



Student Nutrition Advocacy Club

30+ HOME COOKED MEALS

A collection of delicious,
affordable, and healthy recipes
for students like you!

STUDENT NUTRITION ADVOCACY CLUB

AN ONLINE COOKBOOK

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SPECIAL THANKS

UC Berkeley Cal Dining Team



STUDENT NUTRITION ADVOCACY CLUB

NOTES FROM SNAC

Hey Readers,

We're the Student Nutrition Advocacy Club aka SNAC, and we are so happy and excited to share this online cookbook with you all! Expect all types of recipes ranging from vegan, vegetarian, and meat dishes to gluten-free and dairy-free dishes. Check out the "notes from our author" on each recipe card, that's the best part :)

We hope you enjoy! Let's start cooking affordable, healthy, and delicious foods together!

FAQ:

Who is SNAC?

SNAC is a student led organization that works to promote nutritional awareness at UC Berkeley. Get the inside scope about nutrition related job and volunteer opportunities, and academics of the nutritional sciences major's three different specializations. Most importantly, join the cooking socials hosted in the Morgan Hall Kitchen on campus - open to all Cal students!

Let's get connected! Like our Facebook page, follow our Instagram @ucbsnac, or send us an email at ucbsnac@gmail.com.

Who is the team behind this cookbook?

Check out our "Editors in Chief" page for more details. Special thanks to the Cal Dining team!

How many recipes are there?

There are 37 recipes total. 7 appetizer/snack recipes, 8 breakfast recipes, 8 lunch recipes, 7 dinner recipes, and 7 dessert recipes. It's all a mix of vegan, vegetarian, meat, gluten-free, and dairy-free recipes!

Got any smart shopping tips?

Of course we do. Here's a list!

1. Make a shopping list, whether that's on a piece of paper or on your phone.
2. Buy in bulk.
3. Look out for sales. We love deals!
4. Buy produce in peak season. Not only is it more delicious, it's also easy on the wallet.
5. Frozen produce is just as yummy and nutritious as fresh produce!
6. Batch cook and freeze. Meal prepping is fun and saves time during the week.

Recipe key:



Vegetarian



Vegan



Gluten-Free



SNAC

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APPETIZERS AND SNACKS

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GARLIC CHEDDAR SOFT PRETZELS



AUTHOR: KARINA CHOU

DESCRIPTION: FAST AND EASY SAVORY PRETZELS

SERVINGS: 6

COURSE: SNACK

CUISINE: BAKING, VEGETARIAN

PREP TIME

30 Minutes

COOK TIME

15 Minutes

TOTAL TIME

45 Minutes

Ingredients

- 1 and 1/2 cups warm water
- 1 tbsp instant yeast
- 3 and 3/4 cups bread flour
- 2 tbsp brown sugar
- 1 tsp salt
- 1 and 1/2 cups shredded cheddar cheese
- 2 tbsp oregano, more for topping
- 1 and 1/2 tbsp garlic powder
- 1 and 1/2 tbsp onion powder
- 1 large egg
- 2 tbsp water
- Sea salt for topping
- 1/4 cup butter, melted

Special Kitchen Equipment Required

- Oven



See instructions on next page

GARLIC CHEDDAR SOFT PRETZELS



AUTHOR: KARINA CHOU

DESCRIPTION: FAST AND EASY SAVORY PRETZELS

SERVINGS: 6

COURSE: SNACK

CUISINE: BAKING, VEGETARIAN

PREP TIME

30 Minutes

COOK TIME

15 Minutes

TOTAL TIME

45 Minutes

Instructions

To make the dough:

1. Combine warm water, yeast, and sugar until fairly mixed for about a minute. Then set aside for 5 minutes
2. Combine flour and salt in a medium bowl, then add to the water and yeast mixture. Knead for 2 minutes
3. If the dough is sticky, add small amounts of flour until dough stops sticking to the sides of the bowl, but do not add more than 1/4 cup of flour
4. Add cheese, oregano, garlic powder, and onion powder, and mix until just combined

To shape the pretzels:

1. Preheat oven to 425F
2. Turn dough out onto a floured surface and knead for 1-2 minutes. Then cut ball of dough in half, then into thirds to make 6 smaller balls of dough
3. Roll each ball into a rope and shape into a pretzel
4. In a small bowl, beat water and egg together and dip the pretzel into the egg wash before placing on a baking sheet lined with parchment paper
5. Sprinkle oregano and salt over the pretzels and bake for 10 minutes
6. Remove pretzels from oven and brush with melted butter before baking for another 5 minutes

Notes From The Author

You can also top pretzels with cheese 5 minutes before they are done baking or substitute the cheddar for any type of cheese you prefer!

See ingredients on previous page

CARROT CAKE BITES

AUTHOR: ASHLEY MORENO

DESCRIPTION: A HEALTHIER ALTERNATIVE TO CARROT CAKE

SERVINGS: 2

COURSE: SNACK

CUISINE: RAW VEGAN, VEGAN, DAIRY-FREE, GLUTEN-FREE



PREP TIME

15 Minutes

COOK TIME

0 Minutes

TOTAL TIME

15 Minutes

Ingredients

- 1 medium carrot (peeled and grated or chopped in food processor)
- 2 tbsp almond butter
- 2 tbsp pure maple syrup
- 1/2 cup unsweetened coconut flakes
- 1/2 cup old fashioned oats
- Pinch of salt
- 1/2 teaspoon vanilla
- 1 teaspoon cinnamon
- Vegan chocolate chips (optional)

Special Kitchen Equipment Required

- Blender or Food Processor

Instructions

1. Pulse carrots in a food processor
2. Remove carrots and add oats and coconut to the food processor and pulse
3. Add all the other ingredients + chopped carrots, pulse until it is kind of smooth and dough like texture, add chocolate chips and pulse more
4. Get some "dough" and roll it into a ball
5. Store in the fridge or freezer



Notes From The Author

You can add more cinnamon if desired, substitute the almond butter for smooth peanut butter, and the maple syrup for honey or agave syrup. Baby carrots can be used as it is more accessible for college students. If you don't have a food processor, you can grate the carrots and then mix it in the mixture!

RASPBERRY RUSH SMOOTHIE



AUTHOR: HALEY BEHRENS

DESCRIPTION: THE PERFECT COMBO OF GINGERY-WARMTH AND TART-JUICINESS

SERVINGS: 1

COURSE: SNACK

CUISINE: GLUTEN-FREE, VEGETARIAN

PREP TIME

10 Minutes

COOK TIME

2 Minutes

TOTAL TIME

12 Minutes

Ingredients

- ⅔ cup frozen raspberries
- 1 medium banana
- 1 cup unsweetened-vanilla almond milk
- 3 ice cubes
- 1 tbsp ginger, peeled and grated
- 1 tbsp lemon juice
- 1 single-serving non-fat Greek yogurt (plain or flavor of choice)

Special Kitchen Equipment Required

- Blender

Instructions

1. Add all of the ingredients into a blender
2. Blend until smooth
3. Serve in a glass and enjoy!



Notes From The Author

The great part about this smoothie is that there are so many delicious substitutes depending on your taste and preferences. For example, you can use cow milk, oat, soy, cashew or coconut milk instead of almond milk. Freeze the bananas for a thicker consistency! You could even sneak a handful of raw spinach in your smoothie as it blends very nicely without any noticeable taste. The sky is the limit!

SWEET POTATO FRIES

AUTHOR: LAUREN CHO

DESCRIPTION: A HEALTHY AND SWEET ALTERNATIVE TO FRIES

SERVINGS: 1-2

COURSE: SNACK

CUISINE: AIR-FRIED OR BAKED, GLUTEN-FREE, VEGAN



PREP TIME

5 Minutes

COOK TIME

20 Minutes

TOTAL TIME

25 Minutes

Ingredients:

- 2 small / 1 medium sweet potato(es)
- 1 tbsp oil of choosing (oven version)
- 1 tsp sugar or any seasoning (optional)

Instructions

Air fryer version:

1. Cut sweet potato into approximately ¼ inch thick slices
2. Place sliced sweet potatoes into air fryer
3. Air-fry at 350°F for 10 minutes
4. Take out batch and shake to evenly distribute the heat
5. Air-fry for another 10 minutes at 350°F
6. Season, plate, and enjoy

Oven version:

1. Cut sweet potato into approximately ¼ inch thick slices
2. Preheat oven to 425°F
3. Toss slices in oil of choice using a bowl
4. Line baking sheet with parchment paper
5. Place each slice onto paper (into an even layer, avoid overlapping)
6. Bake for 15 minutes. Take out fries and flip them onto the other side
7. Bake for another 10-15 minutes
8. Season, plate, and enjoy



Notes From The Author

All vegetables work, however, starchy vegetables seem to work best. Try to chop all slices evenly to avoid overcooking/undercooking some of the fries.



FILLING POTATO PANCAKE

AUTHOR: MICHELLE LEE

DESCRIPTION: A CRISPY CONCOCTION THAT WILL MAKE YOU FEEL HAPPY AND FULL

SERVINGS: 1-2

COURSE: APPETIZER

CUISINE: VEGAN, PAN-FRIED, DAIRY-FREE



PREP TIME
5 Minutes

COOK TIME
15 Minutes

TOTAL TIME
20 Minutes



Ingredients

- 2 medium-sized Russet potatoes
- 1 ½ tablespoon vegetable oil
- ¼ cup of flour
- A pinch of salt

Special Kitchen Equipment Required

- Blender or Food Processor

Notes From The Author

You can experiment with the consistency and texture of the pancake by either adding more or less flour. If you want to have a thicker pancake, add more flour. If you want a thinner pancake, add less flour.

Instructions

1. Wash 2 medium Russet potatoes, peel, and cut into chunks
2. Use a blender to chop and grind the potatoes
3. When the potato is well chopped, mix with ¼ cup of flour and a pinch of salt
4. Heat a pan, and then add 1 ½ tablespoon of vegetable/canola oil
5. Add the mixture to the pan, and spread evenly to the sides of the pan
6. Lower the heat to low-medium, to avoid burning the pancake
7. Wait 5-7 minutes until the bottom side of the pancake is golden-brown
8. Then, flip the pancake onto the other side, and wait till the other side is golden-brown
9. You can cook for a bit longer to achieve a crispier, crunchier consistency

SUGAR SNAP PEAS WITH HUMMUS



AUTHOR: ANDREA SOUNG

DESCRIPTION: A CRUNCHY AND CREAMY SNACK

SERVINGS: 1

COURSE: SNACK

CUISINE: VEGAN, GLUTEN-FREE

PREP TIME

2 Minutes

COOK TIME

0 Minutes

TOTAL TIME

2 Minutes

Ingredients

- 2 cups of sugar-snap peas
- 1-3 tbsps of hummus

Instructions

1. Wash and dry sugar snap peas. Cut off any brown spots
2. Dip sugar snap peas into choice of hummus



Notes From The Author

Instead of hummus, you can use mashed avocados seasoned with salt, black pepper, garlic powder, and red chili flakes!

CREAMY CHOCOLATE SMOOTHIE



AUTHOR: SEOYOUN (ALBERT) OH

DESCRIPTION: AN ENERGY-BOOSTING SMOOTHIE TO SATISFY ANY CHOCOLATE CRAVING

SERVINGS: 1

COURSE: SNACK

CUISINE: GLUTEN-FREE, VEGAN

PREP TIME

2 Minutes

COOK TIME

1 Minute

TOTAL TIME

3 Minutes

Ingredients

- 1 cup of milk of soy milk
- 1 tbsp of peanut butter
- 1 ripe banana
- A pinch of cinnamon
- 1 tbsp of cocoa powder
- 1 tsp of honey (optional)
- 5 ice cubes (optional)

Instructions

1. Add all of the ingredients into a blender
2. Blend for 1 minute, or until smooth
3. If the consistency is too thick, add a splash of milk
4. If too thin, add more ingredients

Special Kitchen Equipment Required

- Blender or Food Processor

Notes From The Author

Feel free to substitute the soy milk with coconut milk, almond milk, oat milk, cashew milk, or whole milk. Feel free to substitute the peanut butter with almond butter, sunflower seed butter, or cashew butter. For more sweetness, you can add honey, agave, date syrup, coconut sugar, or maple syrup. For an even healthier alternative, feel free to add cacao powder instead of cocoa powder!



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TROPICAL MORNING SMOOTHIE BOWL



AUTHOR: ASHLEY MORENO

DESCRIPTION: REFRESHING AND SWEET SMOOTHIE BOWL TO GET YOU THROUGH YOUR MORNING

SERVINGS: 1

COURSE: BREAKFAST

CUISINE: VEGAN, DAIRY-FREE

PREP TIME

10 Minutes

COOK TIME

2 Minutes

TOTAL TIME

12 Minutes

Ingredients

- 1 frozen banana (sliced)
- 1 cup frozen strawberries, mango, papaya, pineapple
- 1/2 cup of almond milk (or any other non-dairy milk)
- ½ tbsp spirulina, or any other superfood powder
- Toppings: bananas, raspberries, blackberries, strawberries, granola, coconut chips

Special Kitchen Equipment Required

- Blender

Instructions

1. Add all the ingredients to the blender and blend
2. Add more milk if it is too thick to blend
3. Scoop out smoothie blend onto a bowl
4. Add on toppings and enjoy

Notes From The Author

Add more almond milk if it gets difficult to blend, however not too much because it'll get too runny and become more like a liquid smoothie rather than a more solid like smoothie bowl texture!



EGG MUFFIN CUPS

AUTHOR: KARINA CHOU

DESCRIPTION: HEALTHY AND EASY TO MAKE AHEAD OF TIME

SERVINGS: 12 MUFFINS

COURSE: BREAKFAST

CUISINE: GLUTEN-FREE, DAIRY-FREE, VEGETARIAN



PREP TIME

15 Minutes

COOK TIME

15 Minutes

TOTAL TIME

30 Minutes

Ingredients

- 2 tbsp olive oil
- 1 cup chopped red pepper
- 1 cup chopped yellow onion
- 2 cups baby spinach
- 8 oz. mushrooms, sliced
- 2 cloves garlic, minced
- 10 eggs

Instructions

1. Preheat oven to 350F and spray muffin pan with oil spray or line with muffin liners
2. Whisk together eggs in a large bowl and season with salt and pepper to taste
3. Fill each muffin tin halfway with the egg mixture
4. Combine the red pepper, yellow onion, spinach, mushrooms, and garlic into another bowl until evenly mixed
5. Divide the topping combinations into the muffin cups
6. Bake for 20 minutes



Notes From the Author

Customize your egg muffin cups by substituting with different vegetables or adding cheese. You can also add in meat like bacon, sausage, or ham if desired.

Special Kitchen Equipment Required

- Oven
- Muffin Tin Pan

CALMING CONGEE

AUTHOR: LAUREN CHO

DESCRIPTION: A HEALTHY, HEARTY BOWL OF STEAMY GOODNESS

SERVINGS: 2-3

COURSE: BREAKFAST

CUISINE: VEG-FRIENDLY (SEE NOTES)



PREP TIME

10 Minutes

COOK TIME

20 Minutes

TOTAL TIME

30 Minutes

Ingredients

- 2-3 cups of broth (beef, chicken, or veggie)
- 1-3 cups of cooked rice
- 1 egg
- ¼ cup scallion/green onion, chopped
- 2 cups of carrots and cabbage, chopped and shredded
- 1 cup protein of choice, chopped into bite-sized pieces (tofu, salmon, chicken, beef, pork, or mushroom)
- Salt and/or soy sauce for flavoring, to taste

Notes from The Author

Boil longer for thicker congee consistency and softer rice. Kimchi is a perfect addition to congee. Feel free to add in any vegetables you like!

Instructions

1. Pour broth into a pot over medium-high heat
2. Add in the 2 cups of vegetables
3. Bring soup to a rolling boil. Add in cooked rice
4. Boil on high for approximately 5 minutes
5. Add in 1 cup protein of choice
6. Crack an egg into the stew, stirring it in
7. Add chopped scallion and boil on medium for another 5 minutes
8. Turn off the heat and add seasoning of choice



SIMPLE OMELET



AUTHOR: TUOMAS KAUKOLAHTI

DESCRIPTION: A SIMPLE, QUICK, AND HEALTHY BREAKFAST

SERVINGS: 2-3

COURSE: BREAKFAST

CUISINE: GLUTEN-FREE, DAIRY-FREE, VEGETARIAN

PREP TIME

2 Minutes

COOK TIME

2-3 Minutes

TOTAL TIME

5 Minutes

Ingredients

- 4-5 Eggs
- Salt and black pepper to taste
- 1 tbsp of coconut oil or oil of choice



Instructions

1. Crack 4-5 eggs into a bowl
2. Using a fork or whisk, mix the eggs until it is a uniform mixture
3. Preheat a 10-inch pan on medium heat
4. Once the pan is hot, melt 1 tablespoon of coconut oil
5. Pour all of the egg mixture into the pan
6. Using a spatula, quickly stir egg mixture in a circular motion for 10 seconds
7. Season with salt and black pepper to taste
8. With the lid on, cook for 2-3 minutes or until egg surface looks cooked
9. After 2-3 minutes, flip the egg layer into a semi circle
10. Place on a plate, and serve

Notes From The Author

Before flipping the egg layer into a semi circle, you can add toppings like cheese, tomatoes, chives, mushrooms, etc! Serve with watermelon on the side for your daily serving of fruit.

SAVORY OATMEAL



AUTHOR: HALEY BEHRENS

DESCRIPTION: FOR THOSE THAT LIKE SAVORY FOODS FOR BREAKFAST

SERVINGS: 1

COURSE: BREAKFAST

CUISINE: GLUTEN-FREE, VEGETARIAN, DAIRY-FREE

PREP TIME

10 Minutes

COOK TIME

5 Minutes

TOTAL TIME

15 Minutes

Ingredients

- ½ cup oats, ensure it is gluten-free
- Water
- ¼ of an avocado
- 2 large eggs
- ¼ cup sliced tomatoes
- 2 tbsp chopped cilantro
- 1 tbsp black olives



Instructions

1. Cook oats according to instructions on package
2. Next, cook your eggs according to preference (scrambled, poached, fried, over-easy etc.)
3. Place eggs on top of cooked oatmeal, and top with sliced avocado, tomatoes, cilantro and olives
4. Serve and enjoy!

Notes From The Author

Oatmeal does not have to be sweet! This is perfect for the person who wakes up and craves a more savory-satiating breakfast as opposed to a sweeter one. If you do not have a stove, you can microwave your eggs in a microwave safe bowl, taking care to stir or flip the eggs every few seconds until cooked to your liking. You can also chop up all ingredients the night before, to speed up the process in the morning. If you don't feel bold enough to top oatmeal with all of the ingredients, simply place your ingredients on a gluten-free tortilla or slice of gluten-free toast instead!

LOADED VEGGIE SCRAMBLED EGG



AUTHOR: ANDREA SOUNG

DESCRIPTION: A HEALTHY VEGGIE EGG SCRAMBLE

SERVINGS: 1

COURSE: BREAKFAST

CUISINE: GLUTEN-FREE, DAIRY-FREE, VEGETARIAN

PREP TIME

5 Minutes

COOK TIME

10 Minutes

TOTAL TIME

15 Minutes



Ingredients

- 2 eggs
- A handful of baby spinach
- 1 spring/green onion, chopped
- 1/4 cup each of chopped tomato, mushroom, carrot, and cabbage
- Cooking oil
- 1/2 tsp each of salt, garlic powder, and black pepper

Notes From the Author

Kale, zucchini, and bell peppers work wonderfully in this dish!

Instructions

1. Prepare vegetables as listed
2. Place a non-stick pan on the stove at medium-high heat, and drizzle 1/2 teaspoon of cooking oil
3. Once oil is hot, add all of the veggies with 1/2 tsp each of salt, black pepper, and garlic powder
4. Cook veggies for 5 minutes, stirring occasionally
5. Move all the veggies onto one side of the pan. On the other side, crack 2 eggs into the pan
6. Scramble by mixing the eggs in a circular motion, add all veggies in
7. Add salt, black pepper, and garlic powder to taste, and mix until eggs are cooked/browned to your liking
8. Add a handful of spinach and cover with a lid until the spinach is wilted
9. Once everything is done cooking, place the loaded vegetable scrambled eggs into the bowl or plate
10. Serve with ketchup or sriracha

THE BEST FRENCH TOAST



AUTHOR: SEOYOUN (ALBERT) OH

DESCRIPTION: 1-BOWL, 20-MINUTE FRENCH TOAST

SERVINGS:1-2

COURSE:BREAKFAST

CUISINE:VEGETARIAN, VEGAN-FRIENDLY (SEE NOTES)

PREP TIME

10 Minutes

COOK TIME

10 Minutes

TOTAL TIME

20 Minutes

Ingredients

- 2-4 slices of bread (stale or day-old bread works the best in this recipe)
- 2 eggs
- 1 cup of milk
- 1/2 tsp of cinnamon
- 1 tsp vanilla extract (optional)
- 2 teaspoons of butter or coconut oil
- 1/2 cup of fruits (blueberries, strawberries, raspberries, etc)
- 1 tbsp maple syrup, plus more to serve
- Pinch of lemon zest, to serve

Instructions

1. In a shallow bowl, whisk together eggs, milk, cinnamon, maple syrup, and vanilla extract (optional)
2. Place each slice of bread into the bowl and let it soak for 30 seconds on each side
3. Place a pan over medium heat, add butter or coconut oil, and wait until it's melted
4. Place the slices onto the pan and cook for 2-3 minutes on each side or until golden brown
5. Serve with maple syrup and fruits

Notes From The Author

For a vegan alternative, replace the milk with 1 cup of non-dairy milk + 1 tbsp of chia seeds.

FRUIT MEDLEY

AUTHOR: MICHELLE LEE

DESCRIPTION: CRAVING SOMETHING SWEET? INSTEAD OF ICE CREAM, GIVE FROZEN FRUIT A TRY!

SERVINGS: 2

COURSE: BREAKFAST

CUISINE: RAW, VEGAN, GLUTEN-FREE



PREP TIME

5 Minutes

COOK TIME

0 Minutes

TOTAL TIME

5 Minutes

Ingredients:

Frozen or fresh--

- ½ cup grapes
- ½ cup sliced strawberries
- ½ cup blackberries
- ½ cup blueberries
- ½ cup sliced kiwi
- ½ cup sliced mango
- Honey, drizzled (optional)



Instructions

1. Place all of the frozen or fresh fruits into a bowl
2. Drizzle with honey (optional)
3. You can use any kind of fruit for this salad-- whatever is in season, or whatever fruits you happen to have
4. Add celery for an extra crunch and fiber
5. Mix together and enjoy

Notes From The Author

You can either buy some of the ingredients, like strawberries and blueberries, frozen, but you can also buy these fruits fresh and freeze them yourself. If you freeze them the night before, they will be frozen by the next day! If you prefer, you can just use the fresh fruits and mix them together.



LUNCH

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SUMMERY VEGGIE SPRING ROLLS



AUTHOR: LAUREN CHO (INSPIRED BY KEWALIN CHAINET)

DESCRIPTION: A NUTRIOUS AND EASY WAY TO GET ALL YOUR VEGGIES AND PROTEIN IN FOR THE DAY

SERVINGS: 1

COURSE: LUNCH

CUISINE: STIR-FRY/BOIL, VEG-FRIENDLY, GLUTEN-FREE



PREP TIME

10 Minutes

COOK TIME

10 Minutes

TOTAL TIME

20 Minutes



Ingredients

- 2 sheets of rice paper
- ¼ cup cucumber, into 2 inch sticks
- ¼ cup sliced fried egg
- ¼ cup of sliced protein of choice
- 2 cups raw leafy greens of choice
- 2 tbsp of sauce for dipping (optional)

Notes From The Author

Wrap wrappers around ingredients tightly for a less messy eating experience. Slice spring roll into smaller rolls to make them bite-size.

Instructions

1. Soak rice paper in plate of water for 5-10 seconds
2. Place soaked rice paper on cutting board
3. Line up all ingredients on the center of the rice paper (customize your roll and have fun!)
4. Take one end of the rice paper and firmly wrap it around the ingredients, then continue to roll until all ingredients are secured

TANGY GREEK BROWN RICE BOWL



AUTHOR: HALEY BEHRENS

DESCRIPTION: A LIGHT BUT FILLING LUNCH FULL OF COLOR AND FLAVOR

SERVINGS: 1

COURSE: LUNCH

CUISINE: GLUTEN-FREE, VEG-FRIENDLY (SEE NOTES)

PREP TIME

15 Minutes

COOK TIME

10 Minutes

TOTAL TIME

25 Minutes

Ingredients

- ½ cup cooked brown rice
- ½ cup cooked chopped chicken breast
- 5 kalamata olives sliced
- 1 tbsp feta cheese
- 2 tbsp diced red onion
- ⅓ cup of cucumber slices
- 2 tbsps gluten-free hummus (greek flavor if you can find one)
- 2 tbsps tomato
- Salt and black pepper, to taste
- Lemon juice to taste



See instructions on next page

TANGY GREEK BROWN RICE BOWL

AUTHOR: HALEY BEHRENS

DESCRIPTION: A LIGHT BUT FILLING LUNCH FULL OF COLOR AND FLAVOR

SERVINGS:1

COURSE: LUNCH

CUISINE: GLUTEN-FREE, VEG-FRIENDLY (SEE NOTES)

PREP TIME

15 Minutes

COOK TIME

10 Minutes

TOTAL TIME

25 Minutes

Instructions

1. Cook the brown rice according the package instructions. You can also use Minute-Brown Rice for a quicker process!
2. Place cooked brown rice on a plate or bowl
3. Top with cooked chopped chicken breast (you can buy this pre-cooked at most delis or grocery stores)
4. Next top with kalamata olives, feta cheese, red onion, sliced cucumber, hummus and lemon juice
5. Mix together and enjoy!

Notes From The Author

Feel free to sub brown rice for quinoa or your favorite gluten-free grain. Also, you may choose a different protein based on your preference such as shrimp or ground turkey. Swap the chicken for garbanzo beans to make it a vegetarian friendly dish! You can also prep these salads ahead of time for your work week. Start by layering a paper towel at the bottom of individual seal-able containers and add all ingredients. Place another paper towel on top and seal. The paper towel can be torn into a size to fit your container and it helps capture excess moisture. I have found that they store well for up to four days but it may differ for you!

See ingredients on previous page

QUINOA SALAD

AUTHOR: KARINA CHOU

DESCRIPTION: FULL OF VEGGIES AND PERFECT AS A SIDE DISH OR A MEAL

SERVINGS: 6

COURSE: LUNCH

CUISINE: GLUTEN-FREE, VEGETARIAN



PREP TIME

30 Minutes

COOK TIME

15 Minutes

TOTAL TIME

45 Minutes

Ingredients

Quinoa:

- 1 cup uncooked quinoa
- 2 cups water

Salad:

- 2 cups spinach
- 1 medium cucumber, chopped into 1/4 inch pieces
- 8 oz. cherry tomatoes, halved
- 1 large avocado, diced
- 2 green onions, chopped

Apple Cider Vinegar Dressing:

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 1/2 tsp. honey or maple syrup
- Salt and black pepper, to taste



See instructions on next page

QUINOA SALAD

AUTHOR: KARINA CHOU

DESCRIPTION: FULL OF VEGGIES AND PERFECT AS A SIDE DISH OR A MEAL

SERVINGS: 6

COURSE: LUNCH

CUISINE: GLUTEN-FREE, VEGETARIAN



PREP TIME

30 Minutes

COOK TIME

15 Minutes

TOTAL TIME

45 Minutes

Instructions

For the quinoa:

1. Rinse the quinoa by pouring it into a fine mesh colander and rinse for 30 seconds
2. Drain the quinoa well and add it to a saucepan with the 2 cups of water
3. Bring to a boil and then decrease the heat to simmer
4. Cook until quinoa has absorbed all of the water
5. Set aside to cool

For the dressing:

1. Combine olive oil, apple cider vinegar, and honey or maple syrup in a medium bowl
2. Whisk well to ensure that olive oil and vinegar are well mixed
3. Add salt and pepper to taste

For the salad:

1. Combine all of the salad ingredients with the cooled and cooked quinoa
2. Add in apple cider vinegar dressing and toss to combine well

Notes From The Author

Possible substitutions for quinoa include couscous, buckwheat, white or brown rice, or even noodles. Customize this dish by substituting different vegetables with what you like or have available. If you do not have apple cider vinegar, lemon juice, balsamic vinegar, or white vinegar are possible substitutions.

See ingredients on previous page

CHICKPEA "TUNA" SALAD TOAST



AUTHOR: ASHLEY MORENO

DESCRIPTION: A VEGAN ALTERNATIVE TO CHICKEN OR TUNA SALAD. A QUICK, FILLING, AND VEGGIE PACKED LUNCH OPTION!

SERVINGS: 3

COURSE: LUNCH

CUISINE: VEGAN

PREP TIME

10 Minutes

COOK TIME

2 Minutes

TOTAL TIME

12 Minutes

Ingredients:

- 1 can of chickpeas, drained and rinsed
- 2 tbsp of vegan mayo
- 1/3 cup of frozen peas and carrots mix
- 6 slices of bread, toasted
- Pinch of salt, black pepper, and garlic salt

Instructions:

1. Open 1 can of chickpeas, drain water, rinse, and place it in a bowl
2. Mash the chickpeas with a fork
3. Add the mayo and mix
4. Microwave the frozen peas and carrots and add that with the mashed chickpeas and mayo
5. Season it with garlic salt and pepper seasoning
6. Toast slices of bread and then add the chickpea salad to the toast



Notes From The Author

You can always add more or less mayo depending your personal preference, as well as the seasoning. Chopped onions or celery can be added to this recipe too. Another seasoning that can be used is the "Everything But The Bagel" seasoning from Trader Joe's.

SALAD WITH GINGER CARROT DRESSING



AUTHOR: MICHELLE LEE

DESCRIPTION: A VARIETY OF VEGETABLES TOPPED WITH A DELICIOUS AND NUTRITIOUS DRESSING THAT WILL MAKE YOU FEEL REJUVENATED!

SERVINGS: 1

COURSE: LUNCH

CUISINE: RAW, GLUTEN-FREE, VEGAN

PREP TIME

10 Minutes

COOK TIME

0 Minutes

TOTAL TIME

10 Minutes

Ingredients

- 1-2 cups spring mix
- 1 bell pepper (optional), sliced
- 2-3 medium-sized tomatoes, halved

Carrot Dressing:

- 2 medium-sized carrots, chopped
- ½ tablespoon canola oil
- 2 tablespoons vinegar
- 2 slices of ginger (optional)
- 1 teaspoon sesame seeds (optional)
- 1 pinch of salt
- 1 teaspoon sweetener of choice
- ¼ sweet onion



Instructions

***Blender Required**

1. Wash 1-2 cups of spring mixed greens, bell pepper, and tomatoes
2. Combine ingredients together

Dressing:

1. Chop 2 medium-sized carrots
2. Add the carrots, canola oil, vinegar, ginger (optional), sesame seeds (optional), a pinch of salt, sweetener, and sweet onion into a blender
3. Blend dressing until smooth
4. Arrange the greens, bell peppers, and tomatoes on a plate
5. Add the carrot dressing on top and serve!

Notes From The Author

If you're in the mood, add some walnuts or almonds for some good fats and a more filling meal!

FRESH SPRING ROLLS WITH PORK

AUTHOR: ANDREA SOUNG

DESCRIPTION: 35-MINUTE VIETNAMESE INSPIRED SPRING ROLLS WITH CRISP VEGGIES AND JUICY PORK

SERVINGS: 1-4

COURSE: LUNCH

CUISINE: GLUTEN-FREE FRIENDLY



PREP TIME

20 Minutes

COOK TIME

15 Minutes

TOTAL TIME

35 Minutes

Ingredients

- 8 oz. of pork chop or pork loin
- 8-10 whole spring roll rice papers
- Warm water (to soften the rice paper)
- 1 head green leaf lettuce
- ½ carrot, julienned
- 1 bunch of fresh mint
- ½ cup red cabbage, shredded
- ⅛ of large cabbage, shredded
- 1 small cucumber, julienned
- ½ bunch of fresh cilantro
- ½ cup panko bread crumbs (Yes, trust me! Skip if gluten-free)
- ½ avocado, sliced

Pork marinade:

- 1/3 cup soy sauce
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp brown sugar

Simple spring roll sauce:

- 2 tbsp peanut butter
- 1 tsp sriracha



See instructions on next page

FRESH SPRING ROLLS WITH PORK

AUTHOR: ANDREA SOUNG

**DESCRIPTION: 35-MINUTE VIETNAMESE INSPIRED
SPRING ROLLS WITH CRISP VEGGIES AND JUICY PORK**

SERVINGS: 1-4

COURSE: LUNCH

CUISINE: GLUTEN-FREE FRIENDLY



PREP TIME

20 Minutes

COOK TIME

15 Minutes

TOTAL TIME

35 Minutes

Instructions

1. In a small pan over medium heat, toast panko bread crumbs until lightly golden, about 45 seconds. Skip if gluten-free. Then set aside the toasted bread crumbs into a bowl
2. Cut pork chop/loin into thin, even slices (about 1 centimeter thick)
3. Marinate the pork slices, and let it rest in room temperature for 10 minutes
4. In the meantime, wash and prep veggies, and then place it on a large plate
5. In a small pan over medium-high heat, add oil and wait until it is hot
6. Place the marinated pork onto the pan and cook for 3 minutes, or until it's no longer pink
7. After the pork is cooked, place it on a plate and let it cool for 2 minutes
8. In a shallow bowl, add warm water until it is half filled
9. Grab a large enough plate or cutting board that is big enough to fit your rice paper
10. To make a spring roll, dip one sheet of rice paper into the water so it is fully covered for 10-15 seconds
11. Transfer the rice paper onto the plate or cutting board and gently spread out the edges into a circle
12. In the middle of the wrapper, add desired amount of veggies, meat, and avocado. Gently fold over once, tuck in edges, and continue rolling until sealed
13. Place the seam-side down on a plate, and repeat until the rice papers are used up
14. Serve with peanut sauce

See ingredients on previous page

PROTEIN-PACKED BURRITO



AUTHOR: SEOYOUN (ALBERT) OH

DESCRIPTION: A QUICK AND EASY PROTEIN-PACKED MEAL

SERVINGS: 1-2

COURSE: LUNCH

CUISINE: VEGAN OPTION AND/OR GLUTEN-FREE OPTION (SEE NOTES)

PREP TIME

5 minutes

COOK TIME

10 minutes

TOTAL TIME

15 minutes

Ingredients

- 4 eggs
- 1/2 tbsp coconut oil
- 1 tsp of milk (optional)
- 1 tbsp of minced garlic
- 1 bell pepper, finely chopped
- 1/2 red onion, finely chopped
- Salt and pepper, to taste
- 2 flour tortillas
- 1 tbsp cheese of your choice (optional)

Ingredients

1. Crack and whisk the eggs in the bowl using a fork
2. Place a pan over medium heat, add coconut oil, wait until it is hot
3. Add the garlic, bell pepper and onion into the pan and sauté for 2 minutes or until onions turn translucent. Then, add in eggs and let it sauté for 3-5 minutes or until cooked
4. Once it is done cooking, place half of the egg and veggie mixture onto one tortilla and wrap tightly into a burrito
5. If desired, add cheese inside the burrito before wrapping it

Notes From The Author

For a vegan option, substitute for tofu (seasoned and sautéd with 1/4 tsp each of turmeric, garlic powder, salt, black pepper, cumin, and paprika) and your choice of canned beans (rinsed). For a gluten-free option, substitute for gluten-free tortillas or corn tortillas

PAN-SEARED MACKEREL WITH GARLIC, LEMON, AND BASIL

AUTHOR: TUOMAS KAUKOLAHTI

DESCRIPTION: A GARLICKY AND LEMONY TAKE ON FISH

SERVINGS: 4

COURSE: LUNCH

CUISINE: GLUTEN-FREE, DAIRY-FREE



PREP TIME

15 Minutes

COOK TIME

30 Minutes

TOTAL TIME

45 Minutes

Ingredients

- 1 Mackerel fillet
- 2 cloves of garlic, mashed
- 1-2 tbsps olive oil, divided
- 1/2 teaspoon of salt
- 1/4 teaspoon black pepper
- Half a lemon juiced
- 1/2 tsp of dried basil
- 1 cup uncooked white or brown rice
- 1 cup of water (more or less depending on rice cooking instructions)
- 1/2 cup of frozen florets
- 1/4 cup of frozen peas

Instructions

Cook rice:

1. In a colander or large bowl, put in 1 cup of dry white or brown rice. Rinse the rice under cold water until the water is clear. Then in a pot over medium-high heat, boil 1 cup of water. Once the water is at a rolling boil, add in the rinsed rice, and cover with lid. Reduce the heat to low, and simmer for 18 minutes, or until rice is tender and water is absorbed

Season + cook mackerel:

1. Salt, black pepper, mashed garlic, olive oil, and dried basil. Let the fillet rest at room temperature for 10 minutes
2. Set a large pan over medium-high heat and add 1 tbsp olive oil. When the oil is hot, add mackerel fillet, skin side down. Cook for 4-6 minutes, then flip and cook for another 2-4 minutes, or until fish is cooked through and browned
3. Once the Mackerel receives a golden brown color on the surface, take it out of the pan
4. During the last 5 minutes of cooking the rice, add in frozen broccoli and frozen peas. Cover with lid and let it steam until the veggies are heated through
5. Plate, and serve with a squeeze of lemon juice on the fish



DINNER

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BUFFALO CAULIFLOWER WINGS



AUTHOR: ASHLEY MORENO

DESCRIPTION: A DELICIOUS AND SPICY VEGAN ALTERNATIVE TO THE CLASSIC BUFFALO CHICKEN WINGS!

SERVINGS: 3

COURSE: DINNER

CUISINE: VEGAN, DAIRY-FREE

PREP TIME

20 Minutes

BAKE TIME

50 Minutes

TOTAL TIME

70 Minutes

Ingredients

- 1 head of cauliflower
- ¾ cup all purpose flour
- ½ cup non-dairy milk (unsweetened soy milk/ unsweetened almond milk)
- ½ cup water
- 2 tsp each garlic and onion powder
- 1 tsp cumin
- 1 tsp paprika
- ¼ tsp ground pepper
- ¼ tsp sea salt
- 1 tbsp vegan butter
- 1 cup of Frank's Hot Sauce

Special Kitchen Equipment Required

- Oven

Notes From the Author

For a dipping sauce you can make a vegan garlic aioli blending vegan mayo, lemon juice, and garlic in a food processor. Hot sauce can be substituted for BBQ sauce, just make sure to mix it with butter when creating the sauce mixture and follow the same steps for the batter.



See instructions on next page

BUFFALO CAULIFLOWER WINGS



AUTHOR: ASHLEY MORENO

DESCRIPTION: A DELICIOUS AND SPICY VEGAN ALTERNATIVE TO THE CLASSIC BUFFALO CHICKEN WINGS!

SERVINGS: 3

COURSE: DINNER

CUISINE: VEGAN, DAIRY-FREE

PREP TIME

20 Minutes

BAKE TIME

50 Minutes

TOTAL TIME

70 Minutes

Instructions

1. Preheat oven to 350F
2. Wash and cut cauliflower into small pieces
3. Add flour, non-dairy milk, water, garlic powder, onion powder, cumin, paprika, pepper, and sea salt into a bowl and whisk
4. Once the batter is mixed, dip cauliflower pieces into batter. Add the dipped pieces into a baking tray lined with parchment paper
5. Once all the cauliflower pieces are coated in batter place them into the oven for 25 min. After 25 min, flip the wings and let them sit outside while you create the hot sauce
6. Hot sauce: melt hot sauce and butter together
7. Coat the wings with the hot sauce mixture and place them back into the oven for another 25 min
8. Once you take them out of the oven, let them cool down for a bit and then add extra hot sauce so that they are well coated
9. Serve with carrots, celery, and dipping sauce, and enjoy!



See ingredients on previous page

BUTTERNUT SQUASH NOODLES WITH ZUCCHINI TURKEY MEATBALLS

AUTHOR: HALEY BEHRENS

DESCRIPTION: A FUN AND FRESH TWIST ON A LIGHTER PASTA DISH AND FULL OF PROTEIN!

SERVINGS: 4

COURSE: DINNER

CUISINE: GLUTEN-FREE AND DAIRY FREE



PREP TIME

20 Minutes

COOK TIME

30 Minutes

TOTAL TIME

50 Minutes

Ingredients

Meatballs:

- 1 lb 90% lean ground turkey
- 1 large egg
- ½ cup chopped zucchini
- 2 cloves fresh garlic
- ½ cup gluten free oats
- ¼ tsp. each of salt and pepper

Veggie noodles:

- 1 package butternut squash noodles
- 1 jar marinara gluten-free (optional)

Special Kitchen Equipment Required

- Oven

See instructions on next page



BUTTERNUT SQUASH NOODLES WITH ZUCCHINI TURKEY MEATBALLS

AUTHOR: HALEY BEHRENS

**DESCRIPTION: A FUN AND FRESH TWIST ON A LIGHTER PASTA
DISH AND FULL OF PROTEIN!**

SERVINGS: 4

COURSE: DINNER

CUISINE: GLUTEN-FREE AND DAIRY FREE



PREP TIME

20 Minutes

COOK TIME

30 Minutes

TOTAL TIME

50 Minutes

Instructions

1. Preheat oven to 365F
2. In a food processor add chopped zucchini, oats and garlic and blend until the mixture is chopped but not completely smooth
3. In a large mixing bowl, combine uncooked ground turkey with the smooth mixture of zucchini, oats and garlic and mix together using a large spoon
4. Use a cookie scoop or your hands to form the mixture into round balls about the size of a golf ball and place on an oven-safe cookie sheet (Tip: Spray with non-stick spray or line with tinfoil to prevent them from sticking)
5. Cook meatballs in the oven for 15-25 minutes or until they reach an internal temperature of at least 165 degrees using a meat thermometer
6. Steam butternut squash spirals according to package instructions
7. When the meatballs are ready, place on top of the cooked butternut squash spirals and top with marina sauce
8. Add salt and black pepper or any herbs of your choosing to taste

Notes From The Author

You can also use ground beef or ground chicken instead of turkey based on your personal preference. Feel free to use zucchini noodles or whole-wheat spaghetti pasta instead.

See ingredients on previous page

SOY SAUCE-MISO GLAZED SALMON



AUTHOR: KARINA CHOU

DESCRIPTION: SWEET AND SAVORY MISO-MARINATED SALMON FOR A QUICK WEEKNIGHT MEAL

SERVINGS: 2

COURSE: DINNER

CUISINE: JAPANESE, DAIRY-FREE, GLUTEN-FREE

PREP TIME

5 Minutes

COOK TIME

10 Minutes

TOTAL TIME

15 Minutes

Ingredients

- 2 salmon filets
- 2 tbsp miso (red or white)
- 1 tbsp soy sauce
- 1 tbsp mirin
- 1 tsp sesame oil
- 1-2 tbsp vegetable oil (for pan frying)
- Sesame seeds for garnish

Instructions

1. Mix miso, soy sauce, mirin, and sesame oil in a large bowl
2. Place the salmon in the bowl, skin side up
3. Spoon marinade and coat the salmon skin
4. Heat vegetable oil in a nonstick pan on medium high heat and place salmon skin side down
5. Cook for 1-2 minutes and turn down heat to medium low for another 4 minutes
6. Flip salmon and cook on medium high heat for 1-2 minutes, then on medium low for another 4 minutes
7. Top the salmon with sesame seeds for garnish



Notes From The Author

Cover the fish with plastic wrap and marinade for an hour before cooking for better flavor. This glaze can be used for other proteins as well! For example, you can marinate chicken, pork, beef, tofu, or shrimp with the miso glaze. If you have any soy allergies, liquid aminos may be used as a substitution for the soy sauce, and soy-free miso can replace the miso.

SEAWEED WRAPS



AUTHOR: MICHELLE LEE

DESCRIPTION: NO NEED TO GO TO A RESTAURANT FOR SUSHI WHEN YOU CAN MAKE THIS HEARTY MEAL YOURSELF WITH FRESH INGREDIENTS!

SERVINGS: 1

COURSE: DINNER

CUISINE: GLUTEN-FREE, VEGAN

PREP TIME

10 Minutes

COOK TIME

0 Minutes

TOTAL TIME

10 Minutes

Ingredients

- ½ cup of cooked rice
- 1-2 packs of roasted seaweed (salted or unsalted)
- 1 medium avocado
- 1 medium cucumber (optional)
- 1 medium carrot (optional)



Instructions

1. Place a piece of toasted seaweed on a plate
2. Place some steamed rice on the seaweed, and use a spoon to flatten it out
3. If the seaweed you use is salted, you can just eat it with the rice. However, if you want to have more toppings, you can add avocados and cucumbers.
4. If you want to get creative, you can add roasted carrots or dip the wrap in soy sauce (if the seaweed you use is unsalted!)

Notes From The Author

I remember back in elementary school, when I had roasted, salted seaweed and rice for lunch, people would always ask me for some! They would always love the delicious combination of just seaweed and rice. However, I have discovered that you can put other ingredients (like avocado and cucumber) in the seaweed wrap if you want more flavors. Depending on whether or not the seaweed you use is salted, you can add soy sauce. If you really want to get creative, you can add imitation crab or even roasted carrots. The color combination is really beautiful, but it is also nutritious!

HERBED COUSCOUS WITH SHRIMP AND BABY KALE

AUTHOR: ANDREA SOUNG

DESCRIPTION: QUICK AND EASY MEAL TO EXCITE YOUR TASTEBUDS

SERVINGS: 1-2

COURSE: DINNER

CUISINE: DAIRY-FREE, GLUTEN-FREE OPTION (SEE NOTES)



PREP TIME

5 Minutes

COOK TIME

15 Minutes

TOTAL TIME

20 Minutes

Ingredients

Shrimp:

- 10 pieces of shrimp
- 1 sprig cilantro or parsley, chopped
- 1 tbsp oil
- Salt and black pepper, to taste
- 2 cloves garlic, minced
- 1/4 teaspoon red chilli flakes
- Wedge of lemon for taste

Kale:

- 3 cups or 2 handfuls Baby Kale
- Salt, garlic powder, red chili flakes to taste

Couscous:

- 1/2 cup low sodium chicken/vegetable broth or water
- 1/3 cup Couscous
- 1 teaspoon olive oil
- Salt and black pepper, to taste



Notes From The Author

You can substitute couscous for brown rice, white rice, or pasta, and cook it according to the package's instructions

See instructions on next page

HERBED COUSCOUS WITH SHRIMP AND BABY KALE

AUTHOR: ANDREA SOUNG

DESCRIPTION: QUICK AND EASY MEAL TO EXCITE YOUR TASTEBUDS

SERVINGS: 1-2

COURSE: DINNER

CUISINE: DAIRY-FREE, GLUTEN-FREE OPTION (SEE NOTES)



PREP TIME

5 Minutes

COOK TIME

15 Minutes

TOTAL TIME

20 Minutes

Instructions

1. Bring water to a boil in a small pot over medium-high heat
2. Add couscous, distribute evenly in the pot. Turn off the heat, add olive oil and cover for 5 minutes, or until the water has absorbed. If olive oil is unavailable, any other oil works too
3. While the couscous rests, heat a pan to medium heat, add oil
4. When the oil is hot, add minced garlic and shrimp (if using frozen shrimp, make sure to thaw and pat dry before cooking)
5. Season with salt, black pepper, and red chili flakes to taste
6. Cook each side until pink. Some charring is nice!
7. Then, remove shrimp from pan and place into a serving bowl
8. In the same pan, toss in baby kale, and season with salt, garlic powder, and red chili flakes. Let it wilt only halfway before removing from the pan and adding it into the serving bowl
9. Couscous should be ready. Remove the lid and add chopped cilantro or parsley, salt and black pepper

See ingredients on previous page

BEEF AND VEGGIE STIR FRY



AUTHOR: SEOYOUN (ALBERT) OH

DESCRIPTION: AN EASY WEEKDAY DINNER IN 25 MINUTES OR LESS

SERVINGS: 1-3

COURSE: DINNER

CUISINE: GLUTEN-FREE, VEG-FRIENDLY(SEE NOTES)

PREP TIME

10 Minutes

COOK TIME

15 Minutes

TOTAL TIME

25 Minutes

Ingredients

Sauce:

- 2 tbsp soy sauce (ensure it is gluten-free)
- 1 tbsp of honey
- 3 garlic cloves, minced
- 1 tsp ginger, grated

Beef:

- Salt and pepper, to taste
- 1 pound of beef sirloin, cut into 1 inch cubes

Vegetables:

- 2 tbsp sesame oil, divided
- 2 medium bell peppers, cut into 1 inch pieces
- 1 medium zucchini, cut into 1 inch thick coins, then in quarters
- 2 large green onions, chopped
- 1 medium carrot, chopped
- ½ yellow onion, chopped

Instructions

1. In the small bowl, make the sauce by combining soy sauce, honey, garlic, and ginger
2. Place a pan over medium-high heat, add sesame oil. Once the oil is heated, add beef and cook for 4 minutes
3. In the same pan, add all the vegetables and the remaining 1 tbsp sesame oil. Cook with medium-high heat for 3-5 minutes, or until veggies and beef are cooked through
4. Finally, add the prepared sauce, and cook for about 3-5 minutes
5. Serve and enjoy

Notes From The Author

For a vegan option, substitute beef for tofu, cut into 1 inch cubes. For a vegetarian option, substitute beef for 2-3 eggs.

BEEF MEATBALLS, SWEET POTATOES AND FETA SALAD



AUTHOR: TUOMAS KAUKOLAHTI

DESCRIPTION: A BALANCED MEAL WITH PROTEIN, CARBS, AND VEGETABLES

SERVINGS: 1-4

COURSE: DINNER

CUISINE: GLUTEN-FREE

PREP TIME

15 Minutes

COOK TIME

30 Minutes

TOTAL TIME

45 Minutes

Ingredients

Sweet potatoes:

- 3-4 sweet potatoes, 2 inch cubes
- 1 table spoon of lemon juice
- 2 tablespoons of butter
- Salt, to taste

Salad:

- 5 tomatoes, cubed
- 2 cucumbers, cubed
- Half an avocado, cubed (optional)
- 1/4 cup feta cheese
- 3 basil leaves, finely chopped
- 1 tbsp olive oil

Meatballs:

- 2 lbs of ground beef
- 2 eggs, beaten
- 1/2 - 1 cup of bread crumbs (garbanzo bean or rice flour for gluten-free)
- 4 cloves of garlic, minced
- 1 yellow onion, chopped
- 1 teaspoon of salt
- 1/2 teaspoon black pepper
- 2 tbsp olive oil

Special Kitchen Equipment Needed

- Oven

See instructions on next page

BEEF MEATBALLS, SWEET POTATOES AND FETA SALAD



AUTHOR: TUOMAS KAUKOLAHTI

DESCRIPTION: A BALANCED MEAL WITH PROTEIN, CARBS, AND VEGETABLES

SERVINGS: 1-4

COURSE: DINNER

CUISINE: GLUTEN-FREE

PREP TIME

15 Minutes

COOK TIME

30 Minutes

TOTAL TIME

45 Minutes

Instructions

Sweet potatoes:

1. Clean sweet potatoes, peel if desired
2. Cut sweet potatoes into 2 inch cubes, and place into a large pot
3. Add enough water to cover the potatoes
4. Place the pot of sweet potatoes onto a stove on high heat, and boil for 15-20 minutes, or until a fork can pierce through potatoes easily
5. Take out the cooked sweet potatoes, and mash it with salt, lemon juice and butter

Meatballs:

1. Preheat the oven to 375F
2. Combine all off the meatball ingredients into a large bowl, and mix thoroughly
3. Cover oven baking sheet with aluminum foil
4. Form evenly-sized balls from the meatball mixture, and place on baking sheet
5. Put the baking sheet with the meatballs into the middle level of the oven
6. Meatballs will take 15-20 minutes depending on the size. You can observe them so you don't end up burning them. They will be ready once they receive a nice brown color on the surface and don't have redness inside (can test by breaking one)

Salad:

1. Add all salad ingredients into a bowl
2. Mix to combine, and enjoy

See ingredients on previous page



DESSERT

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WARM CINNAMON BANANA PANCAKES

AUTHOR: HALEY BEHRENS

DESCRIPTION: CURE YOUR SWEET TOOTH GUILT-FREE WITH THESE PANCAKES THAT PACK A SERIOUS PROTEIN PUNCH!

SERVINGS: 1

COURSE: DESSERT

CUISINE: GLUTEN-FREE, VEGETARIAN, DAIRY-FREE



PREP TIME

5 Minutes

COOK TIME

10 Minutes

TOTAL TIME

15 Minutes

Ingredients

- 1 medium ripe banana
- ⅓ cup oats (ensure it's gluten-free)
- 1 whole egg + 3 egg whites
- ¼ tsp vanilla
- 1 tbsp flax seed (optional)
- ¼ tsp cinnamon
- ¼ tsp baking powder

Special Kitchen Equipment Required

- Blender or Food Processor

Instructions

1. Add all ingredients into a blender and blend until smooth
2. Heat a pancake griddle or use a non-stick frying pan to cook pancakes
3. Pour batter onto heated pan on medium heat and flip once bubbles start to form on the top. If you are using a frying pan you can coat the pan with a small layer of butter or use a non-stick cooking spray
4. Serve on a plate and enjoy!



Notes From The Author

These pancakes taste great on their own or with toppings of your choice. Some ideas include a scoop of Greek yogurt or dairy-free yogurt of your choice, a tablespoon of your favorite nut-butter such as almond, peanut or cashew, a few pieces of thinly sliced apples or pears, or a drizzle of honey!

BECOME A BOBARISTA

AUTHOR: LAUREN CHO

DESCRIPTION: MAKE YOUR OWN BOBA SO YOU CAN TAKE THE "RUN" OUT OF "BOBA RUN"

SERVINGS: 1-2

COURSE: DESSERT

CUISINE: VEGETARIAN, VEGAN-FREINDLY



PREP TIME

5 Minutes

COOK TIME

15 Minutes

TOTAL TIME

20 Minutes

Ingredients

- ½ cup store-bought frozen tapioca pearls
- ¼ cup water
- 2 cups milk, or your choice of milk
- 1 tea bag of choice
- 2 tbsp honey, brown sugar, or any sweetener of choice
- 5 ice cubes



Instructions

For the milk tea:

1. Microwave tea bag with milk
2. Microwave for 1 minute and stir
3. Microwave for another 1 minute
4. Sweeten with sweetener of choice

For the pearls:

1. Place pearls in a small pan/pot
2. Add in water and bring to a boil
3. Add in honey / brown sugar, stir and boil for around 5 minutes until the boba is soft
4. Add pearls and ice cubes to milk tea

Notes From The Author

Take a spoon and press firmly on tea bag against the cup after microwaving for a stronger tea flavor. Make sure to watch the milk tea while microwaving to prevent it from overflowing.

VEGAN ARROZ CON LECHE (VEGAN MEXICAN RICE PUDDING)

AUTHOR: ASHLEY MORENO

DESCRIPTION: A CLASSIC MEXICAN DESSERT THAT CAN BE SERVED COLD ON A HOT DAY OR WARM ON A COLD WINTER DAY

SERVINGS: 1

COURSE: DESSERT

CUISINE: MEXICAN, DAIRY-FREE, VEGAN, GLUTEN-FREE



PREP TIME

5 Minutes

COOK TIME

35 Minutes

TOTAL TIME

40 Minutes



Ingredients

- ½ cup rice
- ½ cinnamon stick
- 1 cup water
- ½ cup soy milk
- ¼ cup sugar or sweetener of choice
- ¼ cup of raisins

Notes From The Author

Long-grain rice was used because it's usually more accessible, but using short-grain rice will give a creamier result. You can use any other plant milk, but soy milk tends to give it a better consistency. Try not to add all of the milk at once to make sure that it doesn't end up too liquidy. Therefore ½ cup of soy milk is recommended.

Instructions

1. In a large pot combine water, cinnamon stick, and rice. Bring water to a simmer and simmer slowly for 15 min.
2. Add soy milk to the pot and simmer for 10 more minutes
3. Add the sugar (add more or less depending on personal preference), and simmer for another 10 minutes or until the rice pudding has reached the right consistency
4. Remove from the heat, add raisins, and let the rice cool slightly. It will thicken as it cools
5. Sprinkle with ground cinnamon before serving. Serve warm, or let cool in the refrigerator and serve cold

PEANUT BUTTER COOKIES



AUTHOR: KARINA CHOU

DESCRIPTION: EASY PEANUT BUTTER COOKIES TO SATISFY ANY SWEET TOOTH!

SERVINGS: 24 COOKIES

COURSE: DESSERT

CUISINE: BAKING, VEGETARIAN

PREP TIME

30 Minutes

COOK TIME

15 Minutes

TOTAL TIME

45 Minutes

Ingredients

- 1 cup smooth peanut butter
- 1 egg
- 1 stick butter, room temperature
- 1 cup sugar, plus 1/4 cup more for rolling cookies
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 1/2 cups all purpose flour



Special Kitchen Equipment Required

- Oven and Electric Hand Whisk

Notes From The Author

This recipe works just as well with crunchy peanut butter, or any type of nut or seed butter!

Instructions

1. Preheat oven to 375F and line a baking sheet with parchment paper
2. Cream together sugar and butter in a large bowl until light and fluffy using electric hand whisk
3. Add in egg and mix until well combined
4. Mix salt, baking soda, and flour in a smaller bowl and add to peanut butter mixture
5. Roll dough into 1 inch balls and then roll in sugar
6. Place the dough balls 2 inches apart on the baking sheet and flatten slightly with a fork
7. Bake for 15 minutes

TURMERIC CHIA SEED PUDDING



AUTHOR: MEGAN HUFF

DESCRIPTION: A HEALTHY AND SWEET ALTERNATIVE TO PUDDING

SERVINGS: 1-2

COURSE: DESSERT

CUISINE: GLUTEN-FREE, VEGAN

PREP TIME

5 Minutes

COOK TIME

1 Hr - Overnight

TOTAL TIME

Overnight

Ingredients

- 3 tbsp chia seeds
- 3/4 cup non-dairy milk
- 1 1/2 tsp turmeric
- 1 cup of non-dairy yogurt
- 1/2 banana, sliced
- 1/3 apple, chopped
- 1/4 cup granola

Instructions

1. Add chia seeds and milk into a sealable container
2. Mix thoroughly
3. Place in fridge for at least 1 hour or overnight
4. Stir chia pudding to free up clumps



Notes From The Author

You can use your preferred choice of milk. Optional: Layer with cashew yogurt, bananas, apples, and Bee Free Apple Pie Warrior Mix.

GLUTEN-FREE BLUEBERRY CAKE



AUTHOR: TUOMAS KAUKOLAHTI

DESCRIPTION: A DELICIOUS BLUEBERRY CAKE FOR GLUTEN-FREE LOVERS

SERVINGS: 1-4

COURSE: DESSERT

CUISINE: GLUTEN-FREE, VEGETARIAN

PREP TIME

10 minutes

COOK TIME

15 minutes

TOTAL TIME

25 minutes

Ingredients

- 4 eggs
- 1 cup blueberries
- 3 cups pre-made gluten-free flour, or 50/50 mix of rice flour and coconut flour
- 1.5 teaspoons of baking powder
- 2 tbsps sweetener of choice
- 1/3 cup butter, melted
- 1/2 cup of your choice of milk



Special Kitchen Equipment Required

- Oven

Instructions

1. Preheat the oven to 400F
2. Mix together the eggs and sugar until the mixture is foamy
3. Then add in the flour and baking powder, mix until flour is absorbed
4. Then add milk and melted butter or oil, mix completely
5. In a separate bowl, add the blueberries. To prevent blueberries from sinking to the bottom of the cake, add a little bit of flour into the bowl and cover the blueberries very lightly with flour
6. Spread the cake mixture into a lined or greased baking dish and add more blueberries (without flour) on top
7. Bake in 400F for approximately 15-20 minutes

OVEN BROILED BANANA SPLITS



AUTHOR: SEOYUON (ALBERT) OH

DESCRIPTION: A HEALTHIER ALTERNATIVE TO BANANA SPLITS

SERVINGS: 1-2

COURSE: DESSERT

CUISINE: GLUTEN-FREE, VEGAN OPTION (SEE NOTES)

PREP TIME

10 Minutes

COOK TIME

5 Minutes

TOTAL TIME

15 Minutes

Ingredients

- 1 tbsp brown sugar
- ½ tsp cinnamon
- Pinch of salt
- 2 bananas, halved
- 1 tbsp butter, melted
- Foil
- 1/2 cup vanilla yogurt
- 1 tbsp toasted almonds (optional)
- 1 tbsp chocolate (optional)
- 1/2 cup fruits (optional)

Notes From The Author

For a vegan option, use non-dairy yogurt. Add more sweetener as desired!

Instructions

1. To make a cinnamon-sugar mixture, combine brown sugar, cinnamon, and salt in a small bowl
2. Halve the bananas, brush them with melted butter, and sprinkle with the prepared cinnamon sugar
3. Wrap each prepared banana with foil, and broil for about 5 minutes
4. Top with yogurt, chopped or melted chocolate, toasted almonds, and fruits
5. Serve and enjoy