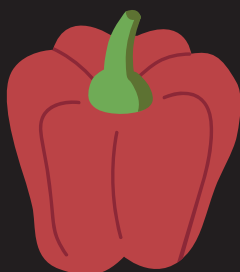


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RECIPE BOOK



TYPES OF RECIPES

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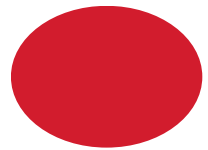
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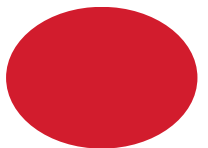
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Easy Recipes



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**Protein Focused
Recipes**



What to expect

College cooking doesn't need to be complicated, each recipe uses items you can get from the Bearcats Pantry! The recipes will include the ingredients, directions, servings sizes and some general nutrition facts.

Visit the Bearcat Pantry and Resource Center website for more information!

www.uc.edu/bcp





General Recipes



These are non-specific recipes that can be made mostly from ingredients found at the pantry, and they require few pieces of cooking equipment.



Breakfast Scramble

Makes 1 serving
Requires a skillet & stove

Ingredients:

- ☐ **2-3 chopped medium potatoes**
- ☐ **2 eggs (any size or kind)**
- ☐ **2 tablespoons of canned black beans**
- ☐ **1/2 chopped bell pepper**
- ☐ **2 tablespoons of chopped tomatoes**
- ☐ **ground black pepper and salt (whatever seasonings)**
- ☐ **1/2 cup of Spinach**

Directions:

Using olive oil or butter, soften bell pepper and potatoes in a large skillet on medium high heat (about 3-5 minutes).

Afterwards, cook eggs in your preferred way.

Add black beans, tomatoes, and spinach to the skillet. Cook for another 2 minutes.

**Add the eggs and potato + vegetable mixture to a plate or bowl
Top with shredded cheese, salt & pepper. Enjoy!**

Eggs are a good source of protein & fat, which will help to build muscle and keep you full longer. Potatoes are full of potassium and healthy carbohydrates. Spinach and bell peppers add lots of beneficial nutrients like antioxidants and minerals!



Pasta with Meat Sauce

Makes about 8 servings
Requires 1 pot, 1 sauce pan, and a stove.



Ingredients:

- ☐ **1 box of spaghetti (or any pasta)**
- ☐ **1 pound of ground beef**
- ☐ **1 can of tomato pasta sauce**
- ☐ **2 tablespoons of tomato paste**
- ☐ **1 cup chopped tomatoes**
- ☐ **1 medium onion (optional)**
- ☐ **1 cup of broccoli or spinach (optional)**
- ☐ **1 chopped bell pepper (optional)**
- ☐ **2 teaspoons of Italian seasoning & salt**

Directions:

Cook ground beef in a large skillet until no longer pink. If including peppers and onions, cook those with it. Drain excess liquid.

Mix in diced tomatoes, tomato paste, tomato sauce, and seasonings. Stir until combined. Let simmer on low heat for an additional 15 minutes.

Cook spaghetti according to package directions.

Top spaghetti with meat sauce, and if you choose, steamed broccoli and cheese. Enjoy!

Pasta with Meat Sauce provides good carbohydrates, fats and proteins to fuel your body. This is a great meal for lunch or dinner, makes multiple servings so can be prepped for multiple days. Including veggies provides lots of vitamins and minerals.



Cinnamon Apple Pancakes

Makes 2 servings
Requires a skillet & stove.



Ingredients:

- ☐ **1 cup of pancake mix**
- ☐ **½ cup of water (or milk)**
- ☐ **½ cup of applesauce**
- ☐ **1 teaspoon of cinnamon**

Directions:

Mix the pancake mix, applesauce, water (or milk), and cinnamon in a bowl. Spray a skillet with cooking spray or cover with butter or oil. Pour a circle of pancake batter and cook each side until golden brown. Top pancakes with whatever toppings (like chopped apples). Enjoy.

**** Disclaimer: different pancake mixes have different instructions. Make sure to follow your instructions to get best results. Add about 1/2 cup of applesauce for every 1 cup of pancake mix. Add more mix if too runny.**

Possible toppings: apples (or other fruit), nuts, yogurt of choice, nut butter, chocolate chips, whip cream, etc.



Sloppy Joe

**Makes multiple servings.
Requires a sauce pan & stove!**

Ingredients:

- ☐ **1 pound of ground beef**
- ☐ **1 can of Sloppy Joe sauce**
- ☐ **1 pack of hamburger buns, or bread**
- ☐ **1 small onion, diced (optional)**
- ☐ **Pickle chips (optional)**
- ☐ **2 carrots, shredded (optional)**
- ☐ **1 green bell pepper, diced (optional)**

Directions:

Cook ground beef in a skillet. After cooking for 3-4 minutes add carrots, onion, and bell pepper (if you choose). Cook until hamburger is no longer pink. Drain.

Add 1 can of sloppy joe sauce. Lightly toast a hamburger bun and then fill with sloppy joe. If you choose, top with pickle chips.

Grab a napkin and enjoy!

Makes a quick and easy lunch and dinner. Ground beef is a great source of protein and adding optional veggies adds lots of vitamins and minerals. This can be further enhanced with seasonings (like Italian seasoning) or cumin.



Egg Bites

Makes 7-8 servings
Requires either sheet pan or muffin tin and an oven.

Ingredients:

- ☐ **6 eggs (any size)**
- ☐ **1/4 cup of milk**
- ☐ **2 slices of cheese, diced**
- ☐ **1 cup of add-ins**
- ☐ **salt + pepper to taste**

Directions:

In a large bowl, mix together eggs and all other ingredients. Spray either a large baking pan, or muffin tins with oil/ butter and pour the mixture evenly. Bake at 350 for 15-20 minutes. If using a baking sheet, cut into 8 squares. Enjoy!

Add-in Suggestions: frozen veggies (of any kind), chopped mushrooms, spinach, diced tomatoes.



Cultural Cuisine



These are culturally based dishes that can be made using most to all of ingredients found at the pantry. You will find some traditional Indian dishes, Turkish, and Mediterranean dishes in this section.



Chickpea Curry

**Makes 6 servings.
Requires a pot and stove.**

Serve over rice or with naan bread. Uses most ingredients found at the pantry, will need some of your own seasonings!

Ingredients:

- ☐ **2 cans of chickpeas (garbanzo beans)**
- ☐ **1/4 cup of onion, diced**
- ☐ **2 tablespoons of vegetable oil**
- ☐ **1 can of diced tomatoes**
- ☐ **1 can of coconut milk**
- ☐ **2 tablespoons of tomato paste**
- ☐ **Seasonings: cumin, curry, pepper, salt, garlic, red pepper flakes(or whatever you use)**

Directions:

Add oil, diced onion and spices to a pot and cook on medium heat until the onions have softened. Add the tomato paste, diced tomatoes and coconut milk and heat for 2 minutes. Add the chickpeas and a splash of water and cook for 10 minutes, occasionally stirring. Serve over rice or with naan bread! Enjoy!

This recipe is simplified to use most to all of the pantry staples, as well as providing a well balanced assembly. Please change a bit as you see fit, can cook with veggies for a more filling meal!



Mediterranean Style Salad

**Makes 3-4 servings.
Requires no cooking!**



Ingredients:

- ☐ 1 pouch of chicken
- ☐ 1 can of chickpeas (garbanzo beans)
- ☐ 1 cucumber, chopped
- ☐ 1 can of diced tomatoes
- ☐ 1/2 onion, chopped
- ☐ 2 tablespoons of oil (olive or vegetable)
- ☐ salt, pepper, italian seasoning
- ☐ 1 tablespoon of lemon juice, or italian dressing
- ☐ 1 can of kidney beans

Directions:

Drain cans of beans and any vegetables you use. Mix all ingredients together in a large bowl that can be stored in the fridge. Add oil, seasonings of choice and maybe some italian dressing if wanted. Serve over rice or as is. Enjoy!

This is a perfect well-balanced meal that provides protein, fats and carbohydrates to fuel you for the day. This can be adjusted to your preferences with a sauce or addition of spices to your liking.



Butter Chicken

**Makes 2-3 servings.
Requires an oven and stove.**

Uses some ingredients found at the pantry! Will need your own seasonings!

Ingredients:

- ☐ **2 tablespoons of vegetable oil**
- ☐ **1 can of diced tomatoes**
- ☐ **1 small onion, diced**
- ☐ **4 pieces of frozen chicken, thawed and cubed**
- ☐ **1/2 can of coconut milk**
- ☐ **Seasonings: garlic powder, turmeric, curry powder, ground masala, red pepper flakes (or whatever seasonings you prefer)**

Directions:

Cook chicken in a pan at 425 degrees for 45 minutes, or until no pink. Add oil to a skillet and bring to a medium heat. Add your onion and cook until softened. Cut chicken into cubes and add to the skillet with tomatoes and coconut milk. Finally, add seasonings and let cook with lid for 5 minutes. Enjoy!

This is a yummy dish that can be served over rice or with naan bread for dinner or lunch. You can adjust to your preferences with various seasonings or sauces.



Spicy Indian Corn

**Makes 2-3 servings.
Requires a skillet and stove.**

Ingredients:

- ☐ **2 cans of corn (or 2 bags of frozen corn)**
- ☐ **1/2 small onion, diced**
- ☐ **1 tablespoon of butter or vegetable oil**
- ☐ **Seasonings: garlic powder, curry powder, chili powder, red pepper flakes (or whatever seasonings you prefer)**

Directions:

Add oil to a skillet and bring to a medium heat. Add your diced onion and cook until softened. Finally add your corn and seasonings and cook until corn appears slightly blackened! Enjoy!

This is a perfect recipe for a side dish, or can be elevated by pairing it with rice or naan bread. Can be adjusted to your preferences and likings.



Turkish Stuffed Onions

**Makes 10-15 servings.
Requires an oven.**



Ingredients:

- ☐ **3 medium onions, peeled**
- ☐ **1 can of diced tomatoes**
- ☐ **2 cups of white or brown rice**
- ☐ **1 can of tomato sauce**
- ☐ **salt and pepper, (and whatever other seasonings you prefer)**

Directions:

Peel the onions, wash, then slice right through half center (only on one side). Bring a pot of water to boil and add your onions. Cook your rice until softened, then drain excess water and mix other ingredients (except the sauce) with rice. Take individual pieces of onion and stuff them (see picture above). Place onions in a baking dish and cover with tomato sauce. bake at 425 degrees for 20 minutes. Enjoy!

These are a great traditional Turkish dish that can be easily made with all the ingredients from the pantry. You can easily customize them to your preference as well by adding other spices, vegetables or meat.



Dietary Restrictions



These are recipes designed for those with specific allergens, intolerances, or preferences. These include Dairy-Free, Gluten-Free, and Low-Sodium. Most, or all, of the ingredients in this section can be found at the pantry!



3 Ingredient Peanut Butter Cookies

**Gluten Free and
Dairy Free**

**Makes 15-17 cookies.
Requires an oven.**



Ingredients:

- ☐ **1 cup of Peanut Butter**
- ☐ **1 cup of granulated sugar**
- ☐ **1 large egg**

Directions:

Mix peanut butter, sugar and egg in a medium sized bowl. Scoop out tablespoon sized amount and roll into about 15 balls. Push down the dough in with a fork upwards and sideways to make that lattice look. Bake at 350 degrees for 8-10 minutes. Enjoy!

These are a simple and quick dessert to end the night with. You can change these by adding mix-ins like chocolate chips, nuts, seeds and dried fruit.



Veggie Fried Rice

Gluten Free

**Makes about 5-6 servings.
Requires an skillet, saucepan
and stove.**



Ingredients:

- ☐ **2.5 cups of white rice**
- ☐ **3 eggs**
- ☐ **2 tablespoons of vegetable oil**
- ☐ **1/2 cup of mixed veggies, or corn, peas, carrots and green beans**
- ☐ **1/2 cup of chopped onion**
- ☐ **seasonings of choice**
add coconut aminos or Worcestershire for a gluten free soy sauce alternative

Directions:

Add rice to a medium saucepan with water and bring to a boil. Once boiling, let simmer for 20 minutes, until rice is cooked. Turn off heat and let it sit for 15 minutes, drain any excess water. Add vegetable oil to a skillet and add onion, cook until soft, then add frozen veggies. Cook veggies until soft, then add eggs and scramble them. Add the cooked rice and mix them all together. Cook for 5 more minutes. Add seasonings.

Enjoy!

This veggie fried rice dish makes a yummy gluten free dinner option. Can be served with chicken or tofu for a well rounded meal. This is also perfect for meal prepping.



Meatloaf

Dairy Free

**Makes about 8 servings.
Requires an oven and baking
sheet.**



Ingredients:

- ☐ **2 pounds ground beef**
- ☐ **1/2 cup diced onion**
- ☐ **1/3 cup of celery**
- ☐ **1 cup oats**
- ☐ **1 egg**
- ☐ **1/3 cup of celery**
- ☐ **1/2 cup of water**
- ☐ **seasonings of choice (pepper, salt, italian seasoning)**
- ☐ **2 tablespoons of ketchup**

Directions:

**Thaw ground beef packages.
Mash all ingredients together in
large bowl. Shape into a loaf size
and place on a baking sheet.
Bake at 350 degrees for about
an hour. Serve with roasted
potatoes or rice!**

Original recipe: [here](#) (changes were made to recipe)

**Meatloaf takes a bit longer to cook, but it makes a large amount
that can be stored for other days. It is a high protein dish that
goes well with potatoes or rice!**



Berry Crisp

Dairy Free

**Makes 6-8 servings.
Requires an oven and a pan.**



Ingredients:

- ☐ **4 cups of your choice of frozen berries**
- ☐ **2 tablespoons of white sugar**
- ☐ **1 cup of oats**
- ☐ **1/2 cup of flour (any kind)**
- ☐ **2 tablespoons oil (vegetable or melted coconut oil)**
- ☐ **1/2 cup of sugar (any kind)**

Directions:

Mix frozen fruits of choice with 2 tbsp of sugar and add into a baking dish. Mix the crumble topping ingredients together in a medium bowl then sprinkle on top of the fruit. Bake at 350 degrees for 30-40 minutes. Enjoy!

Berry Crisp is a great treat for breakfast or even dessert. Yogurt or whipped cream would be a perfect topping. You can change this to any fruit combination of your preference.



Creamy Tomato Pasta

Low Sodium

**Makes 3-4 servings.
Requires a pot and stove!**



Ingredients:

- ☐ **1/2 box/ bag of pasta**
- ☐ **2 tablespoons of tomato paste**
- ☐ **1/2 can of diced tomatoes**
- ☐ **1/4 cup of milk**
- ☐ **1/2 cup of frozen broccoli**
- ☐ **2 tsp of italian seasoning**

Directions:

Cook pasta according to the box. Then begin your sauce in another sauce pan. Combine your milk, diced tomatoes, tomato paste and seasonings, as well as a splash of pasta water. Bring to medium heat for a few minutes then drain pasta and combine together. Enjoy!

This entire recipe is about 660 grams of sodium, however when splitting into 3-4 servings, that is only 220-165 grams of sodium per serving, which is very good! Low sodium swaps are a great choice for heart healthy lifestyles. Italian seasonings are nice because they are mainly dried herbs, with no extra salt.



Plant-based Recipes



These are recipes designed for those following some form of plant-based diet. These include both Vegan and Vegetarian dishes. Most, or all, of the ingredients in this section can be found at the pantry!



Chickpea Pasta

Vegan and Vegetarian!

**Makes 4-5 servings.
Requires skillet and stove.**

Ingredients:

- ☐ **1/2 box of pasta (8 oz)**
- ☐ **1 can of chickpeas**
- ☐ **2 tablespoons of olive oil
or vegetable oil**
- ☐ **1-2 cups of Spinach
(optional)**
- ☐ **salt and ground pepper (or
whatever seasonings you
prefer, like italian seasoning)**

Directions:

**Cook pasta according to package
instructions.**

**Heat 1 T oil in a medium sized skillet
and soften chickpeas over medium
heat for about 8 minutes.**

**Add spinach or kale at the end and
soften then remove from heat.**

**Drain pasta and add chickpeas and
spinach/kale.**

**Top seasonings, salt, and pepper to
taste.**

**Add 1/2 tablespoon of olive oil.
Mix well and enjoy!**

**This chickpea pasta makes a great plant based meal for dinner or
lunch. It includes healthy carbohydrates, protein and fat in the
pasta, chickpeas and oil. Can add vegetables or other seasonings
to enhance the flavor!**



Tofu Stir-Fry

Vegan and Vegetarian!

**Makes 4-5 servings.
Requires a skillet and stove.**



Ingredients:

- ☐ **1 package of Tofu**
- ☐ **Frozen or canned veggies of choice (ex: green beans, carrots, peas)**
- ☐ **1/2 cup of rice (any kind) or noodles of choice**
- ☐ **2 tablespoons of Soy sauce**
- ☐ **1 tsp sugar (can also be maple syrup or honey)**
- ☐ **seasonings like garlic powder, salt and ground pepper**

Directions:

Take tofu out of package and press it dry with a towel or cloth until dry. Cut into small block pieces and put it into a skillet with some oil. (Tip: add some cornstarch and flour to the tofu for an even crispier fry on the skillet). Mix soy sauce, sweetener and seasonings in a bowl and pour into the pan. Add veggies and cook for 6-8 minutes until tofu is crisped. Serve with rice or noodles.

Enjoy!

Tofu Stir Fry is a perfect plant based take on traditional stir fry. Tofu is soy based and is a complete protein, therefore it is a great alternative for those following a plant based diet and trying to get all their daily nutrient.



Tofu Scramble

Vegan and Vegetarian!

Makes 1 serving.

Requires an oven.

Ingredients:

- ☐ **1 package of Tofu**
- ☐ **1/2 cup of Spinach**
- ☐ **salt + ground pepper**
- ☐ **1 - 2 tablespoons of Nutritional Yeast**
- ☐ ***additional vegetables: peppers/ diced tomatoes**

Directions:

Crumble tofu block into a skillet or break apart with spatula.

Add any seasonings and vegetables that you prefer.

Cook on medium heat for 6-8 minutes. Pair with toast or diced potatoes. Enjoy!

This is a great vegan and vegetarian alternative for scrambled eggs! This recipe is a great source of protein that can be a very nutritious breakfast.



Black Bean Burger

Vegetarian

Makes 4-5 servings.

Requires an oven.



Ingredients:

- ☐ 1 can of black beans, drained
- ☐ 1 cup of oats
- ☐ 1 egg
- ☐ 2 tablespoons of ketchup
- ☐ 2 teaspoons of seasonings such as garlic powder, chili powder, etc.
- ☐ Optional for flavor: soy sauce, paprika, red pepper flakes

Directions:

Empty beans into a medium bowl and mash with a fork until mostly smooth. Mix in oats, egg, ketchup and seasonings, as well as any extra flavor enhances you choose.

Sprinkle in more oats or a bit of flour if mixture is too wet. Shape into patties and cook on skillet at medium heat. Cook until browned or about 5 minutes on each side. Serve on bread or in a bowl with rice.

Enjoy!

These are yummy plant based alternatives for a beef based burger. The black beans offer lots of protein and texture, can be enhanced even further with the addition of quinoa or lentils!



Meatless Meatballs

Vegetarian

**Makes 15 - 20 meatballs,
about 4-5 servings.
Requires a stove and
blender/mixer.**

Ingredients:

- ☐ **2 cups canned chickpeas (garbanzo beans)**
- ☐ **1/2 cup of oats**
- ☐ **2 tablespoons of tomato paste**
- ☐ **2 teaspoons of italian seasoning or garlic powder, salt and pepper**
- ☐ **2 eggs**

Directions:

Combine chickpeas, eggs, oats and seasonings in a blender or using handheld mixer. Roll into tablespoon sized balls, adding more oats if consistency is too moist. Add balls to a medium heat skillet with some vegetable oil. Cook for 6-8 minutes or until golden brown. Serve with pasta and tomato pasta sauce. Enjoy!

This is a great alternative for spaghetti and meatballs if you are looking for a plant-based alternative. This can be changed around a bit for preferences. You can add quinoa, or lentils for a more meatball-like texture and more protein. Vegans can also use a flax-seed based egg alternative for a vegan version.



Easy Recipes



These are recipes that you can quickly throw together in a pinch with minimal cooking equipment. These are also kid friendly recipes to be used for school lunches & on the go.



Overnight Oats

**Makes a single serving.
Requires no cooking
equipment!**



Ingredients:

- ☐ **1/2 cup of oats (any kind)**
- ☐ **1/2 cup milk (any kind)
or water**
- ☐ **1/2 cup greek yogurt
or non-dairy yogurt**
- ☐ ***whatever add ins and
toppings you want***

Directions:

**Mix the oats, milk (or water) and
yogurt of choice in a sealable bowl
or mason jar.**

**Choose the add ins you want and
mix them into your base.**

**Put a top on your container and put
it in your fridge. Let it sit overnight
or for at least 4 hours.**

**Add any additional toppings. Mix it
all up and enjoy!**

**Add-ins and Topping Suggestions: Peanut butter, maple syrup, honey,
cinnamon, brown sugar, any fruit, chocolate chips, nuts and seeds.**

**Oatmeal contains healthy carbohydrates perfect for breakfast
or mid-day snack. It also contains moderate amount of fiber
and protein which is great for digestive health and will keep
you full for longer.**



Tuna Salad

**Makes 2-3 servings.
Requires no cooking equipment.**

**All you need to do is mix the ingredients & serve with crackers, bread or in a tortilla.
Store in fridge after use.**

Ingredients:

- ☐ **1 can of tuna**
- ☐ **2 stalks of celery**
- ☐ **2 tablespoons of mayonnaise
(or greek yogurt)**
- ☐ **ground black pepper
and salt (or whatever
seasonings)**

Directions:

Drain tuna and put in a medium sized bowl.

Add all other ingredients to the bowl and mix!

Can be served with crackers, on a piece of toast, or anyway you like!

Optional: can add sliced pickles or diced onion

Tuna is a perfect healthy low calorie - high protein source that works great for lunch or as a mid-day snack. Can be used as a sandwich base or as a dip for crackers or vegetables!



Power Balls

Makes 20-25 servings and requires no cooking equipment.

These can be adjusted to your preferences in flavor and texture. The possibilities are endless here!

Ingredients:

- ☐ **1 cup Oats (any kind)**
- ☐ **1/2 cup of peanut butter (or any nut butter)**
- ☐ **1/3 - 1/2 cup of honey, agave or maple syrup**
- ☐ **1/2 cup of add-ins of your preference**

Directions:

Mix everything into a medium bowl, add whatever add-ins you choose. Scoop out tablespoon sized servings and roll into a ball with hands. Store in freezer or refrigerator. Enjoy!

Add-in Suggestions: chocolate chips, favorite cereal, granola, dried fruit of any kind, nuts, seeds, etc.

Power balls make a perfect snack, or an addition to a lunch for kiddos. They can be adjusted to any allergy, or food preference. They are packed with healthy carbohydrates, fats and proteins that will hold you over until lunch or dinner. They are great to pack with you for a long day.



Bean and Cheese Quesadilla

**Makes about 5 servings.
Requires a skillet or microwave.**

Ingredients:

- ☐ **1 can of black beans (drained)**
- ☐ **1/2 cup of diced tomatoes**
- ☐ **5 medium-large tortillas**
- ☐ **2 cups of shredded cheese**

Directions:

Spray skillet with oil or butter, turn stove on medium to low heat. Place tortilla in skillet and cheese on half of tortilla. Add filling of diced tomatoes and beans, another layer of cheese. Fold tortilla over and brown on both sides.

Can also be made in microwave, combine all ingredients and place on tortilla. Microwave for 1 minute. Cut into 2-3 pieces and enjoy!

Beans are a great plant-based protein source, and when combined with cheese, a great source of fat, they make a very filling pair. Can add sour cream, salsa or hot sauce to enhance this recipe even further.



Enhanced Ramen

Makes 1-2 servings
Requires a single skillet and microwave.



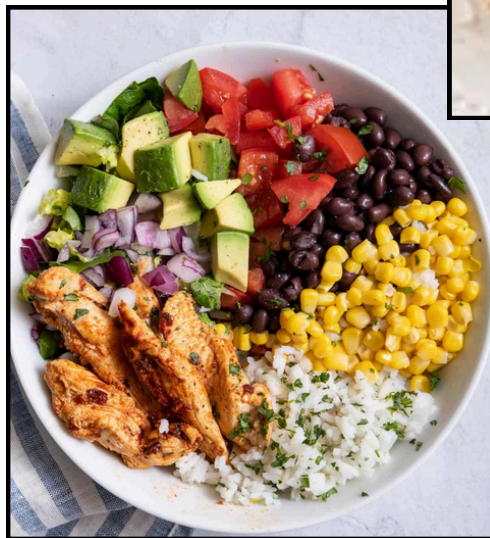
Ingredients:

- ☐ **1 pack of ramen (beef or chicken)**
- ☐ **1 egg**
- ☐ **1 tablespoon of butter**
- ☐ **2 slices of cheese**
- ☐ **1/2 cup frozen veggies**
- ☐ **seasonings of choice**

Directions:

Cook ramen as packet indicates, stir in butter, add flavor packet and frozen veggies. Heat for 1 more minute. Cook egg to desired style (scrambled, poached or fried). Add seasonings as desired. Enjoy!

Ramen is a simple and yummy base for a meal and can be enhanced to provide more nutrients and keep you full for longer. Eggs are great sources of protein and fats.



Protein Focused



This section focuses on building balanced meals that are composed of healthy carbohydrates for energy, lean proteins for muscle recovery/growth, and healthy fats for long endurance.



Power Bowl

Makes 1 serving.

Requires an oven.



Ingredients:

- ☐ 2 tablespoons of canned corn
- ☐ 2 tablespoons of canned black beans
- ☐ 2 tablespoons chopped tomatoes
- ☐ 1/2 cup of rice (any kind)
- ☐ 4 oz of chicken (one small-medium frozen breast diced or shredded ...or chicken pouch)
- ☐ Italian seasoning (or whatever you use)
- ☐ Dressing of choice (Italian dressing or homemade sauce)

Directions:

Cook rice according to package directions.

Cook chicken 425 for 45 minutes if frozen, or until not pink inside (or drain if canned).

Put corn, black beans, tomatoes, and chicken into a bowl.

Add Italian seasoning and whatever dressing you choose.

Can make homemade yum yum sauce by using one tablespoon of mayo and mixing in paprika to taste.

Add sauce & mix it all together.

Enjoy!

This Power Bowl makes a perfect lunch or dinner that is equally filling, nutritious, and great for storing. You could add or take away items to make it to your preference. For example: adding eggs and replacing the chicken with sausage makes for a great breakfast bowl.



Chicken Salad

Makes 1 serving

Does not require any equipment!



Ingredients:

- ☐ **1 chicken pouch**
- ☐ **2 tablespoons of mayonnaise**
- ☐ **1/2 cup of chopped celery stalks**
- ☐ **1/4 cup of chopped onion**
- ☐ **italian seasoning**

Directions:

Mix chicken pouch, mayo, seasonings and chopped onion and celery together. Serve over rice or toast. Can be adjusted with add ins as you see fit! Enjoy!

Chicken salad is a great quick and easy lunch or dinner to throw together and can be packed for traveling. When pairing it with rice or as a sandwich it makes a well balanced meal to fuel your body for hours. It can also be adjusted further to your personal style, either with nuts, fruit or dressing!



Omelet

**Makes 1 serving.
Requires a stove and skillet.**



Ingredients:

- ☐ **2 links of Farmer John's Sausages, chopped**
- ☐ **2 tablespoons chopped tomatoes**
- ☐ **3 eggs**
- ☐ **1/4 cup of milk**
- ☐ **1/4 cup of chopped onion**
- ☐ **1/4 cup of shredded cheese**
- ☐ **salt and pepper**

Directions:

Put some oil on a medium sized skillet and set to medium to high heat. Mix 3 eggs in a large bowl, mix in milk, chopped tomatoes, onions and salt and pepper. Sprinkle cheese on half of the side, add bits of sausage on the other side of omelet. Fold one side over the other and cover with lid, cook for 2 more minutes. Flip omelet on the other side and cook for another 2 minutes. Serve with fruit or toast for a well balanced meal. Enjoy!

An omelet is a great breakfast staple and can be adjusted to your preferences. When served with fruit, toast, or roasted potatoes it forms a perfect well balanced meal!



Turkey Burger

**Makes about 7-8 servings.
Requires a stove and skillet.**



Ingredients:

- ☐ 1 pound of ground turkey
- ☐ 1 egg
- ☐ 1/4 cup finely diced onion
- ☐ 2 tablespoons of ketchup
- ☐ Italian seasoning (or whatever you use)

Directions:

Thaw ground turkey, then combine egg, onion, ketchup and seasonings in a bowl with the turkey. Roll into balls. Add oil to a large skillet and set to medium to high heat. Add a few of the patties to skillet and cook for 4-5 minutes each side. Serve on buns, bread or over rice with veggies for a complete well balanced meal!

Enjoy!

Turkey Burgers are a spin on a classic beef burger, as they are a slightly leaner meat, but still so yummy. The mixture can be customized with whatever seasonings, spices and add ins you prefer, just pair with a carbohydrate such as bread or potatoes!



Sausage and Gravy

**Makes 2-3 servings.
Requires a stove and skillet.**



Ingredients:

- ☐ **4-5 links of Farmer John's Sausages, diced or chopped**
- ☐ **2 cups of milk**
- ☐ **1/4 cup of all purpose flour**
- ☐ **salt and pepper**

Directions:

Cook sausage links on a skillet at medium heat with a little oil, chopping or crumbling them as it cooks down. Add your milk and flour to the skillet and allow it to thicken. Add salt and pepper and remove from heat. Serve over bread or with potatoes! Enjoy!

Sausage and Gravy is very simple to throw together quickly and can be customized to your preferences. It uses all ingredients found at the pantry and has healthy fats, protein and carbohydrates to fuel you for the morning!