

## **Part 1: Tips, links, and recipes compiled from wise second years!**

- Online resources
  - Super awesome blog with vegetarian recipes, but really awesome for all types of eaters! <http://naturallyella.com/>
  - <http://sortedfood.com/> <website of some dudes our age in the UK who are trying to make cooking easy/fun. recipes I've tried are very tasty
  - <https://8e81c55f4ebf03323905b57bf395473796067508.googleusercontent.com/host/OB2A2SnkA9YgxaHdzbEhGSmJOZDg/good-and-cheap.pdf> <SNAP booklet with some cheap, healthy recipes
  - <http://www.yummly.com/>
  - [http://www.reddit.com/r/Cheap\\_Meals/](http://www.reddit.com/r/Cheap_Meals/)
  - <http://www.reddit.com/r/EatCheapAndHealthy>
  - Good recipes: <http://spinach4breakfast.com/>
  - Super healthy desserts: <http://chocolatecoveredkatie.com/>
  - Some quick recipes that last for a while:
    - <http://southernfood.about.com/od/chickenbreastrecipes/r/bl805171.htm>
    - <http://www.whiskaffair.com/2013/08/shakshuka-eggs-poached-in-spicy-tomato.html>
    - <http://cleverlyinspired.com/2013/09/easy-chicken-casserole-no-canned-soup-recipe/>
  - <http://www.budgetbytes.com/>
- Easy cooking tips
  - Make friends with your freezer: frozen veggies are so good for you and cheap...and don't go bad!!
  - Cooking for one is hard: try cooking your veggies sooner than later so they don't go bad, cooked stuff lasts longer in the fridge, try to make dishes where you can keep things separate and mix them together right before you eat (like salads, or cooked grains) so that you don't feel bored eating the same thing
  - Also, you can freeze lots of stuff --Made too much soup? Freeze the extra. Made a huge batch of lasagna? Freeze the extra. You get the idea...
  - I've started planning out my meals for the week at the beginning of the week, because it feels like I never have time to figure out what I'm going to eat the day of.
  - I don't actually use it myself (yet), but a friend of mine at UMASS med uses this service called cooksmarts.com. You pay \$50 for the year and they send you up to 4 recipes a week with instructions on exactly how to grocery shop, prepare (with options for preparing some ingredients early when you have the time) and cook the meals. Takes a lot of the mental effort out of cooking home-made meals :D. They will also let you tailor each recipe for amount of people eating, allergies, and diet preferences like paleo diet. I like the service too because apparently it also ensures no waste from a week of cooking - you use all the ingredients it has you buy within the week.

- Cooking for one person can be un-motivating and sad, so cook with other and for others. You make dinner one night and your friend makes dinner the next.
- Where to shop
  - Shop at Aldi & Trader Joe's... super cheap food!!
  - Ocean State Job Lot actually has a pretty large selection of Bob's Red Mill products for very reasonable prices and really delicious random snacks.
  - Get on your mom's costco membership (paying for a membership allows for two people to have valid costco IDs)- once youre at costco load up on frozen chicken, salmon etc., also try out sausages too especially the spinach and feta flavors.
- Breakfast
  - Use a muffin top pan to make mini-omelets - throw in egg, cheese, veggies, etc. and leave room at top for omelet to grow. You'll make enough to last you the whole week and it is easy grab and go in the morning.
  - Smash half a ripe avocado into whole wheat toast, and sprinkle with salt and pepper. Add cheese if you want. Healthy, filling, and quick.
  - <http://www.kalynskitchen.com/2012/05/recipe-for-baby-kale-mozzarella-and-egg.html> (great for CMPS)
  - Overnight Oats: great because you can make a bunch of them at once and be set for breakfast for a week! (you can use small mason jars or clean glass peanut butter jars with screw-on lids)
  - [mywholefoodlife.com/2014/05/17/overnight-oats](http://mywholefoodlife.com/2014/05/17/overnight-oats)
  - [buzzfeed.com/samimain/overnight-oats-recipes-to-restore-your-faith-in-breakfast#2opmebq](http://buzzfeed.com/samimain/overnight-oats-recipes-to-restore-your-faith-in-breakfast#2opmebq)
- Lunch/Dinner
  - <http://www.epicurious.com/recipes/food/views/Tomato-and-Watermelon-Salad-352389> (made for a party, don't let it sit too long though)
  - Avocado Pasta Recipe: <http://www.inspiredtaste.net/12010/avocado-pasta-recipe/>. Super easy, super cheap.
  - <http://localfoods.about.com/od/dipsspreads/r/Sweet-Potato-Dip.htm> (I used almond butter from Whole Foods or you can use peanut butter definitely use a chunkier kind, also good for PCM)
  - My favorite chicken recipe with sauce, takes ~15 mins: <http://allrecipes.com/recipe/sweet-sticky-and-spicy-chicken/>
  - <http://food52.com/recipes/19123-roasted-broccoli-rabe-sweet-potato-ricotta-crostini> (made these for a wine and cheese night, well received)
  - if you eat meat...buy a big hunk of meat (whole chicken, beef roast, leg of lamb...), cook and eat one night -- my favorite cookbook is Mark Bittman's How to Cook Everything; the next night have tacos with the meat (corn or flour tacos, head of romaine lettuce chopped, shredded cheese, chopped tomatoes, salsa) also good for lunch; on 3rd night have soup, make soup stock with bones, throw in onions, carrots, and celery if western style soup, add noodles and any remaining meat.

- <http://www.alexandracooks.com/2013/04/18/soba-noodles-with-peanut-dressing/> (one of my favorites, you can make the peanut sauce and save it in the fridge in a jar for later, keep all ingredients separate if you're making ahead of time)
- beans and rice -- buy a pressure cooker, can have unsoaked beans ready to eat in 15 minutes
- learn how to make Mark Bittman's 'No Knead bread', crazy easy and you'll be a hero among your friends
- I always use a slow cooker because you just have to throw in whatever you want and lots of vegetables (carrots, squash of all kinds, tomatoes, onions, etc) work really well in it. If you make something with a lot of liquid or saucy-consistency (pasta sauce, soup, indian food, etc), it also freezes really well. So what I do is once I have my slowcooked meal, I take half and try my best to seal it in a plastic bag without airpockets, and then I throw that in the freezer. Then I have a second meal that I can pull out whenever I want/if I am low on time. Little known fact, the slow cooker works best if you never stir it, just throw everything in and close the lid (so less work for you!!)
- Baked Brie (get a wheel of brie, puff pastry sheet): Place the wheel in the center of the sheet, add some jam and nuts on top, close up the sheet around it and bake at 350 for 35 min. (i think, i'm bad with baking times, until its puffed and nice and golden). Eat immediately. Great for a party!
- Farro salad: cooked faro (Trader Joe's has a great 10 min Farro), sauteed kale, onions, roasted squash, hummus. Mix it up!
- Green Curry: buy the Thai Kitchen brand green curry paste, low fat coconut milk, veggies, choice of protein (recipe is on the bottle). Easy peasy.
- Stuffed Bell peppers: Make quinoa, add cumin, cooked black beans, onions, kale/corn/ tomatoes, and cilantro. Pop into hollowed halves of bell pepper and bake (350/375 until pepper is tender). Add cheese if you like (I like queso fresco)
- Easy tacos: buy some small soft corn tortillas and store in fridge. Make sauteed fajita veggies/protein with some cumin and adobo sauce/hot sauce/salsa etc. You can store the veggies separately and heat up when you want fresh tacos.
- Open faced sandwiches: 1. smashed avocado with salt and sriracha 2. tomato slices and cream cheese 3. over easy egg and hummus 4. olive tapenade and goat cheese
- Dessert
  - <http://www.marthastewart.com/312955/ginger-pumpkin-bread> (great for CMPS or PCM)
  - <http://thatwinsomegirl.blogspot.com/2010/03/chocolate-cupcakes-with-chocolate-fudge.html> (for the most choc cupcakes)
  - [http://sporkandfoon.typepad.com/spork\\_or\\_a\\_foon/2009/02/the-great-cupcake-debate-sprinkles-vs-magnolia.html](http://sporkandfoon.typepad.com/spork_or_a_foon/2009/02/the-great-cupcake-debate-sprinkles-vs-magnolia.html) (for great red velvet cupcakes)
  - <http://www.tablefortwoblog.com/the-moistest-chocolate-mug-cake/> (when I'm stressed out)

## **Part 2: Featured recipes from our healthy cooking event!**

### **Breakfast**

- Yummy, gluten-free granola (2014)
  - Info
    - Makes 6 cups of granola.
    - Total cost: \$14.86
    - Cost per serving (serving=1 cup): \$2.47
  - Ingredients:
    - 2.5 cups (gluten free) thick rolled oats
    - 1 cup cooked quinoa
    - 1 cup chopped pecans
    - 0.25 cup chia seeds
    - 0.25 cup raw flax seeds
    - 1.5 tsp cinnamon
    - 0.5 tsp salt
    - 0.25 cup melted coconut oil
    - 0.5 cup (real) maple syrup
    - 2 oz dark chocolate, chopped
    - 0.75 cups dried cherries
  - Directions:
    - Pre-heat your oven to 300 degrees.
    - In a large bowl combine the oats, cooked quinoa, pecans, chia and flax seeds, cinnamon and salt.
    - In a small bowl, whisk together the coconut oil and maple syrup.
    - Pour the wet ingredients over the dry ingredients and mix well, making sure that the oat mixture is very well moistened. I like to get in there with my hands and mix for a good two minutes.
    - Spread your granola in an even layer (about ¼-inch thick) on two parchment lined baking sheets.
    - Transfer the granola to the oven and cook for 35-40 minutes until it's golden brown. Remove the baking sheets from the oven every ten minutes and give the granola a stir to make sure it bakes evenly.
    - Let your granola cool completely (this should take about an hour) so that it stiffens up a little bit. After the granola has cooled, you can break it up into clumps and pieces and fold in the dried cherries and dark chocolate.
    - Store your granola in an airtight container for up to two weeks. Eat however/whenever your little heart desires. Based on:  
<http://www.domesticate-me.com/dark-chocolate-cherry-granola-with-crunchy-quinoa/>
- Oatmeal banana smoothies (2014)
  - Info
    - Makes 1 serving

- Cost per serving: \$1.42
- Calories: 300
- Ingredients
  - 8oz unsweetened almond or coconut milk
  - 1/4 cup of cooked oatmeal or 1/4 cup of plain oats (oatmeal blends smoother but both work)
  - 1 frozen banana, broken into pieces
  - 1 spoonful of peanut or almond butter
  - Few dashes of cinnamon
  - Optional: top with your favorite granola or additional oats
- Directions:
  - Place all ingredients into a blender and blend until smooth

## Lunch and Dinner

- Mason Jar Salads (2014)
  - Fruity Salad
    - Berry vinaigrette
    - Sugar snap peas
    - Strawberries or blueberries
    - Avocado
    - Blue Cheese
    - Salad mix
  - Mediterranean Salad
    - Balsamic vinaigrette
    - Yellow bell pepper
    - Sun-dried tomatoes
    - Roasted red peppers
    - Chickpeas (aka garbanzo beans)
    - Mozzarella
    - Salad mix
  - How to assemble a mason jar salad:
    - The recipes above are suggestions, but really you can assemble any mason jar salad you want as long as you generally follow the instructions below. The appeal lies in their convenience: you can make 4 or 5 on a Sunday night, and they will stay fresh in the fridge all week. The freshness comes from the way the salad is layered. You have the dressing on the bottom, then ingredients in the next layer are sturdier vegetables that can be submerged in dressing without getting mushy. Then you have your softer things (other veggies, fruit, meat, cheese) then on top you put your lettuce. This allows the lettuce to stay crisp (just make sure the jar doesn't tip over at any point), but you don't have to go through the trouble of assembling a salad every morning before school. When you wake up in the morning, grab the salad, put it in the fridge in the lounge, and then you have a healthy, cheap lunch waiting for you. Note: bring

tupperware to eat the salad in, bc its too crowded to eat it straight from the jar.

- Layer 1: Dressing. Use any dressing you want. Creamier dressings might take longer to come out of the jar, but anything will work.
  - Layer 2: Hearty vegetables. These will shield the lettuce and other vulnerable ingredients from the dressing. Examples: tomatoes, cucumbers, red onion, broccoli, cauliflower, asparagus, celery, carrots, peppers, snap/sugar peas, etc.
  - Layer 3: Beans, avocado, less hearty vegetables. This is basically stuff you don't want directly in contact with the dressing, bc it will get mushy if it sits like that for a few days. If adding avocado, consider squeezing some lemon juice on it to help it stay fresh.
  - Layer 4: Pasta/grain. Add these here if you want.
  - Layer 5: Meat, eggs, cheese, nuts, seeds.
  - Layer 6: Lettuce. Use whatever you like...spinach, mixed greens, iceberg, romaine.
  - Based on: <http://www.organizeyourselfskinny.com/2014/03/17/the-ultimate-mason-jar-salad-tutorial-and-recipe-round-up/>
- Lentil Soup (2014)
    - Info
      - From marthastewart.com
      - makes 4 servings
      - Cost per serving: \$1.11
      - Calories per serving: 195
    - Ingredients
      - 1 cup lentils
      - 1 28 oz can of whole tomatoes
      - 1 ½ tbsp. olive oil
      - 3 carrots, chopped
      - 2 celery stalks, sliced
      - 1 onion, chopped
      - 2 garlic cloves, minced
      - ¼ tsp thyme
      - 1 dried bay leaf
      - 4 cups water
    - Directions
      - Heat oil over medium heat in large pot
      - Add carrots, onion, celery, and cook about 5 minutes or until onion is translucent
      - Add garlic, thyme, and bay leaf and cook 2-3 minutes longer
      - Add tomatoes and break them up with a spoon
      - Add water and lentils and bring to a boil
      - Simmer, partially covered until lentils are tender

- Buffalo Chicken Pitas (2014)
  - Info
    - Cost per sandwich: \$2.79
    - Calories per sandwich: 352
  - Ingredients
    - 2lbs chicken breasts
    - 1 bottle of buffalo sauce (12-14 oz)
    - Whole wheat pitas
    - Pepperjack cheese
    - Arugula
  - Directions
    - Place chicken in crockpot and pour approximately  $\frac{3}{4}$  bottle of buffalo sauce over it
    - Cook on low for 7 hours
    - Shred chicken with two forks and pour remaining sauce over the chicken
    - Cook for an additional hour on low
    - Place chicken, cheese, and arugula inside pita and enjoy!
- Farro & Avocado (2014)
  - Info
    - Servings: 8
    - Total cost to make: \$10.80
    - Cost per serving: \$1.35
  - Ingredients
    - 2 cups uncooked farro
    - 1 can cooked black beans
    - 1 cup halved cherry tomatoes
    - 1 avocado, diced
    - shredded cheddar cheese, to taste
    - salt and pepper, to taste
  - Directions
    - Cook farro according to the directions on the package. In separate sauce pan, heat black beans for a few minutes, just to warm them up. Drain any excess water from farro once cooked. While farro is still warm, put into a big bowl. Add in pinches of salt and pepper. Stir in black beans (depending on how hot the farro is, the black beans might get mushy and mix-in. If you don't want this to happen, let the farro cool a bit), then cherry tomatoes and avocado, then cheese. Taste and adjust for seasoning. Enjoy! GLUTEN-FREE VARIATION: Substitute quinoa for the farro.
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- Pork Tenderloin (2013)
  - Info
    - Total cost: about \$18, depending on which spices you use
    - Total time: 1 hours prep time, 15 minutes cook time

- Ingredients
  - 2 Farmland pork tenderloins
  - 2 tablespoons spices (could include garlic powder, ground black pepper, paprika, thyme, sage, chili powder, cumin, turmeric)
- Directions
  - Tear off 2 pieces plastic wrap, each big enough to cover one of the tenderloins.
  - Unwrap tenderloins from package and place one, centered, per sheet of plastic wrap.
  - Sprinkle whatever spices you like best over length of tenderloin, flip, and spice again.
  - Wrap the tenderloin in the plastic on which it sits and refrigerate for at least one hour; the flavor is at its best when the tenderloin sits overnight.
  - Grill on each side for 10-15 minutes. If broiling in an oven; cook on each side 12-15 minutes; the internal temperature must reach 145 F.
  - Remove tenderloin from heat, and allow to sit at room temperature for 3 minutes. Can be frozen, or cut into pieces and served.
- Chicken and Vegetable Stir-Fry (2013)
  - Info
    - Total cost: \$7, Makes 4 Servings
    - Total time: 15 minutes
  - Ingredients
    - 2 tablespoons vegetable oil
    - 2 cloves garlic, finely chopped
    - 1lb chicken breast, cut into strips- \$4.00
    - 1/4 cup Stop & Shop brand low-sodium vegetable broth- \$0.25
    - 1 package Stop & Shop frozen stir-fry vegetables- \$1.25
    - 1/2 cup Kikkoman stir-fry sauce (about 1/2 bottle)- \$1.50
  - Directions
    - Heat oil in a large skillet over medium-high heat.
    - Add garlic and cook for 1 minute.
    - Add chicken to skillet, season with salt and pepper to taste. Cook 3-4 minutes (stirring constantly) until lightly browned.
    - Add vegetable broth and frozen veggies to the skillet. Cover and cook for 5 minutes.
    - Turn heat up to high. Mix in stir-fry sauce and simmer for 2 minutes to thicken sauce.
    - Serve over rice or noodles.
- Quick Whole Wheat Pasta with Veggies and Goat Cheese (2013)
  - Info
    - Total cost: \$11.88, Makes 4-5 Servings
    - (Optional - small pack of fresh basil - \$3.00 additional)
    - Total time: 20 minutes or less, mostly unattended
  - Ingredients



- 1 box Nature's Promise whole wheat rotini pasta - \$1.65
- 1 bag Stop & Shop brand frozen mixed vegetables - \$1.25
- 1 jar of Emeril's GAAAHLIC Pasta Sauce - \$3.99
- VT Creamery goat cheese, 4 oz - \$4.99
- Directions
  - Bring about 8 cups of water and a pinch of salt to a boil in a large pot.
  - Meanwhile, dump the entire bag of frozen vegetables in a smaller pot or a medium saucepan and mix in all of the pasta sauce.
  - Cook the sauce and veggies over medium heat, stirring every so often.
  - When the pasta water has boiled, add the entire box of pasta and stir well.
  - Boil the pasta uncovered over high heat for about 10 minutes until it's slightly chewy but not crunchy when you taste-test it.
  - Drain the pasta in a colander, then put it back in the pot you cooked it in (without any water or anything, and not on the heat).
  - Add the veggie sauce to the pasta and stir well. (The veggies should all be hot at this point - you can taste it to make sure.)
  - Slice open the end of the package of goat cheese. Holding the log over the pasta, use a fork to scrape the end of the log so that it crumbles onto the pasta.
  - If using basil, pick about 20 leaves off their stems, rinse them, chop them up, and sprinkle them on top of the pasta.
  - Add salt & pepper to taste.

## Dessert

- Peanut Butter Cookies (2014)
  - Info
    - makes about 20 cookies
    - Cost per cookie: \$0.12
  - Ingredients
    - 1 cup peanut butter
    - $\frac{3}{4}$  cup Splenda
    - $\frac{1}{4}$  cup brown Splenda
    - 1 tsp baking soda
    - $\frac{1}{2}$  tsp vanilla extract
    - 1 egg
  - Directions
    - Preheat oven to 375°F
    - Mix all ingredients in a bowl
    - Roll dough into walnut-sized balls and place on a greased baking sheet
    - Bake for 8-10 minutes