

IPFW COLLEGE COOKING 101

A collection of college-friendly recipes and cooking tips to help busy students with busy lives to maintain a healthy lifestyle!



Sponsored by IPFW/Parkview Health & Wellness Clinic,
IPFW Department of Athletics/Recreation, & Intramural Sports,
IPFW Student Government Association

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Welcome to IPFW!

For many people, this may be your first time preparing meals on a daily basis. Deciding what to prepare for meals can be tough. College Cooking 101 is a handy guide to help you prepare healthy, filling, budget-conscious meals for a busy college student like yourself!

It's more than a cookbook!; also included are healthy and helpful tips !

We hope that you find the advice and recipes collected helpful. College can be stressful, don't let your meal preparation be a part of that stress!

Remember, we are here to help. College should be the time of your life. Enjoy it and all of your healthy meals!

A special thanks to IPFW Student Government Association for the sponsorship and support!

Good Luck!

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Table of Contents

Getting Started	6-13
Back to the Basics.....	6
Sample Menu Ideas.....	7
Conversions and Abbreviations.....	8
Kitchen Essentials.....	9
Creating a Shopping List.....	10
Creating a Perfectly Portioned Plate.....	11
Cooking Techniques.....	12
Cutting Techniques.....	13
Mixing Techniques.....	13
Breakfast 101	14-21
Breakfast Tips 101.....	14
Breakfast Ideas 101.....	18
Breakfast in Bed 101.....	20-21
Lunch and Dinner 101	22-43
Eggs 101.....	22
Top 10 Fast Food Choices.....	24
Healthy Lunch Ideas.....	45



Table of Contents

Lunch and Dinner (Continued)

How to Develop a New Recipe.....	28
What Goes in and Out of the Fridge.....	30
Healthier Pizza 101.....	34
Ten Super Foods for Better Health.....	36
A Healthy, Romantic Meal 101.....	40-41
Vegetarian Tips.....	42
Snacks and Light Meals 101.....	44-49
Healthy Snack Ideas.....	44
On-Line References.....	48
Dessert 101.....	50-53
Simple, Healthy Cooking Exchanges.....	50
Where To Turn for Help.....	52
Recipes Additions.....	54-55
Index.....	56-57



Nutrition Basics 101

Back to the Basics

1. **Eat 3 meals and 2-3 snacks daily:** Make time for meals . Eating 3 meals per day plus snacks will provide you with energy that will last all day and keep your metabolism active. Pack healthy, portable snacks such as fruit or a granola bar when you know you will be on the go.
2. **Build meals with complex carbohydrates:** Carbohydrates are the main fuel source for the mind and muscles. Complex carbohydrates include whole wheat bread, cereals, pastas, rice, beans, and other starchy vegetables.
3. **Include protein at each meal.** Protein provides essential amino acids which are the building blocks for the body's tissues. Lean sources include non-fat or 1% milk, yogurt, low-fat cheese, skin-free poultry, seafood, lean red meats, tofu, soy, egg whites and beans.
4. **Limit high fat foods:** Fats provide essential fatty acids which help transport nutrients and provide energy. Some fat is important, but too much will provide excess calories.
5. **Limit high sugar foods:** High sugar foods like soda, candy and desserts are high in calories and low in nutrients.
6. **Stay hydrated:** Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, you are already partially dehydrated. Carry a bottle of water in your backpack.
7. **Relax, turn off the TV and enjoy your meals.** Listen to your body as to when you are hungry and when you are satisfied. Taking your time while eating will help you feel when you are satisfied instead of over eating.
8. **Confused?** Contact an IPFW Dietitian at the IPFW/Parkview Health and Wellness Clinic. Call 481-6647 or email tillapau@ipfw.edu to schedule an appointment. This is a free service for IPFW students!





Sample Menu Ideas

Breakfast

1 ½ cup Raisin Bran
1 cup milk (preferably skim or 1%)
banana or ½ cup 100% juice

Lunch

6" Turkey Sub w/ veggies
baked Doritos
diet pop (or milk)

Snack

fruit, pudding, or granola bar

Dinner

1 cup cooked pasta
½ cup pasta sauce
shredded cheese
3oz chicken breast
1 cup milk
fruit or vegetables

Snack

½ - 1 cup ice cream

Breakfast

granola
fruit
milk

Snack

low-fat yogurt and grapes

Lunch

tuna with light mayo and crackers
diet pop (Substitute with milk for higher nutritional value)

Snack

fruit, carrots, pudding, or granola bar

Dinner

broccoli rice casserole
1 pc bread with butter
fruit
1 cup milk

Snack

bagel with light cream cheese

Breakfast

english muffin with light cream cheese
mocha made with skim milk
fruit

Snack

trail mix from vending machine

Lunch

kids meal from McDonalds
w/ diet coke or skim mil k

Dinner

grilled cheese
tomato soup
salad w/ light ranch dressing

Snack

3 cups light microwave popcorn

Smart Grocery Shopping

1. Concentrate shopping time around the perimeter of the grocery store. Fill your cart with produce first.
2. Watch your beverages. Choose 100% fruit juices instead of juice drinks and beware of soft drinks, which can contain up to 11 teaspoons of sugar.
3. Do not shop when you are hungry.
4. Think whole grains! Cereals are a great source of fiber. Find cereals with at least 5g fiber per serving.
5. Beware of featured items at the end of aisles and at the check out counter. These foods are usually loaded with fat and calories plus make you spend more money on things you don't really need.
6. Make a list, and stick to it.
7. If you are trying to find convenient, on-the-go items, look for foods that are high in fiber and have both carbohydrates and protein.



Conversions and Abbreviations

Tbsp. = tablespoon	tsp. = teaspoon
c. = cup	oz. = ounce
pt. = pint	qt. = quart
lb. = pound	pkg = package

3 tsp. 1 Tbsp.	2 Tbsp. 1/8 cup
4 oz. 1/2 cup	4 Tbsp. 1/4 cup
8 oz. 1 cup	8 Tbsp. 1/2 cup
2 cups 1 pint	5 Tbsp. + 1 tsp. 1/3 cup
2 pints 1 quart	12 Tbsp. 3/4 cup
1 quart 4 cups	16 Tbsp. 1 cup
1 gallon 4 quarts	

Stocking Your Kitchen with the Basics

Canned Beans	beans are an excellent source of fiber and protein! Try a variety such as black, red kidney, white and pinto. Try fat-free refried beans!
Tomatoes	Tomato based pasta sauce is a great staple to keep on hand. Canned tomatoes, tomato sauce, tomato paste and salsa can also be used to enhance a variety of dishes.
Rice	You can stock regular or instant rice. Brown rice has the most nutrients.
Pasta	Pasta is quick and delicious! There are many varieties such as fettuccini, penne, spaghetti, orzo, macaroni and many more. Most pasta varieties are also available in whole wheat as well!
Herbs	Fresh herbs are very flavorful, though may not be convenient. Dried sage leaves, bay leaves, oregano, thyme, rosemary, and mint are as great!
Spices	Purchase spices in small quantities. Convenient spices to keep include garlic powder, garlic salt, onion powder, pepper, salt, nutmeg, oregano, Italian seasoning, cayenne pepper, paprika and basil.
Other	Baking powder, baking soda, canned fruits and vegetables, canned fish, cream of mushroom or chicken soup, canola or olive oil, broth and non-stick cooking spray.



Kitchen Essentials

For the Dorm Room/Small Kitchen	For the full size kitchen
2 microwave safe bowls (lg and sm) 9 x 9 inch baking dish 2 sharp knives, 1 paring knife and 1 larger, sharp knife Liquid and dry measuring cups Measuring spoons 1 small cutting board 1 wooden spoon 1 rubber spatula Can opener Bottle opener Small hand grater Aluminum foil Plastic wrap Zip lock bags Sponge Colander Paper towels, paper plates, napkins, plastic utensils Potholder	<i>Added to the Small Kitchen items:</i> 10" non-stick frying pan 2 or 3 quart saucepan Vegetable steamer Toaster Dishes, glasses, silverware Glad-Ware for storing leftovers
	Nice to have, but not essential
	Tea kettle Coffee maker Muffin tins, cake pans, loaf pans Blender or food processor George Foreman's Grill

Eating Well on Campus by Ann Selkowitz Litt



Other Helpful Tips:

- ◆ Clip coupons before you go shopping
- ◆ Use a "Plus" card to get extra savings
- ◆ Eating at home is much cheaper in the long run than going out to eat
- ◆ Shop the perimeter of the store for the healthiest buys
- ◆ Frozen fruits and veggies boast the same nutritional content as fresh and you don't have to worry about them spoiling!
- ◆ Internet resources can be helpful for recipes and other kitchen ideas



Creating a Shopping List

Stocking Your Kitchen (getting started at the grocery store)

PROTEIN

- chicken breasts
- sliced turkey
- canned tuna
- lean ground beef
- eggs
- peanut butter
- canned beans
- nuts

VEGETABLES

- tomato or V8 juice
- tomato sauce
- salsa
- frozen mixed vegetables
- carrots
- broccoli
- garlic, onions

FRUIT

- apples
- bananas
- oranges or orange juice
- pineapple
- pears
- peaches
- raisins

OTHER:

CARBOHYDRATE

- bread
- bagels, english muffins
- cereal
- rice, noodles
- potatoes
- corn, peas
- pasta
- crackers
- pretzels
- pop corn
- snack bars

DAIRY

- milk
- yogurt
- cheese
- cottage cheese

TOPPINGS & FLAVORINGS

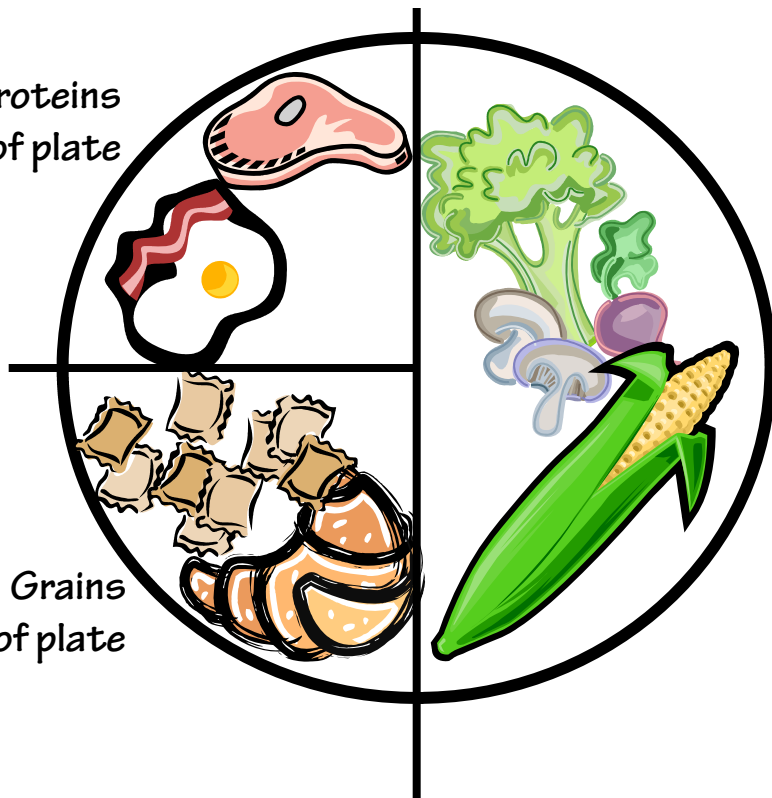
- oil
- trans fat free margarine
- jam, jelly, honey
- salad dressing
- pepper
- cinnamon
- vanilla extract

Make copies and take with you to the store



Perfectly Portioned Plate 101

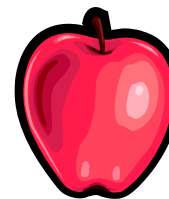
Meat and Proteins
1/4 of plate



Grains
1/4 of plate



Vegetables and Fruit
1/2 of plate



www.tops.org

Deciphering the Language of Menus 101

When filling your plate, this is a better choice than that...

This is a better choice...	Than this.
Roasted	Au gratin or cheese sauce
Steamed	Fried
Marinara sauce	Alfredo
Grilled	Scampi style
Cooked in its own juice	Cooked with butter, cream
Barbecued	Batter-dipped, tempura
Broiled	Breaded
Poached	Sautéed
Tomato sauce	Cream sauce, gravy



Kitchen Terminology 101

Cooking Terminology

Baking VS Roasting

Both baking and roasting are done behind a closed oven door. Foods are cooked by dry heat circulating in the oven. The key is an accurate oven temperature.

Generally, baking is used for cookies, breads and pies and for preparing chicken and fish. Meat is rarely baked. Roasting is done at a higher heat and is appropriate method for cooking meat, poultry and vegetables. Bake or roast foods in the middle of the oven unless the recipe states otherwise.



VS



Grilling VS Broiling

These are essentially the same techniques. The main difference is that in grilling, the heat source is below the food and in broiling, the heat source is above the food. When broiling, place a pan about 4 inches from the heat source. To prevent cleanup hassles, line the bottom of the pan with aluminum foil so you can toss it out when you are done cooking. Watch food very carefully when using the broiler so that they do not burn.



VS



Eating Well on Campus by Ann Selkowitz Litt

Other Cooking Terms

- Baste** To spread, brush or spoon water, melted fat or other liquid such as chicken broth, over food to keep the surface moist and add flavor.
- Blanch** To boil in water for a short time and then plunge into cold water or to pour boiling water over food then drain it almost immediately. Often used to preserve color in vegetables or loosen tomato skin.
- Boil** To cook in water or liquid that is boiling.
- Marinate** To let foods stand in a liquid mixture. Refrigerate, covered if marinating for more than 2 hours.
- Poach** To cook in water, broth or other liquid that is just below boiling point
- Sear** To brown surface quickly over high heat, usually in a hot skillet. Often an instruction at the beginning of meat preparation.
- Simmer** To cook in a liquid at a low temperature. Liquid should not boil.
- Steam** To cook, covered, over a small amount of boiling liquid so the steam formed in the pan cooks the contents.
- Sauté** To cook briskly in a small amount of fat, usually in a skillet on top of the stove. Also known as pan-fry.



Kitchen Terminology 101

Chopping Terminology

Chop: To cut into small pieces with a sharp knife.

Cube: To cut into small squares of equal size.



Dice: To cut into small cubes. Size may be specified in recipe.

Grate: To cut food into very fine particles by rubbing on a grater. Spray a grater with non-stick spray to help in cleanup.

Grind: To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Also can be accomplished in a food processor.

Julienne: To cut into thick long strips.

Sliver: To slice into long, thin strips.

Mixing Terminology

Beat: To make a mixture smooth or to introduce air by using a brisk, regular revolving motion that lifts the mixture over and over.

Blend: To combine two or more ingredients by mixing thoroughly.

Fold: To combine by using two motions: (1) cutting vertically through the mixture and (2) turning over and over by sliding the implement across the bottom of the mixing bowl with each turn of the bowl. Usually accomplished with a spatula, and usually used to incorporate light mixtures, such as egg whites, into other mixtures, such as cake batter.

Mix: To combine ingredients in any way that evenly distributes them.

Stir: To mix foods with a circular motion for the purpose of blending or obtaining uniform consistency.

Toss: To lightly blend ingredients by lifting them and letting them fall back in the bowl.





Breakfast 101

Start your day off right! No matter what hurry you are in to get to class, breakfast doesn't need to be sacrificed! Breakfast is an important part of starting your day. Try combining a bit of protein, carbohydrate, fiber and fat at every breakfast for a filling meal and one that will sustain you for a while.



If breakfast seems like an impossible feat for you, try some of these tips to make an on-the-go breakfast an easy option:

- ◆ Make a large batch of oatmeal at the beginning of the week and re-heat a portion each morning. Adding a little liquid to your portioned section for the day will keep it moist and tasting great! Add different “condiments” such as dried fruit, granola, or cinnamon each day for a variety.
- ◆ Keep a supply of granola bars and other breakfast bars on hand that are easy to grab on your way out the door.
- ◆ Buy a bag of apples at the beginning of the week. Apples stay fresh for 5-10 days and are an easy food to eat on the run.
- ◆ Buy individual yogurt cups and keep a supply of plastic spoons that you can grab and go.
- ◆ Keep a high-fiber, low-sugar cereal on hand. Put into a baggie and eat dry.



Breakfast doesn't have to be “breakfast food”! Try these quick ideas for a breakfast on the run:

- ◆ Turkey sandwich
- ◆ Handful of nuts and raisins
- ◆ Last night's leftovers
- ◆ Peanut butter toast
- ◆ Peanut butter spread on celery
- ◆ Bean burrito
- ◆ Crackers and hummus
- ◆ Apple and a slice of cheese



Breakfast 101

Scrambled Eggs

Serves: 1

2-4 eggs (with or without egg yolks)
Non-stick cooking spray or 1 Tbsp margarine
1/4 cup skim milk
Salt and pepper to taste



Serve scrambled eggs with:

Bacon
Canadian bacon
Lean sausage patty
Tofu
Cheese
Salsa
Green peppers, onions, tomatoes
Toast



And many other delicious combinations!

1. Heat a medium size frying pan on the oven.
2. Crack eggs into a medium size bowl.
3. Add milk and whisk with a fork until blended.
4. Spray pan with cooking spray or melt margarine before adding eggs.
5. Pour egg mixture into pan. Let eggs sit for 15 seconds.
6. Then continue to stir and pull egg mixture to the center of the pan with your spatula breaking up the larger pieces of egg.

When done, eggs should be firm and not runny.

Sprinkle with salt and pepper as desired.

Source: Eating Well on Campus

Egg Sandwich

Serves: 1

2 eggs
2 slices of bread
1 slice of cheese
1 T Miracle Whip



1. Heat pan. Spray pan with non-stick cooking spray. Break each egg into the skillet and reduce heat. Cook until the egg white is set and the yolk begins to thicken but is not hard.
2. Meanwhile, toast the bread. Spread butter or Miracle Whip onto bread. Top one slice of bread with eggs, cheese and remaining slice of bread.

Source: Allrecipes.com

To make this breakfast into a dinner time fix, add a slice of tomato or bacon!



When making an omelet, use a ration of 1 whole egg to two egg whites. This will cut down on fat and cholesterol and still highlight the flavor of the yolk!



Breakfast 101

Overnight Oatmeal

Serves: 1

- ½ cup oatmeal
- ½ cup milk

1. This recipe is great to make the night before as something to grab on your way out the door. Half of the liquid is used for this recipe as would be for cooked oatmeal.
2. In a covered dish (easy for transportation), combine milk and oatmeal. Set in the refrigerator overnight.



Other options to add can include cranberries, raisins, cinnamon, blueberries, yogurt, etc.

Submitted by: Jen Roherty-IPFW Wellness Specialist

Breakfast foods to keep on hand:

- | | | | |
|----------------|-----------------------|-------------------|-------------------------|
| ♦ Cereal | ♦ Cheese | ♦ Beans | ♦ Pumpkin |
| ♦ Granola bars | ♦ Instant Oatmeal | ♦ Peanut Butter | ♦ Heart healthy spreads |
| ♦ Fresh Fruit | ♦ Non-Instant Oatmeal | ♦ Sugar-Free Jams | ♦ Low-Sugar Juices |
| ♦ Yogurt | ♦ Coffee | ♦ Skim Milk | ♦ Tortillas |
| ♦ Eggs | ♦ Tea | ♦ Honey | |
| ♦ Bread | ♦ Raisins | ♦ Vanilla | |

Egg Sandwich in a Mug

Serves: 1

- 2 eggs
- 1 Tbsp skim milk
- 2 slices whole wheat toast
- 1 slice cheese

1. In a glass coffee mug or liquid measuring cup, crack 2 eggs and mix together.
2. Microwave for 1 minute. Watch eggs while cooking as they sometimes pop.
3. When eggs look solid (no runny egg mixture left on top of egg), flip cup and remove egg onto 1 slice of toast.
4. Top with cheese and the remaining piece of toast.



Submitted by: Danny Roherty



Breakfast 101

Oatmeal and Banana Breakfast

Serves: 1

- 1 cup of Quaker oatmeal (prepared)
- 1 Tbsp peanut butter
- 1 whole banana, sliced
- Sugar (as desired)

1. Prepare oatmeal (instant or non-instant) as directed.
2. Stir in 1 Tbsp peanut butter.
3. Slice banana and add to the hot oatmeal.
4. Add sugar as desired.

Submitted by: Nic Reusser, IPFW Student

Saturday Morning Multi-Grain Pancakes

Serves: 4

The weekend sometimes gives us a little extra time for a more elaborate breakfast. Try a multi-grain for a fun and satisfying meal.

- ¼ cup whole wheat flour
- ¼ cup all-purpose flour
- ¼ cup rolled oats
- ¼ cup cornmeal
- 2 teaspoons no-calorie sweetener (Splenda)
- ½ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- 2 egg whites
- 2 Tablespoons plain, non-fat yogurt
- 2 Tablespoons skim milk
- 2 Tablespoons water



1. In a medium bowl, stir together the whole wheat flour, all-purpose flour, oats, cornmeal, sweetener, salt, baking powder, baking soda and cinnamon.
2. In a separate bowl, whisk together the eggs, yogurt, milk and water. Pour the wet ingredients into the dry, and mix just until moistened.
3. Heat a skillet over medium heat, and coat with cooking spray. Pour about 1/3 cup of batter per pancake onto the skillet.
4. Cook until bubbles begin to form in the center, then flip and cook until browned on the other side.

Source: www.allrecipes.com



Breakfast Ideas 101

Bread/Cereal Group		Fruit Group		Protein
Cold Cereal	+	Fruit	+	Milk
Whole Wheat Toast	+	Fruit	+	Yogurt
Whole wheat bagel	+	Orange juice	+	Peanut Butter
Bran muffin	+	Banana	+	Milk
Instant oatmeal	+	Raisins	+	Milk
Whole Wheat Toast	+	Peaches	+	Cottage cheese
Whole Wheat Toast	+	Strawberries	+	Egg
Waffles	+	Pomegranate Juice	+	Tofu
Toast with Honey	+	Apple	+	Milk
Hash Browns	+	Orange Juice	+	Ham
Cereal	+	Grapefruit	+	Soy Milk
Whole Wheat Toast	+	Apple	+	Turkey
Whole Wheat Crusty Bread	+	V8	+	PB & J
Cereal with Flax Seed	+	Banana	+	Skim Milk
Crackers	+	Grapes	+	Cheese Cubes
Whole Wheat Toast	+	Orange Juice	+	Slice of Cheese
Whole Wheat Toast	+	Apple Juice	+	Tofu
Leftover Pizza	+	Grapes	+	Milk
Whole Wheat bread	+	Kiwi	+	Slice of Turkey

Submitted by: Heather Etzler, IPFW Student



Breakfast 101

Granola

Serves: 30

- 8 cups rolled oats
- 1 ½ cups wheat germ
- 1 ½ cups oat bran
- 1 cup sunflower seeds
- 1 cup finely chopped almonds
- 1 cup finely chopped pecans
- 1 cup finely chopped walnuts
- 1 ½ teaspoons salt
- ½ cup brown sugar
- ¼ cup maple syrup
- ¾ cup honey
- 1 cup vegetable oil
- 1 tablespoon ground cinnamon
- 1 tablespoon vanilla extract
- 2 cups raisins or dried cranberries



Use your homemade granola to make a:

Yogurt Parfait

Serves: 1

- 1 cup any flavor light yogurt
- ½ cup fruit (any berries)
- ¼ cup granola

1. Layer or mix the above ingredients for a great, simple, on-the-go breakfast.

1. Preheat the oven to 325 degrees F. Line two large baking sheets with parchment or aluminum foil.
2. Combine the oats, wheat germ, oat bran, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, brown sugar, maple syrup, honey, oil, cinnamon, and vanilla in a saucepan.
3. Bring to a boil over medium heat, then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.
4. Bake in the preheated oven until crispy and toasted, about 20 minutes. Stir once halfway through. Cool, and then stir in the raisins or cranberries before storing in an airtight container.

Source: Allrecipes.com

Granola is easy to modify! Add or subtract ingredients depending on what you have on hand! Add granola to your cereal, oatmeal, yogurt or fruit!

Breakfast Smoothie

Serves: 1

- 8 oz. any flavor light yogurt
- 1 banana
- 2 cups strawberries or other berries
- 1 cup orange juice
- 2 cups ice

1. Blend all ingredients in a blender for a quick breakfast.

Modify recipe depending on what you have on hand! Use milk, soy milk or another flavor of juice instead of orange juice. Mix up the flavors of yogurt that you use. Add protein powder for a pre or post-workout smoothie.



Source: www.allrecipes.com



Breakfast in Bed 101

What better way to show people you care than to pamper them by serving breakfast in bed? Try these simple tips the next time you want to surprise someone special.

Timing is Important-Breakfast in bed isn't much fun if you don't have time to leisurely enjoy it. So if you decide to serve breakfast in bed, pick a day when they will have plenty of time to eat their breakfast and savor the experience.

Make it a Surprise-One of the key ingredients of a successful breakfast in bed is to make it a surprise for the intended recipient. Try to make some preparations, such as chopping ingredients or laying out the bed tray the night before. This will help keep noise to a minimum in the morning and minimize the chances of waking up the recipient while you are working.

Presentation is Everything-You can make breakfast in bed a truly memorable event for your loved one by putting a little extra effort into the presentation. Add some freshly cut flowers in a vase, use nice plates and silverware and a cloth napkin to put the perfect finishing touches on the breakfast tray.

Be Creative-If you are serving someone breakfast in bed on their birthday or anniversary, tuck a card beneath the plate. For an added touch, sprinkle confetti or flower petals around the serving tray, as well.

Be Practical-Eating breakfast in bed requires balance and a steady tray. A bed tray is preferable, but if you don't have one you can also use a serving platter, television tray, or a large cutting board. To dress it up, use a decorative placemat or cloth napkin. Also be sure to put any items that might spill, such as pancake syrup, in a container with a lid. www.about.com

Breakfast Muesli Serves: 1

- 1 cup quick rolled oats
- 1/2 cup apple juice
- 1 8-ounce crushed pineapple in juice
- 1 small red apple
- 1 8-ounce container vanilla yogurt



In a medium sized bowl, combine oats, apple juice and crushed pineapple with its juice. Cover and refrigerate the muesli over night.

Just before serving, coarsely shred the apple. Stir the apple and yogurt into the muesli. Serve with milk and honey or brown sugar, if desired.

Source: Candace Murray, IPFW Student

Did you know: Muesli is the invention of a Swiss nutritionist. It is a mixture of uncooked rolled oats that have been moistened with water and often nuts and dried fruits. Just before it is eaten, milk and fresh fruit are stirred into this healthy concoction. Honey can also be added.



Breakfast In Bed 101



French Toast

Serves: 4

8 slices whole wheat bread
Non-stick cooking spray
1 egg
2 egg whites
1/4 cup skim milk
1/4 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
dash nutmeg

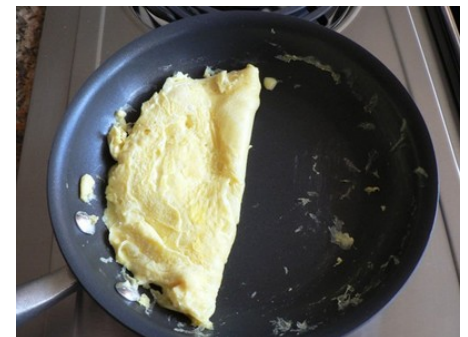
1. Begin with 8 slices whole wheat bread, sliced on diagonal in a shallow bowl.
2. Whisk egg and egg white until foamy. Whisk in milk, vanilla, cinnamon, and nutmeg. Spray pan with non-stick spray over medium-low heat.
3. Dip 4 slices of bread in the egg mixture, turning to coat thoroughly. Let excess drip back into bowl.
4. Place coated bread slices in hot skillet. Cook, turning, until both sides are nicely browned, about 2 minutes each side.
5. Repeat with remaining bread and egg mixture. To serve, sprinkle with cinnamon or maple syrup.

Source: About.com

Basic Omelet

Serves: 1

3 eggs warmed (in shell) in hot water for 3 minutes
Pinch of salt
Non-stick spray
1/2 tsp chopped chives



1. Crack warm eggs into a bowl and blend with salt using a fork.
2. Heat a 10 inch non-stick pan over medium heat. Once pan is hot, spray with non-stick spray.
3. Pour eggs into the center of the pan and stir vigorously for 5 seconds. As soon as semi-solid mixture begins to form, lift the pan and move around until the excess liquid spread around in the pan.
4. Using your spatula, move around the edge of the egg mixture to help shape into round and loosened edges. Let omelet sit in the pan over the heat for 10 seconds without touching.
5. Shake the omelet loose from the bottom of the pan. Lift the far edge of the omelet using your spatula. Slide omelet onto your plate and sprinkle with chives.

Source: Food Network, Alton Brown



Eggs 101

Eggs create lots of options for meals and snacks. Fresh eggs can be stored in the refrigerator for up to 5 weeks. Storing in the carton they come in is the best storage. The carton also keeps the eggs from absorbing any other odors or flavors of foods in your refrigerator.



Not only are eggs cheap and easy to fix for a quick, easy meal, but eggs are also a great source of protein, iron, vitamins A and D and riboflavin. There are about 75 calories in an average sized egg. The protein in an egg is concentrated in the egg white. The fat and cholesterol are concentrated in the yolk. Limit the number of egg yolks consumed to no more than four per week.

Egg Storage:

Hard Boiled	8-10 days
Egg Whites	2-4 days in a covered container
Egg Yolks	2-4 days if covered with water



Hard-Boiled Eggs

1. Use eggs that are at least 5 days old. Eggs that have been in your refrigerator a few days will peel more easily after they are boiled.
2. Put the eggs in a single layer in a saucepan, covered by at least an inch of cold water. Starting with cold water and gently bringing the eggs to a boil will help keep them from cracking.
3. Put the burner on high and bring the eggs to a boil. As soon as the water starts to boil, reduce the heat to low.
4. Let simmer for one minute. If you are using an electric stove with a coil element, you can simply turn off the heat. There is enough residual heat in the coil to keep the eggs simmering for a minute.
5. After a minute, remove the pan from the heat, cover, and let sit for 12 minutes. Remove the eggs with a slotted spoon and place them into a bowl of ice water. Once cooled, strain the water from the eggs. Store the eggs in a covered container (eggs can release odors) in the refrigerator. They should be eaten within 5 days.

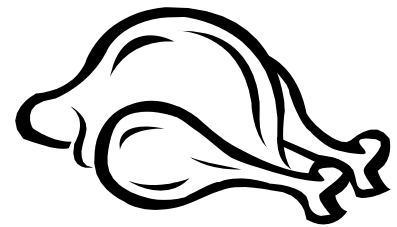


Lunch and Dinner 101

Spicy Rapid Roast Chicken

Serves: 6

- 1 (3 lb) whole chicken
- 1 Tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon paprika
- 1/8 teaspoon cayenne pepper



1. Preheat oven to 450 degrees F.
2. Rinse chicken thoroughly inside and out under cold running water and remove all fat. Pat dry with paper towels.
3. Put chicken into a small baking pan. Rub with olive oil. Mix the salt, pepper, oregano, basil, paprika and cayenne pepper together and sprinkle over chicken.
4. Roast the chicken in the preheated oven for 20 minutes. Lower the oven to 400 degrees F and continue roasting 40 minutes, to a minimum internal temperature of 180 degrees F. Let cool 10 to 15 minutes and serve.

Source: www.allrecipes.com

30 Minute Chili

Serves: 4

With or without meat, this chili is a quick fix dinner!

- 1 pound of browned hamburger (optional)
- 1 can chili beans
- 1 can white cannelli beans
- 1 package chili seasoning (mild or hot)
- 1 can chili ready tomatoes
- 2 Tablespoons brown sugar
- ½ Vidalia onion
- ½ chopped green pepper
- Additional red pepper, jalapeno, cumin or spices as desired



1. Brown hamburger and/or onions and green pepper. If using hamburger, drain excess fat in a skillet.
 2. In a medium saucepan, combine beans, hamburger (optional), seasonings, tomatoes, brown sugar, onion and green pepper.
 3. Heat on medium until chili begins to boil. Lower heat and let chili simmer. E
- Enjoy! Use leftovers for a quick meal the rest of the week!

Submitted by: Jennifer Roherty-IPFW Wellness Specialist



Fast Food 101

Top 10 Best Fast Food Choices

Sometimes you have to live life in the fast lane, but at least know you can choose healthy foods when eating fast food. Remember, moderation is the key!



Best selections are from the 6 Inch Jared Sandwiches. Choose whole-wheat bread and low-fat protein. Limit mayonnaise and high fat dressings. Also try yogurt, raisins, apples or milk with your meal instead of chips and a soda.



Choose from the 9 Fresco options. Chicken is the healthier option than steak or beef.



Order a McGrill sandwich and salad with low-fat dressing. Put the chicken breast on the salad. You can order a kid's meal instead of a value meal. Order milk instead of soda.



Try a grilled chicken breast sandwich (watch the mayonnaise). Wendy's now has 11 sides that you can choose instead of French fries.



BK broiler without the mayo. Burger King also offers a veggie burger not prepared on the grill with other meats.



Chicken breast without the skin and a serving green beans and baked beans.



Choose small items. Hamburger with a small soft-serve ice cream.



Italian

Enjoy a grilled chicken or fish item, with a ½ cup of pasta and grilled vegetables.



Chinese

Limit the rice, especially fried rice. Get extra vegetables with a low-fat protein dish. Chicken and shrimp are great options.

Source: www.campusblues.com/ediet/fast.asp



Lunch and Dinner 101

The Ultimate Quick and Easy Meals

Easy Mac to the Rescue!

Serves: 1

Easy Mac can be great in a pinch and is a staple in many college kitchens. It may not fill you up, however. Check out some healthy ways to “beef up” a simple pack of Easy Mac!



Add to 1 package Easy Mac prepared as directed

- 1 can tomatoes, drained
- 1 can kidney beans or black beans
- Steamed broccoli, peas or cauliflower
- Shredded cheese
- Sautéed onion or green pepper
- Grilled chicken, turkey or veggie burger
- Chop a hamburger or veggie burger
- Can of mixed vegetables, drained

Salad in a Bag

Serves: 1

- 1 cup cooked pasta, any variety
- 1/4 cup 2% Milk Shredded Reduced Fat Cheddar Cheese
- 1/4 cup each: cherry tomatoes, shredded carrots, corn and green beans
- 2 Tablespoon Light Ranch Reduced Fat Dressing



1. Place all ingredients except dressing in large re-sealable plastic bag.
2. Pour dressing into small re-sealable plastic bag. Seal both bags and refrigerate until ready to serve.
3. Add dressing to ingredients in large bag just before serving; seal bag. Shake gently to evenly coat all ingredients with the dressing.

Source: www.kraftfoods.com

Tuna Dippers

Serves: 2

- 1 can (6 oz.) tuna in water, drained, flaked
- 2 Tablespoon Light Mayonnaise
- 14 Triscuit Reduced Fat Crackers
- 10 carrot sticks



1. Mix tuna with mayo; spoon evenly into two airtight sandwich containers.
2. Wrap crackers in two portions in plastic wrap; place one in each container next to tuna.
3. Pack one container in each of two insulated lunch bags. Add a plastic spoon and small re-sealable plastic bag filled with 5 carrot sticks to each bag.

Source: www.kraftfoods.com



Healthy Choices 101

Healthy Lunch Ideas

Don't not want to eat fast food on campus? Consider packing a lunch. Not only can you monitor your calories but you can also monitor your nutrition intake. Eating a balanced lunch consists of: foods that are starchy, fruit/ vegetable, protein, and a little fat.

Consider these lunch ideas:

Water + Healthy Choice meal + apple

Granola bar + banana + milk

Crystal light + turkey sandwich + mustard + banana

V8 + peanut butter and jelly + grapes

Gatorade + pretzels + cheese + apple

Campbell's Soup at Hand (Chicken with Mini Noodles) + crystal light + carrots

Campbell's Soup at Hand (Tomato or hearty vegetable) + peanuts + toast + water

Lean pizza pocket + grapes

Strawberry smoothie (yogurt + strawberries + apple juice) + crackers

Cheez-it crackers + apple + low-fat chicken salad

Leftover mashed potatoes + chicken + green beans

Leftover spaghetti + meatballs + milk

Fruit salad + water + toast + cottage cheese

Taco salad (meat, cheese, lettuce, salsa, tortilla chips) + crystal light



Students, faculty, and staff do not forget there are microwaves in various buildings on campus.

Submitted by Heather Etzler, IPFW Student



Lunch and Dinner 101

Minestrone Soup

Serves: 8

- 2 cans (14-1/2 oz. each) reduced-sodium chicken or vegetable broth
- 1 can (16 oz.) no-salt-added stewed tomatoes, undrained, coarsely chopped
- 2 cups cooked kidney beans
- 1 package (16 oz.) frozen mixed vegetables
- 1/4 cup shell macaroni, uncooked
- 1 teaspoon garlic powder
- 1 teaspoon dried basil leaves
- Unsalted Tops Saltine Crackers



1. Combine all ingredients except crackers in large saucepan. Bring to boil on medium-high heat. Reduce heat to medium-low.
2. Simmer 20 minutes or until macaroni is tender.
3. Serve with the crackers.

Source: www.kraftfoods.com

"Pizza" Pasta Toss

Serves: 4

- 3 cups (8 oz.) penne pasta, uncooked
- 1/4 cup light Balsamic Vinaigrette Dressing
- 2 oz. Pepperoni, quartered
- 10 mushrooms, sliced (about 2 cups)
- 1 green pepper, chopped (about 1 cup)
- 2 cups spaghetti sauce
- 1 cup finely shredded Italian* five cheese blend



1. Cook pasta as directed on package.
2. Meanwhile, heat dressing in large nonstick skillet on medium heat. Add pepperoni, mushrooms and peppers; cook and stir 8 min. or until vegetables are crisp-tender. Add sauce; mix well. Cover. Reduce heat to low; simmer 3 min.
3. Drain pasta; place in large serving bowl. Add sauce mixture and cheese; toss to coat.

Source: www.kraft.com

Spinach Chicken Salad

Serves: 1

- 4 cups baby spinach
- 1-2 grilled boneless, skinless chicken breasts
- 2 Tablespoon Light zesty Italian salad dressing
- 1 teaspoon sugar

1. Grill chicken breasts in a George Forman grill or on the stove top with non-stick cooking spray or olive oil.
2. While chicken is cooking, combine sugar and dressing. Toss together with spinach.
3. Roughly chop chicken and add to salad.

Submitted by: Nic Reusser, IPFW Student



Kitchen Tips 101



How to Develop a New Recipe

It's an important milestone in every cook's life when you close the cookbook and begin to create your own dishes. It can be scary to jump off the page, but also provides a major sense of accomplishment. Here's how to make that leap and really see what you can do.

Step 1: Pair familiar ingredients that you don't usually eat together. For example, flavor a chicken salad with red bell pepper, capers and olive oil, instead of mayonnaise and celery.

Step 2: Borrow the key flavors of one dish and incorporate them into a different form. For instance, potato leek soup could be reinterpreted as potato leek quiche. Spinach artichoke dip becomes a creamy spinach artichoke soup.

Step 3: Go to the grocery store and wander through sections that you don't usually visit. Look on the top and bottom shelves for unusual or imported items. These can launch you in a new culinary direction.

Step 4: Take inspiration from your favorite restaurant. As you eat, think about the flavors in the dish and how you could duplicate them at home. Write down a few notes to help you remember.

Step 5: Study recipes that are similar to what you want to create. If you want to make a different type of muffin, there's no need to reinvent the wheel. Baking is chemistry, and there are a finite number of flour, leavening and liquid combinations that will work. Find one or two reliable models and study them to determine how they could be tweaked.

Step 6: Before you begin cooking write down a rough version of the recipe. As you prepare it and as you taste it, keep your pen handy. Make notes and alter proportions as necessary.

Step 7: Test the recipe multiple times. Occasionally, you'll get lucky and score perfection on the first try, but more often you'll want another pass at it.

Step 8: Try to judge the dish objectively. Ask yourself questions as you eat it. Is it too spicy? Too heavy? Need more salt or sugar? Ask other people to taste it and solicit their feedback.

Source: www.ehow.com



Lunch and Dinner 101

Quick and Spicy Chicken and Rice

Serves: 1

Quick and Spicy Chicken and Rice

- 1 cup uncooked brown rice
- 1 can chicken (97% fat free)
- Chili powder (to taste)
- Frank's Red hot sauce (to taste)
- Soy Sauce (to taste)



1. Place seasonings in a medium size, microwaveable bowl.
2. Mix in 1 cup of uncooked brown rice and 1 cup of water
3. Microwave for 5 minutes.
4. Add chicken and stir. Place in microwave for an additional minute and enjoy.

Submitted by: David Mann, IPFW Student

Serves: 1

Tuna 2 Ways

No oven required!



#1

Toss a can of tuna in a bowl of cooked pasta with slivered red onion and black olives. Drizzle with olive oil and add thinly sliced basil leaves.

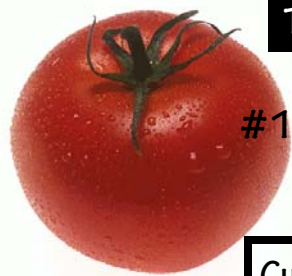
#2

Lightly blanch green beans with tiny potatoes and combine with canned tuna, sliced tomatoes and diced onion. Sprinkle with oil and vinegar.

Source: Parade Magazine, July 13, 2008

Tomatoes Take Center Stage

Serves: 1



#1

Everyone loves a healthy sandwich for lunch. Toast whole grain bread, spread with light mayonnaise, then add sliced avocado, sliced cucumber, tomato and alfalfa sprouts.

#2

Cut up lots of cherry or pear tomatoes in different colors and sizes and mix in a bowl. Season with salt and pepper. Toss with sliced celery and crumbled blue cheese. Serve over tasted peasant bread.



Your Refrigerator 101

What goes IN and what goes OUT!

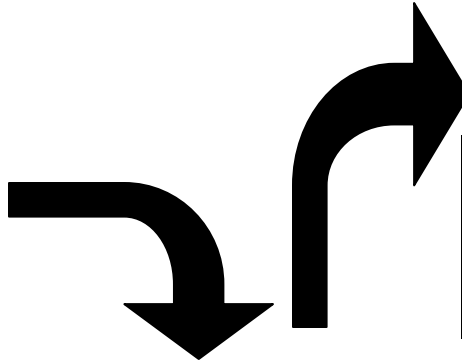
What goes IN:

Keep all perishables in the refrigerator.

Perishables include any foods that spoil or become inedible without refrigeration. These can include: milk, yogurt, eggs, tofu, butter, meat

Fruits and veggies last longer if stored in the refrigerator but most, if uncut, can be stored at room temperature.

Many products can be stored at room temperature until they are opened upon which they must be refrigerated. Read the label to see how a food should be stored.



What comes OUT:

Your refrigerator will work best if it is not over-stuffed. If there is too much, your refrigerator may not be able to keep everything cold enough.

Safe refrigerator storage temperature is 40 degrees

A refrigerator can also get too cold. Frozen foods in the refrigerator aren't "bad" but may taste funny after they freeze.



Opposite of the refrigerator, the freezer freezes better when full! If you can't eat a loaf of bread fast enough, store it in the freezer and defrost each slice as you need it.

Eating Well on Campus by Ann Selkowitz Litt



Lunch and Dinner 101

Egg Pie

Serves: 4

- Prepared pie crust
- 1/2 onion, chopped
- 3-4 zucchini, sliced
- 1/2 cup skim milk
- 3 eggs, beaten
- 3 cloves garlic, chopped
- 1/2 cup parmesan cheese



1. Pre-heat oven to 350 degrees. Lay out pie crust in a pie pan.
2. Sauté zucchini, onions and garlic until tender.
3. Spread mixture over the bottom of the pie crust.
4. Combine eggs, milk and cheese together and pour over vegetables in crust.
5. Bake in oven at 350 degrees for 30-40 minutes or until eggs set.

Submitted by Chris Kuznar, IPFW Athletics Department

Bean Burrito

Serves: 2

- 2 flour tortillas
- 1/2 16 oz. can fat free refried beans
- 1/4 cup salsa
- 1/4 cup low-fat shredded cheese

1. Divide beans between tortillas, top with salsa and cheese
2. Roll tortilla, tucking it in at one end.
3. Heat burrito on high in microwave for one minute or until cheese is melted.

Source: Eating Well on Campus

Egg Salad...Your Way!

Serves: 2

- 4 hard boiled eggs, peeled and chopped
- 4 Tablespoon low-fat mayonnaise or Miracle Whip
- Chopped celery and onion (optional)
- Salt and pepper (to taste)

1. Place chopped eggs in medium size bowl and add mayonnaise and mix well.
 2. Add celery and onion if desired.
 3. Season with salt and pepper.
- Eat as is or spread on bread or crackers.



Also try:

- ◆ Instead of egg, substitute a can of tuna or salmon.
- ◆ Instead of mayonnaise, substitute (spicy) relish and mustard
- ◆ Add diced green olives, celery or onion

Source: Eating Well on Campus



Lunch and Dinner 101

Lunch or Dinner in a Foil Packet

Serves: 4

Serves 4. Adjust oven rack to its lowest position and heat oven to 500 degrees.
Or use gas or charcoal grill.

Pick and prepare a protein

- 1 1/4 to 1 1/2 pounds of one of the following
- Pork tenderloin, sliced crosswise into 1/2 inch pieces
 - Boneless, skinless chicken breast, in 1/2 inch slices
 - Extra large (21-25 count) peeled, deveined shrimp
 - Center cut salmon fillets
 - Meat alternative

Pick and mix a flavoring combination

Lemon Dill

- 1/4 cup extra-virgin olive oil
- 4 large garlic cloves, minced
- 4 large green onions, thinly sliced
- 1/4 cup chopped fresh dill
- 1 tsp lemon zest
- 1 tsp each, salt and pepper

Barbecue

- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 4 large green onions, thinly sliced
- 1/2 cup of your favorite barbecue sauce
- 1 tsp each, salt and pepper

Italian

- 1/4 cup extra virgin olive oil
- 4 large garlic cloves, minced
- 1 cup crushed canned tomatoes
- 2 tsp Italian seasoning
- 1/4 cup capers
- 1 tsp each, salt and pepper

Pick and prepare a vegetable

1 pound of one or a combination of the following (chopped):

- | | | |
|----------------|-----------------------------|----------------------------|
| • Asparagus | • Mushrooms | • Egg plant |
| • Bell peppers | • Bean Sprouts | • Sugar snap peas |
| • Bok Choy | • Zucchini or Yellow Squash | • Cherry or grape tomatoes |
| | | • Fennel |

Mix protein, flavoring and vegetables in a bowl. Tear off four 12x18 inch sheets of heavy duty foil; divide mixture among them, arranging protein atop vegetables each in a single layer. For each packet, bring long sides of foil together and fold over about 1/2 inch; crimp and seal. Repeat folding and crimping, lengthwise, twice more. Fold ends twice to seal. Set packets on a rimmed baking sheet. Bake for 15 minutes. If grilling, set packets on hot rack, cover and grill for 8 minutes. Let packets stand for 3 minutes.

Source: Parade magazine, April 13, 2008



Lunch and Dinner 101

Baked Potatoes 101

Serving: 1 medium potato

- ♦ Idaho potatoes are great for baking
- ♦ Switch it up and use a sweet potato/yam, red or gold potato
- ♦ Cooking a potato in the oven with foil will make the skins less crispy and because foil holds the heat in, it steams it while cooking it faster.
- ♦ Potatoes are a cheap buy at the supermarket!



Baked Potatoes: In the Oven

1. Preheat oven to 450 degrees
2. Scrub potatoes and pat dry
3. Poke holes in the potato with a fork (to prevent an explosion!)
4. Bake in the center of the oven, directly on the rack for 45-60 minutes.

Baked Potatoes: In the Microwave

1. Scrub potatoes and pat dry
2. Poke holes in the potato with a fork (to prevent an explosion!)
3. Place potatoes on a microwave safe plate in the microwave
4. Microwave on high for 12-15 minutes or according to microwave directions

Potato Topping Ideas

- ♦ Lt. Ranch Dressing
- ♦ Fat-free sour cream
- ♦ Soft tub margarine
 - ♦ Broccoli
 - ♦ Cheese
- ♦ California veggies
- ♦ Shredded cheese
 - ♦ Chili
 - ♦ Tuna Salad
 - ♦ Diced turkey
 - ♦ Salsa
 - ♦ Plain Yogurt

Source: Eating Well on Campus

Sloppy Joes: On the Stovetop

Serves: 7

1 lb hamburger (at least 85% lean) or meat alternative crumbles or tofu
 12 oz. bottle chili sauce or can Manwich sauce
 Whole wheat hamburger buns or bread
 Slice of cheese

1. Brown hamburger and drain well. Or prepare alternative protein.
2. Add chili or Manwich sauce and heat through.
3. Serve on hamburger buns or bread and top with cheese.



Sloppy Joes: In the Microwave

1. Crumble beef (or other protein) into microwave safe container
 2. Microwave on high for 5 minutes or until beef is no longer pink; drain.
 3. Stir in one can of Manwich and heat through
- Serve on hamburger buns or bread.

Source: www.conagrafoods.com



Healthier Pizza 101

Healthier steps you can take while eating and making pizza

Most college students love pizza, but few think of the amount of calories packed into one slice. On average one piece of pizza has between 200-400 calories!

- ◆ Put your napkin on top of your pizza and press down lightly, to absorb some of the grease.
- ◆ Limit the amount of pizza you eat. Enjoy it don't inhale it!
- ◆ Eat pizza with lots of vegetables or a side salad. This will help you feel fuller faster.
- ◆ When making your own pizza, make your own sauce. There are lots of healthy recipes online.
- ◆ Limit the amount of pop and beer you drink; and if at all possible drink a fruit juice or water instead.
- ◆ When making pizza use fat-free flour tortillas as the crust. Whole grain crust is also a healthier option.
- ◆ Use cheese that is made with skim milk and is either light or non-fat. Also avoid adding too much cheese.
- ◆ Limit the salt!
- ◆ Limit processed meats. Try adding baked or grilled chicken on your pizza!



Submitted by: Heather Etzler, IPFW Student



Lunch or Dinner 101

Spaghetti Sauce

Serves: 8

- 1 can of traditional Hunt's spaghetti sauce
- 1 pound ground sirloin
- 2 teaspoon Italian seasoning
- 2 Tablespoon sugar
- 1 Tablespoon minced onion
- Salt and pepper

1. Brown ground sirloin with salt and pepper and onion. Drain excess fat.
2. Pour spaghetti sauce over browned sirloin. Add Italian seasoning and sugar and mix well. Add additional Italian seasoning or sugar to taste.
3. Let simmer for 10-15 minutes. Serve over cooked spaghetti.

Submitted by: Kylee Hervey, IPFW Women's Volleyball



Serves 4

Strawberry Onion Salad

- 1 head lettuce (iceberg, romaine, green leaf or mixed greens)
- 1/2 quart strawberries washed and sliced thick
- 1 can mandarin oranges, drained
- 1 medium red onion sliced very thin
- 1 bottle Marzetti's sweet and sour dressing

1. Tear lettuce into bite size pieces and place in a large bowl.
2. Add remaining ingredients and toss.
3. Pour desirable amount of dressing over salad.
4. Toss until contents are adequately covered with dressing and serve immediately.

Submitted by: Jess Dominak, IPFW Women's Volleyball

J.Mill's Chicken Casserole

Serves: 6

- 1 16 oz package egg noodles
- 3-4 cooked chicken breasts
- 1 can cream of chicken soup
- 1 can cream of celery soup
- 1 small jar pimento, drained and chopped
- 1/2 green pepper chopped
- 1/2 small onion chopped
- Salt and pepper to taste
- 1 cup milk
- 1/2 cup crushed Ritz crackers or chips

1. Prepare noodles as directed. Drain noodles, return to pot, toss with olive oil and set aside.
2. Cut chicken breasts into bite size pieces. Add chicken to noodles and add the remaining ingredients.
3. Add milk until it appears creamy.
4. Spray a 9 x 13 baking dish with non-stick cooking spray and pour casserole into dish. Top with crackers.
5. Bake in a preheated oven at 350 degrees for 45-60 minutes.

Submitted by: Jessica Miller, IPFW Women's Volleyball



10 Super Foods for Better Health

<h2>Berries</h2> <p>High in fiber, antioxidants and may help improve memory</p>	<h2>Citrus</h2> <p>Contain flavonoids, loaded with soluble fiber and may inhibit a variety of cancers.</p>
<h2>Vegetables</h2> <p>Healthy skin, protect against cancers, promote heart health, high in antioxidants and good for the waistline.</p>	<h2>Whole Grains</h2> <p>Delicious, inexpensive, high in fiber, antioxidants and helps prevent heart disease</p>
<h2>Salmon</h2> <p>Reduce risk of heart disease, cancer, minimizes symptoms of arthritis, may help with depression.</p>	<h2>Legumes</h2> <p>Rich in folic acid, antioxidants, calcium, protein, high in soluble fiber, probiotics for good intestinal health.</p>
<h2>Nuts and Seeds</h2> <p>High in protein, walnuts contain Omega-3s, and promote heart health</p>	<h2>Lean Protein</h2> <p>Muscle repair and rebuilding, minerals, bone health, high iron content</p>
<h2>Tea</h2> <p>Polyphenols, boost metabolism, lower blood sugar, half the caffeine of coffee</p>	<h2>Olive Oil</h2> <p>Heart healthy monounsaturated fat, vitamin E, antioxidants, good replacement for saturated fats</p>

Source: Cheryl Forberg, RD, www.foodnetwork.com



Lunch and Dinner 101

Simple Baked Chicken

Serves: 4

- 4 boneless, skinless chicken breast
- Non-stick cooking spray
- 1-2 teaspoon olive oil
- Salt, pepper, garlic powder, paprika (optional)

1. Coat bottom of a glass baking dish with non-stick cooking spray and rub oil on chicken breast to prevent from drying out.
2. Sprinkle chicken breast with desired seasonings
3. Bake in oven at 350 degrees for 30 minutes, turning every 10 minutes or microwave for 12-15 minutes.

Source: Eating Well on Campus

Baked Chicken Fingers

Serves: 6

Serving Size: 4

- 1 1/2 lb boneless skinless chicken breast cut into 1 inch strips
- 1 packet Shake n' Bake Original chicken Seasoning coating mix

1. Preheat oven to 400 degrees. Coat chicken with coating mix as directed on package.
2. Place in a single layer in foil-lined 13 x 9 inch baking pan.
3. Bake 10-15 minutes or until chicken is cooked through.

Source: www.kraftfoods.com

Baked Onion Rings

Serves: 1

- 1 large onion
- 1/4 cup egg beaters
- 1/2 cup crushed Fiber One cereal or bread crumbs



1. Preheat oven to 375 degrees. Cut edges off onion and remove outer layer. Cut into 1/2 inch slices and separate into rings.
2. Fill a small bowl with egg beaters.
3. Using blender, blend cereal until a crumb consistency and pour onto a small dish.
4. Dip each ring into egg and coat with cereal or crumbs and place on a baking sheet with non-stick spray.
5. Cook for 20-25 minutes flipping rings half way.

Source: Hungry-girl.com



Lunch and Dinner 101

No Leafy Greens Here! Three Sensational Salads to Try!

Tropical Fruit Fluff Salad

Serves: 6

1 box – Sugar-free, fat-free INSTANT Jello-Pudding Mix . Any flavor but, the flavors that work the best are butterscotch, vanilla, or cheesecake)

1 whole 8 oz. tub – Fat-free Cool Whip

6-7 – Diced apples (Red Delicious, Fuji, Gala, or Golden Delicious)

1 large can – Pineapple tidbits in its own juice

1. Put the whole tub of fat-free Cool Whip in a large bowl and add pudding mix.
2. Next pour half of the pineapple juice from the can onto the Cool Whip/ pudding mix (do this by using the can's lid to hold back the pineapple while pouring the juice), and stir until well blended.
3. Now spoon in the pineapple tidbits into the bowl.
4. Next add the diced apples to the bowl.

It is best to refrigerate this dish overnight or for at least a couple hours because the Cool Whip and the pineapple juice need to settle thus making the mixture firmer and fluffier.



Make it a Meal:

Serve with cottage cheese, chicken breast or turkey!

Recipe Created By: Ted Harper,
Purdue University Dietetic Intern



Healthy Broccoli Salad

Serve: 12

1 large bunch – Fresh broccoli, chopped or

2 medium bunches, chopped

2 packages – Broccoli slaw

1 – Chopped sweet onion or Red onion

1 cup – Chopped almonds (buy pre-chopped or slivered)

½ cup – Sunflower Seeds

½ cup – Raisins or Dried cranberries or Dried cherries (all optional)

2 cups – Fat-free mayonnaise

1 cup – Splenda

1 Tablespoon– Apple cider vinegar

Make it a Meal:

Serve with chicken, turkey, meat alternative or cottage cheese!



Lunch and Dinner 101

Curried Chicken Salad

Serves: 6-7

½ cup Fat-free mayonnaise

½ cup Fat-free sour cream

1 tablespoon Lemon juice

1 cup - Dried cranberries or cherries

→ and/or 3 Diced apples, or 2 cups Halved grapes

*4 cups Cooked chicken, diced

¾ cup Nuts of choice (pralines or honey roasted peanuts)

4 teaspoon Orange curry powder

¼ cup Mustard

1 head Green leaf lettuce

6-7 pita halves or wraps

1. Preheat oven and bake chicken breasts according to the instructions provided on the bag.
2. As the chicken cooks, in a small bowl, blend the mayonnaise, sour cream, lemon juice, curry powder (preferably orange curry but yellow will work for a milder taste; red curry if you like spicy heat), and mustard and then set aside.
3. When the chicken is finished cooking, combine the cooked diced chicken, dried fruit and nuts of choice.
4. Add the dressing to the chicken, fruit, nut mixture and mix well.

Spoon mixture into a wrap, in a pita, or in a sandwich, and then add a leaf or two of green leaf lettuce; then enjoy. Or you can spoon the curried chicken salad into a large leaf of lettuce for a lettuce wrap. Or just eat it plain!

*To make this recipe really fast and easy to make (but also slightly more expensive), just buy the 21 oz bag of pre-cooked, pre-diced chicken from Tyson. Then all you have to do is microwave the chicken and add the chicken to the recipe! Or buy the 21 oz pre-cooked, pre-sliced chicken from Tyson, dice the chicken strips, and then microwave to desired doneness.

Recipe Created By: Ted Harper, Purdue University Dietetic Intern

1. Wash and chop broccoli and dice onion.
2. In a large mixing bowl, combine the chopped broccoli, diced onion, broccoli slaw, chopped/slivered almonds, and sunflower seeds (and raisins/dried cranberries/dried cherries if desired).
3. In a separate small mixing bowl, combine the fat-free mayonnaise, Splenda, and apple cider vinegar. Whisk dressing together until well incorporated.
4. Pour dressing over the top of the broccoli salad ingredients
5. Fold and stir everything together until everything is well coated by dressing.
6. Refrigerate for 3-4 hours (best if done the day before and held overnight) to let set and the flavors blend. Serve chilled. Refrigerate leftovers. Enjoy.

Recipe Created By: Ted Harper, Purdue University Dietetic Intern



Preparing a Healthy Romantic Meal 101



Serves: 7

Easy Lasagna

- 1 pound lean ground beef
- 1 onion, chopped
- 1 (4.5 ounce) can mushrooms, drained
- 1 (28 ounce) jar spaghetti sauce
- 1 (16 ounce) package cottage cheese
- 1 pint part-skim ricotta cheese
- 1/4 cup grated Parmesan cheese
- 2 eggs
- 1 (16 ounce) package lasagna noodles
- 8 ounces shredded mozzarella cheese

1. In a large skillet, cook and stir ground beef until brown. Add mushrooms and onions; sauté until onions are transparent. Stir in pasta sauce, and heat through.
2. In a medium size bowl, combine cottage cheese, ricotta cheese, grated Parmesan cheese, and eggs.
3. Spread a thin layer of the meat sauce in the bottom of a 13x9 inch pan. Layer with uncooked lasagna noodles, cheese mixture, mozzarella cheese, and meat sauce. Continue layering until all ingredients are used, reserving 1/2 cup mozzarella. Cover pan with aluminum foil.
4. Bake in a preheated 350 degree F (175 degree C) oven for 45 minutes. Uncover, and top with remaining half cup of mozzarella cheese. Bake for an additional 15 minutes. Remove from oven, and let stand 10 to 15 minutes before serving.

Source: Allrecipes.com

Whole Wheat Garlic Bread

Serves: 4

- 4 slices whole wheat bread
- I Can't Believe It's Not Butter spray
- Oregano
- Garlic Powder
- Parmesan Cheese



1. Place bread on a cookie sheet and place under broiler for 1-2 minutes.
2. Remove and spray uncooked side with four sprays of butter per slice.
3. Sprinkle oregano, garlic powder and parmesan cheese on the uncooked side of each slice.
4. Place under broiler for 1-2 minutes to melt cheeses.

Source: Lickety-Split Meals for Health Conscious People on the Go!



Preparing a Healthy Romantic Meal 101

Simple Salad

Serves: 4

- 1 bag lettuce mix of your choice
- Additional vegetable toppings: carrots, sliced green pepper, sliced tomato
- Shredded cheese
- Croutons
- Low-fat or fat-free salad dressing of your choice

1. Divide salad into bowls
2. Top with selected toppings
3. Top with salad dressing immediately before serving.



Add a nice table cloth, candles or flowers for an extra touch. Prepare most of the foods before your date arrives. You don't want to spend your time in the kitchen. Remember, it's the thought that counts! Don't stress about perfection!

Chocolate Covered Strawberry DeLite

Serves: 7

- 1 pint/carton – Fresh strawberries
- 1 box – Sugar-free, fat-free chocolate Jell-O pudding mix
- 1 whole 8 oz. tub – Fat-free Cool Whip
- 1/3 cup – Skim milk



1. In a large mixing bowl, add Cool Whip, pudding mix, and skim milk. And stir until will mixed.
2. Slice the strawberries into bite-size pieces and place them into the chocolate whip mixture gently folding until all the strawberries are well coated.

Serve as is, and whatever is left over can be refrigerated for whenever you have a chocolate craving! (White chocolate sugar-free, fat-free INSTANT pudding mix works well too if you're craving a different kind of chocolate!)

Recipe Created By: Ted Harper, Dietetic Intern



Vegetarian Tips 101

You don't need meat to get all of your essential vitamins and minerals!

Protein

Some plants contain all of the essential amino acids in varying amounts. It's easy to get enough of what you need if you eat proper high protein plant foods at each meal.

The rule of thumb for determining protein needs is 0.8 grams of protein per kilogram of your body weight (one kilogram equals 2.2 pounds). A 120 lb person weighs 54Kg and needs 43 g protein.

Below are a list of high protein, non-meat food sources:

Eggs	Milk and Yogurt	Tempeh
Cheese	Beans	Tofu
All soy products	Nuts	Peanut butter

Iron

Iron is readily available in the non-meat world. Rich sources include whole or enriched breads and cereals, legumes, nuts and seeds, dark greens, leafy vegetables and some dried fruit. Vegetarians typically don't have trouble getting enough.

Meat is an iron enhancer, meaning it helps absorb iron into your blood. There are plant sources that will help vegetarians absorb iron into their blood easier. The most potent enhancer from a plant source is vitamin C. A meal rich in vitamin C can enhance iron absorption by 20 times.

Fruits and vegetables that are good sources of vitamin C include:

Broccoli	Brussel Sprouts	Cabbage
Cantaloupe	Cauliflower	Citrus Fruits
Green Peppers	Honeydew Melon	Kiwi Fruit
Kohlrabi	Papaya	Potatoes
Strawberries	Tomatoes	

Healthy eating includes a variety of foods. By keeping a varied, healthy food consumption, you shouldn't have a problem meeting all of your nutritional needs.



Lunch and Dinner 101

Chicken and Rice

Serves: 4-6

- 1 1/2 cups regular (not instant) rice
- 1 chicken cut (or 4-6 chicken breasts/8-10 chicken thighs)
- 1 can cream of mushroom soup
- 1 envelope "Good Seasons" Italian salad dressing mix

1. Pour rice, 3 cups hot water, soup and dressing envelope into an 9 x 13 inch dish.
2. Mix well and then lay chicken pieces on top.
3. Cover and seal tightly with aluminum foil and bake at 350 degrees for about 45 minutes.
4. Remove foil and cook for an additional 15 minutes.

Submitted by: Chris Kuznar, IPFW Athletics Department

Personal Pizzas

Serves: 1

- 1 English Muffin, sliced
- 1 can pizza sauce
- Desired pizza toppings

1. Place a desired amount of pizza sauce on each side of the English muffin and spread to edges.
2. Top with pizza toppings
3. Toast in toaster oven or broil for 3-5 minutes in oven.

"Crust" Ideas

- ◆ Grand's biscuits
- ◆ Pitas
- ◆ Tortillas
- ◆ Individual size Digiorno crust

Pizza Topping Ideas

- | | |
|------------------|----------------------|
| ◆ Tomatoes | ◆ Turkey |
| ◆ Mushrooms | ◆ Spinach |
| ◆ Peppers | ◆ Onions |
| ◆ Jalapenos | ◆ Zucchini |
| ◆ Banana peppers | ◆ Sun dried tomatoes |
| ◆ Olives | ◆ Corn |
| ◆ Cheese | ◆ Parmesan |
| ◆ Pepperoni | ◆ Blue cheese |
| ◆ Ham | ◆ Feta cheese |
| ◆ Pineapple | |

Three Step Meatloaf

Serves: 8

- | | |
|---|-----------------|
| 2 Tablespoon Mrs. Dash Seasoning or Italian seasoning | 1/2 cup ketchup |
| 2 pound ground beef, turkey or meat alternative | 1 large egg |
| 3/4 cup crushed soda cracker crumbs | |

1. Preheat oven to 350 degrees. Bring water to boil in saucepan. Dissolve the soup mix in boiling water. Lightly beat eggs in a separate dish.
2. In a deep casserole dish or loaf pan, combine beef, beaten egg, cracker crumbs, and soup. Mix thoroughly.
3. Bake for 60 minutes or until the meatloaf is cooked (internal temperature 160 degrees. Let meat loaf sit for 10-20 minutes before slicing and serving.

Submitted by: Judy Tillapaugh, Wellness/Fitness Coordinator



Healthy Choices 101

Healthy Snack Ideas

- ♦ Watch your intake of fat, salt, sugar and empty calories.
- ♦ Substitute similar but healthier alternatives when possible: pretzels for chips, air-popped popcorn for oily or buttered, yogurt-based dips for cheese- and mayo-based ones.
- ♦ Smoothies and fruit shakes are packed with nutrients and are also very trendy. Use yogurt, milk, fresh or frozen fruit and fruit juices.
- ♦ Freeze grapes, mango slices, watermelon and berries for a fun, slushy snack.
- ♦ Be flexible. Adding chocolate chips or M&Ms to a shake is a great way to get a chocolate fix along with all the nutrients in milk.
- ♦ Dry-roasted nuts and seeds have a satisfying crunch and are a healthy snack moderation. Also, use nut butters in celery or in sandwiches.
- ♦ Select teas and fizzy waters instead of soda. Juices are all right some of the time, but they have a lot of sugar and calories as well.
- ♦ Serve small portions of "real food." Mini bagels, crackers with a little bit of cheese, leftovers, microwave burritos and healthy breakfast cereals with milk all make excellent snacks.
- ♦ Hand-make tortilla chips, oven fries, mini-pizzas to control fat and salt.
- ♦ Serve snacks in small bowls, which make a small serving look more abundant.
- ♦ Keep your refrigerator and cupboards stocked with what you want to eat and don't keep what you don't want to eat.

Source: www.ehow.com



Snacks and Light Meals 101

Tuna in a Pita

Serves: 1

- 1 can tuna
- 1 Tbsp Miracle Whip Light
- 1/2 pita

1. Spread Miracle Whip inside pita pocket.
2. Open can of tuna, drain. Stuff inside pita pocket.
3. Add any fresh vegetables you have and enjoy.

Source: Lickety-Split Meals



Serves: 1

Rice Cakes and Peanut Butter

- 1 Tablespoon peanut butter
- 2 rice cakes (flavor of choice)

1. Spread peanut butter thinly on rice cakes
Enjoy with a banana.

Low Fat Yogurt and Grapenuts

Serves: 1

- 8 oz flavored yogurt
- 1/3 cup Grapenuts cereal

1. Spoon cereal into yogurt cup, stir and enjoy!

Source: Lickety-Split Meals

Serves: 1

Pita Pizza



- Pita pocket bread
- Pizza sauce
- Reduced fat- shredded mozzarella cheese
- Your choice of toppings

1. Place bread on cookie sheet.
2. Add toppings of choice to the bread.
3. Heat in a 350°F oven till hot and golden brown.

Source: Lickety-Split Meals



Snacks and Light Meals 101

Quicky Stir Fry

Serves: 4

- 1 cup frozen mixed oriental vegetables
- 1 cup minute rice with an equal amount of broth or water
- Oriental flavorings: soy sauce, ginger or garlic
- 3 ounce chopped, cooked chicken, lean pork or tofu

1. Stir fry vegetables until tender crisp on stovetop
2. Add all remaining ingredients of choice and stir fry until completely heated.

Source: Lickety-Split Meals

Stir Fry Tips:

- ◆ Heat the oil in the pan before adding ingredients
- ◆ Season the oil by adding ginger or garlic first
- ◆ Cook meat first. Set aside and cook the vegetables. Add the meat back in when vegetables are almost finished.
- ◆ Stir fry hardier vegetables first (i.e. broccoli, cauliflower) then add less hardy vegetables (i.e. Bok Choy or spinach). If you are unsure, stir fry them separately.
- ◆ Serve immediately topping with soy sauce or sweet and sour sauce.

String Cheese Roll Up

Serves: 1

- 1 or 2 string cheese pieces
- 1 10 inch flour tortilla, white or whole wheat
- 2 Tablespoon salsa

1. Add cheese and salsa. Roll up tortilla.
2. Microwave for 1 minute.

Eat with apple, orange or pear.

Source: Lickety-Split Meals

Snappy Sandwich Roll

Serves: 1

- 1 10 inch flour tortilla, white or whole wheat
- 2 tsp mustard
- 2 oz 97% fat-free meat or low-fat free
- Carrots and celery sticks

1. Spread mustard on tortilla.
2. Add 2 oz fat-free lunch meat or reduced fat cheese.
3. Place a couple carrots and celery sticks lined up end to end.
4. Roll and eat.



Source: Lickety-Split Meals



Snacks and Light Meals 101

No-Bake Classic Snack Mix

Serves: 15

- 3 cups bite size shredded wheat cereal
- 2 cups popped popcorn
- 1 cup small pretzels
- 1/2 cup cocktail peanuts
- 3 Tablespoon butter melted
- 1 Tablespoon Worchester sauce
- 1/2 teaspoon seasoning salt

1. Toss cereal with popcorn, pretzels and peanuts in a bowl.
2. Mix butter, Worchester sauce and seasoning salt until well blended. Drizzle evenly over cereal mixture and toss to coat.
3. Microwave on high for 2-3 minutes or until cereal is crisp., stirring after 2 minutes.

Variation - Sweet and Crunchy Mix: Omit Worcestershire sauce and seasoned salt. Prepare as directed, adding 1/2 cup dried cranberries and 1/2 tsp. ground cinnamon.

Source: Kraftfoods.com

Serves: 1

Peanut Butter Banana Roll-Up



- 1 10 inch flour tortilla, white or whole wheat
- 2 Tablespoon peanut butter
- 1/2 medium banana, sliced
- 1 Tablespoon raisins

1. Warm tortilla in the microwave oven for 20-30 seconds or until soft.
2. Spread peanut butter.

Place banana slices and raisins in the center of tortilla. Roll up.

Source: Unknown

Hummus

Serves: 8

- 1 15 1/2 ounce can of chick peas or garbanzo (rinsed and drained)
- 1/4 cup chopped kalamata olives
- 1/4 cup chopped roasted red peppers
- 2 ounce feta cheese
- 3 tablespoons fresh lemon juice
- 2 garlic cloves (peeled)
- 1/8 teaspoon freshly ground black pepper
- 1 teaspoon kosher salt



1. Put all ingredients in a food processor and process until smooth or desired consistency. Store in airtight container and refrigerate. Eat on bagels, crackers, tortilla chips, etc.

Submitted by: Dave Sassanella, IPFW Student



At Home Resources 101

Websites that can help you in the kitchen:

www.kraftfoods.com



- ◆ Kraft provides healthy, easy recipes.
- ◆ Try 1 bag, 5 dinners and print a shopping list for all of the groceries you need for 5 dinners that will fit into 1 shopping bag!
- ◆ Easy to print recipes

www.allrecipes.com



- ◆ At-home cooks submit recipes onto the website.
- ◆ Convenient search option to find exactly what you are looking for; by title, ingredients you want or don't want, and special health concerns.
- ◆ Add comments if you like or dislike a recipe.
- ◆ Easy to print recipes.

www.pillsbury.com

- ◆ Search for recipes by occasion, meal type, ingredient and more!
- ◆ Pillsbury has an array of products included in their recipes.



www.foodnetwork.com

- ◆ Get cooking with the recipes from the Food Network stars.
- ◆ Site is listed by shows or search for general recipes from all collections



www.eatingwell.com



- ◆ Recipes of how to modify a traditional recipe into a “healthier” version.



Snacks and Light Meals 101

Quicky Queso Dip

Serves: 15

- 1 or 2 (8 oz.) block(s) Light Philadelphia cream cheese
- 1 can Hormel chili (beans or no beans, it's up to you)
- 1 bag (2 cups) of cheddar cheese (Can be 2%)
- Baked tortilla chips

1. Spread the cream cheese over a regular kitchen, microwavable plate, to the edges of the plate.
2. Pour the chili (you don't need to heat it prior to this) over the cream cheese, to the edges of the plate.
3. Spread the cheddar cheese over the chili, to the edges of the plate.
4. Microwave for 4 minutes, watching closely for the cheese to melt. Dip (with chips) and enjoy!

Submitted by: Danielle Witzigreuter, IPFW Dean of Students



Try dipping with sliced bell peppers, baby carrots and celery for a healthy alternative!

Apple and Cheese

Serves: 1

- 1 apple, cored and sliced
- 1/4 cup heated Velveeta cheese

1. Heat cheese
2. Dip apples in cheese

Submitted by: Jennifer Roherty, IPFW Wellness Specialist

Cottage Cheese and Fruit Power Up

Serves: 1

- 1 cup low-fat or fat-free cottage cheese
- 1 cup fruit of your choice: cantaloupe, blueberries, raspberries, pineapple, peaches, banana, strawberries are all great choices

1. Mix fruit and cottage cheese together for a high protein snack that is sure to hold you over until your next meal.

Submitted by: Jen Roherty, IPFW Wellness Specialist



Also try adding these other items to your cottage cheese!

Fruit Preserves
Chives

Salt and Pepper

Light salad dressing

Vanilla and an artificial sweetener

1 Tbsp honey



Healthy Tips 101

Whether it's for health reasons or because it's what you have on hand, below are some ingredient exchanges to try!

Simple baking and cooking exchanges:

Instead of:	Try:	When:
Oil	Non-stick cooking spray	Coating a pan to cook or bake
Eggs and oil for baking	Canned pumpkin	Even exchange
Milk or cream	Light vanilla soymilk, skim milk	Even exchange, vanilla could add a new flavor to the dish!
Eggs	Fat-free egg substitute	Less cholesterol
Butter	No-sugar applesauce	Less fat, you won't taste the difference!
Ground beef	Ground beef style crumbles, ground turkey	Vegetarian swap to any recipe!
Sugar	No-calorie sugar substitute	Decrease calorie count
Potatoes	Butternut squash	Try butternut squash French fries!

Source: hungry-girl.com



Desserts 101

Pumpkin Fluffernuggets

Serving: 1

- 7.5 ounce pumpkin
- 1/2 container Cool-Whip Free
- 1/2 package sugar-free instant vanilla pudding mix
- 1/4 cup Grapenuts cereal

1. Combine pudding, pumpkin and Cool-Whip in a bowl.
2. Stir in Grapenuts
3. Spoon into non-stick muffin pan or onto baking sheet and freeze



Source: hungry-girl.com

Serves: 16

Diet Coke Cake

- 1 package of cake mix (for Diet Coke, chocolate works best)
- 1 can Diet Coke (or any brand of diet cola)

1. Dump contents of cake mix into a medium size bowl. Do not add ingredients on back of box.
2. Add diet cola and stir.
3. Bake as directed on the back of the box.



Source: Weight Watchers



For lighter color cake mixes, add diet 7 up or another flavor of light color soda. Diet Rite makes fun, fruity flavors!



Basic Rice Krispies

Serves: 16

- 1/3 cup butter or margarine
- 4 1/2 cup mini marshmallows
- 6 cups Rice Krispies cereal

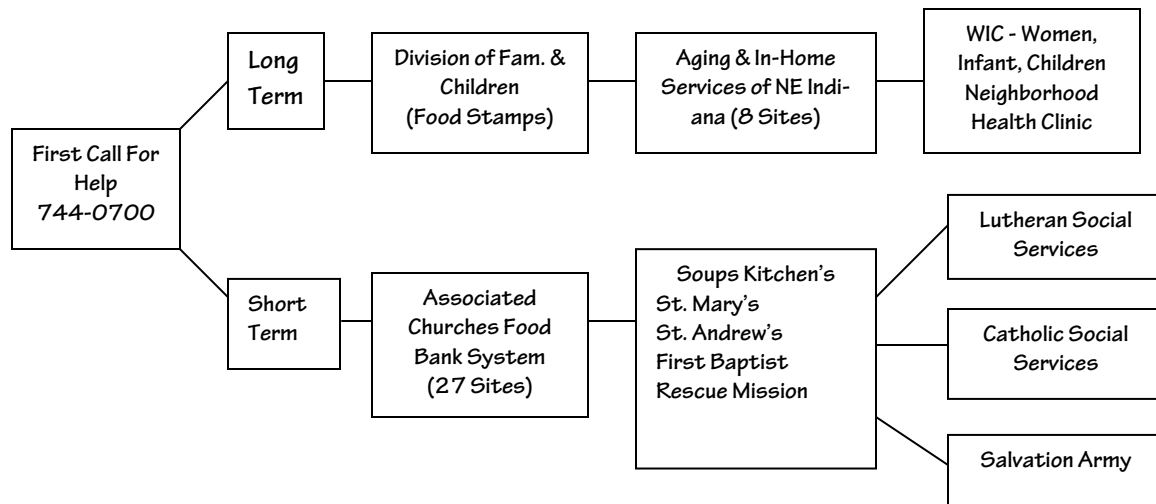
1. Spray a 9 x 13 inch pan with non-stick cooking spray, including sides.
2. In a medium bowl, in the microwave, melt the butter and marshmallows. Stir occasionally to mix until the marshmallows have completely melted.
3. Stir in cereal and mix thoroughly. Spread out the mixture evenly in a 9"x 13" pan. Serve warm, or let sit for 1 hour. Cut into squares before serving.

Source: The Everything College Cookbook



When things get tight:

Places to turn for help



Resources & Contact Information FIRST CALL FOR HELP: 744-0700

<p><u>Allen County Division of Family & Children</u> 201 E. Rudisill Blvd. FW, IN 46806 458-6200 Monday - Friday 8am - 4:30 pm (Emergency Food Stamps)</p> <p><u>Associated Churches Food Bank System</u> 602 East Wayne St FW, IN 46802 422-3528 www.associatedchurches.org</p> <p><u>Community Action of NE Indiana</u> 227 East Washington Blvd. Fort Wayne, IN 46802 260-420-2833 Email: mariannestanley@canihelp.org</p> <p><u>Salvation Army Food Pantry</u> 2901 North Clinton Street Fort Wayne, IN 46805 744-2311 Tuesday/Thursday 1:00-3:00 Serves first 15</p>	<p><u>St. Anthony's Pantry</u> Sacred Heart School 4643 Gaywood Drive FW IN 46806 744-3977 Tuesday & Thursday 9am - 11am</p> <p><u>St. Mary's Soup Kitchen</u> 1011 S. Lafayette St. Fort Wayne, IN 46802 424-8231 or 424-2982 Monday-Friday: 10am - 3pm Saturday: 10am - 1pm Sunday: 11:30am - 1 pm</p> <p><u>Women, Infant, Children (WIC)</u> Neighborhood Health Clinic 17217S. Calhoun St FW, IN 46807 458-2641 Monday & Wednesday: 8am - 7pm Tuesday, Thursday, & Friday: 8am - 5pm</p>	<p><u>Fort Wayne Rescue Mission (Men Only)</u> 301 West Superior P.O. Box 11116 Fort Wayne, IN 46855 426-7357 or 422-8123 (24 hours) Email: eddy@rescuemissions.us <u>Women and Children Division:</u> 426-8123 Email: pastorpatty@rescuemissions.us</p> <p><u>Lutheran Social Services of Indiana</u> (Emergency Assistance) 330 Madison St. Fort Wayne, IN 46802 426-3347 Monday - Friday 8am - 5pm</p> <p><u>YWCA - Women's Shelter</u> 1600 Spy Run Avenue Fort Wayne, IN 46805 424-4908 Crisis Hotline 1-800-441-4073</p> <p><u>Cherish House (Women & Children)</u> 533 West Washington Blvd. FW, IN 46808 426-8123 (24 hours)</p>
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Dessert 101

Serves: 3

Crunchy Caramel Apple Crème Pies

- 12 Quaker Quakes rice snacks, caramel corn
- 12 Quaker Quakes rice snacks, apple cinnamon
- 4 Tbsp Cool Whip Free

1. Spoon 1 Tbsp of Cool Whip free onto each caramel corn cake
2. Top each caramel cake with an apple cinnamon cake
3. Freeze mini pies for at least 2 hours.

Source: www.hungry-girl.com

Super Simple Peach Sorbet

Serves: 1

- 2 servings (approximately 1/2 tsp., 1 on-the-go packet or 1/4 of 8 quart tub) Crystal light Sunrise Classic Orange mix

1 cup peach slices (fresh, frozen or canned)

1. Dissolve Crystal Light into 1/2 cup cold water and stir well
2. If using frozen peaches, run under cold water to thaw.
3. In a blender, puree peaches and Crystal Light until just blended.
4. Pour into a dish, cover, and freeze until nearly solid (several hours)

If freezing overnight, microwave for 40 seconds or allow it to sit at room temperature for 10 minutes before eating.



Source: www.hungry-girl.com

Mint Mocha Freeze

Serves: 1

- 6 ounce water
- 3 teaspoon fat-free, french vanilla Coffee-Mate powder (dissolve in 1 oz. water)
- 1 flat tsp instant coffee
- 1 Tablespoon sugar-free chocolate syrup
- 1 ounce sugar-free peppermint syrup
- 3 Splenda packets
- 5-7 large ice cubes
- Fat-free Reddi Whip

1. Place all ingredients in blender, except Reddi Whip
2. Blend on high speed for 30-45 seconds or until ice cubes are crushed.
3. Pour into a glass and top with Reddi Whip

Source: www.hungry-girl.com



New Recipes

Recipe for: _____

From: _____ Serves: _____

Prep Time: _____ Bake Time: _____

Ingredients:

Directions





New Recipes

Recipe for: _____

From: _____ Serves: _____

Prep Time: _____ Bake Time: _____

Ingredients:

Directions





Recipe Index

Breakfast	Page	Lunch or Dinner	Page
Basic Omelet	21	"Pizza" Pasta Toss	27
Breakfast Muesli	20	30 Minute Chili	23
Breakfast Smoothie	19	Baked Chicken Fingers	37
Egg Sandwich	15	Baked Onion Rings	37
Egg Sandwich in a Mug	16	Baked Potato	33
French Toast	21	Bean Burrito	31
Granola	19	Chicken and Rice	43
Oatmeal and Banana Breakfast	17	Chocolate Covered Strawberry DeLight	41
Overnight Oatmeal	16	Curried Chicken Salad	39
Saturday Morning Multi-Grain Pancakes	17	Easy Lasagna	40
Scrambled Eggs	15	Easy Mac Ideas	25
		Egg Pie	31
Desserts	Page	Egg Salad... Your Way!	31
Basic Rice Krispies	51	Hard Boiled Eggs	22
Crunchy Caramel Apple Crème Pies	53	Healthy Broccoli Salad	38
Diet Coke Cake	51	J.Mill's Chicken Casserole	35
Mint Mocha Freeze	53	Lunch or Dinner in a Foil Packet	32
Pumpkin Fluffernuggets	51	Minestrone Soup	27
Super Simple Peach Sorbet	53	Personal Pizza	43
		Quick and Spicy Chicken and Rice	29
Snacks and Light Meals	Page	Salad in a Bag	25
Apple and Cheese	49	Simple Baked Chicken	37
Cottage Cheese & Fruit Power UP	49	Simple Salad	41
Hummus	47	Sloppy Joe	33
Low Fat Yogurt and Grapenuts	45	Spaghetti Sauce	35
No-Bake Classic Snack Mix	47	Spicy Rapid Roast Chicken	23
Peanut Butter Banana Roll-Up	47	Strawberry Onion Salad	35
Pita Pizza	45	Three Step Meatloaf	43
Quicky Queso Dip	49	Tomatoes Take Center Stage	29
Quicky Stir-Fry	46	Tropical Fruit Fluff Salad	38
Rice Cakes and Peanut Butter	45	Tuna 2 Ways	29
Snappy Sandwich Roll	46	Tuna Dippers	25
String Cheese Roll Up	46	Whole Wheat Garlic Bread	40
Tuna in a Pita	45		



Educational Material Index

10 Super Foods for Better Health	36
Back to the Basics	6
Baking vs. Roasting	12
Breakfast 101	14
Breakfast Combo Ideas	18
Breakfast in Bed 101	20
Chopping Terminology	13
Conversions and Abbreviations	8
Cooking Terminology	12
Creating a Shopping List	10
Deciphering the Language of Menus	11
Eggs 101	22
Fast Food 101	24
Grilling vs. Broiling	12
Healthier Pizza 101	34
Healthy Lunch Choices	26
Healthy Snack Ideas	44
How to Develop a New Recipe	28
Kitchen Essentials	9
Mixing Terminology	13
New Recipe Space	54
On-line Resources	48
Perfectly Portioned Plate	11
Refrigerator Basics	30
Sample Menu Ideas	7
Simple, Healthy Recipe Exchanges	50
Stocking Your Kitchen with the Basics	8
Vegetarian Tips 101	42
When Things Get Tight	52

