



Cooking with HPW

**Culturally-inclusive, delicious, nutritious,
and budget-friendly recipes for busy students**



HEALTH
PROMOTION
& WELLNESS

**“...no one is born a great cook, one learns by doing.”
- Julia Child**

Happy cooking!

about

The Health Promotion & Wellness Nutrition Team put together this cookbook in an effort to provide delicious and nutritious recipes without compromising identity and culture. It's easy to think of food one-dimensionally, as something you need to eat to remain healthy or categorized as nameless fruits, vegetables, carbs, and protein to consume. However, while food is important in these conversations, it also plays a vital role in nourishing and maintaining our social, emotional, cultural, and mental health. We hope you can enjoy these recipes and share them with friends and family!

Author: Michell Martinez (Lead Nutrition Education Assistant)

A special thank you to Wendy Chavez from the Alcohol, Tobacco, & Other Drugs (ATOD) team at Health Promotion and Wellness for providing the Alcohol 101 educational content and mocktail recipes!



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a note on the recipes

The recipes you will find in this cookbook are designed with you, as a student, in mind. Most recipes require minimal time, money, ingredients, and equipment to prepare, with the intention of honoring your cultural heritage and traditions at the forefront of it all.

Please note that some recipes call for the use of larger appliances, such as an oven or pressure cooker, to achieve a certain texture. However, do not feel discouraged if you do not have access to these items. Most recipes can be made using a standard pot or pan.

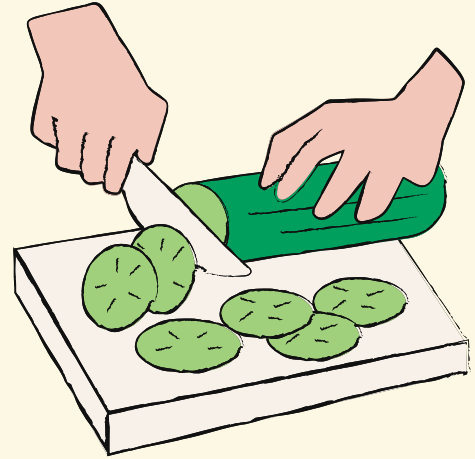
Some recipes may take longer than 30 minutes to cook or prepare. Certain cultural dishes need extra time to simmer or marinate, and we wanted to stay true to their traditional preparation methods.

Lastly, we have done our best to incorporate a wide variety of recipes so that all eating styles will have a recipe to look forward to! All recipes can be customized to individual taste preferences.

terms we will use & important symbols

Measurements


- **Tbsp** = tablespoon
- **tsp** = teaspoon
- **oz** = ounces (refers to the weight of food, and often used in reference to canned goods)



In Preparation

- **dice** = cut into small cube-like pieces of the same size
- **chop** = general method of cutting into bite-sized pieces
- **minced** = finely chop
- **sliced** = cut into flat, thin, and even pieces
- **garnish** = add a small amount of an ingredient on top of the meal for decoration

symbols to look out for:

 = vegan

 = vegetarian

 = less prep (<10 minutes)

 = more prep (>15 minutes)



basic nutrition tips

1

enjoy meals or snacks every 3-4 hours

- ensures your body has the energy it needs to get through class, work, activities, time with friends, etc.
- prevents you from feeling tired, unfocused, irritable, and even “hangry” throughout the day

2

choose a variety of foods from all food groups

- provides different nutrients to help meet your body’s diverse needs



3

all foods fit!

- there is no need to cut or exclude specific foods or food groups unless necessary due to an allergy, medical condition, cultural, or religious reason

4

choose foods that you enjoy!

- we all have foods that we just don’t like, and that’s okay
- everyone has different preferences - balanced eating can look different for everyone!





the nourishing 4

building a nutritionally balanced meal

What is The Nourishing 4?

The Nourishing 4 is made up of 4 food groups: protein, fat, starch/carb, and fiber (fruit/vegetable). You can use these food groups as a template for creating nourishing, satisfying, and balanced meals and snacks: aim to include **at least 3 food groups for meals** and **2 food groups for snacks**.

1

Protein



helps stabilize our energy levels, stay focused, recover from injury, and support growth and development

Animal Sources	Plant Sources
beef, chicken, lamb, pork, turkey, fish, shellfish, duck, goat, organ meats, eggs, milk, cheese, yogurt, cottage cheese	beans (black, pinto, mung, kidney, cannellini, lima, etc.), lentils, pulses, dal, tofu, soy milk, tempeh, miso, seitan, nuts, seeds, edamame

2

Starch/Carbohydrates



the body's biggest and preferred energy source - include more whole grains when possible for extra fiber and nutrients

General Sources	Whole Grains
potatoes, yams, yucca, rice, tortillas, naan, roti, noodles, grits, cereal, corn, pasta, plantains, peas, orzo, taro, tapioca, bread, fruit, pastries, sugar, snack foods, candy, juice, soda, crackers, cookies, etc.	brown/black/wild rice, oats, quinoa, barley, farro, millet, soba noodles, roti or chapati, corn tortillas, popcorn, whole wheat products (such as bread, pasta, crackers, cereal, tortillas, etc.)

3

Fiber (fruit/vegetables)



helps support digestion and reduce inflammation in the body - fresh, frozen, canned and dried options are all nutritious and delicious

Fruits	Vegetables
apple, banana, guava, kiwi, lychee, mango, grapefruit, orange, pear, pineapple, papaya, persimmon, berries, pomegranate, figs, etc.	carrot, cauliflower, bell pepper, broccoli, beet, nopales, tomato, jicama, onion, cabbage, garlic, bok choy, collard greens, eggplant, mushrooms, green beans, etc.

4

Fat



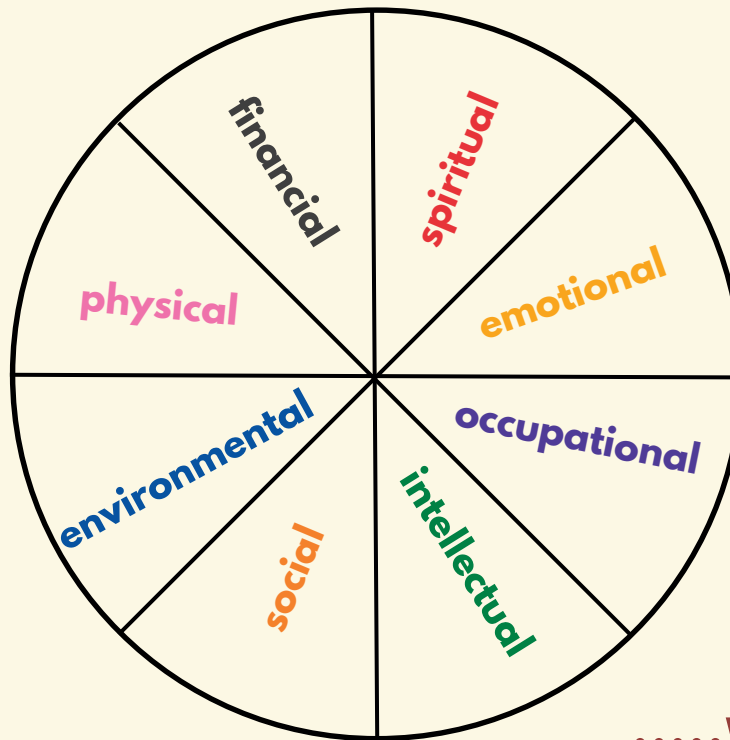
increases feelings of fullness and satisfaction, adds flavor, protects your organs, provides insulation, and stores energy for the body and brain

Sources
fatty fish (salmon, tuna, trout, sardines, & mackerel), seeds (sesame, sunflower, pepita, chia, flax, hemp, etc.), oils (olive, avocado, canola/vegetable, grapeseed, coconut, palm), mayo, avocado, butter, cheese, nut or seed butters, egg yolks, olives, sour cream, whole milk, coconut, creamy sauces & dressings, etc.

the best way to eat

adapted from @FoodandFearless on Instagram

Eat a variety of foods that support our...



.....wellbeing.

What does this mean?

The “best way to eat” means broadening our perspective *beyond* viewing food as only physical fuel for our bodies. Food can also provide us with pleasure and satisfaction, as it is a part of our cultures, traditions, celebrations, connections, and much more. We encourage everyone to expand their food variety rather than limit it, as we believe that all foods have a place on the plate. Food is meant to be enjoyed, not feared!

**quick bites
before that
morning
class**

MOLLETES

(moh-yeh-tehs)

PREP TIME: 10 MIN

COOK TIME: 10 MIN

SERVES: 1



CONTAINS
GLUTEN

CONTAINS
LACTOSE



INGREDIENTS

For pico de gallo (*optional*):

- 1 roma or vine-ripe tomato
- 1/2 white or yellow onion
- 1/2 jalapeño
- 10-13 springs cilantro
- 1 lime, juiced (1-2 Tbsp lime juice)
- Salt, to taste

For molletes:

- 1 mini baguette
- 1 Tbsp butter (*optional*)
- 1 can (16oz) refried beans
- 1-2 cups shredded cheese
- Salt & pepper, to taste

CHEF NOTES

**Bread can also be baked in a toaster oven/oven at 350°F.*

- Use gluten-free bread, dairy-free cheese, or vegan butter to make this recipe gluten-free and/or dairy-free.
- Top with salsa, hot sauce, chopped cilantro, or sliced avocado for extra flavor!

DIRECTIONS

1. To prep pico de gallo (if using): dice tomato, onion, and jalapeño. Roughly chop cilantro. Combine in a bowl, toss with lime juice, and set aside.
2. Heat pan using medium-high heat. Slice baguette in half and spread butter on open face (if using).
3. Place in pan and toast each side for 2 minutes, or until warm.*
4. Remove and top each side with 1/2 can of refried beans and shredded cheese.
5. Return to pan face-up and toast for another 2-3 minutes to melt the cheese.
6. Serve immediately, season with salt and pepper if desired, and top with pico de gallo or other desired toppings.

SAVORY KIMCHI OATMEAL

PREP TIME: 10 MIN | COOK TIME: 15 MIN | SERVES: 1



INGREDIENTS

- 1/2 cup rolled oats
- 1 Tbsp chia seeds
- 1 cup vegetable or chicken broth (add more if needed)
- Salt and pepper, to taste
- 1 Tbsp oil
- 1 cup vegetable of choice (such as broccoli, spinach, kale, etc.)
- 1 large egg
- 1/4-1/2 medium avocado, sliced
- 1 Tbsp kimchi

DIRECTIONS

1. In a medium saucepan, combine rolled oats, chia seeds, vegetable broth, and a pinch of salt & pepper. Bring to a boil, then reduce heat to a simmer.
2. Stir and cook the mixture for about 5-7 minutes, or until the liquid has been absorbed. Once cooked, set aside.
3. Heat oil in a pan over medium-high. Add vegetables and sauté for 5-7 minutes, or until tender. Transfer to a bowl.
4. Cook egg to your preference (e.g., scrambled, over easy, fried, etc.)
5. Once all ingredients have been cooked, serve oatmeal in a bowl and top with veggies, egg, avocado, and kimchi. Enjoy warm!

CHEF NOTES

To batch-prepare this meal, cook all oats and vegetables as desired and keep all ingredients separate until you are ready to serve. Cooked oats and vegetables can be kept in the fridge for up to 4 days.



CINNAMON PEAR OVERNIGHT OATS

PREP TIME: 10 MIN

SOAK TIME: 30 MIN (OR OVERNIGHT)

SERVES: 2



DIRECTIONS

1. In a jar or bowl, mix together milk, yogurt, sweetener, cinnamon, and salt. Add in oats and chia seeds (if using) and stir until well combined.
2. Cover with a lid or plastic wrap and refrigerate for at least 30 minutes, or overnight.
3. Top with diced pear and an extra dash of cinnamon when serving and enjoy!

CHEF NOTES

Make it your own! Replace pears with any other fresh or frozen fruit you like. Top with chocolate chips or cocoa nibs, coconut flakes, chopped walnuts/pecans, nut butter, or pumpkin seeds, for extra flavor and crunch.

INGREDIENTS

- 1 cup milk or milk alternative
- 1/4 cup vanilla yogurt (*optional*)
- Sweetener (such as honey, maple syrup, agave, or brown sugar), to taste
- 1/4 tsp ground cinnamon
- A pinch of salt
- 1 cup rolled oats
- 1 Tbsp chia seeds (*optional*)
- 1 pear, core & stem removed, diced

GARLIC FRIED RICE

PREP TIME: 10 MIN | COOK TIME: 15 MIN | SERVES: 4



INGREDIENTS

- 1/2 cup white vinegar
- 1/4 tsp crushed red chili flakes
- 10-12 garlic cloves, peeled & minced or 1.5 tsp garlic powder
- Salt and pepper, to taste
- 1/3 cup canola oil
- 4 cups cooked white rice, cooled
- 1 stalk scallion, thinly sliced (*optional garnish*)
- 6 eggs, scrambled or fried

DIRECTIONS

1. In a bowl, mix together vinegar, red chili flakes, 1 Tbsp minced garlic (or 3/4 tsp garlic powder), salt, and pepper until well combined to make the sauce. Set aside.
2. Heat oil in a large pan over medium-high heat.
3. Add in remaining garlic and cook until golden and fragrant, about 1-2 minutes.
4. Add in rice and prepared sauce. Cook about 5-7 minutes, or until rice is heated through and slightly crisp in places. Stir often and break up any large clumps while cooking.
5. Taste rice and add additional salt and pepper if needed.
6. Top with eggs cooked to your preference, garnish with scallions, and enjoy! Store leftovers in an airtight container and consume within 3 days.

CHEF NOTES

Add in other proteins you like (such as beef, tofu, chicken, or shrimp) to make this dish even more filling!



CREAMY PEANUT BUTTER OATS

PREP TIME: 5 MIN

COOK TIME: 30 MIN (OR OVERNIGHT)

SERVES: 1



INGREDIENTS

- 1 cup milk or milk alternative
- 1/4 tsp ground cinnamon
- 1 Tbsp chia seeds (*optional*)
- 2 Tbsp peanut butter or other nut butter
- 1 small pinch of salt
- 1 cup rolled oats
- 1 banana, sliced

CHEF NOTES

Make it your own! Replace banana with any other fresh or frozen fruit you like. Top with chocolate chips or cocoa nibs, coconut flakes, chopped walnuts/pecans, or pumpkin seeds, for extra flavor and crunch.

DIRECTIONS

1. In a jar or bowl, mix together milk, cinnamon, chia seeds, peanut butter, and salt. Add in oats and stir until fully combined.
2. Cover with a lid or plastic wrap and refrigerate for at least 30 minutes, or overnight.
3. Top with sliced banana and an extra dash of cinnamon when serving and enjoy!

HUEVOS A LA MEXICANA

PREP TIME: 10 MIN | COOK TIME: 12 MIN | SERVES: 2



DIRECTIONS

1. Crack eggs in a bowl, season with salt and pepper, and lightly whisk. Set aside.
2. Heat oil in a pan using medium-high heat. Add onion and cook for 3 minutes, or until tender and translucent.
3. Mix in jalapeños and cook for 1 minute. Add tomato and sauté for 2 minutes, or until softened.
4. Pour in eggs and stir until eggs are fully-cooked. Transfer to a plate.
5. Safely wipe down the pan and re-heat pan using medium-high heat. Cook tortillas for 2 minutes on each side. Serve with eggs and enjoy!

INGREDIENTS

- 4 large (or 6 small) eggs
- Salt & pepper, to taste
- 2 Tbsp oil
- 1 small onion, chopped
- 1 small jalapeño, chopped
- 1 medium tomato, diced
- 4-6 small tortillas (*optional*)

CHEF NOTES

**Substitute eggs with crumbled firm tofu (1 block) seasoned with 2 tsp turmeric powder, 4 Tbsp nutritional yeast, and 1 tsp paprika to make this dish vegan!*

To make this dish extra filling, pair with salsa, beans, or rice.

2-INGREDIENT SWEET POTATO PANCAKES

PREP TIME: 15-20 MIN | COOK TIME: 12 MIN | SERVES: 4



INGREDIENTS

- 1 medium sweet potato, cut in half
- 2 large eggs
- 1/8 tsp salt
- Pinch of ground cinnamon (*optional*)
- 1 Tbsp butter

DIRECTIONS

1. Boil sweet potato in a pot of water for 7-12 minutes or in a microwave (pierce the potato a few times with a fork first) for 4-6 minutes, until tender and easily pierced with a fork. Allow to cool before handling.
2. Remove the peel and put into a bowl. Add in cracked eggs, salt, and cinnamon (if using). Mix with a spoon to combine. Some chunks may remain.
3. Heat up pan using medium-high heat. Once hot, grease pan with butter. Pour 1/4 of the batter into the pan to make each pancake. Cook for 3 minutes, then gently flip and cook for another 3 minutes. Serve immediately.

CHEF NOTES

- For step 2, pancake batter can also be mixed using a blender.
- This batter won't bubble while cooking like traditional pancakes.
- Top with maple syrup, fresh/frozen/dried fruit, coconut flakes, nuts/seeds, or nut butter for more flavor!

TOFU SCRAMBLE

PREP TIME: 10 MIN | COOK TIME: 15 MIN | SERVES: 2



INGREDIENTS

- 1 (14-16oz) block firm tofu
- 1 Tbsp oil
- 1/2 onion, diced
- 1/4 tsp ground turmeric
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp paprika
- 2 Tbsp nutritional yeast
- Salt and pepper for taste
- 2 small tortillas or toast (*optional*)

DIRECTIONS

1. Rinse and drain the tofu, then pat dry and set aside.
2. Heat oil in a pan using medium-high heat.
3. Once hot, add onion and cook for 2-3 minutes, or until translucent.
4. Crumble the pressed tofu with your hands into chunks, or use a fork to crumble into bite-sized pieces.
5. Add crumbled tofu and all seasoning to the pan. Mix until well combined and cook over medium-high heat for 5 to 10 minutes, or until golden brown. Stir occasionally.
6. Serve immediately with warm tortillas or toast, and enjoy!

VEGGIE AND SAUSAGE HASH

PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVES: 4



INGREDIENTS

- 2 sausages, sliced
- 1 Tbsp oil
- 1 medium-sized sweet potato, cubed (~2 cups)
- 2 cups brussels sprouts, cut in half
- 1/2 cup red onion, diced (or 1 Tbsp onion powder)
- 2 garlic cloves, minced (or 1/2 tsp garlic powder)
- 1 bell pepper, chopped

DIRECTIONS

1. Cook sausages in a pan according to instructions on packaging. Once cooked, set aside.
2. Heat oil in same pan using medium-high heat. Once hot, add in sweet potatoes and brussels sprouts. Cover and cook for 15-20 minutes, or until soft and tender.
3. Remove lid and add in onion, garlic, and bell pepper. Cook uncovered for another 8-10 minutes.
4. Mix in sausage and serve warm.



CHEF NOTES

This hash is a great recipe to meal prep for the week. Once cooked, store in the refrigerator for 2-3 days.

Enjoy as is or add to a warm tortilla or pita to make a wrap!

BREAKFAST BURRITOS

PREP TIME: 10 MIN | COOK TIME: 20 MIN | SERVES: 3



INGREDIENTS

- 2 1/2 cups frozen diced potatoes*
- Salt and pepper, to taste
- 1 Tbsp oil
- 2 cups bell peppers or any frozen veggies of choice
- 1 (15-oz) can black beans, drained and rinsed
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp garlic powder
- 3 large tortillas
- 2 avocados, cut in half with pit and skin removed, & sliced

CHEF NOTES

**This recipe calls for pre-cooked & frozen potatoes for convenience, but feel free to use fresh potatoes! If using fresh potatoes, place potatoes in a pot of boiling water for 10-15 minutes, or until potatoes are soft and fork-tender. Safely drain water and carefully remove potatoes from the pot. Once cooled down, chop potatoes into cubes.*

These nutrition-packed burritos are freezer-friendly and super easy to customize! Add in additional protein (such as scrambled eggs, crumbled tofu, or sliced sausage) or toppings (like salsa or pico de gallo, hot sauce, cheese, sour cream, or cilantro) to make it more filling and flavorful!

meal planning on a budget

nourishing your body on a budget is as easy as 1-2-3!

1 Put it in your schedule



You might plan ahead once a week, a couple of times a week, every day, or only for your busiest days. It's up to you! Whatever you decide, add time for meal planning into your schedule in your phone, computer, or planner.

2 Pick your meals & snacks



Figure out what you'd like to eat! You can plan all your meals and snacks or just the tougher meals to get in. These might be recipes you make at home, pre-made meals, or takeout/ restaurant meals.

3 Create a grocery list



Write down any food items you'll need to pick up for your planned meals and snacks. Make sure to check your pantry, fridge, or freezer first to see what items you already have on hand *before* heading to the store.

Helpful Tips:

- Plan around food you already have at home.
- Look at what items are on sale at the grocery store(s) you typically shop at. Locally grown and seasonal fruits & veggies are often lower in cost.
- Incorporate more plant-based proteins (such as beans, lentils, tofu, edamame, etc.), which are often more affordable and have a longer shelf life than animal proteins.
- Pick meals with similar ingredients (e.g., tofu in ramen, tofu scramble, tofu veggie stir-fry, etc.) to utilize bulk-buying discounts.
- Follow AS Food Pantry & Gator Groceries on Instagram: **@as_foodpantry_sfsu** - check out their weekly Monday post to see the items available for the week.

grocery shopping on a budget

Step 1: meal planning | **Step 2:** grocery shopping

Try out the following strategies and tips to help you save time and money and reduce stress when grocery shopping:

Create your grocery list

- ✓ Write it down.
- ✓ Organize it.
- ✓ Cross it out.

Budget-Friendly Shopping Tips:

- Don't shop while on an empty stomach! Enjoy a meal or snack beforehand.
- Check for coupons, rewards, or sales happening at your local grocery store or market.
- Try canned and frozen varieties of fruits or vegetables that are not currently in season.
- Visit the AS Food Pantry on-campus each week for FREE ingredients!
- Try the **TooGoodToGo** app to find discounted groceries in the city.



meal plan and grocery list tool

MEAL PLAN

MONDAY	GROCERY LIST
TUESDAY	_____
WEDNESDAY	_____
THURSDAY	_____
FRIDAY	_____
SATURDAY	_____
SUNDAY	_____

For recipes ideas and more nutrition resources, visit wellness.sfsu.edu/nutrition



how to properly wash produce



Raw fruits and vegetables may contain harmful germs that can make you sick, such as *salmonella*, *e. coli*, and *listeria*. Even if the produce is organic, fruits and vegetables should be washed before being used. They are still processed and packaged in some form and may have picked up some contaminants along the way!

Here are two effective and budget-friendly ways to wash your produce at home:

1

Salt Solution

- 4.5 cups water
- 1/2 cup salt

Directions

1. In a large bowl, mix water and salt. Stir the solution about 3-5 times.
2. Place produce in the solution and stir once more. Let it sit for 10-15 minutes.
3. Drain water and rinse produce once more until all residue is washed away.

2

Baking Soda Solution

- 4.5 cups water
- 2 tsp baking soda

Directions

1. In a large bowl, mix water and baking soda. Stir the solution about 3-5 times.
2. Place produce in the solution and stir once more. Let it sit for 10-15 minutes.
3. Drain water and rinse produce once more until all residue is washed away.



cooking 101

If you've never cooked before or find it stressful, that's okay! Like many skills, cooking takes practice, patience, and a lot of trial and error to improve. Here are some tips on how to build comfort in the kitchen and make delicious meals easily!

Getting comfortable in the kitchen

- If you are new to the kitchen, start by cooking using pre-made foods, then slowly add in fresh or frozen ingredients.
 - For example, with instant noodles, add in grated parmesan cheese, fresh diced green onions, and a poached egg for extra flavor!
- Try recipes that use 5 or less ingredients or ingredients that you're already familiar with.
- Get to know your appliances and what you can do with them.
- Make it fun by playing music in the background or cooking with others! Cooking in good company can relieve some stress we may often feel in the kitchen.
- Uses your senses! While you cook, there will be lots of smells and sounds in symphony with one another. Being fully present while cooking can help you enjoy the process even more!

Getting fancy with it

- Try new recipes from your favorite chefs, look through different cookbooks for inspiration, or bookmark online recipes that look exciting.
- **Practice! Practice! Practice!** Mistakes will be made, and that is okay. Rather than being discouraged, try to learn from every mishap to become an even better chef.
- Don't be afraid to try things outside of your comfort zone. You won't know if you like something unless you try it!

Other helpful tips

- **Mise en place.** Read the recipe in its entirety *before* you start cooking to learn helpful tips & ingredient alternatives. Gather and prep ingredients before starting the cooking process.
- Avoid unwanted accidents by sharpening your knives! Dull knives can be dangerous to work with since more pressure is needed to cut the ingredients.

main meals

YAKHNI FASOLIA

(Palestinian Green Bean Stew)

PREP TIME: 25 MIN | COOK TIME: 40 MIN | SERVES: 3-4



INGREDIENTS

- 1 lb beef, pork, or other protein
- 1 tsp cinnamon
- 1 tsp allspice
- 1 tsp nutmeg
- 1 tsp salt, to taste
- 1 Tbsp oil
- 1 yellow onion, chopped
- 3½ cups green beans, ends trimmed & cut in half
- 1 ½ cups tomato juice
- 1 Tbsp tomato paste (*optional*)
- 2 cups water
- Additional seasonings, to taste

DIRECTIONS

1. Wash and prep all ingredients. Rinse meat under warm running water or with salt water to reduce the bacteria before cooking.
2. Rub cinnamon, allspice, nutmeg, and salt over rinsed meat.
3. Heat oil in a pressure cooker pot, add meat, and sauté for 2-5 minutes, until meat browns. Take meat out of pot and set aside.
4. Use remaining oil in pot to sauté onions until translucent. Then add green beans and cook for another 2 minutes.
5. Place meat back into pot and pour in tomato juice, tomato paste (if using), & 2 cups water. Mix everything well and add additional seasoning to meet your taste.
6. Cover pot and let stew cook. Once you hear a whistle or steam coming out of the pot, set an alarm for 30 minutes.
7. When alarm sounds, turn off stove and let pressure cooker cool down for ~10 minutes before unsealing the pressure valve to release all steam.
8. Safely remove lid and serve stew over rice.

GOCHUJANG TOFU RAMEN

PREP TIME: 5 MIN | COOK TIME: 10 MIN | SERVES: 2



INGREDIENTS

- 3 cups water
- 2 Tbsp gochujang
- 1 package instant ramen (with seasoning packet)
- 1/2 block extra firm tofu, drained and cut into 1/2-inch cubes
- 2 cups bok choy, spinach, or other leafy greens
- 2 green onions, thinly sliced

DIRECTIONS

1. In a small pot, whisk together water and gochujang. Slowly stir in noodle seasoning packet until desired flavor and saltiness achieved.
2. Add in tofu, cover the pot, and bring to a boil over high heat.
3. Once boiling, add noodles. Boil for 1-2 minutes, or until noodles begin to soften and separate.
4. Add in fresh greens and stir until slightly wilted.
5. Top with green onions before serving.



CHEF NOTES

- For a lower sodium option, discard seasoning packet and substitute water with vegetable broth.
- Substitute greens with other veggies, such as fresh kimchi, frozen edamame or corn, or nori (seaweed).
- Add a fried or soft-boiled egg for extra protein!

KOREAN BBQ CAULIFLOWER

PREP TIME: 15 MIN | COOK TIME: 15 MIN | SERVES: 4



INGREDIENTS

- 1/2 cup seltzer water or club soda
- 1/2 cup cornstarch
- 1/2 cup flour
- 1/2 tsp baking powder
- 2 Tbsp salt
- 3 Tbsp oil, add more as needed
- 1 head of cauliflower, stem removed and cut into small florets
- 1/3 cup sesame seeds (*optional*)
- 1/3 cup coconut flakes (*optional*)
- Sweet chili sauce, to taste (*optional*)

DIRECTIONS

1. Prep batter in a bowl by combining seltzer water/club soda, cornstarch, flour, baking powder, and salt. Add additional liquid if needed to thin out batter.
2. Heat oil in large pan (about 1 inch deep) over medium heat.
3. Fully dip and coat cauliflower in batter and carefully place in the pan. Fry until browned.
4. Transfer to a paper towel placed on top of a plate to blot excess oil from the cauliflower. Garnish with sesame seeds and coconut flakes if desired.
5. Brush with or dip in sweet chili sauce if desired. Serve over rice and enjoy!

SUMMER SQUASH TACOS

PREP TIME: 10 MIN | COOK TIME: 10 MIN
MAKES 12 TACOS



INGREDIENTS

- 1 Tbsp cooking oil
- 1 onion, diced
- 2 zucchinis, diced
- 3 stalks celery, diced
- 2 tsp garlic powder
- 1 tsp ginger powder
- Salt and pepper, to taste
- Additional seasonings of choice: cumin, paprika, lemon/lime zest, etc. (*optional*)
- 12 small corn tortillas

CHEF NOTES

- To make tacos more filling: add in cooked protein, such as canned beans, scrambled eggs, ground turkey, minced chicken, shrimp, or diced tofu.
- For added flavor: top with shredded cabbage, guacamole or avocado slices, sour cream, fresh lime juice, or chopped cilantro.



DIRECTIONS

1. Heat oil in a pan over medium heat.
2. Once oil is hot, add onion and sauté until soft and translucent.
3. Add in diced zucchini and celery. Sauté on high heat for 2-3 minutes, or until slightly softened.
4. Add in garlic powder, ginger powder, salt, pepper, and other seasonings of choice. Toss veggies to mix well.
5. Pan fry for another 2-3 minutes, or until small brown marks start to appear.
6. Transfer veggie mixture to another bowl. Warm tortillas on same pan using low heat. Assemble tacos and enjoy!

MUSHROOM TORTILLA SOUP

PREP TIME: 20 MIN | COOK TIME: 45 MIN | SERVES: 3



INGREDIENTS

- 2-3 cups mushrooms (any variety), washed and cleaned
 - 1 Tbsp oil
 - ½ medium onion, diced
 - ½ bunch green onions, finely chopped
 - 1/2 bunch cilantro, roughly chopped
 - 2 cloves garlic, crushed (or ½ tsp garlic powder)
 - ½ Tbsp paprika
 - 1/4 tsp cayenne pepper
 - ½ tsp dried oregano
 - ½ Tbsp ground cumin
 - Salt and pepper, to taste
 - 1 jalapeño, seeds and veins removed, diced (*optional*)
 - 2½ medium tomatoes, diced
 - 2 cups vegetable broth
 - 1 cup tomato juice
 - 2 Tbsp lime juice
- Optional toppings:*
- Tortilla chips
 - Sliced avocado
 - Crumbled queso fresco

DIRECTIONS

1. Prepare the mushrooms: set aside 1 cup diced mushrooms (for soup base), and cut the rest into bite-sized pieces.
2. Heat oil in a large soup pot and add diced mushrooms. Let them cook until liquid is released and reduced and browning occurs.
3. Add in onions, green onions, cilantro, garlic, paprika, cayenne pepper, dried oregano, ground cumin, salt, pepper, and jalapeños (if using). Mix well and cook on low heat for about 10 minutes, or until all ingredients have softened.
4. Add in diced tomatoes and cook for another 10 minutes.
5. Add vegetable broth, tomato juice, and lime juice and bring to a boil.
6. Once boiling, add in rest of mushrooms and cook over low heat for 10-15 minutes, or until mushroom size is reduced.
7. Turn off heat, serve soup in a bowl, garnish with optional toppings if desired, and enjoy!





CHORIZO AND POTATO TACOS

PREP TIME: 20 MIN | COOK TIME: 15 MIN
MAKES 8 TACOS



DIRECTIONS

1. Place peeled potatoes in a pot of boiling water and cook for 13 minutes or until fork-tender.* Carefully drain water and set aside potatoes.
2. Heat oil in a pan over medium-high heat.
3. Once oil is hot, crumble in chorizo and cook for about 8 minutes, occasionally stirring.
4. Add in potatoes and gently smash them in the pan.
5. Add in garlic powder, oregano, salt and pepper. Mix together until well-combined.
6. Cook for another 8 minutes, or until meat and potato mixture browns.
7. Transfer veggie mixture to another bowl. Warm tortillas on same pan using low heat. Assemble tacos, add optional toppings, and enjoy!

INGREDIENTS

- 2 medium potatoes, rinsed and peeled
- 2 Tbsp cooking oil
- 1 1/4 cup chorizo
- 2 tsp garlic powder
- 1/2 tsp oregano
- Salt and pepper, to taste
- 8 corn tortillas
- *Optional toppings:* shredded cheese, sour cream, chopped lettuce

CHEF NOTES

*To cook potatoes using a microwave, place potatoes in a microwave-safe bowl, add 1/2 cup water, and season with salt. Cover and microwave for 5 minutes, or until fork-tender.



MAFE

(Sweet Potato Peanut Stew)

PREP TIME: 10 MIN

COOK TIME: 30 MIN

SERVES: 4



INGREDIENTS

- 2 tsp cooking oil
- 1 medium onion, diced
- 2 cloves garlic, minced (or 1/2 Tbsp garlic powder)
- 1 large sweet potato, peeled and chopped into 1-inch cubes
- 1 (15-oz) can diced tomatoes
- 2 cups vegetable broth
- 1 Tbsp curry powder
- 1/4 cup peanut butter or sunflower seed butter
- 4 cups chopped collard greens or kale
- 1 tsp dried thyme or oregano
- Salt, to taste

DIRECTIONS

1. Heat oil in a large pot over medium heat. Sauté onion until translucent, about 3 minutes.
2. Add garlic and cook for 30-60 seconds, stirring frequently.
3. Add in sweet potato and cook for 3-4 minutes, stirring occasionally.
4. Add in diced tomatoes, broth, and curry powder. Stir and bring to a boil. Once boiling, reduce heat, cover, and simmer for 10 minutes.
5. Stir in peanut butter, leafy greens, and dried thyme or oregano. Cover and cook for another 3-5 minutes, or until sweet potatoes are fork-tender.
6. Add salt to taste. Serve over rice, if desired, and enjoy!
7. Cool and refrigerate any leftovers within 2 hours. Consume within 5 days.

GINATAANG KALABASA SITAW (Filipino Vegetable Stew)

PREP TIME: 10 MIN | COOK TIME: 20 MIN | SERVES: 2-3



INGREDIENTS

- 1 Tbsp canola oil
- 1 onion, peeled and chopped
- 3 cloves garlic, peeled and minced
- 1 Tbsp fish sauce
- 2 cups coconut milk
- 2 finger chili peppers
- 2 cups *kalabasa* (kabocha squash), pared, seeded, and cut into 2-inch chunks
- 2 cups *sitaw* (long beans), ends trimmed and cut into 3-inch pieces
- 2-3 cups large shrimp, tendrils trimmed
- Salt, to taste



DIRECTIONS

1. Properly wash all meat and produce before using.
2. In a medium-sized pan, heat oil over medium heat,
3. Once hot, add onions and garlic and cook until softened, about 2 minutes.
4. Add in fish sauce and continue to cook, stirring occasionally, for about 1 minute.
5. Add in coconut milk and chili peppers. Bring stew to a simmer. Lower heat and cook for about 3 to 5 minutes, or until liquid is slightly reduced.
6. Add in *kalabasa* (squash) and cook for about 3 to 5 minutes, or until tender.
7. Add in *sitaw* (long beans) and cook for 3-5 minutes, or until vegetables are tender.
8. Add in shrimp and cook for about 4-5 minutes, or until color changes from grey to pink.
9. Season with salt to taste, serve hot, and enjoy!

PANCIT

PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVES: 3



INGREDIENTS

- 8 oz dry pancit or vermicelli noodles
- 2 Tbsp oil
- 1/4 onion, minced
- 2 cloves garlic, minced (or 1/4 tsp garlic powder)
- 1 cup mixed fresh or frozen veggies (like cabbage or carrots), shredded
- 1.5 cups broth (pork, chicken or vegetable)
- 1 tsp soy sauce

CHEF NOTES

- Add in bite-sized pieces of cooked pork, chicken, or tofu to make it extra filling!
- Serve with calamansi juice or a squeeze of lemon.

DIRECTIONS

1. Cook noodles according to package instructions. If using vermicelli noodles, soak them in water for about 5 minutes (or until soft) and set aside..
2. Meanwhile, heat oil in a pan over medium heat. Add onion, garlic, and mixed veggies and pan fry for 5-10 minutes, or until cooked to desired tenderness. Set aside.
3. In a separate pot, combine broth and soy sauce and bring to a simmer. Once simmering, add in noodles and cook on low-to-medium heat until all broth is absorbed by noodles, about 10-15 minutes.
4. Add in cooked vegetables, mixing until well combined. Serve and enjoy!
5. Refrigerate any leftovers and enjoy within 4 days.

BUILD YOUR OWN GRAIN BOWL

PREP TIME: 20-30 MIN | SERVES: 2

Grain bowls are an easy way to mix together various ingredients and create a satiating meal. Besides being delicious, these bowls can also be endlessly customizable through varying the toppings, proteins, and dressings used.

INGREDIENTS

- **Grain or Starchy Vegetables (1 cup):** rice, farro, quinoa, barley, millet, couscous, corn, sweet potatoes, peas, etc.
- **Protein (3-4oz animal or 1 cup plant-based):** tempeh, chicken, tofu, beans, beef, eggs, lentils, edamame, tuna, shrimp, etc.
- **Vegetables (2 cups):**
 - *cooked* - broccoli, mushrooms, squash, cauliflower, beets, etc.
 - *raw* - dark leafy greens (like spinach or kale), cabbage, carrots, cucumber, onion, radish, cherry tomatoes, etc.
- **Dressing (2-3 Tbsp) :** ranch, ginger miso, balsamic, Caesar, olive oil & vinegar, sesame, etc.
- **Additional toppings (1-2 items - amount varies):** avocado, kimchi, sauerkraut, cheese, plant-based cheese, nuts or seeds, tortilla chips, fruit etc.

DIRECTIONS

1. When building your grain bowl think about what flavors you enjoy and what will make it feel filling for you.
2. Think of using contrasting flavors, textures, and colors, such as “rainbow” theme (i.e., different color vegetables) or sweet and salty.

Remember: there is no wrong way to make this recipe. The following recipe is a personal favorite, and one example of how you can build your grain bowl.



TOFU EDAMAME BOWL



PREP TIME: 15 MIN | COOK TIME: 30 MIN | SERVES: 4

INGREDIENTS

Bowl Base

- 2 cups rice or other grain
- 2 cups cabbage, roughly chopped
- 3 medium carrots, grated
- 2 cups edamame, shelled & cooked

Baked or Pan-Fried Tofu

- 1 block firm tofu, drained & cubed
- 2 Tbsp soy sauce
- Black pepper, to taste
- 2 tsp garlic powder

Almond Satay Sauce

- 3 Tbsp almond butter (or other nut butter)
- 2 Tbsp sweet chili sauce
- 3 Tbsp soy sauce
- 1 tsp apple cider vinegar
- 1/4 cup light coconut milk



DIRECTIONS

1. Cook rice according to package instructions. Prep all other ingredients.
2. Place tofu in a medium-sized bowl. Toss in soy sauce, pepper, and garlic powder.
3. Cook tofu in oven or pan.
 - a. *For oven:* place coated tofu on a baking sheet and bake at 400°F for 15 minutes (or until browned).
 - b. *For pan:* heat oil on medium-high heat and cook tofu for 10-15 minutes until brown and crispy.
4. In a separate jar, combine sauce ingredients. Cover and shake vigorously until smooth and creamy.
5. Assemble your bowl: rice, veggies, tofu, sauce. Mix and enjoy!

CHEF NOTES

If meal prepping the ingredients or recipe, store in the refrigerator and consume within 5 days.

SHAKSHUKA (STOVETOP)

PREP TIME: 5 MIN | COOK TIME: 20-25 MIN | SERVES: 1



INGREDIENTS

- 1 Tbsp oil
- 1/2 small onion, diced (or 1 tsp onion powder)
- 2 eggs
- 1 can diced tomatoes
- 2 cloves garlic, minced (or 1/4 tsp garlic powder)
- 1 tsp curry powder
- Salt and pepper, to taste

CHEF NOTES

Try alternative spices, such as paprika, cumin, chili powder or crushed red pepper. Add in veggies, like chopped bell pepper or frozen spinach, for extra color and fiber!

DIRECTIONS

1. In a pan, heat oil over medium heat.
2. Add onions and cook until fragrant and translucent (about 5 minutes), stirring often. If using onion powder instead, add in after cracking eggs (see step 5).
3. Add diced tomatoes, garlic, curry powder, salt, and pepper. Stir well.
4. Bring mixture to a low boil, then reduce heat to low and simmer, stirring occasionally, until sauce thickens (about 5 minutes).
5. Gently crack eggs into the pan, one on each side. Add in onion powder (if using).
6. Cover and simmer on low heat for 8-12 minutes, or until egg whites are firm.
7. Remove pan from heat. Serve shakshuka with crusty bread or shredded cheese. Refrigerate leftovers for up to 2 days.

SHAKSHUKA (MICROWAVE)

PREP TIME: 5 MIN | COOK TIME: 3 MIN | SERVES: 1



INGREDIENTS

- 1/2 cup tomato or pasta sauce
- 1 tsp oil
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp curry powder
- 1 egg
- Salt and pepper, to taste

CHEF NOTES

Try alternative spices, such as paprika, cumin, chili powder or crushed red pepper. Add in veggies, like chopped bell pepper or frozen spinach, for extra color and fiber!

DIRECTIONS

1. Whisk together tomato sauce, oil, onion powder, garlic powder, and curry powder in a microwave-safe mug or dish.
2. Crack egg on top of the sauce.
3. Microwave for 1 minute. Check to see if the egg is done: whites should be fully cooked and yolk should be slightly set.
4. Continue cooking in 30-second increments until egg is cooked to desired texture.
5. Safely remove from the microwave and allow to cool for 1 minute.
6. Add salt and pepper to taste, and enjoy!

BLT & AVOCADO SANDWICH

PREP TIME: 10 MIN | COOK TIME: 25 MIN | SERVES: 2



INGREDIENTS

- 1 Tbsp oil
- 4 slices bacon, halved
- 4 slices bread
- 1 ripe avocado, peeled with seed removed
- 2 Tbsp chopped basil (*optional*)
- 1 Tbsp mayonnaise
- 2 cloves garlic, minced (or 1/4 tsp garlic powder)
- Salt and pepper, to taste
- 1/2 medium tomato, sliced
- 2 large leaves lettuce
- 1/2 cup alfalfa sprouts



DIRECTIONS

1. Heat oil in a pan over medium heat.
2. Cook bacon until crispy, about 8 to 10 minutes. Once cooked, transfer to a paper towel-lined plate.
3. Meanwhile, toast bread in a toaster.
4. In a medium bowl, mash avocado. Stir in basil, mayonnaise, garlic/garlic powder, salt, and pepper.
5. Spread 2 Tbsp avocado mixture on each slice of toasted bread. Top with bacon, tomato, lettuce, and sprouts.
6. Cut in half and enjoy!

TOMATO & AVOCADO CHEESE SANDWICH

PREP TIME: 15 MIN | COOK TIME: 5 MIN | SERVES: 1



INGREDIENTS

- 2 slices bread
- 1/2 avocado, mashed
- 3 slices tomato
- 1 slice cheese
- 1 cup mixed greens or spinach
- 1 ripe pear, sliced
- Drizzle of balsamic vinegar
(optional)

DIRECTIONS

1. Lightly toast bread.
2. Spread avocado on one slice. Top other slice with tomatoes and cheese.
3. In a toaster oven or pan, further toast both pieces of bread until cheese melts (about 4-6 minutes).
4. Remove bread from oven or pan and add greens, pear, and balsamic vinegar on top of slice with tomatoes & cheese.
5. Add slice with avocado spread on top, cut sandwich in half, and enjoy!

CHEF NOTES

Add another protein (like grilled tofu, tuna, or turkey) to make it extra filling!

YAKI UDON



PREP TIME: 5 MIN | COOK TIME: 10 MIN | SERVES: 1



INGREDIENTS

- 1 package udon or ramen noodles, seasoning packet removed
- 1 Tbsp oil
- 1/4 onion, sliced
- 2 mushrooms, sliced (*optional*)
- 1 cup fresh or frozen veggies of choice (cabbage, carrots, etc.)
- 2 scallions, chopped into 1-inch pieces
- 2 Tbsp mentsuyu*
- 1 Tbsp mirin or sugar
- Salt and pepper, to taste

DIRECTIONS

1. Prepare noodles according to package instructions. Strain noodles and set aside.
2. Heat oil in a pan over medium-high heat.
3. Add onions and cook for 1 minute, stirring occasionally. Add mushrooms and cook for another 30 seconds.
4. Add vegetables and scallions and cook until softened, about 1-2 minutes, stirring occasionally.
5. Add in noodles, mentsuyu, mirin, salt, and pepper. Stir and cook for another 30 seconds or until noodles are loosened and fully cooked.
6. Serve and enjoy!

CHEF NOTES

*Mentsuyu can be substituted with 1 Tbsp soy sauce, 1 Tbsp sake, and 1 tsp kombu dashi granules mixed together.

Top noodles with tofu, egg, or seaweed for extra flavor.

KIMCHI FRIED RICE

PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVES: 2



INGREDIENTS

- 2 cups jasmine or sticky rice
- 3 Tbsp sesame oil
- 2 Tbsp ginger, grated
- 1/3 cup green onion, sliced
- 6 cloves garlic, minced
- 1/2 cup chopped kimchi
- 3 Tbsp soy sauce
- 3 Tbsp gochujang paste (*optional*)
- 3 Tbsp sweet chili sauce (*optional*)

DIRECTIONS

1. Cook rice according to package instructions.
2. Heat 2 Tbsp sesame oil in a large pan over medium-high heat. Add ginger, green onion, and garlic. Cook until fragrant (about 30 seconds).
3. Add kimchi and cook for another 3-5 minutes. Add in rice, 1 Tbsp sesame oil, soy sauce, gochujang paste, and sweet chili sauce. Mix well and cook for another 2 minutes.
4. Remove from heat and serve in a bowl. Enjoy!

CHEF NOTES

Top with a sunny side up egg, pan-fried tofu, or roasted seaweed for extra flavor!

KIMBAP

PREP TIME: 15 MIN

COOK TIME: 30 MIN

MAKES 8 ROLLS



INGREDIENTS

- 8 sheets nori (dried seaweed)
- 3 cups cooked sushi rice
- 1 (12-oz) can spam*, sliced into strips and sautéed
- 1 carrot, cut into matchsticks
- 1 cucumber, cut into matchsticks
- 2 eggs, lightly beaten, fried, and cut into strips
- 4 cups baby spinach, sautéed
- 8 strips yellow pickled radish

CHEF NOTES

*Spam can be substituted with canned tuna mixed with mayo.

Refrigerate leftovers and enjoy within 3 days.



DIRECTIONS

1. Place one sheet nori on a clean surface. Wet hands, then grab about 1/3 to 1/2 cup of rice and spread evenly over nori, leaving a 1-inch strip uncovered on one end.
2. Horizontally layer strips of spam, carrots, cucumber, egg, spinach, and pickled radish across nori over the rice.
3. Roll up nori and moisten the end with a small amount of water to seal.
4. Repeat steps 1-3 with remaining ingredients.
5. Slice rolls into 6 pieces and enjoy!

BUILD YOUR OWN NUTRITIOUS AND DELICIOUS SALAD ⚡

PREP TIME: 5-10 MIN | SERVES: 2

Salads can be a great way to build a versatile, customized, and nutritious meal using a variety of vegetables, fruits, proteins, and flavors. However, preparing a balanced, delicious, and filling salad from scratch can be often be time-consuming and expensive. Using pre-made salad kits from Trader Joe's as a base can make eating a colorful variety of foods easier and help save time & money!

INGREDIENTS

- **TJ's salad kit:** Avocado Ranch, Vegan Ranch Crunch, Veggies & Greens, Southwestern Chopped, Sesame Crunch, Elote Chopped Salad, etc.
- **Protein (4-6oz animal or 8-12oz plant-based):** grilled chicken, beans, chickpeas, tofu, shelled edamame, steak, tempeh, canned tuna, salmon, sardines
- **Toppings (pick 1-2):**
 - **Fat (2 Tbsp):** avocado, dressings (such as sesame ginger, ranch, green goddess, balsamic vinaigrette, etc.)
 - **Nuts & Seeds (2 Tbsp):** walnuts, almonds, cashews, peanuts, pecans, sunflower seeds, hemp seeds, pumpkin seeds/pepitas
 - **Fruit (1/2 cup):** strawberries, apples, mandarins, blueberries, pears



DIRECTIONS

1. Empty the salad kit into a large bowl.
2. Add in protein and desired toppings.
3. Mix well, split into 2 portions, and enjoy!

The more colors, the better!

MIGAS



PREP TIME: 10 MIN | COOK TIME: 15 MIN | SERVES: 2

INGREDIENTS

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



DIRECTIONS

1. Crack eggs into a medium bowl, season with salt and pepper, and whisk to combine.
2. Heat oil in a large skillet over medium heat. Add onion and jalapeño and cook until softened (about 5 minutes).
3. Stir in garlic and cook for 1 minute.
4. Reduce heat to low and add in eggs or tufu. Cook until nearly set, stirring constantly (about 1 minute).
5. Add in cheese and chips and cook for another 30 seconds, or until the eggs are cooked and the cheese has melted.
6. Garnish with cilantro and serve immediately.

SPAM MUSUBI

PREP TIME: 5 MIN | COOK TIME: 30 MIN | MAKES 8 PIECES



INGREDIENTS

- 2 cups short-grain rice, cooked
- 1 can spam
- 1 tsp sesame oil
- 3 cloves garlic, minced (~1 Tbsp)
- 1 Tbsp soy sauce
- 1 Tbsp brown sugar
- 1 Tbsp oyster sauce (can substitute with fish, hoisin, or teriyaki sauce)
- 4 sheets nori (dried seaweed)



DIRECTIONS

1. Cook rice according to package instructions. Fluff rice with a fork and keep warm.
2. Remove spam from container and cut into 8 even slices, about 1/4-inch thick.
3. In a medium-sized pan, heat sesame oil and garlic over medium heat for about 30 seconds, or until fragrant.
4. Add in soy sauce, brown sugar, and oyster sauce. Mix until well combined.
5. Add in spam and cook for about 1 minute, then turn over spam to coat all sides with sauce. Continue to cook spam for another 10 minutes, flipping occasionally to prevent burning. Remove from heat and set aside to cool.
6. Cut nori sheets to desired thickness. Clean and dry spam can. Cut an 8x12 inch piece of cling-wrap and line inside of the can with the corners outside.
7. Scoop 3 Tbsp cooked rice into the can and evenly spread rice using a spoon. Add 1 slice spam.
8. Collect corners of cling wrap and gently lift spam stack out of the can. Lay 1 sheet nori vertically on the spam stack and wrap it by cupping the sides.
9. Remove cling wrap and serve immediately.

SPICY SALMON ONIGIRI

PREP TIME: 15 MIN | COOK TIME: 20 MIN | MAKES 8 PIECES



DIRECTIONS

1. Cook rice according to package instructions. Let rice cool while preparing the filling.
2. In a bowl, combine salmon or tuna, kewpie mayonnaise, and sriracha. Taste and season with salt as desired.
3. Wet hands. Take about 1/3 cup rice and mold into a ball or triangle. Flatten the ball slightly. With your thumb, make an indent in the center and fill with 1 Tbsp of salmon/tuna mixture.
4. Cut a strip of seaweed that is slightly wider than the widest part of the rice ball and twice as long. Place rice ball on top of nori. Fold nori over the bottom of the rice ball to cover. Enjoy!

INGREDIENTS

- 3 cups freshly cooked rice
- 1/2 cup canned salmon or tuna
- 1 Tbsp kewpie mayonnaise
- 1 Tbsp sriracha chili sauce
- Salt, to taste
- 4 sheets nori (dried seaweed)

CHEF NOTES

- If you don't have kewpie mayonnaise, you can make your own by combining regular mayonnaise with a bit of rice vinegar and sugar.
- Wrap leftovers in parchment paper and store in a container in the fridge. Enjoy within 24 hours.

CHICKPEA TUNA

PREP TIME: 10 MIN | COOK TIME: 3 MIN | SERVES: 2



INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 3 Tbsp mayo
- 1/2 Tbsp dijon mustard
- Salt and pepper, to taste
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 lime, juiced
- 1/2 cucumber, peeled and diced
- 1 can corn, drained and rinsed



DIRECTIONS

1. Mash chickpeas in a bowl using a fork until smooth with some chunks.
2. Add in vegan mayo, dijon mustard, salt, pepper, paprika, garlic powder, and lime juice. Mix until well combined.
3. Add in cucumber and corn. Mix until well combined.
4. Serve and enjoy!

CHEF NOTES

Serve on a tostada or slice of toast, make a sandwich, or use as a filling for celery sticks or bell peppers.

HONG KONG MACARONI SOUP

PREP TIME: 5 MIN | COOK TIME: 10 MIN | SERVES: 2



INGREDIENTS

- 3/4 cup dry macaroni
- 1/2 Tbsp oil
- 2 eggs
- 2 slices spam
- 2 cups chicken or vegetable stock
- 3/4 cup frozen mixed vegetables
- 1 tsp soy sauce (add more as needed)
- Salt and pepper, to taste

CHEF NOTES

- *Optional garnishes:* sliced green onion, drizzle of sesame oil
- Store leftovers in the refrigerator and enjoy within 3-4 days.
- To reheat leftovers, microwave or heat in a saucepan. Add additional broth if soup is too thick after reheating.

DIRECTIONS

1. Cook macaroni according to package directions until al dente texture. Drain water and set aside.
2. Heat oil in a frying pan over medium heat.
3. Fry eggs to your liking, then transfer to a plate.
4. Add spam to the same pan and fry until browned. Transfer to a cutting board and cut into bite-sized cubes.
5. In a medium pot, bring broth to a boil.
6. Stir in frozen vegetables, spam, and macaroni and reduce heat to a simmer.
7. Add soy sauce, salt, and pepper; taste and adjust seasonings as needed.
8. Serve immediately and enjoy!

MARKET VEGETABLE COLD PASTA

PREP TIME: 10 MIN | COOK TIME: 10 MIN | SERVES: 2



INGREDIENTS

- 8 oz dry pasta (any type)
- 3 vegetables of choice (such as zucchini, red bell pepper, and arugula)
- 3 Tbsp oil
- 3 cloves garlic, minced
- Salt & pepper, to taste
- 1/2 lemon, juiced
- *(Optional)* Fresh herbs (such as basil, mint, or parsley)

DIRECTIONS

1. Cook pasta according to package instructions.
2. Properly wash all produce, then chop vegetables into medium-sized cubes.
3. Heat 1 Tbsp oil in a large skillet over medium heat. Add garlic and stir until fragrant.
4. Add chopped vegetables, salt, and pepper. Stir occasionally for 3-6 minutes, or until desired tenderness is reached. Remove from heat.
5. In a large bowl, mix together cooked vegetables, pasta, lemon juice, remaining 2 Tbsp oil, and optional herbs.
6. Taste and add additional salt and pepper if needed. Enjoy at room temperature.

CHEF NOTES

- To create a more filling meal, add protein (such as beans, meat, or tofu) and fats (such as feta cheese or avocado).
- Store leftovers in the refrigerator no more than 2 days for optimal freshness.

오이 무침 - OI MUCHIM

(Korean Cucumber Salad)

PREP TIME: 4 MIN | COOK TIME: 1 MIN | SERVES: 2



INGREDIENTS

- 1 Tbsp gochugaru (Korean red chili flakes)
- 1 tsp white or rice vinegar
- 1 tsp white sugar
- 2 cloves garlic, minced
- 1/2 tsp sesame seeds
- 1 cucumber*, thinly sliced
- 2 green onions, thinly sliced

DIRECTIONS

1. In a small bowl, mix 1/2 Tbsp gochugaru, vinegar, sugar, garlic, and sesame seeds to create the sauce. Taste and slowly add additional gochugaru until desired spice level is reached.
2. In a medium bowl, combine cucumber and green onions. Add prepared sauce and stir mixture until evenly coated.
3. Serve immediately for more crunch or let it rest 30 minutes before serving for the flavors to fully absorb.
4. Refrigerate any leftovers and enjoy within 2 days for best flavor and texture.

CHEF NOTES

*You can use Japanese, English, Persian, or pickling cucumbers for this recipe.

Gochujang (Korean red chili paste) can be substituted for gochugaru.

TORTANG TALONG (Filipino Eggplant Omelet)

PREP TIME: 15 MIN | COOK TIME: 25 MIN | SERVES: 1



INGREDIENTS

- 1 large eggplant, washed
- 2 eggs
- Salt and pepper, to taste
- 1 Tbsp oil

DIRECTIONS



1. If using an oven, place eggplant on baking sheet and broil for 15 minutes, flipping halfway, until soft and blackened. If using a stove top, roast eggplant directly over flame until skin turns black, rotating often for even cooking on all sides.
2. Allow eggplant to cool, then peel skin off using fingers. Place eggplant on a plate and flatten using a fork. Set aside.
3. In a shallow bowl or container, beat eggs and add salt and pepper to taste. Continue beating until well combined.
4. Heat oil in a pan until hot. Dip flattened eggplant into egg mixture, then carefully place in pan and fry for ~4-5 minutes, until golden brown and crispy.
5. Pour remaining egg mixture on top of eggplant. Flip and fry other side until golden brown and crispy.
6. Remove from pan, place onto a wide plate for serving, and enjoy!

CHEF NOTES

To create an extra filling meal, serve with rice! Drizzle with ketchup, if desired.

SWEET POTATO FAJITAS

PREP TIME: 10 MIN | COOK TIME: 25 MIN | SERVES: 2



INGREDIENTS

- 1 large sweet potato
- 2 Tbsp oil
- 1 medium onion, sliced
- 2 medium carrots, cut into matchsticks
- 2 bell peppers, sliced
- 1 tsp salt
- 1/2 tsp cumin
- 1/2 tsp paprika
- 6 tortillas

CHEF NOTES

- If microwaving potato, pierce a few times with a fork first.
- To make it more filling, add a protein: canned beans, chicken, steak, etc.
- Garnish with pico de gallo, guacamole, sour cream, or cilantro for extra flavor!
- Refrigerate any leftovers and enjoy within 4 days.



DIRECTIONS

1. Boil sweet potato in water on stovetop for 7-12 minutes or microwave for 4-6 minutes, until tender and easily pierced with a fork. Once cooled, slice potato into matchsticks.
2. Heat oil in a skillet on medium-high. Add onion, carrots, and bell peppers and stir. Stir in salt, cumin, and paprika. Cook for 10 minutes, or until tender. Remove from heat and transfer to another bowl.
3. Wipe down skillet and warm tortillas on medium-high heat, about 2 minutes on each side.
4. Transfer tortillas to a plate, add vegetables on top, and enjoy!

10 tips for using knives safely

1

Concentrate on the task at hand while using a knife.

2

Use a cutting board - plastic is best, as wood is more likely to retain bacteria.

3

Sharp knives are safest. Dull blades can slip easily, causing accidents.

4

Use proper form: hold the knife with your dominant hand (thumb on the inside of the handle and 3-finger grip under the handle). When chopping, always keep your fingers on top of the blade or in a claw-like grip.

5

Clean knife between uses. Clean knives are safer to use and help prevent cross-contamination and foodborne illness.

6

Cut downward and away from your body.

7

Do not use knife for other tasks (like opening cans, cutting boxes, etc.)

8

Clean and put away knife immediately after use. Avoid leaving knives in a sink of soapy water where they can't be seen easily.

9

Place a damp cloth under cutting board to prevent sliding while cutting.

10

Do not attempt to catch a falling knife!



kitchen and food hacks



Do you ever wish you could cut down the time when cooking? There are many kitchen and food hacks that can help make cooking simple and quick! Check out the 7 hacks below to help you save time in the kitchen:

Freeze items for easy use

Prep and freeze fruits or vegetables before they spoil so you can easily add them to dishes when needed.

EXAMPLE: freeze spinach and add into smoothies for an extra thick and cold texture, or into pasta or scrambled eggs for a pop of color!

Freeze leftover sauces, lemon or lime juice, and minced garlic or ginger in an ice cube tray for easy future use.

Utilize baking sheet pans

Use sheet pans to roast large batches of vegetables or cook multiple pieces of protein at one time.



Date and label containers

Date and label any containers, jars, or bags before refrigerating or freezing. This will help you identify homemade sauces and ingredients and help keep track of which items to use first.

Use frozen or canned foods

Add frozen veggies to soup, stews, or smoothies, or enjoy as sides.

Use a brown bag to ripen fruit

This helps speed up the ripening process and is a great tip for ripening avocados quickly!

Pickle produce

Try pickling onions, radishes, carrots, or even watermelon rinds to extend shelf life and add flavor.

fresh ● canned ● frozen



FRESH

- When buying fresh foods, it is best to choose fruits and vegetables in season, as they tend to be lower in price and more flavorful.
- Visit your neighborhood farmers market to shop local and see what's in season.
- Non-organic products can be just as nutritious as organic ones, and typically more affordable.

CANNED



- Store brands tend to be lower in price compared to popular brands, and both items tend to be very similar in quality.
- Do not purchase cans that are dented, leaking, cracked, or have bulging lids.
- Canned foods are often inexpensive, nutritious, and shelf-stable.



FROZEN

- Frozen vegetables and fruits are convenient, long-lasting, and just as nutritious and delicious as their fresh counterparts. Did you know that frozen produce is packed at peak ripeness? This allows us to enjoy seasonal produce year-round!
- When buying frozen food items, check the ingredients list to make sure there are minimal amounts of flavor additives, such as gums, fillers, or preservatives.

snack time!

NO-BAKE GRANOLA BARS

PREP TIME: 10 MIN | FRIDGE TIME: 2 HRS | MAKES 12 BARS



DIRECTIONS

1. Line an 8x8-inch pan with parchment paper or grease lightly with oil or cooking spray.
2. Pour nut/seed butter and honey into a large microwave-safe bowl. Microwave for 15 seconds, stirring to combine. Microwave for an additional 15 seconds if needed for better mixing.
3. Stir in vanilla extract (if using). Add in rolled oats and mix-ins; stir well to coat.
4. Press mixture into prepared pan and place in the refrigerator for at least 2 hours, or until firm.
5. Cut bar in half horizontally, then cut each half into 6 vertical strips. Store in the refrigerator and enjoy!

INGREDIENTS

- Oil or non-stick cooking spray (*optional*)
- 2 1/4 cups rolled oats
- 3/4 cup nut or seed butter (such as peanut, almond, or sunflower)
- 1/2 cup honey or other sweetener
- 1 tsp vanilla extract (*optional*)
- 1/2 cup mix-ins (try dried cranberries, chopped nuts, mini chocolate chips, sunflower seeds, or chia seeds)

SRIRACHA NORI POPCORN

PREP TIME: 3 MIN | COOK TIME: 10 MIN | SERVES: 2



INGREDIENTS

- 1/2 cup popcorn kernels (or 1 bag microwave popcorn)
- 2 Tbsp oil (such as olive, canola, or vegetable)
- 1-2 Tbsp sriracha, to taste
- 2-3 sheets nori (dried seaweed), crumbled
- Pinch of salt



DIRECTIONS

1. *To cook popcorn using a stove:*
 - a. In a large pot, heat oil over medium heat. Add a few popcorn kernels and cover pot with a lid. Once popcorn kernels pop, add in remaining kernels and cover pot with a lid.
 - b. Cook kernels until popping slows down to ~3 seconds between pops. Be sure to gently shake pot every 15 seconds to prevent kernels from burning.
 - c. Remove pot from heat and remove the lid.
2. *To cook popcorn using a microwave:* follow preparation instructions on packaging. DO NOT USE POPCORN SETTING. Stop cooking when popping slows down to ~3 seconds between pops.
3. Drizzle sriracha, nori, and salt on top of popcorn and gently toss to coat.
4. Pour into a bowl and enjoy! Store leftovers in a tightly sealed bag for 1-2 days.

HOMEMADE GRANOLA

PREP TIME: 5 MIN | COOK TIME: 20-25 MIN | SERVES: 4



INGREDIENTS

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

CHEF NOTES

Enjoy this delicious granola with yogurt, chia pudding, oatmeal, ice cream, or milk!

DIRECTIONS

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or lightly grease with oil or non-stick cooking spray.
2. In a medium bowl, whisk together honey/maple syrup, oil, and cinnamon.
3. Stir in oats, nuts/seeds, dried fruit, and chocolate chips (if using) until fully coated.
4. Spread mixture evenly on a baking sheet and bake for 10 minutes.
5. Carefully remove from oven and stir with a spatula. Return to oven and cook for another 10-15 minutes, or until light or golden brown.
6. Remove from oven and let cool.
7. Store in an air-tight container for up to 7 days at room temperature or up to 1 month in the refrigerator.

ESQUITES

PREP TIME: 5 MIN | COOK TIME: 10 MIN | SERVES: 3



INGREDIENTS

- 2 Tbsp vegetable oil
- 3 cups canned corn, drained and rinsed (or thawed from frozen)
- Salt, to taste
- 2 Tbsp mayonnaise
- 2 oz cotija cheese, crumbled
- 1/4 medium red onion, diced
- 1/2 lime, juiced
- Chili powder, to taste
- 1/2 bunch fresh cilantro, finely chopped



DIRECTIONS

1. Heat oil in a large, non-stick skillet over medium-high heat.
2. Add corn and salt. Allow corn to char slightly on one side, about 1-2 minutes.
3. Toss and repeat until corn is slightly charred all over, about 7-10 minutes.
4. Transfer corn to a large bowl and add in mayonnaise, cheese, onion, lime juice, and chili powder.
5. Toss to combine. Taste and adjust seasoning as needed. Garnish with cilantro and serve immediately.

CHEF NOTES

- Add sour cream for a creamier texture or hot sauce for a spicy kick!
- Store leftovers in the fridge and enjoy within 3 days.

PAN-FRIED PLANTAINS

PREP TIME: 5 MIN | COOK TIME: 10 MIN | SERVES: 2



INGREDIENTS

- 1 ripe plantain (soft and yellow with black spots)
- 2 Tbsp oil (vegetable, canola, or coconut)
- Salt, to taste
- Ground cinnamon, to taste

CHEF NOTES

Plantains are a versatile dish! They can be eaten plain as a snack, served with sweetened condensed milk as a dessert, or as a side with beans, rice, sour cream, and cheese!

DIRECTIONS

1. Using a sharp knife, cut both ends off the plantain. Carefully cut a slit down the long seam of the plantain and peel off skin. Slice plantain diagonally in 1-inch thick pieces.
2. Heat oil in a large skillet over medium-high heat.
3. Carefully add plantains to pan in a single layer and cook, turning every 2-3 minutes, until soft and deep golden brown in color.
4. Carefully remove plantains and transfer them to a plate with a paper towel to absorb excess oil.
5. Season with salt and cinnamon, and serve immediately.

JUMEOKBAP (Korean Rice Balls)

PREP TIME: 10 MIN | COOK TIME: 5 MIN | MAKES 9 BALLS



DIRECTIONS

1. Cook rice according to package instructions.
2. Meanwhile, cut or tear nori sheets into small pieces.
3. In a medium bowl, mix together cooked rice, shredded nori, soy sauce, and sesame oil until well combined. Allow to cool.
4. Wash and dry your hands.
5. Add a few drops of sesame oil to your hands to prevent sticking. Grab about 2 Tbsp of rice mixture at a time and squeeze lightly until rice sticks together before rolling into a ball. Repeat process with remaining rice mixture (to create about 9 balls).
6. Garnish with sesame seeds (if desired) and enjoy!

INGREDIENTS

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

CHEF NOTES

Refrigerate in an air-tight container and enjoy within 1 week.

NO-BAKE ENERGY BITES

PREP TIME: 5 MIN | FRIDGE TIME: 15-20 MIN | MAKES 6 BITES



INGREDIENTS

- 1/3 cup nut or seed butter (such as peanut, almond, or sunflower)
- 1/2 cup rolled oats
- 1 Tbsp honey or maple syrup
- 1/3 cup mix-ins (such as chocolate chips, raisins, sunflower seeds, chopped nuts, chia seeds, or flax seeds)



DIRECTIONS

1. Combine all ingredients into a medium bowl and mix until well combined.
2. Chill mixture in the refrigerator for 15-20 minutes.
3. Use a spoon or tablespoon to scoop mixture and roll into 6 evenly-sized balls using your hands.
4. Enjoy immediately or store in the refrigerator for up to 1 week.

MAYAK KIMBAP



PREP TIME: 20 MIN | COOK TIME: 35 MIN | MAKES 12 ROLLS

INGREDIENTS

- 2 cups cooked rice
- 1/2 Tbsp sesame oil
- Salt, to taste
- 2 Tbsp oil
- 1 medium carrot, cut into matchsticks
- 1 fish cake sheet, vertically sliced
- 3/4 Tbsp soy sauce
- 1/4 Tbsp brown sugar
- 1 Tbsp mirin (*or sub with sugar, rice wine or apple/grape juice*)
- 3 sheets nori (dried seaweed)
- 1/2 cup yellow pickled radish, cut into matchsticks

DIRECTIONS

1. Cook rice according to package instructions.
2. In a mixing bowl, combine rice with sesame oil and salt. Mix well to ensure even seasoning. Allow rice to cool while preparing the remaining ingredients.
3. Heat 1 Tbsp oil in a medium-sized pan over medium-high heat.
4. Add carrots and stir-fry until slightly softened, about 3 minutes. Remove carrots from pan and set aside.
5. Wipe pan and heat 1 Tbsp oil using medium-high heat. Once hot, add in fish cake slices and cook for about 1 minute. Add in soy sauce, brown sugar, and mirin and stir well for 2 minutes.
6. Cut nori sheets in half lengthwise, then cut in half crosswise. Place quarter sheet of nori on a cutting board, with shiny side down and shorter side facing you. Evenly spread rice over nori, leaving about 1/2 inch of space on the far edge. Add fish cake, carrot, and radish on top of the rice near you.
7. To make each roll, first lift bottom edge of nori with both hands. Then, roll nori over the filling (away from you), tucking in the filling with your fingers as you go. Finally, use fingertips to brush water or stick rice onto the reserved space to seal the roll.
8. Serve and enjoy with any preferred dipping sauce!

SHRIMP SPRING ROLLS

PREP TIME: 20 MIN | COOK TIME: 10 MIN | MAKES 6 ROLLS



INGREDIENTS

- 18 cooked shrimp or prawns
- 1/2 tsp salt
- 50g/1.5 oz dried vermicelli noodles
- 6 spring roll rice paper
- 6 lettuce leaves
- 1/2 bunch mint or cilantro, chopped
- 1 bag shredded carrots

CHEF NOTES

- Use precooked frozen shrimp to save time.
- No rice paper? Use this recipe to make a noodle bowl instead!

DIRECTIONS

1. Cut shrimp lengthwise and devein.
2. Boil 2 cups water in a pot. Once boiling, add salt and shrimp. Cook shrimp until color turns orange and internal temperature reaches 145°F.
3. Cook vermicelli noodles according to package directions.
4. To assemble rolls, dip rice paper into a bowl of warm water to moisten. Place on a plate; it'll continue to soften as other ingredients are layered on top.
5. Layer ingredients in the following order: lettuce, mint/cilantro, carrots, noodles, and shrimp. Pull rice paper over the ingredients to wrap, tucking in the sides, then roll it up to seal the spring roll.
6. Repeat until all ingredients are used.
7. Enjoy with your favorite dipping sauce. Store leftovers in the fridge and enjoy within 3 days.

TOFU SPRING ROLLS

PREP TIME: 75 MIN

COOK TIME: 15 MIN

MAKES 6 ROLLS



INGREDIENTS

- 1/4 cup soy sauce
- 1 tsp sugar
- 1/2 tsp chili flakes
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 2 Tbsp cooking oil
- 1 block extra-firm tofu, cut into 12 strips
- 6 spring roll rice paper
- 6-8 lettuce leaves
- 1/2 bunch mint or cilantro, chopped
- 1/4 medium purple cabbage, shredded
- 1 bag shredded carrots
- 1/2 medium cucumber, cut into matchsticks

CHEF NOTES

- Use pre-marinated tofu to save time.
- No rice paper? Serve over vermicelli (rice) noodles instead!

DIRECTIONS

1. In a small bowl, whisk together soy sauce, sugar, chili flakes, garlic powder, salt, and 1 Tbsp oil. Pour over tofu and let marinate for 1 hour.
2. Heat 1 Tbsp oil in a pan over medium heat. Pan-fry tofu, turning onto each side, until heated through and golden brown.
3. To assemble spring rolls, dip rice paper into a bowl of warm water to moisten. Place on a plate; it'll continue to soften as other ingredients are layered on top.
4. Layer ingredients in the following order: lettuce, mint/cilantro, cabbage, carrots, cucumber, and tofu. Pull rice paper over the ingredients to wrap, tucking in the sides, then roll it up to seal the spring roll.
5. Repeat until all ingredients are used.
6. Enjoy with your favorite dipping sauce. Store leftovers in the fridge and enjoy within 3 days.



DIPPING SAUCES



PREP TIME: 10 MIN | COOK TIME: 3 MIN | SERVES: 4

Peanut Dipping Sauce



INGREDIENTS

- 1/2 cup peanut butter, salted and creamy
- 2 Tbsp soy sauce
- 1-2 Tbsp maple syrup or honey
- 1 tsp chili garlic sauce (or 1/4 tsp red pepper flakes)
- 1 lime, juiced
- ~1/4 cup water

DIRECTIONS

1. Combine all ingredients except water in a small mixing bowl and whisk together until well-combined.
2. Add in 1 Tbsp water at a time until sauce reaches a thick, but pourable consistency.*
3. Taste and adjust seasonings as needed.

**If sauce becomes too thin, add more peanut butter to thicken.*

Spicy Mayo Dipping Sauce



INGREDIENTS

- 1/2 cup mayo
- 1 Tbsp ketchup
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 tsp cayenne
- 1/2 tsp salt
- 1-2 Tbsp water

DIRECTIONS

1. Combine all ingredients except water in a small mixing bowl and whisk together until well-combined.
2. Add in 1 Tbsp water at a time until sauce reaches a thick, but pourable consistency.

food safety and storage

food safety at the grocery store

Believe it or not, food safety starts at the grocery store! When shopping, fill your cart in the following order to maximize food safety:

1. **shelf-stable items**, such as canned, boxed, and dry goods
2. **fresh produce**, such as vegetables and fruits
3. **refrigerated items**, such as dairy products, frozen foods, ready-to-eat foods, and hot deli items

Following these guidelines will help keep foods out of the **temperature danger zone** (between 40°F and 140°F), where food spoilage and bacteria growth are more likely to occur!

grocery shopping tips:

- Check eggs before buying to make sure none are cracked or dirty.
- Place meat and poultry in plastic bags to prevent juices from dripping onto fresh foods and creating cross-contamination.
- If you're not going straight home from the grocery store, place foods in an iced cooler.

foods in the refrigerator

Make sure your refrigerator temperature stays at **39°F or lower**. Every refrigerator comes with a built-in thermometer to monitor it.

Note: refrigerators do not kill bacteria that spoil food - the colder temperatures simply *slow down* their growth. Remember, when in doubt, throw it out (or compost)!



food safety and storage



SAFETY
FIRST

Check out the tips below to learn the best way to store various food items in order to maximize shelf life.

fresh produce (fruit)

Store at room temperature or in the fridge. If your fruit has already ripened, place it in the fridge if not eating soon.

fresh produce (vegetables)

Store root vegetables (such as potatoes, onions, & garlic) in a cool and dry place, away from heat, moisture, and light. Store other vegetables in the fridge separate from fruit.

meat, fish, & poultry

Store meat, fish, and poultry products on the bottom shelf of the fridge, or freeze them if not being used right away.

dairy products

Store dairy products (like butter, cheese, yogurt, sour cream, milk, and eggs) in the coldest part of the fridge to avoid frequent exposure to heat. Store butter and eggs in a separate container on the refrigerator shelf, not on the inside door.

helpful storage tips

- Store bananas and apples separate from other fruits - they are high in *ethylene*, a gas that causes fruit to ripen quickly.
- To ripen avocados quickly, place in a paper bag with a brown banana for 1-2 days.
- Keeping raw meat, fish, & poultry at the very bottom of the fridge helps minimize potential cross contamination by preventing raw animal juices from coming into contact with other fresh foods.
- Butter, cheese, and cream can last for 6-12 months if stored in properly sealed and airtight containers in the freezer. Before using, thaw in the fridge for a few hours or overnight.

food dates simplified

“best if used by” or “best before”

This date tells you when the product will have the best flavor and quality until.

“sell by”

This date (often on refrigerated foods) tells stores when to sell the product by.

expiration date

Only baby formula, medicines, and vitamins should not be used after this date.

FAQs:

Are foods safe to eat after the “best before,” “sell by,” or expiration date passes?

With the exception of infant formula, medicines, & vitamins, food products that pass their given dates should still likely be safe to eat. Oftentimes, bargain or sale bins will have products past the sell-by date, but that doesn't mean it's unsafe to eat - the level of nutrients may simply have declined a bit. As always, be sure to handle and cook these foods at their proper temperature to kill off any bacteria that may be present.

How do I know if my food has gone bad?

Spoiled foods will develop an off odor, flavor, or texture due to naturally-occurring spoilage bacteria. If you notice any fuzzy, weird colors or the food appears mushy and smelly, do not eat it. Compost it instead!

How does date labeling impact food waste?

Confusion over the meaning of various dates on food products can lead to higher amounts of food that is still safe to eat being thrown away. With proper handling, the shelf life of many foods can be extended. Check out the guide on the next page to learn the time period beyond the date listed that commonly used foods may still be safe to consume.

decoding expiration dates

The guide below from Leah's Pantry Food Smarts for Adults Workbook lists what the actual shelf life of a product may be after the use-by date.

non-refrigerated beverages

soy or rice milk	6 months
nutritional aids (like Ensure)	1 year
juice	9 months
dry milk powder	1 year

dairy products

butter	3 months (1 year frozen)
hard cheese	6 months
soft cheese	1-2 weeks
yogurt	2 weeks
milk	1 week

canned foods

beans	3 years
high acid foods (fruit, tomato-based)	1-2 years
low acid foods (vegetables, most soups)	2-3 years
meat and fish	2-3 years



decoding expiration dates (continued)

condiments

ketchup, cocktail, or chili sauce	18 months
mayonnaise	3-6 months
mustard	2 years
olives or pickles	2 years
pasta sauce	18 months
salad dressing	1 year
salsa	12-18 months
vinegar	2 years

dry goods

dried beans	1 year
bread	3-5 days (3 months frozen)
cereal and oats	1 year
crackers	8 months
white flour	1 year
whole wheat flour	6 months
dried fruit	6 months
mac and cheese	9-12 months
pasta	2-3 years
peanut butter	18 months
popcorn	2 years
brown rice	1 year
white rice	2 years

**for that
sweet
tooth**

STRAWBERRY TOFU PUDDING

PREP TIME: 5 MIN | SERVES: 2



INGREDIENTS

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

CHEF NOTES

Feel free to substitute strawberries with any other seasonal fruit you like! Try mango, blueberries, banana, raspberries, peach, kiwi, lychee, ube (purple yam), coconut, etc.

DIRECTIONS

1. Place tofu, strawberries, vanilla extract, and honey/maple syrup into a blender or food processor.
2. Blend until smooth. Taste and add more sweetener if needed.
3. Split into two bowls, serve with sliced strawberries, and enjoy!



AVOCADO WITH CONDENSED MILK

PREP TIME: 5 MIN | COOK TIME: 5 MIN | SERVES: 1



INGREDIENTS

- 1 avocado
- ½ Tbsp condensed milk, sweetened
- Splash of milk (any type)
- ½ cup ice, cubed or crushed

DIRECTIONS

1. Carefully cut avocado in half and remove the pit. Dice avocado into bite-sized pieces with peel intact. Scoop out with a spoon and place in a medium bowl.
2. Add in condensed milk, milk of choice, and ice. Mix until well-combined.
3. Top with add toasted nuts, granola, or fruit for added flavor and enjoy!



CHEF NOTES

- To make this recipe fully plant-based swap out condensed milk with sweetened non-dairy milk or coconut milk. Add sugar to reach desired sweetness level.
- This recipe is best when served immediately, but can be stored in an airtight container in the fridge for 1-2 days.

MANGO ICED CANDY

PREP TIME: 15 MIN | FREEZE TIME: 12 HRS | SERVES: 4



INGREDIENTS

- 4 ripe mangoes, peeled and cut into large chunks
- 4 Tbsp condensed milk
- 1 cup evaporated milk
- $\frac{3}{4}$ cup cold water
- 2 Tbsp cornstarch
- Cellophane bags or reusable popsicle molds (*for preparation*)

DIRECTIONS

1. Add mangoes, condensed milk, and evaporated milk into a blender. Blend until smooth.
2. In a pot, add water and cornstarch. Whisk until cornstarch is fully dissolved, then place pot on a stovetop on medium heat.
3. Add blended mango mixture to the pot and whisk while on heat until liquid simmers and begins to thicken, about 2-3 minutes.
4. Once thickened, switch off heat and cool down to room temperature, stirring occasionally to prevent lumps.
5. Using a funnel, carefully add cooled mixture to cellophane bags (tying the ends into a knot) or reusable popsicle molds.
6. Place in the freezer to cool for at least 12 hours and enjoy!

CHEF NOTES

- Want to try other flavors? Swap out mango with avocado or ube (purple yam)!
- Cellophane bags or reusable popsicle molds can be found on Amazon or at Target!

CHIA PUDDING



PREP TIME: 5 MIN | FRIDGE TIME: 3 HOURS | SERVES: 1

INGREDIENTS

- 1 cup milk
- 1/4 cup chia seeds
- 1-2 Tbsp maple syrup, honey, or other sweetener
- 1-2 tsp cinnamon
- 1/2 cup berries or other fruit

DIRECTIONS

1. Whisk together milk, chia seeds, sweetener, and cinnamon in a resealable container.
2. Cover and chill in the fridge for 3 hours (or overnight).
3. Mix well and top with fresh fruit before serving, and enjoy!
4. Sealed leftovers will keep well in the fridge for 3-5 days.



CHEF NOTES

- Chia seeds, which are a major food crop in Mexico and Guatemala, are an excellent source of omega-3 fatty acids, fiber, and protein!
- Add in chocolate to make a more decadent pudding!
- If pudding is too thick, add a splash of milk while mixing.
- If pudding is too thin, add another 1-2 Tbsp chia seeds and let sit for 20-30 minutes to thicken.

DAIGAKU IMO

(Candied Sweet Potato)



PREP TIME: 15 MIN | COOK TIME: 15 MIN | SERVES: 2



INGREDIENTS

- 1 medium Japanese sweet potato (or other variety), cut into 1-inch wedges
- 1.5 Tbsp oil
- 2 Tbsp sugar
- 1/2 tsp Japanese soy sauce*
- 1 tsp butter (*optional*)

DIRECTIONS

1. Soak sweet potato wedges in cold water for 10-15 minutes.
2. In a pan over low heat, combine oil, sugar, soy sauce, and butter (if using). Raise heat to medium-high and stir in potatoes, evenly coating with sauce.
3. Cover pan with a lid and bring to a simmer. Stir potatoes, then turn heat back down to low and cook for another 8 minutes without stirring.
4. Flip potatoes and cook with the lid on for 5 more minutes, or until soft.
5. Remove lid and cook for another 2-3 minutes, or until golden and crispy.
6. Remove from heat, garnish with black sesame seeds (if desired), serve immediately, and enjoy!

CHEF NOTES

**Japanese soy sauce is traditionally used in this recipe for its sweeter taste, but any soy sauce will work.*

TONGAN FRUIT SALAD

PREP TIME: 10 MIN | FRIDGE TIME: 10-15 MIN | SERVES: 4



INGREDIENTS

- 1 ripe mango
- 1 medium pineapple (or 4 cups cubed)
- 2 bananas
- 1 lime, juiced
- 3 Tbsp dried coconut shavings

DIRECTIONS

1. Peel all fruit and carefully cut into bite-sized pieces
2. In a large bowl, combine fruit, lime juice, and coconut shavings. Gently stir until evenly mixed.
3. Let it cool in the fridge for 10-15 minutes. Serve and enjoy!



CHEF NOTES

Fruit salad can stay good in the fridge for 2-3 days. Toss if fruit begins to smells funky!

BANANA NUT BUTTER MUG CAKE

PREP TIME: 5 MIN | COOK TIME: 2-3 MIN | SERVES: 1



CONTAINS
LACTOSE

CONTAINS
PEANUTS

CONTAINS
EGGS

CONTAINS
GLUTEN



INGREDIENTS

- 1 banana, peeled
- 1 egg
- 1 Tbsp milk of choice
- A splash of maple syrup (*optional*)
- 1 Tbsp nut butter
- 3 Tbsp all-purpose flour
- Pinch of salt
- *Optional add-ons:* handful of chocolate chips or chopped dark chocolate, berries, or walnuts

DIRECTIONS

1. In a large mug, mash banana. Crack egg into mug. Add in milk and maple syrup (if desired). Whisk until smooth.
2. Stir in nut butter, then stir in flour, salt, and any other add-ons (if using).
3. Microwave for 2 minutes - keep an eye on it!
 - It's okay if the cake rises over the top of the mug a little, but if it looks like it will spill over, open the microwave door for a second to let it deflate.
 - If the cake doesn't appear fully cooked through, continue to microwave in 20-second increments until desired texture reached.
4. Allow to cool and enjoy!

CHOCOLATE CHIP ZUCCHINI MUFFINS

PREP TIME: 15 MIN | COOK TIME: 18-22 MIN | MAKES 12 MUFFINS



INGREDIENTS

- 1 large zucchini, shredded
- 1 1/2 cups all-purpose flour
- 1/3 cup brown sugar
- 1 1/2 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 2 medium ripe bananas, mashed
- 1 egg
- 3 Tbsp oil
- 1 tsp apple cider vinegar
- 1 tsp vanilla extract
- 1/3 cup chocolate chips
- 1/3 cup chopped walnuts (*optional*)

CHEF NOTES

To make this recipe plant-based, substitute egg with “flaxseed egg” (i.e., combine 1 Tbsp ground flaxseed with 3 Tbsp water and let sit for 2 minutes until thickened) OR use 3 Tbsp aquafaba.

DIRECTIONS

1. Preheat oven to 350°F. Line muffin pan with nonstick spray or muffin liners.
2. Place shredded zucchini on a double-layered paper towel and fold over to press out excess water from zucchini.
3. In a medium-sized bowl, combine all dry ingredients (i.e., flour, brown sugar, cinnamon, baking powder, baking soda, & salt). Mix until evenly combined.
4. Add in wet ingredients (i.e., mashed banana, egg, oil, apple cider vinegar, vanilla extract, & chocolate chips).
5. With a scooper or spoon, divide batter among the 12 muffin wells. Top with additional chocolate chips or walnuts.
6. Bake for 18 minutes.
7. Carefully take muffins out of oven and insert a toothpick in the center.
 - If it comes out clean, muffins are done
 - If there is batter on the toothpick, bake for another 4 minutes.
8. Allow muffins to cool for 5-10 minutes before serving. Enjoy!

FROZEN YOGURT BARK

PREP TIME: 10 MIN | FREEZE TIME: 3 HRS | SERVES: 4



INGREDIENTS

- 2 cups yogurt
- 1/2 cup diced fruit (such as strawberries, blueberries, banana, mango, etc.)
- 1/4 cup granola
- *Optional add-ons:* handful of chocolate chips, chopped nuts, chia seeds

DIRECTIONS

1. Line a baking sheet pan with wax or parchment paper. This is needed to prevent the yogurt from sticking to the pan.
2. Pour yogurt onto the sheet pan and evenly spread with a spatula so it fills the pan.
3. Top with fruit, granola, and any other add-ons (if using).
4. Place in the freezer for about 3 hours to firm up the yogurt.
5. Break apart with your hands and enjoy cold.

CHEF NOTES

Store leftovers in an airtight container or freezer-safe bag in the freezer!

MANGO BINGSU



PREP TIME: 15 MIN | FREEZE TIME: 3 HRS | SERVES: 2



INGREDIENTS

- 3 mangoes
- 1 1/4 cup milk
- 1 1/4 cup water
- 1 14-oz can condensed milk, sweetened

DIRECTIONS

1. Peel mangoes and remove fruit from the core. Dice one mango into bite-sized pieces and set aside.
2. Add other 2 mangoes, milk, water, and condensed milk to a blender.
3. Blend until puree is formed. Pour mango puree into ice cube trays or freeze-safe containers. Freeze for at least 3 hours or overnight
4. Once frozen, drop cubes in a blender and pulse until you get coarse crumbs.
 - Alternatively, you can shave the ice cubes using a grater.
5. Scoop shaved ice into serving bowls. Top with remaining diced mango and drizzle more condensed milk on top.
6. Serve immediately and enjoy!

FRUIT TART

PREP TIME: 5 MIN | MAKES 12 TARTS



INGREDIENTS

- 4 oz reduced-fat cream cheese, softened to room temperature
- 1 1/2 Tbsp low-fat milk
- 2 Tbsp honey
- 1/4 tsp vanilla extract
- 6 graham crackers, broken into smaller squares
- 2 cups fresh fruit, sliced



DIRECTIONS

1. Mix together cream cheese and milk in a bowl using a whisk, rubber spatula, or spoon until smooth. Stir in honey and vanilla extract,
2. Spread 1 heaping Tbsp of cream cheese mixture onto each graham cracker square.
3. Top each tart with sliced fruit and enjoy!

CHEF NOTES

- Use any combination of fresh, frozen (and thawed), or dried fruit you like - we recommend at least two different colors and/or types!
- Substitute cream cheese with plain Greek yogurt for more protein.

drinks

alcohol 101

Our recipes do not include alcohol, but we acknowledge that, as college students, we may often come into contact with it. Our Alcohol, Tobacco, & Other Drugs (ATOD) team at HPW provided us with the following information about socializing with alcohol in safer ways.

all about alcohol

Alcohol in drinks is called *ethanol (ethyl alcohol)*, and it is made when yeast ferments the sugars in grains, fruits, and vegetables.

Alcohol is classified as a “depressant,” meaning it slows down vital functions in the body.

Drinking alcohol can:

- affect our judgment and reasoning
- slow down our reactions
- upset our sense of balance and coordination
- impair our vision and hearing
- make us lose concentration and feel drowsy



alcohol serving sizes

One standard “drink” is considered:



12 oz beer

or



5 oz wine

or



1.5 oz liquor
or spirits

alcohol 101 (continued)

blood alcohol content (BAC)

Blood Alcohol Concentration (BAC) refers to the percentage of alcohol in a person's bloodstream. A BAC of .10% means that an individual's blood supply contains one part alcohol for every 1000 parts blood.

In California, a person is legally intoxicated if they have a BAC of **.08% or higher**.

Some factors that impact BAC include:

- number of standard drinks
- amount of time in which drinks are consumed
- body weight
- sex assigned at birth and corresponding hormone levels
- medications
- food eaten and water consumed

staying safe with alcohol

- Drink plenty of water to keep yourself well hydrated throughout the day.
- Eat a big, balanced meal before you start drinking.
- Plan out how many drinks you're going to have and stick to it.
- Space out your drinks - limit intake to 1-2 drinks per hour.
- Have a designated driver or plan an alternative way home.
- Avoid mixing drugs with drinking.
- Drink in a safe place where you feel more in control of your surroundings.

CALAMANSI JUICE

PREP TIME: 10 MIN | FRIDGE TIME: 10 MIN | MAKES 1 QUART



INGREDIENTS

- 1 cup fresh-squeezed calamansi juice, skin and seeds discarded
- 2 cups water
- $\frac{3}{4}$ -1 cup simple syrup (depending on desired sweetness)*
- Ice, to serve

DIRECTIONS

1. In a pitcher, combine calamansi juice, water, and simple syrup. Stir to combine.
2. Store in the fridge for 10 minutes, or until chilled.
3. Stir before serving, serve over ice, and enjoy!



CHEF NOTES

Calamansi can be found in many Asian grocery stores or Safeway. Lemons can be used as an alternative.

**To make your own simple syrup:*

1. In a small pot, bring 1 cup water and 1 cup granulated sugar to a boil until sugar has dissolved.
2. Remove from heat and allow to cool to room temperature.
3. Store excess syrup in the fridge and use within 2 weeks.

AGUA DE PEPINO CON PIÑA Y CHIA

(Cucumber and Pineapple Water with Chia)

PREP TIME: 15 MIN | SERVES: 4



INGREDIENTS

- 1 medium pineapple, cut into large chunks
- 1 medium cucumber, diced
- 1/2 cup sugar
- 6 cups water
- 4 Tbsp chia seeds

DIRECTIONS

1. Place pineapple chunks and diced cucumber in a blender. Blend until smooth.
2. Add sugar & blend for 10 more seconds.
3. Transfer mixture to a pitcher and stir in water and chia seeds. Serve over ice & enjoy!

AGUA DE JAMAICA

(Hibiscus Tea)

PREP TIME: 2 MIN | COOK TIME: 15 MIN | MAKES 12 CUPS



INGREDIENTS

- 2 quarts water
- 2 cups dried hibiscus flowers
- 1/2 cup sugar

DIRECTIONS

1. Place water and hibiscus in a medium-sized pot.
2. Boil over medium heat for about 5 minutes. When water begins to boil, reduce heat to low and simmer for another 10 minutes.
3. Turn off heat and allow liquid to cool.
4. Once cooled, pour 1/3 of liquid into a pitcher and add sugar. Fill remainder of pitcher with cold water and stir vigorously to dissolve liquid concentrate.
5. Taste and add additional concentrate or cold water as needed to reach desired flavor strength.
6. Serve chilled or over ice, and enjoy!

CHEF NOTES

Hibiscus flowers can be found in various Mexican grocery stores or at Target (in the spices section).

DALGONA COFFEE



PREP TIME: 5 MIN | COOK TIME: 1 MIN | SERVES: 1

INGREDIENTS

- 2 Tbsp instant coffee
- 2 Tbsp sugar
- 2 Tbsp hot water
- 1 cup milk, heated up
- Ice cubes (*optional if serving cold*)

DIRECTIONS

1. In a deep cup or mixing bowl, combine instant coffee, sugar, and hot water.
2. Whisk on high speed using a handheld mixer or frother for 2-4 minutes, or until mixture forms stiff peaks.
3. In a separate cup, pour hot milk (if enjoying hot) or ice cubes and cold milk (if enjoying cold).
4. Scoop out 1-2 Tbsp of whipped coffee into the milk, and enjoy!



CHEF NOTES

- Top with a dash of cinnamon or extra sweetener if preferred!
- Store extra whipped coffee in the fridge and consume within 1 day.

MEXICAN HOT CHOCOLATE

PREP TIME: 3 MIN | COOK TIME: 10 MIN | SERVES: 4



CHEF NOTES

- Mexican hot chocolate tablets can be found at Target, Safeway or any Mexican grocery store.
- Top with marshmallows, whipped cream, or chocolate shavings for added flavor.
- Enjoy with pan dulce or your favorite bread!

INGREDIENTS

- 4 cups water or milk (for a creamier texture)
- 2 tablets Mexican chocolate
- 1 cinnamon stick
- 1/8 tsp chili powder (*optional*)
- 1/8 tsp ground cayenne (*optional*)

DIRECTIONS

1. In a medium saucepan over medium-high heat, combine all ingredients and thoroughly mix together using a whisk or *molinillo*.
2. Heat until chocolate tablets have completely dissolved and mixture is hot, but not boiling.
 - If the mixture begins to boil before chocolate has fully dissolved, lower the heat to medium or low-medium.
3. Serve hot and enjoy!

HONEY LAVENDER MILK TEA

PREP TIME: 3 MIN | COOK TIME: 2-4 MIN | SERVES: 1



INGREDIENTS

- 1/3 cup water
- 1 tea bag of choice (*black tea recommended*)
- 3/4 cup milk
- 1/4 tsp vanilla extract
- Dash of ground cinnamon
- Dash of ground cardamom
- 1-2 tsp agave or other sweetener

DIRECTIONS

1. Heat water in a mug in the microwave for 1-2 minutes.
2. Remove from microwave and steep tea in hot water for 5 minutes.
3. In another mug, combine milk with vanilla extract, cinnamon, cardamom, and sweetener. Stir and warm up in the microwave for 1-2 minutes.
4. Pour milk mixture into tea concentrate.
5. Remove tea bag and enjoy!

DAY CRUSHER SMOOTHIE

PREP TIME: 5 MIN | SERVES: 1



INGREDIENTS

- 2 Tbsp instant coffee + 1/4 cup water OR 1/4 cup cold brew coffee
- 1/2 cup milk
- 1 scoop chocolate protein powder (vanilla or unflavored OK too)
- 1 large frozen banana*
- 1 cup frozen blueberries*
- 2 Tbsp nut butter
- 1 tsp vanilla extract (*optional*)
- *Optional add-ons:* cacao nibs, hemp seeds, cinnamon

DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy. Add more milk if liquid appears too thick.
3. Pour into a cup and enjoy!



CHEF NOTES

*If using fresh bananas or blueberries instead, add ice to blender to make smoothie cold.

PASSIONFRUIT SPARKLER

PREP TIME: 4 MIN | COOK TIME: 2 MIN | SERVES: 1



INGREDIENTS

- 1 passionfruit, cut in half
- 1 Tbsp lime juice
- 1/2 cup coconut water
- 1/2 cup sparkling water
- Ice, to serve

DIRECTIONS

1. Scoop passionfruit pulp into glass.
2. Add in lime juice, coconut water, and sparkling water. Stir to combine.
3. Add ice until liquid reaches the top of the glass, and enjoy!



ORANGE - CRANBERRY SPRITZER

PREP TIME: 5 MIN | SERVES: 1



INGREDIENTS

- 1/2 cup cranberry juice, chilled
- 1/4 cup orange juice
- 1/2 cup ginger ale
- Frozen cranberries
- Orange slices (*optional garnish*)

DIRECTIONS

1. Mix cranberry juice and orange juice in a glass. Stir to combine.
2. Add in ginger ale and frozen cranberries.
3. Garnish with an orange slice and enjoy!

ALOE VERA MOCKTAIL

PREP TIME: 3 MIN | SERVES: 1



INGREDIENTS

- 2 cups aloe vera
- 1 oz fresh lemon juice, strained
- 5 oz agave syrup
- 1 cup orange juice

DIRECTIONS

1. Combine all ingredients in a shaker.
2. Shake for 15 seconds and strain into a glass with large ice cubes.
3. Serve and enjoy!

CHEF NOTES

If you don't have a shaker, you can use a mason jar with a lid instead!

PAL-NO-MA

PREP TIME: 5 MIN | SERVES: 2



INGREDIENTS

- 1 cup coconut water
- 1/2 cup grapefruit juice
- 1/4 cup lime juice
- 2 tsp agave nectar
- 2 tsp apple cider vinegar
- Pinch of salt
- Handful of ice
- 1/2 cup seltzer, divided
- 2 slices grapefruit or lime
(optional garnish)

DIRECTIONS

1. Combine all ingredients (except seltzer) in a shaker and add ice. Shake for 30 seconds.
2. Strain shaken mixture into 2 glasses.
3. Top with seltzer (1/4 cup per glass) and garnish with a grapefruit or lime slice. Enjoy!



CHEF NOTES

If you don't have a shaker, you can use a mason jar with a lid instead!

JUST PEACHY MOCKTAIL

PREP TIME: 5 MIN | SERVES: 4



INGREDIENTS

- 12-16 slices frozen peach.
(approximately 1.5 cups)
- 2 cups coconut water
- 1 1/2 cups orange juice
- 1 tsp apple cider vinegar
- Mint leaves (*optional garnish*)

DIRECTIONS

1. Combine all ingredients in a blender and blend until frothy.
2. Divide blended mixture among four lowball glasses.
3. Garnish with mint or any green herb, and enjoy!

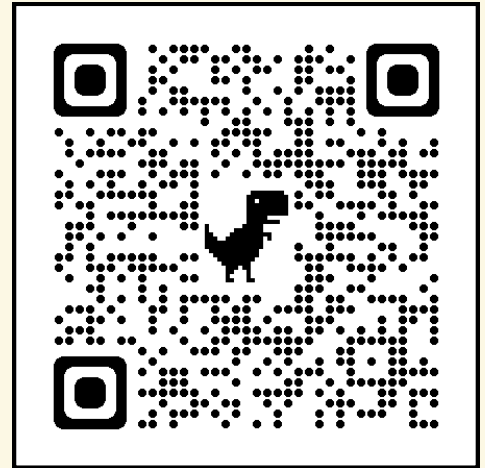


about HPW

Food is more than just fuel - it nourishes all aspects of your health and well-being, including mental, social, and emotional health!

Explore **FREE** nutrition resources available to you on the **HPW website** (including a digital version of this cookbook) **through the QR code!**

Get connected with free emergency food, housing, and financial crisis support through **Food+Shelter+Success (FSS)**, SF State's Basic Needs Initiative, to support your academic success by visiting basicneeds.sfsu.edu.



visit us

office hours:

- Mon-Thurs, 8:30am-5pm
- Fri, 8:30am-4pm

contact us

email: hpw@sfsu.edu

phone: (415) 338-1203

website: wellness.sfsu.edu

Follow us on Instagram:
@sfstatecares

nutrition resources



AS Food Pantry/Gator Groceries

- **Hours:**
 - AS Food Pantry - Mon, 1-5pm | Tues & Wed, 12-5pm
 - Gator Groceries - Thurs & Fri, 11am-4pm
- **Location:** Cesar Chavez Student Center (Rec & Dining Level)
- **IG:** @as_foodpantry_sfsu - new post every Monday!



CalFresh Help Clinic (through FSS)

- Eligible participants get up to **\$291/month** for groceries!
- Email calfresh@sfsu.edu for application support



Gator Grub Alerts

- Opt-in for push notifications on SF State mobile app to receive alerts when there's free food on campus



1:1 Nutrition Support

- Book a **FREE** initial nutrition appointment with a Registered Dietitian Nutritionist (RDN) at Student Health Services online through MyHealth or via phone at (415) 338-1251

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**many of these recipes can be made vegan by substituting eggs with tofu and dairy products with non-dairy alternatives!*

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HEALTH
PROMOTION
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