and corn. Cover and simmer 5 more minutes.
4. Add tortellini. Cover and simmer 5 minutes more, or until tortellini is tender.

Cooking Method: Slow Cooker

BEAN SOUP

INGREDIENTS

- 7 cups water
- 1 lb dried Northern beans
- 1 ham bone
- 1-2 cup cubed fully cooked smoked ham
- ½ tsp salt
- dash of pepper

DIRECTIONS

1. Rinse and sort the beans, removing any pebbles or bad pieces.
2. In a large bowl, combine 8 cups water with beans.
3. Cover and let stand overnight.
4. The next day, drain and rinse the beans.
5. Place beans into slow cooker and add 7 cups of water and remaining ingredients.
6. Cook on low 8-10 hours.
7. Serve with cornbread.

Cooking Method: Stovetop

TOMATO MACARONI SOUP

INGREDIENTS

- 1 onion, chopped
- 2 celery ribs, chopped
- 2 carrots, diced
- 2 cans diced tomatoes
- 2 cups broth
- 1 (4.5 oz) can chicken
- 2 cups cooked macaroni pasta (or preferred pasta)
- Salt and pepper to taste.

DIRECTIONS

1. Sauté onion, carrots, and celery in 1/4 cup of broth until softened, about 5-10 minutes.
2. Add more broth if the pan becomes too dry.
3. Add tomatoes and remaining broth. Bring to a boil.
4. Add chicken and bring to a boil.
5. Add macaroni and cook till heated through.
6. Taste and add salt and pepper.
7. Serve.

Cooking Method: Stovetop

VEGAN MUSHROOM WILD RICE SOUP

INGREDIENTS

- ¾ cup wild rice blend
- 4 cups mushrooms, diced (I used a mix of white button, Crimini, & Shitake)
- 1 cup white onion, diced
- 2 cloves minced garlic (about 1 tbsp)
- 2 tbsp vegan butter (or oil)
- 1 tsp dried parsley
- 5 to 6 cups vegetable broth (start with 5 and add up to 6 for a slightly thinner soup)
- 14 oz can coconut milk
- salt & pepper to taste

DIRECTIONS

1. First, rinse the wild rice and add it to a small or bowl to soak in cold water for 15-30 minutes.
2. While the rice is soaking, chop & prep the vegetables. Slice the mushrooms thinly (removing the bottom of the stems if desired) and finely dice the onions.
3. Next, add the vegan butter to a large soup pot and turn on the heat. Once the butter has melted, add in the onion, garlic, and mushrooms. Then, sauté for 15 minutes until the onions & mushrooms are beginning to crisp up and brown. Make sure to stir consistently to evenly cook the vegetables.
4. Once the vegetables are cooked, season with a mix of parsley, salt, and pepper. Then, add the vegetable broth, soaked & strained wild rice, and coconut milk to the pot with the vegetables. Stir to mix together.
5. Bring the pot of soup to a boil. Then, reduce the heat to a simmer and cook covered for 20 minutes.
6. At the 20 minute mark remove the soup lid, stir the soup, and cook the soup uncovered for an additional 15-20 minutes until the rice is cooked through. (Please note, if you are using a rice other than wild rice, cooking time will vary, so check if it is done at the 20 minute mark).
7. Remove the soup from the heat and let it sit for 5 minutes to thicken. Finally, serve and enjoy!

Notes:

Soup can be stored as leftovers in a closed container in the fridge. Any leftovers will thicken substantially as the rice will absorb the liquid, so add in extra vegetable broth for a soup-like consistency when eating leftovers.

DESSERTS





Cooking Method: Oven

APPLE GERMAN CHOCOLATE CAKE

INGREDIENTS

- 21 oz can apple pie filling
- 18¼ oz pkg. German chocolate cake mix
- 3 eggs
- ¾ cup coarsely chopped walnuts
- ½ cup miniature semisweet chocolate chips

DIRECTIONS

1. Place pie filling in blender. Cover and process until apples are ¼ in. chunks
2. Pour into the mixer bowl.
3. Add dry cake mix and eggs. Beat on medium speed for 5 minutes.
4. Pour into a greased 9x13 inch baking pan.
5. Sprinkle with nuts and chocolate chips.
6. Bake at 350° F for 40-45 minutes, or until a toothpick inserted in the center comes out clean.
7. Cool completely on the rack before cutting.

Cooking Method: Oven

BANANA NUT MUFFINS

INGREDIENTS

- 2 cups all purpose flour
- 1 ½ tsp of baking soda
- ½ tsp salt
- 4 overripe bananas
- 1 cup brown sugar
- ¾ cup (1 ½ sticks) unsalted butter, melted and cooled
- 2 eggs
- 1 tsp pure vanilla extract
- ½ cup pecans, chopped (optional or can be changed to whatever nuts you like)

DIRECTIONS

1. Preheat oven to 375° F and line muffin tin.
2. In a large bowl combine the flour, baking soda, salt; set aside.
3. Mash 2 bananas with a fork in a small bowl but keep some of the texture.
4. Mix together remaining bananas and brown sugar very well.
5. Add melted butter, and eggs, and vanilla.
6. Slowly incorporate the dry ingredients.
7. Then fold in the other 2 bananas and the nuts.
8. Spoon batter into the muffin tins, about half way.
9. Bake for 18-20 minutes; until you can insert a toothpick in the middle and it comes out clean.

Cooking Method: Oven

BANANA OAT BREAD

INGREDIENTS

- 2 cups of old fashioned oats
- 4-5 ripe bananas
- 1 cup of peanut butter
- 1 cup of dark chocolate

DIRECTIONS

1. Preheat oven to 350° F
2. Lightly grease bread pan and place parchment paper down
3. Blend oats, peanut butter and banana together until smooth (may need to add a little almond milk to help blend)
4. Stir in dark chocolate
5. Pour into bread pan
6. Garnish with bananas and chocolate chips if desired

Cooking Method: None

BANANA OATMEAL COOKIES

INGREDIENTS

- Ripe bananas
- Oats of choice (quick or instant)

DIRECTIONS

Equal parts of banana to cups of oatmeal

1. Peel and mash bananas to smooth consistency.
2. Combine oats to banana, mash and mix completely.
3. Add desired spices and toppings (ex. Cinnamon, mixed nuts, dried cranberries, mini chocolate chips etc).
4. Form into tbsp sized balls.
5. Can be eaten fresh, placed in refrigerator, or baked.

For baking:

6. Preheat oven to 350° F.
7. Place cookies on baking sheet 2 inches apart.
8. Gently press each ball to flatten into a disk.
9. Bake 10-15 minutes or until cookies are browned to desired liking.
10. Cool before eating.

***Optional ingredients per tsp**

1 tsp Cinnamon, 1 tsp Honey, 1 tsp Nuts, 1 tsp Dried cranberries, 1 tsp Mini chocolate chips

Cooking Method: Oven

BLUEBERRY CAKE AND GLAZE

INGREDIENTS

- 1 cup sugar
- 2 cups flour
- 1 tbsp baking powder
- ½ tsp salt
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil
- 2 cups blueberries

Glaze Ingredients

- 3 tbsp butter (melted)
- 1.5 cups powdered sugar
- 1 tsp vanilla
- 2 tbsp milk

DIRECTIONS

1. Grease loaf pan and preheat oven to 350° F.
2. Combine sugar, flour, baking powder, and salt.
3. add eggs, milk, and oil to mixture and beat.
4. Fold in blueberries.
5. Pour batter into pan and cook for 50-60 minutes or until an inserted toothpick comes out completely clean. Cool for 15 minutes.
6. Mix all ingredients for glaze. Heat in microwave until liquid consistency and pour onto cake.



Cooking Method: Oven

BLUEBERRY SWIRL CAKE

INGREDIENTS

- 3 oz pkg cream cheese, softened
- 18 ¼ oz box white cake mix
- 3 eggs
- 2 tbsp Water
- 21 oz can blueberry pie filling

DIRECTIONS

1. Beat cream cheese in a large mixing bowl until soft and creamy.
2. Stir in dry cake mix, eggs, and water. Blend well with cream cheese.
3. Pour into greased 9x13 inch baking pan.
4. Pour blueberry pie filling over top of batter.
5. Swirl blueberries and batter with a knife by zigzagging through batter.
6. Bake at 350° F for 30-40 minutes, or until the tester interested in center comes out clean.

Cooking Method: Oven

CHERRY CHEESECAKE TARTS

INGREDIENTS

- 18 vanilla wafers
- 8 oz cream cheese, softened
- 3 eggs
- $\frac{3}{4}$ cup sugar
- 21 oz can cherry pie filling

DIRECTIONS

1. Fill 18 cupcake tins with paper cupcake liners.
2. Place one vanilla wafer in each paper liner. Set aside.
3. Beat cream cheese just until soft and smooth. Do not overbeat.
4. Add eggs and sugar, beating until just blended. Do not overbeat.
5. Pour cream cheese mixture evenly into 18 cupcake liners, covering vanilla wafer.
6. Bake at 325° F for 15-20 minutes. Cool completely.
7. Top each cooled tart with cherry pie filling.

Cooking Method: Oven

CHOCOLATE CHIP CHEESECAKE

INGREDIENTS

- 3 eggs, beaten
- $\frac{3}{4}$ cup sugar
- 3 (8 oz.) cream cheese pkgs, softened
- 1 tsp vanilla extract
- 24 oz roll refrigerated chocolate chip cookie dough

DIRECTIONS

1. Preheat the oven to 350° F.
2. Place all ingredients except cookie dough in large mixing bowl. With electric mixer, blend together until creamy. Set aside.
3. Slice cookie dough into $\frac{1}{4}$ inch thick slices. Set aside 9 slices.
4. Lay remaining slices in bottom of 9x13 inch baking pan. Pat the slices together to form a solid crust.
5. Spoon in cream cheese mixture. Spread over cookie crust.
6. Arrange the reserved nine cookie slices on top of cream cheese mixture.
7. Bake at 350° F for 45-50 minutes. Allow to cool to room temperature.
8. Chill in the refrigerator. When firm, cut into squares.
9. If you wish, when serving, top with whipped cream or chocolate topping, or both!

Cooking Method: Toaster

CRANBERRY OAT BARS

INGREDIENTS

- 2 cups old fashioned rolled oats
- 2 cups flour (2 cups of all-purpose white or 1 cup of all purpose white and 1 cup of whole wheat)
- 1 cup brown sugar
- 1 tsp. baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup unsalted butter, softened
- 1 (14 oz) can whole berry cranberry sauce or 1 and 1/2 cups homemade cranberry sauce

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large bowl mix together the oats, flour, brown sugar, baking powder, baking soda and salt.
3. Use your fingers to rub in the butter into the dry ingredients. Then keep rubbing until you can't really find any butter in the mixture anymore because your fingers have melted it quite a bit and it has mixed in so well into the flour and oats.
4. Spoon three-quarters of the oat mixture into an ungreased 13x9 inch cake pan. Press down on it firmly everywhere to form a firm layer that evenly covers the bottom of the pan.
5. Add the cranberry sauce in dollops and spread it in a thin layer over the oat layer.
6. Sprinkle with the remaining oat mixture. Press down lightly on the oats so that they adhere to the wet cranberry sauce a bit.
7. Bake for 25-30 minutes. Note that the topping will not change color but it is still done.
8. Allow to cool in the pan on a wire rack.

Cooking Method: Oven

NUT BUTTER COOKIES

INGREDIENTS

- 1 cup of preferred nut butter
- 1 cup sugar
- 1 egg
- Additional sugar

DIRECTIONS

1. Mix the first three ingredients together in a medium sized mixing bowl.
2. Break dough off with a tbsp and shape into balls.
3. Roll each ball in granulated sugar.
4. Place on greased baking sheet. Press down with a fork, making a crisscross pattern.
5. Bake at 350° F for 8-10 minutes, or until golden brown.



Cooking Method: Oven

PEACH COBBLER

INGREDIENTS

- 8 cups sliced fresh, or frozen, peaches
- 1 stick (8 tbsp) butter, softened
- $\frac{3}{4}$ cup sugar
- 1 cup flour
- Cinnamon sugar ($\frac{1}{4}$ tsp Cinnamon mixed with $\frac{1}{2}$ tsp of sugar)

DIRECTIONS

1. Place peaches in ungreased 9x13 inch baking dish.
2. In a medium sized mixing bowl, cream butter and sugar together, either with a spoon or mixer.
3. Add flour and mix well. Sprinkle over peaches.
4. Top with cinnamon sugar.
5. Bake at 325° F for 60-70 minutes, or until the top is golden brown.
6. Serve warm with milk or ice cream, if you wish.

Cooking Method: Microwave

TORTILLA PEANUT BUTTER SNACK

INGREDIENTS

- 1 tortilla
- 2 tbsp of peanut butter
- 1 tbsp of honey
- 1 tbsp chocolate chips (optional)

DIRECTIONS

1. Warm tortilla in the microwave for 20 seconds.
2. Apply peanut butter onto tortilla.
3. Cut banana up into small rounds and apply onto tortilla evenly.
4. Drizzle honey over the top.
5. Sprinkle chocolate chips evenly on top of the tortilla.
6. Enjoy!

Cooking Method: Microwave

PUMPKIN MUG CAKE

INGREDIENTS

- 3 tbsp cake mix
- 1 tbsp pumpkin puree
- ½ tsp pumpkin pie spice
- 1 tbsp water

DIRECTIONS

1. Put 3 tbsp of cake mix (regular or sugar-free).
2. 1 tbsp pumpkin puree.
3. 1/2 tsp pumpkin pie spice and 1 tbsp water into a small greased, microwave-safe ramekin or mug.
4. Stir until smooth. Microwave on high for 60 seconds.
5. Enjoy!

Cooking Method: Oven

THREE INGREDIENT PEANUT BUTTER COOKIES

INGREDIENTS

- 1 cup peanut butter
- ¼ cup white sugar
- 1 egg

DIRECTIONS

1. Preheat oven to 350° F. Line baking sheets with parchment paper.
2. Combine peanut butter, sugar, and egg. Mix until smooth
3. Drop spoonfuls on the prepared baking sheets.
4. Cook 6-8 minutes.

TIP:

These are best when they are still and just barely brown on the bottoms!

SNACKS





Cooking Method: Stovetop or Microwave

CHOCOLATE CUTIES

INGREDIENTS

- 1/4 cup melted semisweet chocolate chips
- 1 tsp coconut oil
- 5 mandarin oranges, peeled and divided into segments
- Flaky sea salt for garnish, optional

DIRECTIONS

1. Stir together melted chocolate and coconut oil.
2. Dip each clementine segment into the melted chocolate and transfer to a parchment-lined baking sheet.
3. Garnish with flake sea salt.
4. Refrigerate until firm, 20 minutes.
5. Serve.

Cooking Method: None

SWEET AND SOUR GRAPES

INGREDIENTS

- 1 package green grapes
- 1 lime
- 1 package sugar free strawberry gelatin mix

DIRECTIONS

1. Wash and dry grapes.
2. Add the grapes to a large container and squeeze the juice of one lime.
3. Cover with the lid and shake to coat evenly.
4. Add 1 package of sugar free gelatin mix.
5. Cover again and shake until coated evenly.
6. Refrigerate for a cold treat throughout the week!

Cooking Method: None

ENERGY BITES

INGREDIENTS

- ½ cup oatmeal
- 1 cup nut butter of choice
- 2 tbsp honey
- ¼ cup chocolate chips

DIRECTIONS

1. Combine all ingredients in a large mixing bowl and mix well.
2. Create small balls and place on a wax paper covered cookie sheet.
3. Place energy bites in the freezer for 10 minutes.
4. Enjoy!

Cooking Method: Microwave

BANANA BITES

INGREDIENTS

- 1 banana (sliced)
- 1 dark chocolate bar

DIRECTIONS

1. Slice 1 banana in equal parts.
2. In a bowl, melt 1 dark chocolate bar by placing in microwave for 30 seconds.
3. Use a toothpick to dip banana slices in dark chocolate.
4. Add additional toppings such as almonds or coconut as desired.
5. Place slices to dry on wax paper.
6. Enjoy!

Cooking Method: Microwave

PARMESAN RANCH SNACK MIX

INGREDIENTS

- 1 packet dry ranch seasoning mix
- 4 cups popcorn
- 1 cup almonds
- 2 cups pretzels
- ¼ cup parmesan cheese
- 1/3 cup olive oil

DIRECTIONS

1. Place popcorn, almonds, and pretzels in a large mixing bowl and blend well.
2. Next, drizzle 1/3 cup olive oil over the snack mix.
3. Continue by adding 1 packet of ranch seasoning mix and 1/3 cup grated parmesan cheese.
4. Toss all ingredients together until coated evenly.
5. Secure in an air tight container to enjoy throughout the week.

Cooking Method: None

CHOCOLATE ALMOND SNACK MIX

INGREDIENTS

- 2 cups chocolate-flavored Cheerios
- ½ cup roasted salted almonds

DIRECTIONS

1. Combine all ingredients in a large bowl and mix well.

Cooking Method: None

P.B. PROTEIN BOWL

INGREDIENTS

- 1 (8 oz) container of Greek yogurt
- 1 tbsp peanut butter
- 1 tbsp dark chocolate chips

DIRECTIONS

1. Begin by adding 1 tbsp of peanut butter and stir well.
2. Top with dark chocolate chips and additional toppings as wanted.
3. Enjoy chilled or frozen.

EASY LUNCHES





Cooking Method: None

AVOCADO CHICKEN SALAD

INGREDIENTS

- 2 avocados
- 1 can shredded chicken
- 1 tbsp garlic powder
- 2 tbsp lime juice
- 1 tbsp Olive oil
- 1 can corn

DIRECTIONS

1. Mash avocados until smooth.
2. Drain the canned chicken and corn, add to mashed avocados and mix well.
3. In a separate bowl, combine olive oil, lime juice and garlic powder until smooth.
4. Add in to taste until smooth.
5. Enjoy on pita bread, crackers, or a whole grain tortilla.

Cooking Method: Microwave

QUICK QUESADILLA

INGREDIENTS

- 2 medium flour tortillas
- ½ cup chicken strip, or shredded chicken, cooked
- ½ bell pepper, diced
- 1 tbsp taco seasoning
- ¼ cup shredded cheddar cheese

DIRECTIONS

1. Microwave the tortillas on a plate until slightly crispy. They will dry out a bit as they cool.
2. Mix the chicken, peppers, and taco seasoning in a bowl until evenly combined, then cook for about 1-2 minutes until the peppers are soft.
3. Spread the mixture evenly on one tortilla, cover evenly with the cheese, then top with the other tortilla.
4. Cook for another 30 seconds to 1 minute, slice, then serve.
5. Enjoy!

Cooking Method: Microwave

EASY LUNCH WRAPS

INGREDIENTS

- 1 whole grain tortilla
- ¼ cup fresh spinach
- 2 slices provolone cheese
- 10 slices turkey pepperoni
- ¼ cup canned diced tomatoes
- 1 tsp Italian salad dressing

DIRECTIONS

1. Layer cheese, pepperoni, and spinach on a whole grain tortilla.
2. In a separate bowl, drain ¼ cup canned, diced tomatoes and add 1 tsp Italian salad dressing.
3. Add tomatoes to the tortilla, roll, cut in half, and microwave for 30 seconds.
4. Cut the halves into even portions to eat as pinwheels. Enjoy!



Cooking Method: None

CUCUMBER SANDWICHES

INGREDIENTS

- 1 cucumber, sliced
- Cheese slices
- Deli meat slices
- 1 package fresh spinach
- Spicy mustard

DIRECTIONS

1. First, cut cucumber into an even number of slices.
2. Then break each cheese slice into 1/4 slices and lunch meat into 1/2 slices.
3. Top cucumber with 1/4 slice cheese, 1/2 slice of your favorite deli meat, and fresh spinach.
4. Lastly, top of with spicy mustard.

Cooking Method: Stovetop

PIZZA GRILLED CHEESE

INGREDIENTS

- 2 slices whole grain bread
- Turkey pepperoni
- Sliced Cheese of choice

DIRECTIONS

1. Begin by layering turkey pepperoni and 1 slice of cheese on top of 1 slice of whole grain bread.
2. Toast on the stove until cheese is melted.
3. Add additional veggies such as green peppers, onion, or spinach as desired.
4. Top with an additional slice of bread and toast on the stove until browned.
5. Serve with marinara sauce.

DORMet DINING

Whole Foods, Gourmet Recipes, College Lifestyle

