Sources

Dinner In No Time, Pillsbury Classic Cookbook
Eating Well On Campus, Ann Selkowitz, RD
If I gotta Cook, Make It Quick! Cookbook, Shelley Platt
Lickety-Split Meals for Health Conscious People On the Go!, Zonya Foco, RD
Student Health Services, Texas A&M University
Taste of Home 2005
Ten-Minute Meals Five-Minute Workouts, Darcy Williamson, Robert Sweetgall, & Pat Zak
The Athlete’s Kitchen, Nancy Clark
The Everything College Cookbook, Rhonda Lauret Parkinson
The Eating on a Budget 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.

We would like to give a special thanks to the Student Health Services at Texas A&M University for providing much of the information contained in this book. You can learn more about the Money Education (ME) Center at money.tamu.edu and Student Health Services at shs.tamu.edu.
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## Conversions

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 ounces</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>8 ounces</td>
<td>1 cup</td>
</tr>
<tr>
<td>2 cups</td>
<td>1 pint</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 quart</td>
</tr>
<tr>
<td>1 quart</td>
<td>4 cups</td>
</tr>
<tr>
<td>1 gallon</td>
<td>4 quarts</td>
</tr>
<tr>
<td>3 teaspoons</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>1/8 cup</td>
</tr>
<tr>
<td>4 tablespoons</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>8 tablespoons</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>5 tablespoons + 1 teaspoon</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>12 tablespoons</td>
<td>3/4 cup</td>
</tr>
<tr>
<td>16 tablespoons</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

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Cooking Terms

Baste: To spread, brush, or spoon water, melted fat or other liquid, such as chicken broth, over food to keep the surface moist and to add flavor.

Blanch: To boil in water for a short time and then plunge into cold water, or to pour boiling water over food, then drain it almost immediately. It’s often used to preserve color in vegetables or to loosen the skin of tomatoes.

Boil: To cook in boiling water or other liquid. Liquid is at a “boil” when large bubbles rise continuously to the top.

Marinate: To let foods stand in a liquid mixture. Cover and refrigerate if marinating more than two hours.

Poach: To cook in water, broth or other liquid that is just below the boiling point.

Roast: To cook by dry heat in the oven.

Sear: To brown surfaces quickly over high heat, usually in a hot skillet. It is often an instruction at the beginning of meat preparation.

Simmer: To cook in liquid at a low temperature. Be sure the liquid does not boil.

Steam: To cook covered, over a small amount of boiling liquid so the steam formed in the pan does the cooking.

Sauté: To cook briskly in a small amount of fat, usually in a skillet on top of the stove. It is also referred to as pan-frying.

Mixing Terms

Beat: To make a mixture smooth or to introduce air by using a brisk, regular revolving motion that lifts the mixture over and over.

Blend: To combine two or more ingredients by mixing thoroughly.

Fold: To combine by using two motions: (1) cutting vertically
through the mixture and (2) turning over and over by sliding the implement across the bottom of the mixing bowl with each turn of the bowl. Usually accomplished with a spatula, and usually used to incorporate light mixtures such as egg whites, into other mixtures, such as cake batter.

Mix: To combine ingredients in any way that evenly distributes them.
Stir: To mix foods with a circular motion for the purpose of blending or obtaining uniform consistency.
Toss: To lightly blend ingredients by lifting them and letting them fall back in the bowl.

**Cutting Terms**

Chop: To cut into small pieces with a sharp knife.
Cube: To cut into small squares of equal size.
Dice: To cut into small cubes. Size may be specified in recipe.
Grate: To cut food into very fine particles by rubbing on a grater. Spray a grater with non-stick spray to help in cleanup.
Grind: To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Also can be accomplished in a food processor.
Julienne: To cut into long, thick strips.
Sliver: To slice into long, thin strips.

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Basics of Nutrition

1. **Break the fast**: Start everyday with something nutritious.
2. **Refuel** your brain and body by eating every 2–4 hours. Eating 3 meals and 3 snacks a day will provide you with the energy to last all day.
3. **Plan** for mid-morning and mid-afternoon snacks.
4. **Minimize caffeine intake**. Increase water consumption. Proper hydration is important for healthy skin and organs.
5. **Portion control**: Eat when you feel hungry and stop when you feel full. Eat slowly!
6. **Limit concentrated** sweets and processed foods. High sugar foods are high in calories and very low in nutrients.
7. **Allow yourself to indulge** in your cravings.
8. **Maximize fiber intake**. Eat at least 5 fruits and veggies a day.
9. **Consume a lean protein** source with each meal. Protein sources provide essential amino acids which are building blocks for body tissue. Lean sources include: non-fat or 1% milk, yogurt, low fat cheese, skin free poultry, seafood, lean red meats, tofu, soy, egg whites, and beans.
10. **Choose a variety of grains daily**, especially whole grains.

**Did you know…**

- Only 5% of TAMU students eat the recommended 5 or more servings of fruits and vegetables a day
- Reducing 500 calories from your diet per day will lead to a loss of 3500 calories per week (1 pound)
- Less than half of TAMU students meet the weekly recommendation for physical activity (30 min at least 5 days per week)

Source: TAMU Student Health Services.

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**sample meal plans**

**Breakfast**
- granola
- fruit
- milk

**Snack**
- low-fat yogurt and grapes

**Lunch**
- tuna with light mayo and crackers
- diet pop (Substitute with milk for higher nutritional value)

**Snack**
- fruit, carrots, pudding, or granola bar

**Dinner**
- broccoli rice casserole
- 1 piece of bread with butter
- fruit
- 1 cup milk

**Snack**
- bagel with light cream cheese
10 Super Foods for Better Health

1. **Cantaloupe**: A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.

2. **Sweet Potatoes**: A nutritional all-star of the best vegetables you can eat. They’re loaded with carotenoids, vitamin C, potassium, and fiber.

3. **Fat-Free Milk**: Excellent source of calcium, vitamins, and protein with no fat and no cholesterol.

4. **Blueberries**: They’re rich in fiber, vitamin C, and antioxidants.

5. **Oranges**: Great-tasting and rich in vitamin C, folic acid, and fiber.

6. **Broccoli**: Lots of vitamin C, carotenoids, and folic acid.

7. **Whole-Grain Bread**: It’s higher in fiber and about a dozen vitamins and minerals than enriched white bread or “wheat” bread.

8. **Watermelon**: Excellent source of vitamin C and carotenoids and it tastes great! Perfect for a snack, dessert, or picnics.

9. **Beans**: Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, Navy, kidney beans or lentils.

10. **Spinach or Kale**: Loaded with vitamin C, carotenoids, calcium, and fiber. Steam’em and eat’em.

*Source: Nutrition Action Health letter – Center for Science in the Public Interest.*
Sample Menu Ideas (1800 – 2000 calories)

**Breakfast**
1 ½ cup Raisin Bran
1 cup milk (preferably skim or 1%)
banana or ½ cup 100% juice

**Lunch**
6” Turkey Sub w/ veggies
Baked Doritos
diet pop (Substitute with milk for higher nutritional value)

**Snack**
fruit, pudding, or granola bar

**Dinner**
1 cup cooked pasta
½ cup pasta sauce
shredded cheese
3 ounce chicken breast
1 cup milk
fruit or vegetables

**Snack**
½ - 1 cup ice cream

Top 10 High Fiber Foods

Boosting fiber intake should be at the top of the list for anyone hoping to improve his or her nutritional profile. A diet high in fiber can help you improve your cholesterol and keep you regular. Most Americans only get about 10 grams of fiber per day but the recommended amount is 25–35 grams per day.

If you think you need to increase your fiber, increase it slowly. A sudden increase in fiber intake can be a shock to your intestines, but don’t worry, eventually your system will get used to it without all the unpleasant side effects. Also remember to drink lots of water during the day to help the fiber along its way.

1. **Beans**: Beans are filled with fiber, iron, protein and other vitamins and minerals. One cup of black beans has 15 grams of fiber.
2. **Bran**: Bran cereal and muffins are a great source of fiber.
3. **Peas**: ½ cup of peas will help you fill out your fiber quota with over 9 grams of fiber.
4. **Corn**: Corn on the cob is great for fiber. Corn on the cob can give you up to 5 grams per ear.
5. **Berries**: A cup of strawberries will give you about 3 grams and a ½ cup of raspberries has about 4 grams of fiber.
6. **Potatoes**: Potatoes are pretty potent in the fiber department – about 5 grams per medium baked potato, but only if you eat the skin. The skin is also where all the nutrients hide out.
7. **Figs**: Figs and other dried fruits rate high in fiber. Three dried figs equal 10 ½ grams of fiber.
8. **Broccoli**: ½ cups of cooked broccoli has 7 grams of fiber.
9. **Oatmeal**: Oatmeal has about 7 grams of fiber per ¾ cup.
10. **Apple**: One medium apple has 4 grams of fiber.

Source: TAMU Student Health Services
## Eating Well at a Restaurant

### Breakfast:

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes with syrup</td>
<td>870</td>
<td>16g</td>
</tr>
</tbody>
</table>

**What to do:**
Skip the butter, bacon, and sausage and ask for fruit instead; use little syrup or ask for light syrup.

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Denny's Grand Slam</td>
<td>1,030</td>
<td>60g</td>
</tr>
</tbody>
</table>

**What to do:**
Try an egg substitute; skip the butter, use light syrup; ask for fruit or ham instead of bacon and/or sausage.

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat Lover's Skillet</td>
<td>1,150</td>
<td>93g</td>
</tr>
</tbody>
</table>

**What to do:**
You can’t make this one better; skip it.

### Tips for a more healthful breakfast:

- Try an egg substitute.
- Fill up on fruit, instead of bacon and sausage.
- Choose whole wheat bread over white.
- Nix the butter or margarine.

### Family Style:

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chef Salad</td>
<td>930</td>
<td>71g</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Country Fried Steak</td>
<td>900</td>
<td>52g</td>
</tr>
</tbody>
</table>

**What to do:**
Replace the potatoes with another vegetable, otherwise avoid.

<table>
<thead>
<tr>
<th>Menu Item</th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon &amp; Cheese Grilled Chicken Sandwich with fries</td>
<td>1,230</td>
<td>61g</td>
</tr>
<tr>
<td>without fries</td>
<td>650</td>
<td>30g</td>
</tr>
</tbody>
</table>

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### Banana Muffins

1 egg
1 cup milk
¼ cup vegetable oil
¼ teaspoon baking soda
¼ teaspoon baking powder
¼ teaspoon salt
1½ cups all-purpose flour
3 tablespoons honey
1 cup mashed banana (about 2 bananas)
¼ teaspoon ground cinnamon

1. Preheat oven to 375°F. Grease muffin pan. In a small bowl, add the egg to the milk and beat lightly. Then add the vegetable oil and stir to combine.
2. In a large bowl, stir the baking soda, baking powder, and salt into the flour until blended.
3. Add the egg mixture to the flour mixture and stir to form a batter. Stir in the honey, banana, and ground cinnamon. Stir until combined but do not beat.
4. Spoon the batter into muffin tins so they are 2/3 full. Bake for 20–25 minutes. Insert toothpick. They are done when toothpick comes out clean. Store muffins in sealed container.

*Source: The Everything College Cookbook.*
Desserts

Basic Rice Krispies Squares
½ cup butter or margarine
4 ½ cups mini marshmallows
6 cups Rice Krispies Cereal
1. In a heavy skillet, melt the butter and marshmallows over low heat. When the marshmallows have completely melted, remove from heat.
2. Stir in cereal and mix thoroughly. Spread out the mixture evenly in a 9” x 13” pan. Serve warm, or cool in the refrigerator for 1 hour. Cut into squares before serving.

Source: The Everything College Cookbook.

Chocolate Fudge Mousse with Coffee Whipped Cream
1 package Jello sugar-free and fat-free instant chocolate fudge pudding mix
2 cups cold skim milk
¾ cup heavy cream, chilled
2–3 tablespoons granulated sugar
1 tablespoon prepared, very strong coffee chilled
Fresh strawberry slices, for garnish, optional
1. Combine pudding mix and milk in medium-sized mixing bowl. Use an electric mixer to beat for about 1 ½ minutes, until smooth. Equally divide the mixture between 4 parfait cups. Set aside for 5–7 minutes.
2. Put the cream in a medium-sized mixing bowl. Beat the cream until it just holds its shape. Sift the sugar over the cream and continue to beat until soft peaks form. Stir in coffee and mix just until blended. Refrigerate until ready to serve.
3. To serve, top the pudding with equal amounts of coffee whipped cream. Serve chilled. Garnish with fresh strawberries.

Source: The Everything College Cookbook.

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:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Fat</th>
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<tbody>
<tr>
<td>General Tso’s Chicken</td>
<td>1,600</td>
<td>59g</td>
</tr>
<tr>
<td>Egg Roll</td>
<td>190</td>
<td>11g</td>
</tr>
<tr>
<td>House Lo Mein</td>
<td>1,060</td>
<td>36g</td>
</tr>
</tbody>
</table>

What to do:
You can’t make this one better, skip it.

Limit yourself to just one; watch the dipping sauces.

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:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Fat</th>
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<tbody>
<tr>
<td>Spaghetti with Marinara</td>
<td>850</td>
<td>17g</td>
</tr>
<tr>
<td>Lasagna</td>
<td>960</td>
<td>53g</td>
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</table>

What to do:
Not much you can do, but skipping the melted cheese on top will help.
Scrumptious Swiss Oats n’ Fruit
1 ½ cups dry oats
1 ¼ cups skim milk
2 tablespoons honey
½ teaspoon cinnamon
3 cups fresh or dried fruits (sliced banana, kiwi, strawberries, blueberries, raisins, craisins, apple)
¼ chopped walnuts, pecans or almonds
1. The night before: stir together dry oats, milk, honey and cinnamon. Allow ingredients to soak in the refrigerator overnight.
2. In the morning: Add fruit and nuts together.
Serves 4. Per serving: 300 calories, 53 grams carbohydrate, 9 grams protein and 7 grams fat.
Source: Lickety-Split Meals.

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:

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Tortilla Chips (basket)</td>
<td>640</td>
<td>34g</td>
</tr>
<tr>
<td>Cheese Quesadilla (includes sour cream, pico de gallo and guacamole)</td>
<td>900</td>
<td>59g</td>
</tr>
<tr>
<td>Beef Enchilada Platter (2 enchiladas, refried beans and rice)</td>
<td>1,250</td>
<td>58g</td>
</tr>
<tr>
<td>Chicken Fajitas Platter (4 fajitas with refried beans, rice, sour cream, guacamole and flour tortillas)</td>
<td>1,660</td>
<td>63g</td>
</tr>
</tbody>
</table>

Tips for more healthful Mexican dining:
- Look for “light” or “healthy” selections.
- Substitute salsa for sour cream and cheese.
2. Spread peanut butter.
3. Place banana slices and raisins in the center of tortilla. Roll up.

Serves 1. Per serving: 500 calories, 70 grams carbohydrate, 12 grams protein, 19 grams fat.

South of the Border Roll-ups
8 ounces light cream cheese
8 ounces light sour cream
½ packet taco seasonings
4-8 ounces salsa
1 can chopped green chilies
4 green onions, chopped
1 cup reduced fat shredded cheddar cheese
10 8-inch flour tortillas
1. Mix cream cheese, sour cream, taco seasoning, salsa and green chilies together in medium bowl.
2. Gently stir in green onions and cheddar cheese
3. Lay out tortillas and spread cheese mixture evenly across the tortillas. Roll up tortillas.
4. Lightly dampen 10 sheets of paper towel. Wrap each roll in one. Refrigerate 3–4 hours.
5. Just before serving, unwrap each roll and slice 1 inch apart.

Serves 4. Per serving: 142 calories, 15 grams carbohydrate, 8 grams protein, 6 grams of fat.

Source: Lickety-Split Meals.

Fiesta Bean Burrito
1 10-inch flour tortilla, white or whole-wheat
½ cup fat-free refried beans
1 tablespoon salsa
1. Spread refried beans and salsa on flour tortilla.
2. Roll and eat!

Source: Lickety-Split Meals.

Seafood:

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

Tips for healthful Chinese 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:

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Fries (no ranch)</td>
<td>2,380</td>
<td>151g</td>
</tr>
<tr>
<td><strong>What to do:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>You can’t make this one better. Skip it or share with LOTS of friends.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BBQ Chicken Breast</td>
<td>280</td>
<td>5g</td>
</tr>
<tr>
<td><strong>What to do:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Best choice at a steakhouse; get a side of steamed veggies, baked potato, or salad to make it a meal.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sirloin Steak</td>
<td>390</td>
<td>15g</td>
</tr>
<tr>
<td><strong>What to do:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Best bet on the red meat list; add a side of steamed veggies, baked potato or salad to make it a meal.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prime Rib</td>
<td>980</td>
<td>62g</td>
</tr>
</tbody>
</table>

**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 Cafés:**

<table>
<thead>
<tr>
<th>Food</th>
<th>Calories</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Mozzarella Sticks</td>
<td>830</td>
<td>51g</td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
<td>660</td>
<td>46g</td>
</tr>
<tr>
<td>Mushroom Cheeseburger with fries</td>
<td>1,490</td>
<td>88g</td>
</tr>
<tr>
<td>without fries</td>
<td>900</td>
<td>57g</td>
</tr>
</tbody>
</table>

What to do:
- Just say no.
- Ask your server if they can grill it instead of frying.
- 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.

**Source:** TAMU Student Health Services.

**Bagel Chips**
4 whole bagels: whole wheat, onion, plain or garlic
Nonstick cooking spray
1 teaspoon oregano
Dash garlic powder

1. Preheat oven to 350°F.
2. Slice bagels into very thin slices using a sharp, serrated knife.
3. Arrange in single layer and lightly spray bagel slices.
5. Let cool and enjoy. Store in an airtight container for one week.

Per serving: 95 calories, 19 grams carbohydrate, 4 grams protein, 0.5 grams fat.
**Source:** Lickety-Split Meals.

**Chex Party Mix**
3 cups each: rice, corn and wheat Chex cereal and Cheerios cereal
1 cup unsalted nuts
¼ cup margarine
1 tablespoon Worcestershire sauce
⅛ teaspoon seasoned salt, optional
½ teaspoon garlic powder
1 tablespoon water

1. Preheat oven to 250°F.
3. Pour margarine over cereal and nuts, mix well.
4. Bake in oven for 1 hour, stirring every 15 minutes.
Per serving: 87 calories, 4 grams fat and 220 mg sodium.

**Peanut Butter Banana Roll-Up**
1 10-inch flour tortilla, white or whole wheat
2 tablespoons peanut butter
½ medium banana, sliced
1 tablespoon raisins

1. Warm tortilla in the microwave oven for 20-30 seconds or until soft.
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

**Fazoli’s:**
- Anything with the marinara sauce
- Soups and salads
- Avoid alfredo sauces

**Jack in the Box:**
- Regular hamburger
- Chicken fajita pita
- Side salad
- Taco

**McDonald’s:**
- Salads with low-fat salad dressings
- Regular hamburger
- 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

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**Snappy Sandwich Roll**
1 10-inch flour tortilla, white or whole wheat
2 teaspoons mustard
2 ounces 97% fat-free meat or low-fat
Carrots and celery sticks
1. Spread mustard on tortilla.
2. Add 2 ounces fat-free lunch meat or reduced-fat cheese.
3. Place a couple carrots and celery sticks lined up end to end.
4. Roll and eat.
*Source: Lickety-Split Meals.*

**Easy Cheesy Tomatoes**
1 (14-ounce) stewed tomatoes
1 ounce reduced-fat shredded mozzarella
1 teaspoon Parmesan cheese
1 dash oregano and pepper
1. Mix ingredients in medium bowl.
2. Microwave until cheese is melted
3. Eat with crackers
*Serves 1–2.*
*Source: Lickety-Split Meals.*

**Quick Nachos**
20 baked tortilla chips
¼ cup reduced-fat shredded cheddar cheese
Fat-free refried beans
Salsa
1. Spread tortilla chips on microwave safe plate. Sprinkle with cheese.
2. Microwave on high 45–60 seconds
3. Eat with refried beans and salsa. Also include baby carrots and fruit juice.
*Source: Lickety-Split Meals.*
General Tips:
• Pizza with vegetable toppings with no extra cheese to lower fat.
• Think salads with light or reduced fat salad dressings.
• Choose chicken over beef.
• Remove excess skin/fat on chicken/beef.
• Avoid super-sizing.
• Eat an English muffin instead of a sausage and egg biscuit.
• Drink diet soda or water.
• Order your sandwich/burger with mustard instead of mayonnaise.
• Look for baked, grilled, or roasted foods – not fried.
• Try substituting frozen yogurt for ice cream.
• At Freebird’s, the white chicken is the leanest meat option. The dark chicken and lean steak meat contain about the same fat and calories. The BBQ sauce, guacamole, and sour cream are high in fat – use them sparingly.
• The Shell under a Taco Salad doubles the fat to 52 grams and calories to 850. Even without the shell, the salad has more fat than a Quarter Pounder with cheese (30g).

Source: TAMU Student Health Services.

Low-Fat Yogurt and Grapenuts®
8 ounces flavored yogurt
\( \frac{1}{3} \) cup Grapenuts®
1. Stir and eat!
Source: Lickety-Split Meals.

Pita Pizza
1 Pita pocket bread
Pizza sauce
Reduced-fat shredded mozzarella cheese
Your choice of toppings
1. Place bread on cookie sheet.
2. Add toppings of choice to the bread.
3. Heat in a 350°F oven till hot and golden brown.
Source: Lickety-Split Meals.

Quickie Stir Fry
1 cup frozen mixed oriental vegetables
1 cup minute rice with an equal amount of broth or water
Oriental flavorings: soy sauce, ginger or garlic
3 ounces chopped, cooked chicken, lean pork or tofu
1. Stir fry vegetables until tender crisp.
2. Add all remaining ingredients of choice and stir fry until completely heated.
Source: Lickety-Split Meals.

String Cheese Roll-Up
1 or 2 string cheese pieces
1 10-inch flour tortilla, white or whole wheat
2 tablespoons salsa
1. Add cheese and salsa. Roll up tortilla.
2. Microwave for 1 minute. Caution – tortilla may be hot!
3. Eat with apple, orange or pear.
Source: Lickety-Split Meals.
Snacks & Light Meals

**Tuna Cracker Sandwiches**
1 can tuna, single serving  
Light Mayo, if desired  
Crackers  
1. Open a single serving can of tuna and drain, mix mayo and tuna in small bowl  
2. Make cracker sandwiches.  
3. Eat with a can of low-sodium V-8®.

Serves 1.  
*Source: Lickety-Split Meals.*

**Tuna in a Pita**
1 can tuna, single serving  
1 tablespoon Miracle Whip® Light  
1 Pita  
1. Spread miracle whip inside a pita  
2. Open can of tuna, drain. Stuff inside pita  
3. Add any vegetables you have and enjoy!

Serves 1.  
*Source: Lickety-Split Meals.*

**Peanut Butter Rice Cake**
1 tablespoon peanut butter  
2 rice cakes  
1. Spread peanut butter thinly on rice cakes.  
2. Eat with a banana.

Serves 1.  
*Source: Lickety-Split Meals.*

Tips for Shopping for Vegetables and Fruits

1. **Celebrate the season.** Vegetables and fruits that are in season are easy to get, usually less expensive, and have more flavor. Try shopping at your local farmer’s market.

2. **Why pay full price?** Look for sales, coupons, and specials that will cut food costs.

3. **Stick to your list.** Plan your meals ahead of time and make a grocery list. Only buying what you need can save you money. Also, don’t shop when you’re hungry. Shopping after eating will make it easier to pass on the tempting snack foods.

4. **Try canned or frozen.** Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggies or fruit. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.

5. **Buy small amounts frequently.** Since some fresh vegetables and fruits don’t last long, buying small amounts more often can ensure that you eat the foods without throwing them away.

6. **Buy in bulk when items are on sale.** For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7. **Store brands = Savings.** Opt for store brands when possible. You will get the same or similar product for a cheaper price.

8. **Keep it simple.** Instead of paying more for pre-cut, pre-washed, and ready-to-eat, buy vegetables and fruits in their simplest form.

9. **Plant your own.** Start a garden in your yard or in a pot. Gardens...
provide fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners.

10. Plan and cook smart. To save time and money, prepare and freeze vegetable soups, stews, or other dishes in advance. Add leftover vegetables to casseroles or blend to make soup. Overripe fruit is great for smoothies or baking.


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**Oven Fries**

4 large baking potatoes  
1 tablespoon canola or olive oil  
Salt, pepper, and ketchup

1. Preheat oven to 375 ºF. Wash and scrub potatoes thoroughly. Cut potatoes lengthwise into wedges. Place in a bowl.  
2. Drizzle oil over potatoes and toss.  
4. Set timer and bake for 50 minutes or until tender.  
5. Sprinkle with salt and pepper to taste.

Serves 4. Per serving: 250 calories, 5 grams protein, 50 grams carbohydrate, 3.5 grams fat.

Source: Lickety-Split Meals.

**Impress the Company Coleslaw**

1/3 cup vegetable oil  
1/2 teaspoon garlic salt or powder  
1 (3-ounce) package beef flavored ramen noodles  
1 (16-ounce) package shredded coleslaw mix  
1 (5-ounce) package sliced almonds

1. In small saucepan, combine oil, garlic salt, and seasoning packet from ramen noodles.  
2. Cook over medium heat for 3 minutes.  
3. In large bowl, crush noodles. Add coleslaw and almonds. Mix well.  
4. Drizzle oil over mixture. Toss to coat.

Serves 6-8.
2. Reduce heat and carefully add the apples. Cook uncovered, until apples are tender.
3. Cool slightly. With slotted spoon, transfer apples to a serving dish. Pour syrup over apples.
4. Cover and refrigerate for at least 3 hours
Serves 6-8.

**Mix and Chill Salad**

1 cup yogurt  
1 tablespoon orange juice  
2 tablespoons honey  
½ cup raisins  
1 large apple, chopped  
1. In medium bowl, combine yogurt, juice, and honey. Mix well.  
2. Add raisins and apples. Mix well.  
3. Cover and chill.
Serves 4.
Source: “If I gotta Cook, Make It Quick” cookbook, Shelley Platt.

**Three Bean Salad**

1 can (15-ounce) kidney beans, drained  
1 can (15-ounce) garbanzo beans, drained  
1 can (15-ounce) green bean, drained  
¾ cup red wine, balsamic or rice vinegar  
1 tablespoon parsley  
½ teaspoon onion powder  
½ teaspoon garlic powder  
1. Combine beans in a large bowl.  
2. Add remaining ingredients and mix well.
Serves 4-6. Per serving: 270 calories, 17 grams protein, 50 grams carbohydrate, 1 gram fat.
Source: Eating Well on Campus.
Breakfast

**Scrambled Eggs**
4 eggs
Non-stick cooking spray or 1 tablespoon margarine
¼ cup skim milk
Salt and pepper
1. Crack eggs into medium size bowl.
2. Add milk. Whisk or mix with a fork until blended.
3. Put burner on a low heat. If using margarine, melt in a frying pan over heat or spray with cooking spray.
4. Pour egg mixture into pan. Let it sit for about 15 seconds.
5. Keep stirring and pulling egg mixture to center of pan with spatula, breaking up larger pieces. Sprinkle with salt and pepper, if desired. Eggs should not be runny.

Serves 2. Per serving: 210 calories, 13.5 grams protein, 2.5 grams carbohydrate, 15 grams fat.
Source: *Eating Well On Campus.*

**Scrambled Egg Pockets**
1 small tomato, chopped
1 small red onion, chopped
½ green bell pepper, chopped
6 eggs, slightly beaten
½ teaspoon dried oregano
Dash of salt
2 pita breads (6-inches in diameter), cut in half and open to form pockets
Add any other ingredients desired.
1. Spray pan with non-stick cooking spray. Cook all vegetable for about 3 minutes or until tender.
2. Beat oregano and salt into eggs. Pour into pan.
3. Follow directions for scrambled eggs above. Cook for 3–5 minutes or until eggs are thickened throughout but still moist.
4. Spoon into pita.

Serves 4.
Source: *Ten-Minute Meals Five-Minute Workouts.*

Sides & Salads

**Cheesy Potato Skillet with Mixed Vegetables**
16 ounces frozen mixed vegetables
1 tablespoon canola or olive oil
16 ounces frozen O’Brien potatoes
½ cup reduced fat shredded mozzarella cheese
2 tablespoons fresh ground pepper
2 tablespoons Parmesan cheese
1. Place oil and mixed vegetables in a non-stick skillet over medium-high heat for 4 minutes, stirring frequently.
2. Add frozen potatoes and cook 6 minutes, stirring frequently.
3. Sprinkle pepper and cheeses over vegetables. Turn off heat, cover, and let stand for 1 minute.

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

**Grammy’s Cherry Salad**
1 (20-ounce) can cherry pie filling
1 (15.25-ounce) can fruit cocktail
3 bananas, sliced
1. Combine all ingredients in large bowl, mix well.
2. Cover and chill

Serves 8-12.
Source: “If I gotta Cook, Make It Quick” cookbook, Shelley Platt.

**Cinnamon Apples**
2 cups water
¾ cup red-hot candies
⅓ cup sugar
6 medium tart apples, peeled and quartered
1. Bring water, candies, and sugar to boil in large saucepan over medium heat. Stir constantly until candies and sugar are dissolved.
Breakfast Casserole
12 ounces (½ bag) frozen Ore Ida O’Brien Potatoes (hash browns with onions & peppers)
½ cup reduced-fat shredded cheddar cheese
2 ounces lean ham or Canadian bacon
2 whole eggs
4 egg whites
2 tablespoons skim milk
2 tablespoons Dijon mustard
¼ teaspoon thyme
Sprinkles of pepper

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 your favorite toppings.
6. Place in oven uncovered for 40 minutes.

Serves 4. Per serving: 165 calories, 14 grams protein, 16 grams carbohydrate, 4.5 grams fat.

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

Slow-Cooker Spaghetti
1 (28-ounce) jar spaghetti sauce
20 frozen fully-cooked meatballs, thawed
3 cups slightly cooked spaghetti

1. In slow-cooker, combine all ingredients, mix well
2. Cover and cook on LOW for 2-3 hours.

Serves 6.

Source: “If I gotta Cook, Make It Quick” cookbook, Shelley Platt.

Mexican Casserole (Slow-Cooker)
1 (15-ounce) can black beans, rinsed and drained
2 (15-ounce) cans corn, drained
1 cup salsa
1 cup shredded cheddar cheese (can be 2% to reduce fat)

1. In slow-cooker, combine beans, corn and salsa; mix well.
2. Cover and cook on HIGH for 3 hours.
3. Sprinkle cheese over mixture. Cover and cook for another 10 minutes to melt.
4. Serve as is or on a tortilla.

Serves 6–8.

Source: If I gotta Cook, Make It Quick cookbook by Shelley Platt.
**Lunch**

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

Serves 4. Per serving: 290 calories, 15 grams protein, 49 grams carbohydrate, 6 grams fat.

*Source: Eating Well On Campus.*

**Hard Boiled Eggs**
4 eggs  
Water  
1. Put eggs in saucepan. Cover with water.  
2. Heat water to a boil. Lower temperature and cover. Let simmer for 10 minutes.  
3. Drain out hot water and run cold water over eggs. Refrigerate.

Serves 4. Per serving: 74 calories, 6 grams protein, .5 grams carbohydrate, 6 grams fat.

*Source: Eating Well On Campus.*

**Egg Salad**
4 hard-boiled eggs, peeled and chopped  
4 tablespoons low-fat mayonnaise  
Chopped celery and chopped onion (optional)  
Salt and pepper  
1. Place chopped eggs in medium size bowl. Add mayonnaise and mix well.  
2. Add celery and onion, mix well.

**Classic Tuna Melt**
8 ounces egg noodles  
1 cup frozen peas  
1 tablespoon butter or margarine, optional  
¼ cup chopped onion, optional  
1 can condense cream of mushroom soup  
¾ cup milk  
6 ounces Velveeta processed cheese, sliced  
6 ounces canned tuna  
¼ teaspoon salt  
1. Cook the egg noodles  
2. Place the frozen peas in a microwave-safe bowl. Cover with plastic wrap and microwave on high heat for 2–3 minutes, until cooked.  
3. Add the butter/margarine and chopped onion to casserole dish. Microwave on high heat for 1 ½–2 minutes or until the onion is tender  
4. Add the cooked peas, soup, milk, cheese, tuna, and salt. Cover with plastic wrap. Microwave on medium heat for 2 minutes. Stir and microwave on high heat for 3–4 minutes, until the cheese melts. Stir in the noodles and cook for 1–2 minutes, until the mixture is heated through.

Serves 2.

*Source: The Everything College Cookbook.*

**Crockpot Fajitas**
1 pound beef flank steak or skinless, boneless chicken  
1 onion  
1 green bell pepper  
1 red bell pepper  
1 yellow pepper  
10 jalapeno pepper rings from a jar  
1 teaspoon minced garlic  
1 teaspoon ground cumin  
1 (15-ounce) can kidney or pinto or black beans, drained and rinsed  
1 package fajita seasoning mix
Vegetarian Lasagna

1/2 cup canned crushed tomatoes
1/3 cup ricotta cheese
1/3 cup grated mozzarella cheese
1 tablespoon grated Parmesan cheese
1/8 teaspoon dried oregano
1/8 teaspoon dried basil
6 "oven-ready" lasagna noodles

1. Place the crushed tomatoes in a bowl. Stir in the ricotta, then the mozzarella, and then the Parmesan. Make sure each cheese is thoroughly mixed in before adding the next. Stir in the oregano and basil.

2. Lay out 2 lasagna noodles in a large bowl or small microwave-safe dish. Spoon approximately 1/3 of the tomato sauce and cheese mixture evenly over the top. Repeat layering two more times.

3. Cover the dish with wax paper. Microwave on high heat for 3 minutes. Turn the bowl, and microwave on high heat for another 3–5 minutes, until the cheese is cooked. Let stand for 10 minutes before serving.

Serves 1-2.
Source: The Everything College Cookbook.

Baked Potato

4 baking potatoes (Idaho is good for baking)

1. Preheat oven to 450° F.
2. Scrub potatoes and pat dry.
3. Poke holes in the potato with a fork.
4. Bake in center of oven, directly on oven rack for 45-60 minutes.

To Microwave:

1. Scrub potato and pat dry.
2. Poke holes in the potato with a fork.
3. Place potatoes on a microwave safe plate in the microwave.
4. Microwave on high for 12–15 minutes.

Serves 4. Per serving: 220 calories, 4.5 grams protein, 51 grams carbohydrate, 0 grams fat.

Source: Eating Well On Campus

Veggie & Cheese Stuffed Baked Potatoes

1 large potato
1 cup California blend broccoli, cauliflower & carrots
1/4 cup reduced-fat shredded cheese

1. Scrub potato thoroughly and pierce 3 or 4 times with a fork. Place in microwave on high for 4-5 minutes. Cook more if necessary. Set aside.

2. Place vegetables in a microwave safe dish. Cover and cook for 6-8 minutes on high.

3. Split potato open and top with vegetables (overflowing the spud!)

4. Sprinkle cheese on top and microwave whole potato for 1 more minute.

Serves 4.

Source: Eating Well On Campus

Meat Loaf

1 large egg
2 pounds ground beef
3/4 cup crushed soda cracker crumbs

1. Preheat oven to 350°F. Bring water to boil in saucepan. Dissolve the soup mix in boiling water. Lightly beat the eggs
2. In a deep casserole dish, combine the ground beef, beaten egg, cracker crumbs, and the soup. Mix thoroughly.
3. Bake for 60 minutes or until the meat loaf is cooked (internal temperature should be 160°F). Let the meat loaf sit for 20 minutes before slicing and serving.

Serves 4.
Source: The Everything College Cookbook.
minute to melt the cheese.
5. Top potato with pepper and light sour cream if desired.
Serves 1. Per serving: 235 calories, 14 grams protein, 37 grams carbohydrate, 3 grams fat.
Source: Lickety-Split Meals for Health Conscious People On the Go!

**Sloppy Joes**
1 pound hamburger (at least 85% lean)
12-ounce bottle chili sauce or can of Manwich sauce
Hamburger buns
1. Brown hamburger meat, drain well. Add chili or Manwich sauce and heat.
2. Serve over hamburger buns.
Serves 4.

**Turkey, Spinach and Apple Wrap**
1 tablespoon reduced-fat mayonnaise
2 teaspoons honey mustard
2 whole-wheat wraps or flour tortilla
2 cups baby spinach leaves
4 thin slices turkey breast (4 ounces)
¼ Granny Smith apple, sliced paper thin
1. Combine mayonnaise and mustard.
2. Lay out both wraps, spread mayonnaise mixture on wraps and arrange a layer of greens on top.
3. Top each with half the turkey. Evenly divide apple slices and lay across turkey.
4. Roll and wrap tightly, best if covered with plastic wrap and refrigerated 4 hours before serving (but not necessary.)
Serves 2.
Source: Parkview Health: Jenny Laird, MS, RD.

**Santa Fe Chicken**
1 tablespoon oil
¾ pound boneless skinless chicken breast, cut into thin strips
1 (11-ounce) can sweet corn
1 cup chunky salsa
2 tablespoons sliced ripe olives
1 cup broken tortilla chips (baked tortilla chips have less fat)
½ cup shredded cheese (2% cheese will have less fat)
1. Heat oil in pan over medium-high heat until hot. Add chicken; cook and stir 3-5 minutes until no longer pink.
2. Stir in corn, salsa and olives; simmer 3-5 minutes or until thoroughly heated, stirring occasionally. Stir in chips; sprinkle with cheese.
3. Serve immediately.
Serves: 4 – 1 cup servings. Per serving: 350 calories, 26 grams protein, 28 grams carbohydrate, 15 grams fat.
Source: Dinner In No Time, Pillsbury Classic Cookbook.

**Pesto Pasta Pronto**
8 ounces uncooked fettuccine
1 (7-ounce) container pesto sauce
1½ ounce shredded Parmesan cheese
1. Cook the fettuccine to desired doneness as directed on package. Drain.
2. In a large bowl, combine hot cooked fettuccine and pesto sauce; toss gently. Place on serving platter; sprinkle with Parmesan cheese.
Serves 4. Per serving: 480 calories, 16 grams protein, 44 grams carbohydrate, 27 grams fat.
Source: Dinner In No Time, Pillsbury Classic Cookbook.

**One-Step Meat Loaf**
2 tablespoons instant tomato and basil soup mix
½ cup water
### Dinner

#### Baked Ziti

- 15 ounces low-fat ricotta cheese
- 8 ounces part-skim shredded mozzarella cheese
- 1 pound ziti
- 26-ounce or 32-ounce jar of spaghetti sauce
- 2 tablespoons grated Parmesan cheese

1. Preheat oven to 350° F. Cook ziti as directed on box and drain well.
2. Combine ziti, ricotta, and mozzarella cheese.
3. Spread half of ziti mixture into bottom of a large casserole dish. Pour one cup of sauce on top and sprinkle with half of the Parmesan cheese. Repeat this layer.
4. Cover with foil for oven, plastic wrap for microwave oven.
5. Bake at 350° F. for 25 minutes, remove foil and continue baking for another 15 minutes. Or, cover with plastic wrap and microwave for 10 minutes. Uncover, and microwave for an additional five minutes.

Serves 6-8 (1 cup per serving). Per serving: 406 calories, 22 grams protein, 52 grams carbohydrates, 11 grams fat.

*Source: Eating Well On Campus.*

#### Tuna Noodle Casserole

- 8 ounces noodles
- 1 6-ounce can of tuna
- 1 can cream of mushroom soup
- ½ soup can of milk
- Optional: peas, celery, green peppers, bean sprouts, cheese cubes, grated Parmesan, almonds
- Seasonings: salt, pepper, basil, curry, paprika

1. Cook noodles.
2. Heat soup, milk, and tuna.
4. This can be served as is if you are in a hurry, or you can bake for

Serves 4. Per serving: 200 calories, 27 grams protein, 5 grams carbohydrate, 8 grams fat.

*Source: Dinner In No Time, Pillsbury Classic Cookbook.*
20 minutes in 350° in oven to allow flavors to blend.
Serves 3-4.
Source: The Athlete’s Kitchen.

Six-Layer Dinner
You can cook this dinner in a skillet on top of the stove, or bake it in a casserole. If you don’t have all the ingredients simply skip the layer.
1 pound lean hamburger meat
4 potatoes, ¼ inch slices
2 large carrots, ¼ inch slices
1 large onion, ¼ inch slices
1 pound can tomatoes, chunk
1 green pepper, ¼ inch slices
Salt & pepper
Optional: pinch of basil and sprinkle of garlic powder
1. Brown the hamburger in skillet and drain the grease.
2. Layer the remaining ingredients in the order given.
3. Cover and simmer for 30 minutes, or bake for 45 minutes at 350°.
Serves 4.
Source: The Athlete’s Kitchen.

Hectic Day Macaroni
1 pound lean hamburger
4 cups cooked macaroni, hot
1 (15-ounce) can tomatoes, chopped
½ cup tomato sauce
Salt & pepper
1. Brown the hamburger in skillet and drain the grease.
2. Add remaining ingredients, mix well and cook over low heat until mixture is hot.
Serves 4–5.
Source: “If I gotta Cook, Make It Quick” cookbook, Shelley Platt.

Plain Baked Chicken
4 boneless skinless chicken breasts
Nonstick spray oil
1-2 teaspoons olive oil
Salt, pepper, garlic powder, paprika
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.
Serves 4. Per serving: 140 calories, 26 grams protein, 0 grams carbohydrates, 3 grams fat.
Source: Eating Well On Campus.

Oven Fried Chicken
4 boneless skinless chicken breasts
¼ cup skim milk
½ cup grated Parmesan Cheese
½ cup cornflakes, crumbled
Salt and pepper
1. Coat bottom of baking dish with cooking spray, combine crumbs and cheese in bowl
2. Dip chicken in milk and then cover with cheese mixture, place in baking dish
3. Bake in oven at 350° for 30 minutes, turning every 10 minutes, or microwave for 12–15 minutes.
Serves 4. Per serving: 140 calories, 26 grams protein, 0 grams carbohydrates, 3 grams fat.
Source: Eating Well On Campus.

The Easiest Stir-Fry Ever
2 cups instant whole-grain brown rice
1 ¼ cup water (adjust according to package directions, rice brands vary)
1 small onion