
College Cookbook



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Breakfast Burritos

Serves 4



Ingredients

6 eggs

1/2 cup potatoes

1/2 cup onion

1/2 cup bell pepper

2 cups spinach

1 tsp garlic powder

1/2 tsp onion powder

4 large tortillas

Toppings:

Cheese, salsa, avocado

Instructions

- 1. In a large skillet sprayed with nonstick cooking spray, sauté potatoes for about 3–5 minutes, until softened. Add onion and bell pepper to the skillet. Continue to cook for a minute or two and then add in spinach. Add eggs and seasonings.**
- 2. Fill tortillas evenly with 1/4 of the egg mixture and any other toppings you prefer. Fold in the sides of the tortilla over the filling and roll, tucking in the edges as you go.**

3. Spray skillet with cooking spray and set the heat to medium. When the skillet is hot, add the burritos, seam side down. Cook, covered, until the bottom of the burritos are golden brown, about 3 minutes. Flip the burritos over and continue cooking, covered, until golden, a few minutes more. Serve warm.

Make Ahead: The burritos may be assembled a few hours ahead of time, wrapped tightly in plastic wrap and refrigerated, before cooking. To reheat leftover burritos, wrap in foil and warm in a 350°F oven for about 15 minutes. (They won't be as crisp as they are fresh out of the pan, but they reheat well.)

Adapted from
onceuponachef.com/

Tofu Bowls

Serves 4



Ingredients

2 (16-ounce) packages extra firm tofu 2 Tbsp cornstarch 1/4 cup brown sugar 1 Tbsp smoked paprika 1 tsp chili powder 1 tsp onion powder 1 tsp garlic powder 2 tsp kosher salt 1 Tbsp olive oil
Additions: roasted sweet potatoes green beans tomatoes mushrooms

Instructions

- 1. Preheat the oven to 425 degrees.**
- 2. Press the liquid out of the tofu, wrap it with a towel and place a heavy pan on top of it for 10-15 minutes. Cut into cubes.**

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- 3. Mix the cornstarch, brown sugar, spices, and salt together. Toss cubed tofu gently with the spices to coat, being careful not to break the tofu. Transfer to a baking sheet and drizzle with just a tiny bit of olive oil so it doesn't stick. Bake for 30-45 minutes, until the exterior is lightly golden and dry-ish to the touch.**
- 4. While the tofu is baking, prep your extras for the bowls. Assemble together and enjoy.**

Adapted from
pinchofyum.com

Pumpkin Curry

Serves 4



Ingredients

- 1 ½ Tbsp olive oil**
- 1 medium onion**
- 1/4 tsp ground ginger**
- 2 Tbsp minced garlic**
- 1 small red chili or serrano pepper**
- 1 large red bell pepper**
- 3 Tbsp yellow curry paste**
- 3 ½ cups cubed pumpkin (14-ounce) cans light coconut milk**
- 2 Tbsp maple syrup**
- 1 tsp ground turmeric**
- 1/4 tsp salt**
- 1 Tbsp soy sauce**
- 1 cup chopped broccoli**
- 2 Tbsp lemon juice**
- 2/3 cup roasted cashews**

Instructions

- 1. Heat a large pot over medium heat. Once hot, add oil, onion, ginger, garlic, and pepper. Sauté for 2-3 minutes, stirring frequently.**

2. Add bell pepper and curry paste and stir. Cook for 2 minutes more. Then add pumpkin and stir. Cook for 2 minutes more.

3. Add coconut milk, maple syrup, turmeric, sea salt, and soy sauce and stir. Bring to a simmer over medium heat. Once simmering, slightly reduce heat to low and cover. Cook for 10–15 minutes, stirring occasionally, to soften the pumpkin and infuse it with curry flavor.

4. Once the broth is well seasoned and the pumpkin is tender, add broccoli, lemon juice, and cashews and cover. Simmer for 3–4 minutes more over low to medium–low heat.

5. Serve as is or over rice or quinoa

Adapted from
minimalistbaker.com

Stromboli

Serves 4



Ingredients

pizza dough
2 tsp olive oil
3 1/2 Tbsp parmesan cheese
1 1/2 tsp Italian seasoning
1 1/2 cups shredded mozzarella cheese
2 cups spinach
1-2 tomatoes, diced
2 cups chicken, shredded
Marinara sauce for dipping

Instructions

- 1. Roll out dough (store bought or home made). Brush with olive oil and season with parmesan cheese and Italian seasoning.**
- 2. Spread spinach, tomatoes, and chicken across the dough, keeping about a 1 inch seam along the edge. Top with mozzarella cheese.**

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- 3. Roll the dough starting with the long side. Pinch the dough to seal the edges. Place the Stromboli seam side down on a greased baking sheet.**
 - 4. Cut slits into the top of the dough. Brush with olive oil and seasonings again.**
 - 5. Bake at 350 degrees for 20-25 minutes.**

Adapted from
thingstoshareandremember.com

Ground Turkey Tacos

Serves 6



Ingredients

1 package ground turkey
1 can black beans
Garlic powder
Chili powder
Cumin
Salt
Pepper
Corn or flour tortillas
Toppings as desired: Cheese
Lettuce/Spinach
Onion
Avocado
Tomato
Sour Cream
Salsa

Instructions

- 1. Heat skillet with a small drizzle of olive oil.**
- 2. Place ground turkey in skillet and cook until browned through.**
- 3. While meat cooks, heat another skillet for the tortillas.**
- 4. Spray lightly with cooking oil and warm each tortilla.**

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- 5. Place black beans in skillet and mix with turkey until heated through.**
 - 6. Season as desired.**
 - 7. Chop vegetables.**
 - 8. Add all toppings to the tortillas and serve.**

Pasta Salad with Balsamic Dressing

Serves 6



Ingredients

- 1 cup rotini pasta
 - 1 red onion
 - 1 Tbsp vinegar
 - 1/2 cup chickpeas
 - 1/2 cup cherry tomatoes
 - 1/2 cup cucumbers
 - 1/2 cup feta cheese
 - 1/2 cup parsley (chopped)
 - 1/4 cup olives
- Dressing:**
- 1/4 cup balsamic vinegar
 - 1/4 cup olive oil
 - 1 tsp Italian seasoning
 - 1 tsp salt
 - 1/2 tsp garlic powder
 - 1/2 tsp red chili flakes
 - Pepper to taste

Instructions

1. Boil 4 cups water. Add pasta and simmer until done. Strain and rinse in water.

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- 2. While pasta is cooking, prepare salad toppings (chop/slice).**
 - 3. Slice onion thinly and submerge in a bowl of water with 1/2 tsp salt and 1 Tbsp vinegar. Drain after 10 minutes.**
 - 4. Prepare dressing by combining all ingredients in a jar and shaking until mixed.**
 - 5. Toss pasta with toppings. Add in dressing and toss again**

Adapted from
cincyshopper.com

BBQ Chicken Wrap

Serves 6-8



Ingredients

1 tsp onion powder
1 tsp garlic powder
1 tsp salt
1/2 tsp ground black pepper
1/8 tsp cayenne
About 2 lbs boneless, skinless chicken breasts
1 1/2 cups BBQ sauce
2-3 Tbsp chopped cashews
tortillas

Toppings:

pineapple, lettuce, avocado, cilantro, cheese, onions

Instructions

- 1. In a small bowl, stir together seasonings. Season the chicken on all sides. Cook in a slow cooker or pressure cooker.**

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- 2. In a slow cooker, place the seasoned chicken in the slow cooker and top evenly with 1 cup of BBQ sauce. Cover and cook on low for 2 ½ – 3 hours.**
 - 3. Transfer the chicken to a cutting board and let rest 5–10 minutes. Use two forks to shred it.**
 - 4. Return the shredded chicken to the cooker to keep warm and stir in the remaining ½ cup BBQ sauce.**
 - 5. Take tortillas and add a generous helping of chicken and toppings to the center.**

Adapted from
thrivinghomeblog.com

Overnight Oats

Serves 2



Ingredients

1 cup oats
1 cup milk
1/2 cup yogurt
2 Tbsp sweetener of choice
Mix-ins of choice:
Peanut butter,
banana, berries,
chocolate, cinnamon

Instructions

- 1. Place all ingredients into a large glass container and mix until combined.**
- 2. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.**
- 3. Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.**

Adapted from
feelgoodfoodie.net

Zucchini Muffins

Serves 12

Ingredients



1 and 3/4 cups whole wheat flour, spooned & leveled

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 1/2 tsp cinnamon

1/4 tsp nutmeg

1/2 cup vegetable oil

1/2 cup sugar

1/3 cup brown sugar

2 eggs, at room temperature

2 tsp vanilla extract

2 Tbsp milk

1 3/4 cups shredded zucchini

optional:

1 cup semi-sweet chocolate chips, chopped nuts, raisins, etc

Instructions

- 1. Preheat oven to 425°F . Spray a 12-count muffin pan with nonstick spray or line with cupcake liners.**
- 2. Whisk the flour, baking powder, baking soda, salt, cinnamon, and nutmeg together in a large bowl. Set aside. In a medium bowl, whisk the oil, granulated sugar, brown sugar, eggs, vanilla extract, and milk together. Whisk in the shredded zucchini. Pour the wet ingredients into the dry ingredients and whisk or stir until just combined. Fold in any add-ins you want to include, if any. Avoid over-mixing. Batter is thick.**
- 3. Spoon the batter into liners, filling them all the way to the top.**
- 4. Bake for 5 minutes at 425°F then, keeping the muffins in the oven, reduce heat to 350°F and continue baking for another 15–17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 20–21 minutes, give or take.**
- 5. Allow the muffins to cool for 5 minutes in the muffin pan, and then transfer to a wire rack to continue cooling, or enjoy warm.**
- 6. Muffins stay fresh covered at room temperature for a few days, then transfer to the refrigerator for up to 1 week.**

Adapted from
sallysbakingaddiction.com

Pancake in a Mug

Serves 1



Ingredients

- 1/4 cup flour**
- 1 1/2 tsp sugar**
- 1/2 tsp baking powder**
- 3 tbsp milk or water**
- 1/2 tsp vanilla**

Instructions

- 1. In a microwave safe mug combine flour, sugar and baking powder.**
- 2. Add in vanilla and milk or water, mixing well.**
- 3. Microwave for 60 seconds.**
- 4. Remove from microwave and top with desired topping such as maple syrup, honey, blueberry jam, yogurt, etc!**

From
colleenchristensennutrition.com

Chicken Asian Salad Kit

Serves 2



Ingredients

- ½ cup uncooked rice**
- ~1-2 tbsp sesame oil**
- 1 bag of a chopped Asian salad kit**
- 2 cups coleslaw mix**
- 1 chicken breast**

Instructions

- 1. Cook your rice according to package directions.**
- 2. While your rice is cooking, cook chicken breast. Shred when done.**
- 3. Add chicken breast to a pan with oil. Place veggies from the salad kit and any additional coleslaw into the pan.**

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- 5. Place a lid on top and let this cook for ~5 minutes over medium heat until your cabbage has softened.**
 - 6. Now, once everything is done you'll assemble your warm asian salad kit as follows:**
 - 7. Place rice on the plate, followed by the cabbage.**
 - 9. Then top with the chicken.**
 - 10. Then, take the salad toppings (dressing, and the wonton pieces & almonds) and add them on top**

Adapted from
colleenchristensennutrition.com

Southwest Chicken Salad

Serves 6



Ingredients

- 1 cup plain Greek yogurt**
- 1 Tbsp taco seasoning**
- ½ tsp garlic powder**
- ½ tsp onion powder**
- ¼ tsp cumin**
- 1 12.5 oz can canned chicken**
- ½ cup diced tomatoes**
- ¼ cup diced red bell peppers**
- 1 bunch green onions, diced**
- 15 oz. can corn, drained**
- 15 oz. can black beans, drained and rinsed**
- Salt and pepper to taste**
- Sides:**
 - chips, tortillas, bread,**
 - lettuce**

Instructions

- 1. In a small bowl, combine Greek yogurt, taco seasoning, garlic powder, onion powder, and cumin together.**

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- 2. In a separate bowl, combine chicken, tomatoes, pepper, onions, corn, and black beans.**
 - 3. Add salt and pepper to taste.**
 - 4. Add wet mixture and mix until well combined.**
 - 5. Refrigerate for at least an hour and serve cold.**
 - 6. Serve with tortilla chips.**

Optional add-ins: green bell pepper, green chilies, jalapenos, red onion, fresh cilantro, lime juice, cream cheese, sour cream, and/or diced celery.

Adapted from
www.sixsistersstuff.com

Green Smoothie

Serves 1



Ingredients

- 1 cup spinach**
- 1 cup liquid (milk, water, etc.)**
- 1/2 cup yogurt**
- 1 cup frozen fruit**
- 1 cup banana**

Instructions

- 1. Add all ingredients to a blender. Blend until smooth.**

Whole Wheat Waffles

Serves 6-8



Ingredients

- 2 cups whole wheat flour**
- 3 tsp baking powder**
- 1/2 tsp ground cinnamon**
- 1/4 tsp salt**
- 6 Tbsp unsalted butter, melted and slightly cooled**
- 2 large eggs, at room temperature**
- 2 Tbsp packed brown sugar**
- 1 3/4 cup buttermilk**
- 1 tsp vanilla extract**

Instructions

- 1. Preheat waffle maker on medium-high heat.**
- 2. In a large bowl whisk the flour, baking powder, cinnamon, and salt together. Set aside.**
- 3. In another large bowl, whisk the melted butter, eggs, and brown sugar together. Whisk in the buttermilk and**

vanilla until combined. Pour the wet ingredients into the dry ingredients and then whisk gently until combined. Do not over-mix. Some small lumps are OK.

4. Grease the preheated waffle maker using nonstick spray. Pour about 1/3 cup of the batter into each well of the waffle maker (or less if your waffle maker is smaller) and close the lid. Cook the waffles until crisp. Repeat to cook the remaining batter.

5. Serve the waffles immediately with your choice of toppings.

**From
www.sallysbakingaddiction.com**

Chicken Taco Soup

Serves 8-10



Ingredients

- 1–2 Tbsp olive oil**
- 1 onion, diced**
- 2 bell peppers, diced**
(suggested: one red and one green)
- salt**
- black pepper**
- 3 garlic cloves, minced**
- 1 1/2 pounds chicken breasts**
- 1 (28 ounce) can fire-roasted diced tomatoes, juice and all**
(sub: petite diced tomatoes)
- 1 can black beans, drained and rinsed**
- 1 can pinto beans, drained and rinsed**
- 1 can corn, drained and rinsed**
- 2 (4 – 4.5 ounce) cans green chilis**
- 3 cups low-sodium chicken broth (only 2 cups if making in the Instant Pot)**
- 3 Tbsp taco seasoning**

Instructions

- 1. Heat oil in a large skillet over medium-high heat. Add diced onion and bell peppers, and cook until they begin to soften, about 5 minutes. Season lightly with salt and pepper while they cook. Stir in the garlic during the last 30-60 seconds.**
- 2. Add the veggie mixture, chicken, tomatoes, black beans, pinto beans, corn, green chilis, chicken broth, and taco seasoning to the slow cooker. Stir until combined.**
- 3. Cover and cook on low for 4-6 hours, or until cooked through. (Chicken is done when it has no more pink inside and/or registers 165°F internally.)**
- 4. Remove the chicken to a cutting board and shred with two forks or chop into bite-sized pieces. Stir it back into the soup.**
- 5. Taste and adjust salt and pepper amounts. Serve warm, topped with your favorite suggested toppings.**

Can be frozen in individual servings. When ready to eat, put it in the fridge to thaw and microwave to heat.

**Adapted from
www.thrivinghomeblog.com**