



Healthy
Meals on a



Dime Cookbook

{ Student Money Management Center
& Student Health Center }

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™

The Student Money Management Center Cookbook

This cookbook is designed to help students make healthful eating selections in the kitchen, dorm room, and at restaurants. It includes tips for choosing and cooking inexpensive, nutritious foods and quick recipes that will help you turn those foods into delectable meals.

The Student Money Management Center would like to give a special thanks to the Student Health Center at Sam Houston State University for providing much of the information contained in this book. You can learn more about the Student Money Management Center at www.shsu.edu/smmc and Student Health Services at www.shsu.edu/~uhc_www.

Conversions

4 ounces	1/2 cup
8 ounces	1 cup
2 cups	1 pint
2 pints	1 quart
1 quart	4 cups
1 gallon	4 quarts
3 teaspoons	1 tablespoon
2 tablespoons	1/8 cup
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
5 tablespoons + 1 teaspoon	1/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup

Eating Well at a Restaurant

Breakfast:

	Calories	Fat
Pancakes with syrup	870	16g
What to do: Skip the butter, bacon, and sausage and ask for fruit instead; use little syrup or ask for light syrup.		
Denny's Grand Slam (2 hotcakes with butter and syrup, 2 eggs, 2 bacon strips, and 2 sausage links)	1,030	60g
What to do: Try an egg substitute; skip the butter, use light syrup; ask for fruit or ham instead of bacon and/or sausage.		
Meat Lover's Skillet (Diced ham, bacon, and sausage over country-fried potatoes with cheddar and 2 eggs)	1,150	93g
What to do: You can't make this one better; skip it.		

Family Style:

	Calories	Fat
Chef Salad	930	71g
What to do: Order light dressing on the side; ask the kitchen for extra turkey in place of the ham and only half of the cheese.		
Country Fried Steak	900	52g
What to do: Replace the potatoes with another vegetable, otherwise avoid.		
Bacon & Cheese Grilled Chicken Sandwich	1230 650	61g 30g
What to do: Skip the mayo, bacon, and cheese, and pile on the veggies.		

Tips for a more healthful Family Style dining:

- Look for "light" menus.
- Build a vegetable plate.
- Ask for substitutions.
- Control your portions.

Chinese:

	Calories	Fat
General Tso's Chicken	1,600	59g
What to do: You can't make this one better, skip it.		
Egg Roll	190	11g
What to do: Limit yourself to just one; watch the dipping sauces.		
House Lo Mein	1,060	36g
What to do: Mix it with an order of steamed vegetables to decrease the sodium and fat.		

Tips for healthful Chinese dining:

- Look for a “light” menu
- Ask for less oil, more vegetables, less meat.
- Avoid deep-fried foods.
- Get steamed or stir-fried vegetables.
- Stick with steamed brown rice.

Italian:

	Calories	Fat
Spaghetti with Marinara	850	17g
What to do: This is already the best choice. The 3 ½ cups of pasta adds on the calories, so ask for a to-go box to make it less.		
Lasagna	960	53g
What to do: Not much you can do, but skipping the melted cheese on top will help.		
Fettucini Alfredo	1,500	97g
What to do: Skip it.		

Tips for healthful Italian dining:

- Choose Italian bread over garlic.
- Start with soup or salad.
- Eat pasta
- Choose marinara or red or white clam sauces.
- Eat your vegetables.
- Control your portions.

Mexican:

	Calories	Fat
Tortilla Chips (basket)	640	34g
What to do: Substitute some warm corn or flour tortillas; limit your intake or share with friends.		
Cheese Quesadilla	900	59g
What to do: Skip the sour cream and guacamole or try a lighter version; order chicken instead of cheese.		
Beef Enchilada Platter	1,250	58g
What to do: Order just one enchilada or take one home; order a salad instead of rice and whole/black beans instead of refried.		
Chicken Fajitas Platter	1,660	63g
What to do: Pass on the sides or order light or fat-free versions; substitute whole/black beans for refried beans and order a salad instead of rice.		

Tips for more healthful Mexican dining:

- Look for “light” or “healthy” selections.
- Substitute salsa for sour cream and cheese.

Seafood:

	Calories	Fat
Shrimp Scampi	150	5g
What to do: Using a fork helps decrease the amount of sauce; if it come on rice or pasta, ask for those on the side to reduce the amount of sauce.		
Fried Seafood Combo (shrimp, fish, clams, scallops, fries)	970	50g
What to do: Skip it or see if you can get some of it grilled.		
Alaskan Crab (1/4 lb)	80	1g
What to do: One of the best things on the menu, but watch out for the butter dipping sauce.		

Tips for healthful Seafood dining:

- Pick a low fat preparation method (i.e. bake, grill).
- Beware of breading and batter.
- Seek out healthy sides (i.e. steamed veggies).

Steakhouses:

	Calories	Fat
Cheese Fries (no ranch)	2,380	151g
What to do: You can't make this one better. Skip it or share with LOTS of friends.		
BBQ Chicken Breast	280	5g
What to do: Best choice at a steakhouse; get a side of steamed veggies, baked potato, or salad to make it a meal.		
Sirloin Steak	390	15g
What to do: Best bet on the red meat list; add a side of steamed veggies, baked potato, or salad to make it a meal.		
Prime Rib	980	62g
What to do: Trim all the fat; add healthy sides; otherwise avoid		

Tips for more healthful Steakhouse dining:

- Trim all visible fat from steaks.
- Order smaller portions.
- Avoid creamy sauces.
- Seek out healthy sides (i.e. steamed veggies).
- Don't forget the doggie bag.

Casual Cafes:

	Calories	Fat
8 Mozzarella Sticks	830	51g
What to do: Just say no.		
Chicken Caesar Salad	660	46g
What to do: Ask your server if they can grill it instead of frying.		
Mushroom Cheeseburger		
with fries	1,490	88g
without fries	900	57g
What to do: A plain burger is much better, try mustard instead of mayo, otherwise skip it.		

Tips for more healthful casual dining:

- Look for "light menus.
- Ask about substitutions.
- Hold the cheese.

Eating Healthy at Fast Food Restaurants

Healthiest Choices:

Arby's:

- Roast beef sandwiches
- Most salads with little or low-fat dressings
- Grilled chicken

Chick-Fil-A:

- Sandwiches with low-fat dressings
- Salads with light or reduced fat dressings
- Spicy and char-grilled
- chicken wraps
- Chicken soup

Jack in the Box:

- Regular hamburger
- Chicken fajita pita
- Side salad
- Taco

McDonald's:

- English muffin or plain bagel
- Fruit & yogurt parfait without granola
- Snack wraps

Schlotzsky's Deli:

- Avoid the originals
- Order small sandwiches
- Smoked turkey breast
- Chicken breast
- Vegetarian (small)

Taco Bell:

- Bean burrito
- Chicken gordita (santa fe & baja)
- Crunchy or soft tacos
- Fresco choices

Wendy's:

- Salads with low-fat dressing
- Grilled chicken sandwich
- Baked potato
- Chili
- Jr. hamburger

Whataburger:

- Salads
- Whataburger Jr.
- Grilled chicken sandwich without mayo

BREAKFAST

Easy French Toast

Ingredients:

- o 2-4 slices whole wheat bread
- o 2 eggs
- o 1/4 cup skim milk
- o Cinnamon to taste
- o Optional: butter, maple syrup, whipped cream or fruit

Directions:

1. Spray your pan with cooking spray and place on burner on medium heat.
2. While the pan heats, use a fork to beat two eggs with 1/4 cup of milk, until consistent and well mixed.
3. Now, add a few shakes of cinnamon into the egg mixture and stir.
4. Next, dip and drop one slice of bread into the mixture. Flip it with a fork to make sure each side is covered.
5. Using your fingers, carefully place the wet slice of bread into the pan and allow to cook.
6. After 2-3 minutes, or when it's golden brown, flip the toast with a spatula.
7. Allow to cook for another 2-3 minutes, ensuring that it is thoroughly heated.
8. Once ready, use a spatula to remove from the French toast from the pan and onto a plate. Repeat Steps 4-8 with remaining slices of bread. Depending on the size of your pan and your cooking ability, you may be able to prepare 2-4 slices at a time. The two egg-mixture should provide enough coating for 2 pieces of toast.
9. Finally, top with your favorite French toast toppings, such as syrup, butter, some fresh fruit, or whipped cream.

Nutritional Facts:

Nutrition information does not include addition of butter, syrup, whipped cream, or fruit.

Serving size: 3 slices

Servings per recipe: 2

Calories: 365

Total Fat: 12g

Sodium: 547mg

Total Carbohydrate: 41g

Protein: 24g

Health Check!

Look for whole grain bread, which boasts more dietary fiber, essential nutrients, and complex carbohydrates.

Source:

Breakfast Burritos

Ingredients:

- o 12 flour tortillas
- o 6 eggs, scrambled

- o 6 potatoes, diced, and fried
- o Grated cheese
- o Cooked and diced bacon or sausage (optional)
- o Salsa (optional)

Directions:

1. Scramble the eggs to taste.
2. Cook potatoes.
3. Fry up bacon or sausage.
4. Soften the tortillas (tortilla warmer works best).
5. Lay out tortillas and add the filling ingredients.
6. Roll up, tucking the ends in first.

Nutritional Facts:

Nutritional information not based on the addition of bacon, sausage, or salsa.

Serving size: 1 burrito

Servings per recipe: 12 (1 dozen)

Calories: 365

Total Fat: 16g

Sodium: 534mg

Total Carbohydrate: 41g

Protein: 15g

Health Check!

Go for low fat cheese to lower total fat, or leave out completely to lower sodium as well.

Banana-Berry Smoothies

Ingredients:

- o 2 cups plain fat- free yogurt
- o 2 ripe medium bananas
- o 1 cup sliced fresh strawberries or unsweetened frozen strawberries
- o 1 cup mixed fresh berries, such as raspberries, blueberries, and/or unsweetened frozen mixed berries

Directions:

In a blender container combine yogurt and fruit. Cover and blend until pureed. If desired, top with a few fresh berries.

Nutritional Facts:

Serving size: 1 cup

Servings per recipe: 5.5

Calories: 112

Total Fat: 1g

Sodium: 70mg

Total Carbohydrate: 23g

Protein: 6g

Health Check!

Try using Greek yogurt instead of plain yogurt. It is higher in protein, which promotes fullness, and has a fraction of the carbohydrates. Always opt for yogurt with less added sugar.

Breakfast Casserole

Ingredients:

- o 12 ounces (½ bag) frozen Ore Ida O'Brien Potatoes (hash browns with onions & peppers)
- o ½ cup reduced-fat shredded cheddar cheese
- o 2 ounces lean ham or Canadian bacon
- o 2 whole eggs
- o 4 egg whites
- o 2 tablespoons skim milk
- o 2 tablespoons Dijon mustard
- o ¼ teaspoon thyme
- o Sprinkles of pepper

Directions:

1. Preheat oven to 375° F and spray baking dish with non-stick spray.
2. Place frozen potatoes in the bottom of an 8x8 baking dish. Break up large chunks.
3. Cut the meat into small bite size pieces.
4. Sprinkle the meat and cheese over the potatoes.
5. Whip eggs, egg whites, milk, Dijon mustard, and thyme in a small bowl, pour over potatoes evenly and then top with pepper.
6. Place in oven uncovered for 40 minutes.

Nutritional Facts:

Serving size: ¼ of recipe

Servings per recipe: 4

Calories: 165

Total Fat: 4.5g

Total Carbohydrate: 16g

Protein: 14g

Source: Lickety-Split Meals for Health Conscious People On the Go!

Scrambled Egg Breakfast Panini

Ingredients:

- o 2 Slices white bread
- o 1-2 eggs
- o cheddar cheese, grated
- o 1 tsp. butter
- o 2-4 slices cooked turkey breast, thinly sliced or 2-4 slices crisp cooked bacon

Directions:

1. Scramble eggs in frying pan.
2. Melt butter. Brush onto each slice of bread.
3. Sprinkle cheese onto one side of bread.
4. Place turkey and/or bacon.
5. Place eggs on top of meat.
6. Place on grill.

Nutritional Facts:

Serving size: 1

Servings per recipe: 1

Calories: 238.1

Total Fat: 10.2g
Sodium: 359.9mg
Total Carbohydrate: 25.6g
Protein: 10.1g

Breakfast in a Bag

Ingredients:

- o 2-3 eggs
- o Your choice shredded cheese
- o Your choice omelet veggies & meat

Directions:

1. Carefully crack your eggs into a large Zip-Lock bag. Seal the bag tight and mix the eggs together. Make sure you mix the yolks with the whites.
2. Add your omelet ingredients and cheese, seal the bag again and mix completely.
3. Place the bag into a pot of boiling water and let cook for 5-10 minutes, until the egg reaches omelet consistency; check this by removing bag from water and checking with a spoon. Once finished cooking let it cool and then omelet should come out with ease.

Nutritional Facts:

Serving size: 1 bag
Servings per recipe: 1
Calories: 271
Total Fat: 20g
Sodium: 329mg
Total Carbohydrate: 1g
Protein: 21g

Health Check! Go for low fat cheese to lower total fat, or leave out completely to lower sodium as well.

Apple Cinnamon Oatmeal

Ingredients:

- o 1 cup water
- o 1/4 cup apple juice
- o 1 apple, cored and chopped
- o 2/3 cup rolled oats
- o 1 tsp. ground cinnamon
- o 1 cup milk

Directions:

1. Combine the water, apple juice, and apples in a saucepan.
2. Bring to a boil over high heat, and stir in the rolled oats and cinnamon.
3. Return to a boil, then reduce heat to low, and simmer until thick, about 3 minutes.
4. Spoon into serving bowls, and pour milk over the servings.

Nutritional Facts:

Serving size: 1
Servings per recipe: 2

Calories: 217
Total Fat: 4.3g
Sodium: 57mg
Total Carbohydrate: 38.1g
Protein: 7.8g

LUNCH

Twice Baked Potatoes

Ingredients:

- o 4 large baking potatoes
- o 6 slices of bacon
- o ¼ cup butter or margarine
- o 2 green onions, chopped
- o ½ milk
- o ½ teaspoon salt
- o 1/8 teaspoon pepper
- o Paprika

Directions:

1. Pierce well-scrubbed potatoes twice.
2. Place 1 inch apart on paper towel in microwave.
3. Microwave at high 10 ½ to 12 ½ minutes, or until just softened, rearranging and turning over after half the cooking time.
4. Let stand, covered with a bowl, for 5 minutes.
5. Place bacon on paper towel lined plate. Cover with paper towel.
6. Microwave at high 5 to 6 minutes, or until crisp.
7. Drain bacon on paper towel. Crumble bacon into pieces.
8. Place butter and green onion in 2 quart casserole pan covered
9. Microwave at high 1 ½ to 2 minutes, or until butter is melted and onion is tender.
10. Cut potatoes in half.
11. Scoop out the center; place in casserole with onion, butter and, bacon.
12. Add milk, salt and pepper. Mash until fluffy.
13. Spoon into potato shell.
14. Arrange on paper towel-lined microwavable baking sheet.
15. Sprinkle with paprika.
16. Microwave at high 3 to 7 minutes, or until heated.
17. Garnish with additional chopped green onion if desired.

Nutritional Facts:

Serving size: ½ potato (1 twice baked potato)
Servings per recipe: 8
Calories: 153
Total Fat: 9g
Sodium: 375mg
Total Carbohydrate: 15g

Protein: 4g

Health Check!

To lower the sodium content of this recipe, look for low sodium butter and use turkey bacon instead of pork bacon. To lower the total calories, use less butter. Fat free or low fat milk can be used to lower the total fat.

Turkey and Avocado Grilled Sandwich

Ingredients:

- o 2 slices whole wheat bread
- o Dijon mustard
- o A few slices of turkey
- o 2 slices of cheese
- o 1/3 of an avocado

Directions:

1. Assemble sandwich as desired.
2. Butter the tops of the bread and grill a few minutes in the grill

Nutritional Facts:

Serving size: 1 sandwich
Servings per recipe: 1
Calories: 751
Total Fat: 42g
Sodium: 966mg
Total Carbohydrate: 34g
Protein: 61g

Tossed Salad with Chicken

Ingredients:

- o 2 romaine lettuce hearts
- o 2 small tomatoes, diced
- o 1 cucumber, seeded and diced
- o 1 small yellow onion or 1/2 red onion, chopped
- o 1 carrot, peeled and shredded
- o 1/4 cup extra virgin olive oil
- o 2-3 tablespoons red wine vinegar
- o 1 teaspoon sugar
- o salt and pepper to taste
- o 1/2 cup shredded chicken breast

Directions:

Place salad greens in a salad bowl and top with tomatoes, cucumbers, onion, chicken, and carrot. Place oil, vinegar and sugar in a small plastic container. Put the lid on the container and shake dressing until sugar dissolves, about 1 minute. Pour dressing over salad. Season salad with salt and pepper, to taste.

Nutritional Facts:

Serving size: 1 cup
Servings per recipe: 4
Calories: 318.50
Total Fat: 17.1g
Sodium: 91.4mg
Total Carbohydrate: 17g
Protein: 26.41g

School Lunch Bagel Sandwich

Ingredients:

- o 1 Tablespoon herb and garlic flavored cream cheese
- o 1 multigrain bagel, split and toasted
- o 2 thin slices of cheddar cheese
- o 2 slices dill pickle
- o ¼ cup shredded carrot
- o 1 leaf lettuce

Directions:

1. Spread the cream cheese on the toasted bagel. Layer the cheddar cheese, pickle slices, carrot, and lettuce onto one half of the bagel, then top with the remaining bagel half. Cut the sandwich in half and wrap with plastic wrap or aluminum foil. Place the sandwich in a lunch bag with an ice pack.

Nutritional Facts:

Serving size: 1 sandwich
Servings per recipe: 1
Calories: 563
Total Fat: 25g
Sodium: 1061mg
Total Carbohydrate: 59g
Protein: 23g

Health Check!

To lower the sodium content, use low sodium cream cheese and be sure to check the sodium in the bagels before purchasing.

Ham and Cheese Toasted Sandwich

Ingredients:

- o ¼ cup tub light cream cheese
- o 1 tablespoon basil
- o 1 tsp. Dijon mustard
- o ¼ tsp. black pepper
- o 8 slices whole wheat bread
- o 4 ounces low-fat deli ham
- o 8 slices tomato (about 1 large)
- o ¼ cup shredded reduced-fat cheddar cheese

Directions:

1. Preheat boiler
2. Combine cream cheese, basil, mustard, and pepper in a small bowl. Stir well.

3. Spread about 1 tablespoon cream cheese mixture over each of 4 bread slices.
4. Top each with 1-ounce ham, 2 tomato slices, and 1-tablespoon cheddar cheese.
5. Place sandwich halves and remaining 4 bread slices on a baking sheet.
6. Broil 2 minutes or until cheese is melted and bread is lightly browned.
7. Top each sandwich half with remaining bread slice and serve immediately.

Nutrition Facts:

Serving size: 1

Servings per recipe: 4

Calories: 246

Total Fat: 8.6g

Sodium: 859mg

Total Carbohydrate: 28.6g

Protein: 16g

Summer Turkey Wrap

Ingredients:

- o 1 tbsp. reduced fat parmesan
- o 2 tbsp. plain chobani yogurt
- o 1/4 cup sliced cucumber
- o 1/4 cup diced red bell pepper
- o 2 tbsp. pepperoncini peppers
- o 1 whole grain flat bread or wrap
- o Romaine lettuce
- o 5 slices Turkey

Directions:

1. Spread Chobani yogurt evenly on the bread.
2. Layer on the romaine lettuce.
3. Add cucumber slices, diced bell peppers and peppers over the romaine.
4. Add strips of the turkey onto the bread.
5. Sprinkle parmesan cheese over the top.
6. Tightly roll the flat bread or wrap.

Nutritional Facts:

Serving size: 1 wrap

Servings per recipe: 1

Calories: 497

Total Fat: 13g

Sodium: 672mg

Total Carbohydrate: 40g

Protein: 53g

Penne Pasta Casserole

Ingredients:

- o 1 (26 ounce) can spaghetti sauce

- o 1/2 medium yellow onion
- o 1 tablespoon extra virgin olive oil
- o 2-3 cloves minced garlic
- o 1/2 box dry penne or other pasta
- o 1/2 cup basil leaves, chopped
- o 1 cup grated cheddar cheese
- o 1/3 pound ground beef, Italian sausage, or turkey meat
- o Salt, pepper, sugar

Directions:

1. Boil a pot of salted water.
2. Over low heat in a large skillet, add some olive oil, onion, garlic, and a pinch of salt. Simmer that until translucent (you can keep adding some water to prevent it from drying out). Remove to a plate.
3. Add the meat to the skillet and brown it. Once browned, drain it.
4. Return the meat to the pan with onion mixture.
5. Add spaghetti sauce, and cook on low stirring occasionally for about 10-15 minutes.
6. Add chopped basil (and any other herbs or vegetables desired).
7. Alter flavor with salt, pepper, &/or sugar depending upon taste.
8. When water boils add the penne and UNDERCOOK it. Then drain pasta and rinse it in cold water.
9. Combine spaghetti sauce mixture and noodles together in the pot.
10. In a shallow baking dish add spaghetti noodle mix and top with cheese.
11. Bake at 350 degrees F for 30-45 minutes covered in aluminum foil.
12. Take aluminum foil off for the last 10 minutes of cooking time.

Nutritional Facts:

Serving size: 1 cup
 Servings per recipe: 6
 Calories: 570
 Total Fat: 18g
 Sodium: 710mg
 Total Carbohydrate: 60g
 Protein: 41g

Health Check! To lower the sodium content, look for reduced sodium cheese. Turkey in place of beef will also help reduce the sodium and total fat.

Bagel Pizza

Ingredients:

- o 1 bagel
- o 1 can pizza sauce
- o 1/2 cup shredded cheese
- o Favorite toppings (optional)

Directions:

1. Cut the bagel in half, and if possible toast the bagel to make it a little crispier.
2. Add sauce, cheese, and toppings to the bagel as desired.
3. Microwave for 30 seconds.

Nutritional Facts:

Serving size: ½ bagel
Servings per recipe: 2
Calories: 356
Total Fat: 13.5g
Sodium: 913mg
Total Carbohydrate: 43.5g
Protein: 15g

Health Check! To reduce the sodium content, use low sodium tomato sauce and cheese.

DINNER

Healthier Oven Roasted Potatoes

Ingredients:

- o 1 tablespoon olive oil
- o 1 tablespoon minced garlic
- o 1 tablespoon chopped fresh basil
- o 1 tablespoon chopped fresh rosemary
- o 1 tablespoon chopped fresh parsley
- o ½ teaspoon red pepper flakes
- o ½ teaspoon salt
- o 4 large potatoes, peeled and cubed

Directions:

1. Preheat oven to 475 degrees
2. Combine oil, garlic, basil, rosemary, parsley, red pepper flakes, and salt in a large bowl. Toss in potatoes until evenly coated. Place potatoes in a single layer on a roasting pan or baking sheet.
3. Roast in preheated oven, turning occasionally, until potatoes are brown on all sides, 20 to 30 minutes.

Nutritional Facts:

Serving size: 1 cup
Servings per recipe: 4
Calories: 152
Total Fat: 3.5g
Sodium: 377mg
Total Carbohydrate: 29g
Protein: 2.5g

Stuffed Red Peppers

Ingredients:

- o 2 cups brown rice
- o 4 cups water
- o 1 pound lean turkey meat
- o 1 onion, diced
- o ¼ cup chopped mushrooms, or to taste
- o 3 cloves garlic, chopped
- o 1 (26 ounce) jar tomato sauce
- o 1 (16 ounce) can diced tomatoes
- o 1 teaspoon Italian seasoning
- o Salt and pepper to taste
- o 6 red bell peppers, tops and seeds removed
- o ¼ cup grated parmesan cheese, or to taste

Directions:

1. Preheat oven to 350 degrees F.
2. Bring brown rice and water to a boil in a saucepan. Reduce heat to medium-low, place a cover on the saucepan, and simmer until the rice is tender, about 40 minutes. Transfer to a large mixing bowl.
3. Heat a large skillet over medium-high heat. Break ground beef into small pieces and place in the skillet. Add onion, mushrooms, and garlic; cook and stir until the turkey meat is completely browned 7-10 minutes. Mix turkey mixture into brown rice.
4. Stir tomato sauce, diced tomatoes, tomato paste, and Italian seasoning into the rice mixture and season with salt and black pepper.
5. Arrange bell peppers in a baking dish. Spoon filling into bell peppers.
6. Bake in preheated oven until the peppers are tender, about 1 hour. Sprinkle parmesan cheese over the stuffed peppers to serve.

Nutritional Facts:

Serving size: 1 pepper
 Servings per recipe: 6
 Calories: 306
 Total Fat: 21g
 Sodium: 341mg
 Total Carbohydrate: 6g
 Protein: 23g

Roasted Garlic Lemon Broccoli

Ingredients:

- o 2 heads broccoli, separated into florets
- o 2 teaspoons extra-virgin olive oil
- o 1 teaspoons sea salt
- o ½ teaspoon ground black pepper
- o 1 clove garlic, minced
- o ½ teaspoon lemon juice

Directions:

1. Preheat oven to 400 degrees F
2. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.
3. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving.

Nutritional Facts:

Serving size: 1 bowl
Servings per recipe: 1
Calories: 134
Total Fat: 10g
Sodium: 203mg
Total Carbohydrate: 11g
Protein: 4g

Plain Baked Chicken

Ingredients:

- o 4 boneless skinless chicken breasts
- o Nonstick spray oil
- o 1-2 teaspoons olive oil
- o Salt, pepper, garlic powder, paprika

Directions:

1. Coat bottom of the glass baking dish with cooking spray and rub some oil on chicken breast to prevent them from drying out.
2. Sprinkle breast with seasonings.
3. Bake in oven at 350° for 30 minutes, turning every 10 minutes, or microwave for 12–15 minutes.

Nutritional Facts:

Serving size: 1 chicken breast
Servings per recipe: 4
Calories: 140
Total Fat: 3g
Total Carbohydrate: 0g
Protein: 26g

Source: Eating Well On Campus.

Vegetable Stir Fry with Rice

Ingredients:

- o 1/2 cup rice, dry
- o 1/2 tablespoon olive oil
- o 1/4 red peppers, in strips
- o 1/2 green pepper, in strips

- o 2/3 cup sugar snap peas
- o 1 cup broccoli cuts
- o Teriyaki or soy sauce, amount per your taste

Directions:

1. Boil water for the rice. Follow instructions on the rice bag, adjusting for ½ cup of rice. Pour the olive oil into the deepest frying pan you have. Add all of the veggies, and then turn on medium heat. Cover and let steam for about 10 minutes. Move the veggies around with a spoon occasionally to make sure that the frozen bits hug the bottom of the pan. It's normal to have some water at the bottom. The vegetables should begin to look more vibrant in color.
2. Drizzle your sauce throughout the pan, covering all vegetables. Adjust the amount based on your taste. Move the vegetables around with a wooden spoon to make sure the sauce covers all of them evenly. Then let sit for 5 minutes on low heat.

Nutritional Facts:

Serving size: 1 bowl
 Servings per recipe: 2
 Calories: 134
 Total Fat: 9g
 Sodium: 266mg
 Total Carbohydrate: 15g
 Protein: 4g

Black Bean Microwave Enchiladas

Ingredients:

- o Tortillas, corn or flour, any size - your preference
- o 1 can enchilada Sauce
- o 1 can black beans
- o 4 oz. shredded cheese (Mexican blend or Mozzarella)

Directions:

1. Lay out desired number of tortillas on a plate or shallow microwave-safe baking dish.
2. Next, pour enchilada sauce down the middle of each tortilla.
3. Then scoop the black beans on top.
4. Now, generously sprinkle most of the shredded cheese over the black beans.
5. Roll up each tortilla, cover in enchilada sauce, and top with remaining cheese for garnish.
6. Finally, microwave for approximately 5 minutes, until heated throughout and cheese is melted.
7. Remove from microwave carefully, let stand for 2-3 minutes and enjoy.

Nutritional Facts:

Serving size: 1 enchilada
 Servings per recipe: 1
 Calories: 265
 Total Fat: 8g
 Sodium: 580mg
 Total Carbohydrate: 45g
 Protein: 8g

Health Check! To reduce the sodium content, look for low sodium cheese.

Bean Burritos

Ingredients:

- o 4 flour tortillas
- o 1 (16-ounce) can fat-free refried beans
- o ½ cup salsa
- o ½ cup low-fat shredded cheddar cheese

Directions:

1. Divide beans between tortillas, top with salsa and cheese.
2. Roll tortilla, tucking in at the ends.
3. Heat burritos on high for one minute and the cheese will melt.

Nutritional Facts:

Serving size: 1 burrito

Servings per recipe: 4

Calories: 290

Total Fat: 6g

Total Carbohydrate: 49g

Protein: 15g

Source: Eating Well On Campus.

Quick Chicken Cacciatore

Ingredients:

- o 2 teaspoons olive oil
- o 4 boneless, skinless chicken breast halves
- o ¾ tsp. salt
- o ¼ tsp. black pepper
- o 1 small green bell pepper, cut into thin strips
- o 2 cups sliced mushrooms
- o ½ cup dry red wine
- o 1 ½ cups tomato-and-basil pasta sauce
- o 2 tablespoons parsley

Directions:

1. Heat oil in large nonstick skillet over medium-high heat; add chicken.
2. Sprinkle ½ tsp. salt and pepper over chicken.
3. Cook 4 minutes per side.
4. Transfer chicken to a plate and set aside.
5. Combine bell pepper and mushrooms in a skillet over medium heat.
6. Sprinkle with ¼ teaspoon salt.
7. Cook 4 minutes, stirring occasionally.
8. Add wine; cook 2 minutes.
9. Stir in sauce; heat through.
10. Return chicken to skillet; reduce heat and simmer, turning one, 4 minutes or until cooked.

11. Top with parsley.

Nutritional Facts:

Serving size: ½ bagel

Servings per recipe: 2

Calories: 356

Total Fat: 13.5g

Sodium: 913mg

Total Carbohydrate: 43.5g

Protein: 15g

DESSERTS