

E-Z Recipes for Busy Students



Equipment

These recipes use a toaster oven, microwave or blender to prepare the food along with basic utensils.



Protein Smoothie

Perk up your morning with a protein smoothie or have it with lunch. Put into blender:

- 1 scoop of soy protein powder
- 1 ripe banana or 1 cup fresh/frozen fruit
- 1 cup soy or cow's milk (non-fat or 1%)
- 1-2 cubes ice if desired

Sweeten to taste. Blend at high speed until smooth and creamy.



Eggs

Use them to add protein to your meals.

boiled: add to salads (adding just the whites contributes very few calories and no fat).

scrambled: spray a microwavable bowl with oil. Add eggs and beat. Place in center of microwave and cook on high until eggs bubble up to top. Remove eggs while still slightly runny; let sit for 1-2 minutes until hard.

breakfast burrito: wrap scrambled eggs in warmed flour tortilla; top with salsa or a bit of grated cheese

To reduce the cholesterol in eggs, substitute 2 egg whites for 1 of the whole eggs or use egg substitutes like Egg Beaters .



Creamy Oatmeal

Turn a quiet bowl of oatmeal into a morning energy-booster! Follow directions for preparing 1 packet of unsweetened, instant oatmeal, substituting non-fat or 1% milk for the water (1/2 cup). Old-fashioned oatmeal in a tub can be microwaved as easily as instant oatmeal. After oatmeal has cooked, stir in one heaping tablespoon of part-skim ricotta cheese or 1% cottage cheese to give it extra richness and a protein boost.



Bagel "Danish"

Try this lite version of a "Danish" to fuel your morning and satisfy your AM sweet tooth with something nutritious. Slice a cinnamon raisin bagel or English muffin. Top each half with part-skim ricotta cheese. Sprinkle with sugar and cinnamon. Toast in toaster oven or broiler until cheese is bubbly.



Burritos

You can make them better than Taco Bell. Here's how. Spread a large flour tortilla with 1-2 T of refried beans. Sprinkle on grated cheddar or jack cheese. Roll into a burrito, tucking in the bottom and top. Cover with a paper towel or napkin. Place in microwave and heat on high until warmed and cheese melted. Serve with salsa.



Soup 'N Salad

Start with a canned bean or lentil soup (try a low salt variety like Healthy Choice or Healthy Request). Add some chopped, cooked carrots or cooked sweet potato chunks to the soup and heat until warm and bubbly. Add a slice of whole wheat or multigrain bread. Top the meal off with a salad made from the precut/washed salad mixes with an olive-oil based dressing. You've got a nutritious meal with little fuss.



Cold Pasta Salad & Dessert

- 1/2 box pasta, cooked, rinsed under cold water
- 1 can chick peas or kidney beans, rinsed under cold water for 1 minute and drained
- 1 cup chopped, fresh or leftover vegetables (onion, peppers, tomatoes, broccoli, etc.)
- 1 small can sliced black olives
- salad dressing of your choice, preferable olive oil based or lite creamy version

Empty the cooked pasta into a large mixing bowl. Add 1 can kidney beans or chick peas. Add 1 cup of chopped vegetables and the olives. Pour 1/4-1/2 cup olive oil-based dressing or a light/fat free creamy version. Mix in large bowl until well coated. Enjoy some vanilla yogurt and fresh fruit for dessert.