

Towson University's Book of Healthy Flavors



A collection of healthy recipes from Towson
University students, faculty, and staff

Put together by Health Education and Promotion
Intern, Courtney Insley

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About Me

Hello,

My name is Courtney Insley and I am a senior at Towson University, with an anticipated graduation date of May 2021. I am majoring in Health Education & Promotion and love all areas of the health field! At TUNE (Towson University in Northeastern Maryland), where I am interning, I am responsible for completing two projects of my choice related to health. One of those projects is this healthy recipe book, which I named “Towson University’s Book of Healthy Flavors”. I wanted to create this recipe book because I love to cook, and I want myself and others to be inspired in trying new kinds of food. I not only wanted to create a recipe book, but a healthy one, that contained a collection of Towson students, staff, and faculty’s favorite go-to recipe. Eating healthy is important to me and creating this book has opened my mind to all the healthy options available, and I hope it will open your mind too!

-Court

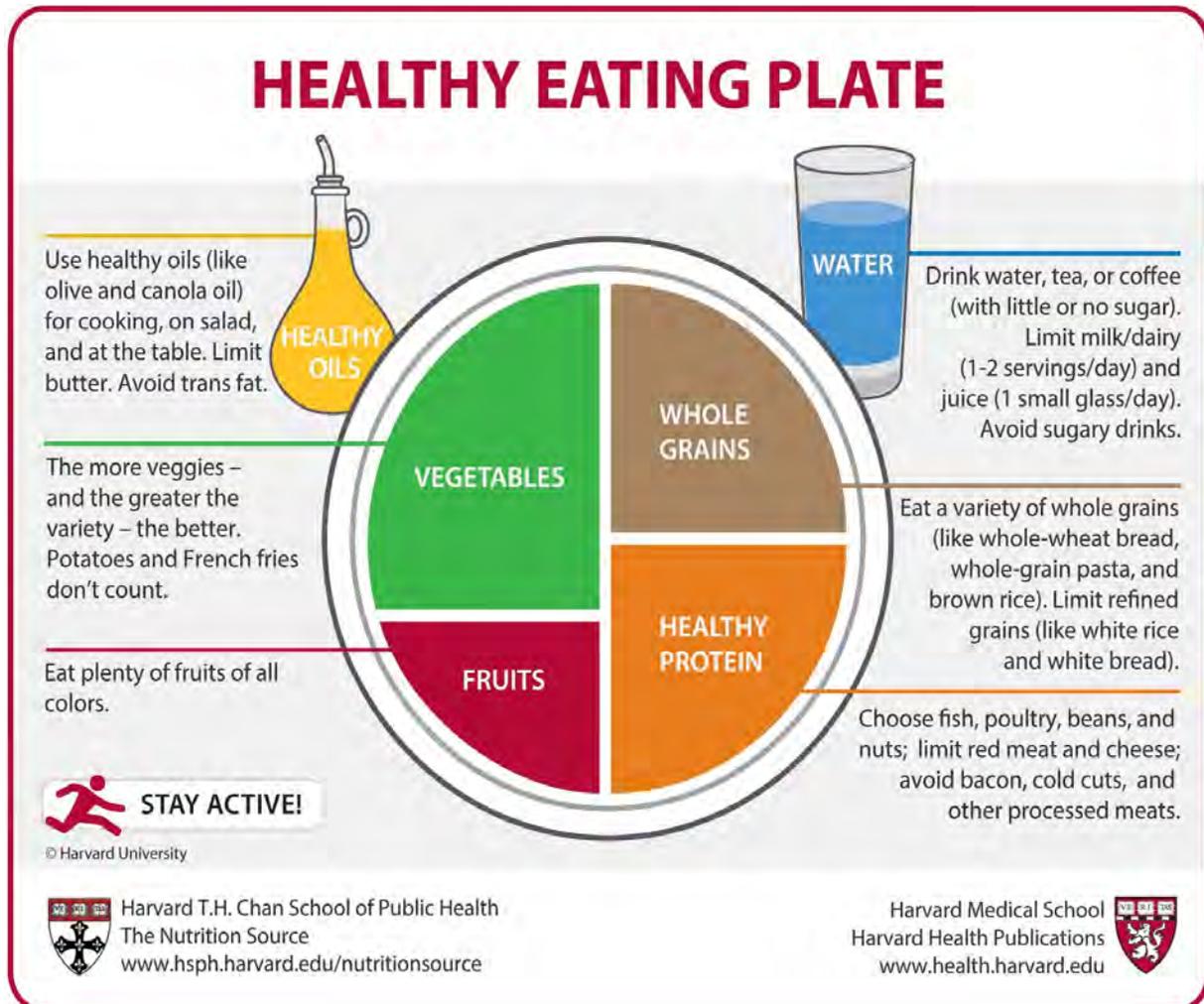


Introduction to Healthy Eating

The word “healthy” can have a variety of meanings and can be based on one’s health goals, experiences, and other areas. For some, the word “healthy” can mean maintaining a balanced lifestyle through mental and physical means, while for others the word can mean fulfilling the body with what it needs to admit energy throughout the day. While there are a lot of factors that contribute to living a healthy lifestyle, it is vital that you are receiving the proper nutrients through your diet and most importantly, eating what makes you feel your best! “Towson University’s Book of Healthy Flavors” contains a recipe for anyone and everyone—whether you are looking for something sweet, an easy on-the-go snack, or a comfort meal! This healthy recipe book also pertains to particular dietary needs, such as gluten free, veganism or vegetarianism. The recipes included in the book pertain to all different kinds of food groups as well, which is important when maintaining a healthy balance. The School of Public Health at Harvard University created a healthy eating plate diagram (shown on the following page), that contains vegetables, fruits, protein, whole grains, oils, and water. According to Harvard University, one should consume fruit and veggies daily—the more the better! It is recommended that one chooses fish, poultry, beans, and nuts when consuming protein, rather than red meat, processed meat, and cheese. Eating a variety of whole grains is essential as well, such as whole-wheat bread, whole-grain pasta, and brown rice. Lastly, Harvard University states that one should consume water, tea, or coffee, with little or no sugar, limit their dairy/milk consumptions, and avoid sugary drinks (Harvard University, 2021).

The Nutrition Source: Healthy Eating Plate. (n.d.). Harvard Chan Home. Retrieved 2021, from <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

Healthy Eating Plate Diagram



The Nutrition Source: Healthy Eating Plate. (n.d.). Harvard Chan Home. Retrieved 2021, from <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

Spinach and Feta Greek Egg Bake

4 Servings* *

Ingredients:

- 12 large eggs
- 1 teaspoon extra virgin olive oil
- 11-12 ounces baby spinach
- 1/2-3/4 teaspoon salt
- 1/4 teaspoon black fine graded pepper
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 4-6 ounces imported feta cheese crumbled

Directions:

1. Preheat oven to 375 degrees and spray an 8 x 8 baking dish with cooking spray.
2. Heat oil in a large frying pan over medium-high heat. Add spinach and sauté until bright green and wilted (about 4-5 minutes). Spread cooked spinach into an even layer in baking pan.
3. In a medium bowl, whisk together eggs, pepper, oregano and garlic powder. Pour mixture over spinach and use a fork to carefully stir the spinach and eggs. Sprinkle entire dish evenly with crumbled feta.
4. Bake in the oven until eggs are fully cooked through (about 30-35 minutes).
5. Remove the pan, letting it cool. Then slice the pan into eight pieces to serve.

Original recipe:

<https://thelemonbowl.com/spinach-and-feta-greek-egg-bake/>



About Me!

-Anthony Skevakis
-Dean of Students
-Main Campus
-Anthony's favorite memory regarding food is waking up and having the smell of freshly made Greek food permeating the house!

Cinnamon Coffee Smoothie

Ingredients:

- 1 frozen banana
- 1 tablespoon almond butter
- 2-4 tablespoons espresso
- 4 ice cubes
- 3/4 cup almond milk
- 1 teaspoon cinnamon

Directions:

1. Add all ingredients in a blender and blend until smooth. Add more almond milk, as needed.



About Me!

-Shreeyam Mishra
-Nursing Major
-TUNE
-Shreeyam loves cinnamon and coffee, and she likes to add in bananas to make the smoothie even more nutritious!

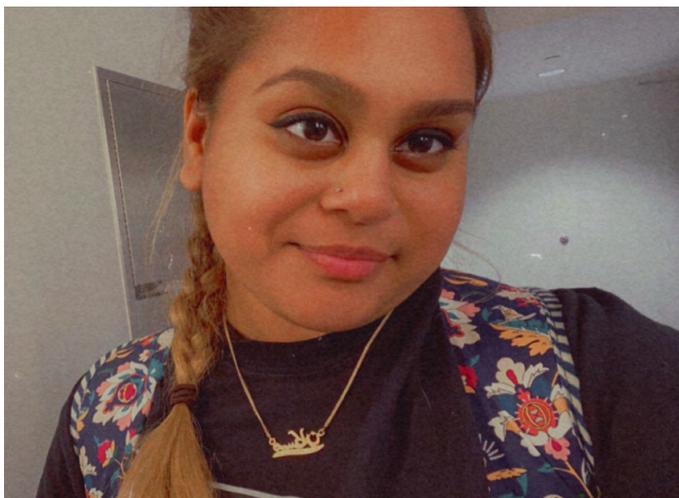
Sunny-Side-Up Eggs with Tomato Base

Ingredients:

- Whole wheat bread
- Few slices of tomatoes
- 2-3 diced tomatoes (for the tomato base)
- 2 eggs
- Avocado
- Choice of seasoning

Directions:

1. Add one tsp of oil into a pan.
2. Add diced tomatoes on high heat.
3. Cook tomatoes until they become like a paste or until all the liquid is absorbed.
4. Once you notice that the tomatoes are crispy/well done, lower the heat.
5. Add 2 eggs and cover to desired yolk texture.
6. Serve on bread with avocado, tomato slices, and any other toppings/seasoning.



About Me!

-Muskan Tariq
-BSN Nursing Major
-Main Campus
- “After getting diabetes I hated eating because I wasn’t able to eat the fun foods, but with time I was able to make healthy eating fun again!”

Banana-Oat Pancakes

Ingredients:

- 2 medium ripe bananas
- 2 eggs
- 1/2 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1 1/2 cups old-fashioned rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt

Directions:

1. Blend all ingredients into a blender until smooth or your liking.



About Me!

-Jessica Oliveros
-Health Education and
Promotion Major
-Main Campus
-A traditional food that Jessica
and her dad make during the
holidays are a Colombian food
called Arepas!

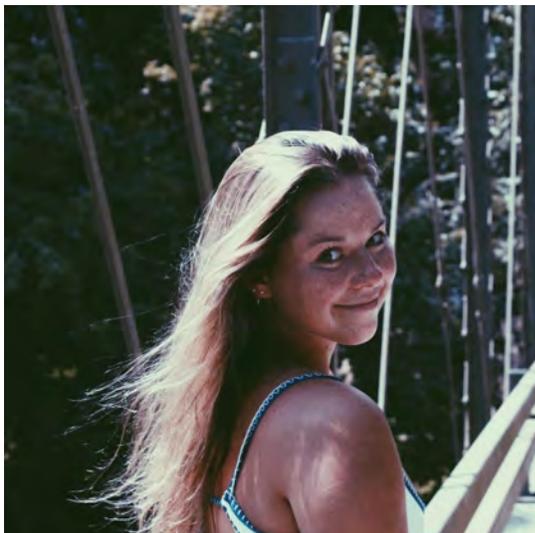
Simple Egg and Bacon Breakfast Sandwich

Ingredients:

- Thomas brand multigrain English muffin
- Laughing cow garlic & herb cheese
- 2 slices of turkey bacon
- 4g egg whites
- Chili garlic hot sauce

Directions:

1. Toast English muffin.
2. Spread laughing cow cheese on English muffin
3. Cook turkey bacon and egg whites in pan on medium heat with cooking oil/spray.
4. Place the egg whites and turkey bacon onto English muffin and add chili garlic hot sauce.



About Me!

- Ellie Muffley
- Nursing Major
- Main Campus
- Ellie's family cooks primarily Italian foods!

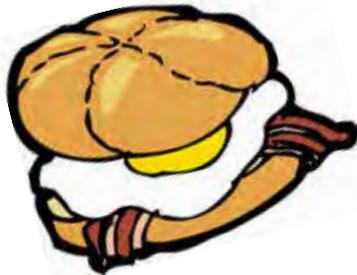
Egg and Veggie Sandwich with a Side of Tea

Ingredients:

- 3 egg whites
- Handful of spinach
- About 4 grape tomatoes
- Handful of mushrooms
- Onions
- Slice or shredded cheese
- 1/2 tbsp of butter
- Pam spray
- Goya adobo seasoning
- Whole wheat bagel or bread
- Lemon ginger hot tea (or any tea will do)

Directions:

1. Dice the tomatoes and onions and cut the mushrooms into small pieces.
2. Grab a handful of spinach and rip the leaves in half.
3. Add butter to a pan, tossing in the spinach, tomatoes, mushrooms, and onions. Sprinkle the Goya adobo seasoning over the veggies in the pan.
4. While the veggies are cooking, grab a bowl and crack your eggs, separating the egg whites from the yolk (only using the egg whites).
5. Season the egg whites and beat them until mixed thoroughly.
6. Spray the pan with pam spray.
7. Add eggs to the pan making sure it coats the entire bottom of the pan. After a couple of minutes flip the egg, allowing it to cook evenly on both sides.
8. Once it is cooked on both sides add cheese to the middle and fold in half.
9. Grab your choice of bread and put the egg in between, making a sandwich.



About Me!

-Jade Daniel
-Health Education and Promotion Major
-Main Campus
- "I love breakfast, so whenever I get a chance to actually cook, this is what I make!"

Chocolate Peanut Butter Baked Oats

Ingredients:

- 1/2 cup oats
- 1/2 banana
- 1 egg
- 1 tbsp maple syrup (all natural or low sugar for a healthier option)
- 1tbsp peanut butter (all natural for a healthier option)
- 1/4 tsp baking powder
- Pinch of salt
- 1/4 cup almond milk
- 1 tsp vanilla
- Handful of dark chocolate chips

Directions:

1. Preheat oven to 350 degrees.
2. Add all ingredients into a blender and blend.
3. Place mixture from blender into an oven safe dish.
4. Add chocolate chips to the top of the mixture that is in the dish.
5. Bake in the oven for 20 minutes.



About Me!

-Courtney Insley
-Health Education and
Promotion Major
-Main Campus
- “I have always appreciated
my dad’s home cooked meals,
which has brought me to love
a variety of foods and
cooking!”

The Perfect Chicken Breast

Ingredients:

- Chicken breast
- Salt
- Pepper
- Paprika
- Olive oil
- Garlic clove
- Lemon
- Parsley

Directions:

1. Thinly slice the chicken breast in half. Season the chicken.
2. Start on a high heat, pouring olive oil into a pan (the oil in the pan should sizzle).
3. Place chicken breast into the pan, making sure to flip the chicken to evenly cook both sides (if the chicken sticks to the pan that means the chicken is not finished cooking).
4. Reduce the heat to a medium heat setting and pour some water into the pan and cover with lid (let it cook for another 7 minutes).
5. As the chicken continues to cook prepare the additional sauce/seasoning.
6. Mince garlic, then cut a lemon in half (at this point check on your chicken).
7. If the chicken is fully cooked, take the pan off the heat and add in the minced garlic, butter, and lemon juice from lemon.
8. Cut the chicken, top with parsley, and serve.



About Me!

- Alex Mattes
- Business Administration Major
- Main Campus
- His dad has a 20-year-old crab cake recipe that no one knows but him!

White Chicken Chili

Serves 6**

Ingredients:

- 6 C. reduced sodium chicken broth
- 3-4 C. cooked and chopped/shredded boneless skinless chicken breast (1 1/2 lb.)
- 2 15oz. cans of white beans (drained and rinsed)
- 2 C. Salsa Verde
- 2 tsp cumin

Directions:

1. Toss all ingredients together into a medium stock pot or large sauce pan.
2. Heat over medium-high heat until boiling; cover and reduce heat to medium-low and simmer for at least 5 minutes.



About Me!

- Sana Siddique
- Health Education and Promotion Major
- Main Campus
- Sana's favorite memory regarding food is eating from a food truck festival in Pakistan!

Lemon Garlic Parmesan Shrimp Pasta

Serves 6**

Ingredients:

- 8 ounces linguine pasta (can substitute whole wheat pasta for a healthier option)
- 2 tablespoons olive oil
- 6 tablespoons butter (can substitute unsalted butter for a healthier option)
- 4 cloves garlic minced
- 1 teaspoon red pepper flakes
- 1 1/4-pound large shrimp
- Salt and pepper to taste
- 1 teaspoon Italian seasoning
- 4 cups baby spinach
- 1 1/2 cup parmesan cheese
- 2 tablespoons parsley chopped
- 1 tablespoon lemon juice

Directions:

1. In a large pot cook the pasta in boiling water according to package directions. Drain and set aside.
2. Using the same pan, heat olive oil and 2 tablespoons of butter. Add the garlic and red pepper flakes and cook until fragrant.
3. Add the shrimp and salt and pepper to taste. Cook until the shrimp start to turn pink. Add Italian seasoning and spinach and cook until wilted.
4. Add the pasta back to the pot with the remaining butter, parmesan, and parsley. Still until mixed and butter is melted.
5. Add the lemon juice before serving and serve while hot.

Original recipe:

<https://therecipecritic.com/lemon-garlic-parmesan-shrimp-pasta/>



About Me!

-Mirek Havel
-Majoring in Sport Management,
Minoring in Business
-Main Campus
- "I've always loved food, especially
pasta and seafood dishes. I then
saw something similar to my dish
listed above and decided to make
something similar to it!"

Copycat Tacobell Crunch Wrap Supreme (Vegetarian)

Ingredients:

- 1/4 cup beefless crumbles/ground beef alternative (brands: Beyond Meat, Gardein, BOCA)
- 1/4 tbsp taco seasoning
- 1 large flour tortilla (can substitute whole wheat for a healthier alternative)
- 1/4 cup crushed tortilla chips
- 1/2 cup chopped romaine lettuce
- 1/4 cup diced tomatoes
- 2 tbsp chopped red onion
- 2 tbsp shredded cheese (or you can use a vegan chesses alternative)

Directions:

1. Cook the ground “beef” as directed (varies by brand), adding the taco seasoning and 1 tbsp of water. Let simmer for 5 minutes or until all the water has been absorbed.
2. In a separate bowl, toss together the diced tomatoes and red onion until well mixed.
3. Preheat a pan or skillet on low to medium heat, then begin assembling the crunch wrap.
4. Place the crushed tortilla chips in the center of the tortilla in a circular shape, leaving at least a 2-inch border of the flour tortilla around the circle of crushed chips.
5. Layer on top of the circle of chips the shredded lettuce, then the tomato onion mixture, then the cooked “beef” last—all while making sure to maintain a circular shape and leaving at least a 2-inch border of tortilla around the inner circle of filling.
6. If using cheese, add this layer last, on top of the “beef” layer before folding the tortilla.
7. Begin folding the crunch wrap by starting at one edge of the flour tortilla and folding it inwards in 5ths (5 sections). Continue folding around the edge until the 5 folds are completed and the crunch wrap is securely closed, and no inner filling is visible.
8. Carefully place the filled crunch wrap on the pre-heated pan/skillet with the folded side down first. Cook on this side for 2-3 minutes or until the tortilla is golden brown.
9. Enjoy on its own or with a side of hot sauce, salsa, and/or guacamole!



About Me!

- Erin Lee
- Nursing Major
- Main Campus
- “Although non-dairy milk alternatives are credited for benefitting the environment as they produce lower greenhouse gas emissions than dairy milk, almond milk production requires more water usage than any other dairy and non-dairy alternative milk!”

Asiago Chicken Pasta with Sun-Dried Tomatoes and Spinach

4 Servings**

Ingredients:

- 8 oz penne pasta (can substitute gluten free brown rice penne, for gluten free version)
- 1/3 cup sun-dried tomatoes with 2 tablespoons of oil
- 1 lb. chicken breast sliced in half and chopped
- 3 garlic cloves minced
- Salt
- 1/4 teaspoon paprika
- 1 cup half and half (half milk and half cream to form a lighter cream)
- ¼ teaspoon salt
- 1 cup Asiago cheese shredded
- 2 cups of fresh spinach

Directions:

1. Cook pasta according to package instructions. Drain and rinse.
2. Use sun-dried tomatoes in oil (if the sun-dried tomatoes are too big, chop them into smaller bites).
3. Heat sun-dried tomatoes (cut them) in 2 tablespoons of olive oil and chopped garlic on medium heat. Add chopped chicken breast to the sun-dried tomatoes and oil (generously season the chicken in the skillet with salt and paprika). Cook chicken until it's cooked through completely.
4. To the same skillet with chicken and sun-dried tomatoes, add 1 cup of half and half and ¼ teaspoon salt—bring to boil. Add ½ cup of grated Asiago cheese (half of what the recipe calls for) and stir for about 30 seconds to melt the cheese. Reduce the heat from boil to medium and continue stirring to make sure all cheese melts. At this point, if the sauce is too thin, gradually add the remaining ½ of Asiago cheese on medium heat, constantly stirring all around the skillet.
5. If the sauce becomes too thick, add another 1/3 cup of half and half and stir.
6. Taste the sauce—if 1/4 teaspoon of salt was not enough, add more.
7. Add cooked and drained pasta to the sauce. Add spinach, mix everything and cover with the lid on low simmer, letting the pasta sit to allow the spinach to wilt. After the spinach has wilted, stir everything together to combine.

Original recipe:

<https://julasalbum.com/asiago-chicken-pasta-with-sun-dried-tomatoes-and-spinach/>



About Me!

-Lauren Cammer
-Molecular Biology, Biochemistry, and Bioinformatics Major
-Main Campus
- “When I was younger I always enjoyed cooking breakfast food more than dinner foods. Eventually, my family got pretty tired of me always insisting on having breakfast for dinner, so I had to learn to make other dishes, but I still make a killer omelet! The recipe I attached is actually one of my family's favorites, although my little sister likes to say that asiago cheese smells like stinky feet!”

Cincinnati Chili

Ingredients:

- 1-quart water
- 2 pounds ground turkey
- 2 medium onions chopped
- 2 T vinegar
- 2-8 oz cans tomato sauce
- 1 bay leaf
- 1/2 t. red pepper
- 2 t. Worcestershire sauce
- 1 t. ground cumin
- 1t. ground allspice
- 1 t. cinnamon
- 3 T. chili powder
- 1 oz. Bakers Unsweetened Chocolate

Directions:

1. Boil ground turkey in water. Drain off half the water.
2. Add all the other ingredients and simmer for about an hour.
3. Serve with whole grain spaghetti, grated cheddar, and beans if desired.



About Me!

-Kathleen Gould
-Clinical Associate Professor, Department of Health Sciences
-Main Campus
-Kathleen is a registered dietitian and became interested in nutrition as a child. She did not like eating breakfast at the time but loved reading the nutrition information on the cereal boxes. She now enjoys a wide variety of foods and likes to try new things, especially ethnic foods.

Spring Quesadilla

Ingredients:

- 2 poblano peppers
- 8 flour tortillas (can substitute whole wheat for a healthier option)
- 1 1/2 cups shredded cheese of your choice
- 1 sweet potato diced and roasted
- 1 red bell pepper stemmed and diced
- 1/2 cup cooked black beans, drained and rinsed
- 1/4 cup chopped scallions
- 1 serrano pepper thinly sliced (optional)

Directions:

1. Roast the poblanos. Char the peppers over a gas burner or under a broiler until the skin is blackened all over. Remove them from the heat, place them in a bowl, and cover them with a towel or plastic wrap for 10 minutes. Uncover and use your hands to peel and remove the loose skin. Slice off the stem, and remove the seeds, and slice it into strips.
2. Assemble tortillas with sprinkles of cheese, sweet potatoes, poblano slices, bell pepper, black beans, scallions, and serrano (if using). Fold each tortilla in half and cook in a hot skillet for about 2 minutes per side. Serve with guacamole, salsa, lime wedges, serrano, and cilantro.



About Me!

-Shreeyam Mishra

-Nursing Major

TUNE

-This is Shreeyam's special college food. She calls it "Spring Quesadilla" because of all the colored ingredients!

Greek Inspired Salad

Ingredients:

- 3 cups raw spinach
- 1/4 cup sliced cucumbers
- 4-5 grape tomatoes
- Grilled chicken
- 3 tablespoons of red wine vinegar
- 1/8 cup sliced red onions
- 1/4 cup of crumbled feta cheese

Directions:

1. Cook chicken thoroughly.
2. Slice red onions and cucumbers.
3. Add all the ingredients into a bowl and top with red wine vinegar.



About Me!

- Rebecca Dawson
- Psychology Major
- TUNE
- Rebecca proposed to her husband on Valentine's Day, which included a sushi date!

Broiled Salmon with Herb Mustard Glaze

Ingredients:

- 2 garlic cloves
- 3/4 teaspoon finely chopped fresh rosemary leaves
- 3/4 teaspoon finely chopped fresh thyme leaves
- 1 tablespoon dry white wine
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons Dijon mustard
- Nonstick olive oil cooking spray
- Six 6- to 7-ounce salmon fillets
- Salt and freshly ground black pepper
- 6 lemon wedges

Directions:

1. In a mini food processor, combine garlic, rosemary, thyme, wine, oil, Dijon mustard, and 1 tablespoon of whole-grain mustard. Grind the mustard sauce until combined (about 30 seconds). Transfer to a small bowl. Add remaining 1 tablespoon of whole-grain mustard to the sauce and stir to combine. Set aside mustard sauce.
2. Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray. Arrange the salmon fillets on the baking sheet and sprinkle them with salt and pepper. Broil for 2 minutes. Spoon the mustard sauce over the fillets. Continue broiling until fillets are just cooked through and golden brown (about 5 minutes longer).
3. Transfer the fillets to plates and serve with lemon wedges.



About Me!

-Kulthum Languida Traore
-Health Education and Promotion
Major
-Main Campus
-Every night at dinner Kulthum's
parents made the family sit at the
table together to enjoy their meal,
with no distractions. She says it is
something she will always cherish!

Veggie Pasta Salad

Ingredients

- Rotini pasta
- Olive oil
- Red onion
- Yellow bell pepper
- Orange bell pepper
- Broccoli
- Grape tomatoes
- Arugula
- Feta cheese
- Italian dressing

Directions

1. Cook pasta following directions on package.
2. Drain pasta and put bowl to the side.
3. Put olive oil in pan, add chopped red onion, bell peppers, and broccoli. Cook as desired.
4. Add arugula on top of hot pasta so it wilts.
5. Add cooked veggies to pasta, followed by feta cheese and Italian dressing.



About Me!

- Megan Hainley
- Art & Design Major
- Main Campus
- Megan's family always makes Italian foods for the holidays, even Thanksgiving!

Salmon Grain Bowl

4 Servings* *

Ingredients:

- 16 oz Trifecta salmon
- 16 oz Trifecta brown rice
- 1 bunch kale
- 1 bunch parsley
- 1 bunch scallions
- 1/3 cup pistachios
- 2 tablespoons oil
- Juice and zest from 1 lemon
- Salt to taste

Directions:

1. Finely chop the parsley and set aside.
2. Zest and juice the lemon and set aside.
3. Coarsely chop scallion and kale and set aside.
4. Heat 1/2 tablespoon oil in a hot skillet. Add scallion and cook until browned on one side (5 minutes). Then toss to cook further for 1 to 2 minutes and remove from heat.
5. Add kale to the hot pan and cook for 1 to 2 minutes, tossing frequently to prevent burning. Add 2 tablespoons of water and continue to cook for 5 to 10 minutes, until soft and cooked through. Remove from heat and add to bowl with scallions.
6. Toast pistachios in a dry skillet for 2 to 3 minutes until warmed through. Set aside.
7. Warm brown rice in the microwave and add to a large mixing bowl. Toss rice with scallion, kale, parsley, and lemon zest.
8. Add 1/2 tablespoon of oil to skillet and cook salmon for 1 to 2 minutes per side, until browned but not cooked through.
9. Toss lemon juice, remaining oil, salt, and pistachios into rice mixture. Portion into 4 containers and top with salmon.

Original Recipe:

<https://www.trifectanutrition.com/blog/easy-mea-1prep-salmon-grain-bowl>



About Me!

-Jubile Dennis
-Health Education and Promotion
Major
-Main Campus
-Jubile's fun memory regarding food
was that when she was 6 years old she
swore she invented krunch!

Avocado Pesto Pasta

Ingredients:

- 1-pound dried linguini
- 1 bunch basil leaves (about 2.5 ounces)
- 1/2 cup toasted pine nuts
- 2 ripe avocados pitted and peeled
- 2 tablespoon fresh lemon/lime juice (about 1/2 a lemon)
- 3 garlic cloves
- 1/2 cup olive oil
- Salt for taste
- Freshly ground black pepper for taste
- 1/4 cup chopped cherry tomatoes (optional)

Directions:

1. In a large pot, bring water to a boil. Add the pasta and cook according to package directions.
2. While the pasta cooks, create the pesto by blending the basil, avocados, lemon juice, garlic, and olive oil in a food processor. Season with salt and pepper and stir in pine nuts.
3. Drain the pasta. In a large serving bowl, toss the pesto with hot freshly cooked pasta and garnish each serving with a basil leaf and tomatoes for extra taste and color.



About Me!

-Andrea Brace, PhD, CHES
-Associate Professor and Health Education and Promotion Coordinator, Department of Health Sciences
-Main Campus
-Andrea's family was stationed at Comiso Air Force Base in Sicily when she was a kid. Her family loved to explore the local restaurants. Pesto became a favorite dish while her family lived there!

Chicken with Garlic, Basil, and Parsley

Ingredients:

- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 4 skinless, boneless chicken breast halves
- 4 cloves garlic thinly sliced
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 2 tomatoes sliced

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Coat a 9 x 13-inch baking dish with cooking spray.
2. Sprinkle 1 teaspoon parsley and 1 teaspoon basil evenly over the bottom of the baking dish. Arrange chicken breast halves in the dish, and sprinkle evenly with garlic slices.
3. In a small bowl mix the remaining 2 teaspoons parsley, remaining 2 teaspoons basil, salt, and red pepper flakes. Sprinkle over the chicken and top with tomato slices.
4. Bake covered in the preheated oven for 25 minutes. Remove, cover, and continue baking for 15 minutes, or until chicken juices run clear.



About Me!

- Alexis Hernandez
- Health Education and Promotion Major
- Main Campus
- “My grandmother used to cook this meal ever since I could remember, and it has turned into my favorite healthy meal to cook!”

“College” Vegetarian Sloppy Joe’s

Serves 2**

Ingredients:

- 1 can of Sloppy Joe Sauce
- 2 cups of canned lentils
- Choice of bread, rice, or pasta (optional)

Directions:

1. Open, drain, and rinse the canned lentils.
2. Begin preparing your choice of carbohydrate (if any).
3. Open your canned sauce and mix it with the lentils.
4. Place lentil and sloppy joe mixture into a microwave-safe container and microwave for 90 seconds.
5. Stir your vegetarian sloppy joes and microwave for another 90 seconds.
6. Place vegetarian sloppy joes over your choice of carbohydrate (if desired).



About Me!

- Luke Birdsong
- CCMA and TU FoodShare AmeriCorps VISTA Member
- Main Campus
- “My favorite food is the Cheeseburger in Paradise (yes, like the song, and yes, it’s real)!”

Spicy Shrimp Pasta

Serves 2-3**

For a healthier option you can skip out on the cheese and use 1/2 & 1/2, rather than heavy cream**

Ingredients:

- 4-6 cloves of garlic (your preference)
- 1 diced yellow or sweet onion
- 1/2-1 cup sliced mushrooms (baby bella)
- 1 cup cherry tomatoes diced or a can of diced tomatoes
- Olive oil
- 1.5 tbsp non-salted butter for cooking
- 10-14oz of shrimp
- 3oz heavy cream (2oz 1/2 & 1/2 for sauce)
- 1 cup chicken or vegetable stock
- Flour (eye it to thicken sauce)
- Mozzarella cheese (if you want it cheesy—also eye it to thicken sauce)
- 1 tbsp parsley
- 1 tbsp red pepper flakes
- 1.5 tsp cayenne pepper
- 2 tsp creole seasoning (not necessary)
- Salt and pepper for taste
- Bowtie pasta or any other kind of pasta (can substitute gluten free or whole wheat)

Directions:

1. Dice up the onion and tomato.
2. Heat pan on medium heat. Throw some oil in the pan with the garlic and onions. Dash it with salt and pepper.
3. Add the mushrooms and tomato when you smell the garlic getting right. Cover it and let it steam up a little.
4. Add shrimp, not overcooking them. Then add the cayenne and red pepper flakes.
5. Add stock, let it reduce. Then boil the water, adding in your bowties or pasta of choice.
6. Add in the heavy cream and 1/2 & 1/2 to the pan, letting it mix with the juices. You can include spice if you'd like.
7. Remove shrimp to a side plate. While it's still hot and watery-ish start adding the flour, mix it in until you get a sauce consistency. Add some mozzarella and get it creamy (if using cheese).
8. Drain the pasta almost fully, leaving about 1/2 cup of water in there, and mix it into the big pan with the rest of it. Add shrimp back in.
9. Let it all simmer and soak up the juices.



About Me!

-Ricky Urgo, M.S.
-Assistant Director, Student Conduct & Civility Education
-Main Campus
-Ricky and his partner (pictured) started their own recipe book when they created this dish together. Since then they have added many more recipes to their book over the past year!

Chicken Cabbage Soup

This recipe has lower sodium than typical soup broths and can be low carb if you skip the corn, noodles, and/or rice* *

Ingredients:

- 12 cups water
- 2 tbsp Mrs. Dash Original Seasoning
- 1 tsp ginger (ground is fine)
- 2 chicken bouillon cubes
- 1/8 tsp pepper
- 1/4 cup onion diced
- 1 (14 oz) bag green beans
- 8 oz (half bag) baby carrots (or 3 regular carrots)
- 1 small cabbage
- 1 cut-up chicken or 8 chicken thighs (skinless, bones are okay)
- 1 (14 oz) bag corn (optional)
- Rice or noodles (optional)

Directions:

1. Add chicken, water, seasonings, and onion in a covered stockpot on a medium heat.
2. Cook on low boil for 45-60 minutes, stirring occasionally. Add the carrots about 30 minutes in.
3. Once the chicken is cooked, pull it out and shred/debone it before returning to the pot.
4. While shredding the chicken, add the green beans, cabbage, and (if desired) corn. These veggies will be approximately 5 minutes to cook on a low simmer.
5. Serve with noodles or rice (if desired), making sure to keep the noodles or rice sperate so they don't get mushy.



About Me!

-Michelle Bowman
-Academic Support Coordinator
-TUNE
-Michelle's favorite tradition regarding food is the Edible Book Festival that TUNE has each year because it celebrates her two favorite things: food and books!

Mini Eggplant Pizza Recipe

6 servings**

Ingredients:

- 1 medium eggplant (cut into uniform slices)
- 2 tbsp olive oil
- Sea salt
- Black pepper
- 1/2 cup marinara sauce
- 1 1/2 cup mozzarella cheese (shredded)
- 1 tsp Italian seasoning
- 1 oz mini pepperoni slices (optional)

Directions:

1. Preheat the oven to 450 degrees F (232 degrees C). Line a baking sheet with parchment paper.
2. Arrange the eggplant slices in a single layer on the lined baking sheet. Brush or spray both sides lightly with olive oil. Sprinkle with sea salt and black pepper.
3. Bake for about 15 minutes, until the eggplant is soft and golden.
4. Spread about 2 teaspoons (9g) marinara sauce on each eggplant slice. Sprinkle each with about 2 tablespoons (28 g) shredded cheese. Top with Italian seasoning and pepperoni slices.
5. Set the oven to broil or 500 degrees F (260 degrees C). Return to the oven. Bake for about 5 more minutes, until the cheese is melted and slightly browned.

Original Recipe:

<https://www.wholesomeyum.com/recipes/easy-mini-eggplant-pizza-recipe/>



About Me!

-Stephanie Austin
-Assistant Director for Community Engagement and Civic Engagement & Social Responsibility
-Main Campus
-When Stephanie was a kid her family would have dinner at her grandparent's house every Wednesday night. It was always her favorite part of the week!

Turkey Kafta Kabob

Ingredients:

- 1 lb. ground turkey
- 2 tbsp fresh chopped mint
- 2 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp salt
- 1 tbsp pepper
- 1 tbsp cumin
- 1/2 tbsp coriander
- 8 wooden skewers
- Tzatziki sauce (optional)
- Choice of veggies (optional)

Directions:

1. Soak skewers in water while you prep.
2. Mix all ingredients in a large bowl and divide into 8 portions.
3. Squeeze the meat mixture along the length of each wooden skewer.
4. Grill on medium-high heat for 5 minutes, then flip and grill for another 5 minutes or until you reach an internal temp of 165.
5. Serve with Tzatziki sauce and a side of your favorite grilled vegetables.



About Me!

- Adam Melfa
- Case Manager (Student Affairs)
- Main Campus
- “I am not saying that I condone bribery, but I am saying that I managed to get backstage at a concert with some homemade pie and a convincing story!”

Dill Pickle Soup

Ingredients:

- 3/4 medium yellow onion diced
- 1/2 stalk celery diced
- 1.5 large pickles diced
- 1 c dill pickle juice
- 1 teaspoon white pepper
- 1 cup chicken broth (use vegetable broth to be vegetarian, and omit the chicken)
- 3/4 lbs. cooked chicken diced
- 2 c heavy whipping cream
- White sauce (recipe below)
- 1/2 tablespoon dried chives
- 2 teaspoon dill weed

Directions for Soup:

1. Sauté the onion and celery in olive oil until translucent.
2. Add other ingredients and simmer on low for 30 minutes.

Directions for White Sauce:

1. In a heavy saucepan, melt 4 T of butter over low heat.
2. Blend 4 T of all-purpose flour into the melted butter.
3. Add 1/8 teaspoon of salt and cook over low heat, stirring for 4 to 5 minutes (cooking for this length of time will minimize 'flour taste').
4. Slowly add 2 cups of milk, stirring constantly. Continue cooking slowly until smoothed and thickened.



About Me!

-Andrea Brace, PhD, CHES
-Associate Professor and Health Education and Promotion Program Coordinator, Department of Health Sciences
-Main Campus
- "I was traveling with my family on a cruise many years ago. A couple next to us mentioned pickle soup, and I was intrigued. I LOVE pickles. I asked them about the soup, and they shared the recipe with me. I have made it for many events (including my annual Soup-R-Bowl party) and it is always a hit. Initially people are hesitant to try it, but they always go back for seconds!"

Avocado Corn Salad

Ingredients:

- 1 lb. cherry tomatoes
- 3 cobs of corn grilled and shucked
- 2 large avocados, peeled, pitted and sliced
- 1/2 medium red onion thinly sliced
- 1/4 cup cilantro chopped (1/2 small bunch)
- 2 tbsp extra virgin olive oil
- 2 tbsp lime juice (from 2 limes)
- 2 garlic cloves pressed or finely minced
- 1 tsp sea salt or 3/4 tsp table salt
- 1/8 tsp black pepper

Directions:

1. Cut and dice the tomatoes. Remove corn off the cobb.
2. Peel pit and slice avocados.
3. Peel and thinly slice red onion.
4. Chop a small bunch of cilantro.
5. Press in 2 garlic cloves.
6. Squeeze in fresh lime.
7. Sprinkle in salt and pepper.
8. Add 1 teaspoon of olive oil.



About Me!

- Simisola Ajimatanrareje
- Information Technology Minor in Health Sciences
- Main Campus
- Simisola learned to cook this dish with his sister, while babysitting his sister's daughter; his niece!"

Roasted Chicken and Potatoes with Broccoli

Serves 6**

Ingredients:

- 1/3 cup fat free chicken broth
- 2 tbsp butter melted
- 3 cloves garlic minced
- 1 tbsp Italian seasoning
- 1.33 lbs. boneless skinless chicken breast (cut into cutlets)
- 1 lb. potatoes cut into wedges
- 1 lb. broccoli

Directions:

1. Preheat the oven to 425 degrees.
2. Mix together the chicken broth, melted butter, garlic, and Italian seasoning.
3. Carefully cut the potato into wedges. Toss with half of the chicken broth and butter mixture. Spread out onto a baking sheet, sprayed with cooking spray, in a single layer. Season with salt and pepper. Place in the oven for 15 minutes.
4. While the potatoes cook, toss the chicken and broccoli with the remaining chicken broth and butter mixture. If you have a large chicken breasts, cut them in half horizontally so that they will cook in the allotted time.
5. Remove the sheet pan from the oven. Carefully push the potatoes to one side. Usually, I flip them at this point. Add the chicken and broccoli to the pan. Season with salt and pepper. Return to the oven and cook for 12-15 minutes until everything is fully cooked.

Original Recipe:

<https://www.slenderkitchen.com/recipe/roasted-chicken-and-potatoes-with-broccoli>



About Me!

-Deidra Clermont
-Health Education and Promotion
Major
-Main Campus
-Deidra knows how to make Haitian
recipe dishes. She learned while
being at home during the pandemic!

Baked Indian Falafel

Ingredients:

- 1 cup uncooked chickpeas soaked 24 hours, drained, rinsed, and patted dry (use uncooked but not canned ones)
- 1/2 cup chopped shallot or yellow onion
- 3 garlic cloves
- 1 teaspoon lemon zest
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon sea salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon baking powder
- 1 cup chopped fresh cilantro leaves and stems, patted dry
- 1 cup chopped fresh parsley leaves and stems, patted dry
- 1 tablespoon extra-virgin olive oil, plus more for drizzling

Directions:

1. Preheat the oven to 400 degrees F and line a large baking sheet with parchment paper.
2. In a large food processor, place the chickpeas (they will be plump but still raw at this point), shallot, garlic, lemon zest, cumin, coriander, salt, cayenne, baking powder, cilantro, parsley, and olive oil. Pulse until well combined but not pureed. Use a spatula to scrape down the sides of the bowl as needed.
3. Use a 2-tablespoon scoop and your hands to form the mixture into 12 to 15 thick patties (be careful not to pack them too tight or your falafel will be dense). If they're not holding together, give the mixture a few more pulses in the food processor.
4. Place the patties on the baking sheet. Drizzle generously with olive oil (this is the key to making these moist and crisp since we're not frying) and bake for 14 minutes. Flip and bake for 10 to 12 minutes more or until golden brown and crisp on the outside. During the last few minutes of baking, wrap the pita in foil and warm it in the oven.
5. Assemble pitas with a slather of hummus, diced veggies, falafel, herbs, pickled red onions, and generous drizzles of tahini sauce.



About Me!

-Shreeyam Mishra
-Nursing Major
-TUNE
- "I had my first Falafel during my Dubai trip and I have been in love with it since then. Since my dad has high cholesterol, we decided to bake it instead of frying it!"

Cucumber and Radish Salad

Main Ingredients:

- 3/4 lb. mini cucumbers
- 1 bunch of radishes sliced thin
- 1/2 small finely diced red onion (soak in cold water for 5 minutes, drain, rinse, dry with paper towel)
- 1 tbsp of minced chives

Dressing Ingredients:

- 1/3 cup of plain yogurt
- 1 clove of minced garlic
- 1 tbsp of freshly squeezed lemon juice
- Cracked black pepper

Directions:

1. Cut cucumbers in half length-wise and scoop out the seeds. Then cut them into thin moon-shaped slices.
2. Place in bowl and add 3/4 tsp of salt and let sit for 10 minutes.
3. Rinse salt off and dry with paper towel.
4. Mix all the dressing ingredients together and add the dressing to the cucumbers.



About me!

-Katherine Marszalek
-Health Education and Promotion
Major
-Main Campus
-Katherine enjoys making
homemade Perogies with her
grandma!

Summer Fruit Salsa with Homemade Cinnamon Chips

Yield 8 **

Ingredients:

- 1 cup fresh strawberries diced
- 1 cup fresh mango diced
- 2 fresh kiwis peeled and diced
- 2 tablespoons red onion chopped
- 2 tablespoons fresh mint chopped
- 2 tablespoons fresh lime juice
- 10 flour tortillas
- 1/4 cup coconut oil melted
- 1 teaspoon cinnamon
- 1/3 cup coconut sugar

Directions:

1. Combine strawberries, mango, kiwi, onion, mint, and lime juice in a medium bowl. Stir well to combine the flavors. Serve immediately or chill in fridge until ready to serve.
2. Preheat oven to 350 degrees F.
3. Brush the tortillas with the oil. Cut each tortilla into 8 wedges. Combine the cinnamon and sugar and sprinkle evenly over the tortillas.
4. Place on a baking sheet and bake for 5-7 minutes or until crisp.
5. Serve immediately with fruit salsa.

Original Recipe:

<https://www.project-sunny.com/blog/summer-fruit-salsa-homemade-cinnamon-chips>



About Me!

-Allison Frey
-Director of Student Services
-TUNE
- “I love to entertain! I try and have both healthy and not so healthy options available. Things like fruit kabobs with a low-fat cream cheese dip and a veggie pizza go great with my not so healthy mac & cheese and toll house chocolate chip cookies!”

White Bean Dip with Pita Chips

Serves 6**

Ingredients:

- 1 (15-ounce) can cannellini beans, drained and rinsed
- 2 cloves garlic
- 2 tablespoons fresh lemon juice
- 1/3 cup olive oil, plus 4 tablespoons
- 1/4 cup (loosely packed) fresh Italian parsley leaves
- Salt
- Freshly ground black pepper
- 6 pitas
- 1 teaspoon dried oregano

Directions:

1. Preheat the oven to 400 degrees F
2. Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste. Transfer the bean puree to a small bowl.
3. Cut each pita in half and then into 8 wedges. Arrange the pita wedges on a large baking sheet.
4. Pour the remaining oil over the pitas. Toss and spread out the wedges evenly. Sprinkle with the oregano, salt, and pepper.
5. Bake for 8 to 12 minutes, or until toasted and golden in color.
6. Serve the pita toasts warm or at room temperature alongside the bean puree.



About Me!

-Andrea Brace, PhD, CHES
-Associate Professor and Health Education and Promotion Program Coordinator, Department of Health Sciences
-Main Campus
- “This delicious dip is popular among my family and friends. It is easy to make, is nutritious, and tastes great!”

Healthy Air Fryer Tostones

Serves 4**

Main Ingredients:

- 2 green plantains
- 1 1/2 tablespoons avocado oil (or coconut oil or grapeseed oil)
- Pinch of sea salt
- Spray avocado oil

Seasoning Ingredients:

- 1 cup warm water
- 3 garlic cloves minced (or 2 tablespoons garlic powder)
- 1 teaspoon onion powder
- 2 teaspoons sea salt & pepper

Utensils:

- Air fryer

Directions:

1. Set air-fryer to 420 degrees F.
2. Peel the plantain by chopping off the ends and making a long slit along the side of the plantain, not too deep. Then peel off the skin.
3. Chop the plantain into pieces, no larger than 1-inch thick, then add them to the air-fryer basket, leaving adequate space between them.
4. Air-fry for about 6 minutes or until golden brown. Remove from the air fryer.
5. Mix together the seasoned water.
6. Grab a coffee mug or bowl or flat surface and gently smash each piece of plantain to create the tostones.
7. Dip the tostones in the seasoned water (one by one), then place it back in the air fryer basket. Let them dry, then spray them again with oil and place them back into the air fryer.
8. Air fry for another 5 to 7 minutes, until the edges are golden brown and crispy.

Original Recipe:

<https://fitmencook.com/air-fryer-tostones/>



About Me!

-Luis Sierra
-Former Assistant Director for Civic Engagement
-Main Campus
- "I love to cook because it keeps me connected to my family and my culture, especially being Puerto Rican and Dominican. Every now and then I end up calling my mom back in Miami to get clarification on a dish I'm working on!"

Apple Cider Brussels Sprouts

Serves 2**

Ingredients:

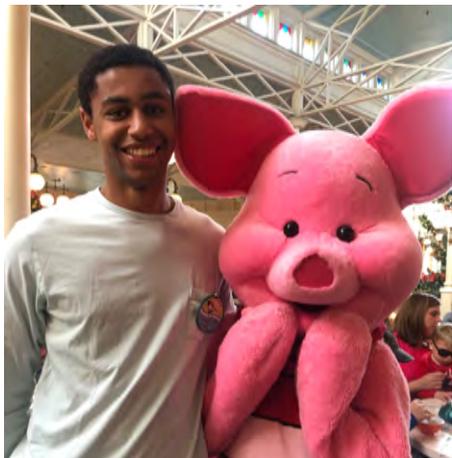
- 1-pound Brussels sprouts washed and halved
- 1 tbsp extra virgin olive oil
- 2 tbsp apple cider vinegar
- 2 tsp maple syrup
- Sea salt for taste
- Ground black pepper for taste
- 1/4 cup pine nuts, toasted

Directions:

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. In a mixing bowl, mix the olive oil, vinegar, and syrup. Add the Brussels sprouts and toss until coated. Season with salt and pepper. Transfer to baking sheet and bake for 25-30 minutes or until slightly charred.
3. While the Brussels are baking, heat a skillet over medium heat. Add pine nuts and toast until fragrant, about 2-3 minutes. Be careful not to burn them.
4. When the Brussels are finished, serve and top with pine nuts.

Original Recipe:

https://itsavegworldafterall.com/wprm_print/8201



About Me!

-Teddy Whitehead
-Health Education and Promotion Major
-Main Campus
- “This recipe is perfect for anyone who is trying to eat healthy but likes sweets!”

Yogurt Snack Bark

Ingredients:

- 16-32oz yogurt of choice
- Toppings of choice

Directions:

1. Line a baking sheet with wax paper.
2. Pour yogurt on the baking sheet and spread it into an even layer.
3. Add toppings to the yogurt to your liking.
4. Cover with either plastic wrap or tin foil and place into the freezer for at least 3 hours (overnight is ideal).
5. In the morning, break the yogurt apart into desired portions and store leftovers in a container in the freezer.



About Me!

-Amy Hyman
-Environmental Science/Geology
Major
-Main Campus
- "I have a hard time with time management, so these are literally perfect for breakfast in the morning. I first made these when I needed to use up some yogurt before it went bad, and since then I always have some in my freezer!"

Vegan Edible Peanut Butter Chocolate Chip Cookie Dough

Ingredients:

- 1 can unsalted chickpeas (rinsed and drained)
- 1/4 cup of agave (or any sweetener of choice)
- 2 tsp vanilla extract
- 3/4 cup all natural, unsalted peanut butter
- 1/2 cup chocolate chips

Directions:

1. In a food processor or blender, blend together the chickpeas, sweetener, vanilla extract, and peanut butter (this step may require you to start/stop blending and move the mixture around with a spoon—can add milk to the mixture to smooth it out).
2. Scoop the blended dough mixture into a mixing bowl and add in the chocolate chips.
3. Refrigerate for 1 hour and enjoy!



About Me!

- Erin Lee
- Nursing Major
- Main Campus
- “The high-fat low carbohydrate diet, also known as the ‘keto diet’, is a popular diet trend today for weight-loss, however, this diet was originally created by medical doctors to treat epilepsy in children!”

4 Ingredient Chocolate Avocado Truffles

Ingredients:

- 1/3 cup mashed avocado (about 1/2 an avocado)
- 1/2 cup dark chocolate chips
- Cocoa powder
- Sea salt

Directions:

1. Add avocado and a sprinkle of sea salt to a food processor and pulse a few times to combine.
2. Melt chocolate chips by placing them in a small microwave-safe bowl and microwaving for 30 seconds. Stir and microwave for another 20 seconds or until all the chocolate chips have melted. Pour melted chocolate into food processor with the avocado and pulse until mixture is completely combined and avocado is no longer visible. If you don't have a food processor you can mash the avocado with a fork and combine with the chocolate until smooth and lump-free.
3. Place truffle mixture in the fridge to set for 30 minutes. Once the mixture has firmed up a bit, remove from the fridge and make the truffles by rolling a tablespoon at a time into a 1-inch ball. You should get about 10 truffles. Fill a shallow bowl with cocoa powder and roll each truffle until coated. Place on parchment paper. If you're going the sea salt route, skip the cocoa powder and simply sprinkle a few sea salt flakes on each truffle. Store in the fridge until ready to serve.

Original Recipe:

<https://www.eatingbirdfood.com/4-ingredient-chocolate-avocado-truffles/>



About Me!

-Heather Wheat
-Administrative Assistant II
-Main Campus
- “My great grandmother used to make me my own pot of green beans every year for Christmas because she knew they were my favorite—10 kids of her own and lord only knows how many great grandkids and she always remembered!”

Keto Chocolate Mug Cake

Ingredients:

- 2 tbsp butter
- 1/4 cup almond flour
- 2 tbsp cocoa powder
- 1 large egg, beaten
- 2 tbsp keto friendly chocolate chips (Lily's)
- 2 tbsp granulated Swerve
- 1/2 tsp baking powder
- Pinch of kosher salt
- 1/4 cup whipped cream

Directions:

1. Put butter in microwave-safe mug and heat until melted (30 seconds).
2. Add remaining ingredients except whipped cream and stir until fully mixed.
3. Cook for 45 seconds to 1 minute, or until cake is set and still fudgy.
4. Top with whipped cream.



About Me!

- Sara Brickey
- Pre-Nursing Major
- Main Campus
- Each year before Christmas Sara spends a few nights baking cookies with her mom!

Paleo Apple Pie Bars

16 servings **

Crust/Crumble Ingredients:

- 3/4 cup smooth almond butter
- 1 tsp pure vanilla extract
- 1/4 cup pure maple syrup
- 3 tbsp coconut oil
- 1 cup blanched almond flour
- 1/4 cup coconut flour
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon

Filling Ingredients:

- 3 pink lady or other crisp tart sweet apples peeled and chopped (1/4-inch pieces)
- 1/3 cup water
- 2 tsp lemon juice
- 3 tbsp coconut sugar
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tsp tapioca or arrowroot starch
- 1/8 tsp fine grain sea salt

Directions:

1. Preheat oven to 350 degrees F and line an 8 x 8 square metal baking dish with parchment paper.
2. For the filling, combine the water, lemon juice, and apples in a medium saucepan and bring to a boil over medium heat—apples should be somewhat softened.
3. For the filling, combine the dry ingredients into a separate mixing bowl, then stir into the apple mixture until dissolved and mixture thickens. Remove from heat and set aside to cool a bit.
4. For the crust, whisk together the almond butter, maple syrup, vanilla, and coconut oil until smooth. Stir in the almond flour, coconut flour, salt, cinnamon and baking soda until a thick crumbly dough form.
5. Continuing with the crust, press 3/4 of the dough into the prepared baking dish lined with parchment paper, chill the remaining dough while you bake bottom crust 7 minutes, then remove from the oven.
6. Spread the apple mixture over the partially baked crust, then drop or spoon the chilled crust mixture evenly over the top. Return to oven and continue to bake 25 minutes until top is golden brown. Remove and allow to cool completely before cutting into squares.

Original Recipe:

<https://www.paleorunningmomma.com/paleo-apple-pie-bars-vegan/>



About Me!

-Autumn Jackson
-Criminal Justice Major
-Main Campus
-One of Autumn's favorite memories is baking with her grandmother before she passed away. Their favorite thing to bake together was her lemon pound cake!

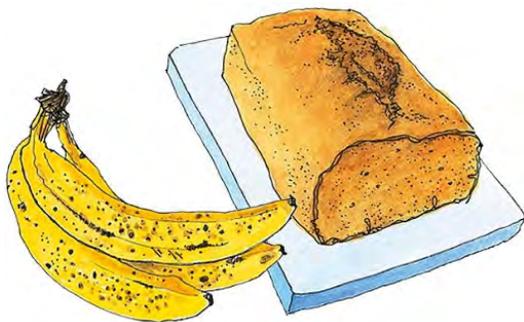
Banana Bread

Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon cinnamon
- 1/2 cup sugar free apple sauce
- 3/4 cup honey
- 2 eggs, beaten
- 3 mashed overripe bananas

Directions:

1. Preheat oven to 350 degrees F.
2. Lightly grease a 9 x 5-inch loaf pan. You can choose to line this with parchment paper for an easier bread removal.
3. In a large bowl, combine the flours, baking soda and salt. In a separate bowl, mix together the applesauce and honey. Stir in eggs and mashed bananas until well blended.
4. Stir the wet and dry ingredients together.
5. Pour batter into prepared loaf pan. After this, you choose to sprinkle the top with any nuts, seeds or additional cinnamon.
6. Bake for 45 minutes and check the center with a toothpick. If the middle is not cooked all the way, leave in for an additional 5 minutes until it is cooked.



About Me!

-Lily Snyder
-Graphic Design Major
-Main Campus
-One of Lily's favorite memories were helping her grandma make Italian Easter cookies every year when she was young!

Banana Chia Pudding

Ingredients:

- 1 banana
- 2 table spoons of chia seeds
- Choice of milk

Directions:

1. Mash up a banana in a container.
2. Add 2 tablespoons of chia seeds to the mashed-up banana.
3. Add your choice of milk.
4. Refrigerate overnight for 30 minutes.
5. Enjoy the next day!



About Me!

- Kristin Wollenweber
- Psychology Major
- TUNE
- A good memory Kristin has is that whenever she or one of her family members is sick her dad will make homemade soup!

Best Ever Healthy Chocolate Chip Cookies

18 cookies * *

Ingredients:

- 2 teaspoons vanilla extract
- 4 tablespoons dark brown sugar lightly packed
- 1 large egg
- 1/2 cup coconut oil
- 1 and 1/2 cups oat flour—regular oats blended in a blender
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- Pinch of salt
- 1/2 cup dark chocolate chips
- Coarse sea salt (optional)

Directions:

1. Take regular old-fashioned oats or quick oats and blend them until they resemble a flour or powder in a blender or food processor.
2. Combine the vanilla extract, large egg, and brown sugar in a bowl. Melt the coconut oil and let it cool slightly before adding to the bowl. Beat everything together until just combined.
3. Stir in the oat flour (measured after blending, NOT before), baking soda, cinnamon, and salt.
4. Stir until just combined and then fold in the dark chocolate chips.
5. Chill the dough for at least one hour. Preheat the oven to 350 degrees F.
6. Using a cookie scoop, scoop out balls of the dough onto a parchment lined cookie sheet. Press a few more chocolate chips in the tops if desired.
7. Bake for 8-10 minutes or until lightly browned around the edges.
8. Remove and allow to stay on the baking sheet for another 2 minutes before removing to a wire cooling rack.

Original Recipe:

<https://www.chelseasmessyapron.com/best-ever-healthy-chocolate-chip-cookies/>



About Me!

-Ellina Buettner
-M.S. in Professional Writing
-Graduated from Main Campus
- “I really didn’t want to take speech class, but it was a requirement for undergrad, so I had to. I presented this recipe as my first speech, and I wound up killing it, plus the whole class loved them!”