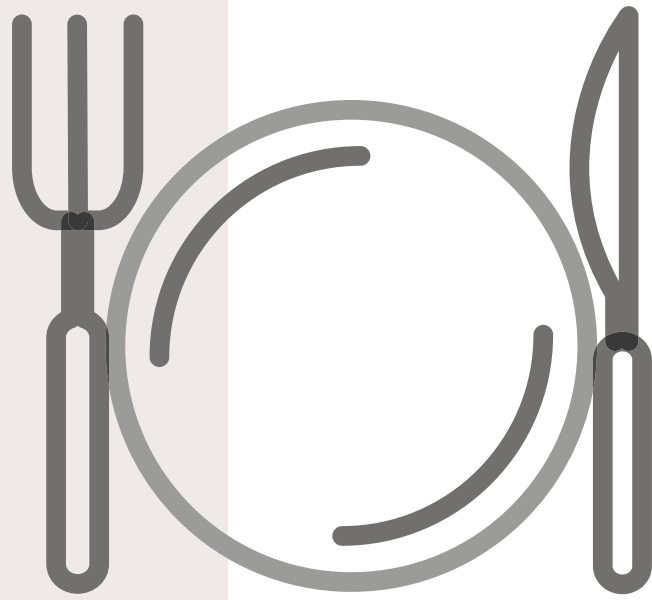


College Student

COOKBOOK





Egg Muffins



6 servings



30 minutes

Ingredients

1 package frozen, chopped
spinach, cooked and drained
4 eggs, beaten
1/4 cup diced bell pepper
1/4 cup diced onion
2 Tbsp salsa
1/2 cup pepper jack cheese

Method

1. Preheat oven to 350°F
2. Combine spinach, eggs, bell pepper, onion, and salsa in a medium-sized bowl and stir until well combined.
3. Spray 2 muffin tins with nonstick cooking spray
4. Divide egg mixture evenly into the muffin tins
5. Sprinkle with cheese
6. Bake for 20 minutes or until centers are set

These quick and easy egg muffins are the perfect way to start the day! Delicious and nutritious, these can be easily prepared and stored in the fridge or freezer for maximum convenience.



Overnight Oats



1 servings



5 minutes

Ingredients

1/2 cup old-fashioned oats

1/2 cup milk

1/2 tsp pure maple syrup

1/4 tsp vanilla extract

Optional add-ins: peanut butter, chia seeds, blueberries, yogurt, dried fruit, honey, almonds, banana, nuts, etc.

Method

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

An inexpensive, time-friendly breakfast that can be prepared the night before.

Recipe Credit::

<https://kristineskitchenblog.com/favorite-easy-overnight-oats-recipe/>



Breakfast Bars



12 servings



1 hr 10 mins

Ingredients

3 cups Cheerios
1/2 cup honey
3/4 cup peanut butter

Method

1. Assemble ingredients and line an 8 x 8 pan with aluminum foil
2. Heat honey and peanut butter in a medium saucepan over medium heat until evenly combined
3. Remove mixture from stovetop and add Cheerios
4. Mix ingredients until cereal is evenly coated
5. Move the mixture to the foil covered pan and spread evenly
6. Refrigerate the bars for an hour before cutting into the bars for serving

A delicious and easy breakfast that can be made ahead of time!

Recipe Credit:

<https://spoonuniversity.com/recipe/cheerio-breakfast-bars-recipe>



Smoothie Bowl



1 serving



5 minutes

Ingredients

- 1 cup unsweetened almondmilk
 - 1 frozen banana
 - 1 cup frozen strawberries
 - 1 cup frozen raspberries
 - 1 scoop vanilla protein powder
-

Method

1. Blend all the ingredients together and top with the toppings of your choice

This protein-packed smoothie bowl is full of nutrient-dense ingredients and is a great way to start the day!

Recipe Credit:

<https://spoonuniversity.com/recipe/3-instagramable-and-actually-healthy-smoothie-bowl-recipes>



Mug French Toast



1 servings



2 minutes

Ingredients

- 1 slice of bread, cubed
 - 1 Tbsp butter
 - 1 egg
 - 3 Tbsp milk
 - Dash cinnamon
 - Drop of vanilla extract
-

Method

1. Cube bread
2. Melt butter in a cup for a few seconds in your microwave. Swoosh it around in the cup
3. Add bread to the cup
4. In a separate cup, combine the egg, milk, cinnamon, and vanilla. Stir
5. Pour the liquid over the bread. Smooth it a little and allow the liquid to soak into the bread
6. Microwave. Start with one minute, then add ten seconds at a time until it's cooked to your liking.
7. Add syrup, if desired. Enjoy!

This recipe is an easy way to enjoy french toast on the run! Bonus: this recipe only requires a mug and a microwave!

Recipe Credit:

<https://www.prettyprudent.com/2-minute-french-toast-in-a-cup/>



Ingredients

- 1 cup quinoa, uncooked
 - 2 cups water
 - 1/4 tsp salt
 - 1 cucumber, peeled and diced
 - 1 red bell pepper, diced
 - 1 green bell pepper, diced
 - 1/2 cup onion, finely diced
 - 1/2 tsp fresh dill
 - salt and pepper to taste
 - 1/4 cup olive oil
 - 3 Tbsp lemon juice
 - 1 tsp honey
 - 1 tsp Dijon mustard
 - 1/2 tsp minced garlic
-

This recipe is positively packed with protein and is a great way to fit more veggies into your diet. You can substitute the veggies for anything else you have on hand - bell pepper, corn, tomatoes, etc.

Recipe Credit:

<https://joyfoodsunshine.com/quinoa-salad/>

Quinoa Salad



10 servings



6 hrs, 35 mins

Method

1. Cook the quinoa
 - a. Bring 2 cups of water and 1/4 tsp salt to a boil
 - b. Add quinoa and return to a boil
 - c. Once water is boiling turn down the heat to a simmer
 - d. Simmer on low for 15 minutes
 - e. After 15 minutes turn off the heat, stir the quinoa, and return the lid to the pot
 - f. Let quinoa sit covered for 15 more minutes
 - g. Place in the refrigerator to cool completely
2. Make the dressing
 - a. Add the dressing ingredients to a small bowl
 - b. Whisk to combine
 - c. Set aside
3. Putting it together
 - a. In a large bowl, add chopped vegetables and dill to the cooled quinoa. Stir until evenly combined
 - b. Add dressing and stir to combine. Chill 30 min
 - c. Add chopped avocado and garnish with dill



Ingredients

- 1 cup flour
 - 1 tsp baking powder
 - 1/2 tsp salt
 - 1/4 tsp black pepper
 - 1 egg
 - 1/2 cup almondmilk
 - 1 Tbsp olive oil
 - 1 1/2 cup grated zucchini
 - 1 cup corn kernels
 - 1/2 jalapeno pepper
 - 3 cloves garlic
 - 2 scallions, diced
 - 1.3 cup parsley
 - 1 Tbsp lime juice
 - 2 Tbsp olive oil
-

This is another veggie-packed meal that can be made a head of time.

Recipe Adapted From:
<https://happykitchen.rocks/vegan-zucchini-corn-fritters/>

Zucchini Corn Fritters



4 servings



20 minutes

Method


1. Grate the zucchini. Place inside a dry towel and squeeze out the excess liquid until as dry as possible
2. Mix the dry ingredients together. Add the egg, almondmilk, and olive oil and mix with a whisk
3. Add grated zucchini, corn kernels, jalapeno, minced garlic, diced scallions, and chopped parsley. Sprinkle with lime juice. Mix it all together
4. Heat a pan to medium heat and pour 1-2 Tbsp oil into the pan.
5. Portion out a heaped Tbsp of batter per fritter and fry in batches over medium heat for about five minutes per side. Cover after flipping
6. Serve with your favorite dip




Tomato & Avocado Sandwich

Ingredients

- 1/2 medium ripe avocado,
peeled and mashed
 - 4 slices whole wheat bread,
toasted
 - 1 medium tomato, sliced
 - 2 Tbsp chopped shallots or
onion
 - 1/4 cup hummus
-

 2 servings

 10 minutes

Method

1. Spread avocado over 2 slices of toast. Top with tomato and shallot. Spread hummus over remaining toast slices; place on top of avocado toast, facedown on top of tomato layer.

This is a great lunch packed with nutrients. It's vegetarian, yet still provides 11 gram of protein per serving!

Recipe Credit:

<https://www.tasteofhome.com/recipes/tomato-avocado-sandwiches/>



Cheese Smashed Potatoes



4 servings



35 minutes

Ingredients

- 1 pound small red potatoes,
quartered
 - 1 cup fresh cauliflower florets
 - 2/3 cup shredded cheddar
cheese
 - 1/4 cup sour cream
 - 1.4 tsp salt
-

Method

1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook 10 minutes. Add cauliflower; cook until vegetables are tender, 10 minutes longer.
2. Drain; mash with cheese, sour cream and salt.

The ultimate comfort food: cheesy mashed potatoes! Plus, this recipe sneaks some veggies into a favorite dish.

Recipe Credit:

<https://www.tasteofhome.com/recipes/cheesy-smashed-potatoes/>



Mediterranean Chicken



4 servings



25 minutes

Ingredients

- 4 boneless skinless chicken breast halves
 - 1/4 tsp salt
 - 1/4 tsp pepper
 - 3 Tbsp olive oil
 - 1 pint grape tomatoes
 - 16 pitted Greek or ripe olives, sliced
 - 3 Tbsp capers, drained
-

Method

1. Sprinkle chicken with salt and pepper. In a large ovenproof skillet, cook chicken in oil over medium heat until golden brown, 2-3 minutes on each side. Add the tomatoes, olives and capers.
2. Bake, uncovered, at 475° until a thermometer reads 165°, 10-14 minutes.

This is a flavorful dish with few ingredients. Plus, the extra chicken can be used in other recipes (wraps, sandwiches, wraps, etc.)

Recipe Credit:

<https://www.tasteofhome.com/recipes/mediterranean-chicken/>



One-Pot Spaghetti



4 servings



35 minutes

Ingredients

- 1 lb lean ground beef
 - 1 3/4 cup sliced fresh mushrooms
 - 3 cups tomato juice
 - 1 can (14.5 oz) diced tomatoes
 - 1 can (8 oz) tomato sauce
 - 1 Tbsp dried minced onion
 - 1/2 tsp salt
 - 1/2 tsp garlic powder
-

Method

1. In a Dutch oven, cook beef and mushrooms over medium heat until meat is no longer pink, breaking it into crumbles; drain. Add tomato juice, tomatoes, tomato sauce, onion and seasonings.
2. Bring to a boil. Stir in spaghetti. Simmer, covered, 12-15 minutes or until spaghetti is tender. If desired, serve with cheese.

A delicious pasta dinner that doesn't cause an avalanche of dishes! Be sure to buy no-salt-added cans of tomatoes and tomato sauce for a healthier dish

Recipe Credit:

<https://www.tasteofhome.com/recipes/one-pot-spaghetti-dinner/>



Creamy White Chili



7 servings



50 minutes

Ingredients

1 lb boneless skinless chicken breasts, cut into 1/2 inch-cubes
1 medium onion, chopped
1 1/2 tsp garlic powder
1 Tbsp canola oil
2 cans (15.5 oz each)
1 can (14.5 oz) chicken broth
2 cans (4 oz each) chopped green chiles

Method

1. In a large saucepan, saute the chicken, onion and garlic powder in oil until chicken is no longer pink. Add the beans, broth, chiles and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.
2. Remove from the heat; stir in sour cream and heavy cream. If desired, top with tortilla chips, cheese and jalapenos.

This is a great winter meal that is packed with flavor! This recipe has a large yield so you can have plenty of leftovers!

Recipe Credit:

<https://www.tasteofhome.com/recipes/creamy-white-chili/>



Ingredients

- 1 Tbsp coconut oil
 - 1 yellow onion, diced
 - 3 cloves garlic, minced
 - 1 Tbsp grated ginger or ginger paste
 - 1 Tbsp curry powder
 - 1 tsp garam masala
 - 1/2 tsp turmeric
 - 1/2 tsp kosher salt
 - 1/2 cup tomato puree
 - 2 (15 oz) cans chickpeas, drained and rinsed
 - 4 large handfuls of fresh baby spinach
-

This is an inexpensive meal that makes delicious leftovers! Chickpeas are a great source of protein and are cheaper than animal proteins like chicken or beef.

Recipe Source:

<https://therecipewell.com/chickpea-spinach-curry>

Chickpea Spinach Curry



4 servings



35 minutes

Method

1. In a large skillet, heat coconut oil over medium heat. Sauté the onions until softened, about 3 minutes. Add the garlic and grated ginger and continue to sauté another 30 seconds.
2. Sprinkle in the curry powder, garam masala, turmeric and kosher salt and stir continuously until the onion mixture is evenly coated. Pour in the tomato puree and continue to mix until well combined and fragrant.
3. Pour in the coconut milk and stir until smooth. Bring to a strong simmer, then turn heat down to medium/low and continue to simmer uncovered for 5 minutes.
4. Add the chickpeas and simmer for 10 minutes, stirring occasionally (turn the heat back up to medium if needed). Add the spinach and cook for another 5 minutes or until the spinach is wilted. If your skillet has a lid, you can cover it to speed up the wilting process. Season with additional salt to taste, if needed.
5. Serve immediately with rice or naan, chopped fresh cilantro and yogurt sauce, if desired. Store any leftovers in a sealed container in the refrigerator and eat within 4 days.



Chicken Fajitas



4 servings



60 minutes

Ingredients

Cooking spray
3 cups bell pepper strips
2 cups sliced onion
1 pound boneless skinless
chicken breasts, cut into thin
slices
1 tsp chili powder
1/2 tsp cumin
2 cans (10 oz each) diced
tomatoes and green chilies,
drained
8 flour tortillas

Method

1. Spray large skillet with cooking spray; heat over medium-high heat. Add bell peppers and onion; cook 7 minutes or until tender, stirring occasionally. Remove from skillet; set aside.
2. Add chicken to skillet. Sprinkle with chili powder and cumin. Cook 4 minutes or until no longer pink, stirring occasionally.
3. Return peppers and onion to skillet; add drained tomatoes. Cook 2 minutes more or until hot. Divide chicken mixture evenly between tortillas.

This is an easy dish that is packed with protein and nutrient-dense peppers. You can use whole wheat tortillas for a healthier dish

Recipe Credit:

<https://www.readyseteat.com/recipes-Easy-Chicken-Fajitas-5485>



Shepherd's Pie



4 servings



30 minutes

Ingredients

- 1 lb ground beef
 - 1 medium onion, chopped
 - 1 can (10 oz) cream of mushroom soup
 - 12 oz bag of frozen peas and carrots
 - 3 cups cooked mashed potatoes
 - salt and pepper to taste
 - 3 cups cooked mashed potatoes
 - 2 Tbsp cold butter, cut into bits
-

This is an easy and inexpensive meal that doubles as a comfort meal. Preparing mashed potatoes from scratch instead of using instant mashed potatoes creates a more nutritious meal.

Recipe Credit:

https://www.cdktichen.com/recipes/recs/477/Shephards_Pie40084.shtml

Method

1. Preheat the oven broiler.
2. Brown the ground beef and onion in a cast iron or other oven-proof skillet over medium-high heat. Drain off any excess grease. Stir the soup (or gravy) into the skillet. Mix well. Add any desired vegetables. Season to taste with salt and pepper.
3. Remove the pan from the heat and spread the mashed potatoes over the top. Dot the top of the potatoes with the butter. Place the pan under the broiler and broil until browned.
4. Serve hot.



Ingredients

- 1 lb chicken breast cut into 3/4 inch pieces
 - 2 Tbsp olive oil
 - 1 lb broccoli florets
 - 1 small yellow onion, sliced
 - 1/2 lb white button mushrooms, sliced
 - 2/3 cup chicken broth
 - 3 Tbsp soy sauce
 - 2 Tbsp brown sugar
 - 1 Tbsp corn starch
 - 1 Tbsp sesame oil
 - 1 tsp fresh ginger, grated
 - 1/4 tsp black pepper
-

This is an easy meal that packs a ton of flavor! Using low-sodium broth and soy sauce is a great way to make this meal healthier.

Recipe Credit:

<https://natashaskitchen.com/chicken-broccoli-and-mushroom-stir-fry/>

Chicken and Broccoli Stir Fry



4 servings



30 minutes

Method

1. In a small bowl, combine all of the sauce ingredients and whisk to dissolve sugar and corn starch (warm broth will help dissolve the sugar faster). Set sauce aside.
2. Cut chicken into small bite-sized pieces (no more than 3/4" thick) and season lightly with pepper. Heat a large heavy skillet or wok over medium-high heat. Add 1 Tbsp oil. Add chicken in a single layer and let it sit undisturbed for 1 minute to get a good sear then stir fry for another 5 minutes or until golden brown just cooked through then remove to a bowl and loosely cover to keep warm.
3. In the same skillet, add another 1 Tbsp oil along with broccoli florets, sliced onion and sliced mushrooms. Stir fry 3 minutes or until mushrooms are softened and broccoli is crisp-tender then reduce heat to medium/low.
4. Give the sauce a quick stir in case there was any settling of starch and pour all of it over the vegetables. Simmer 3-4 minutes or until sauce is thickened and garlic and ginger are mellowed in flavor. To thin the sauce, add water a tablespoon at a time.
5. Return chicken to the pan and stir another 30 seconds or until heated through. Add more soy sauce to taste if needed and serve over hot rice.



Ingredients

- 1 lb ground beef
- 1 small yellow onion, diced
- 1 oz taco seasoning
- 16 oz refried beans
- 3/4 cup sour cream
- 2 cups shredded cheddar cheese
- 1/4 cup black olives
- 3/4 cup crunchy topping such as tortilla chips, Doritos, or Fritos

Optional toppings include green onions, shredded lettuce, and diced tomatoes

This is a fun twist on your usual taco night. It can also easily be prepared the day before and baked in the oven the next day! Choose lean ground beef and low sodium tortilla chips for a healthier meal

Recipe Credit:

<https://thecozycook.com/taco-casserole/>

Taco Casserole



6 servings



40 minutes

Method

1. Let the sour cream come to room temperature while you prepare the meat. This will prevent it from curdling when baked as it won't be going from cold to hot right away.
2. Preheat oven to 350 degrees.
3. Add the ground beef and diced onions to a large pan and cook and crumble over medium heat until the meat is cooked through.
4. Drain excess grease.
5. Add 3/4 cup water and taco seasoning.
6. Bring to a boil.
7. Reduce the heat and simmer for 5 minutes, stirring occasionally. Remove from heat.
8. Spread the refried beans in an even layer within a casserole dish. (Mine was 9 x 13" but varying sizes are fine.)
9. Spread the sour cream over the refried beans.
10. Top with cooked ground beef mixture, then with cheese.
11. If you're preparing this head of time, let it cool and cover and refrigerate until ready to bake.
12. Bake uncovered for 15 minutes (or 25 if the casserole was refrigerated)
13. Garnish!



Ingredients

- 3 cups cooked rice
 - 2 Tbsp sesame oil
 - 1 small white onion, chopped
 - 1 cup frozen peas and carrots, thawed
 - 2-3 Tbsp soy sauce more or less to taste
 - 2 eggs, lightly beaten
 - 2 Tbsp chopped green onions
-

Fried Rice



8 servings



35 minutes

Method

1. Preheat a large skillet or wok to medium heat. Pour sesame oil in the bottom. Add white onion and peas and carrots and fry until tender.
2. Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
3. Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onions if desired.

This is a great way to use leftover rice, and can be thrown together quickly! You can use any leftover vegetables you have on hand.

Recipe Credit:

<https://therecipecritic.com/easy-fried-rice/>



No-Bake Oatmeal Cookies

Ingredients

1/4 cup cocoa powder
3/4 cup granulated sugar
1/4 cup maple syrup
1/4 cup milk
4 Tbsp butter
1/2 cup creamy peanut butter
2 tsp vanilla extract
1/8 tsp kosher salt
18 tsp cinnamon
3 cups Old Fashioned rolled
oats

An easy and oven-free recipe! These cookies are rich in flavor and cheap to make.

Recipe Credit:

<https://www.acouplecooks.com/no-bake-chocolate-oatmeal-cookies/>



24 cookies



15 minutes

Method

1. Place all ingredients except the oats in a medium saucepan and bring it to a boil.
2. Once it starts rapidly bubbling, set a timer for 1 minute. Stirring continuously with a spatula, boil for 1 minute. Then immediately remove from the heat and stir in the oats.
3. Make 1 1/2 tablespoon-sized scoops (using a size 40 cookie scoop, if you have it) and then place onto a parchment lined baking sheet. Flatten them with a buttered spoon, or press gently with your fingers. (Flavor variations: Top them with flaky sea salt, or toasted coconut and flaky sea salt for a Samoa flavor.)
4. Freeze the cookies for 10 minutes. Then store refrigerated for up to 3 weeks.



Zucchini Bread



2 loaves



70 minutes

Ingredients

3-4 cups grated fresh zucchini
3/4 cup butter, melted
3 cups all-purpose flour
1 tsp baking soda
1 tsp baking powder
2 tsp cinnamon
1/2 tsp ground ginger
1/4 tsp ground nutmeg
1 1/3 cup sugar
2 large eggs, beaten
2 tsp vanilla extract
1/4 tsp salt

This is a delicious treat that is packed with nutrient-dense zucchini! Replacing half the all-purpose flour with whole wheat flour is a great way to upgrade this recipe.

Recipe Credit:

https://www.simplyrecipes.com/recipes/zucchini_bread/

Method

1. Drain the zucchini
2. Preheat oven to 350 F
3. In a large bowl, vigorously whisk together the flour, baking soda, baking powder, cinnamon, ginger, and ground nutmeg.
4. In another large bowl, whisk together the sugar, eggs, vanilla, and salt (omit the salt if using salted butter). Stir in the drained grated zucchini and then the melted butter.
5. Add the flour mixture, a third at a time, to the sugar-egg-zucchini mixture, stirring after each incorporation. Fold in the nuts and dried cranberries or raisins, if using.
6. Divide the batter equally between the loaf pans. Bake for 50 minutes at 350°F (175°C) or until a tester inserted into the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly.