

# COOKING WITH HPW

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**TASTY AND BUDGET-  
FRIENDLY RECIPES FOR  
BUSY STUDENTS**

Health Promotion & Wellness



# ABOUT



The Health Promotion & Wellness team put together this cookbook to share with you many of the recipes that our past student leaders & staff have created and loved. We know how integral food is to our students' physical, mental, and emotional health. We hope you use this cookbook to create delicious and nutritious meals for yourself, your roommates, and your loved ones!

***Authors:*** Evelyn Godinez (student), Victoria Haynes (student), Mauriene Hilario (former student), Crissy Pangan (Dietetic Intern), and David Romayor (Dietetic Intern)



# CONTENTS



4	Snacks
13	Beverages
18	Sides & Salads
34	Soup, Stew, Chili, & Curry
45	Breakfast
53	Seafood
62	Poultry, Meat & Eggs
69	Plant-Forward Meals
82	Sweets & Desserts

# Basic Nutrition Tips

## **01 Enjoy meals & snacks every 2-4 hours!**

- Ensures that your body has the energy it needs to get through class, work, activities, time with friends, etc.
- Prevents you from feeling tired, unfocused, irritable, or even hangry

## **02 Choose a variety of foods from all food groups!**

- Provides different nutrients to meet your body's needs

## **03 All foods fit!**

- Unless allergic, can't enjoy them for a medical reason, or choose not to for cultural or religious reasons, there's no need to cut or exclude foods or food groups

## **04 Choose foods that you enjoy!**

- We all have foods that we just don't like, and that's okay
- Everyone has different preferences & healthy eating is going to look different for everyone!



**SNACKS**

# HOMEMADE GRANOLA

Serves: 10 | Prep Time: 30 minutes | Cook Time: 30 minutes

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If you like chunky granola, add 1 Tbsp nut butter when whisking together honey, oil & cinnamon. Get creative and swap in your favorite nuts and fruit to customize to your liking!

## INGREDIENTS

Non-stick spray (optional)  
1/4 cup honey or maple syrup  
2 Tbsp canola or vegetable oil  
1/2 tsp cinnamon (optional)  
2 cups old-fashioned rolled oats  
1/4 cups nuts or seeds  
1/2 cups dried fruit



## INSTRUCTIONS

Preheat oven to 350F. Spray a baking sheet with non-stick spray or line with parchment paper. In a medium-sized bowl, whisk together honey, oil, and cinnamon (if using). Stir in oats and nuts/seeds until fully coated.

Spread mixture evenly onto baking sheet. Bake for 10 minutes. Remove from oven and stir with a spatula. Return to oven and cook another 10-15 minutes, or until light golden-brown. Remove from oven and let cool. Store in air-tight container up to 7 days at room temp, or 1 month refrigerated.



# SRIRACHA NORI POPCORN

Serves: 2 | Prep Time: 5 minutes | Cook Time: <10 minutes

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## INGREDIENTS

1/2 cups popcorn kernels  
2 Tbsp olive or canola oil  
1-2 Tbsp sriracha  
2-3 sheets seaweed snack, crumbled  
Pinch of salt (optional)

Did you know popcorn is a whole grain? This recipe is a quick and easy high-fiber snack! You can also use microwave popcorn here instead of making it from kernels to save time.

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## INSTRUCTIONS

Heat oil in a large pot over medium-high heat. Add 2-3 popcorn kernels to pan. Once these pop, add the rest of the kernels. Cover with lid, remove from heat, and count to 30.

Return the pan to stove and wait for popping to start, then use oven mitts to gently shake the pot (with lid slightly ajar) to prevent burning. Cook until popping slows down with 3-4 seconds between. Remove pot from heat and carefully pour popcorn into a large bowl.

Drizzle sriracha on top and gently toss to coat. Sprinkle crumbled seaweed and salt on top. Enjoy! Store leftovers in a tightly sealed bag for 1-2 days

# KIMCHI AVOCADO CRACKERS

Serves: 1 | Prep Time: 5 minutes

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Try pairing crackers with a fat (such as hummus, avocado, or cottage cheese) plus a fruit or vegetable (like tomatoes, bell peppers, or apples). The combo of fat and carbohydrates gives your brain the fuel it needs to power through busy days.

## INGREDIENTS

3 Tbsp mashed avocado  
2 whole grain crisp-breads or large crackers  
2 Tbsp kimchi, chopped  
1 tsp fresh cilantro (optional)  
Black sesame seeds (optional)



## INSTRUCTIONS

Spread mashed avocado on crisp-breads or crackers. Top with chopped kimchi. Garnish with cilantro and black sesame seeds, if desired. Enjoy!





# OAT ENERGY BITES

Serves: 6 | Prep Time: 30 minutes

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## INGREDIENTS

1/2 cup nut or seed butter  
1/3 cup liquid sweetener (honey, maple syrup)  
1 tsp vanilla  
1 cup rolled oats  
1/3 cup mixed-ins (try chocolate chips, dried fruit, chopped nuts, seeds, or shredded coconut)

### Specialty Flavor Mix-ins:

#### Pumpkin Chocolate Chip

1 Tbsp pumpkin puree  
1-2 Tbsp more oats  
1/2 tsp cinnamon  
1/4 cup mini chocolate chips

#### Carrot Cake

1/4 cup shredded carrot  
2 Tbsp raisins  
2 Tbsp chopped walnuts  
1/2 tsp cinnamon

## INSTRUCTIONS

In a medium bowl, whisk together nut butter, sweetener, and vanilla until well combined. Add rolled oats and mix-ins and stir well to fully coat. If the mixture seems overly wet, you can add additional rolled oats, 1 Tbsp at a time.

Refrigerate mixture for 15 minutes so that it is easier to work with. Remove mixture from fridge and roll into balls, around 1.5 inches in size. Refrigerate and enjoy within 2 weeks.

# PB & BANANA POCKETS

Serves: 1 | Prep Time: 5 minutes | Cook Time: 5 minutes

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## INGREDIENTS

1/2 to 2/3 ripe banana  
1 Tbsp creamy peanut butter  
1/4 tsp honey  
Pinch of ground cinnamon  
1 (8 in) whole wheat flour tortilla  
Non-stick cooking spray

*Recipe by Daniela Gutierrez, former  
SFSU Dietetic Intern*

The whole wheat provides fiber, which supports health and helps you feel full and satisfied for longer.

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## INSTRUCTIONS

Peel and slice banana into 1/4 inch thick pieces. In a small bowl, stir together peanut butter, honey, and cinnamon.

Lay tortillas flat and spread about 1 Tbsp of the peanut butter mixture on one half of each tortilla. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.

Coat a large skillet with non-stick cooking spray. Heat over medium-high heat. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown. Let cool a few minutes and enjoy!



# PIZZA POCKETS

Serves: 1 | Prep Time: 5 minutes | Cook Time: 5 minutes

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*Recipe by Daniela Gutierrez, former SFSU Dietetic Intern.*

Get creative by adding cooked veggies like bell peppers, mushrooms or onions for extra color and fiber.

## INGREDIENTS

1 (8-in) whole wheat or flour tortilla  
3-4 Tbsp pizza sauce  
1/4 cup shredded mozzarella cheese  
8 slices of turkey or pepperoni  
2/3 cup spinach, washed and dried  
Dash of oregano (optional)  
Dash of red pepper flakes (optional)  
Non-stick cooking spray

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## INSTRUCTIONS

On a plate, lay the tortilla flat and add pizza sauce, cheese, turkey pepperoni, spinach, oregano, and red pepper flakes. Wrap it up like a pocket or burrito. Warm a pan on the stove top over medium heat. Spray the non-stick spray onto the pan. Place the pizza pocket on the pan. Cook for 3 minutes on one side, flip and cook 2-3 more minutes. Remove from heat, cut in half, and enjoy!



# MELON & LIME DIP

Serves: 4 | Prep Time: 30 minutes

Cook Time: 30 minutes

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Don't have Tajin? Sub 1/2 tsp chili powder and 1/4 tsp salt. Watermelons not in season? Try another favorite melon like cantaloupe or honeydew.

## INGREDIENTS

1/2 of a small seedless watermelon, sliced into sticks or cubed

1-2 tsp Tajin

*Dip:*

1 cup yogurt (plain or coconut)

Zest and juice of 1 lime

1 Tbsp sweetener (sugar, honey, etc.)

## INSTRUCTIONS

Wash melon before cutting. In a large bowl, toss watermelon slices/cubes with tajin.

Wash and dry lime before zesting. You can use the small side of a grater for this. In a small bowl, combine yogurt, lime zest, lime juice, and sweetener.

*Recipe adapted from [abbeyskitchen.com](http://abbeyskitchen.com)*

# Food Storage

## Freezer:

Frozen foods like vegetables, fruits, cooked leftovers, meats, seafood, ice cream and bread products.

## Top Shelves:

Leftovers, beverages, ready to eat foods (i.e. cut fruits/veggies)

## Middle-Lower Shelves:

Perishable foods like milk, dairy products, eggs, and dairy alternatives (compartment drawers to store deli meats and cheese)

## Lower Shelves:

Raw meat and seafood (sealed/on top of a tray to prevent contaminating food below)

Maintain fridge temperature of 40°F or below and freezer temperature of 0°F or below to prevent bacteria growth

## Fridge Door:

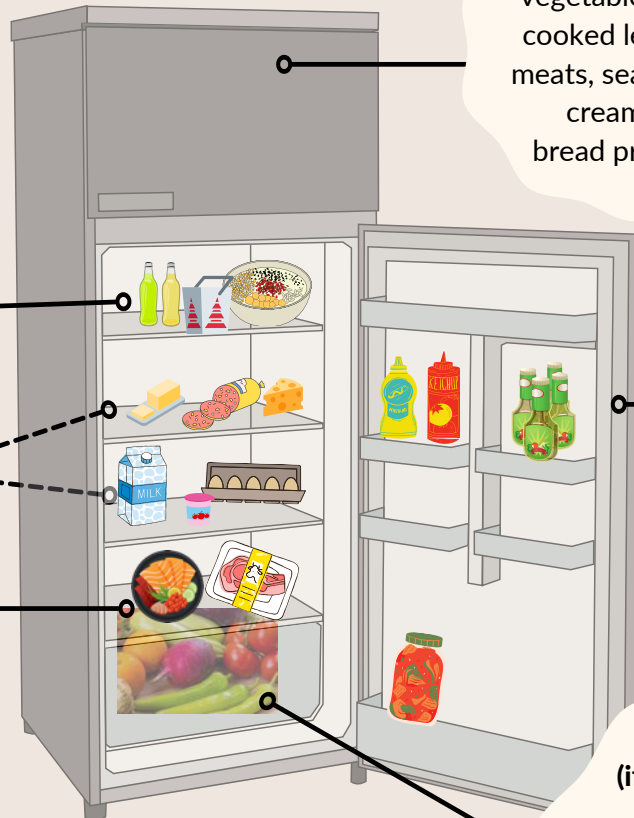
Condiments, salad dressings, and other items that won't spoil quickly

## Bottom Drawer

(if able to adjust humidity with two drawers):

Low humidity: Produce with skins like apples, tomatoes, pears, okra, eggplant, mushrooms, etc.

High Humidity: Leafy greens, broccoli, cauliflower, herbs, peppers, etc.





**BEVERAGES**



# BERRY GREEN TEA SPRITZER

Serves: 4 | Prep Time: 30 minutes

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## INGREDIENTS

2 cups of water  
2 green tea bags  
1 Tbsp sweetener (optional)  
2 cups berry-flavored sparkling water  
1 cup fresh or frozen berries  
Juice from 1 lemon  
Lemon slices for garnish (optional)

## INSTRUCTIONS

Bring water to a boil. Remove from heat and add tea bags. Steep twice as long as package directs, then stir in sweetener and let cool.

In a pitcher, smash 1/2 cup of the berries and lemon juice. Add cooled tea, sparkling water, and remaining 1/2 cup of berries and stir to combine. Serve over ice with lemon slices.

# KIWI PLUM SMOOTHIE

Serves: 1 | Prep Time: 5-10 minutes

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Other fresh or frozen fruits can be easily substituted. Additional liquid may be needed if using frozen fruit.

Not a fan of yogurt? Swap in a half cup of milk (or plant-based alternative), adding more as needed.

## INGREDIENTS

1 kiwi  
2 small plums  
1 cup plain or vanilla yogurt  
A splash of milk or plant-based milk alternative (optional)  
1 tsp of sweetener (optional)



## INSTRUCTIONS

Wash fruit under running water. Peel and chop kiwi. Cut plums in half, remove pit, and chop.

Add fruit, yogurt, and sweetener (if using) to blender and blend until fully combined. If necessary, add a splash of milk or milk alternative to reach desired consistency.

# AGUA FRESCA

Serves: 8 | Prep Time: 5 minutes

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A refreshing drink full of fruit flavor! Keep it sweet with cantaloupe, guava, mango, melon and papaya, or go for a more tart flavor with pineapple.

## INGREDIENTS

4 cups chopped fresh fruit (you can use frozen, but thaw first)  
3 cups water  
1 Tbsp sweetener of choice  
Juice of 1 lime (can sub lemon)



## INSTRUCTIONS

Add fruit, water, and sweetener to a blender and puree until smooth. If you'd like, you can strain the mixture through a fine mesh sieve into a large pitcher. If don't mind a little pulp (added fiber!), pour straight into a large pitcher.

Taste to see if you would like to add any additional sweetener, which can be stirred in at this time. Pour over ice to serve. Store leftovers in the refrigerator for up to 72 hours.

*Recipe adapted from [downshiftology.com](http://downshiftology.com)*

# ENERGIZING GREEN SMOOTHIE

Serves: 2 | Prep Time: 5 minutes

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Add a scoop of nut butter such as peanut or almond butter for extra protein and creaminess. Use frozen sliced bananas for a thicker smoothie (this is a great way to use up your over-ripe bananas!).

## INGREDIENTS

2 cups spinach or kale  
1 apple, cored & diced  
1 banana, peeled & chopped  
2 cups water or juice of choice  
Ice as needed



## INSTRUCTIONS

In a blender add spinach and/or kale and water or juice. Blend greens well. Add the apple and banana and blend again until smooth. Add ice if needed. Enjoy immediately, or store in the freezer and thaw in the fridge for 30-60 minutes before drinking.

*Recipe adapted from Second Harvest of Silicon Valley*



# **SIDES & SALADS**

# BLACK BEAN & CORN SALAD

Serves: 4 | Prep Time: 10 minutes

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Serve with tortilla chips or use as filling for a burrito or quesadilla.

## INGREDIENTS

1 (15 oz) can black beans, drained and rinsed

1 (15 oz) can corn, drained (or 2 cups thawed from frozen)

1 cup cherry tomatoes, halved

1/2 cup red onion, finely chopped

1 red bell pepper, diced (optional)

1 avocado, diced (optional)

### *Dressing:*

1 small lime, juiced

1/2 Tbsp oil (canola, olive, veg.)

1/4 tsp salt

1/4 tsp chili powder

1/8 tsp ground cumin

Small bunch of cilantro, chopped



## INSTRUCTIONS

In a small bowl, whisk together dressing ingredients. In a medium bowl add beans, corn, tomatoes, bell pepper, and red onion. Pour dressing over top and stir well to combine. If using avocado, stir in gently just before serving. Store in an air-tight container in the fridge and enjoy within 5 days.

# CITRUS AVOCADO CEVICHE

Serves: 3 | Prep Time: 10 minutes

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## INGREDIENTS

1 small (or 1/2 large) grapefruit  
1 medium orange  
1 large avocado, diced  
1/4 cup red onion, finely chopped  
1/4 cup cilantro, chopped  
1/4 cup jalapeno, finely chopped  
Juice of 1 lime  
1/4 tsp salt

*Recipe adapted from [cookieandkate.com](http://cookieandkate.com)*

Swap other favorite citrus fruits based on what is in season or what you have available.

## INSTRUCTIONS

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Peel grapefruit and orange. Cutting across the diameter of the fruit, starting at one end, slice into 1/4" thick rounds. Cut rounds into 6-8 segments (like a pie). Place in a medium-sized serving bowl. Cut avocado in half length-wise and remove pit. Dice into bite-sized pieces, scoop out and place in bowl.

Wash cilantro and jalapeno under running water. Chop onion and cilantro. Remove seeds and chop jalapeno. Add lime juice and salt. Stir gently until fully combined. Serve immediately on its own as a salad or with tortilla chips. Store leftovers in the refrigerator in an air-tight bag or container. To refresh the next day, stir in additional lime juice.

# Fresh • Canned • Frozen

## Fresh



Select in-season fruit and vegetables for lower price and better quality.

Buy whole! Pre-cut produce is more expensive and tends to spoil faster.

Non-organic (conventional) produce is just as nutritious and typically more affordable.



## Canned

Store brands are lower priced than name-brand items and very similar in quality.

Look for "low sodium" or "no added salt" canned veggies, or drain and rinse before enjoying.

Look for canned fruit that is canned in either water or 100% juice.

## Frozen



Frozen products often retain more flavor and nutrients.

Saves you prep time when cooking.

Affordable option for produce that isn't in season.



# CUCUMBER RAITA

Serves: 6 | Total Time: <10 minutes

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Enjoy this as a cooling side dish with our chickpea curry recipe.

## INGREDIENTS

3/4 cup plain yogurt  
3/4 cup finely diced cucumber  
1 Tbsp cilantro, chopped  
1/2 tsp ground cumin (optional)  
1/2 green or red chili, minced (optional)  
1/4 tsp salt

## INSTRUCTIONS

In a large bowl, combine all of the ingredients and stir until well combined. Serve immediately.

Store leftovers in an airtight container in the fridge and enjoy within one week.

*Recipe adapted from [indiaphile.info](http://indiaphile.info)*



# ESQUITES

Serves: 2-3 | Prep Time: 5 minutes | Cook Time: 10 minutes

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*Recipe adapted from Kaiser Permanente Food for Health*

## INGREDIENTS

2 Tbsp vegetable oil  
3 cups canned corn, drained (or thawed from frozen)  
Salt, to taste  
2 tbsp mayo or plain Greek yogurt  
2 oz Cotija cheese, crumbled  
1/4 cup red onion, diced (optional)  
1/2 cup fresh cilantro, finely chopped  
Juice of 1/2 lime  
Chili powder, to taste



## INSTRUCTIONS

Heat oil in a large non-stick skillet over medium-high heat. Add corn and salt. Allow corn to char slightly on one side, about 1-2 minutes. Toss and repeat until corn is slightly charred all over, about 7-10 minutes.

Transfer corn to large bowl and add yogurt or mayo, cheese, red onion, cilantro, lime juice and chili powder. Toss to combine. Taste and adjust seasoning as needed. Serve immediately. Store leftovers in fridge and enjoy within 3 days.

# ROASTED BUTTERNUT SQUASH

Serves: 6 | Prep Time: 10 minutes | Cook Time: 40 minutes

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## INGREDIENTS

1 medium (2-3 lbs) butternut squash  
3-4 Tbsp olive oil  
2-3 tsp of favorite spices or dried herbs  
Salt & pepper (optional)

Use whatever combination of spices and herbs you like! (rosemary, thyme, and sage, etc.). For a sweeter flavor, which compliments the squash nicely, just add 1/2 tsp cinnamon and 2 Tbsp of brown sugar or maple syrup along with oil to the squash.

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## INSTRUCTIONS

Preheat oven to 400 degrees & either line baking sheet with parchment paper or spray with non stick cooking spray. Cut off stem and bottom of butternut squash, then use a peeler to remove the skin and green lines. Cut butternut squash in half where it begins to curve & slice each half lengthwise and scoop out the seeds with a spoon.

Chop each fourth into 1 inch pieces. Transfer to a mixing bowl and drizzle in olive oil & seasonings, then mix. Transfer squash to the baking sheet & cook for 20 minutes. Flip squash over & roast for another 10-20 minutes, or until easily pierced with a fork. If you would like it more browned, set the oven to broil for 1-2 minutes. Store leftovers in the fridge for up to 5 days.

# JICAMA SLAW

Serves: 8 | Prep Time: 15 minutes

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Make it vegan: swap in vegan mayo. Add it as a topping to tacos or tostadas, pair it with fish, or enjoy it as a crunchy, fresh side dish!

## INGREDIENTS

6 Tbsp Greek yogurt or mayo  
1/4 cup fresh lime juice (~2 limes)  
4 green onions, thinly sliced  
1 jalapeno, deseeded, minced  
1/2 tsp salt  
1 small jicama, peeled & thinly sliced  
or grated  
2 cups shredded red or green cabbage  
1/4 cup chopped cilantro



## INSTRUCTIONS

Make the dressing: In a small bowl, whisk together Greek yogurt or mayo, lime juice, green onions, jalapeno, and salt until well combined. In a large bowl, add jicama, cabbage and cilantro. Add dressing and toss to coat. Store leftovers in the fridge and enjoy within 5 days.

*Recipe adapted from [Isabeleats.com](http://Isabeleats.com)*

# JUMEOKBAP (SEAWEED RICE BALLS)

Serves: 3 | Prep Time: 10 minutes | Total Time: 10 minutes

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A Korean recipe, these seaweed rice balls are traditionally eaten with spicy food for a cooling effect.

*Recipe adapted from jajabakes.com*

## INGREDIENTS

2 cups short-medium grain rice  
3 sheets seaweed (Nori)  
1/2 Tbsp soy sauce  
1/2 tsp sesame oil  
Sesame seeds (optional)

## INSTRUCTIONS

Cut seaweed sheets into small pieces with clean kitchen scissors, or tear by hand. In a medium bowl, mix together rice, shredded seaweed, soy sauce, and sesame oil until fully combined.

Wash and dry hands. Add a small amount of sesame oil to hands to prevent sticking. Once rice is cool enough to handle, grab about 2 Tbsp of rice and squeeze lightly until the rice sticks together. Roll/shape it into a ball. Repeat with the remaining rice mixture (makes about 9 total). Garnish with sesame seeds, if desired. Store in an air-tight container in the fridge and enjoy within 1 week.





# MARKET VEGETABLE PASTA SALAD

Serves: 2-4 | Prep Time: 10 minutes | Cook Time: ~10 minutes

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*Recipe by Farmer's Market Subcommittee of the SNDA.*

## INGREDIENTS

8 oz dry pasta, any variety  
2-3 small/medium veggies of choice  
(try zucchini, red bell pepper, and  
a handful of arugula)  
2 cloves garlic, minced  
3 Tbsp avocado oil, separated  
3 cloves garlic, minced  
Juice of half a lemon  
Salt & pepper to taste  
Optional: fresh herbs (try basil,  
mint, or parsley)



## INSTRUCTIONS

Cook pasta according to directions on the box. Rinse and rub produce under running water. Chop veggies into medium-sized cubes (about the size of legos). Heat 1 Tbsp avocado oil in a large skillet over medium heat, then add garlic and stir until fragrant. Add chopped veggies and salt, and stir occasionally for 3-6 minutes (or until desired tenderness is reached).

In a large bowl, toss cooked veggies, pasta, lemon juice, remaining 2 Tbsp avocado oil, and optional herbs. Add additional salt and pepper to taste. Munch at room-temp and save left overs for tomorrow's lunch.



# PAN-FRIED SWEET PLANTAINS

Serves: 1-2 | Prep Time: 5 minutes

Cook Time: 10 minutes

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## INGREDIENTS

1 ripe plantain (yellow with black spots)

2 Tbsp oil (vegetable, canola, or coconut)

Salt, to taste

Ground cinnamon, optional

## INSTRUCTIONS

Using a sharp knife, cut both ends off of the plantain. Carefully cut a slit down the long seam of the plantain and peel off the skin. Slice plantain diagonally, about 1" thick.

Heat oil in a large skillet over medium-high heat. Carefully add plantains to pan in single layer and cook, turning every 2-3 minutes, until soft and deep golden brown in color. Carefully remove plantains and transfer to a plate. Season with salt and/or cinnamon, if desired. Serve immediately.

# SINANGAG (GARLIC FRIED RICE)

Serves: 4 | Prep Time: 5 minutes | Cook Time: 10 minutes

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*Recipe by Crissy Pangan, Dietetic Intern*

White rice is traditionally used, but you can use brown rice if preferred.

## INGREDIENTS

3 cups cooked rice, cool and dry  
(leftover rice is perfect)  
12 cloves of garlic, minced (or 1 Tbsp  
bottled minced garlic)  
5 Tbsp vegetable oil  
Sprinkle of pepper  
1 scallion, thinly sliced (for garnish)



## INSTRUCTIONS

Heat vegetable oil on skillet over low-medium heat. Add minced garlic and stir until it turns to a light golden color then remove from pan to set aside. Add the cooked/left over rice with the oil on the skillet. Let it warm on the pan for about 3-5 minutes until a nice crust is formed then mix around until rice is cooked. Add the fried garlic back in and sprinkle pepper to taste. Add sliced scallion for garnish. Store any leftovers in an air-tight container in the fridge and enjoy within 3-5 days.



# SIDE SALAD (FILIPINO STYLE)

Serves: 2-3 | Prep Time: 5-10 minutes

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*Recipe by Crissy Pangan, Dietetic Intern*

A delicious way to add more vegetables, fiber and color to any meal! Pair it with protein and a starch/carb for nutritious and satisfying meal.

## INGREDIENTS

1/2 tomato, diced  
1/2 yellow onion, diced  
4 tsp rice vinegar  
Cilantro to garnish (optional)



## INSTRUCTIONS

Rinse tomato and cilantro under running water. Dice tomato and onion. Chop cilantro. Add rice vinegar to the diced vegetables and mix together.

Store any leftovers in an air-tight container in the fridge and enjoy within 3-5 days.

# 10 KNIFE SAFETY TIPS

- 1 Concentrate on task at hand while using a knife
- 2 Use a cutting board- plastic is best, as wood is better at retaining bacteria
- 3 Sharp knives are safest. Dull blades can slip easily, causing accidents
- 4 Clean knives are safer to use and help prevent cross-contamination and foodborne illness
- 5 Always keep fingers on top of the blade in case it slips; use a bear claw grip to keep fingers safe
- 6 Cut downward and away from your body
- 7 Do NOT use knife for other tasks (opening cans, cutting boxes, etc.)
- 8 Avoid leaving knives in a sink of soapy water where they can't be easily seen
- 9 Place a damp cloth under cutting board to prevent sliding while cutting
- 10 Do NOT attempt to catch a falling knife



# SOBA NOODLE SALAD

Serves: 2-3 | Prep Time: 10 minutes | Cook Time: 5 minutes

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## INGREDIENTS

1 cucumber  
2 bundles of soba noodles (180g)  
1 cup veggies (shredded cabbage, carrots, bell peppers, edamame)  
1 hard boiled egg (optional)

### *Dressing;*

3 Tbsp soy sauce  
2 Tbsp sugar  
1 clove garlic, minced  
1 Tbsp white vinegar  
1 Tbsp gochugaru or gochujang (optional; adjust to taste)  
1 Tbsp sesame seeds (optional)

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## INSTRUCTIONS

In a small bowl, mix together soy sauce, sugar, garlic, vinegar. Add gochugaru or gochujang and sesame seeds, if using. Rinse cucumber under running water. Cut in half length-wise and scoop out seeds with a spoon, then slice into matchsticks.

Cook soba noodles according to package instructions. Drain water, then rinse noodles under cold running water for about 1 minute to cool, stirring gently with tongs or hands. Drain well.

In a large bowl, add noodles, cucumber, cabbage, carrots and dressing. Mix until fully combined. Top with hard boiled egg, if desired, and enjoy! Store leftovers in the fridge for up to 4 days.

*Recipe adapted from [mykoreankitchen.com](http://mykoreankitchen.com)*

# SHEET PAN VEGGIES

Serves: 4 | Prep Time: 10 minutes | Cook Time: 30 minutes

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## INGREDIENTS

3 cups mixed veggies of choice, chopped (try onion, potato, sweet potato, carrots, broccoli, bell peppers, or zucchini)

2 Tbsp oil

1-2 tsp spices/seasonings of choice

*Seasoning ideas:*

*2 Tbsp vegetable or canola oil + 2 tsp curry powder + a pinch of salt & pepper*

*2 Tbsp olive oil + 1 Tbsp balsamic vinegar + 1/2 tsp garlic powder + a pinch of salt and pepper*



## INSTRUCTIONS

Preheat oven to 400F. In a large bowl, toss vegetables with oil and seasonings of choice. Spread onto sheet pan in single layer.

Roast for 25-35 minutes, or until easily perced with a fork. Flip veggies half way through. Refrigerate leftovers and enjoy within 1 week.

**SOUP  
STEW  
CHILI &  
CURRY**

# COCONUT CHICKPEA CURRY

Serves: 3-4 | Prep Time: 5 minutes | Cook Time: 15-20 minutes

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A creamy and cozy meal for those chilly San Francisco nights.

## INGREDIENTS

1 Tbsp oil  
1/3 cup chopped onion  
1 clove garlic, minced (optional)  
2 cups fresh or frozen broccoli or cauliflower florets  
1 can coconut milk  
2 Tbsp curry powder  
1 can chickpeas, rinsed & drained

## INSTRUCTIONS

Heat oil in pan over medium-high heat. Add onion and cook for 2-3 minutes. Add garlic (if using) and cook for 30 seconds or until fragrant. Add broccoli or cauliflower and cook for another 2-3 minutes. Add curry powder and cook for 1 minute, stirring constantly.

Stir in coconut milk and simmer for 6-8 minutes, or until broccoli or cauliflower softens. Stir in chickpeas. Bring mixture to a low boil and cook for 2-3 minutes, or until vegetables are fully softened. Serve over rice. Store leftovers in fridge and enjoy within 5 days.







# BLACK-EYED PEA & OKRA STEW

Serves: 4 | Prep Time: 10 minutes  
Cook Time: 20 minutes

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## INGREDIENTS

1 medium onion, thinly sliced  
2 Tbsp oil (olive, vegetable, or canola)  
1/2 tsp ground ginger (or 1-2 tsp fresh)  
1 clove garlic, minced  
1/4 tsp or more of cayenne or Berbere spice  
1 (15 oz) can crushed tomatoes  
2 (15 oz) cans black eyed peas, drained  
1 cup sliced okra, fresh or frozen  
Salt & pepper, to taste

## INSTRUCTIONS

Heat oil in pot over medium heat. Add onions and sauté until softened, about 3 minutes. Stir in ginger, garlic, and cayenne, sauté for 1 minute. Add tomatoes, black eyed peas, and okra. Season with salt and pepper.

Simmer for 15 minutes, or until okra is tender. Serve with rice or fried plantains. Store leftovers in the fridge and enjoy within 5 days

*Recipe adapted from [oldwayspt.org](http://oldwayspt.org)*



# GREEN CURRY TOFU

Serves: 4 | Prep Time: 15 minutes | Cook Time: 30 minutes

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Swap another protein like chicken, beef strips or chickpeas. Use any veggies you have on hand. For extra flavor, top with chopped cilantro or a dash of fish sauce.

## INGREDIENTS

6 oz firm tofu, pressed  
2 tsp oil  
Pinch of salt  
1 sweet potato, peeled & cubed  
2 Tbsp green curry paste  
1 (14 oz) can coconut milk  
3/4 cup water  
1 1/2 cups broccoli florets (fresh/frozen)



## INSTRUCTIONS

Press tofu using a heavy object (try a textbook!) for at least 30 minutes to remove water. Cut tofu into cubes. Heat oil over medium high heat in large pot. Add tofu, sprinkle with salt, and pan fry for 10- 15 minutes, or until golden brown on all sides. Remove from pot and set aside.

Add sweet potatoes, coconut milk, water, and curry paste to the pot. Bring to a boil, then reduce heat and simmer for 5-10 minutes until potatoes are fork-tender. Add broccoli and tofu. Simmer for 3-5 minutes until broccoli is bright green. Serve over rice for a tasty and filling meal.

# PISTO (SPANISH VEGGIE STEW)

Serves: 2-3 | Prep Time: 15 minutes | Cook Time: 20 minutes

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## INGREDIENTS

3 Tbsp oil (olive, vegetable, canola)  
1 onion, diced  
8 cloves of garlic, minced (sub 1 tsp garlic powder)  
2 bell peppers, diced  
2 zucchinis, diced  
1 eggplant, diced  
1 (14 oz) can crushed tomatoes  
2 tsp dried oregano  
Salt & pepper, to taste  
For serving: toast or rice, fried egg



## INSTRUCTIONS

In a large wide pan, heat the oil over medium-low heat. Add the onion and cook for 3-5 minutes. Add the garlic and cook for 30 seconds. Add the bell peppers and cook, stirring occasionally, until soft. Add the zucchini and eggplant. Stir in the can of crushed tomatoes, dried oregano, salt and pepper.

Gently simmer until you have a thick sauce, about 15 minutes. Serve with bread, rice, or topped with a fried egg. Store in an air-tight container for up to 4 days. You can enjoy it warm or cold as leftovers.

# MATE (SWEET POTATO PEANUT STEW)

Serves: 3-4 | Prep Time: 10 minutes | Cook Time: 20 minutes

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## INGREDIENTS

1 tsp olive oil  
1 medium yellow onion, diced  
2 garlic cloves, minced  
1 large sweet potato, cubed (~1 inch)  
2 large carrots, sliced into thin rounds  
1 (15 oz) can diced tomatoes  
2 cups vegetable broth  
1 Tbsp curry powder  
1/4 cup creamy peanut butter (sub  
sunflower seed butter)  
1 tsp dried thyme (optional)  
1/2 tsp salt, or to taste



## INSTRUCTIONS

Scrub sweet potato and carrots under running water and pat dry before cutting. Heat oil in a large pot over medium heat. Add onion and cook for 3 minutes or until translucent. Add garlic and cook for 1 min, stirring often. Add sweet potato and carrots and cook for 3-4 minutes. Add diced tomatoes, vegetable broth, curry powder and salt. Bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until sweet potatoes are fork-soft. Stir in peanut butter and add thyme (if using). Cover and simmer for 3 minutes. Serve as is or over rice. Store leftovers in the fridge for up to 5 days.

*Recipe adapted from Oldwayspt.org*

# ZUCCHINI & BEAN STEW

Serves: 2-3 | Prep Time: 10 minutes | Cook Time: 15 minutes

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*Recipe by Chef Tim*

Serve as a side dish or as a main dish over rice or your favorite grain.

Variations: add minced garlic with the onion and pepper; add any dried or fresh herbs you like; serve it for breakfast with a fried egg

## INGREDIENTS

2 Tbsp oil  
1/2 cup finely diced onion  
1/2 cup chopped bell pepper  
2 cups zucchini, cut into 1" cubes  
1 can of beans, drained and rinsed  
Salt & pepper, to taste



## INSTRUCTIONS

In a sauté pan, heat the oil over medium-high heat. Add onions and pepper and cook until the onions are somewhat translucent, about 2-3 minutes. Add the zucchini and toss with the onions and peppers. Turn down the heat and continue cooking for 2-3 minutes to allow the zucchini to soften. Add the beans and heat through for several minutes. Season to taste and serve. Store leftovers in the refrigerator and enjoy within 5 days.

# MEAL PREP TIPS – PART 1: INCORPORATING THE NOURISHING 4

## Starch/Carbs

Cook grains first and prepare in large batches (like rice, quinoa, couscous or oatmeal). Non-grain starches like potatoes, sweet potatoes, and squash can be boiled, sauteed, baked, or mashed.

## Proteins:

Whether animal or plant-based proteins (like tofu, lentils, or beans), try different spices/marinades for more variety and flavor. Canned options can help cut down on prep time. Eggs are budget-friendly and versatile!

## Fats:

Choosing more healthy fats – oil for cooking; nut or seed butters on overnight oats, toast, pretzels, or in smoothies; avocado; whole eggs; and canned tuna.

## Fiber (Fruits & Veggies):

Veggies can be roasted in large batches with your favorite spices/seasonings to add to meals throughout the week. Note: frozen and canned produce can save time and money.



# MEAL PREP TIPS – PART 2: PREPARING MEALS

## Before

Choose day(s)/time(s) for meal prepping. Read recipes and grab out all of the necessary ingredients and equipment before you get started.



## During:

Keep your space organized and clean as you go. Sheet pans are great to cook large batches of proteins or veggies. Remember, have fun!

## After:

Cool and refrigerate food within 2 hours. Tip: Jot down your thoughts of what you liked/disliked to remember for next time.



# THAI RED CURRY TOMATO SOUP

Serves: 2 | Prep Time: 5 minutes | Cook Time: 10 minutes

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This recipe takes a classic convenience food (canned tomato soup) and adds a few additional ingredients to create a delicious and filling meal.

## INGREDIENTS

1 tsp olive oil (sub vegetable or canola)  
1/2 bell pepper, sliced  
1/2 yellow onion, sliced  
1-2 Tbsp. Thai red curry paste  
1/2 cup cooked rice (white, brown, wild)  
1 (15 oz) can of tomato soup  
1 egg, fried or hard boiled  
For garnish: green onions, thinly sliced



## INSTRUCTIONS

In a saucepan, heat oil over medium-high heat. Add sliced bell peppers and onions and sauté for 3-5 minutes, or until softened. Add in 1-2 Tbsp of red curry paste and stir well.

Stir in ½ c of leftover brown rice and a can of tomato soup. Simmer over low heat until warmed through. Serve with a fried or hardboiled egg on top and some thinly sliced green onion. Store any leftovers in the fridge and enjoy within 4 days.

# SWEET POTATO CHILLI

Serves: 6 | Prep Time: 10 minutes | Cook Time: 20 minutes

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## INGREDIENTS

2 Tbsp oil  
1 large onion, diced  
1 large sweet potato, diced  
1 Tbsp chili powder  
1 tsp ground cumin  
1 (28 oz) can crushed tomatoes  
1 (16 oz) can diced tomatoes  
3 (15 oz) cans of beans (try black, pinto, navy, or kidney)  
1/2 teaspoon salt  
1/2 tsp Tabasco sauce (optional)



## INSTRUCTIONS

Heat oil in large saucepan over medium heat. Add onion and cook for 2-3 minutes. Add pepper, sweet potato and garlic and cook until softened, 5-7 minutes. Stir in chili powder and cumin, cook for 1 minute.

Add tomatoes, beans, salt and Tabasco sauce. Bring to boil. Reduce heat, cover, and simmer 15 minutes to blend flavors, stirring occasionally.

Serve with any desired toppings such as chopped green onions, avocado, or shredded cheese. Cool and refrigerate leftovers within 2 hours. Keeps for up to 4 days. You can also freeze for up to 3 months.

**BREAKFAST**

# BREAKFAST BURRITOS

Serves: 6 | Prep Time: 5 minutes | Total Time: 20 minutes

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Short on time in the morning? Prep these burritos and freeze for a quick and tasty morning meal option!

## INGREDIENTS

6 (8-in) flour tortillas  
1 Tbsp oil (vegetable, canola, olive)  
1 cup diced veggies (fresh or frozen; try bell peppers or onions)  
6 large eggs, beaten  
1/2 cup salsa  
1 1/2 cups canned beans (black, pinto or refried), drained & rinsed  
1 cup cheese, shredded



## INSTRUCTIONS

Heat oil in a large skillet over medium heat. Add veggies and cook for 3-4 minutes, or until softened. Pour eggs into pan, season, and cook, stirring often, until eggs are just set (around 3-4 min). Remove from heat. Lay out tortilla on plate. Layer salsa, eggs, beans and cheese in center of tortilla.

Wrap burrito & repeat. Let cool then wrap individually in plastic wrap or aluminum foil. Place burritos in a freezer-safe bag and seal to remove any extra air. Store in freezer up to 3 months. To reheat, remove from wrapper and microwave for 3-5 minutes, flipping half way.





# CINNAMON PEAR OVERNIGHT OATS

Serves: 1 | Prep Time: 5 minutes

Chill Time: 4-12 hours

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No pears? Try an apple instead! Add chopped nuts or a spoon of nut butter for extra protein and healthy fats.

## INGREDIENTS

- 1 cup milk or milk alternative
- 1/4 cup vanilla yogurt (optional)
- 1-2 Tbsp sweetener
- 1 Tbsp chia seeds (optional)
- 1/4 tsp ground cinnamon
- 1 small pinch of salt (optional)
- 1 cup rolled oats
- 1 pear, core and stem removed, diced

## INSTRUCTIONS

In a bowl or jar with lid, stir together milk, yogurt, sweetener, cinnamon and salt. Stir in oats, cover with lid or plastic wrap, and refrigerate for at least 4 hours or overnight. In the morning, stir in an extra splash of milk, if desired. Top with diced pear and enjoy!

# COFFEE CUP QUICHE

Serves: 1 | Prep Time: 1-2 minutes | Total Time: 3-5 minutes

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Breakfast in a pinch! Minimal clean-up required.

## INGREDIENTS

2 eggs  
1 1/2 Tbsp milk  
Salt & pepper  
1 slice of bread, torn in small pieces  
1/2 cup chopped greens (spinach, kale, bok choy)  
Optional toppings: avocado, cheese, or hot sauce



## INSTRUCTIONS

Beat eggs and milk together with a fork in a coffee cup, adding salt and pepper to taste. Stir in bread pieces and chopped greens.

Microwave on high until eggs are fully cooked and no liquid remains, about 90 seconds to 2 minutes. Garnish with sliced avocado, cheese, or hot sauce as desired and enjoy!

# MIGAS

Serves: 2-3 | Prep Time: 10 minutes | Cook Time: 15 minutes

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## INGREDIENTS

4 eggs (sub crumbled tofu)  
Salt & pepper, to taste  
1 Tbsp oil  
1/4 onion, chopped  
1 jalapeño, seeded & chopped  
1 garlic clove, minced  
1/2 cup grated cheddar cheese  
1 handful tortilla chips, crumbled  
1/4 cup cilantro (optional)

*Recipe adapted from [thewholecarrot.com](http://thewholecarrot.com)*

Additional topping ideas include sour cream, avocado, or your favorite hot sauce!

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## INSTRUCTIONS

Crack eggs into a medium bowl and season with salt and pepper. Whisk to combine. Heat oil in a large skillet over medium heat. Add onion and jalapeño and cook until softened, about 5 minute. Stir in garlic and cook for 1 minute.

Reduce heat to low and add eggs to pan. Cook until nearly set, stirring constantly, about 1 min. Add cheese and chips, cook 30 seconds more, until eggs are cooked & cheese has melted. Sprinkle with cilantro and serve immediately.

# THE PANTRY SCRAMBLE

Serves: 1-2 | Prep Time: 5 minutes | Cook Time: 15 minutes

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We love a customizable recipe! Use whatever veggies you have on hand.

## INGREDIENTS

2 Tbsp oil or butter  
1/4 cup chopped onion  
1/4 cup cubed or shredded potatoes  
1/4 cup chopped zucchini/squash  
2 eggs, beaten (sub 1/4 cup of crumbled tofu)  
Salt & pepper, to taste  
Optional: Favorite seasonings, shredded cheese, hot sauce, sliced green onions



## INSTRUCTIONS

Heat pan on medium heat. Add oil or butter to coat the bottom of the pan. Add in onions and potatoes and cook on medium heat for 5-10 minutes or until potatoes are soft. Add in zucchini and cook for 2-3 minutes.

Pour in the eggs and season with salt and pepper and any additional seasonings/spices as desired. Stir often and cook until eggs are set. Turn off heat and stir in shredded cheese (if using) while still hot. Add additional toppings and enjoy!

# TIKTOK BREAKFAST WRAP

Serves: 1 | Prep Time: 5 minutes | Total Time: 8 minutes

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## INGREDIENTS

1 (8-10 in) tortilla  
(flour or whole  
wheat)

1 egg, scrambled OR  
1/4 cup scrambled  
tofu OR mashed  
black beans

2 Tbsp of salsa OR  
diced tomatoes

1 handful leafy  
greens (spinach,  
kale, arugula)

2 Tbsp shredded  
cheese

When our student leaders saw this viral recipe on TikTok in early 2021, they knew they had to put their own spin on it! You can use this template to create a variety of different TikTok wraps for different meals.

## INSTRUCTIONS

Lay your tortilla on a flat surface and carefully cut a slit from edge to the middle of the tortilla. Place the scrambled egg, scrambled tofu, or mashed black beans on the lower right quarter. Place salsa or diced tomatoes on the lower left quarter. Place the leafy greens in the top left quarter. Place shredded cheese in the top right quarter.

Fold the bottom right quarter over the bottom left quarter then over the top left quarter and lastly, on the top right quarter. You should have a triangle shaped wrap. Optional: You can heat up your wrap in the toaster or skillet for 1-2 minutes on each side or until lightly brown.





# TOFU SCRAMBLE

Serves: 2 | Prep Time: 5 minutes

Cook Time: 10-15 minutes

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## INGREDIENTS

1/2 Tbsp oil

1/4 cup chopped onion

1/2 cup chopped mushrooms or bell peppers

6 oz of firm tofu, pressed and crumbled

1/2 tsp seasonings (try onion and garlic powder, cumin and paprika, or curry powder and turmeric)

1/4 cup shredded cheese or 1 Tbsp of nutritional yeast

Salt & pepper, to taste

## INSTRUCTIONS

Heat oil in a large pan over medium heat. add onion and cook for 2 to soften. Add mushrooms or bell peppers and cook to soften, about 5 minutes. Turn heat to medium-low, add crumbled tofu and seasonings of choice, and cook until tofu is heated through, about 5 minutes. Stir in cheese or nutritional yeast and cook for another 1-2 minutes. Serve immediately.

*Adapted from [foodheavenmadeeasy.com](http://foodheavenmadeeasy.com)*

**SEAFOOD**

# AVOCADO TUNA BOATS

Serves: 4 | Prep Time: 15 minutes

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A filling and satisfying meal full of healthy fats to support brain health.

## INGREDIENTS

2 large avocados  
2 stalks of celery, diced (optional)  
Zest & juice of 1 lemon  
1/2 small onion, diced  
1 (6 oz) can tuna, drained  
1 (15.5 oz) can of white beans, drained and rinsed  
1 Tbsp mustard  
1/2 tsp salt  
1/4 tsp ground black pepper



## INSTRUCTIONS

In a medium bowl, mash beans lightly with a fork. Add onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tbsp of lemon juice and mix with a fork to combine. Cut 1 avocado in half and remove pit. Fill each avocado half with a 1/4 of the tuna mixture.

Serve as is, scoop onto toast, or enjoy with crackers or tortilla chips. Wait to open your second avocado until the next time you're ready to eat. Store leftover tuna mixture in the fridge for up to 3 days.

# GROCERY SHOPPING ON A BUDGET

## **Create a List:**

- Write down foods/ingredients needed before going to the store (ingredients for meals/snacks? Low on pantry staples?)
- Check at home for ingredients you may have already & cross off list
- To maximize your time, organize list in order with layout of store/market in mind

## **Benefits of Making a Grocery List:**

- Save time and money; reduce stress
- Won't forget important items/ingredients

## **Shopping Tips:**

- Eat before shopping to help you stick to your list
- Check for store coupons/rewards
- Shop at discount grocery stores, if able
- Store brand food items are cheaper than name brand choices
- Utilize AS Gator Groceries and apply for CalFresh

# BETTER-THAN-SUBWAY TUNA SANDWICH

Serves: 1-2 | Prep Time: 10 minutes | Cook Time: 10 minutes

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Round out this meal with a serving of fruit like a small apple or pear. In place of bread, scoop up the tuna salad with crackers or sliced cucumbers.

## INGREDIENTS

1 (5 oz) can of tuna  
1 carrot, shredded or finely diced  
1 stalk of celery, diced  
1/4 of an onion, finely diced  
1 heaping Tbsp of plain Greek yogurt or mayo  
2 slices of bread  
Your favorite sandwich toppings (i.e. pickles, tomatoes, lettuce, jalapenos, spinach, cucumbers, bell peppers, avocado, sriracha)



## INSTRUCTIONS

Rinse carrot and celery under running water before shredding/dicing. Drain tuna and place in a medium-sized bowl. Stir in carrots, celery and Greek yogurt or mayo. Scoop tuna salad on top of slice of bread and layer on your favorite sandwich toppings. Finish it off with another slice of bread and enjoy! Store leftover tuna salad in the refrigerator for up to 2 days.





# TUNA ZUCCHINI MELT

Serves: 10 | Prep Time: 30 minutes

Cook Time: 30 minutes

Tip: Reduce food waste by mixing the scooped out zucchini middles in with the tuna mixture.

## INGREDIENTS

2 small (or 1 large)  
zucchini

4 tsp olive oil

1 can tuna, drained

2 Tbsp mayo or plain  
Greek yogurt

2 Tbsp lemon juice

Salt & pepper, to taste

1/2 cup cheese

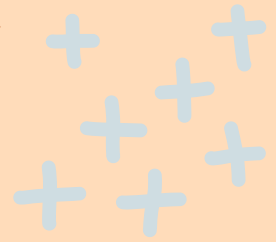
1/4 cup chopped  
onion (optional)

## INSTRUCTIONS

Heat oven or toaster oven to 400F. Cut zucchini in half length-wise. Scoop out soft center with spoon. Place zucchini halves on baking sheet. Brush each with 1 tsp oil, then roast for 15-20 minutes or until tender.

In a small bowl, combine tuna, mayo, onion, lemon juice, salt and pepper. Spread 1/4 of the tuna mix into the center of each zucchini half. Sprinkle cheese on top. Roast for another 4-5 minutes to melt cheese. Store any leftovers in fridge and enjoy within 2 days.

# Understanding Unit Prices at Grocery Stores



- ✓ The unit price is a math equation, looking at how much you are paying per unit, with unit being things like fluid oz of juice, oz of oats, etc.

- ✓ **Unit Price =  $\frac{\text{Total Price}}{\text{Total Units}}$**

- ✓ Unit prices are a useful tool at markets to help you save money
- ✓ If we look at the price per oz, the larger option is a typically a better buy because the unit price is lower
- ✓ Most grocery stores put the unit price in smaller print next to the overall price, making it easy for you to compare options
- ✓ Remember if the larger item is a better deal—make sure to use it before it expires. Sometimes you're better off getting the smaller version if that's all you need

# SESAME TUNA SALAD

Serves: 2 | Prep Time: 10 minutes

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Try this on top of rice with sliced cucumbers or wrapped up in a tortilla with cucumber sticks. Or, spread it on top of whole grain toast or scoop with your favorite crackers

## INGREDIENTS

2 tsp soy sauce  
2 tsp toasted sesame oil  
1 tsp brown sugar (sub white sugar or honey)  
1 tsp sesame seeds  
1/2 red bell pepper, diced (optional)  
2 green onions, thinly sliced



## INSTRUCTIONS

In a small bowl, whisk together soy sauce, sesame oil, sugar and sesame seeds. Drain tuna and scoop into a medium-sized bowl. Add diced bell pepper and green onion (if using). Add sauce and stir well to combine. Serve and enjoy! Store leftovers in the refrigerator in an air-tight container and enjoy within 2 days

*Recipe adapted from [budgetbytes.com](http://budgetbytes.com)*

# SALMON BURGERS

Serves: 4 | Prep Time: 5 minutes | Cook Time: 6-10 minutes

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## INGREDIENTS

1 (6 oz) cans of  
salmon, drained  
1 egg  
1/4 cup breadcrumbs  
(sub oats or almond  
flour)  
1/2 tsp salt  
1/4 tsp garlic  
powder  
1/2 tsp lemon juice  
1-2 Tbsp oil  
Optional, for  
serving: buns, leafy  
greens or cabbage,  
tomato, avocado,  
onion, jicama slaw

We love canned salmon as an affordable way to get the nutritional benefits of eating fatty fish. Our jicama slaw would be a delicious, crunchy and colorful topping to pair with these burgers.

## INSTRUCTIONS

In a medium bowl, mix salmon, eggs, breadcrumbs, salt, garlic powder, and lemon juice until fully combined. With clean hands, press the mixture into 4 medium-sized patties.

Heat oil in a large pan or skillet over medium heat. Fry the patties for 2-3 minutes on each side, until golden brown. Stick a food thermometer into the middle of the patties to ensure they reach a temperature of at least 145 degrees F. If needed, continue cooking until this minimum internal temperature is reached.

Serve with desired toppings and enjoy! Store leftovers in fridge and enjoy within 3 days.

*Recipe adapted from [pinchofyum.com](http://pinchofyum.com)*

# SPICY TUNA ROLL BOWL

Serves: 1 | Prep Time: 10 minutes

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Try other favorite toppings such as dried seaweed strips, pickled ginger, sliced radish, or black sesame seeds. For a vegan-friendly option, skip the tuna, add cooked tofu or edamame.

## INGREDIENTS

1/4 cup mayo (sub vegan mayo)  
1 Tbsp Sriracha, more to taste  
1 tsp sesame oil  
1/2 tsp soy sauce  
1/2 tsp rice vinegar  
1 cup leftover cooked rice  
1 (5 oz) can tuna, drained  
1/4 cucumber, rinsed and sliced into matchsticks  
1/4 cup shredded carrots  
1/2 avocado, sliced



## INSTRUCTIONS

In a small bowl, whisk together mayo and Sriracha. In a separate small bowl, combine tuna, sesame oil, soy sauce and rice vinegar. To serve, add rice to bowl and top with tuna mixture, cucumber, carrots and avocado. Drizzle the spicy mayo on top and enjoy!



### #1: Schedule a time

Choose the day(s)/time(s) that would be best to meal plan and grocery shop.

### #2: Select your style

There are many styles of meal plans such as doubling a recipe to have leftovers, prepping pieces of meals to mix & match, or portioning several meals. Ask yourself: Can I eat the same meal multiple times? Do I have time to cook multiple recipes?

### #3: Pick your recipes

When selecting your recipes also remember to consider your time available to prep, necessary cooking equipment, cooking comfort level, foods you enjoy, and adding a variety of food groups at each meal (Nourishing 4).

### #4: Make your list

Write down all of the ingredients you'll need. Remember to check your pantry, fridge, and freezer to see what you already have. Tip: keep a master list on Excel or Word Doc to keep track of all your meal plan recipes for future use to save time.

# Meal Planning Tips

**POULTRY,  
MEAT & EGGS**

# CURRY-SPICED CHICKEN SALAD

Serves: 2 | Prep Time: 10 minutes

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Try 1/4 cup of chopped grapes or raisins in place of the apple. Enjoy as is or with your favorite bread product.

## INGREDIENTS

1/4 cup mayo or plain Greek yogurt  
1/2 tsp curry powder  
1 (10 oz) can chicken  
1/2 cup shredded carrot  
1 small apple, cored & chopped  
2 Tbsp diced red onion  
Salt & pepper, to taste



## INSTRUCTIONS

In a large bowl, add mayo or Greek yogurt, curry powder, chicken (including any liquid), carrot, apple, and red onion. Mix until fully combined. Season with salt and pepper and enjoy! Refrigerate leftovers for up to 3 days.

*Recipe adapted from [capitalareafoodbank.org](http://capitalareafoodbank.org)*

# CAPRESE CHICKEN

Serves: 4 | Prep Time: 5 minutes | Cook Time: 20 minutes

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## INGREDIENTS

2 Tbsp oil, divided  
1 lb. boneless,  
skinless chicken  
breast  
3 cloves garlic,  
minced  
1/2 tsp dried basil  
(sub thyme or  
oregano)  
1 (15 oz) can diced  
tomatoes  
1/4 tsp salt  
1/4 tsp pepper  
1/2 cup shredded  
mozzarella cheese  
2 cups cooked  
pasta, for serving  
(optional)

To help the chicken cook more evenly, you can pound to flatten. To do so, place chicken breast in a plastic bag, remove air and seal. Use a heavy, flat object like a rolling pin, skillet or empty bottle to pound. Repeat with remaining chicken breast(s).

*Recipe adapted from [capitalareafoodbank.org](http://capitalareafoodbank.org)*

## INSTRUCTIONS

Heat 2 Tbsp oil in a large pan over medium heat. Add chicken and cook for 4-5 minutes, flip and cook for an additional 4-5 minutes or until the thickest part of the chicken reaches 165F on a cooking thermometer. Remove chicken and set aside.

Add 1 Tbsp oil to same pan. Add garlic and dried basil, stir and cook for 15 seconds. Add tomatoes and their juice. Bring to a boil, then reduce heat and simmer for 5 minutes to thicken.

Slice chicken into thin strips, then add to pan. Add salt & pepper, stir, and cook for an additional 5 minutes over low heat. Top with mozzarella cheese, serve and enjoy!



# SIMPLE STIR-FRY

Serves: 4 | Prep Time: 10 minutes

Cook Time: 10 minutes

## INGREDIENTS

1 lb. chicken breast,  
cubed (or sliced beef)  
2 Tbsp vegetable oil  
3 cups chopped  
veggies (fresh or  
frozen)  
1 Tbsp minced ginger  
3 cloves garlic, minced

### Sauce:

3/4 cups broth  
(any kind)  
3 Tbsp soy sauce  
1 Tbsp sugar  
1 Tbsp Sriracha  
1 Tbsp sesame oil  
2 tsp corn starch

## INSTRUCTIONS

In a small bowl, whisk together sauce ingredients. Set aside. Heat oil in large pan over medium-high heat. Add cubed chicken and cook until lightly browned, about 6 minutes. Remove chicken and set aside.

In same pan, add vegetables, ginger and garlic. Sauté for 4 minutes or until tender. Add cooked chicken and stir fry sauce. Stir and cook for 2-3 minutes or until sauce thickens. Serve over rice and enjoy! Store leftovers in the fridge for up to 4 days.

*Recipe adapted from [eatwell101.com](http://eatwell101.com)*



# CHICKEN WITH CILANTRO SAUCE

Serves: 4 | Prep Time: minutes | Cook Time: minutes

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## INGREDIENTS

1 lb. boneless, skinless chicken breast  
or thighs (or sub ground chicken)  
3 cloves garlic, minced  
3 Tbsp olive oil, separated  
1/2 tsp red pepper flakes  
1 (15 oz) can of diced tomatoes  
1 (15 oz) can corn, drained  
1 cup cilantro, chopped  
1/2 tsp salt

Did you know? You can buy a cilantro plant or seeds with CalFresh EBT dollars! This easy herb can be grown year-round in a windowsill.

*Recipe adapted from  
[capitalareafoodbank.org](http://capitalareafoodbank.org)*

## INSTRUCTIONS

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Cut chicken into bite-sized pieces. In a large pan, heat 2 Tbsp oil over medium-high heat. Add chicken pieces and cook until lightly browned. Using a cooking thermometer, pierce the middle of your largest piece of chicken. Cook until this reaches a minimum of 165F. Pour chicken and any juices into a bowl and set aside.

Reduce the heat to low and add 1 Tbsp oil. Add garlic and red pepper flake; stir and cook for 15 seconds. Add tomatoes and simmer for 5 minutes. Add corn, cilantro, and cooked chicken (along with its juices) to pan. Stir and season with salt. Cook until heated through, about 3 minutes. Serve with your favorite grain. Refrigerate leftovers for up to 4 days.

# BBQ SLIDERS

Serves: 4 | Prep Time: 10 minutes | Cook Time: 20 minutes

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Look for canned beans that say "no added salt" or "low sodium."

## INGREDIENTS

1 (15 oz) can white beans, drained and rinsed  
1 lb. ground beef or turkey  
1 small onion, finely diced or grated  
1/2 cup barbecue sauce  
2 Tbsp canola or vegetable oil  
8 slider buns  
Optional toppings: lettuce, cheese, tomato, onion, avocado, BBQ sauce



## INSTRUCTIONS

In a large bowl, mash beans with a fork. Add turkey or beef, onion and BBQ sauce to bowl and mix to combine. Press mixture into 8 small patties.

Heat oil in a large pan over medium heat. Cook 4 burgers at a time until browned, about 5 minutes per side. Insert a meat thermometer into the thickest part of the burger- cook until this reaches a minimum temp of 165F for turkey, or 160F for beef. Serve burgers on slider buns with desired toppings. Refrigerate leftovers and enjoy within 3 days.

*Recipe adapted from [capitalareafoodbank.org](http://capitalareafoodbank.org)*

# TOMATO & EGG STIR-FRY

Serves: 2 | Prep Time: 5 minutes | Cook Time: 5 minutes

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A class Chinese dish that requires only a few simple ingredients and makes for a quick, easy and delicious meal.

## INGREDIENTS

3 eggs  
1 Tbsp water  
2 Tbsp + 1 tsp oil  
3 ripe tomatoes, chopped  
3 cloves garlic, thinly sliced  
1/4 tsp salt  
1 pinch of sugar  
1-2 green onions, sliced (optional)



## INSTRUCTIONS

In a small bowl, beat eggs and water with a fork. Heat 2 Tbsp oil in a work or pan over medium-high heat. Pour in egg mixture and cook, stirring, until liquid is gone and eggs are just set. Set eggs aside.

Reduce heat to medium and add 1 tsp oil to pan. Add tomatoes and garlic and cook until tomatoes have softened. Gently stir in cooked egg, salt and sugar. Serve immediately and top with sliced green onion, if using.

*Recipe adapted from [redhousespice.com](http://redhousespice.com)*

**PLANT-  
FORWARD  
MEALS**

# TORTANG TALONG (EGGPLANT OMELET)

Serves: 10 | Prep Time: 30 minutes | Cook Time: 30 minutes

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*Recipe by Crissy Pangan, Dietetic Intern*

No oven? A grill or gas stove works by cooking and turning eggplant to darken on all sides

## INGREDIENTS

2 eggplants, washed  
2 eggs  
2 Tbsp vegetable oil  
Salt & pepper, to taste

## INSTRUCTIONS

Preheat oven to broil. Lay eggplants on a baking sheet and broil, flipping once or twice until soft and blackened on the sides for about 15 minutes. Allow to cool (about 10 minutes), then peel the skin off the eggplants. Use a fork to flatten the peeled eggplant. In a bowl, beat eggs and season with salt and pepper.

Heat vegetable oil in a large skillet over medium heat. Dip each eggplant in the beaten eggs and soak for about 2 seconds to completely cover. Place eggplant in the skillet, flipping after 4 to 5 minutes until crispy and brown. Transfer eggplant to a plate with paper towel on top to drain. Pair up with garlic fried rice (pg. 29) and side garnish of tomato and onion (pg. 30).





# ASPARAGUS PESTO GNOCCHI

Serves: 4 | Prep Time: 10 minutes | Cook Time: 5 minutes

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A delicious meal featuring fresh spring-time vegetables.

## INGREDIENTS

1 (16 oz) package of gnocchi  
2 cups asparagus, chopped  
3 cups arugula, washed (optional)  
1/3 to 1/2 cup pesto (can use non-dairy variety)  
Salt & pepper, to taste  
Crushed red pepper (optional)



## INSTRUCTIONS

In a large pot, bring 4 cups water to boil. Prepare gnocchi according to directions on package. In the final minute of boiling, add asparagus to pot alongside gnocchi. This will allow it to cook quickly, AKA 'blanching.' Remove pot from heat and strain gnocchi and asparagus.

Add gnocchi and asparagus back to pot. Add pesto and mix well to coat. Stir in arugula, if using. Season with salt and pepper. Top with crushed red pepper, if desired. Refrigerate leftovers and enjoy within 5 days.

*Recipe adapted from [orchardstreetkitchen.com](http://orchardstreetkitchen.com)*

# BLACK BEAN TOSTADAS

Serves: 2-3 | Prep Time: 10 minutes | Cook Time: ~10 minutes

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## INGREDIENTS

1/2 head of iceberg lettuce  
1-2 Tbsp oil (olive, corn, veg., etc.)  
1 (15 oz) can beans (black or pinto)  
1-2 canned chipotle peppers +  
juice (optional)  
Tostadas, for serving  
Sour cream, enough to top tostada  
1/4 c. queso fresco or cotija,  
crumbled  
Optional topping: guacamole

Recipe substitutions:

Protein: Add an additional source of protein, like shredded chicken, ground beef, tofu, or shrimp

Chipotle: Sub 1-2 Tbsp fresh minced jalapeño

Tostadas: Make your own by frying corn tortillas in oil

Cheese: Sub any shredded cheese or skip for a dairy-free option

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## INSTRUCTIONS

Wash produce: lettuce and jalapeños (if using). On a cutting board, thinly slice lettuce or shred using a grater, set aside in a bowl.

Heat oil in large pan over medium heat. Add beans and their liquid to pan and let cook for 2-3 minutes. Smash beans with potato masher, fork, or back of spoon. Stir in 1-2 chipotle peppers or minced jalapeno, if using. Let this cook for about 5-10 minutes, stirring occasionally.

Assemble your tostada: From bottom to top: spread beans, scoop and spread sour cream, guacamole (if using), sprinkle cheese and lettuce on top. Enjoy!

# BBQ CHICKPEA WRAP

Serves: 1 | Prep Time: 5-8 minutes | Cook Time: 1-2 minutes

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This would also taste great as an easy grain bowl! Just swap out the tortilla for your favorite grain. Make this recipe for a few meals in a week, or toss the extra chickpeas into a soup, stew or curry.

## INGREDIENTS

1/3 cup canned chickpeas, drained and rinsed  
2 Tbsp BBQ sauce  
1 whole wheat tortilla  
1/2 cup spinach or chopped lettuce  
1/4 tomato, diced (optional)  
2 Tbsp shredded cheese (optional)



## INSTRUCTIONS

In a medium-sized microwave-safe bowl, stir together chickpeas and BBQ sauce. Microwave for 60 seconds, or until warm. Add the spinach or lettuce to the center of a tortilla. Spoon the BBQ chickpea mixture on top. Add additional toppings alongside the chickpeas. Wrap, cut in half, and enjoy!

# KIMCHI FRIED RICE

Serves: 1 | Prep Time: 5 minutes | Cook Time: 10-15 minutes

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*Recipe adapted from frommybowl.com*

## INGREDIENTS

1 Tbsp + 1 tsp oil, separated  
1 clove garlic, minced (1 tsp from jar)  
1/4 cup shredded carrots (or sub any  
diced fresh or frozen veg. of choice)  
1/3 cup kimchi, chopped  
1 cup cooked and chilled rice  
1/2 Tbsp kimchi juice  
1 Tbsp soy sauce  
1/2 tsp sesame oil  
1 egg (optional)  
Sriracha, for topping (optional)



## INSTRUCTIONS

Heat 1 Tbsp oil in a large pan or wok over medium-high heat. Add garlic and vegetables; stir and cook for 3-4 minutes or until softened. Add kimchi and cook for another 2-3 minutes, stirring often. Stir in rice, kimchi juice, soy sauce and sesame oil and cook 1 minute, stirring constantly. Transfer fried rice to a plate or bowl.

Return pan to stove and reduce to medium heat. Add 1 tsp oil. Crack egg into pan and fry until the whites are set. Flip and cook for another 1-2 minutes. Place egg on top of fried rice. Top with sriracha, if desired. Enjoy! Store leftovers in the fridge for up to 4 days.

# BLACK BEAN TACOS

Serves: 4 | Prep Time: 10 min | Cook Time: 10 minutes

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## INGREDIENTS

1 Tbsp oil  
1/2 small onion,  
chopped  
1 jalapeno, minced  
1/2 tsp ground cumin  
1/2 tsp salt  
1/4 tsp dried oregano  
2 cloves garlic, minced  
1 (15 oz) can black  
beans, drained and  
rinsed, reserve liquid  
1 Tbsp tomato paste  
1/4 cup reserved  
liquid from beans or  
water  
Tortillas for serving,  
warmed  
Desired toppings: try  
jicama slaw, cilantro,  
lime juice, shredded  
lettuce, cheese, hot  
sauce

## Recipe notes:

- If you prefer a milder flavor, remove seeds from jalapeno before dicing, use a smaller amount, or skip it all together
- Use corn or whole wheat tortillas for added fiber
- Substitute pinto beans in a pinch
- No tortillas on hand? Serve over rice

## INSTRUCTIONS

Heat oil in a pot over medium heat. Add onions, jalapeno, cumin, salt, and oregano. Stir and sauté for 5 min, or until onions are soft. Add garlic; stir and sauté for 30 seconds.

Stir in black beans, tomato paste and reserved liquid or water. Cook for 1 minute, stirring often. Turn heat down slightly low and let simmer for 3 more minutes. Taste and adjust seasonings if needed. Scoop into tortillas and add desired toppings. Store leftovers in fridge and enjoy within 5 days.

*Recipe adapted from isabeleats.com*



# CHEESY VEGGIE PASTA

Serves: 4 | Prep Time: 5 minutes | Cook Time: 10-15 minutes

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Vegetarian? Look for a nutritional yeast that contains vitamin B12. Pair with a protein source like baked tofu, grilled chicken, or canned salmon.

## INGREDIENTS

2 cups (8 oz) dry pasta  
2 tsp oil  
2 garlic gloves, minced (1/4 tsp powder)  
1 tsp dried oregano  
2 cups chopped vegetables, fresh or frozen (try broccoli, peas, or zucchini)  
3 Tbsp lemon juice (~1 lemon)  
1/4 tsp salt  
1/4 cup parmesan or nutritional yeast  
Black pepper, to taste  
Crushed red pepper (optional)



## INSTRUCTIONS

Cook pasta according to directions on package. While pasta cooks, heat oil in a large pan over medium heat. Add garlic cook for 1 minute. Add veggies, salt and oregano. Cook for 6-8 minutes or until vegetables are softened. Drain the pasta and add to pan along with lemon juice and parmesan cheese. Stir to mix. Season with black pepper and crushed red pepper, if desired.

# DIY BURRITO BOWL

Serves: 3 | Prep Time: 5 minutes | Cook Time: 10 minutes

.....

Save \$\$ by making your own burrito bowl at home! This is a great meal prep recipe.

## INGREDIENTS

3 cups cooked rice (white or brown)  
1 Tbsp canola oil  
1/2 medium onion, chopped  
3/4 cup frozen or canned corn  
1 (15 oz) can black or pinto beans, drained and rinsed  
2 tsp taco seasoning (add more to taste)  
Desired toppings: pico de gallo, salsa, sour cream, cheese, cilantro, lime



## INSTRUCTIONS

Cook rice according to package directions. While rice cooks, heat oil in a large skillet over medium heat. Add onion and cook for 2 minutes. Add corn and cook for 3 minutes, until onions begin to brown. Stir in beans and taco seasoning and cook for 5 minutes. Taste and add additional taco seasoning as needed. Remove from heat. Scoop rice into a bowl and scoop bean/veggie mixture on top. Add toppings as desired. Enjoy! Refrigerate leftovers and enjoy within 3 days.

# TACO MAC 'N CHEESE

Serves: 3 | Prep Time: 3 minutes | Cook Time: 10 minutes

.....

We love convenience foods like mac 'n cheese, but sometimes we like to spice it up with a few additional ingredients for a filling and nourishing meal!

## INGREDIENTS

1 package of boxed mac & cheese  
1 (15 oz) can of diced tomatoes, drained  
1 (15 oz) can black/pinto beans, drained  
1/2 cup fresh or frozen peas (optional)  
3 tsp taco seasoning (DIY: ½ Tbsp chili powder, 1/2 tsp ground cumin, 1/2 tsp garlic powder, 1/2 tsp paprika)  
Salt & pepper to taste  
2-3 Tbsp milk of choice  
Chopped cilantro for garnish (optional)



## INSTRUCTIONS

Prepare macaroni per package instructions, leaving out cheese pack. In a skillet over medium-high heat, add your drained dice tomatoes, frozen peas, & drained black beans. Stir in homemade taco seasoning, salt, and pepper. Add cooked macaroni, cheese packet and 2-3 Tbsp of milk. Stir well to combine. Garnish with cilantro, if desired. Store any leftovers in the fridge and enjoy within 4 days.

# Sustainability on a Budget



**Cooking** more at home.

**Purchasing fruits and vegetables** that are in season, especially directly from local producers at farmer's markets, which also tend to cost less.

**Eating** your leftovers and utilizing perishable items at home before they spoil. Stir-fries or breakfast scrambles are a great way to use up extra veggies or leftover protein.

**Recycling or reusing packaging** - food containers or jars from take out or grocery purchases can be used to store other food and beverage items or even home supplies.

**Meatless Mondays?** Incorporate plant-based proteins (beans, lentils, tofu, etc.) that are more budget-friendly and sustainable.

# COCONUT TOFU NOODLE BOWL

Serves: 2 | Prep Time: 5-10 minutes | Cook Time: 15-20 minutes

.....

*Recipe by Kim Jower, former HPW Student Assistant*

## INGREDIENTS

3 cups low-sodium broth (any kind)  
1/2 cup unsweetened coconut milk  
3-4 oz noodles (soba, ramen, spaghetti)  
5 cloves garlic, sliced  
1 Tbsp oil  
3 oz firm or extra firm tofu  
2 cups leafy greens, washed  
Salt & pepper, to taste

Optional flavor add-ins:

- 1 tsp lemon grass paste
  - 1 tsp ginger paste or 1/4 tsp ground ginger
  - 1 Tbsp coconut aminos/soy sauce
  - 1 tsp dried herbs (such as rosemary, thyme or oregano)
- .....

## INSTRUCTIONS

Cut tofu into bite-size pieces. Heat a medium-sized pot or deep pan over medium heat. Combine oil and garlic, plus ginger and lemongrass paste if using. Stir and sauté for 1-2 minutes or until golden brown. Add broth and coconut milk. Increase heat to medium-high and bring to a light boil. Add other optional add-ins, if using. Season with salt and pepper.

Once boiling, add tofu. Reduce heat and simmer for 6 minutes; flip half way through. Remove tofu and place in a bowl. Add noodles and cook for time specified in package instructions. In the last two minutes of the cook time, add leafy greens to wilt. Turn off heat and place noodles and greens in a bowl. Top with tofu and spoon broth into bowl around the noodles. Enjoy!





# YAKISOBA

Serves: 3 | Prep Time: 10 minutes

Cook Time: <10 minutes

.....

Quick & delicious Japanese fried noodles!

## INGREDIENTS

3 packs (450 g) of  
soba noodles  
2 cups mixed  
vegetables (try  
shredded cabbage,  
mushrooms, sliced  
onions, shredded  
carrots, or chopped  
broccoli)

*Sauce:*

1 Tbsp soy sauce  
2 Tbsp oyster sauce  
4 Tbsp  
 Worcestershire  
sauce  
1 1/2 Tbsp sugar  
1 1/2 Tbsp ketchup  
1 tsp black pepper

## INSTRUCTIONS

In a small bowl, mix sauce ingredients until sugar dissolves. Heat a small amount of oil in a pan over medium-high heat. Add veggies and sauté for 2-3 minutes. Add soba noodles and half of the sauce and cook for 1 minute. Increase heat to high, add remaining sauce, and cook for 2 minutes. Enjoy!

*Adapted from [tiffycooks.com](http://tiffycooks.com)*

# **SWEETS & DESSERTS**

# 4-INGREDIENT CHIA PUDDING

Serves: 1 | Prep Time: 10 minutes | Chill Time: 4+ hours

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Chia seeds provide fiber, Omega-3s and protein! Budget hack: buy them discounted at Marshalls, TJ Maxx or Home Goods

## INGREDIENTS

1 cup milk or milk alternative  
1/3 cup chia seeds  
1-2 Tbsp sweetener (try honey, maple syrup or agave)  
1/4 tsp vanilla (optional)  
1/4 cup chopped fruit (fresh, frozen or canned)



## INSTRUCTIONS

**Stove top:** Warm milk in a small saucepan over low-medium heat. Add chia seeds and stir with a wooden spoon until thick and gelatinous, about 4-5 minutes. Remove from heat and stir in sweetener and vanilla (if using). Top with chopped fruit and enjoy!

**No-cook:** In a bowl or glass jar, combine milk, chia seeds, sweetener, and vanilla (if using). Cover and refrigerate for at least 4 hours. Top with chopped fruit and enjoy!

# MATCHA RICE CRISPY TREATS

Serves: 9 | Prep Time: 5 minutes | Cook Time: 10 minutes

.....

## INGREDIENTS

2-3 Tbsp matcha powder  
6 cups puffed rice cereal  
3 Tbsp butter (sub vegan butter)  
10 oz marshmallows  
1 Tbsp black sesame seeds  
(optional)

Try this fun twist on a well-known sweet snack! Matcha is a powdered and concentrated form of green tea.

## INSTRUCTIONS

Spray a 9x9 baking pan with cooking spray or line with parchment paper and set aside. Add matcha to a small bowl and stir with a fork to de-clump, or use a sifter to sift into bowl. Set aside.

In a small pot over low-medium heat, melt the butter until golden brown. Stir in marshmallows and continue cooking until marshmallows melt and you have a smooth (but sticky) mixture. (You can also melt butter and marshmallows together in a large microwave-safe bowl.) Stir in matcha powder until well combined.

Remove from heat and stir in puffed rice cereal and black sesame seeds (if using). Stir until fully combined. Use a spatula to press mixture evenly into baking pan. Let cool before cutting into squares. Cover tightly and store on the countertop. Enjoy within 5 days.

# APPLE PIE PARFAIT

Serves: 1 | Prep Time: 5 minutes

.....

Start with the base of yogurt and rolled oats and get creative with your toppings! Try different fresh and frozen fruit and mix-ins.

## INGREDIENTS

1/2 cup plain or vanilla yogurt  
1/2 cup rolled oats  
1/4 apple, diced  
Pinch of cinnamon  
Honey or maple syrup (if using plain yogurt)



## INSTRUCTIONS

Mix yogurt and rolled oats in a jar. Dice apples into bite-size pieces. Layer apples on the yogurt mixture and top with cinnamon and drizzle of honey or maple syrup (if using).

Cover the jar with its lid and store in the refrigerator for up to 5 days. When ready to consume, simply remove from the fridge, stir, and enjoy!



# FOOD DATES: SIMPLIFIED

## "Best if Used By/Before"

Recommended date for product's peak quality and flavor. Still safe to consume after this date if safely stored and handled properly!

## "Use-By"

Once this date is reached, the food may no longer be at peak quality, but it is still safe to purchase and eat after this date.

Knowing what these dates actually mean can help you prevent food waste and save money!

## "Sell-By"

Used by the store to help manage inventory. The food product is still safe to eat past this date.

## Expiration date

Mostly seen on meat, dairy products, and infant formula- food item should not be used after this date.

# PEANUT BUTTER MUG CAKE

Serves: 1 | Prep Time: <5 minutes | Cook Time: 2 minutes

.....

A quick and easy microwave dessert!

## INGREDIENTS

1 banana  
1 egg (or 1/4 cup liquid egg substitute)  
1 Tbsp milk (or plant based milk)  
Splash of maple syrup (optional)  
1 Tbsp peanut butter  
3 Tbsp all-purpose flour  
Pinch of salt  
Handful of chocolate chips or chopped dark chocolate (optional)  
Sliced banana for topping (optional)



## INSTRUCTIONS

Mash banana in a large mug. Whisk in egg, milk, and maple syrup (optional) until smooth. Stir in peanut butter, then stir in flour, sea salt, and chocolate chips (if using).

Microwave for 2 minutes - keep an eye on it! It's okay if it comes up over the top of the mug a little, but if it looks like it is going to spill over, open the microwave door for a second to let it deflate. Top with sliced banana, if desired. Allow to cool and enjoy!

# MICROWAVE FRUIT CRISP

Serves: 1 | Prep Time: 5 minutes | Cook Time: 2 minutes

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## INGREDIENTS

### *Filling:*

3/4 cup fruit, diced or  
thinly sliced  
1-2 Tbsp sweetener  
(sugar, brown sugar,  
honey, maple syrup, etc.)  
1/4 tsp cinnamon  
(optional)

### *Crisp Topping:*

1/2 Tbsp butter or  
coconut oil  
1/2 Tbsp sweetener  
1/4 cup old fashioned or  
quick-cook oats  
1/4 tsp cinnamon  
(optional)  
2 Tbsp chopped nuts  
(optional)

Use whatever fruit you have on hand! Fresh, frozen or canned all work well. Try frozen berries, canned peaches or pears, or peeled apples. For extra crunch, add chopped almonds, pecans or walnuts to the topping.

## INSTRUCTIONS

Mix filling ingredients in a microwave-safe bowl or mug.

In a small microwave-safe bowl, melt butter in microwave for 15-30 seconds. Stir in sweetener, oats, cinnamon, and nuts (if using). Sprinkle on top of fruit and microwave for 1 and 1/2 minutes. Check and, if needed, continue to microwave in 30 second increments until it begins to bubble lightly.

Careful, it will be very hot when removing from the microwave! Serve warm as is or with whipped topping or vanilla ice cream.



# STRAWBERRY TOFU PUDDING

Serves: 2 | Prep Time: 5 minutes

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Feel free to use other fruits! Try blueberries, raspberries, peach, kiwis, mango, etc.

## INGREDIENTS

1 (12 oz) package of silken tofu  
1 cup strawberries (fresh or frozen)  
1 tsp vanilla extract  
1 Tbsp sweetener (honey, maple syrup or sugar)

## INSTRUCTIONS

Place all ingredients into a blender or food processor and blend until smooth. Taste and add more sweetener if desired. Serve with sliced strawberries and enjoy! Store leftovers in the fridge for up to 4 days.

*Recipe adapted from Second Harvest of Silicon Valley (sfhb.org)*

# INDEX

Apple Pie Parfait	86	Citrus Avocado Ceviche	20
Agua Fresca	16	Coconut Chickpea Curry	35
Asparagus Pesto Gnocchi	72	Coconut Tofu Noodle Bowl	81
Avocado Tuna Boats	54	Coffee Cup Quiche	48
BBQ Chickpea Wrap	74	Cucumber Raita	22
BBQ Sliders	68	Curry-Spiced Chicken Salad	64
Berry Green Tea Spritzer	14	DIY Burrito Bowl	78
Black-Eyed Pea and Okra Stew	36	Energizing Green Smoothie	17
Black Bean Corn Salad	19	Esquites	23
Black Bean Tacos	76	Granola, Homemade	5
Black Bean Tostadas	73	Green Curry Tofu	37
Breakfast Burrito	46	Jicama Slaw	25
Caprese Chicken	65	Jumeokbap	26
Cheesy Veggie Pasta	77	Kimchi Avocado Crackers	7
Chia Pudding	84	Kimchi Fried Rice	75
Chicken with Cilantro Sauce	67	Kiwi Plum Smoothie	15
Cinnamon Pear Overnight Oats	47	Market Veg Pasta Salad	27



# INDEX

Matcha Rice Crispy Treats	85	Sinangag	29
Melon with Coconut Lime Dip	11	Soba Noodle Salad	32
Microwave Fruit Crisp	89	Spicy Tuna Roll Bowl	61
Migas	49	Sriracha Nori Popcorn	6
Oat Energy Bites	8	Strawberry Tofu Pudding	90
Pan-Fried Sweet Plantains	28	Sweet Potato Chili	44
Pantry Scramble	50	Sweet Potato Peanut Stew, Mafe	39
PB & Banana Pockets	9	Taco Mac & Cheese	79
Peanut Butter Mug Cake	88	Thai Tomato Soup	43
Pisto	38	TikTok Breakfast Wrap	51
Pizza Pockets	10	Tofu Scramble	52
Roasted Butternut Squash	24	Tomato & Egg Stir Fry	69
Salmon Burgers	60	Tortang Talong	71
Sesame Tuna Salad	59	Tuna Sandwich	56
Sheet Pan Veggies	33	Tuna Zucchini Melt	57
Side Salad (Filipino Style)	30	Yakisoba	82
Simple Stir Fry	66	Zucchini & Bean Stew	40

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SF State's Basic Needs Initiative,  
to support your academic  
success at [basicneeds.sfsu.edu](https://basicneeds.sfsu.edu).  
Go Gators!



HEALTH  
PROMOTION  
& WELLNESS