

College Recipes

easy, inexpensive, delicious, and healthy
ways to feed yourself in college

Keep it Simple

RECIPES INCLUDED

1. mug omelet
2. mini pizza bagels
3. high protein ranch dip for veggies
4. nut-free banana wrap
5. iced mocha coffee
6. microwave cake
7. microwave cinnamon apples
8. peanut butter banana protein shake
9. steamed rice
10. oatmeal energy bites
11. yogurt parfait
12. mason jar salads
13. burrito mugs
14. gluten free enchelatas
15. spinach ravioli lasagna
16. microwave salmon

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Food Science and Human Nutrition at UIUC



COOKING CAN BE FUN

Oftentimes, college students have not been taught how to cook on a budget with limited supplies. However, going out to eat (or even to grab a morning coffee) can be quite expensive and add daily cost to your college experience. For example, even if a student goes out for one \$5 coffee each day, that adds up to \$120 pr month and over \$1,000 over the school year.

This cookbook shows students that cooking something delicious and nutritious is attainable... even if living in a dorm room or a small apartment.

WHY DID PROFESSOR GIST WRITE THIS COOKBOOK?

In 2022, all three of my children were in collge. Our whole family was on a budget trying to ensure that the kids didn't miss out on a college experience. But, we also did not acrew more debt than needed during school.

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MUG OMELET



WHY THIS RECIPE?

A mug omelet is a perfect dorm or apartment recipe requiring minimal resources and few ingredients. An added bonus is that it can be easily tailored to meet nutritional needs and taste preferences. Mug omelets are surprisingly easy and delicious while costing very little. Because the suggested eggs are pasteurized, you can use the same fork throughout this recipe without the same food safety concerns of shelled eggs. And it is a great "starter" recipe for new cooks!

COOKING SUPPLIES

- Mug
- Fork
- Microwave
- Napkin or paper towel

TIPS & TRICKS

Every individual has a slightly different microwave with varying power and capacity. It is important to cook in stages.

FOOD INGREDIENTS

- Cooking spray
- Pasteurized carton of liquid egg
- Milk
- Salt & pepper

WHAT WILL YOU ADD TO YOURS?

- Chopped peppers
- Chives
- Mushrooms
- Spinach
- Cheese

DIRECTIONS

1. **Spray the inside of the mug with cooking spray.**
2. **Pour the pasteurized egg product into the mug (1/4 of the mug depth).**
3. **Add a splash of milk (1-2 Tablespoons).**
4. **Use the fork to mix or whisk the egg and milk together.**
5. **Place a napkin covering the top of the mug.**
6. **Put the mug into the microwave and heat in 30-second increments while stirring between the microwave time.**
7. **It will likely take ~2 total minutes (4 increments of 30 seconds). Note when your egg transitions to a solid (not liquid). When it is fluffy and solid, it is ready to eat.**
8. **Add salt and pepper to your liking.**

Feel free to get fancy and mix additional ingredients into the egg and milk prior to microwaving.

(See suggestions on the left side of this page).



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MINI PIZZA BAGELS (FOR 1)



WHY THIS RECIPE?

Ever feel like having some pizza but don't want to order one for takeout or have to bake an entire frozen one? This recipe is the perfect solution to satisfy your pizza craving, whether it's for a meal or a late-night snack. With just three simple ingredients and a microwave, you can make this recipe in less than 5 minutes! You can add whatever toppings you please including vegetables if you want to make this treat a little healthier.

COOKING SUPPLIES

- Microwave safe plate
- Measuring cups
- Knife
- Cutting board

TIPS & TRICKS

If you have access to an oven or toaster oven these pizza bagels can be on the crunchier side like how a real pizza is.

FOOD INGREDIENTS

- 1 mini pizza bagel
- 1/2 cup tomato sauce
 - 1/4 cup for each half
- 1/2 cup mozzarella cheese
 - 1/4 cup for each half
- Any additional toppings wanted

DIRECTIONS

1. **Wash hands well.**
2. **Cut the mini bagel into half with either hands or a knife.**
3. **Add tomato sauce onto the bagel halves and spread around so it is an even layer.**
4. **Sprinkle cheese on top of the tomato sauce so it covers it all.**
5. **Top any additional toppings on top of the cheese.**
6. **Microwave for 30-45 seconds until cheese is melted.**
7. **Remove from microwave and let sit for 1 minute.**
8. **Enjoy!**



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HIGH PROTEIN RANCH DIP AND VEGGIES



WHY THIS RECIPE?

College students often crave savory snacks with a crunch. However, chips and crackers add little nutritionally compared to a high-protein ranch dip with colorful veggies. This snack is the best of both worlds, meeting your snacking needs while providing a nutrient-dense alternative to some of the other crunch snacks on the market.

COOKING SUPPLIES

- Mixing and dip cup
- Spoons for scooping and mixing
- Measuring spoon (optional)

TIPS & TRICKS

You can always add in more ranch seasoning, pepper, garlic, etc. But, you cannot take it out. Use a veggie to taste it and add more seasoning as desired!

FOOD INGREDIENTS

- Mix of chopped and washed vegetables
- 1 cup of fat free Greek yogurt
- Ranch seasoning packet or shaker
- Chopped garlic or garlic salt
- Salt, pepper, and other savory seasonings

DIRECTIONS

1. **Wash hands well.**
2. **Measure out or open 1-cup of fat free Greek yogurt.**
3. **Stir the Greek yogurt to smooth it out, pull it away from the edges of the container, and soften it.**
4. **Begin by adding a tablespoon of ranch seasoning. Stir with a carrot stick or another vegetable. Take a bite and see if you want to add more ranch seasoning or other spices.**
5. **Get creative and add in chopped garlic, salt, pepper, or other savory seasonings.**
6. **Dip generously as each bite is packed with protein, vitamins, minerals and many healthy phytochemicals.**

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NUT-FREE BUTTER BANANA WRAP



WHY THIS RECIPE?

Many think grabbing a banana as you walk out of the dining hall is trite or boring. How many bananas do you want to eat in a week? Yes, they have some nutrients. They can be a good snack alone. But, when partnered with delicious nut butter, some add-ins, and wrapped in an easy-to-handle tortilla, the snack rises to a whole new level! Let's level up those bananas and turn that snack into a meal or dessert!

COOKING SUPPLIES

- Knife for spreading and cutting
- Aluminum foil for easy transport

TIPS & TRICKS

Do not be worried if your banana oxidizes after you place it in the wrap and turns a little brown wherever it is exposed to air. Just cover it up and enjoy.

FOOD INGREDIENTS

- 1 soft tortilla wrap of your size, flavor, and choosing
- 1 ripe banana
- 2 tablespoons nut-free butter
- Treats
 - coconut flakes
 - small chocolate chips
 - marshmallows

DIRECTIONS

1. **Wash hands well.**
2. **Tear a square piece of aluminum foil as a work surface.**
3. **Place a tortilla shell flat on the aluminum foil.**
4. **Spread your nut-free butter onto the tortilla, covering all parts.**
5. **Sprinkle with treats like small chocolate chips, coconut flakes, or marshmallows.**
6. **Peel banana and if it is overly curved, break it into small pieces and place in a line near one side of the prepared tortilla shell with nut butter and treats.**
7. **Fold one end of the wrap over the end of the banana and then roll the shorter side on top of the banana then continue to roll until it becomes a wrap.**
8. **Slice and share with a friend.**
9. **Enjoy!**

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ICED MOCHA COFFEE



WHY THIS RECIPE?

Iced coffee is an expensive daily purchase in many college students' lives. Please save your money with the recipe below that will give you the same delicious sipping experience, but it will not hurt your wallet as much. Keep in mind that everyone likes their coffee a little bit different. Have fun and play with this recipe or others.



And a fellow student shared their recipe (QR code >>)

SUPPLIES

- Reusable cup or travel mug
- Reusable straws
- Spoon (to stir the beverage)

TIPS & TRICKS

Issues people have reported after drinking caffeinated drinks are trouble sleeping, loose stools, and upset stomach. It is best to monitor your intake and health.

FOOD INGREDIENTS

- Ice cubes
- Espresso shots or instant coffee grounds
- Milk or creamer
- Any sweetener
 - simple syrup
 - sugar
 - sugar substitute
- Chocolate syrup

WHAT'S SIMPLE SYRUP

Simple syrup is a liquid sweetener made by dissolving sugar in water. That's literally it.

DIRECTIONS

1. **Make the base liquid by mixing the milk, creamer, sweetener, and chocolate syrup to your liking in the cup.**
2. **Add an espresso shot (or coffee grounds) to provide the needed flavor and caffeine.**
3. **Add as much ice as you want (it dilutes the drink)**
4. **Serve and enjoy!**

You can use either espresso, coffee grounds, or even brewed coffee. You will get a more robust coffee flavor with espresso shots. This is a little easier than using brewed coffee because the shots blend with the ice to create a cold liquid immediately without waiting for the brewed coffee to chill. I like to pick a dark roast over a medium or blonde roast to get a more robust coffee flavor.

This is a fun recipe to make on your own to save lots of \$\$\$



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MICROWAVE VANILLA MUG CAKE (FOR 1)



WHY THIS RECIPE?

When you are having a craving for cake but don't want to be bothered with making a whole cake and then dealing with all the leftovers (and temptations), a mug and microwave can quickly come to the rescue, as this easy vanilla mug cake proves. Just stir together a little cake mix, some fat-free yogurt, and a little water in a microwave-safe mug, and about 2 minutes later you'll be rewarded with a delicious little single-serving cake that can be enjoyed plain or with your favorite topping.

COOKING SUPPLIES

- Cooking spray
- Measuring spoon
- Mug
- Fork to stir and eat the cake

TIPS & TRICKS

Because this recipe focuses on portion control and moderation, the sweet, warm treat is only around 150 Calories without the optional toppings.

FOOD INGREDIENTS

- 1/4 cups of white or vanilla cake mix
 - save the rest of the box for another time
- 2 tablespoons fat free vanilla yogurt
 - plain yogurt mixed with a sweetener like sugar or stevia can be used
- 2 tablespoons water

DIRECTIONS

1. **Wash hands well.**
2. **Spray a microwave-safe mug with nonstick baking spray.**
3. **Add cake mix, yogurt, and 2 tablespoons water to mug and mix well.**
4. **Microwave on high power for 2 minutes (or until cake sets).**
5. **Allow cake to cool and serve in the mug or remove to a plate.**
6. **Top with optional toppings, if desired.**
 - Fresh berries
 - Sprinkles
 - Light whipped topping
 - Caramel sauce
 - Melted creamy peanut butter



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MICROWAVE CINNAMON APPLES



WHY THIS RECIPE?

Microwave Apples with Cinnamon are a quick, single-serving of cinnamon-spiced apples cooked in a zip-lock bag or bowl. Pour over pita chips, oatmeal, or ice cream. It is a comfort food on a crisp fall day and will make your dorm or apartment smell amazing.

You can pick local apples at Curtis Orchard at <https://curtisorchard.com/>

COOKING SUPPLIES

- Freezer quality plastic zippered bag, microwave safe bowl, or mug
- Microwave
- Vegetable peeler (optional)

TIPS & TRICKS

Be very careful when removing the final product from the microwave as it will be very hot. Give it time to cool prior to taking your first bite!

FOOD INGREDIENTS

- One small apple
 - any type!
- 1 packet or tablespoon of sweetener
 - sugar
 - stevia
 - etc.
- 1/4 teaspoon of cinnamon
- 1/4 teaspoon cornstarch
- 1 tablespoon water

DIRECTIONS

1. **Wash hands and the outside of the apple very well.**
2. **Peel apple (peeling is optional) , core and slice or dice. Place in the plastic zippered bag along with remaining ingredients.**
3. **Seal the plastic bag and shake well to mix the ingredients. (If you prefer, place all ingredients into a small microwave-safe bowl and cover loosely.)**
4. **Reopen the bag just a touch to vent. Microwave on High for 2 minutes– longer if you use a big apple.**
5. **Carefully (it will be HOT) open bag and pour over plain or cinnamon-sugar pita chips, oatmeal or ice cream.**

Serving: 1 | Calories: 102 Calories | Fat: 1g | Saturated Fat: 1g

Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g

| Sodium: 3mg |

Carbohydrates: 27g | Fiber: 5g | Sugar: 20g

Protein: 1g

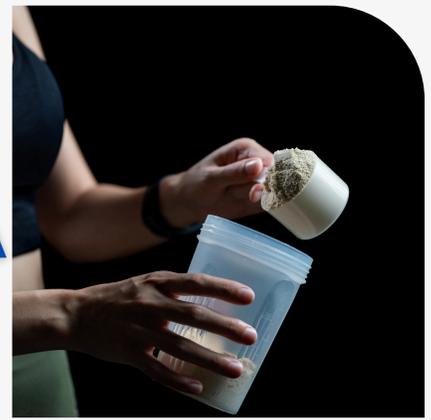
Potassium: 197mg | Vitamin A: 100IU | Vitamin C: 8mg

Calcium: 16mg | Iron: 1mg



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PEANUT BUTTER BANANA PROTEIN SHAKE



WHY THIS RECIPE?

Many individuals think dry protein powders and shaker bottles are only for athletes. However, they can be an easy way to ensure you consume enough protein for your nutritional needs. And there are various inexpensive protein powder options and recipes. Some powders are soy protein. Others have whey protein. They vary in sweetness and come in many different flavors. A bonus is that the powders are easy to transport dry and mix with water between classes. Consider adding it to your current dietary plan.

COOKING SUPPLIES

- Shaker bottle
- Mixing mechanism
 - spring/agitator ball
 - built-in screen

TIPS & TRICKS

Check to ensure that pre-workout or other artificial ingredients aren't added without you realizing. Use what you have learned in this class to guide your decision.

FOOD INGREDIENTS

- 1-2 scoops vanilla protein powder
- 1 very soft and ripe banana, broken into small pieces
- 1 tsp peanut powder
- 1 cup milk
 - cow's milk
 - almond milk
 - or any other

OPTIONAL EXTRAS

- 1 tsp cacao powder
- 1 tsp chia seeds or

DIRECTIONS

1. **Wash hands well.**
2. **Break the banana into small pieces and place them into the shaker bottle.**
3. **Add the protein powder, peanut powder, and milk to the same shaker bottle.**
4. **Add any optional extras.**
5. **Shake until smooth, and enjoy!**

The shaker bottle can also be used in other ways.

- *Ice cold water (chill water quickly by shaking ice/water)*
- *Mix dry pancake mix and pour into a hot seasoned pan*
- *Coffee drinks (see prior recipes)*
- *Virgin cocktails (or adult cocktails if you are over 21)*
- *Home-made salad dressings*
- *Fluffy scrambled eggs (see prior recipes)*

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STEAMED RICE



WHY THIS RECIPE?

Now that you are diving deeper into the module topics, the recipes will be coordinated to the topics so you can practice quick, easy, and inexpensive recipes as you learn more about the topic. There may be select cooking supplies that would allow for a better final product. But, you are welcome to improvise or modify any recipe as you get more comfortable.

COOKING SUPPLIES

- Microwave-safe dish that is designed for cooking pasta, rice, or steaming vegetables
- Measuring cup

TIPS & TRICKS

While cooking, the rice could boil over. To help minimize the mess, allow plenty of extra space in the dish and consider placing it on a larger plate.

FOOD INGREDIENTS

- 1.5 cups rice
 - jasmine
 - basmati
 - white rice
 - sushi rice
- 2.25 cups water
- Salt or soy sauce (to taste)

ACCOMPANIMENTS

- Can of black beans
- Can of chicken
- Tofu
- Eggs (see omelet mug recipe)

DIRECTIONS

1. **Scoop the rice into the microwave-safe container or pot.**
2. **Fill the pot with water and swish the water and rice with your hands.**
3. **Pour out the water, keeping the rice in the pot (just cup your hands around rice to prevent it from pouring out).**
4. **Repeat 2-3 more times until the water is mostly clear.**
5. **Be sure to pour as AS MUCH WATER AS POSSIBLE without losing any rice grains down the drain**
6. **Add 2 1/4 cups water and cover with the lid.**
7. **Microwave on high for 5 minutes at full power.**
8. **Microwave for 15 minutes at 50% power.**
9. **Let rest covered for 5 minutes (no peeking!)**
10. **Fluff with a fork. Give the rice a quick taste.**
11. **Does it need more time? If so, cover and cook for an additional 1 minute on high.**
12. **Add in warm accompaniments and stir.**

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OATMEAL ENERGY BITES



WHY THIS RECIPE?

Oatmeal energy bites are an excellent option for college students who are on the go and need something sweet and energy-dense to pair with coffee or milk any time of the day. They store well in the refrigerator but can easily be placed in a small plastic bag and thrown in the front pouch of a backpack for stacking between classes. And, they freeze well. So, make a big batch of these inexpensive energy bites while modifying them to your preference with different nut butters or sweet morsels.

COOKING SUPPLIES

- Gallon size freezer quality plastic zippered bag or mixing bowl
- Measuring cup
- Sandwich bags for the final product

TIPS & TRICKS

Instead of rolling out into balls, the mixture can be placed in a square baking dish lined with parchment paper. Refrigerate and cut to make no-bake energy bars.

FOOD INGREDIENTS

- 2/3 cup creamy peanut butter
- 1/4 cup semi sweet chocolate chips
- 1 1/4 cup old fashioned oats
- 2 tablespoons honey

INGREDIENT SWAPS

- Almond butter
- Dried cherries
- Rolled oats
- Agave

DIRECTIONS

1. **Wash hands well.**
2. **Combine all ingredients in a medium bowl or gallon ziplock bag.**
3. **Wash hands again and kneed the ingredients.**
4. **Place the bag or bowl in the refrigerator for 15-30 minutes.**
5. **Roll into 12 bite-sized balls.**
6. **Store in the refrigerator for up to a week or the freezer for up to a month**

Feel free to modify with the ingredient swaps suggested or add protein powder. To make it easier to roll, add a little water to the mix or wet your hands before rolling each bite.

Each traditional recipe bite contains ~200 Calories, with 16g total carbohydrates, 7g of sugar, 6g of protein, and 13g of fat.

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YOGURT PARFAIT (FOR 1)



WHY THIS RECIPE?

This recipe is a great idea for a breakfast treat or even a healthier alternative for a dessert. This snack is filled with vitamins and fiber, as well as natural probiotics found in the yogurt! You can make this for a meal at home or prepare it in a mason jar to take with you on the go. This treat is very filling and is a great way to incorporate fruit into your diet. It is quick and easy to make with no heat needed, and is easy to meal prep with.

COOKING SUPPLIES

- Clear cup
- Measuring cup
- Measuring spoon
- Spoon

TIPS & TRICKS

This recipe is great if you want a fun and easy way to enjoy extra fruit in your diet. Yogurt is also a great source of probiotics if you are working on your gut health!

FOOD INGREDIENTS

- 1/2 cup greek vanilla yogurt
 - Or any alternative yogurt
- 1/2 cup berries
 - Strawberries
 - Blueberries
 - Raspberries
 - Blackberries
- 1/4 cup nut-free granola

DIRECTIONS

1. **Wash hands well.**
2. **Measure out 1/4 cup of yogurt and place it in the bottom of your clear cup.**
3. **Sprinkle a layer of nut-free granola (about 2 tablespoons) on the yogurt.**
4. **Add 1/4 cup of berries of your choosing on top of the granola and spread them out.**
5. **Repeat steps 2-4 once more so you end up with 2 layers of each ingredient.**
6. **If preferred, top off the parfait with additional berries or granola.**
7. **Enjoy!**

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MASON JAR SALADS



WHY THIS RECIPE?

The easiest way to prevent your salad in a jar from getting soggy is to layer the more delicate ingredients, such as greens and lettuce, away from the dressing. That is the primary purpose of mason jar salads! When you use regular containers for salads and try to take them for lunch, you end up with soggy lettuce because all the ingredients are mixed. Mason jars are also great for salad and ensuring crisp lettuce because you don't need to pack an extra container for the dressing. As long as the veggies are layered on top and the proteins/dressing are on the bottom, you won't have a problem with soggy salad.

COOKING SUPPLIES

- Mason jar with 3" wide mouth
 - 16 ounces or 32 ounces
- Mason jar lid fitting a 3" wide mouth

TIPS & TRICKS

The more tender the greens, the faster they tend to spoil. However, chopped rougher greens and other vegetables keep longer in the mason jars.

FOOD INGREDIENTS

Ranch salad jars

- ranch dressing
- chicken
- cucumber
- sliced cherry tomatoes
- grated cheddar cheese
- chopped lettuce

Tex Mex salad jars

- green goddess dressing
- chicken
- cherry tomatoes
- diced red onion
- grated cheddar cheese
- chopped lettuce

DIRECTIONS

1. **Wash hands well.**
2. **Assemble your ingredients in a ratio you would enjoy.**
3. **Spoon in the dressing on the bottom.**
4. **Add in the grains and/or protein.**
5. **Layer in everything else.**
6. **Finish it off with the leafy greens.**
7. **Seal and store in the fridge!**

QUESTION: *Are you supposed to eat it in a jar?*

Some people eat their mason jar salads straight from the jar. A few minutes before eating, tip the jar upside down, give the jar a few good shakes, and then take off the lid and enjoy! If you've packed your salad nicely and tight, then this might not work, so you can dump everything into a bowl and dig in. Enjoy and don't forget to make it your own!

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BURRITO MUG



WHY THIS RECIPE?

There are many recipes at <https://www.campuswell.com/5-ingredient-mug-meals/> that will allow to you balance your health and budget while saving time. From the author, "*This recipe will keep you satisfied through your night class, group meeting, study session, or couchfest. It's filled with fiber and good-for-you grains, and it tastes just like the burrito bowl you'd get at your favorite Mexican chain. Bonus points for sodium levels that don't leave your mouth as dry as the Sahara.*" And, it is high in iron!

COOKING SUPPLIES

- Mug
- Can opener
- Spoon

TIPS & TRICKS

This is a very inclusive recipe that can be easily modified for a variety of nutritional considerations. If you are making dinner for a friend, ask their dietary restrictions.

FOOD INGREDIENTS

- 3 tablespoons cooked rice
 - you can buy it precooked and save the remains for future meals
- 3-5 tablespoons canned black beans
 - drained & rinsed
- 3 tablespoons salsa
- Corn tortilla chips
- 1-2 tablespoons cheese
 - Cheddar, cotija, Mexican blend, nondairy, etc.)

DIRECTIONS

1. **Wash hands well.**
2. **Place the cooked brown rice in a mug.**
3. **Add the black beans.**
4. **Mix in the salsa.**
5. **Stir mixture and microwave for one minute.**
6. **Top with crumbled tortilla chips and cheese.**

Feel free to modify it to your liking and throw on your favorite Mexican-inspired toppings such as avocado, sour cream (or Greek yogurt as a healthy, protein-boosting substitute), green onions, more salsa, etc.

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GLUTEN-FREE ENCHILADAS



WHY THIS RECIPE?

If you struggle with celiac or have a gluten sensitivity, this is a fun way to get a meal that meets your needs. Or, if you are an omnivore on a limited meal plan but want a delicious comforting dinner that can be made in less than 10 minutes, this recipe is a great option.

If you are looking for additional quick and gluten-free meals, check out <https://amindfullmom.com/gluten-free-meals/>

COOKING SUPPLIES

- Large microwave-safe deep dish/bowls
- Can opener
- Fork
- Paper towel (to cover the dish)

TIPS & TRICKS

This makes enough for 2 large servings. Consider inviting a friend to join you in this delicious meal prep and dinner.

FOOD INGREDIENTS

- 10 ounce can of gluten-free enchilada sauce
- 6 gluten free corn tortillas
- 4.5 ounce can of cooked chicken
- 1/2 cup cheese

ADDITIONS OR TOPPINGS

- 1 can black beans
- 1 can of corn
- Sour cream
- Cilantro

DIRECTIONS

1. **Wash hands well.**
2. **Wrap the gluten-free corn tortillas in a paper towel and microwave for 30 seconds so they are flexible.**
3. **Open the cooked chicken, drain any liquid from the can, put 3-4 ounces of enchilada sauce in the can, and mix with a fork. Feel free to add other ingredients!**
4. **Dip each tortilla in the remaining enchilada sauce. You can also pour the sauce into a gallon zipper bag and place each tortilla into the bag to coat them.**
5. **One at a time, place the tortilla in the large microwave-safe dish, fill it with 1/6 of the chicken mix, wrap tight, and place with the seam on the bottom of the container.**
6. **Spread any remaining enchilada sauce over the top and sprinkle with the shredded cheese.**
7. **Microwave for 5-7 minutes until the cheese is melted.**

If you don't have a large dish, you can also make this "deconstructed".

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15 SPINACH RAVIOLI LASAGNA



WHY THIS RECIPE?

Although this recipe may contain more fat from the cheeses than you want, it is a delicious comfort food that is quick to make in the oven and won't break the bank. If you want to care for a friend, this would be a fantastic dish to share together or to gift to someone having a difficult day.

The recipe may only use some of the spinach from the purchased package. You can make a nice side salad with the remaining greens.

COOKING SUPPLIES

- Pot (to heat the sauce)
- 11x7-in baking dish
- Spoons for mixing
- Plates for serving

NUTRITION INFO

1 cup cooked: 344 Calories, 10g fat (5g saturated), 26mg cholesterol, 850mg sodium, 45g carbohydrate (10g sugars, 5g fiber), 17g protein

FOOD INGREDIENTS

- 24 ounce jar of pasta sauce or marinara sauce
- 25 ounce package of frozen any ravioli
 - meat ravioli
 - cheese ravioli
- 1.5 cups shredded part-skim mozzarella cheese
- 3 cups fresh baby spinach

DIRECTIONS

1. **Preheat oven to 350°. In a small saucepan, heat sauce for 5-7 minutes over medium heat or just until simmering, stirring occasionally.**
2. **Spread 1/2 cup sauce into a greased 11x7-in. baking dish.**
3. **Layer with half the ravioli, 1-1/2 cups spinach, 1/2 cup cheese, and half the remaining sauce; repeat layers.**
4. **Sprinkle with the remaining cheese.**
5. **Bake, uncovered, for 45-50 minutes or until edges are bubbly and the cheese is melted.**
6. **Let stand 5 minutes before serving.**

Feel free to modify it to your liking with non-dairy cheese or gluten-free frozen ravioli to make it more inclusive.

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MICROWAVE SALMON



WHY THIS RECIPE?

Salmon -- that tender, reddish, firm fish -- is one of the most popular fish choices in America thanks in part to its rich, buttery flavor. And that's a good thing for your health. You can choose from a handful of different Pacific salmon from the wild. Atlantic salmon is also an option. The U.S. prohibits fishing for it, so the Atlantic salmon you find is farm-raised.

The recipe below is ~350 Calories. It's high in PUFAs, low in saturated fat, and contains ample protein, vitamin B12, vitamin D, iron, and potassium.

COOKING SUPPLIES

- Thermometer
- Microwave-safe container
- Microwave-safe plastic wrap
- Microwave & paper towels

TIPS & TRICKS

Sriracha can be found in Asian grocery stores or the Asian section of your local grocery store.

FOOD INGREDIENTS

- 1 single portion salmon fillet
- Salt and pepper
- 2 tablespoons mayonnaise
 - or 2 packets from a cafe or restaurant
- 1-2 tablespoons sriracha sauce
- 2-3 fresh cut lemon slices (optional)
- 1 tablespoon parsley (optional)

DIRECTIONS

1. **Rinse thawed or fresh salmon with water and pat dry with a paper towel.**
2. **Place the salmon skin side down in a microwave save container (skinless salmon works also).**
3. **Check the center of the fillet with a thermometer (145F).**
 - **If you prefer well-done salmon, microwave for another 30-45 seconds.**
4. **Season the salmon with salt and pepper to your liking.**
5. **Set aside. In a small bowl, combine mayonnaise and sriracha sauce. Generously spread the mayonnaise mixture on top of the fillet.**
6. **(Optional) Add lemon and parsley on top of the salmon.**
7. **Cover the dish tightly with microwave-safe plastic wrap.**
8. **Microwave the fish for 3.5 minutes.**
9. **(Optional) Garnish with more parsley and lemon wedges.**