



COLLEGE MEAL PREP

Healthy and easy recipes!

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BERRY BREAKFAST BARS

EIGHT SERVINGS

Ingredients

Base

- 1/2 cup unsalted butter, melted
- 1 cup all purpose flour
- 3/4 cup old-fashioned oats
- 1/2 cup granulated sugar
- 1/4 cup light brown sugar, packed
- Pinch salt, to taste

Blueberry Layer

- 12 oz blueberries
- 1/3 cup granulated sugar
- 2 Tablespoons lemon juice
- 2 teaspoons cornstarch

Directions

1. Preheat oven to 350F. Line an 8-inch square pan with aluminum foil and spray with cooking spray
2. Add flour, oats, sugars, and salt to melted butter.
3. Set aside one cup of this mixture to use as crumble topping later.
4. Transfer remaining mixture to prepared pan, and pack the mixture to create an even, flat crust.
5. Combine blueberries, sugar, lemon juice, and cornstarch in a bowl.
6. Sprinkle blueberry mixture and reserved crumble onto the crust.
7. Bake the bars for about 55 minutes and place on a wire rack to cool.

Source

<https://www.averiecooks.com/blueberry-oatmeal-crumble-bars/#mv-creation-47-jtr>



CHICKEN BURRITO BOWL

SIX SERVINGS

Ingredients

- 1 pound chicken breast cut into bite sized pieces
- 3 tablespoon olive oil
- 1/4 cup yellow onion diced
- 1 cup extra-long grain rice uncooked
- 1 14.5 oz can diced tomatoes drained
- 1 15 oz can black beans drained and rinsed
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 2 1/2 cups low-sodium chicken broth
- 1 cup cheddar cheese
- kosher salt and pepper
- freshly diced tomatoes
- diced green onions
- sour cream
- guacamole



Directions

1. Start by sautéing onions in 2 tablespoons of olive oil
2. Season diced chicken with 1 teaspoon of kosher salt and 1/2 teaspoon of black pepper.
3. Add chicken to pan and cook over medium high heat
4. Add an additional tablespoon of olive oil and sauté uncooked rice for about 2 minutes
5. Stir in drained black beans, drained canned tomatoes, chicken broth, garlic powder, onion powder, chili powder, smoked paprika and cumin.
6. Bring to a simmer, cover and reduce heat to low.
7. Cook about 20 minutes, or until rice is tender.
8. Season with additional salt and pepper as needed.
9. Sprinkle with cheese, recover and let set for 2-3 minutes off heat to melt cheese.
10. Garnish with fresh tomatoes, green onions, sour cream and guacamole.

Source

<https://www.number-2-pencil.com/one-pan-chicken-burrito-bowls/>

TRI COLOR PASTA SALAD

TWELVE SERVINGS

Ingredients

- 1 pound tri-color rotini pasta
- 2 cups Italian Dressing
- 8 ounces mozzarella cheese diced
- 2 cups cherry tomatoes halved
- 8 ounces can pitted and sliced black olives drained
- 1 green bell pepper chopped
- 1 red bell pepper chopped
- Salt and pepper

Directions

1. Cook the pasta as per the package instructions.
2. Drain the pasta into a colander and then dump it back into the pot.
3. Add 1 cup of the Italian dressing and stir until the pasta absorbs the dressing.
4. Cover the pot with a lid and cool for 30 minutes at room temperature.
5. In a large bowl, add the pasta, mozzarella cheese, tomatoes, black olives, green bell pepper, red bell pepper, and the remaining 1 cup of Italian dressing.
6. Toss gently, then refrigerate for at least one hour.
7. Season with salt and pepper, and then transfer the salad to a serving bowl.
8. Serve and enjoy.

Source

https://foodfolksandfun.net/easy-pasta-salad/?utm_source=discover&utm_medium=organic&utm_campaign=web_story&_gl=1*k5bv34*_ga*WXBRT9kRzIPcURMVIAyOFA0RkhNaIZXQW9pSTh4MjNGZ3ZPWmVvQ0tZYXVhTXRnTzIRQklyZF9EZ2tuSk95Ug

