



scotty's cookbook

BY UNIVERSITY OF CALIFORNIA, RIVERSIDE

— *For students, by students* —

HEALTHY, NUTRITIOUS, SUSTAINABLE



UCR EFFORTS IN SUSTAINABILITY, FOOD WASTE, AND FOOD INSECURITY

SUSTAINABILITY EFFORTS

- **ZERO WASTE GOALS:** UCR IS COMMITTED TO ACHIEVING A 90% WASTE DIVERSION RATE BY 2025. IN 2023, THE CAMPUS DIVERTED 57% OF ITS MUNICIPAL AND ORGANIC WASTE FROM LANDFILLS, SURPASSING ITS INTERIM TARGETS.
- **COMPOSTING AND RECYCLING:** THE UNIVERSITY COMPOSTS APPROXIMATELY 250 TONS OF FOOD WASTE ANNUALLY, INCLUDING COFFEE GROUNDS AND COOKING OIL. THESE EFFORTS CONTRIBUTE TO SOIL ENRICHMENT IN CAMPUS GARDENS AND REDUCE GREENHOUSE GAS EMISSIONS.
- **ENERGY AND WATER CONSERVATION:** UCR HAS IMPLEMENTED TRAY-LESS DINING TO SAVE OVER 5,000 GALLONS OF WATER WEEKLY AND USES ENERGY-EFFICIENT APPLIANCES IN ITS DINING FACILITIES.



REDUCING FOOD WASTE

- **SCOTTY'S FINAL CALL:** A CAMPUS INITIATIVE THAT NOTIFIES STUDENTS AND STAFF ABOUT AVAILABLE LEFTOVER FOOD FROM EVENTS, REDUCING WASTE AND PROVIDING ADDITIONAL FOOD RESOURCES.
- **FOOD RECOVERY NETWORK:** UCR'S CHAPTER OF THIS NATIONAL ORGANIZATION RECOVERS SURPLUS FOOD FROM CAMPUS DINING FACILITIES AND REDISTRIBUTES IT TO THOSE IN NEED, SUPPORTING BOTH SUSTAINABILITY AND FOOD SECURITY.
- **SURPLUS FOOD DONATIONS:** IN THE 2023-2024 ACADEMIC YEAR, UCR DONATED OVER 10,000 POUNDS OF SURPLUS FOOD TO INLAND HARVEST, A LOCAL ORGANIZATION THAT DISTRIBUTES FOOD TO THOSE FACING FOOD INSECURITY.



ADDRESSING FOOD INSECURITY

- **R'PANTRY:** ESTABLISHED TO COMBAT STUDENT FOOD INSECURITY, R'PANTRY PROVIDES FREE FOOD, HYGIENE PRODUCTS, AND CHILDCARE ITEMS TO STUDENTS IN NEED.
- **CALFRESH ASSISTANCE:** UCR OFFERS SUPPORT FOR STUDENTS APPLYING TO CALFRESH, CALIFORNIA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM, HELPING THEM ACCESS ADDITIONAL FOOD RESOURCES.
- **SWIPE OUT HUNGER:** THIS PROGRAM ALLOWS STUDENTS TO DONATE UNUSED MEAL SWIPES, WHICH ARE CONVERTED INTO FUNDS TO SUPPORT R'PANTRY AND OTHER FOOD ASSISTANCE INITIATIVES.



INTRODUCTION

Food is more than just a basic need: It's a powerful tool for connection, resilience, and change. Scotty's cookbook, created by college students for college students, was born out of a simple but urgent idea: By sharing affordable, sustainable, and creative recipes, we can help combat food insecurity, reduce food waste, and build a healthier, more equitable community.

College life often brings financial and food challenges. Many students face food insecurity daily, juggling classes, work, and rising living costs. At the same time, sustainability and mindful eating have never been more important. This cookbook meets these realities head-on, offering recipes that are budget-friendly, easy to make, and focused on maximizing every ingredient—turning simple, accessible foods into nutritious meals.

Our recipes emphasize:

- **Affordability and accessibility**, so that anyone, regardless of income, can prepare nourishing meals.
- **Sustainability**, by encouraging the use of local, seasonal ingredients and offering plant-based options that reduce environmental impact.
- **Waste reduction**, by providing ideas to repurpose leftovers, use up common pantry staples, and minimize food spoilage.

Every recipe in this collection comes from the experiences of students like you—people who know what it means to make a meal stretch, improvise with what's on hand, and create something satisfying and sustainable. Together, we hope to spark creativity in the kitchen, foster community, and help build a future where healthy food is not a privilege, but a right.

Welcome to a cookbook designed for resilience, sustainability, and real life.

Let's get cooking.

Thank you to The Well, Basic Needs, R'Healthy Campus Interns, UCR Office of Sustainability, and my fellow UCR students for making this cookbook possible.

–Rahul Almeida (4th year, Biology)

GROCERY SHOPPING TIPS

Before you shop:

- Create and use a grocery list
- Schedule a set shopping day once a week (or how often you need to shop)
- Don't shop hungry

At the store:

- Shop the perimeter of the store for staples like produce, grains, and protein
- Use the unit price on the price tag to compare costs between items.
- Compare prices of name brands and store brand items—this can be a big money saver!
- Stock up on staples when they are on sale
- Be aware of marketing tactics trying to get you to buy more than what you actually need

After:

- Keep raw meats separated from other food (all raw meats should be stored at the bottom of your fridge or freezer)
- Store your food properly as soon as you get home to avoid spoiling the food you just bought
- Prepare necessary fruits and vegetables to ensure they will be eaten before spoiling

Other Tips:

- **Produce:**
 - Buying produce in bulk is not always better because it can spoil faster. Only buy what you will eat.
 - Pre-cut and bagged options are great convenience options
- **Breads:**
 - Read labels to find bread that has WHOLE grain flour as the first ingredient
 - Aim for bread with 3–6 g of fiber per serving
- **Middle Aisles:**
 - Choose health oils (olive, canola, nuts)
 - Nuts are a great protein option
 - Choose cereals, pasta, and rice with high fiber content
 - Choose fruit canned in water or juice rather than heavy syrup
- **Frozen foods:**
 - Frozen fruit can be easily added to breakfasts or smoothies
 - Frozen vegetables can be cooked easily (microwaved)
 - Some frozen dinners/meals are healthier than others so look for low-fat, low-sodium, high-protein meals
- **Meats:**
 - Buy in bulk and freeze for convenience
 - Leaner cuts are often cheaper and are healthier
 - Look for the words LOIN and ROUND
- **Cheese:**
 - White cheese tends to be lower in fat
 - Cottage cheese is a great source of protein
 - Use string cheese for portable snacks
- **Milk and Eggs:**
 - All types of cow's milk have the same nutrients, the only difference is fat and calories
 - Cow's milk DOES NOT contain any added sugar and is a natural source of protein
 - Choose low-sugar options of yogurt
 - Eggs are generally an inexpensive source of protein

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COTTAGE CHEESE ICE CREAM

OVERNIGHT OATS



Recipe by Van Nguyen
3rd year, CHASS



INGREDIENTS: SERVES 1 PERSON

- $\frac{1}{2}$ CUP ROLLED OATS
- $\frac{1}{2}$ – $\frac{2}{3}$ CUP MILK OR LIQUID OF CHOICE
- 1–2 TSP SWEETENER (E.G., HONEY OR MAPLE SYRUP – OPTIONAL)

HOW TO MAKE: 2-5 MINS PREP

- ADD $\frac{1}{2}$ CUP ROLLED OATS TO A JAR OR BOWL
- POUR IN $\frac{1}{2}$ TO $\frac{2}{3}$ CUP OF LIQUID (MILK, WATER, OR A MIX)
- OPTIONAL: ADD 1–2 TSP SWEETENER LIKE HONEY OR MAPLE SYRUP
- STIR WELL TO COMBINE
- COVER AND REFRIGERATE OVERNIGHT (OR AT LEAST 4–6 HOURS)
- IN THE MORNING, STIR AND TOP WITH FRUIT, NUTS, OR SEEDS IF DESIRED
- ENJOY COLD OR WARM IT UP BRIEFLY IF PREFERRED

CATEGORIES:

<15 MINS, BREAKFAST, MAKE AHEAD
(CONVENIENT MEAL PREP),
VEGETARIAN, HIGH-FIBER

INGREDIENTS SOURCED FROM:

STATER BROS, GLEN MOR MARKET

SUBSTITUTIONS:

WATER OR PLANT-BASED MILK CAN
REPLACE DAIRY MILK FOR VEGAN OR
DAIRY-FREE DIETS, AND YOU CAN
ADD CHIA SEEDS, FLAXSEEDS, OR
FRESH FRUIT TO BOOST FIBER,
PROTEIN, AND ANTIOXIDANTS.

HEALTH BENEFITS:

ROLLED OATS ARE RICH IN FIBER,
WHICH HELPS REGULATE BLOOD
SUGAR AND SUPPORTS DIGESTIVE
HEALTH. WHEN SOAKED IN MILK OR
YOGURT, THEY ALSO PROVIDE
CALCIUM AND PROTEIN FOR
STRONG BONES AND MUSCLE
MAINTENANCE.



POTATO PANCAKE & EGGS



“Growing up, my older sister would ask me if I wanted a potato pancake for breakfast. I love potatoes. I would always answer yes and continue to do so to this day. It’s a quick and easy meal to make for breakfast, lunch, or dinner and can easily be paired with some eggs and vegetables!”

- *Danielle Arteaga-Duarte*
4th year, School of Education

INGREDIENTS: SERVES 1 PERSON

- 1 MEDIUM POTATO (OR 2-3 SMALL ONES)
- 2-3 EGGS
- ½ CUP CHOPPED GREENS (E.G., SPINACH, KALE, OR ARUGULA – OPTIONAL)
- 1 TBSP BUTTER OR OIL
- ¼ TSP GARLIC POWDER (OPTIONAL)
- ¼ TSP SALT
- ⅛ TSP BLACK PEPPER
- OPTIONAL TOPPINGS: KETCHUP, HOT SAUCE, OR CHEESE

HOW TO MAKE: 5 MIN PREP, 10 MINUTE COOKING TIME

- HOW TO MAKE: 10 MIN PREP, 10-15 MINUTE COOKING TIME
- WASH AND PEEL 1 MEDIUM POTATO.
- USE A GRATER TO SHRED THE POTATO INTO THIN STRIPS.
- HEAT A NONSTICK PAN OVER MEDIUM HEAT AND ADD 1 TBSP BUTTER OR OIL.
- ADD THE SHREDDED POTATO INTO THE PAN, SHAPING IT INTO A FLAT ROUND PANCAKE. SPRINKLE WITH ¼ TSP GARLIC POWDER IF DESIRED.
- LET IT COOK UNDISTURBED FOR 4-5 MINUTES UNTIL GOLDEN AND CRISPY ON THE BOTTOM, THEN FLIP AND COOK THE OTHER SIDE FOR ANOTHER 4-5 MINUTES.
- REMOVE THE PANCAKE FROM THE PAN AND SET ASIDE.
- CRACK 2-3 EGGS INTO THE SAME PAN. SEASON WITH ¼ TSP SALT AND ⅛ TSP PEPPER. COOK TO YOUR PREFERRED DONENESS (SUNNY SIDE UP, SCRAMBLED, OR OVER EASY).
- IF USING, ADD ½ CUP CHOPPED GREENS TO THE PAN AND SAUTÉ FOR 1-2 MINUTES UNTIL WILTED.
- PLATE YOUR POTATO PANCAKE, EGGS, AND GREENS. ADD KETCHUP OR TOPPINGS OF CHOICE AND ENJOY!

CATEGORIES:

BREAKFAST, BRUNCH, NUT-FREE, 15-30 MINS, VEGETARIAN

INGREDIENTS SOURCED FROM:

STATER BROS, COSTCO, SUPERIOR, ALDI, GROCERY OUTLET, CARDENAS

SUBSTITUTIONS:

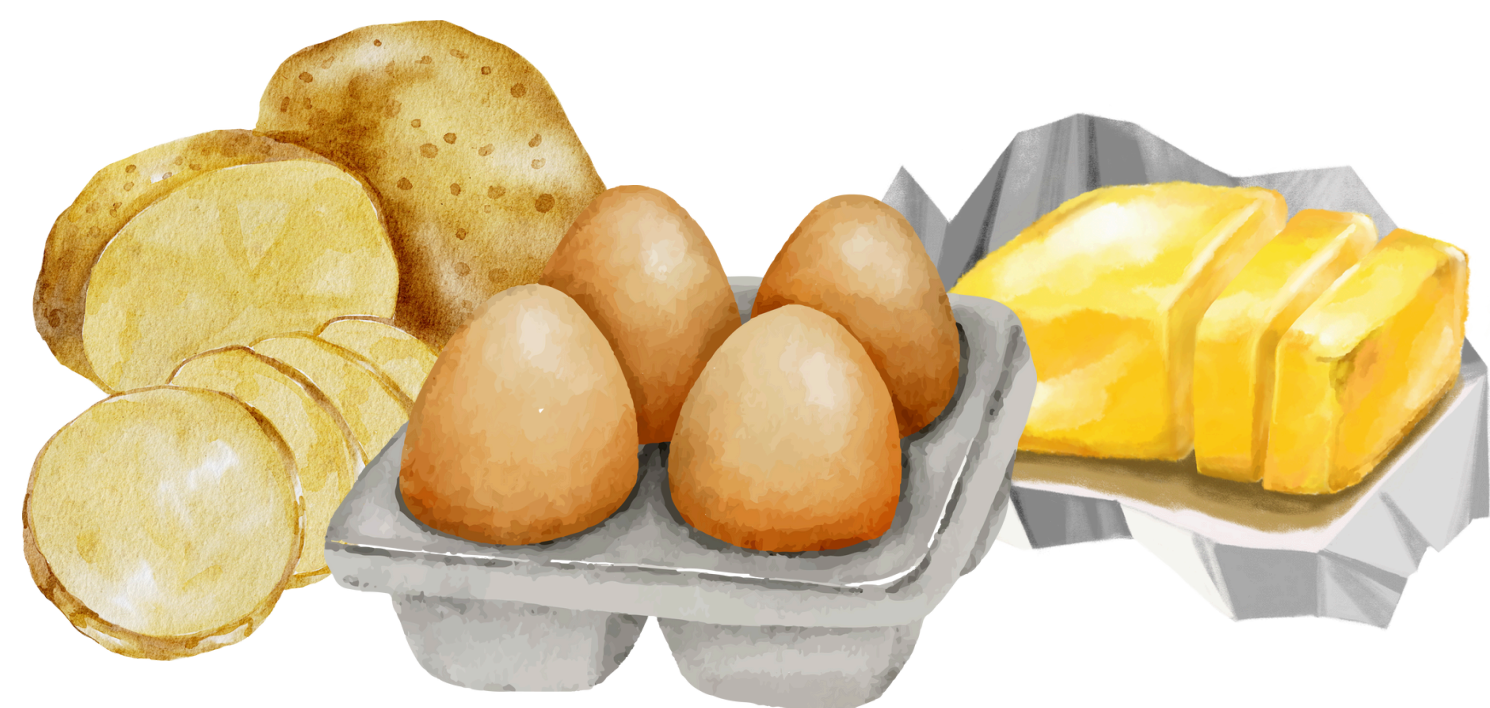
TO MAKE THIS RECIPE HEALTHIER, YOU CAN USE OLIVE OIL INSTEAD OF BUTTER TO ADD HEART-HEALTHY FATS. FOR A DAIRY-FREE VERSION, SIMPLY SKIP THE CHEESE OR USE A PLANT-BASED ALTERNATIVE. IF YOU WANT EXTRA FIBER AND NUTRIENTS, YOU CAN LEAVE THE POTATO SKIN ON INSTEAD OF PEELING IT.

HEALTH BENEFITS:

POTATOES SUPPLY COMPLEX CARBS FOR LONG-LASTING ENERGY, AND EGGS ADD HIGH-QUALITY PROTEIN FOR MUSCLE SUPPORT. GREEN VEGETABLES (IF USED) PROVIDE FIBER AND MICRONUTRIENTS THAT SUPPORT DIGESTION AND IMMUNITY.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“START OFF WITH SOMETHING SMALL, TRY MAKING A QUICK MEAL WITH FOODS YOU LIKE. IT HELPS TO LOOK UP QUICK MEALS TO MAKE! PLACES LIKE ALDI AND GROCERY OUTLET OFTEN HAVE GOOD DEALS ON GROCERIES, THESE ARE GOOD PLACES TO FIND CHEAP ITEMS TO MAKE AT A GREAT PRICE AS WELL :)”



W H E A T D O S A / C R E P E



“This recipe comes from my mother—something she used to make when we needed a quick, wholesome meal. I’ve made a few tweaks to enhance it, like adding an egg for extra protein or some onions for more flavor. What I love about it is how simple yet satisfying it is. It’s budget-friendly, made with pantry staples, and can be customized to suit different tastes. Whether you like it thin and crispy or soft and fluffy, this crepe is a go-to for a healthy, effortless meal!”

- *Gayathri Jayaprakash*
Graduate Student, School of Business

INGREDIENTS: SERVES 1-2

- 1 CUP WHOLE WHEAT FLOUR
- $\frac{1}{4}$ CUP RICE FLOUR
- $\frac{1}{4}$ – $\frac{1}{2}$ TSP SALT (TO TASTE)
- 1– $1\frac{1}{4}$ CUPS WATER (ADJUST TO GET A SMOOTH, POURABLE BATTER)
- $\frac{1}{4}$ TSP BLACK PEPPER (OPTIONAL)
- 1 EGG (OPTIONAL, FOR EXTRA FLUFFINESS)
- 1 SMALL ONION, FINELY CHOPPED (OPTIONAL)
- 1–2 TSP OIL, BUTTER, OR GHEE (FOR COOKING)

HOW TO MAKE: 5 MIN PREP, 10 MINUTE COOKING TIME

- IN A MIXING BOWL, COMBINE 1 CUP WHEAT FLOUR, $\frac{1}{4}$ CUP RICE FLOUR, $\frac{1}{4}$ – $\frac{1}{2}$ TSP SALT, AND $\frac{1}{4}$ TSP BLACK PEPPER (IF USING).
- GRADUALLY ADD 1 TO $1\frac{1}{4}$ CUPS OF WATER, STIRRING CONTINUOUSLY TO FORM A SMOOTH, LUMP-FREE BATTER.
- IF USING, BEAT 1 EGG INTO THE BATTER FOR EXTRA SOFTNESS.
- STIR IN 1 FINELY CHOPPED SMALL ONION, IF DESIRED, FOR ADDED FLAVOR.
- HEAT A NON-STICK PAN OR GRIDDLE OVER MEDIUM HEAT AND LIGHTLY GREASE IT WITH 1 TSP OIL OR GHEE.
- POUR A LADLEFUL OF BATTER ONTO THE CENTER AND SWIRL GENTLY TO SPREAD IT INTO A THIN OR THICK CIRCLE, DEPENDING ON YOUR PREFERENCE.
- COOK FOR 2–3 MINUTES UNTIL THE BOTTOM IS GOLDEN AND THE EDGES LIFT. FLIP AND COOK THE OTHER SIDE FOR 1–2 MINUTES.
- REPEAT WITH THE REMAINING BATTER, GREASING THE PAN AS NEEDED.
- SERVE HOT WITH CHUTNEY, CURRY, PODI, OR YOGURT.

CATEGORIES:

DINNER, BREAKFAST, <15 MINS,
VEGETARIAN

INGREDIENTS SOURCED FROM:

R’PANTRY, FOOD4LESS, INDIA
SWEETS & GROCERIES

SUBSTITUTIONS:

WHOLE WHEAT FLOUR → USE MULTIGRAIN FLOUR OR OAT FLOUR FOR MORE FIBER AND NUTRIENTS. RICE FLOUR- SWAP WITH CHICKPEA FLOUR OR MILLET FLOUR FOR ADDED PROTEIN AND MINERALS.

HEALTH BENEFITS:

WHEAT FLOUR AND RICE FLOUR PROVIDE ENERGY THROUGH COMPLEX CARBS, WHILE ONIONS ADD ANTIOXIDANTS FOR HEART HEALTH. WHEN MADE WITH AN EGG, THE DOSA INCLUDES EXTRA PROTEIN FOR MUSCLE REPAIR AND SATIETY.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“START WITH SIMPLE, NUTRITIOUS MEALS THAT ARE EASY TO STORE, LIKE CREPES, SOUPS, AND GRAIN BOWLS. CHOOSE WHOLE GRAINS, PROTEINS, AND VEGGIES THAT RETAIN NUTRIENTS, AND MEAL PREP IN BATCHES TO SAVE TIME. WITH PRACTICE, COOKING BECOMES EASIER AND MORE REWARDING!”



JALAPEÑO CHEDDAR BAGELS



“I have a lot of common allergies (wheat, eggs, nuts, etc.) and there was a 2 ingredient bagel recipe that went viral on Tiktok, so I figured I would try it with a gluten-free flour blend! After a few successful batches, I decided to incorporate toppings such as jalapeños and cheese, and they came out phenomenal. It’s so quick and easy and they’re high in protein!”

- Janet Nguyen
2nd year, CNAS

INGREDIENTS: SERVES 4 PEOPLE

- 1 CUP ALL-PURPOSE FLOUR (OR 1:1 GLUTEN-FREE FLOUR BLEND)
- 2 TSP BAKING POWDER
- $\frac{1}{8}$ TSP SALT
- 1 CUP PLAIN GREEK YOGURT
- 1 JALAPEÑO, DIVIDED ($\frac{1}{2}$ DICED FOR DOUGH, $\frac{1}{2}$ SLICED FOR TOPPING)
- $\frac{1}{2}$ CUP SHREDDED CHEDDAR CHEESE ($\frac{1}{4}$ CUP MIXED IN, $\frac{1}{4}$ CUP FOR TOPPING)
- 1-2 TBSP EXTRA FLOUR (OPTIONAL, TO REDUCE STICKINESS)

HOW TO MAKE: 10 MIN PREP, 27-30 MINUTE COOKING TIME

- PREHEAT YOUR OVEN OR AIR FRYER TO 375°F.
- IN A MIXING BOWL, COMBINE 1 CUP FLOUR, 2 TSP BAKING POWDER, AND $\frac{1}{8}$ TSP SALT. STIR TO MIX.
- ADD 1 CUP GREEK YOGURT TO THE BOWL AND STIR UNTIL A DOUGH FORMS.
- THE DOUGH SHOULD BE SLIGHTLY STICKY. IF TOO STICKY TO HANDLE, ADD 1-2 TBSP FLOUR A LITTLE AT A TIME UNTIL MANAGEABLE.
- DICE $\frac{1}{2}$ OF THE JALAPEÑO AND MIX IT INTO THE DOUGH ALONG WITH $\frac{1}{4}$ CUP SHREDDED CHEDDAR CHEESE.
- DIVIDE THE DOUGH INTO 4 EQUAL PIECES AND ROLL INTO BALLS.
- POKE A HOLE IN THE CENTER OF EACH AND GENTLY SHAPE INTO BAGELS.
- PLACE THE BAGELS ON A GREASED OR PARCHMENT-LINED BAKING TRAY.
- TOP EACH WITH A FEW SLICES FROM THE REMAINING $\frac{1}{2}$ JALAPEÑO AND SPRINKLE WITH THE REMAINING $\frac{1}{4}$ CUP SHREDDED CHEDDAR.
- BAKE IN THE OVEN OR AIR FRYER AT 375°F FOR 27-30 MINUTES, OR UNTIL GOLDEN BROWN AND COOKED THROUGH.
- LET COOL SLIGHTLY AND ENJOY WARM.

CATEGORIES:

BREAKFAST, NUT-FREE, HIGH PROTEIN, 30-60, VEGETARIAN

INGREDIENTS SOURCED FROM:

WALMART, STATER BROS

SUBSTITUTIONS:

TO MAKE THIS RECIPE HEALTHIER OR MORE DIET-FRIENDLY, YOU CAN USE A LOW-FAT OR PLANT-BASED GREEK YOGURT ALTERNATIVE. FOR A DAIRY-FREE VERSION, SIMPLY USE DAIRY-FREE YOGURT AND DAIRY-FREE CHEESE. YOU CAN ALSO OMIT THE JALAPEÑOS AND CHEESE ENTIRELY FOR A PLAIN BAGEL, OR ADD SWEETER TOPPINGS LIKE BLUEBERRIES OR CINNAMON SUGAR FOR A FUN TWIST.

HEALTH BENEFITS:

GREEK YOGURT ADDS PROTEIN AND PROBIOTICS THAT SUPPORT MUSCLE REPAIR AND GUT HEALTH. JALAPEÑOS CONTAIN CAPSAICIN, WHICH MAY PROMOTE METABOLISM, WHILE CHEDDAR CHEESE CONTRIBUTES CALCIUM FOR STRONG BONES.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

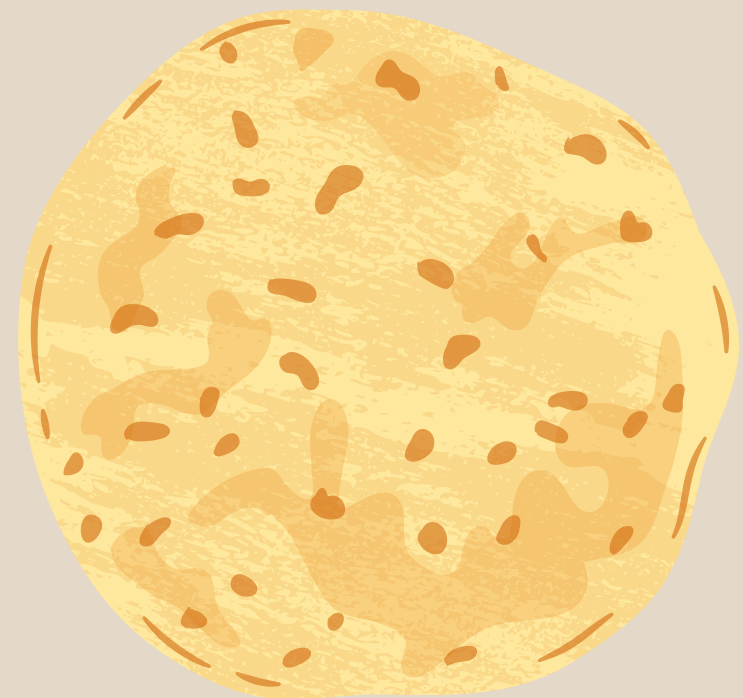
“PRACTICE REALLY MAKES PERFECT! SOMETIMES, THE FOOD YOU MAKE WON’T COME OUT THE BEST, BUT YOU LEARN WHAT WORKS AND WHAT DOESN’T AND IT’LL GET BETTER AND EASIER.”



BREAKFAST BURRITO



*Recipe by Pareeya Jiyacharoene
3rd year, CHASS*



INGREDIENTS: SERVES 1-2

- 2 LARGE FLOUR TORTILLAS
- 1 TBSP BUTTER (DIVIDED)
- 4 EGGS
- 4 SLICES APPLEWOOD BACON (OR ANY BACON)
- ½ CUP FROZEN OR PRE-COOKED HASH BROWNS
- 2 TBSP NACHO CHEESE SAUCE
- 1 TBSP CHIPOTLE SAUCE (OR TO TASTE)
- ¼ TSP SALT
- ¼ TSP BLACK PEPPER

HOW TO MAKE: 10 MIN PREP, 15-20 MINUTE COOKING TIME

- IN A SKILLET OVER MEDIUM HEAT, MELT ½ TBSP BUTTER AND TOAST EACH TORTILLA FOR ABOUT 30 SECONDS PER SIDE UNTIL WARM AND SLIGHTLY CRISP. SET ASIDE.
- ADD THE REMAINING ½ TBSP BUTTER TO THE PAN. CRACK IN 4 EGGS, SEASON WITH ¼ TSP SALT AND ¼ TSP PEPPER, AND SCRAMBLE UNTIL FULLY COOKED (ABOUT 3-4 MINUTES). SET EGGS ASIDE.
- IN THE SAME PAN, COOK 4 SLICES OF BACON UNTIL CRISPY (ABOUT 5-7 MINUTES). SET ASIDE ON A PAPER TOWEL AND DRAIN EXCESS GREASE.
- ADD ½ CUP HASH BROWNS TO THE SAME PAN AND COOK FOR 5-7 MINUTES OR UNTIL GOLDEN AND CRISPY.
- ON EACH TORTILLA, SPREAD 1 TBSP NACHO CHEESE SAUCE AND DRIZZLE ½ TBSP CHIPOTLE SAUCE.
- ASSEMBLE BY LAYERING SCRAMBLED EGGS, BACON, AND HASH BROWNS.
- ROLL THE BURRITOS TIGHTLY, SLICE IN HALF IF DESIRED, AND ENJOY!

CATEGORIES:

15-30 MINS, BREAKFAST, BRUNCH

INGREDIENTS SOURCED FROM:

VONS, TARGET, STATER BROS

SUBSTITUTIONS:

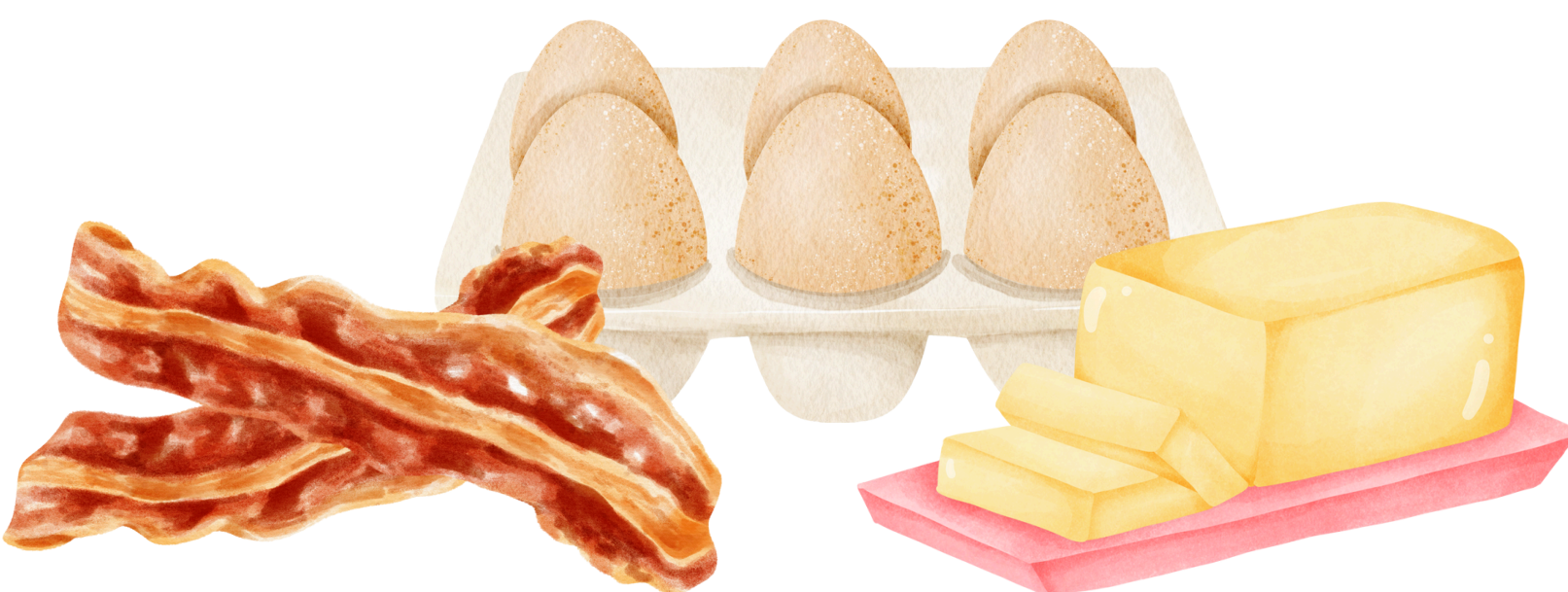
TO MAKE THIS BREAKFAST BURRITO HEALTHIER, YOU CAN SUBSTITUTE TURKEY BACON OR A PLANT-BASED BACON ALTERNATIVE FOR REGULAR BACON AND USE WHOLE-WHEAT OR LOW-CARB TORTILLAS INSTEAD OF REGULAR FLOUR TORTILLAS. FOR A DAIRY-FREE VERSION, SKIP THE NACHO CHEESE SAUCE OR USE A DAIRY-FREE CHEESE ALTERNATIVE. YOU CAN ALSO LIGHTEN IT BY USING EGG WHITES INSTEAD OF WHOLE EGGS.

HEALTH BENEFITS:

EGGS SUPPLY HIGH-QUALITY PROTEIN AND ESSENTIAL NUTRIENTS SUCH AS CHOLINE FOR BRAIN FUNCTION. HASH BROWNS, BACON, AND TORTILLA PROVIDE ENERGY THROUGH CARBOHYDRATES AND FATS, WHILE CHEESE ADDS CALCIUM FOR BONE SUPPORT

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“CHECK OUT BASIC NEEDS MEAL SUPPORT.”



BROCCOLI CAESAR SALAD



“I love Caesar salads and one day I was getting tired of the lettuce so I decided to change it up and make it with broccoli and it was the best thing ever so you have to try it. I sometimes add salmon too!”

- *Jasmine Chavez,*
3rd year student

INGREDIENTS: SERVES 2 PEOPLE

- 1 HEAD BROCCOLI
- 2-3 TBSP CAESAR DRESSING (STORE-BOUGHT OR HOMEMADE)
- 2-3 TBSP GRATED PARMESAN CHEESE (PLUS EXTRA FOR GARNISH)
- ¼ CUP PLAIN BREADCRUMBS (OR PANKO)
- 1 TBSP OLIVE OIL
- PINCH OF SALT AND BLACK PEPPER
- ¼ TSP RED CHILI FLAKES (ADJUST TO TASTE)

HOW TO MAKE: 10 MINS PREP TIME, 5 MINS COOK TIME

1. WASH AND CUT 1 HEAD OF BROCCOLI INTO SMALL BITE-SIZED FLORETS.
2. OPTIONAL: LIGHTLY STEAM OR BOIL BROCCOLI FOR 1-2 MINUTES, THEN RINSE WITH COLD WATER TO KEEP IT CRUNCHY.
3. IN A SMALL PAN OVER MEDIUM HEAT, ADD 1 TBSP OLIVE OIL AND ¼ CUP BREADCRUMBS. TOAST FOR 3-4 MINUTES, STIRRING, UNTIL GOLDEN BROWN. SET ASIDE.
4. IN A LARGE MIXING BOWL, COMBINE THE BROCCOLI, 2-3 TBSP CAESAR DRESSING, 2-3 TBSP GRATED PARMESAN, A PINCH OF SALT AND PEPPER, AND ¼ TSP CHILI FLAKES.
5. TOSS WELL UNTIL ALL BROCCOLI PIECES ARE EVENLY COATED.
6. GARNISH WITH THE TOASTED BREADCRUMBS, A LITTLE EXTRA PARMESAN, AND MORE CHILI FLAKES IF DESIRED.
7. SERVE IMMEDIATELY AND ENJOY!

CATEGORIES:

LUNCH, DINNER, <15MINS, VEGETARIAN, LOW-FAT

INGREDIENTS SOURCED FROM:

GOODWINS, TRADER JOE'S, 99 RANCH MARKET

SUBSTITUTIONS:

TO MAKE THIS BROCCOLI CAESAR SALAD HEALTHIER OR SUITABLE FOR DIFFERENT DIETS, YOU CAN USE A PLANT-BASED CAESAR DRESSING AND DAIRY-FREE PARMESAN TO MAKE IT VEGAN. SWAPPING BREADCRUMBS FOR CRUSHED ROASTED CHICKPEAS OR SEEDS CAN ADD MORE PROTEIN AND FIBER WHILE KEEPING THE CRUNCH.

HEALTH BENEFITS:

BROCCOLI IS RICH IN FIBER, VITAMIN C, AND VITAMIN K, WHICH SUPPORT IMMUNE FUNCTION, DIGESTION, AND BONE HEALTH. THE PARMESAN CHEESE ADDS CALCIUM, WHICH HELPS MAINTAIN STRONG BONES.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“MEAL PREP BECAUSE IT IS CHEAP, EASY, AND SAVES TIME!”



POZOLE ROJO



“My grandma always made for it me. Each time she makes it, it tastes better and better. I enjoy it the most during cold times as it’s a hot soup you can enjoy.”

- Emmanuel Ayala
2nd-year CHASS student

INGREDIENTS: SERVES 8-10 PEOPLE

MAIN INGREDIENTS

- 4 OZ DRIED GUAJILLO OR ANCHO CHILES (OR A MIX)
- 3 LBS PORK SHOULDER, CUT INTO CUBES
- 8 CLOVES GARLIC (4 WHOLE, 4 CHOPPED)
- 1 (108 OZ) CAN WHITE HOMINY, DRAINED AND RINSED
- 3 BAY LEAVES
- 1 TSP GROUND CUMIN
- 2 TBSP DRY OREGANO (PREFERABLY MEXICAN)
- SALT, TO TASTE
- 1 TBSP OLIVE OIL (FOR BROWNING PORK)
- 5 QUARTS WATER (20 CUPS) FOR SOUP BASE

GARNISHES (PREPARE WHILE SOUP COOKS)

- ½ SMALL CABBAGE, THINLY SLICED
- 1 BUNCH CILANTRO, CHOPPED
- ½ WHITE ONION, CHOPPED
- 2 AVOCADOS, DICED
- 4 LIMES, QUARTERED
- 1 BUNCH RADISHES, THINLY SLICED
- 12-24 TOSTADA SHELLS OR TORTILLA CHIPS

HOW TO MAKE: 30 MINS PREP TIME, 2.5-3 HRS COOKING TIME

1. REMOVE STEMS AND SEEDS FROM 4 OZ DRIED GUAJILLO OR ANCHO CHILES.
2. TOAST CHILES BRIEFLY IN A DRY PAN UNTIL FRAGRANT (10-20 SECONDS PER SIDE).
3. SOAK TOASTED CHILES IN 3 CUPS HOT WATER FOR 15-20 MINUTES.
4. HEAT 1 TBSP OLIVE OIL IN A SKILLET OVER MEDIUM-HIGH HEAT.
5. ADD 3 LBS PORK SHOULDER (CUBED) AND SALT, AND BROWN ON ALL SIDES.
6. IN THE LAST 1-2 MINUTES OF BROWNING, ADD 4 CHOPPED GARLIC CLOVES TO THE PAN.
7. IN A LARGE POT, BRING 5 QUARTS (20 CUPS) OF WATER TO A BOIL.
8. ADD BROWNE PORK, GARLIC, 1 (108 OZ) CAN HOMINY (DRAINED AND RINSED), 3 BAY LEAVES, 1 TSP CUMIN, 2 TBSP DRY OREGANO, AND SALT TO TASTE.
9. SIMMER FOR 15 MINUTES WHILE PREPARING THE CHILE SAUCE.
10. IN A BLENDER, COMBINE SOAKED CHILES, 2.5 CUPS SOAKING WATER, 4 WHOLE GARLIC CLOVES, AND ½ TSP SALT. BLEND UNTIL SMOOTH.
11. STRAIN CHILE SAUCE INTO THE SOUP POT USING A FINE MESH STRAINER.
12. STIR WELL AND SIMMER PARTIALLY COVERED ON LOW HEAT FOR 2-3 HOURS, UNTIL PORK IS TENDER.
13. SKIM OFF ANY EXCESS FAT AND ADJUST SEASONING WITH SALT OR WATER AS NEEDED.
14. WHILE SOUP SIMMERS, PREP GARNISHES:
 - A. SLICE ½ CABBAGE
 - B. CHOP 1 BUNCH CILANTRO
 - C. DICE 2 AVOCADOS
 - D. SLICE 1 BUNCH RADISHES
 - E. CHOP ½ WHITE ONION
 - F. CUT 4 LIMES INTO WEDGES
15. SERVE POZOLE HOT WITH TOPPINGS AND TOSTADAS OR TORTILLA CHIPS ON THE SIDE.

CATEGORIES:

LUNCH, DINNER, DAIRY-FREE, 60+ MINUTES, FREEZER FRIENDLY, SPECIAL OCCASION

INGREDIENTS FROM:

STATER BROS, RALPHS, FOOD4LESS, EL SUPER

SUBSTITUTIONS:

YOU CAN SUBSTITUTE THE PORK SHOULDER WITH CHICKEN OR PLANT-BASED PROTEIN SUCH AS JACKFRUIT OR TOFU TO LOWER SATURATED FAT OR MAKE IT VEGETARIAN. ADDING EXTRA CABBAGE, RADISHES, OR AVOCADO AS TOPPINGS BOOSTS FIBER AND NUTRIENTS WHILE KEEPING THE TRADITIONAL GARNISHES INTACT.

HEALTH BENEFITS:

PORK PROVIDES PROTEIN AND IRON TO SUPPORT MUSCLE REPAIR AND ENERGY PRODUCTION. HOMINY ADDS FIBER FOR DIGESTIVE HEALTH AND LONG-LASTING FULLNESS, WHILE DRIED CHILES ARE RICH IN ANTIOXIDANTS THAT HELP REDUCE INFLAMMATION AND SUPPORT IMMUNE FUNCTION.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“FOLLOW A RECIPE AND DO IT WITH A FRIEND. IT MAKES THE WORK EASIER AND YOU CAN BOND.”



CARNE CON PAPAS (BEEF WITH POTATOES)



“I learned this recipe from my grandma as we made it when we didn’t have enough money for food so we would make this often.”

- *Alyssa Paredes-Schaffer*
1st year student, CHASS

INGREDIENTS: SERVES 2-3 PEOPLE

- $\frac{3}{4}$ LB BEEF CHUCK ROAST OR STEW MEAT, CUT INTO 1-1.5 INCH CUBES
- 1 SMALL YUKON GOLD POTATO, PEELED AND CUBED
- $\frac{1}{2}$ SMALL ONION, DICED
- $\frac{1}{4}$ – $\frac{1}{2}$ GREEN BELL PEPPER, DICED
- 1 CLOVE GARLIC, MINCED
- 1 TBSP OLIVE OIL
- $\frac{1}{2}$ TSP SALT (OR TO TASTE)
- $\frac{1}{8}$ TSP BLACK PEPPER (OR TO TASTE)
- $1\frac{1}{2}$ –2 CUPS WATER (FOR SIMMERING POTATOES)

HOW TO MAKE: 10 MIN PREP TIME, 25-30 MINUTE COOKING TIME

1. PEEL AND CUBE 1 SMALL YUKON GOLD POTATO.
2. IN A SMALL POT, BOIL THE POTATOES IN SALTED WATER (ABOUT $1\frac{1}{2}$ –2 CUPS) FOR 15 MINUTES OR UNTIL FORK-TENDER.
3. WHILE THE POTATOES COOK, HEAT 1 TBSP OLIVE OIL IN A SKILLET OVER MEDIUM-HIGH HEAT.
4. ADD $\frac{3}{4}$ LB BEEF TO THE SKILLET. AS IT BEGINS TO BROWN, DICE THE BEEF INTO SMALLER BITE-SIZED PIECES DIRECTLY IN THE PAN.
5. ADD $\frac{1}{2}$ DICED ONION, $\frac{1}{4}$ – $\frac{1}{2}$ DICED GREEN BELL PEPPER, AND 1 MINCED GARLIC CLOVE TO THE SKILLET.
6. SEASON WITH $\frac{1}{2}$ TSP SALT AND $\frac{1}{8}$ TSP BLACK PEPPER. COOK FOR 5-7 MINUTES, STIRRING OCCASIONALLY, UNTIL THE BEEF IS BROWNED AND VEGETABLES ARE SOFT.
7. DRAIN THE COOKED POTATOES AND ADD THEM TO THE SKILLET WITH THE BEEF AND VEGETABLES.
8. MIX EVERYTHING TOGETHER AND COOK FOR AN ADDITIONAL 1-2 MINUTES TO COMBINE FLAVORS.
9. TASTE AND ADJUST SALT AND PEPPER IF NEEDED. SERVE HOT, OPTIONALLY WITH RICE OR TORTILLAS.

CATEGORIES:

LUNCH, DINNER, DAIRY-FREE, 30-60 MINUTES, HIGH-PROTEIN, FREEZER FRIENDLY

INGREDIENTS SOURCED FROM:

STATER BROS

SUBSTITUTIONS:

TO MAKE THE DISH LIGHTER OR ACCOMMODATE DIFFERENT DIETS, YOU CAN SUBSTITUTE THE BEEF WITH LEANER MEATS LIKE GROUND TURKEY OR A PLANT-BASED PROTEIN LIKE LENTILS OR SOY CRUMBLES. ADDING EXTRA VEGETABLES LIKE CARROTS, ZUCCHINI, OR SPINACH BOOSTS FIBER AND NUTRIENTS WHILE KEEPING THE DISH HEARTY AND SATISFYING.

HEALTH BENEFITS:

BEEF PROVIDES PROTEIN AND IRON, WHICH HELP BUILD MUSCLE AND KEEP YOUR BODY ENERGIZED. POTATOES GIVE YOU LONG-LASTING ENERGY THROUGH COMPLEX CARBS, WHILE BELL PEPPERS ADD VITAMIN C TO BOOST YOUR IMMUNE SYSTEM AND HELP YOUR BODY ABSORB IRON. THIS DISH IS ALSO SUPER FILLING!

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“TRY TO GO FOR MEALS WITH FEW INGREDIENTS AND SEE WHAT DIFFERENT COMBINATIONS YOU CAN MAKE.”

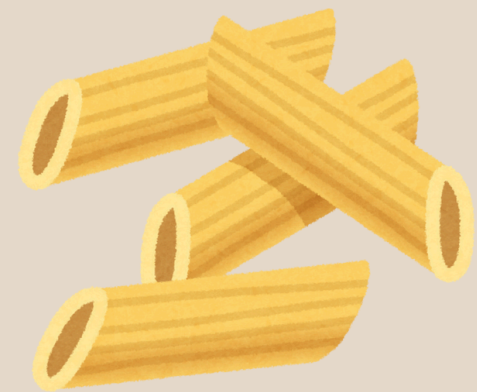


CREAMY SPICY PASTA



“I discovered it on TikTok and I love it because pasta is my favorite food and also because I can make it as spicy as I want it to be.”

- *Amairani Cervantes*
4th year student, CNAS



INGREDIENTS: SERVES 2-3 PEOPLE

- 8 OZ PENNE PASTA (ABOUT HALF A 1-LB BOX)
- 1 TBSP OLIVE OIL
- 1 TBSP BUTTER
- ¼ PURPLE ONION, FINELY CHOPPED
- 2 CLOVES GARLIC, MINCED
- ½ CUP TOMATO PASTE
- 1 CUP HEAVY CREAM
- ½ TSP SALT (ADJUST TO TASTE)
- ¼ TSP BLACK PEPPER (ADJUST TO TASTE)
- 2 TSP RED CHILI FLAKES (ADJUST FOR SPICE LEVEL)
- 2 TSP DRIED BASIL LEAVES
- ¼ CUP GRATED PARMESAN CHEESE (PLUS MORE FOR TOPPING)

HOW TO MAKE: 5-10 MIN PREP, 15-20 MINUTE COOKING TIME

- BRING A POT OF SALTED WATER TO A BOIL AND COOK 8 OZ PENNE PASTA ACCORDING TO THE PACKAGE INSTRUCTIONS (ABOUT 10-12 MINUTES). DRAIN AND SET ASIDE.
- WHILE THE PASTA IS COOKING, HEAT 1 TBSP OLIVE OIL AND 1 TBSP BUTTER IN A PAN OVER MEDIUM-LOW HEAT.
- ADD ¼ CHOPPED PURPLE ONION AND SAUTÉ FOR 2-3 MINUTES UNTIL SOFTENED.
- ADD 2 MINCED GARLIC CLOVES AND COOK FOR ANOTHER 30 SECONDS UNTIL FRAGRANT.
- STIR IN ½ CUP TOMATO PASTE AND COOK FOR 1-2 MINUTES, STIRRING FREQUENTLY.
- POUR IN 1 CUP HEAVY CREAM AND STIR UNTIL FULLY COMBINED WITH THE TOMATO PASTE.
- SEASON THE SAUCE WITH ½ TSP SALT, ¼ TSP PEPPER, 2 TSP CHILI FLAKES, AND 2 TSP DRIED BASIL.
- LET THE SAUCE SIMMER ON LOW HEAT FOR 4-5 MINUTES, STIRRING OCCASIONALLY.
- ADD ¼ CUP PARMESAN CHEESE AND STIR UNTIL MELTED AND CREAMY.
- TOSS THE COOKED PASTA INTO THE SAUCE AND STIR UNTIL FULLY COATED AND HEATED THROUGH.
- SERVE HOT, TOPPED WITH EXTRA PARMESAN IF DESIRED.

CATEGORIES:

LUNCH, DINNER, 15-30 MINS

INGREDIENTS SOURCED FROM:

RALPHS, STATER BROS

SUBSTITUTIONS:

TO MAKE THIS RECIPE HEALTHIER, YOU CAN SWAP THE HEAVY CREAM FOR HALF-AND-HALF OR A PLANT-BASED MILK LIKE OAT OR ALMOND WITH A SPLASH OF CASHEW CREAM FOR RICHNESS. USE WHOLE WHEAT OR CHICKPEA PASTA FOR MORE FIBER AND PROTEIN. FOR A DAIRY-FREE VERSION, USE VEGAN BUTTER, PLANT-BASED CREAM, AND NUTRITIONAL YEAST INSTEAD OF PARMESAN.

HEALTH BENEFITS:

GARLIC AND PURPLE ONION PROVIDE ANTIOXIDANTS AND ANTI-INFLAMMATORY COMPOUNDS THAT SUPPORT HEART HEALTH AND DIGESTION. THE DISH ALSO OFFERS CALCIUM AND VITAMIN D FROM THE CREAM AND CHEESE, AND CARBOHYDRATES FROM THE PASTA FOR SUSTAINED ENERGY.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“IT’S REWARDING WHEN YOU GET TO EAT YOUR OWN FOOD.”

SPAGHETTI VERDE (GREEN)



“It’s a family meal and I love it because it’s creamy.”

- *Amairani Cervantes*
4th year student, CNAS



INGREDIENTS: SERVES 3-4 PEOPLE

- 8 OZ SPAGHETTI (HALF OF A STANDARD 1-LB BOX)
- 2 POBLANO CHILES (CHARRED, PEELED, AND SEEDED)
- 1 HANDFUL FRESH CILANTRO
- ¼ PURPLE ONION, FINELY CHOPPED (PLUS EXTRA FOR BLENDING, OPTIONAL)
- 2 CLOVES GARLIC, MINCED
- 1 TBSP OLIVE OIL
- ½ CUP TOMATO PASTE
- 1 CUP HEAVY CREAM
- 8 OZ CREAM CHEESE
- ½ CUP SOUR CREAM
- 2 TSP CHILI FLAKES
- 2 TSP DRIED BASIL
- SALT AND PEPPER, TO TASTE
- 1 CUBE CHICKEN BOUILLON (OR 1 TSP POWDERED CONSOMMÉ)
- 1 TBSP BUTTER

HOW TO MAKE: 15 MIN PREP, 20-25 MINUTE COOKING TIME

- CHAR 2 POBLANO CHILES OVER AN OPEN FLAME OR IN A DRY SKILLET UNTIL BLACKENED. LET COOL, THEN PEEL, DESEED, AND PLACE IN A BLENDER.
- ADD A HANDFUL OF CILANTRO, ¼ CHOPPED ONION, AND 1 BOUILLON CUBE OR 1 TSP CONSOMMÉ TO THE BLENDER. BLEND UNTIL SMOOTH.
- BOIL 8 OZ SPAGHETTI IN SALTED WATER ACCORDING TO PACKAGE DIRECTIONS. DRAIN AND SET ASIDE.
- IN A PAN OVER MEDIUM-LOW HEAT, ADD 1 TBSP OLIVE OIL AND ¼ CHOPPED PURPLE ONION. SAUTÉ FOR 2-3 MINUTES UNTIL SOFT.
- ADD 2 MINCED GARLIC CLOVES AND COOK FOR ANOTHER MINUTE UNTIL FRAGRANT.
- STIR IN ½ CUP TOMATO PASTE AND COOK FOR 1-2 MINUTES.
- ADD THE BLENDED POBLANO MIX TO THE PAN AND STIR.
- POUR IN 1 CUP HEAVY CREAM, 8 OZ CREAM CHEESE, AND ½ CUP SOUR CREAM. STIR CONTINUOUSLY UNTIL SMOOTH AND WELL COMBINED.
- SEASON WITH SALT, PEPPER, 2 TSP CHILI FLAKES, AND 2 TSP DRIED BASIL. LET THE SAUCE SIMMER ON LOW HEAT FOR 5-7 MINUTES, STIRRING OCCASIONALLY.
- ADD 1 TBSP BUTTER AT THE END FOR EXTRA RICHNESS.
- TOSS THE COOKED SPAGHETTI INTO THE SAUCE, MIX WELL TO COAT EVENLY, AND HEAT THROUGH FOR 1-2 MINUTES.
- SERVE HOT, GARNISHED WITH EXTRA CILANTRO OR CHEESE IF DESIRED.

CATEGORIES:

LUNCH, DINNER, 30-60 MINS

INGREDIENTS SOURCED FROM:

RALPHS

SUBSTITUTIONS:

SWAP REGULAR SPAGHETTI FOR WHOLE WHEAT OR CHICKPEA PASTA TO BOOST FIBER AND PROTEIN. USE LIGHT CREAM CHEESE, REDUCED-FAT SOUR CREAM, AND COCONUT CREAM INSTEAD OF HEAVY CREAM TO LOWER THE FAT CONTENT AND MAKE IT DAIRY-FREE. FOR A VEGETARIAN VERSION, REPLACE THE CHICKEN BOUILLON WITH VEGETABLE BOUILLON.

HEALTH BENEFITS:

POBLANO PEPPERS AND CILANTRO IN THE DISH PROVIDE ANTIOXIDANTS AND VITAMIN C, WHICH SUPPORT IMMUNE HEALTH AND HELP REDUCE INFLAMMATION. THE CREAM CHEESE, SOUR CREAM, AND BUTTER ADD CALCIUM AND FATS THAT SUPPORT BONE HEALTH AND ENERGY.



S I M P L E S P A G H E T T I



“It reminds me of my mom who used to make it for my family when I was younger. I like how easy it is to make.”

- *Michelle Thongchine*
4th year, CHASS

INGREDIENTS: SERVES 3-4 PEOPLE

- 8 OZ SPAGHETTI NOODLES (ABOUT HALF A 1-LB BOX)
- ½ LB GROUND BEEF
- 2 SLICES BACON, CHOPPED
- 1 TBSP MINCED GARLIC (ABOUT 2-3 CLOVES)
- ½ BELL PEPPER, DICED
- ½ ONION, DICED
- ½ CUP MUSHROOMS, SLICED
- 2 CUPS SPAGHETTI SAUCE (JARRED OR HOMEMADE)
- SALT, TO TASTE
- OPTIONAL: RED PEPPER FLAKES, ITALIAN SEASONING, OR GRATED PARMESAN

HOW TO MAKE: 10-15 MIN PREP, 20-25 MINUTE COOKING TIME

- BRING A POT OF SALTED WATER TO A BOIL. ADD 8 OZ SPAGHETTI NOODLES AND COOK ACCORDING TO PACKAGE INSTRUCTIONS (USUALLY 8-10 MINUTES). DRAIN AND SET ASIDE.
- WHILE THE NOODLES COOK, DICE ½ ONION, ½ BELL PEPPER, AND ½ CUP MUSHROOMS.
- IN A LARGE SKILLET, HEAT A LITTLE OIL AND SAUTÉ THE ONION OVER MEDIUM HEAT FOR 2-3 MINUTES UNTIL SOFTENED. ADD BELL PEPPER, MUSHROOMS, AND 1 TBSP MINCED GARLIC, AND COOK FOR ANOTHER 3-5 MINUTES, STIRRING OCCASIONALLY.
- IN A SEPARATE PAN, COOK 2 CHOPPED BACON SLICES UNTIL CRISPY. REMOVE AND SET ASIDE.
- IN THE SAME PAN, ADD ½ LB GROUND BEEF AND COOK UNTIL BROWNED, BREAKING IT UP AS IT COOKS. DRAIN EXCESS FAT IF NEEDED.
- ADD THE COOKED BACON AND BEEF TO THE VEGETABLE PAN. POUR IN 2 CUPS SPAGHETTI SAUCE AND STIR TO COMBINE.
- SIMMER EVERYTHING TOGETHER FOR 5-7 MINUTES TO BLEND THE FLAVORS.
- SERVE SAUCE OVER THE COOKED SPAGHETTI NOODLES. GARNISH WITH PARMESAN OR HERBS IF DESIRED.

CATEGORIES:

LUNCH, DINNER, NUT-FREE, 30-60 MINS, MAKE AHEAD (CONVENIENT MEAL PREP)

INGREDIENTS SOURCED FROM:

STATER BROS, COSTCO, TRADER JOE'S, R'PANTRY

SUBSTITUTIONS:

FOR A HEALTHIER OPTION, YOU CAN USE GROUND TURKEY OR CHICKEN INSTEAD OF GROUND BEEF TO REDUCE SATURATED FAT. USE TURKEY BACON OR OMIT THE BACON ALTOGETHER FOR A LOWER-FAT, LOWER-SODIUM VERSION. TO MAKE IT DAIRY-FREE, SIMPLY SKIP THE PARMESAN OR USE A DAIRY-FREE CHEESE ALTERNATIVE.

HEALTH BENEFITS:

GROUND BEEF PROVIDES IRON AND PROTEIN TO SUPPORT MUSCLE AND ENERGY LEVELS, WHILE ONION, BELL PEPPER, AND GARLIC OFFER ANTIOXIDANTS AND COMPOUNDS THAT PROMOTE HEART AND IMMUNE HEALTH. PASTA DELIVERS CARBOHYDRATES FOR SUSTAINED ENERGY.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“START SMALL AND GET FAMILIAR WITH THE BASICS SO THAT YOU CAN FIND A FOUNDATION FOR MEALS.”



CLASSIC EGG & TOMATO



“It's a simple dish passed down through generations, and my parents taught me how to cook it as my first dish.”

- *Cindy Chie*
4th year, School of Business

INGREDIENTS: SERVES 1-2

- 1 LARGE EGG
- 2 MEDIUM TOMATOES, CHOPPED
- 1 TSP KETCHUP
- ½ TSP SUGAR
- 1 TBSP OIL (VEGETABLE OR OLIVE OIL)
- ¼ TSP SALT (OR TO TASTE)
- ¼ TSP GARLIC POWDER (OPTIONAL)

HOW TO MAKE: 5 MIN PREP, 5-7 MINUTE COOKING TIME

- HEAT 1 TBSP OIL IN A PAN OVER MEDIUM HEAT.
- CHOP 2 TOMATOES INTO BITE-SIZED PIECES AND ADD THEM TO THE PAN.
- LET THE TOMATOES COOK FOR 1-2 MINUTES, STIRRING OCCASIONALLY UNTIL THEY START TO SOFTEN AND RELEASE JUICES.
- CRACK 1 EGG DIRECTLY ON TOP OF THE TOMATOES. LET IT SIT FOR A FEW SECONDS, THEN GENTLY STIR OR SCRAMBLE TO COMBINE WITH THE TOMATOES.
- ADD 1 TSP KETCHUP, ½ TSP SUGAR, ¼ TSP SALT, AND ¼ TSP GARLIC POWDER (IF USING).
- CONTINUE COOKING FOR 2-3 MINUTES, OR UNTIL THE EGG IS FULLY COOKED AND EVERYTHING IS COMBINED.
- TASTE AND ADJUST SEASONING IF NEEDED. SERVE HOT OVER RICE, TOAST, OR ON ITS OWN.

CATEGORIES:

LUNCH, DINNER, DAIRY-FREE, NUT-FREE, <15 MINS, MAKE AHEAD (CONVENIENT MEAL PREP), LOW CARB

INGREDIENTS SOURCED FROM:

STATER BROS, TRADER JOE'S, R'PANTRY, RALPHS, 99 RANCH MARKET, EL SUPER, VONS, WALMART

SUBSTITUTIONS:

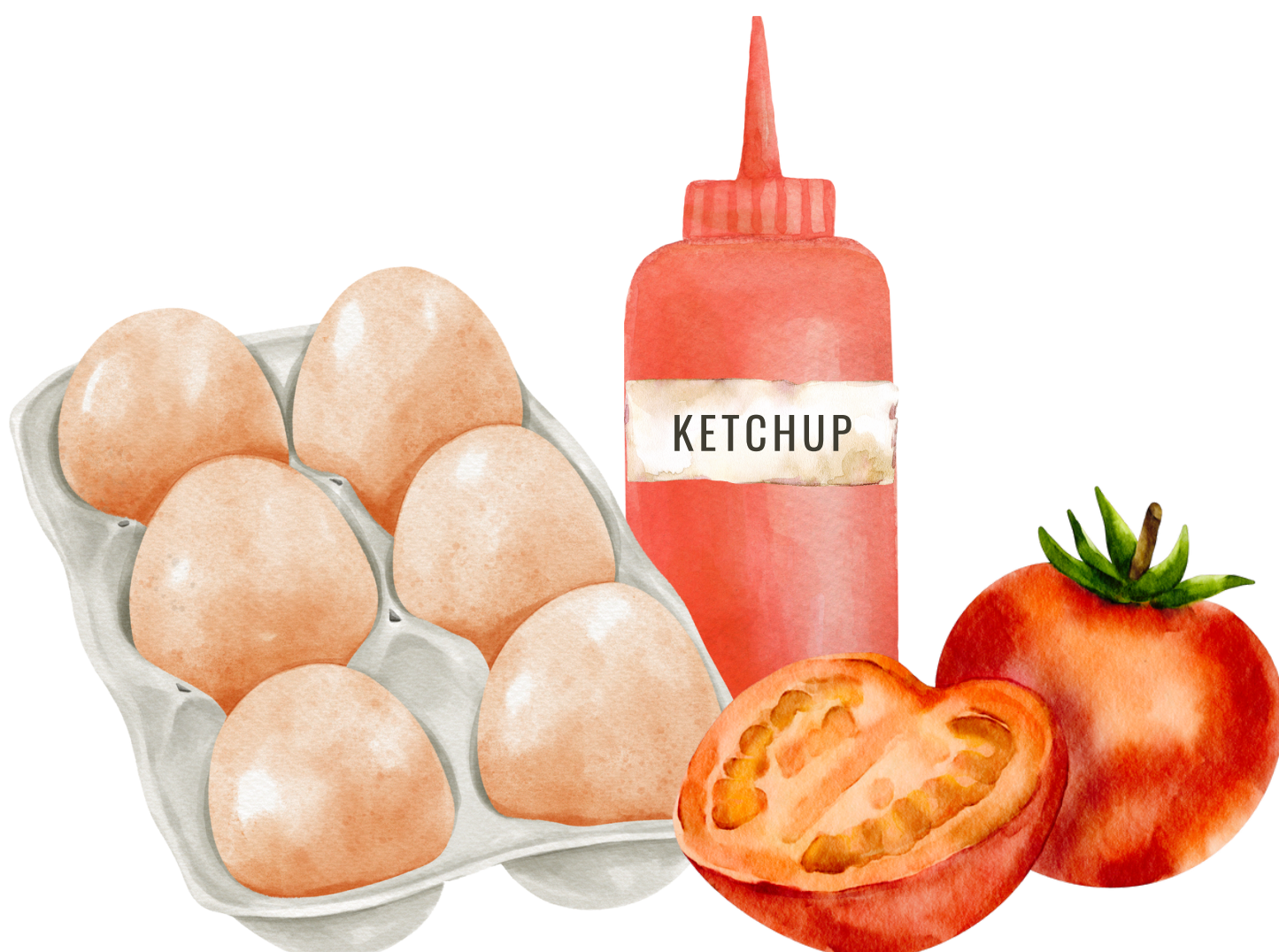
TO MAKE THIS RECIPE HEALTHIER, YOU CAN SKIP THE ADDED SUGAR OR REPLACE IT WITH A NATURAL SWEETENER LIKE A TINY DRIZZLE OF HONEY. FOR A LOWER-SODIUM OPTION, REDUCE THE SALT AND USE NO-SALT-ADDED KETCHUP. TO MAKE IT FULLY PLANT-BASED (VEGAN), SUBSTITUTE THE EGG WITH SCRAMBLED TOFU.

HEALTH BENEFITS:

EGGS PROVIDE PROTEIN AND HEALTHY FATS THAT SUPPORT MUSCLE FUNCTION AND SATIETY. TOMATOES ARE RICH IN VITAMIN C AND LYCOPENE, WHICH HELP STRENGTHEN THE IMMUNE SYSTEM AND REDUCE INFLAMMATION.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“PRACTICE MAKES PERFECT AND IT IS A LOT OF TRIAL AND ERROR.”



TOMATO FETA CHEESE PASTA



“During Covid-19 I tried out a lot of new recipes that were trending on Tiktok. I made this one and it was so delicious I had to make it again. I've tweaked and perfect the recipe to make the most creamy, slightly spicy, cheesy goodness.”

- Mary Abdou
1st year, CHASS

INGREDIENTS: SERVES 4-6 PEOPLE

- 1 LB BOX OF PASTA (PENNE OR YOUR FAVORITE SHAPE)
- 1 LB BLOCK OF FETA CHEESE
- 2 CUPS CHERRY TOMATOES
- ½ CUP OLIVE OIL
- 2 TBSP SALT (1 TBSP FOR PASTA WATER, 1 TBSP FOR SEASONING)
- 1 TBSP BLACK PEPPER
- 1 TSP ITALIAN SEASONING
- 1½ TBSP GARLIC POWDER
- 1 TSP RED PEPPER FLAKES (ADJUST TO YOUR SPICE PREFERENCE)
- 2 TSP MINCED GARLIC

HOW TO MAKE: 10 MIN PREP, 45-50 MINUTE COOKING TIME

- PREHEAT OVEN TO 425°F.
- IN A LARGE OVEN-SAFE GLASS BAKING DISH, POUR IN ½ CUP OLIVE OIL.
- PLACE THE 1 LB BLOCK OF FETA CHEESE IN THE CENTER OF THE DISH.
- SURROUND THE FETA WITH 2 CUPS CHERRY TOMATOES, SPREADING THEM EVENLY ACROSS THE BOTTOM.
- USE A SPOON TO MIX THE TOMATOES WITH THE OIL UNTIL THEY'RE ALL COATED.
- SPRINKLE OVER THE FETA AND TOMATOES: 1 TBSP SALT, 1 TBSP BLACK PEPPER, 1 TSP ITALIAN SEASONING, 1½ TBSP GARLIC POWDER, AND 1 TSP RED PEPPER FLAKES. MIX LIGHTLY AGAIN.
- BAKE FOR 45-50 MINUTES, OR UNTIL THE TOMATOES HAVE BURST AND THE FETA IS GOLDEN AND SOFT.
- WHILE IT BAKES, COOK 1 LB OF PASTA IN SALTED BOILING WATER ACCORDING TO PACKAGE INSTRUCTIONS. DRAIN AND SET ASIDE.
- ONCE THE BAKING IS DONE, CAREFULLY REMOVE THE DISH FROM THE OVEN AND IMMEDIATELY STIR IN 2 TSP MINCED GARLIC.
- USE A SPOON TO MASH AND MIX THE SOFTENED FETA AND TOMATOES INTO A CREAMY, LIGHT PINK SAUCE. (CAUTION: CHERRY TOMATOES MAY BURST—BE CAREFUL!)
- ADD THE COOKED PASTA TO THE BAKING DISH AND MIX UNTIL FULLY COATED WITH THE SAUCE.
- SERVE HOT AND ENJOY!

CATEGORIES:

LUNCH, DINNER, NUT-FREE, 30-60 MINS, MINIMAL ACTIVE TIME, VEGETARIAN

INGREDIENTS SOURCED FROM:

STATER BROS, RALPHS, TARGET, WALMART, FOOD4LESS

SUBSTITUTIONS:

YOU CAN SUBSTITUTE REGULAR PASTA FOR A PROTEIN PASTA. ADDITIONALLY, YOU CAN SUBSTITUTE THE OLIVE OIL FOR AVOCADO OIL. IF YOU WOULD LIKE TO MAKE THIS RECIPE MORE PROTEIN-PACKED, YOU COULD EASILY ADD COOKED CHICKEN OR SHRIMP ONCE IT COMES OUT OF THE OVEN.

HEALTH BENEFITS:

TOMATOES PROVIDE LYCOPENE, AN ANTIOXIDANT THAT SUPPORTS HEART HEALTH AND REDUCES INFLAMMATION. FETA CHEESE OFFERS CALCIUM FOR BONE STRENGTH, WHILE OLIVE OIL CONTRIBUTES HEALTHY FATS THAT SUPPORT CHOLESTEROL BALANCE.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“I WOULD DEFINITELY RECOMMEND LOOKING UP CREATORS WHO MAKE EASY, AFFORDABLE MEALS ON TIKTOK OR YOUTUBE. ALSO, I KNOW THERE ARE WEBSITES WHERE YOU CAN PLUG IN THE INGREDIENTS YOU HAVE AT HOME AND IT'LL FIND RECIPES THAT MAKE SOMETHING WITH THOSE INGREDIENTS!”



CHICKEN ALFREDO



“I love pasta so much and it had great ratings when I searched it up.”

- *Alexa Reyes*
1st year



INGREDIENTS: SERVES 3-4 PEOPLE

- 8 OZ DRIED FETTUCCINE ($\frac{1}{2}$ A STANDARD 1-LB BOX)
- 2 BONELESS, SKINLESS CHICKEN BREASTS (ABOUT 1 LB TOTAL)
- 1 TSP KOSHER SALT, DIVIDED
- $\frac{1}{2}$ TSP GROUND BLACK PEPPER, DIVIDED
- 2 TBSP CANOLA OIL
- 8 TBSP (1 STICK) UNSALTED BUTTER, DIVIDED
- 2 CLOVES GARLIC, MINCED
- 1 CUP HEAVY CREAM
- 1 CUP FINELY GRATED PARMESAN CHEESE (PLUS MORE FOR SERVING)
- 1 CUP RESERVED PASTA WATER (FROM BOILING)

HOW TO MAKE: 10 MINS PREP, 25-30 MINS COOKING TIME

- BRING A LARGE POT OF WATER TO A BOIL. ADD $\frac{1}{2}$ TSP SALT AND 8 OZ FETTUCCINE. COOK ACCORDING TO PACKAGE INSTRUCTIONS (USUALLY 10-12 MINUTES). RESERVE 1 CUP OF PASTA WATER, THEN DRAIN THE PASTA AND SET IT ASIDE.
- WHILE THE PASTA IS COOKING, PAT DRY 2 CHICKEN BREASTS, THEN SEASON BOTH SIDES WITH $\frac{1}{2}$ TSP SALT AND $\frac{1}{4}$ TSP BLACK PEPPER.
- IN A LARGE SKILLET OVER MEDIUM HEAT, ADD 2 TBSP CANOLA OIL AND 1 TBSP BUTTER. ONCE HOT, ADD THE CHICKEN AND COOK FOR 6-8 MINUTES PER SIDE, UNTIL GOLDEN BROWN AND FULLY COOKED THROUGH. REMOVE CHICKEN, COVER WITH FOIL, AND LET IT REST.
- IN THE SAME SKILLET (WITH LEFTOVER BITS FOR FLAVOR), LOWER THE HEAT AND ADD 1 MINCED GARLIC CLOVE AND THE REMAINING 7 TBSP BUTTER. STIR FOR 30 SECONDS UNTIL FRAGRANT.
- POUR IN 1 CUP HEAVY CREAM AND COOK FOR 2-3 MINUTES, STIRRING OFTEN. ADD 1 CUP PARMESAN CHEESE AND STIR UNTIL MELTED AND SAUCE THICKENS SLIGHTLY.
- SLICE THE RESTED CHICKEN INTO STRIPS.
- ADD THE DRAINED PASTA TO THE SAUCE, PLUS A SPLASH (ABOUT $\frac{1}{4}$ CUP) OF RESERVED PASTA WATER. TOSS TO COAT EVENLY.
- ADD SLICED CHICKEN INTO THE SKILLET, MIX, AND COOK 1-2 MORE MINUTES TO HEAT EVERYTHING THROUGH.
- SERVE WARM WITH EXTRA PARMESAN ON TOP.

CATEGORIES:

LUNCH, DINNER, 30-60 MINS, HIGH-
PROTEIN, MAKE AHEAD
(CONVENIENT MEAL PREP)

INGREDIENTS SOURCED FROM:

EL SUPER, STATER BROS

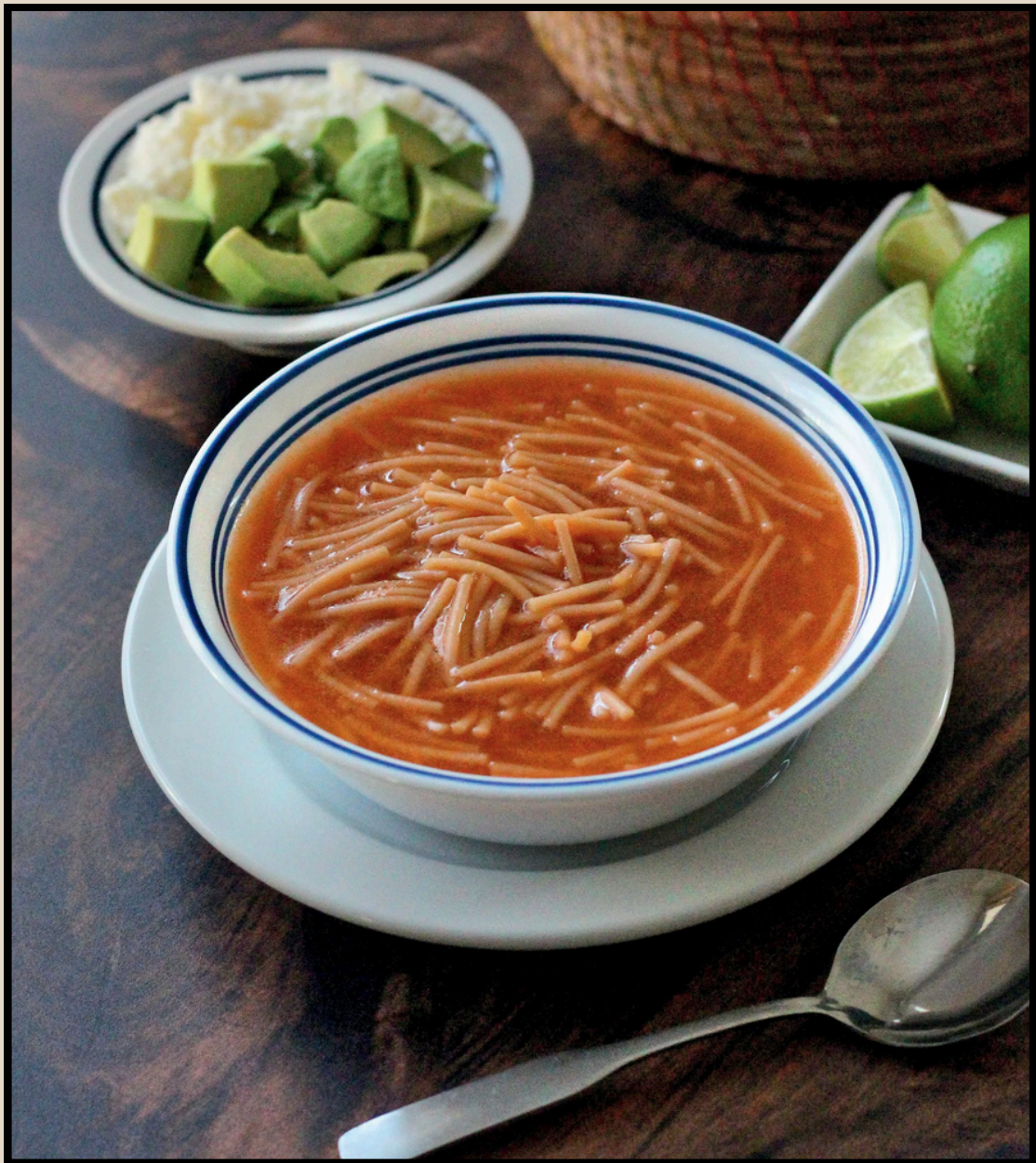
SUBSTITUTIONS:

YOU CAN EASILY SUBSTITUTE WITH LOW-CALORIE OR WHOLE WHEAT PASTA, USE FAT-FREE OR PLANT-BASED CREAM, AND ADD BROCCOLI OR SPINACH FOR EXTRA VEGGIES. THIS RECIPE IS FLEXIBLE AND CAN BE MODIFIED TO FIT A VARIETY OF DIETARY NEEDS WHILE STILL BEING DELICIOUS AND FILLING.

HEALTH BENEFITS:

HEAVY CREAM, BUTTER, AND PARMESAN CHEESE PROVIDE CALCIUM AND FATS THAT SUPPORT BONE STRENGTH AND ENERGY. PASTA DELIVERS CARBOHYDRATES FOR SUSTAINED ENERGY, WHILE GARLIC ADDS COMPOUNDS THAT SUPPORT HEART HEALTH AND IMMUNITY.

S O P A D E F I D E O (L A Z Y V E R S I O N)



“It’s a recipe that was made a lot for me as a kid. It’s perfect for any meal and super accessible for me to cook as a disabled adult.”

- Mars Neder
4th year, CHASS



INGREDIENTS: SERVES 2-3 PEOPLE

- 1 CUP FIDEO OR VERMICELLI PASTA
- ½ SMALL ONION, FINELY DICED
- 1 CLOVE GARLIC, MINCED
- ½ CUP CRUSHED TOMATOES
- 2 TBSP TOMATO SAUCE OR 1 TBSP TOMATO PASTE
- 2 CUPS WATER (ADJUST FOR DESIRED THICKNESS)
- 1 TBSP VEGETABLE OIL
- OPTIONAL:
- 1 TBSP CHOPPED CILANTRO (FOR GARNISH OR IN SOUP)
- SEASONINGS (TO TASTE):
- ½ TSP GARLIC POWDER
- ½ TSP ONION POWDER
- 1 TSP CHICKEN BOUILLON
- ½ TSP TOMATO BOUILLON (OPTIONAL, FOR EXTRA FLAVOR)
- SALT AND PEPPER, TO TASTE

HOW TO MAKE: 5 MINS PREP, 15 MINS COOKING TIME

- DICE ½ ONION AND 1 CLOVE GARLIC AND SET ASIDE.
- IN A MEDIUM PAN OVER MEDIUM HEAT, ADD 1 TBSP OIL AND 1 CUP FIDEO. TOAST THE PASTA FOR 3-5 MINUTES, STIRRING FREQUENTLY, UNTIL IT’S GOLDEN BROWN.
- ADD THE DICED ONION AND MINCED GARLIC TO THE PAN AND SAUTÉ FOR 1-2 MINUTES UNTIL FRAGRANT.
- STIR IN ½ CUP CRUSHED TOMATOES AND 2 TBSP TOMATO SAUCE (OR 1 TBSP PASTE). MIX WELL.
- ADD 2 CUPS WATER, THEN SEASON WITH 1 TSP CHICKEN BOUILLON, ½ TSP GARLIC POWDER, ½ TSP ONION POWDER, AND ½ TSP TOMATO BOUILLON IF USING.
- STIR AND BRING TO A GENTLE BOIL, THEN LOWER HEAT AND SIMMER UNCOVERED FOR 8-10 MINUTES, OR UNTIL THE PASTA IS SOFT AND THE BROTH SLIGHTLY THICKENS.
- TASTE AND ADJUST SEASONINGS IF NEEDED. GARNISH WITH CHOPPED CILANTRO IF DESIRED.
- SERVE HOT WITH TORTILLAS, LIME, OR A SPRINKLE OF CHEESE

CATEGORIES:

LUNCH, SNACK, DAIRY-FREE,
FREEZER FRIENDLY, 15-30 MINS

INGREDIENTS SOURCED FROM:

R’PANTRY, EL SUPER, STATER BROS

SUBSTITUTIONS:

YOU CAN MAKE THIS RECIPE HEALTHIER BY USING WHOLE-WHEAT FIDEO OR VERMICELLI PASTA FOR ADDED FIBER. TO ACCOMMODATE VEGETARIAN DIETS, SUBSTITUTE VEGETABLE BOUILLON INSTEAD OF CHICKEN BOUILLON. FOR LOWER SODIUM, CHOOSE LOW-SALT CRUSHED TOMATOES AND USE LESS BOUILLON, ADJUSTING SEASONING WITH FRESH HERBS LIKE CILANTRO AND LIME FOR FLAVOR.

HEALTH BENEFITS:

PASTA SUPPLIES CARBOHYDRATES FOR ENERGY, AND WHEN MADE WITH ONIONS, GARLIC, AND TOMATO, THE SOUP PROVIDES A MIX OF ANTIOXIDANTS AND VITAMIN C THAT SUPPORT IMMUNE FUNCTION AND OVERALL WELLNESS.



WONTON PIZZA BITES



“This snack is something my family created and I grew up making so whenever I have it, it’s very nostalgic for me!”

- *Kaylee Cheung*
4th year, CNAS

INGREDIENTS: MAKES 12-16 BITES

- 12-16 WONTON WRAPPERS
- ½ CUP TOMATO SAUCE OR PIZZA SAUCE
- ½ CUP SHREDDED MOZZARELLA CHEESE
- ¼ CUP MINI PEPPERONI (OR CHOPPED REGULAR PEPPERONI)
- VEGETABLE OIL, FOR FRYING (ABOUT ½ INCH DEPTH IN PAN)

HOW TO MAKE: 10 MIN PREP, 5-7 MINUTE COOKING TIME

- LAY OUT 12-16 WONTON WRAPPERS ON A CLEAN SURFACE.
- PLACE 1-2 TSP TOMATO SAUCE IN THE CENTER OF EACH WRAPPER.
- ADD A PINCH OF SHREDDED MOZZARELLA CHEESE AND 2-3 MINI PEPPERONI PIECES ON TOP.
- FOLD THE WONTON WRAPPER INTO A TRIANGLE OR BRING ALL CORNERS TO THE CENTER LIKE A POUCH. PRESS EDGES TO SEAL LIGHTLY WITH WATER.
- IN A FRYING PAN, HEAT ABOUT ½ INCH OF OIL OVER MEDIUM HEAT UNTIL HOT (A SMALL DROP OF WATER SHOULD SIZZLE).
- CAREFULLY ADD A FEW WONTON BITES AT A TIME AND FRY FOR 1-2 MINUTES PER SIDE, OR UNTIL GOLDEN BROWN AND CRISPY.
- REMOVE AND DRAIN ON PAPER TOWELS.
- LET COOL SLIGHTLY BEFORE SERVING. ENJOY WARM WITH EXTRA TOMATO SAUCE OR RANCH FOR DIPPING.

CATEGORIES:

15-30 MINS, SNACK, NUT FREE

INGREDIENTS SOURCED FROM:

MARKET AT GLEN MOR, STATER BROS, RALPHS, FOOD4LESS, TRADER JOES, 99 RANCH, COSTCO, VONS, TARGET, WALMART

SUBSTITUTIONS:

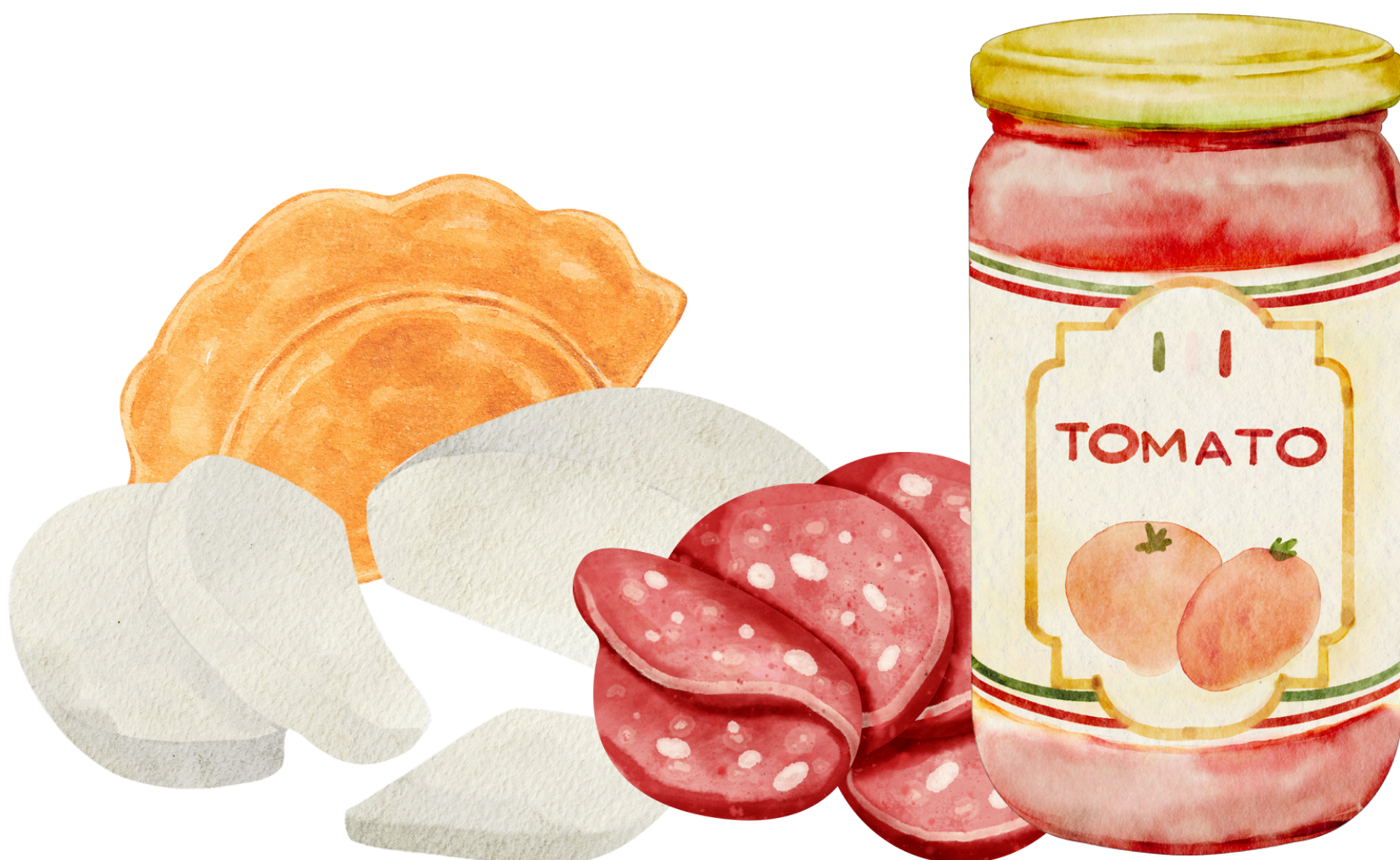
TO MAKE THIS HEALTHIER, YOU CAN BAKE THE WONTON BITES AT 375°F FOR 8-10 MINUTES INSTEAD OF FRYING THEM, WHICH REDUCES OIL AND FAT. FOR DIETARY ADJUSTMENTS, YOU CAN USE DAIRY-FREE CHEESE TO ACCOMMODATE LACTOSE INTOLERANCE, OR SWAP THE PEPPERONI FOR A PLANT-BASED ALTERNATIVE TO MAKE IT VEGETARIAN. WHOLE WHEAT WONTON WRAPPERS COULD ALSO ADD A BIT MORE FIBER IF AVAILABLE.

HEALTH BENEFITS:

MOZZARELLA CHEESE PROVIDES CALCIUM AND PROTEIN TO SUPPORT BONE STRENGTH AND MUSCLE HEALTH. TOMATO SAUCE OFFERS LYCOPENE FOR ANTIOXIDANT PROTECTION, AND WONTON WRAPPERS GIVE A LIGHT SOURCE OF CARBS FOR ENERGY.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“PRACTICE MAKES PERFECT AND IT IS A LOT OF TRIAL AND ERROR.”



VEGETABLE PANCAKES



“A perfect way to use leftover veggies in the fridge, they’re crispy, healthy, and serve as a delicious side dish or snack. Very low effort-skill, packed with veggies.”

- Ika Gallardo
1st year, CNAS



INGREDIENTS: SERVES 2-3 PEOPLE

- ½ HEAD CABBAGE, SHREDDED
- 1 ZUCCHINI, SHREDDED
- ½ CARROT, SHREDDED
- ½ ONION, GRATED OR FINELY CHOPPED
- 2 MEDIUM POTATOES, SHREDDED
- 1 CUP CORNSTARCH (ADJUST AS NEEDED)
- 1 EGG
- ½ TSP SALT (OR TO TASTE)
- ¼ TSP BLACK PEPPER (OR TO TASTE)
- VEGETABLE OIL, FOR FRYING
- (OPTIONAL) CHEESE (E.G., SHREDDED MOZZARELLA OR CHEDDAR, ABOUT 1 TBSP PER PANCAKE)
- (OPTIONAL) KETCHUP, JAPANESE MAYO, SHREDDED SEAWEED FOR SERVING

HOW TO MAKE: 15 MIN PREP, 15-20 MINUTE COOKING TIME

- IN A LARGE BOWL, COMBINE SHREDDED CABBAGE, ZUCCHINI, CARROT, POTATOES, AND GRATED ONION.
- USING CLEAN HANDS OR A TOWEL, SQUEEZE OUT AS MUCH EXCESS WATER FROM THE VEGETABLES AS POSSIBLE—THIS HELPS KEEP THE PANCAKES CRISPY.
- ADD 1 EGG, 1 CUP CORNSTARCH, ½ TSP SALT, AND ¼ TSP PEPPER TO THE BOWL. MIX THOROUGHLY UNTIL ALL VEGETABLES ARE EVENLY COATED.
- HEAT A THIN LAYER OF VEGETABLE OIL IN A PAN OVER MEDIUM HEAT.
- TAKE ABOUT 3 TABLESPOONS OF THE MIXTURE AND FORM INTO A PATTY. GENTLY PRESS IT FLAT IN THE PAN.
- (OPTIONAL) FOR CHEESE-FILLED PANCAKES, PLACE A SMALL CUBE OR SPOONFUL OF CHEESE IN THE CENTER OF THE PATTY AND SHAPE THE MIXTURE AROUND IT.
- PAN-FRY EACH PANCAKE FOR 3-4 MINUTES PER SIDE, OR UNTIL GOLDEN BROWN AND CRISPY.
- DRAIN ON PAPER TOWELS AND REPEAT WITH REMAINING BATTER.
- SERVE WARM WITH KETCHUP, JAPANESE MAYO, OR SHREDDED SEAWEED FOR DIPPING OR TOPPING.
- TO REHEAT: AIR FRY AT 380°F FOR 3 MINUTES FOR A CRISPY TEXTURE.

CATEGORIES:

30-60 MINS, SNACK, NUT FREE, VEGETARIAN

INGREDIENTS SOURCED FROM:

STATER BROS, TRADER JOES, 99 RANCH MARKET, WALMART

SUBSTITUTIONS:

TO MAKE THE VEGETABLE PANCAKES HEALTHIER, YOU CAN BAKE THEM INSTEAD OF FRYING TO REDUCE OIL. FOR DIETARY NEEDS, REPLACE THE EGG WITH A FLAXSEED OR CHIA SEED MIXTURE (1 TBSP FLAXSEED + 3 TBSP WATER) TO MAKE IT VEGAN. YOU CAN ALSO SKIP CHEESE OR USE A DAIRY-FREE CHEESE SUBSTITUTE FOR A FULLY PLANT-BASED VERSION.

HEALTH BENEFITS:

CABBAGE, ZUCCHINI, CARROT, POTATO, AND ONION ARE RICH IN FIBER, VITAMINS A AND C, AND ANTIOXIDANTS THAT SUPPORT DIGESTION, IMMUNITY, AND EYE HEALTH. EGGS CONTRIBUTE PROTEIN FOR MUSCLE MAINTENANCE.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“DEFINITELY WATCH YOUTUBE VIDEOS ON EASY RECIPES. BUILD YOUR KNOWLEDGE FROM THERE.”

GUACAMOLE



“I discovered it from my dad as he was really passionate about cooking and making meals. This was one of my favorites as it was always made whenever we had a celebration such as Christmas, Thanksgiving, 4th of July, New Years, and Birthdays. It was also made really quickly as well, which made it count as a snack whenever we craved it.”

- Shara Acosta
2nd year, CHASS

INGREDIENTS: SERVES 2-3

- 2 RIPE AVOCADOS
- ½ SMALL TOMATO, DICED
- 2 TBSP FINELY CHOPPED ONION
- 1 TBSP CHOPPED CILANTRO (OPTIONAL)
- ½ LIME, JUICED
- 1 SMALL JALAPEÑO, FINELY DICED (OPTIONAL, FOR HEAT)
- ¼ TSP SALT (ADJUST TO TASTE)
- ⅛ TSP BLACK PEPPER (OPTIONAL)

HOW TO MAKE: 5-10 MIN PREP TIME

- CUT THE 2 AVOCADOS IN HALF, REMOVE THE PITS, AND SCOOP THE FLESH INTO A BOWL.
- USE A FORK TO MASH THE AVOCADO UNTIL SMOOTH OR SLIGHTLY CHUNKY, DEPENDING ON YOUR PREFERENCE.
- ADD ½ DICED TOMATO, 2 TBSP CHOPPED ONION, 1 TBSP CHOPPED CILANTRO, AND 1 SMALL DICED JALAPEÑO (IF USING).
- SQUEEZE IN THE JUICE OF ½ LIME AND ADD ¼ TSP SALT AND ⅛ TSP BLACK PEPPER (IF USING).
- MIX EVERYTHING TOGETHER UNTIL WELL COMBINED. TASTE AND ADJUST SEASONING OR LIME JUICE AS NEEDED.
- SERVE IMMEDIATELY WITH CHIPS, ON TACOS, OR AS A SPREAD. FOR STORAGE, PRESS PLASTIC WRAP DIRECTLY ONTO THE SURFACE TO MINIMIZE BROWNING.

CATEGORIES:

SNACK, GLUTEN-FREE, DAIRY-FREE,
NUT-FREE, <15 MINS, SPECIAL
OCCASION, VEGETARIAN

INGREDIENTS SOURCED FROM:

R’PANTRY, STATER BROS

SUBSTITUTIONS:

YOU CAN EASILY ADJUST THIS GUACAMOLE TO FIT DIFFERENT DIETARY NEEDS: OMIT THE JALAPEÑO IF YOU NEED A Milder VERSION, OR SWAP THE ONION FOR GREEN ONIONS IF YOU WANT A GENTLER FLAVOR THAT'S EASIER ON DIGESTION. TO BOOST NUTRITION, YOU COULD ALSO ADD EXTRA DICED VEGETABLES LIKE BELL PEPPERS OR CUCUMBER FOR MORE FIBER AND CRUNCH WITHOUT ADDING HEAVY CALORIES.

HEALTH BENEFITS:

AVOCADOS ARE RICH IN HEART-HEALTHY MONOUNSATURATED FATS AND FIBER THAT SUPPORT CHOLESTEROL BALANCE AND DIGESTION. ONION, TOMATO, AND LIME ADD ANTIOXIDANTS AND VITAMIN C TO FURTHER SUPPORT IMMUNE FUNCTION.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“MAKING SOMETHING LIKE SCRAMBLED EGGS OR A SIMPLE SANDWICH CAN GO A LONG WAY.”



MEXICAN TUNA SALAD



“I have always loved tuna salad as I've been eating it as a cheap, high-protein lunch since I was a kid. One day my friend Steph introduced me to the Mexican version, and I loved it! I added a few twists to make it even more fresh and filling.”

- *Samantha Robinson*
Graduate Student, BCOE



INGREDIENTS: SERVES 2-3 PEOPLE

- 2 CANS TUNA IN WATER (5 OZ EACH), DRAINED
- 1 MEDIUM TOMATO, DICED
- ½ CUP CUCUMBER, DICED
- ¼ CUP RED ONION, FINELY CHOPPED
- ¼ CUP CILANTRO, CHOPPED
- 1 JALAPEÑO, FINELY CHOPPED (OPTIONAL, FOR HEAT)
- 1 TBSP LIME JUICE (ABOUT ½ LIME)
- 1½ TBSP MAYONNAISE
- SALT AND PEPPER, TO TASTE
- 1 CUP LETTUCE, SHREDDED (OPTIONAL, FOR SERVING)
- 1-2 TOSTADAS OR CRACKERS (OPTIONAL, FOR SERVING)

HOW TO MAKE: 10-15 MINS PREP TIME

- DRAIN 2 CANS OF TUNA AND PLACE THE TUNA IN A MIXING BOWL.
- ADD THE CHOPPED TOMATO (1 MEDIUM), ½ CUP DICED CUCUMBER, ¼ CUP RED ONION, AND ¼ CUP CHOPPED CILANTRO TO THE BOWL.
- IF YOU LIKE HEAT, FINELY CHOP AND ADD 1 JALAPEÑO (REMOVE SEEDS TO REDUCE SPICE).
- SQUEEZE IN 1 TBSP LIME JUICE AND ADD 1½ TBSP MAYONNAISE.
- MIX EVERYTHING TOGETHER UNTIL WELL COMBINED. TASTE AND SEASON WITH SALT AND PEPPER AS DESIRED.
- SERVE CHILLED OVER SHREDDED LETTUCE, ON TOSTADAS, WITH CRACKERS, OR IN A SANDWICH.

CATEGORIES:

LUNCH, HIGH-PROTEIN, <15 MINS,
MAKE AHEAD, NUT-FREE

INGREDIENTS SOURCED FROM:

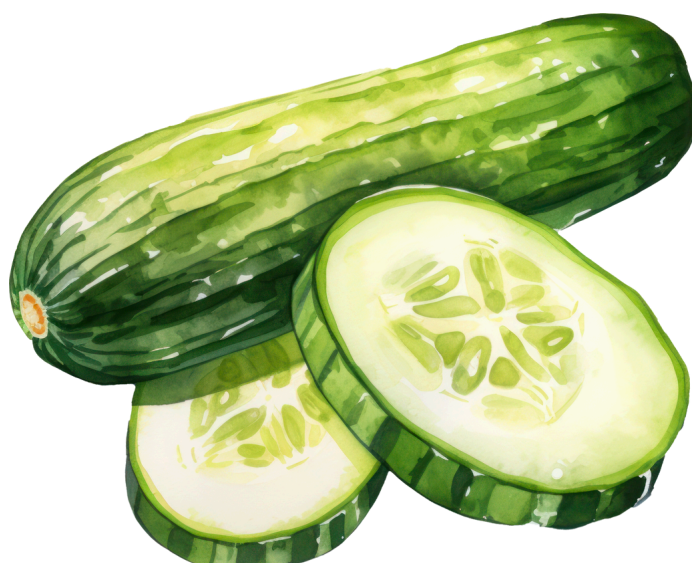
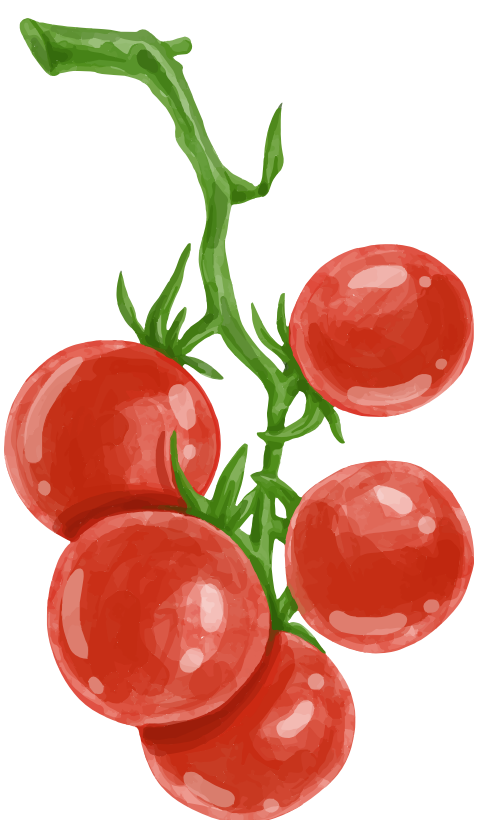
STATER BROS, EL SUPER

SUBSTITUTIONS:

TO MAKE IT HEALTHIER, YOU CAN SWAP REGULAR MAYONNAISE FOR A LIGHT MAYO, GREEK YOGURT, OR MASHED AVOCADO TO LOWER THE FAT CONTENT. FOR A DAIRY-FREE OPTION, USE A VEGAN MAYO SUBSTITUTE. YOU CAN ALSO SKIP THE TOSTADAS OR CRACKERS AND SERVE IT IN LETTUCE WRAPS FOR A LOW-CARB MEAL.

HEALTH BENEFITS:

TUNA PROVIDES LEAN PROTEIN AND OMEGA-3 FATTY ACIDS THAT SUPPORT BRAIN AND HEART HEALTH. VEGETABLES SUCH AS ONIONS AND TOMATOS ADD ANTIOXIDANTS AND VITAMIN C, WHICH SUPPORT IMMUNE HEALTH AND REDUCE OXIDATIVE STRESS.



S A L S A V E R D E



“My husbands favorite meal is a wet burrito with salsa verde. I decided to make this recipe for him to pair with burritos, as a snack with chips, or for carne con papas. It makes me so happy to make him this recipe and to make bigger batches to give to my family to enjoy.”

- *Aaliyah Picon*
3rd year, CHASS

INGREDIENTS: MAKES 3-4 CUPS

- 8 TOMATILLOS, HUSKED AND RINSED
- 2 MEDIUM TOMATOES
- 6 JALAPEÑOS, STEMS REMOVED
- 4 CHILE DE ÁRBOL
- 3 CLOVES GARLIC, PEELED
- 1 SWEET ONION, PEELED AND QUARTERED
- 1 BUNCH FRESH CILANTRO
- 2 CUPS WATER (PLUS MORE AS NEEDED)
- 2 TBSP CHICKEN BOUILLON

HOW TO MAKE: 10 MINS PREP, 15-20 MINS COOKING TIME

- PREP THE INGREDIENTS: REMOVE STEMS FROM 6 JALAPEÑOS, HUSK AND RINSE 8 TOMATILLOS, AND CUT 1 SWEET ONION INTO QUARTERS.
- IN A LARGE PAN OR AIR FRYER, ROAST THE TOMATILLOS, 2 TOMATOES, ONION QUARTERS, JALAPEÑOS, AND 4 CHILE DE ÁRBOL OVER MEDIUM-HIGH HEAT FOR 10-15 MINUTES, TURNING OCCASIONALLY UNTIL CHARRED AND BLISTERED.
- ONCE ROASTED, TRANSFER EVERYTHING TO A BLENDER. ADD 3 GARLIC CLOVES, 2 CUPS OF WATER, 2 TBSP CHICKEN BOUILLON, AND 1 BUNCH OF CILANTRO (STEMS INCLUDED).
- BLEND UNTIL SMOOTH. IF THE SALSA IS TOO THICK, ADD MORE WATER ¼ CUP AT A TIME UNTIL DESIRED CONSISTENCY IS REACHED.
- TRANSFER TO A CONTAINER OR JAR AND LET COOL IN THE FRIDGE FOR 30 MINUTES BEFORE SERVING.
- SERVE CHILLED OR ROOM TEMPERATURE WITH TACOS, CHIPS, MEATS, OR RICE BOWLS.

CATEGORIES:

<15 MINS, LOW-FAT

INGREDIENTS SOURCED FROM:

R'PANTRY, CARDENAS, NORTHGATE

SUBSTITUTIONS:

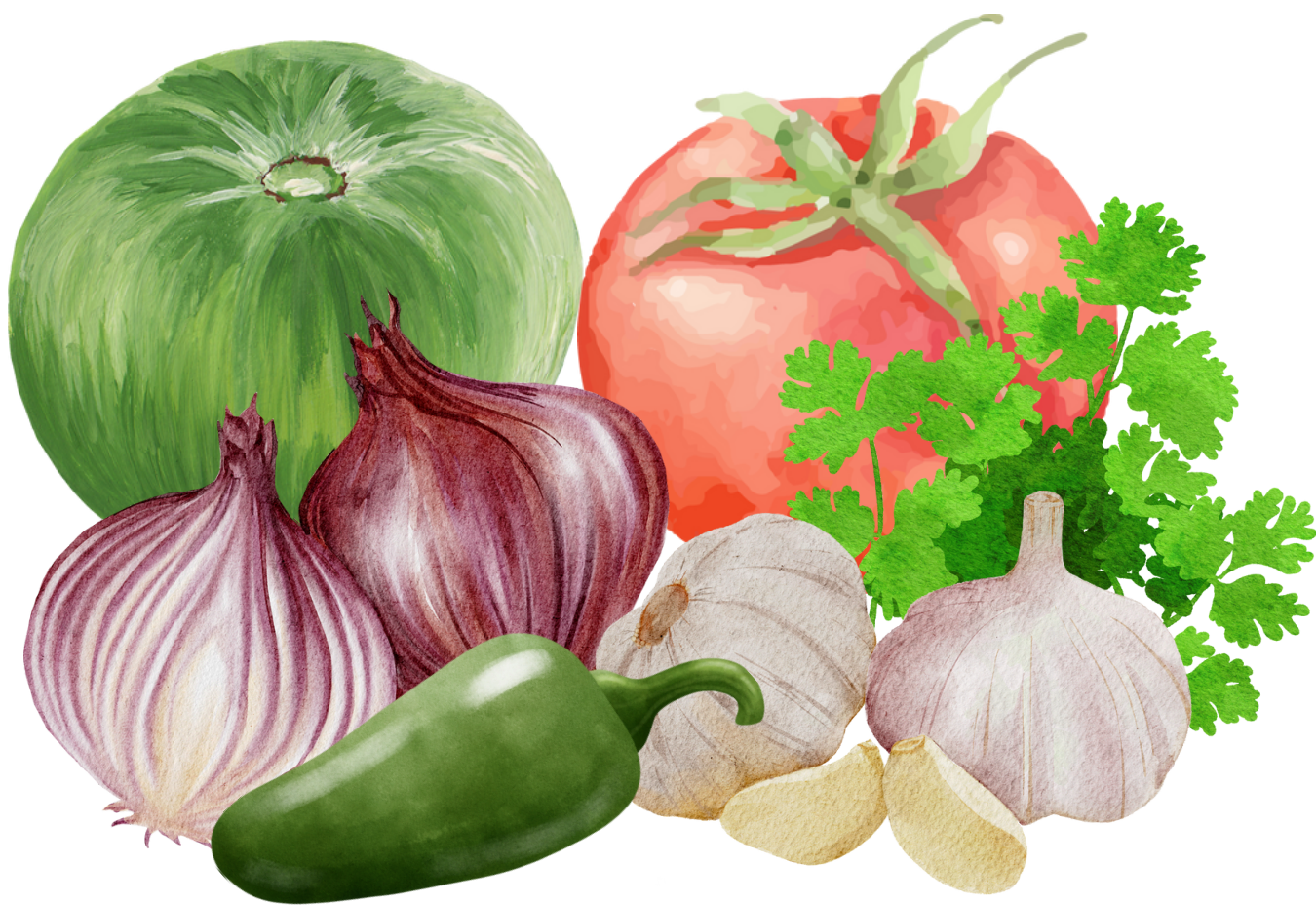
TO MAKE THE SALSA HEALTHIER AND LOWER IN SODIUM, YOU CAN SUBSTITUTE LOW-SODIUM OR NO-SALT-ADDED CHICKEN BOUILLON OR SIMPLY USE SALT TO TASTE. FOR A FULLY VEGETARIAN OR VEGAN VERSION, REPLACE CHICKEN BOUILLON WITH VEGETABLE BOUILLON. YOU CAN ALSO REDUCE THE NUMBER OF JALAPEÑOS OR CHILES DE ÁRBOL FOR A Milder, LESS SPICY SALSA THAT'S EASIER FOR SENSITIVE DIETS.

HEALTH BENEFITS:

TOMATILLOS, JALAPEÑOS, AND GARLIC ARE RICH IN VITAMIN C AND ANTIOXIDANTS THAT SUPPORT IMMUNE HEALTH AND REDUCE INFLAMMATION. ONIONS AND CILANTRO CONTRIBUTE ADDITIONAL COMPOUNDS THAT MAY SUPPORT DETOXIFICATION AND HEART HEALTH.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“HIGHLY RECOMMEND WATCHING YOUTUBE VIDEOS OR TIK TOKS WITH EASY RECIPES WITH MINIMAL COOKING/CHOPPING TO START. EXPLORING DIFFERENT RECIPES AND TRYING NEW FOODS IS A WAY TO MAKE COOKING FUN RATHER THAN A CHORE.”



GYUDON



Recipe by Grace Chrisopoulos
2nd year, CNAS



INGREDIENTS: SERVES 2 PEOPLE

- ½ LB (8 OZ) THINLY SLICED BEEF (STIR-FRY OR HOT POT CUT)
- 1½ TBSP SOY SAUCE (DIVIDED)
- 1 TBSP MIRIN
- 1 TBSP BROWN SUGAR (DIVIDED)
- 1 CLOVE GARLIC, MINCED
- ¼ TSP SALT (DIVIDED)
- 1 TSP POTATO STARCH (OR CORNSTARCH)
- ½ MEDIUM ONION, THINLY SLICED
- 2 CUPS COOKED WHITE RICE

CATEGORIES:

LUNCH, DINNER, 30-60 MINS, HIGH-
PROTEIN

INGREDIENTS SOURCED FROM:

R’PANTRY, FOOD4LESS

SUBSTITUTIONS:

TO MAKE THIS DISH HEALTHIER, YOU COULD SWAP OUT THE WHITE RICE FOR BROWN RICE OR CAULIFLOWER RICE TO ADD FIBER. FOR A LOWER-SODIUM VERSION, USE LOW-SODIUM SOY SAUCE. TO MAKE IT MORE DIET-FRIENDLY, YOU COULD SUBSTITUTE THE BEEF WITH TOFU OR MUSHROOMS FOR A PLANT-BASED ALTERNATIVE.

HEALTH BENEFITS:

BEEF OFFERS PROTEIN AND IRON FOR MUSCLE MAINTENANCE AND OXYGEN TRANSPORT. ONIONS ADD ANTIOXIDANTS THAT SUPPORT HEART HEALTH, WHILE THE RICE PROVIDES A STEADY SOURCE OF ENERGY.

HOW TO MAKE: 10 MINS PREP TIME, 10-15 COOK TIME

- IN A BOWL, COMBINE ½ LB SLICED BEEF WITH 1 TBSP SOY SAUCE, 1 TBSP MIRIN, ½ TBSP BROWN SUGAR, 1 MINCED GARLIC CLOVE, AND ⅛ TSP SALT. MARINATE FOR 10 MINUTES.
- AFTER MARINATING, LIGHTLY COAT THE BEEF WITH 1 TSP POTATO STARCH AND SET ASIDE.
- IN A PAN OVER MEDIUM HEAT, ADD ½ SLICED ONION AND SAUTÉ WITH ½ TBSP BROWN SUGAR, ½ TBSP SOY SAUCE, AND ⅛ TSP SALT FOR 2-3 MINUTES, UNTIL SOFTENED AND SLIGHTLY CARAMELIZED.
- ADD THE MARINATED BEEF TO THE PAN AND COOK FOR 4-6 MINUTES, STIRRING OCCASIONALLY, UNTIL THE BEEF IS COOKED THROUGH AND COATED IN THE SAUCE.
- SERVE HOT OVER 2 CUPS OF COOKED WHITE RICE. GARNISH WITH GREEN ONION, SESAME SEEDS, OR A SOFT EGG IF DESIRED.



SANCOCHO DE RES



“This is my family’s comfort food.”

- Raysa Zhou
3rd year, CHASS



INGREDIENTS: SERVES 4-5 PEOPLE

- 1½ LBS BEEF STEW MEAT OR FLANK STEAK, CUT INTO CUBES
- 2 EARS FRESH CORN, CUT INTO CHUNKS (OR 1½ CUPS FROZEN CORN)
- 1 GREEN PLANTAIN, PEELED AND SLICED
- 2 MEDIUM POTATOES, PEELED AND CUT INTO CHUNKS
- 1 CUP YUCA (CASSAVA), PEELED AND CUT INTO CHUNKS
- 1 LARGE CARROT, SLICED
- 6 CUPS WATER (ADD MORE AS NEEDED)
- 1 TBSP CHICKEN BOUILLON POWDER
- ½ TSP GARLIC POWDER (OR 2 CLOVES FRESH GARLIC, MINCED)
- ½ TSP ONION POWDER (OR ½ SMALL ONION, DICED)
- 1 TSP SALT (ADJUST TO TASTE)
- ¼ CUP CHOPPED FRESH CILANTRO

HOW TO MAKE: 15 MINS PREP, 50-60 MINUTES COOKING TIME

- CUT 1½ LBS OF BEEF INTO BITE-SIZED CUBES. IN A LARGE POT OVER MEDIUM-HIGH HEAT, SAUTÉ THE BEEF FOR 5-7 MINUTES UNTIL BROWNED ON ALL SIDES (NO OIL NEEDED).
- ADD 6 CUPS OF WATER TO THE POT—ENOUGH TO FILL IT HALFWAY. BRING TO A BOIL, THEN LOWER TO MEDIUM HEAT.
- SIMMER FOR 30 MINUTES OR UNTIL THE BEEF IS TENDER. SKIM OFF ANY FOAM.
- ADD YOUR SEASONINGS: 1 TBSP CHICKEN BOUILLON, ½ TSP GARLIC POWDER, ½ TSP ONION POWDER, AND 1 TSP SALT (ADJUST TO TASTE). STIR WELL.
- ADD ALL CHOPPED VEGETABLES: CORN, PLANTAIN, POTATOES, YUCA, AND CARROT. LET SIMMER ON MEDIUM-LOW HEAT FOR 15-20 MINUTES, OR UNTIL VEGETABLES ARE FORK-TENDER.
- SCOOP OUT ABOUT 5 CHUNKS OF COOKED VEGETABLES AND BLEND THEM WITH A BIT OF SOUP BROTH UNTIL SMOOTH. POUR THE BLENDED MIXTURE BACK INTO THE POT TO THICKEN THE STEW.
- LET THE STEW SIMMER FOR ANOTHER 5 MINUTES, THEN STIR IN ¼ CUP CHOPPED CILANTRO.
- SERVE HOT WITH WHITE RICE AND SLICED AVOCADO ON THE SIDE, IF DESIRED.

CATEGORIES:

LUNCH, DINNER, HIGH-PROTEIN,
60+ MINS, DAIRY-FREE, NUT-FREE

INGREDIENTS SOURCED FROM:

EL SUPER, CARDENAS, WALMART,
STATER BROS, FOOD4LESS, COSTCO,
99 RANCH

SUBSTITUTIONS:

YOU CAN MAKE THIS DISH LEANER BY USING A LEAN CUT OF BEEF LIKE SIRLOIN INSTEAD OF STEW MEAT. TO LOWER SODIUM, OPT FOR A REDUCED-SODIUM CHICKEN BOUILLON OR SEASON MORE WITH HERBS AND LESS SALT. FOR A PLANT-BASED VERSION, SUBSTITUTE THE BEEF WITH HEARTY VEGETABLES LIKE MUSHROOMS OR JACKFRUIT.

HEALTH BENEFITS:

BEEF PROVIDES PROTEIN FOR MUSCLE REPAIR AND IRON FOR RED BLOOD CELL PRODUCTION AND ENERGY. YUCA AND POTATOES CONTAINS COMPLEX CARBOHYDRATES FOR SUSTAINED ENERGY AND FIBER FOR GUT HEALTH. THE CARROT, PLANTAINS AND CORN PROVIDE ADDITIONAL CARBOHYDRATES AND FIBER.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“LOOK UP RECIPES ON YOUTUBE. COOKING IS NOT ABOUT FOLLOWING A BOOK YOU CAN JUST INVENT STUFF AND AS LONG AS IT TASTES GOOD TO YOU THEN IT’S A NEW RECIPE.”



LEMON RICE (FROM DELISH)



“I discovered it because my family had leftover rice so I wanted to use that then I looked on the Delish website. I didn’t have all of the ingredients but it turned out very delicious.”

- Sofia Morgan
3rd year CHASS



INGREDIENTS: SERVES 4-6 PEOPLE

- 2 CUPS BASMATI RICE
- ½ CUP ORZO PASTA
- 1 MEDIUM YELLOW ONION, CHOPPED
- 2 CLOVES GARLIC, FINELY GRATED
- 1 LEMON, ZEST AND JUICE (USE MORE IF DESIRED)
- 5 TBSP EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 3 CUPS LOW-SODIUM CHICKEN BROTH
- 2 BAY LEAVES
- 1 BUNCH FRESH DILL, CHOPPED (OR 1 CUBE GINGER AS ALTERNATIVE)
- 1 BUNCH FRESH PARSLEY, CHOPPED (LEAVES AND TENDER STEMS)
- 2 TSP KOSHER SALT, PLUS MORE TO TASTE
- FRESHLY GROUND BLACK PEPPER, TO TASTE
- 4 CUPS WATER (IF COOKING RICE FROM SCRATCH)

HOW TO MAKE: 10-15 MINS PREP TIME, 25-30 MINS COOKING TIME

- OPTIONAL: COOK 2 CUPS BASMATI RICE THE DAY BEFORE IN 4 CUPS BOILING WATER FOR 18 MINUTES. LET COOL AND REFRIGERATE.
- IN A LARGE POT OVER MEDIUM HEAT, ADD 1 TBSP OLIVE OIL. SAUTÉ 1 CHOPPED ONION FOR 3-4 MINUTES UNTIL SOFT AND TRANSLUCENT.
- ADD ½ CUP ORZO AND 2 TBSP OLIVE OIL. STIR AND TOAST THE ORZO FOR 5-7 MINUTES UNTIL GOLDEN BROWN.
- ADD THE COOKED RICE, LEMON ZEST, AND TOSS TO COAT EVERYTHING EVENLY.
- POUR IN 3 CUPS CHICKEN BROTH, 2 BAY LEAVES, AND 2 TSP SALT. COVER AND BRING TO A BOIL.
- LOWER HEAT TO MEDIUM-LOW AND SIMMER, COVERED, FOR 15-20 MINUTES, STIRRING OCCASIONALLY, UNTIL THE LIQUID IS ABSORBED.
- IN A SMALL BOWL, WHISK TOGETHER 2 TBSP OLIVE OIL, 2 CLOVES GRATED GARLIC, AND THE JUICE OF 1 LEMON TO MAKE THE VINAIGRETTE.
- ONCE RICE IS DONE, REMOVE FROM HEAT, UNCOVER, AND IMMEDIATELY POUR THE VINAIGRETTE OVER THE RICE. COVER AGAIN AND LET SIT FOR 10 MINUTES.
- DISCARD BAY LEAVES. FLUFF RICE WITH A FORK AND STIR IN CHOPPED DILL AND PARSLEY (OR GINGER IF USING INSTEAD).
- TASTE AND ADJUST WITH MORE LEMON JUICE, SALT, OR PEPPER AS NEEDED. SERVE WARM OR AT ROOM TEMPERATURE.

CATEGORIES:

DINNER, DAIRY-FREE, NUT-FREE, 30-60 MINS, MAKE AHEAD

INGREDIENTS SOURCED FROM:

STATER BROS, RALPHS, GOODWINS

SUBSTITUTIONS:

YOU CAN SUBSTITUTE VEGETABLE BROTH FOR CHICKEN BROTH TO MAKE THE DISH VEGETARIAN AND SWAP BROWN RICE FOR ADDED FIBER. IN THE ORIGINAL VERSION, FETA CHEESE AND ALMONDS ARE SOMETIMES ADDED, BUT IT’S BEST TO OMIT THEM IF YOU ARE LACTOSE INTOLERANT OR HAVE A NUT ALLERGY.

HEALTH BENEFITS:

RICE PROVIDES QUICK-DIGESTING CARBOHYDRATES FOR ENERGY, WHILE LEMON ADDS VITAMIN C TO SUPPORT IMMUNE HEALTH. FRESH HERBS SUCH AS PARSLEY OR DILL OFFER ANTIOXIDANTS AND ANTI-INFLAMMATORY PROPERTIES.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“TAKE DEEP BREATHS AND TRY TO TAKE YOUR TIME. SOMETIMES THE MEAL WON’T BE EXACTLY THE SAME AND THAT’S OK AS LONG AS YOU’RE HAPPY WITH THE FINAL RESULTS. ALSO, HAVE FUN MAKING THE DISH LIKE LISTENING TO MUSIC.”

LENTIL SOUP



“This was a staple in my home growing up as a get-by meal to save in our cupboards just in case. It's a bean dish, so it's very hearty and filled with veggie goodness. You can add to this recipe a ground meat or any vegetable (canned or from the R'Pantry) to add layers of flavor to go with the lentils.”

- *Maria Saldviar*
4th year CHASS

INGREDIENTS: CAN SERVE 2-3 PEOPLE

- 1 CUP DRIED LENTILS (ANY COLOR)
- 2-3 CUPS WATER (START WITH 2, ADD MORE IF NEEDED)
- ½ CUP GROUND BEEF (OPTIONAL)
- ¼ ONION, CHOPPED (OPTIONAL)
- 1 CLOVE GARLIC, MINCED (OR ¼ TSP GARLIC POWDER, OPTIONAL)
- ½ CUP MIXED VEGETABLES (OPTIONAL – CANNED, FROZEN, OR FRESH)

OPTIONAL SEASONINGS:

- ½ TSP DRIED PARSLEY
- ½ TSP DRIED OREGANO
- SALT AND PEPPER TO TASTE
- ¼ TSP ONION POWDER OR GARLIC POWDER (IF NOT USING FRESH)

HOW TO MAKE: 5-10 MINS PREP, 25-30 COOKING TIME

- IF USING BEEF: ADD ½ CUP GROUND BEEF, ¼ CHOPPED ONION, AND 1 MINCED GARLIC CLOVE TO A POT. COOK OVER MEDIUM HEAT WITHOUT OIL, STIRRING UNTIL BROWNED (5-7 MINUTES).
- ADD 2 CUPS WATER TO THE POT AND COVER WITH A LID. BRING TO A BOIL.
- ONCE BOILING, ADD 1 CUP DRIED LENTILS. STIR, REDUCE TO MEDIUM-LOW HEAT, AND LET SIMMER FOR 15-20 MINUTES.
- IF USING VEGETABLES, ADD ½ CUP MIXED VEGGIES MIDWAY THROUGH THE LENTIL COOKING TIME (AROUND 10 MINUTES IN).
- WHEN LENTILS ARE SOFT AND FULLY EXPANDED, THE SOUP IS DONE. ADD MORE WATER IF IT LOOKS TOO THICK.
- ADD SEASONINGS AT THE END: SPRINKLE IN ½ TSP DRIED PARSLEY, ½ TSP OREGANO, AND SALT AND PEPPER TO TASTE.
- SERVE HOT AND ENJOY! GREAT WITH BREAD OR RICE ON THE SIDE.

CATEGORIES:

LUNCH, DINNER, DAIRY-FREE, NUT-FREE, HIGH-PROTEIN, 30-60 MINS, FREEZER FRIENDLY, MINIMAL ACTIVE, TIME, MAKE AHEAD

INGREDIENTS SOURCED FROM:

STATER BROS, RALPHS, GOODWINS, FOOD4LESS, R'PANTRY, EL SUPER, VONS, CARDENAS, WALMART, TRADER JOE'S

SUBSTITUTIONS:

TO MAKE THIS RECIPE VEGETARIAN OR VEGAN, SIMPLY OMIT THE GROUND BEEF AND USE VEGETABLE BROTH INSTEAD OF WATER FOR ADDED FLAVOR. YOU CAN ALSO INCREASE THE VEGETABLE CONTENT BY ADDING MORE MIXED VEGETABLES LIKE SPINACH, CARROTS, OR ZUCCHINI TO BOOST FIBER AND NUTRIENT DENSITY.

HEALTH BENEFITS:

LENTILS ARE RICH IN FIBER, IRON, AND IS A PLANT-BASED PROTEIN, WHICH SUPPORT HEART HEALTH, DIGESTION, AND ENERGY LEVELS. ONIONS AND GARLIC CONTRIBUTE ANTIOXIDANTS AND COMPOUNDS THAT SUPPORT IMMUNE FUNCTION AND REDUCE INFLAMMATION.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“IT'S A GREAT WAY TO DE-STRESS AND TO DEDICATE PERSONAL TIME FOR YOUR OWN NEEDS. IF MAKING FOODS IN BULK, IT CAN BE A GREAT TIME SAVER TO JUST SERVE WHENEVER NEEDED WHEN ITS READILY AVAILABLE IN THE FRIDGE.”



PEPPER RICE



“I originally came by this recipe from a Instagram account called “big qian must lose weight”. At the time, I was looking for simple recipes that I could make to lose fat and gain muscle. I love this recipe because it’s very versatile and you get full very quickly without a lot of calories. This recipe is very simple and can be adjusted to any mood you are in.”

- *Shannon Komyo*
1st year BCOE



INGREDIENTS: SERVES 1-2 PEOPLE

- 1 CUP COOKED RICE (FRESH OR DEFROSTED FROZEN)
- ½ CUP CORN KERNELS (BOILED OR PAN-FRIED)
- ¼ HEAD LETTUCE, THINLY SLICED
- ½ CUP ADDITIONAL VEGETABLES (OPTIONAL: CARROTS, BELL PEPPER, CUCUMBER, ETC.)
- 4-6 OZ PROTEIN OF CHOICE (CHICKEN, PORK, BEEF, OR TOFU)
- ½ TSP SALT
- ¼ TSP BLACK PEPPER
- ½ TSP CHEF MERITO CHICKEN SEASONING (OR SEASONING OF CHOICE)
- 1 TBSP SOY SAUCE
- ½ TSP BOUILLON POWDER
- 1 TSP VINEGAR
- ½ TSP SUGAR OR SUGAR SUBSTITUTE
- ¼ TSP SESAME OIL

HOW TO MAKE: 10 MINS PREP, 15 MINS COOKING TIME

- COOK OR DEFROST 1 CUP OF RICE AND SET ASIDE IN A LARGE MIXING BOWL.
- BOIL OR PAN-FRY ½ CUP CORN KERNELS UNTIL TENDER OR SLIGHTLY GOLDEN, THEN ADD TO THE RICE.
- THINLY SLICE ¼ HEAD OF LETTUCE, LIKE COLESLAW, AND SET ASIDE.
- DICE AND SEASON 4-6 OZ OF PROTEIN WITH ½ TSP SALT, ¼ TSP PEPPER, AND ½ TSP CHEF MERITO CHICKEN SEASONING. COOK IN A PAN OVER MEDIUM HEAT UNTIL FULLY COOKED (5-8 MINUTES).
- ADD THE LETTUCE AND ANY OPTIONAL VEGETABLES TO THE RICE AND CORN BOWL.
- ADD THE COOKED PROTEIN TO THE BOWL.
- IN A SMALL BOWL, MIX 1 TBSP SOY SAUCE, ½ TSP BOUILLON, 1 TSP VINEGAR, ½ TSP SUGAR, AND ¼ TSP SESAME OIL TO MAKE THE SAUCE.
- POUR THE SAUCE INTO THE BOWL AND MIX EVERYTHING THOROUGHLY.
- SERVE IMMEDIATELY OR REFRIGERATE FOR LATER.

CATEGORIES:

LUNCH, DINNER, MAKE AHEAD
(CONVENIENT MEAL PREP), 15-30
MINUTE, HIGH-PROTEIN, DAIRY-FREE

INGREDIENTS SOURCED FROM:

RALPHS, TRADER JOE’S, WALMART

SUBSTITUTIONS:

TO MAKE THIS RECIPE HEALTHIER, YOU CAN COOK THE PROTEIN USING ITS OWN FAT OR A SMALL AMOUNT OF SPRAY OIL TO REDUCE ADDED CALORIES. IF YOU'RE SHORT ON SAUCE INGREDIENTS, A SPLASH OF SOY SAUCE WORKS WELL—JUST BE MINDFUL OF SALT LEVELS WHEN COMBINED WITH OTHER SEASONINGS.

HEALTH BENEFITS:

RICE PROVIDES CARBOHYDRATES FOR ENERGY, WHILE CORN AND LETTUCE CONTRIBUTE FIBER AND ESSENTIAL VITAMINS THAT SUPPORT DIGESTION AND FULLNESS. PROTEIN OF CHOICE ADDS MUSCLE-SUPPORTING NUTRIENTS, MAKING THE DISH BALANCED AND SATISFYING.

BEEF YAKI UDON



“I found it on instagram by a popular food content creator named CJ Eats. I like it because it’s easy to make, tasty and comforting.”

- *Mailyn Nguyen*
4th year, BCOE



INGREDIENTS: SERVES 2 PEOPLE

SAUCE:

- 2 TBSP DARK SOY SAUCE
- 2 TBSP SOY SAUCE
- 1 TBSP MIRIN
- 1 TBSP HONEY
- 1 TSP RICE WINE VINEGAR
- 1 TSP SESAME OIL
- 1 TBSP WATER

STIR-FRY:

- 2 FROZEN UDON NOODLE PACKS (ABOUT 7 OZ EACH)
- 1 TBSP BUTTER OR OIL
- ½ MEDIUM BROWN ONION, THINLY SLICED
- 2 CLOVES GARLIC, MINCED
- 2 STALKS GREEN ONION, CHOPPED (SEPARATE WHITE AND GREEN PARTS)
- 6 OZ THINLY SLICED BEEF (SUCH AS RIBEYE, FLANK, OR HOTPOT-STYLE BEEF)
- PINCH OF SALT AND BLACK PEPPER (OPTIONAL)

GARNISH:

- SESAME SEEDS
- CHOPPED GREEN ONION TOPS
- NORI SEAWEED STRIPS (OPTIONAL)

HOW TO MAKE: 10 MINS PREP, 15 MINS COOKING TIME

- IN A BOWL, MIX TOGETHER THE SAUCE INGREDIENTS:
- 2 TBSP DARK SOY SAUCE, 2 TBSP SOY SAUCE, 1 TBSP MIRIN, 1 TBSP HONEY, 1 TSP RICE WINE VINEGAR, 1 TSP SESAME OIL, AND 1 TBSP WATER. SET ASIDE.
- SOAK 2 FROZEN UDON PACKS IN HOT WATER FOR 1-2 MINUTES TO LOOSEN. USE CHOPSTICKS TO GENTLY SEPARATE THE NOODLES. RINSE WITH COLD WATER, DRAIN, AND SET ASIDE.
- IN A PAN OVER MEDIUM HEAT, MELT 1 TBSP BUTTER (OR OIL). ADD ½ SLICED ONION, 2 MINCED GARLIC CLOVES, AND THE WHITE PARTS OF THE GREEN ONIONS. SAUTÉ FOR ABOUT 3 MINUTES UNTIL SOFT AND FRAGRANT.
- ADD 6 OZ SLICED BEEF AND SAUTÉ FOR 2-3 MINUTES OR UNTIL THE MEAT IS FULLY BROWNED. SEASON WITH A PINCH OF SALT AND PEPPER IF NEEDED.
- ADD THE DRAINED NOODLES BACK INTO THE PAN. POUR IN THE SAUCE AND TOSS EVERYTHING TOGETHER UNTIL THE NOODLES ARE EVENLY COATED AND HEATED THROUGH (ABOUT 2 MINUTES).
- REMOVE FROM HEAT AND GARNISH WITH GREEN ONION TOPS, SESAME SEEDS, AND NORI STRIPS IF USING. SERVE HOT AND ENJOY!

CATEGORIES:

LUNCH, DINNER, 15-30 MINS, HIGH PROTEIN, MAKE AHEAD (CONVENIENT MEAL PREP)

INGREDIENTS SOURCED FROM:

WEEE!, 99 RANCH MARKET, STATER BROS

SUBSTITUTIONS:

SWAP THE BEEF FOR TOFU OR MUSHROOMS FOR A VEGETARIAN VERSION, AND USE LOW-SODIUM SOY SAUCE TO REDUCE SALT INTAKE. ADDING VEGETABLES LIKE BOK CHOY, CARROTS, OR BELL PEPPERS BOOSTS FIBER, VITAMINS, AND OVERALL NUTRITION.

HEALTH BENEFITS:

THIS BEEF UDON STIR-FRY PROVIDES A BALANCED MIX OF PROTEIN FROM THE BEEF, CARBOHYDRATES FROM THE NOODLES, AND ANTIOXIDANTS FROM ONIONS AND GARLIC. IT’S A SATISFYING MEAL THAT CAN BE CUSTOMIZED WITH VEGETABLES FOR ADDED FIBER AND NUTRIENTS.



T I N G A



“I like chicken and my mom would always make it for me.”

- *Alexandra Arroyo*
2nd year, CHASS



INGREDIENTS: SERVES 3-4 PEOPLE

- 1 LB BONELESS, SKINLESS CHICKEN BREAST OR THIGHS
- 1 CAN (15 OZ) DICED TOMATOES
- 2 CHIPOTLE PEPPERS IN ADOBO SAUCE
- 1 SMALL WHITE ONION, SLICED
- 2 CLOVES GARLIC (OR ½ TSP GARLIC POWDER)
- ½ CUP WATER OR BROTH
- ½ TSP SALT
- ¼ TSP BLACK PEPPER
- 1 TBSP OIL

HOW TO MAKE: 5-10 MINS PREP TIME, 25-30 MINS COOK TIME

- BOIL 1 LB CHICKEN IN A POT WITH A PINCH OF SALT UNTIL COOKED (ABOUT 15-20 MIN). THEN SHRED IT USING TWO FORKS.
- WHILE THE CHICKEN COOKS, SLICE 1 ONION THINLY.
- IN A BLENDER, BLEND 1 CAN DICED TOMATOES, 2 CHIPOTLE PEPPERS, 2 GARLIC CLOVES, ½ TSP SALT, ¼ TSP BLACK PEPPER, AND ½ CUP WATER OR BROTH UNTIL SMOOTH.
- IN A PAN, HEAT 1 TBSP OIL AND SAUTÉ THE SLICED ONION FOR 3-4 MINUTES UNTIL SOFT.
- POUR IN THE BLENDED SAUCE AND COOK FOR 5-7 MINUTES OVER MEDIUM HEAT, STIRRING OCCASIONALLY.
- ADD THE SHREDDED CHICKEN TO THE PAN AND STIR TO COAT. SIMMER FOR ANOTHER 5 MINUTES.
- SERVE WITH TORTILLAS, OVER RICE, OR ON TOSTADAS. DONE!

CATEGORIES:

LUNCH, DINNER, 30-60 MINS,
MINIMAL ACTIVE TIME, MAKE AHEAD
(CONVENIENT MEAL PREP), HIGH
PROTEIN, GLUTEN-FREE

INGREDIENTS SOURCED FROM:

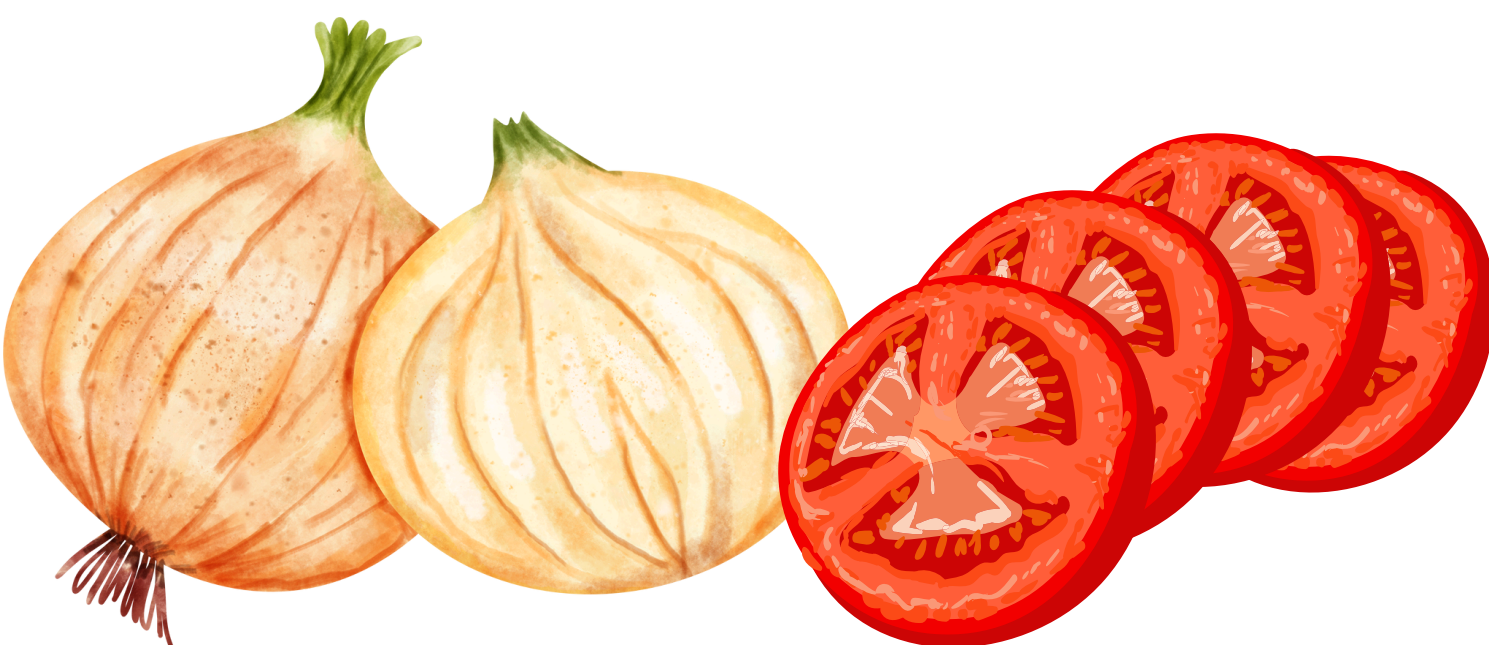
EL SUPER, STATER BROS, CARDENAS

SUBSTITUTIONS:

YOU CAN USE CANNED LOW-SODIUM TOMATOES AND SKIP EXTRA SALT TO REDUCE SODIUM, OR USE TOFU OR JACKFRUIT INSTEAD OF CHICKEN FOR A VEGETARIAN VERSION. ADD-INS LIKE BLACK BEANS OR BELL PEPPERS CAN BOOST FIBER AND NUTRIENTS.

HEALTH BENEFITS:

CHICKEN IS A LEAN SOURCE OF PROTEIN THAT SUPPORTS TISSUE REPAIR AND SATIETY. TOMATOES, ONIONS, AND CHIPOTLE PEPPERS PROVIDE ANTIOXIDANTS AND COMPOUNDS THAT PROMOTE IMMUNE FUNCTION AND CIRCULATION.



GREEN POZOLE



Recipe by Elizabeth Montes-Rojas
4th year, School of Education



INGREDIENTS: SERVES 4-6 PEOPLE

- 1½ TO 2 LBS PORK SHOULDER (OR CHICKEN THIGHS), CUT INTO CHUNKS
- 8 CUPS WATER OR CHICKEN BROTH
- 2 CANS HOMINY (15 OZ EACH), DRAINED AND RINSED
- 1 LB TOMATILLOS, HUSKED AND RINSED
- 2-3 GREEN CHILES (E.G., JALAPEÑOS OR SERRANOS), STEMMED
- ½ WHITE ONION
- 2-3 CLOVES GARLIC
- ½ CUP CILANTRO LEAVES
- ¼ CUP PUMPKIN SEEDS (PEPITAS, OPTIONAL)
- 1 TBSP OIL (FOR SAUTÉING THE GREEN SAUCE)
- 1½ TSP SALT (ADJUST TO TASTE)

HOW TO MAKE: 15-20 MINS PREP, 45-60 MINS COOKING TIME

- IN A LARGE POT, ADD 1½-2 LBS PORK SHOULDER (OR CHICKEN) AND 8 CUPS OF WATER OR BROTH
- ADD ½ WHITE ONION, 2 GARLIC CLOVES, AND 1 TSP SALT; BRING TO A BOIL, THEN SIMMER UNTIL MEAT IS TENDER (ABOUT 45-60 MINUTES)
- WHILE MEAT COOKS, BLEND 1 LB TOMATILLOS, 2-3 GREEN CHILES, 1 GARLIC CLOVE, ½ CUP CILANTRO, AND ¼ CUP PUMPKIN SEEDS (OPTIONAL) WITH ½ CUP WATER OR BROTH UNTIL SMOOTH
- IN A PAN, HEAT 1 TBSP OIL AND SAUTÉ THE GREEN SAUCE FOR 5-10 MINUTES UNTIL SLIGHTLY THICKENED AND DEEPENED IN COLOR
- REMOVE THE COOKED MEAT FROM THE BROTH, SHRED IT, AND DISCARD ONION AND GARLIC PIECES
- ADD THE GREEN SAUCE, 2 CANS OF HOMINY (15 OZ EACH), AND THE SHREDDED MEAT BACK INTO THE POT
- SIMMER EVERYTHING TOGETHER FOR ANOTHER 15-20 MINUTES TO COMBINE FLAVORS
- TASTE AND ADJUST SEASONING WITH MORE SALT IF NEEDED
- SERVE HOT WITH TOPPINGS LIKE SLICED RADISH, SHREDDED LETTUCE, CHOPPED ONION, LIME, AND AVOCADO IF DESIRED

CATEGORIES:

LUNCH, DINNER, 60+ MINUTES,
HIGH-PROTEIN, MAKE AHEAD,
GLUTEN-FREE, DAIRY-FREE

INGREDIENTS SOURCED FROM:

EL SUPER, STATER BROS, R’PANTRY

SUBSTITUTIONS:

CHICKEN CAN BE USED INSTEAD OF PORK FOR A LEANER OPTION, AND VEGETABLE BROTH WITH MUSHROOMS OR BEANS CAN MAKE IT VEGETARIAN. ADDING SPINACH OR ZUCCHINI TO THE GREEN SAUCE BOOSTS NUTRIENTS WITHOUT CHANGING THE TRADITIONAL FLAVOR MUCH.

HEALTH BENEFITS:

POBLANO PEPPERS AND CILANTRO ARE PACKED WITH ANTIOXIDANTS AND VITAMIN C, SUPPORTING IMMUNE HEALTH AND REDUCING INFLAMMATION. PORK ADDS PROTEIN AND IRON FOR MUSCLE REPAIR AND ENERGY, WHILE HOMINY CONTRIBUTES FIBER FOR DIGESTION.



S I M P L E T U N A P A S T A



“I have a busy life with school, work, and extracurriculars. I also really like tuna salad, but don't have all the ingredients or time to make it. Using items from R'Pantry, I've made a close approximation for a tuna salad that I put on pasta to fuel myself on days I turn my brain off and lock in.”

- *Lenny Thai*
3rd year, CHASS

INGREDIENTS: SERVES 1-2 PEOPLE

- 1 CAN TUNA (IN WATER, HALF DRAINED)
- 1/3 CUP MIRACLE WHIP
- 1 STALK GREEN ONION, WASHED AND THINLY SLICED
- 1½ CUPS DRY PASTA (ANY KIND YOU LIKE)
- SALT, FOR BOILING WATER
- BLACK PEPPER, TO TASTE
- HOT WATER, FOR BOILING PASTA

HOW TO MAKE: 5-10 MINS PREP, 10-12 MINS COOKING TIME

- BRING HOT WATER TO A BOIL IN A POT WITH A PINCH OF SALT. ONCE BUBBLING, ADD YOUR PASTA OF CHOICE AND COOK UNTIL TENDER, ABOUT 10-12 MINUTES.
- WHILE THE PASTA BOILS, RINSE THE GREEN ONION UNDER RUNNING WATER AND SLICE IT THINLY. SET ASIDE HALF FOR GARNISH IF DESIRED.
- OPEN THE CAN OF TUNA AND DRAIN OUT HALF OF THE WATER.
- IN A LARGE BOWL, COMBINE THE TUNA (WITH HALF ITS WATER), 1/3 CUP MIRACLE WHIP, A PINCH OF BLACK PEPPER, AND HALF OF THE SLICED GREEN ONION.
- MIX THE TUNA SALAD THOROUGHLY, ADJUSTING MIRACLE WHIP OR PEPPER TO TASTE.
- ONCE THE PASTA IS COOKED, DRAIN IT AND ADD IT DIRECTLY TO THE BOWL WITH THE TUNA SALAD.
- STIR EVERYTHING TOGETHER UNTIL WELL COMBINED.
- GARNISH WITH THE REMAINING GREEN ONION AND SERVE WARM OR CHILLED.

CATEGORIES:

LUNCH, DINNER, HIGH-PROTEIN, 15-30 MINUTES, MAKE AHEAD (CONVENIENT MEAL PREP).

INGREDIENTS SOURCED FROM:

R'PANTRY, STATER BROS

SUBSTITUTIONS:

TO MAKE IT HEALTHIER, YOU CAN SUBSTITUTE MIRACLE WHIP WITH PLAIN GREEK YOGURT OR LIGHT MAYO. FOR DIETARY NEEDS, USE GLUTEN-FREE PASTA OR DAIRY-FREE MAYO TO ACCOMMODATE GLUTEN OR DAIRY RESTRICTIONS.

HEALTH BENEFITS:

TUNA PROVIDES LEAN PROTEIN AND OMEGA-3 FATTY ACIDS THAT SUPPORT HEART AND BRAIN HEALTH. GREEN ONION ADDS ANTIOXIDANTS, AND PASTA SUPPLIES ENERGY-BOOSTING CARBOHYDRATES TO FUEL DAILY ACTIVITY.

ADVICE TO STUDENTS STRUGGLING WITH MAKING THEIR OWN MEALS:

“COOKING IS HARD AND I GET IT. I DIDN'T LEARN HOW TO PROPERLY COOK UNTIL I WAS IN COLLEGE. IF YOU STRUGGLE WITH COOKING FOR YOURSELF, THROWING STUFF TOGETHER AND HOPING IT TASTES GOOD IS COMPLETELY VALID. COOKING IS ALL ABOUT TRIAL AND ERROR, NOT PERFECTION!”



COTTAGE CHEESE ICE CREAM



“I love ice cream and this one way to eat without having to worry about the calories and sugar. I saw it on insta reels and decided to try it out.”

- *Neeha Gajula*
Graduate Student, BCOE



INGREDIENTS: SERVES 2 PEOPLE

- 1 CUP COTTAGE CHEESE
- ½ CUP FRESH OR FROZEN FRUIT (E.G., BERRIES, BANANA, MANGO) – OR
- 1 TBSP COCOA POWDER (IF NOT USING FRUIT)
- ½ TSP VANILLA EXTRACT (OPTIONAL)
- 1-2 TSP BROWN SUGAR OR SWEETENER (OPTIONAL)
- 1 TBSP CHOCOLATE CHIPS OR CRUSHED CRACKERS (OPTIONAL TOPPINGS)

HOW TO MAKE: 5 MINS PREP, 1-2 HOURS FREEZE TIME

- IN A BLENDER OR FOOD PROCESSOR, ADD 1 CUP COTTAGE CHEESE AND YOUR CHOICE OF ½ CUP FRUIT OR 1 TBSP COCOA POWDER.
- OPTIONAL: ADD ½ TSP VANILLA EXTRACT AND 1-2 TSP BROWN SUGAR OR YOUR PREFERRED SWEETENER FOR EXTRA FLAVOR.
- BLEND ON HIGH UNTIL SMOOTH AND CREAMY (ABOUT 30-60 SECONDS).
- SERVE IMMEDIATELY FOR SOFT-SERVE TEXTURE OR FREEZE FOR 1-2 HOURS FOR SCOOPABLE ICE CREAM.
- TOP WITH CHOCOLATE CHIPS, CRUSHED CRACKERS, OR EXTRA FRUIT IF DESIRED.

CATEGORIES:

DESSERT, <15 MINS, FREEZER FRIENDLY, HIGH PROTEIN, VEGETARIAN

INGREDIENTS SOURCED FROM:

INDIA SWEETS & GROCERIES, RALPHS, TRADER JOE'S

SUBSTITUTIONS:

YOU CAN USE LACTOSE-FREE COTTAGE CHEESE TO MAKE IT FRIENDLY FOR THOSE WHO ARE LACTOSE INTOLERANT. FOR ADDED SWEETNESS WITHOUT REFINED SUGAR, YOU CAN BLEND IN DATES OR USE A NATURAL SWEETENER LIKE STEVIA. TO MAKE IT HIGHER IN PROTEIN, YOU CAN ADD A SCOOP OF UNFLAVORED OR VANILLA PROTEIN POWDER.

HEALTH BENEFITS:

COTTAGE CHEESE IS HIGH IN CASEIN PROTEIN, WHICH SUPPORTS MUSCLE REPAIR AND HELPS KEEP YOU FULL. IF MADE WITH FRUIT, IT ALSO PROVIDES ANTIOXIDANTS AND NATURAL SWEETNESS WITH FEWER ADDED SUGARS THAN TRADITIONAL ICE CREAM.



ADDITIONAL RESOURCES LINKS

- UTAH STATE UNIVERSITY - STUDENT COOKBOOK
- YOUR HOME-BASED MOM - COLLEGE COOKBOOK
- DUKE STUDENT-ATHLETE COOKBOOK
- SNAKEROOT ORGANIC FARM - COLLEGE COOKBOOK
- EAST COAST COLLEGE - BUDGET RECIPE BOOK
- UCR BASIC NEEDS
- CALFRESH
- MEAL SUPPORT
- SWIPE OUT HUNGER
- FOOD RECOVERY NETWORK
- UCR R'PANTRY
- UCR DINING SERVICES
- UCR OFFICE OF SUSTAINABILITY
- UCR THE WELL
- UCR FACILITIES SERVICES - ZERO WASTE PRESENTATION
- SCOTTY'S FINAL CALL
- INLAND HARVEST
- FOOD RESOURCES FOR UCR STUDENTS