

All Ingredients

Pasta Primavera with Chicken

8 ounces penne pasta
2 Tablespoons olive oil
1 stalk asparagus
5-6 snap peas
1/3 cup cauliflower florets
1 green onion
3 cloves garlic
1/2 cup shredded carrots
1/2 cup sweet bell peppers
6-8 cherry tomatoes
1/4 cup frozen peas
Juice from one lemon
Salt and Black Pepper
1 Tablespoon dried Italian herbs
or herbs de Provence
1/3 cup grated parmesan cheese
1/3 cup grated mozzarella
cheese (optional)
chicken breasts

Avocado Black Bean

Chicen Quesadillas
1/2 onion
1/2 bell pepper
olive oil
1/2 cup black beans
taco seasoning
4 medium soft flour tortillas
2 avocados
1 cup shredded or diced chicken,
cooked
1/4 cup minced cilantro
1 lime
1 cup light Mexican
Cheddar or mozzarella cheese

Greek Yogurt Chicken Salad with Grapes and Celery

1 cooked rotisserie chicken
Plain Greek yogurt, to taste
Poultry seasoning, to taste
Black pepper
3 celery stalks
1 cup red grapes
lemon juice

Mini Turkey and Veggie

Meatloaves
1/2 cup onion
1/2 cup finely chopped carrot
(about one carrot)
1/2 cup shredded zucchini
1 1/4 lbs. ground beef
1 cup panko bread crumbs
1 egg, beaten
1/2 cup all natural ketchup
1/4 cup chicken broth
1/2 teaspoon garlic powder
2 teaspoons dried parsley
1/2 teaspoon dried basil
Salt and Pepper
Olive oil

Ground Beef Tacos

2 teaspoons vegetable oil
1-pound lean ground beef
1/2 cup onion
1 Tablespoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
(optional) 1/4 teaspoon crushed
red pepper flakes
1/4 teaspoon dried oregano
1/2 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon salt
1/2 teaspoon pepper
1 14-ounce can of petite diced
tomatoes
8 taco shells

Broccoli Cauliflower Rice Chicken Casserole

2 lbs. skinless boneless chicken
breasts
1 Tablespoon olive oil
2 10-ounce bags frozen
cauliflower rice (or 1 head of
cauliflower)
1 16-ounce bag
frozen broccoli
2 large eggs, whisked
3 cups, shredded mozzarella
cheese
2 teaspoons coarse sea
salt
2 teaspoons -
garlic powder
2 teaspoons -
onion powder
2 Tablespoons butter
1 cup shredded Italian blend
cheese or shredded cheese

Apple Crisp

2 1/2 pounds medium
Granny Smith and
Honey Crisp apples
3 Tablespoons granulated sugar
1 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon fine salt
3/4 cup packed light brown sugar
3/4 cup uncooked rolled oats
1/2 cup all-purpose flour
6 Tablespoons -
unsalted butter

Campus Recreation & Auxiliary Services Present

Cooking on a Budget Cooking Class

Instructors: Kathryn Szklany, Registered Dietitian, and Judy Phillips



November 6, 2018

Pasta Primavera with Chicken

Serves: 4
Prep Time: 11 minutes. Cook Time: 18 minutes
Total Time: 29 minutes

Ingredients

8 ounces dried penne pasta
2 Tablespoons olive oil
1 stalk asparagus ends trimmed, cut into 1" sections
5-6 snap peas
1/3 cup cauliflower florets
1 green onion, sliced thinly
3 cloves garlic, minced
1/2 cup shredded carrots
1/2 cup sweet bell peppers, cut into 1" chunks
6-8 cherry tomatoes, cut in half
1/4 cup frozen peas, thawed
Juice from one lemon
Salt and pepper to taste
1 Tablespoon dried Italian herbs or herbs de Provence
1/3 cup grated parmesan cheese
1/3 cup grated mozzarella cheese (optional)
1 lb cooked sliced chicken breast (optional, leave out for vegetarians)

Directions

1. Cook pasta in a large pot according to package directions.
2. Drain pasta and save 1/3 cup pasta water, set aside.
3. Using a large pan over medium-high heat, add 1 Tablespoon olive oil.
4. Add the asparagus, snap peas, and cauliflower and cook for 3-4 minutes, or until vegetables are tender but not too soft. Transfer to a plate, and set aside.
5. Return the same pan back to heat and add the rest of the oil.
6. Add the garlic, green onions, and sauté for about 15 seconds, until fragrant.
7. Stir in the carrots and bell peppers and sauté for 2 minutes.
8. Toss in the cherry tomatoes and the peas and cook for another minute.
9. Add the cooked asparagus, snap peas, and cauliflower back into the pan, and stir in the cooked pasta, lemon juice, and herbs.
10. Add in some of the saved pasta water to thin out the pasta.
11. Season with salt and pepper to taste and sprinkle with parmesan cheese.

To Cook the Chicken

1. Sprinkle salt and pepper on the chicken.
2. Heat 1 Tablespoon of cooking oil in a pan on medium heat.
3. Add the chicken and cook until brown and cooked through, about 7-8 minutes on each side.
4. Slice into strips and serve over pasta

Avocado Black Bean Chicken Quesedillas

Serves: 8
Prep Time: 5 minutes. Cook Time: 15 minutes
Total Time: 20 minutes

Ingredients

1/2 onion, sliced
1/2 bell pepper, sliced
1 Tablespoon olive oil
1/2 cup black beans, drained
1 Tablespoon taco seasoning
4 medium soft flour tortillas
2 avocados, peeled, halved, seeded and sliced
1 cup shredded or diced chicken, cooked (optional, leave out to make vegetarian)
1/4 cup minced cilantro
1 lime, cut in half
1 cup light Mexican Cheddar or mozzarella cheese
Oil or cooking spray for grilling

Directions

1. In a medium pan over medium-high heat, sauté onion and bell pepper in 1 Tablespoon oil for 2-3 minutes, or until tender.
2. Add the black beans, chicken, and taco seasoning and cook another minute.
3. Transfer mixture into a small bowl and set aside.
4. Rinse and wipe down pan and return to heat.
5. Drizzle with a light layer of oil or spray with cooking spray into pan.
6. In a small bowl, lightly mash the avocados with a fork.
7. Stir in the cilantro and juice of 1/2 lime.
8. Season with salt and pepper to taste.
9. Spread a 1/4 of mashed avocado onto half of a tortilla.
10. Top with bean mixture with 1/4 cup of cheese. Fold the tortilla closed over veggies, and repeat until all tortillas are filled.
11. Cook on medium-high heat for 2-3 minutes per side or until the outside is crispy and cheese has fully melted.
12. Serve with your favorite salsa or sour cream.

Broccoli Cauliflower Rice Chicken Casserole

Serves: 8
Prep Time: 5 minutes.
Cook Time: 1 hour and 15 minutes

Ingredients

2 lbs. skinless boneless chicken breasts
1 Tablespoon olive oil
2 10-ounce bags frozen cauliflower rice (or 1 head of cauliflower, rice and cooked)
1 16-ounce bag frozen broccoli
2 large eggs, whisked
3 cups, shredded mozzarella cheese
2 teaspoons coarse sea salt
2 teaspoons garlic powder
2 teaspoons onion powder
2 Tablespoons butter, melted
1 cup shredded Italian blend cheese

Directions

1. Preheat oven to 400 degrees F.
2. Spray a large 3-quart baking dish with non-stick cooking spray or olive oil, set aside.
3. Slice chicken breasts in half horizontally to make them thinner, lightly coat them in olive oil and place on a baking sheet.
4. Liberally season with salt and pepper and bake for 20 minutes.
5. While the chicken is baking, heat the bags of frozen cauliflower rice and broccoli according to package instructions. Discard any excess water or moisture.
6. Remove chicken from oven and let cool for 5 minutes.
7. Carefully chop baked chicken into bite-sized pieces.
8. In a large bowl, add the cook cauliflower rice, broccoli, chicken, eggs, mozzarella cheese, salt, garlic, onion powder, and butter.
9. Toss bowl ingredients together until fully combined.
10. Transfer casserole mixture to the prepared baking dish and top with the remaining Italian blend cheese.
11. Bake for 50 minutes, until the cheese on top has fully melted and started to brown slightly.
12. Let cool for 10 minutes before serving.

Mini Beef and Veggie Meatloaves

Serves: 6
Cook Time: 25 minutes

Ingredients

½ cup finely chopped onion (about one small onion)	1 ¼ lbs. ground beef	2 teaspoons dried parsley, crushed in hand
½ cup finely chopped carrot (about one carrot)	1 cup panko bread crumbs	½ teaspoon dried basil, crushed in hand (can sub dried oregano)
½ cup shredded zucchini (squeeze out excess liquid with hands)	1 egg, beaten	Cooking spray
	½ cup all natural ketchup, divided	Salt and Pepper
	¼ cup chicken broth	Olive oil
	½ teaspoon garlic powder	

Directions

1. Preheat oven to 425 degrees F.
2. Cover a rimmed baking sheet with foil and place a baking rack over the sheet.
3. Generously spray baking rack.
4. In a saucepan over medium to medium-high heat, sauté vegetables in 1 Tablespoon olive oil, salt, and pepper for about 5 minutes, or until soft. Then, set aside to cool.
5. After the vegetables have cooled, combine the vegetables, ground beef, egg, panko, ¼ Cup ketchup, broth, garlic powder, parsley, basil, ½ teaspoon salt, and ½ teaspoon pepper using a wooden spoon or hands. Do NOT over mix.
6. Gently scoop out a heaping, loosely packed ½ Cup of meat mixture for each meatloaf and form a patty that's evenly about 1 ½ inches thick. Do NOT press down hard on mixture to avoid compacting it.
7. Top each mini meatloaf with about 2 teaspoons ketchup, spreading around on top evenly.
8. Bake for 25-30 minutes or until the middle is no longer pink.

Ground Beef Tacos

Serves: 4
Prep Time: 10 minutes.
Cook Time: 10 minutes

Ingredients

2 teaspoons vegetable oil	¼ teaspoon dried oregano	Assorted toppings: lettuce, tomato, onion, and shredded lettuce Salsa and plain Greek yogurt for topping (optional)
1-pound lean ground beef	½ teaspoon smoked paprika	
½ cup onion, finely chopped	1 teaspoon ground cumin	
1 Tablespoon chili powder	1 teaspoon salt	
¼ teaspoon garlic powder	½ teaspoon pepper	
¼ teaspoon onion powder	1 14-ounce can of petite diced tomatoes, drained	
(optional) ¼ teaspoon crushed red pepper flakes	8 taco shells	

Directions

1. Heat the oil in a large pan over medium heat.
2. Add the ground beef and break up with a spatula.
3. Add the onion to the pan.
4. Cooking stirring occasionally, until beef is done and onion is soft, 5-6 minutes. Drain off any excess fat.
5. Add the chili powder, garlic powder, onion powder, red pepper flakes, oregano, smoked paprika, cumin, salt, and pepper to the pan. Stir to coat the meat in the seasonings.
6. Add the tomatoes to the pan and simmer for 2-3 minutes.
7. Place the beef into the taco shells and add toppings such as lettuce, tomatoes, and cheese. Serve immediately.

Applesauce

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

Ingredients

3 - 4 apples	cinammon, to taste (optional)
sugar, to taste (optional)	cinammon bits, to taste (optional)

Directions

1. Peel the apples (optional) and chop them into small pieces.
2. Place the apples into a rice cooker, Pampered Chef Steamer, or microwavable Tupperware with a lid.
3. Cook (in rice steamer) or microwave until soft.
4. Add cinammon, sugar, and/or cinammon bits to taste (optional).

Apple Crisp

Serves: 6
Prep Time: 15 minutes. Cook Time: 60 minutes

Ingredients

2 ½ pounds medium Granny Smith and Honey Crisp apples (about 5 or 6), peeled, cored, and sliced ¼ inch thick	1 teaspoon ground cinammon ¼ teaspoon nutmeg ¼ teaspoon fine salt ¾ cup packed light brown sugar ¾ Cup uncooked rolled oats	½ Cup all-purpose flour 6 Tablespoons cold, unsalted butter, cut into small pieces, plus more for coating the dish Vanilla Ice Cream (optional)
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Directions

1. Pre-heat oven to 350 degrees.
2. Lightly coat an 8x8 baking dish with butter.
3. Combine the apples, granulated sugar, cinammon, nutmeg, and salt in a large bowl and toss to coat.
4. Place the apple mixture in the prepared baking dish and set aside.
5. Using the same bowl, mix together the brown sugar, oats, and flour until evenly combined.
6. With your fingertips, blend in the butter pieces until small clumps form and the butter is well incorporated, about 2 minutes.
7. Sprinkle the topping evenly over the apples and bake until the streusel is crispy and the apples are tender, about 50-60 minutes.
8. Let cool on a rack for at least 30 minutes before serving.
9. Serve with vanilla ice cream.

Greek Yogurt Chicken Salad with Grapes and Celery

Serves: 6
Prep Time: 10 minutes. Total Time: 10 minutes

Ingredients

1 cooked rotisserie chicken, skin removed	Poultry seasoning, to taste Black pepper, to taste	1 Cup red grapes, halved Lemon juice (optional)
Plain Greek yogurt, to taste (roughly around 1 - 1.5 Cups)	3 celery stalks, diced into small cubes	

Directions

1. Pull the cooked chicken off of the bones and place into a large mixing bowl.
2. Add in the Greek yogurt until desired consistency.
3. Add poultry seasoning and black pepper to taste.
4. Mix in the diced celery and grapes.
5. Add a squirt of lemon juice for a flavor boost (optional).