

OFFICE OF STUDENT LIFE

**STUDENT WELLNESS CENTER**

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**OSU**  
**COLLEGE**  
**COOKBOOK**



THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE  
STUDENT WELLNESS CENTER

**STUDENT WELLNESS CENTER****Serving Equivalents**

3 ounces of meat	Deck of cards
1 ounce of deli meat	DVD
1 ounce of cheese	dice
1 teaspoon of butter	Tip of thumb
½ cup of ice cream	Racquetball
1 medium apple or peach	Tennis ball

**Cooking Measurement Equivalents**

1 ounce	2 tablespoons
2 ounces	¼ cup
4 ounces	½ cup
6 ounces	¾ cup
8 ounces	1 cup
16 ounces	1 pound
3 teaspoons	1 tablespoon
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon

**Measurement Abbreviations**

c	cup
tsp	teaspoon
tbsp	tablespoon
oz	ounce(s)
mg	milligram(s)

**Cooking Supply Needs**

6-inch casserole dish	Refrigerator & freezer
Can opener	Rubber spatula
Coffee mug	Silverware
Cooking spray	Blender
Microwave	Cutting board
Microwave safe bowls & plates	Paring knife
Mixing bowls	Measuring cups
Plastic wrap	Measuring spoons
Clothing iron	Ironing board or towel



## Safety Tips

Always keep food covered in the microwave; this prevents splattering and ensures a well-cooked product.

Only use cookware that is made for use in the microwave. Check the plate or bowl for the label “microwave-safe.” Do not place metal utensils or aluminum foil in the microwave.

Never leave the room while the microwave is on, keeping an eye on food at all times. Keep the inside of the microwave clean, wiping up spills as they occur.

Never operate the microwave if it is damaged in any way. This includes a bent door, loosened hinges and latches, or broken door seals.

Be cautious when removing the covering from a dish that has been microwaved for several minutes. Let it stand for a few minutes; then carefully lift the side farthest away from you. This keeps any liquid from splattering into your face.

When using a knife, make sure to use a cutting board that is securely stationed on a flat table.

Potatoes, tomatoes, egg yolks, and other foods with a skin or membrane must be pierced before they are microwaved. This keeps them from exploding.

Be smart when cooking with any raw meat. Clean everything that the meat touches with warm soap and water, including utensils, cutting boards, plates, and your hands.

When cooking with dairy, meat or egg products, make sure to refrigerate them. If they sit at room temperature for more than 3 hours, they must be discarded for safety reasons.

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## Breakfast Dishes

Spoil your taste buds with something other than cereal or granola bars in the morning with these quick, delicious dishes. You can even entertain your friends on the weekends by doubling these dishes.

### Berry Oatmeal

#### Ingredients

- 2 packets instant oatmeal, any flavor
- ½ cup berries, fresh or frozen

\*Try using skim milk instead of water for additional protein

#### Directions

1. In a medium sized microwaveable bowl or 2-cup glass measuring cup, add 1 ¼ cups water, the oatmeal packets, and the berries.
2. Microwave for 1 minute, stir, and microwave about 1-2 more minutes, or until oatmeal has cooked through. More water can be added during the cooking if needed.

*244 calories, 8 g protein, 125 mg sodium, 4 g fat, 50 g carbohydrate*

### Chocolate-Peanut Butter Oatmeal

#### Ingredients

- ½ cup quick-cooking oats or 1 packet unflavored oatmeal
- 1 cup chocolate milk
- 1 Tbsp peanut butter (or other nut butter)
- 1 Tbsp unsweetened cocoa powder
- 1 small banana

#### Directions

1. In a medium sized microwaveable bowl combine oats and milk.
2. Microwave for 1.5-2 minutes, stir, and add in peanut butter and cocoa powder.
3. Microwave an additional 30-60 seconds, or until oatmeal has cooked through. More milk can be added during the cooking if needed.
4. Top with sliced banana and enjoy!

*545 calories, 20 g protein, 214 mg sodium, 15 g fat, 92 g carbohydrate*



## Breakfast Pita

### Ingredients

- 2 eggs or ¼ cup egg beaters
- ½ cup fresh or frozen cut mixed vegetables
- 1 slice or 2 tbsp shredded cheese
- 1 pita
- salt and pepper (optional)

### Directions

1. In a microwave safe bowl or glass measuring cup, whisk eggs with a fork until scrambled. Add in veggies and salt and pepper as desired.
2. Microwave in 1 minute increments, stirring in between, until eggs are fully cooked and veggies are tender, about 2-3 minutes total.
3. Place pita on a plate and microwave for 20-30 seconds or until warmed through. Rip pita in half, place cheese and then egg and veggies into the pita.

*401 calories, 25 g protein, 665 mg sodium, 17 g fat, 38 g carbohydrate*

## Banana in a Blanket

### Ingredients

- 1 flour or wheat tortilla
- 2 tablespoons peanut butter
- 1 banana, sliced
- ¼ cup granola
- Pinch of cinnamon

### Directions

1. Spread thin layer of peanut butter on a tortilla.
2. Top with banana slices, cinnamon and ¼ cup granola.
3. Roll up and enjoy!

*608 calories, 18 g protein, 447 mg sodium, 28 g fat, 74 g carbohydrate*

## Omelet in a Mug

### Ingredients

- 1 extra-large egg or 2 small eggs or ¼ cup egg beaters
- 2 teaspoons milk
- Pinch of salt and black pepper (optional)

\*Try adding vegetables such as mushrooms, bell peppers, onions, etc. for a more nutrient dense meal

### Directions

1. In a small bowl, stir eggs and milk.
2. Pour into a microwave-safe mug that has been sprayed with cooking spray.
3. Cook 1 minute or until egg is cooked through.

*107 calories, 9 g protein, 219 mg sodium, 7 g fat, 1 g carbohydrate*



## Sticky Bagels

### Ingredients

- 1 bagel, cut in half
- 1 tablespoon margarine
- 1/8 teaspoon cinnamon
- 1 teaspoon sugar or brown sugar

### Directions

1. Mix margarine, cinnamon, and sugar together. Spread on toasted bagel halves.
2. Heat in microwave 30 seconds or until sugary topping has melted.

*222 calories, 5 g protein, 324 mg sodium, 10 g fat, 30 g carbohydrate*

## Breakfast Casserole

### Ingredients

- 1 slice bread, cubed
- 1 egg, beaten
- 3 tablespoons milk
- ¼ cup ham, cooked, diced
- ½ teaspoon Worcestershire sauce
- 2 tablespoons cheddar cheese, shredded
- Salt and pepper (optional)

\*Try adding vegetables such as mushrooms or bell peppers for a more nutrient dense meal

### Directions

1. Combine all ingredients in a 6-inch microwave-safe serving bowl; stir well.
2. Cover tightly with plastic wrap; poke a few small holes in plastic wrap to vent.
3. Cook for 4 ½ to 5 ½ minutes.
4. Remove from microwave and let stand, covered, for 30 seconds to finish cooking.

*316 calories, 32 g protein, 476 mg sodium, 15 g fat, 14 g carbohydrate*

## French Toast

### Ingredients

- 1 egg beaten or ¼ cup egg substitute
- 1 slice whole wheat bread
- ¼ teaspoon ground cinnamon
- 2 teaspoons milk
- Syrup and jam (optional)

### Directions

1. Stir together egg and milk in a shallow bowl.
2. Dip bread slice in egg mixture, covering both sides. Let bread soak for 1-5 minutes.
3. Microwave for 40 seconds. Flip bread over and microwave for an additional 40 seconds or until center of bread is set. If bread is soggy, continue to heat in increments of 15 seconds until it reaches desired consistency.
4. Sprinkle with cinnamon.
5. Serve with syrup or jam.

*124 calories, 9 g protein, 243 mg sodium, 5 g fat, 12 g carbohydrate*



## Pumpkin Spice Yogurt

### Ingredients

- 6 oz. plain Greek Yogurt
- 1 oz. pecans
- Sprinkle of ground cinnamon
- ¼ cup canned pumpkin puree

### Directions

1. Mix all ingredients together. Enjoy!

*317 calories, 24 g protein, 176 mg sodium, 20 g fat, 16 g carbohydrate*

## Strawberry-Waffle Sandwich

### Ingredients

- 2 whole grain waffles, toasted
- ½ cup strawberries
- 2 tbsp. nut butter

### Directions

1. Toast waffles and spread with nut butter.
2. Slice strawberries and place them on top of waffles.
3. Enjoy!

*394 calories, 16 g protein, 485 mg sodium, 23 g fat, 36 g carbohydrate*

## Breakfast Burrito

### Ingredients

- 1 large flour or wheat tortilla
- 3 eggs
- 2 sausage or turkey links or 2 slices bacon
- 1 teaspoon taco or burrito seasoning
- ¼ cup shredded cheese
- Sour cream or plain low-fat yogurt (optional)
- Salsa (optional)

\*Try adding vegetables such as mushrooms, bell peppers, onions, etc. for a more nutrient dense meal

### Directions

1. Scramble eggs in microwave (a glass measuring cup works well too); set aside.
2. Heat sausage or bacon in microwave according to package directions, chop coarsely and mix into eggs. Add seasoning and stir in.
3. Warm tortilla 5 seconds in the microwave. Spread egg mixture over center. Sprinkle on cheese. Can add salsa, sour cream or plain yogurt for taste.
4. Fold tortilla ends in and roll. Heat in microwave for 30 seconds to melt cheese.
5. Enjoy with sour cream or yogurt and salsa, if desired.

*582 calories, 33 g protein, 1178 mg sodium, 32 g fat, 38 g carbohydrate*



## Hearty Strawberry-Banana Smoothie

### Ingredients

- 1 frozen banana
- ½ cup frozen strawberries
- ½ cup Greek yogurt or yogurt alternative
- ½ cup skim or low-fat milk or milk alternative
- 1 tbsp peanut butter or other nut butter
- ¼ cup oats

### Directions

1. Place all ingredients into blender.
2. Blend until smooth
3. Add additional milk or milk alternative until desired consistency is reached.

*416 calories, 25 g protein, 169 mg sodium, 11 g fat, 60 g carbohydrate*



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## Main Dishes

Utilize food that can be purchased from OSU convenience stores, cafes, and grab 'n go locations.

### Iron Grilled Cheese

#### Ingredients

- 2 slices bread
- 1 slice cheese or 2 tbsp shredded cheese

\*Try with turkey and roasted red peppers

#### Directions

1. Heat an iron on medium-high heat. Set up an ironing board or place a towel on a desk.
2. Place cheese on a slice of bread and top with the other slice of bread. Cover sandwich completely with foil.
3. When the iron is hot, place the hot plate on the foil wrapped sandwich. Cook with the iron until the cheese is melty and bread is toasted, about 2 minutes each side.

*195 calories, 11 g protein, 352 mg sodium, 7 g fat, 23 g carbohydrate*

### Hot Iron Quesadilla

#### Ingredients

- 2 corn or flour tortillas
- 2 slices cheese or ¼ cup shredded cheese
- Salsa (optional)

\*Try with vegetables (i.e. mushrooms, onions, bell peppers, etc.), meat (i.e. ground beef or turkey, chicken, etc.) or soy crumbles

\*Try substituting plain Greek yogurt for sour cream

#### Directions

1. Heat an iron on medium-high heat. Set up an ironing board or place a towel on a desk.
2. Sprinkle or tear cheese slices onto one of the tortillas to make an even layer of cheese. Place the other tortilla on top and wrap completely in foil.
3. When the iron is hot, place the hot plate on the foil wrapped quesadilla. Cook with the iron until the cheese is melty and tortilla has toasted a bit, about 2-3 minutes per side. Remove from foil and cut into 4 wedges.
4. Serve with the salsa. Some salsa may also be placed inside the quesadilla before cooking.

*301 calories, 12 g protein, 557 mg sodium, 14 g fat, 31 g carbohydrate*



## Trail Mix Sandwich

### Ingredients

- 2 slices whole wheat bread
- 2 tablespoons peanut butter
- ½ apple or pear, thin slices
- 1 tablespoon raisins
- 1 tbsp honey

### Directions

1. Spread peanut butter lightly on both slices of bread.
2. Cut apple into thin slices and put them on one slice of bread, sprinkle raisins on the other.
3. Drizzle honey on both sides of bread. Put the slices together to form a sandwich.

*460 calories, 15 g protein, 381 mg sodium, 19 g fat, 62 g carbohydrate*

## Pizza Muffin

### Ingredients

- 1 English muffin or whole grain sandwich thin
- ¼ cup spaghetti sauce or tomato paste
- ¼ cup shredded cheese
- 2 Pepperoni or turkey pepperoni slices
- Favorite vegetables (mushrooms, bell peppers, onions)

\*Try with Canadian bacon and pineapple

\*Can substitute English muffin for sandwich thins

### Directions

1. Slice an English muffin in half and toast.
2. Spread spaghetti sauce or tomato paste on both sides of English muffin.
3. Sprinkle with cheese, top with pepperoni slices and any vegetables.
4. Microwave for 30 seconds or until cheese has melted.

*361 calories, 15 g protein, 861 mg sodium, 17 g fat, 37 g carbohydrate*

## Apple and Cheese Roll-Ups

### Ingredients

- 1 large flour or wheat tortilla
- ½ apple, thinly sliced
- 2 tablespoons shredded cheese

### Directions

1. Open tortilla; top with apple slices and cheese
2. Fold in half and microwave for 20 seconds or until cheese melts.

*311 calories, 10 g protein, 534 mg sodium, 10 g fat, 46 g carbohydrate*



## Tuna or Turkey Melt

### Ingredients

- 2 slices bread
- 6 ounces canned tuna, drained, or 6 ounces turkey slices
- 2 tablespoons mayonnaise
- 1 slice of cheese

\*Try with spinach and tomato for a more nutrient dense meal

### Directions

1. Toast 2 slices of bread.
2. Place 1 slice of cheese on 1 piece of toast while it is still warm.
3. Spread on thin layer of mayonnaise and top with tuna or turkey slices.
4. Complete sandwich by placing other piece of toast on top.

*590 calories, 54 g protein, 1084 mg sodium, 30 g fat, 24 g carbohydrate*

## Cheese Quesadillas

### Ingredients

- 1 flour or wheat tortilla
- ½ cup shredded cheese
- Optional toppings (salsa, sour cream, shredded lettuce, hot sauce)

\*Try with vegetables (i.e. mushrooms, onions, bell peppers, etc.), meat (i.e. ground beef or turkey, chicken, etc.) or soy crumbles

\*Try substituting plain Greek yogurt for sour cream

### Directions

1. Place 1 tortilla on a large microwave-safe plate; sprinkle with shredded cheese.
2. Place the second tortilla on top of the other tortilla with cheese.
3. Cook on high in the microwave about 1 minute or until cheese melts.
4. Add other toppings. Cut into wedges and dip into salsa or sour cream.

*446 calories, 20 g protein, 796 mg sodium, 24 g fat, 37 g carbohydrate*

## Tuna Noodle Casserole

### Ingredients

- 1 container Easy Mac
- 1 (3 ounce) can water-packed tuna, drained
- ¼ (15 ounce) can peas, drained

\*Try adding mushrooms

### Directions

1. Prepare Easy Mac as directed on container.
2. Stir the drained tuna and peas into Easy Mac.

*257 calories, 29 g protein, 489 mg sodium, 2 g fat, 29 g carbohydrate*



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## Pizza-Dilla

### Ingredients

- 1 large flour or wheat tortilla
- ½ cup pizza sauce
- ¼ cup shredded cheese
- 3 Pepperoni or turkey pepperoni slices

\*Try with turkey bacon and/or your favorite vegetables (i.e. mushrooms, onions, bell peppers, etc.)

### Directions

1. Spread pizza sauce on tortilla, about ½-inch from the edge of the tortilla.
2. Sprinkle shredded cheese on top of pizza sauce.
3. Cover only one half of tortilla with pepperoni slices.
4. Place pizza-dilla on a microwave-safe plate. Heat for 1 minute or until cheese melts.
5. Remove from microwave and fold the cheese side over the pepperoni side. Cut into 4 wedges and eat.

*523 calories, 19 g protein, 1406 mg sodium, 24 g fat, 53 g carbohydrate*

## Chili Baked Potato

### Ingredients

- 1 large baking potato
- ½ cup chili
- ¼ cup shredded cheese
- 2 tablespoons light sour cream or plain yogurt

\*Try adding chives or green onions

### Directions

1. Wash the potato and pierce several times with a fork.
2. Place a damp paper towel around the potato and cook potato in the microwave for 4-5 minutes or until soft.
3. Place the potato on a plate and cut open with a knife. Set aside.
4. In a small bowl, heat chili in the microwave until warm.
5. Spoon chili onto potato and top with shredded cheese. Heat again, if desired, to melt the cheese.
6. Top with sour cream or plain yogurt.

*492 calories, 18 g protein, 785 mg sodium, 12 g fat, 77 g carbohydrate*

## Chili Mac

### Ingredients

- 1 container Easy Mac
- 1 can (8 ounces) of chili or chili from dining hall

\*Try adding cheese

### Directions

1. Prepare Easy Mac as directed on container. Set aside.
2. In small bowl, heat chili in microwave for 1 minute or until warm.
3. Add Easy Mac to bowl of chili and stir.

*477 calories, 27 g protein, 1687 mg sodium, 14 g fat, 61 g carbohydrate*



## Tuna Rice Casserole

### Ingredients

- 1 (16 ounce) package frozen mixed vegetables
- 2 (6.5 ounce) canned tuna, drained
- 1 cup uncooked instant rice
- 1 (10.75 ounce) can cream of celery soup
- 1 cup milk

\*Try adding mushrooms

### Directions

1. In a medium bowl, combine vegetables and tuna. Stir in rice, soup, and milk.
2. Place mixture in a 1.5 quart microwave-safe dish.
3. Cover and microwave on high for 6 minutes. Stir well and microwave on high, uncovered, for 8 minutes or until rice is tender.
4. Stir casserole and enjoy!

*1344 calories, 116 g protein, 2967 mg sodium, 22 g fat, 166 g carbohydrate*

## Shepherd's Pie

### Ingredients

- 1 cup of instant mashed potatoes
- ½ cup vegetables of choice (peas, carrots, bell peppers, etc.)
- 1 tablespoon shredded cheese
- 3 oz Cooked chicken tenders or leftover chicken

### Directions

1. Place vegetables in microwave-safe bowl. Sprinkle with 2 to 3 tablespoons water. Heat in the microwave for about 30 seconds or until vegetables become tender and brighten in color. Remove from microwave.
2. Heat chicken tenders according to package directions or reheat leftover meat. Set aside.
3. Prepare a cup of instant mashed potatoes as directed on container.
4. After removing mashed potatoes from microwave, layer with chicken, vegetables, and shredded cheese. Heat for 30 seconds or until cheese melts.

*397 calories, 39 g protein, 1010 mg sodium, 8 g fat, 42 g carbohydrate*

## BBQ Chicken Pasta

### Ingredients

- 1 container Easy Mac (cheese packet discarded)
- 3oz BBQ chicken from leftover BBQ chicken sandwich

\*Try adding onions

### Directions

1. Prepare Easy Mac according to directions with the exception of using the cheese packet. Set aside.
2. Place BBQ chicken in microwave safe bowl and heat for 1 minute or until warm.
3. Stir Easy Mac into BBQ chicken.

*326 calories, 32 g protein, 509 mg sodium, 4 g fat, 38 g carbohydrate*



## Fresh Pasta Salad

### Ingredients

- 1 container Easy Mac (cheese packet discarded)
- ½ cup vegetables from salad bar or elsewhere (i.e. bell peppers, broccoli, beans)
- 1 tablespoon Italian dressing
- 4 small salami or pepperoni slices, cut into quarter pieces

\*Try adding cheese

### Directions

1. Prepare Easy Mac according to directions with the exception of adding the cheese packet. Drain water, leaving only the noodles.
2. In a large bowl, toss together the pasta, vegetables and salami or pepperoni pieces.
3. Drizzle 1 tablespoon of Italian dressing on pasta, stir and eat!

*268 calories, 12 g protein, 610 mg sodium, 8 g fat, 37 g carbohydrate*

## Cheesy Broccoli Casserole

### Ingredients

- 1 bag (8 ounces) of Ready Rice
- 1 cup broccoli (from salad bar or elsewhere)
- ¼ cup shredded cheese

\*Try adding chicken

### Directions

1. Place vegetables in microwave safe bowl. Sprinkle with 2 to 3 tablespoons water and microwave for about 30 seconds or until vegetables are tender and bright in color. Remove from microwave.
2. Prepare rice according to package directions using the microwave.
3. Place cooked rice in microwave-safe bowl; stir in broccoli and shredded cheese.
4. Return rice, broccoli and cheese mixture to microwave, heat for 30 seconds or until warm and enjoy!

*518 calories, 19 g protein, 468 mg sodium, 15 g fat, 83 g carbohydrate*

## Mini Egg Salad Sandwich

### Ingredients

- 1 hard-boiled egg
- 1 2-inch celery stick or sweet pickle, finely chopped
- 1 packet mustard and mayonnaise
- Slice of toast, crackers or ½ of English muffin
- Pinch of salt and pepper, to taste (optional)

### Directions

1. Cut 1 hard-boiled egg into small pieces.
2. Place in bowl and mix with celery or sweet pickle, mayonnaise, mustard, salt and pepper.
3. Spread onto piece of toast, English muffin or cracker. Enjoy!

*235 calories, 10 g protein, 353 mg sodium, 16 g fat, 14 g carbohydrate*



## Tuna, Broccoli, Quinoa-Blend

### Ingredients

- 1 cup of Ready Rice or microwaveable quinoa-brown rice blend
- 1 cup broccoli (from salad bar or elsewhere)
- 1 can or packet of tuna
- ¼ cup shredded cheese

\*Try adding chicken

### Directions

5. Place broccoli in microwave safe bowl. Sprinkle with 2 to 3 tablespoons water and microwave for about 30 seconds or until broccoli is tender and bright in color. Remove from microwave.
6. Prepare rice according to package directions using the microwave.
7. Place cooked rice in microwave-safe bowl; stir in broccoli, tuna, and shredded cheese.
8. Return rice, broccoli, tuna and cheese mixture to microwave, heat for 30 seconds or until warm and enjoy!

*489 calories, 47 g protein, 547 mg sodium, 12 g fat, 51 g carbohydrate*



## Side Dishes

### Veggie Couscous

#### Ingredients

- 1 box couscous (5.9oz size)
- 1-2 cups frozen or fresh cut mixed vegetables
- salt and pepper (optional)

\*Try adding edamame

#### Directions

1. In a 2-cup glass measuring cup or a medium size microwavable bowl, add 1 ¼ cup water. Heat in microwave until water boils, about 5 minutes. Add spice packet if provided in couscous box.
2. Remove from microwave and add the couscous. Stir once, then cover with a small towel or foil. Let stand about 5 minutes, or until water has been absorbed.
3. Meanwhile, add veggies to a medium sized microwavable bowl or a dinner plate and microwave 1 minute. Mix veggies around, then microwave another 1 minute, or until vegetables are heated through and tender.
4. Mix vegetables and couscous together. Add salt, pepper, or any spices as you would like.

*413 calories, 15 g protein, 77 mg sodium, 0 g fat, 85 g carbohydrate*

### Green Bean Casserole

#### Ingredients

- 1 can (16 ounces) French Style green beans, drained
- 1 can (10 ounces) cream of mushroom soup
- ¼ cup French fried onion rings

#### Directions

1. Lightly spray casserole dish with non-stick cooking spray.
2. Mix green beans and cream of mushroom soup in casserole dish.
3. Sprinkle French fried onion rings across green beans.
4. Cook for 5 minutes on moderate heat or until warm.

*239 calories, 7 g protein, 1882 mg sodium, 6 g fat, 39 g carbohydrate*

### Easy Cheesy Zucchini

#### Ingredients

- 1 cup zucchini, shredded
- ¼ cup onion, shredded
- ¼ cup low-fat cheddar cheese, shredded

#### Directions

1. Mix zucchini and onion together in an individual serving dish; top with cheese.
2. Microwave on high for 30-45 seconds.

*173 calories, 10 g protein, 179 mg sodium, 10 g fat, 13 g carbohydrate*



## Cheddar Potato Wedges

### Ingredients

- 3 medium potatoes, cut lengthwise into 8 wedges.
- ½ teaspoon garlic salt or garlic powder
- ½ teaspoon seasoning salt
- ½ teaspoon paprika
- 2 tablespoons margarine (cut into small squares)
- ½ cup low-fat shredded cheddar cheese

\*Try adding turkey bacon and/or green onions

### Directions

1. In a large re-sealable plastic bag, combine the garlic salt, seasoned salt and paprika. Add potatoes, seal bag and toss to coat.
2. Transfer potatoes to an ungreased microwave safe dish. Dot with margarine. Microwave uncovered on high for 3 minutes. Turn potatoes; cook 2-3 minutes longer or until tender.
3. Sprinkle with cheese; cover and let stand until cheese is melted.

*907 calories, 26 g protein, 589 mg sodium, 42 g fat, 109 g carbohydrate*

## Sweet, Sweet Potatoes

### Ingredients

- 2 large sweet potatoes
- 1 teaspoon brown sugar
- ½ teaspoon cinnamon
- ¼ cup orange juice
- 1 tablespoon maple syrup

### Directions

1. Pierce potatoes several times with a fork. Wrap each potato individually in a damp paper towel. Set potatoes onto plate and microwave 4 minutes, turning 2-3 times (if microwave does not have a turn table), until potatoes are soft and tender to touch.
2. Cut into ½-inch slices. Arrange slices on microwave safe dish.
3. Mix remaining ingredients together and sprinkle equal portions to potatoes.
4. Microwave for about 1 minute, uncovered.
5. Sprinkle with additional cinnamon, if desired.

*613 calories, 12 g protein, 170 mg sodium, 1 g fat, 143 g carbohydrate*



## Greek Style Veggie Pitas

### Ingredients

- 1 pita bread pocket
- 2 tablespoons one-third less fat cream cheese
- ¼ cup cheddar cheese
- ½ cup vegetables, chopped (ex. Cucumbers, tomatoes, celery)

\*Try adding hummus

### Directions

1. Spread cream cheese on a pita. Top with fresh cheddar and microwave for 20 seconds.
2. Top with chopped vegetables and wrap it up to eat.

*301 calories, 13 g protein, 556 mg sodium, 15 g fat, 28 g carbohydrate*

## Greek Style Pitas

### Ingredients

- 2 pita bread pockets
- 1 can (6 ounce) tuna or chicken in water
- ¼ medium red onion, thinly sliced
- ½ tomato, chopped
- ½ cup plain yogurt
- ½ cucumber, finely chopped
- 1 tablespoon lemon juice
- 1/8 teaspoon garlic powder

### Directions

1. For sauce, combine yogurt, cucumber, lemon juice, and garlic in a small bowl. Mix well and set aside.
2. Cut pitas in half and open pockets. Divide tuna (or chicken) among pitas.
3. Top chicken (or tuna) with onions and tomatoes and drizzle sauce over vegetables.

*553 calories, 61 g protein, 1146 mg sodium, 6 g fat, 67 g carbohydrate*



## Snack Ideas

### Apples with Yogurt and Peanut Butter Dip

#### Ingredients

- One container (1/2 cup) vanilla or plain Greek yogurt
- 1 tbsp. peanut butter
- 1 medium apple
- Pinch of cinnamon
- Handful cacao nibs or dark chocolate chips
- 1 tsp honey

#### Directions

1. In a small bowl, mix Greek yogurt, peanut butter, and honey.
2. Top with cinnamon and cacao nibs or dark chocolate chips.
3. Slice apple and dip!

*333 calories, 23 g protein, 140 mg sodium, 12 g fat, 39 g carbohydrate*



## Dessert

### Brownie in a Mug

#### Ingredients

- ¼ cup all-purpose flour
- ¼ cup light brown sugar
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons unsalted butter, melted
- ¼ cup milk
- Chocolate chips

#### Directions

1. First, in a mug add in all-purpose flour, light brown sugar, and unsweetened cocoa powder. Whisk until homogenous. Make sure there is no cocoa lumps.
2. Add melted unsalted butter and milk into the mug and stir until homogeneously mixed.
3. Clean the rim of the mug and microwave for 1 minute. If the microwave is set to stronger than 800 watts then microwave for 30 seconds at a time. Repeat microwaving for 10 seconds at a time until there is no fluid on the surface. It should take around 1 minute 30 seconds if the microwave is set to 800 watts.
4. Arrange chocolate chips on top and let cool before serving.

*572 calories, 8 g protein, 166 mg sodium, 27 g fat, 77 g carbohydrate*

### Chocolate Cherry and Nut Bark

#### Ingredients

- 1 dark chocolate bar
- 2 Tbsp dried cherries or cranberries
- 2 Tbsp pecans, cashews, walnuts, almonds, etc.

#### Directions

1. In a microwave-safe bowl, break chocolate bar into pieces. Microwave for increments of 20-45 seconds until chocolate has melted.
2. Add dried fruit and nuts and mix.
3. Drop large spoonfuls of mixture onto aluminum foil and place in freezer until chocolate bark hardens.

*370 calories, 3 g protein, 11 mg sodium, 23 g fat, 42 g carbohydrate*



## Peanut Butter and Banana S'mores

### Ingredients

- 1 large graham cracker
- 2 pieces dark chocolate
- 1 small banana, sliced
- 1 Tbsp peanut butter

### Directions

1. Break graham cracker into two squares.
2. On a microwave-safe plate, top one half with chocolate and place in microwave for 10 seconds.
3. Remove from microwave and top with banana slices then return to microwave for 20-30 seconds.
4. Spread 1 Tbsp of peanut butter on the other half of the graham cracker.
5. Put the pieces together and enjoy!

*245 calories, 6 g protein, 129 mg sodium, 15 g fat, 25 g carbohydrate*

## Banana Ice Cream

### Ingredients

- 2 ripe bananas, sliced and frozen
- Toppings/additions of your choice: vanilla extract, chocolate chips, mint extract, frozen fruit, coconut flakes, graham crackers, honey, chia seeds, peanut butter, oats, etc.

### Directions

1. Put frozen bananas in blender
2. Add desired toppings/additions.
3. Blend until smooth
4. Add any other toppings. Enjoy!

*Nutritional content varies depending on desired toppings.*

