



Your personal online resource for everything you need to be healthier in college! This interactive cookbook was created by students at Appalachian who understand the barriers of having no time, money, or experience in the kitchen. Here, you can find easy, inexpensive, attainable recipes that were submitted by college students just like you! Each recipe includes the estimated total ingredient cost! Feel free to search “tag” words by holding down ctrl+f to find recipes specific to what you are looking for (examples include “breakfast”, “vegan”, “glutenfree”, “snack”). Watch out for the weekly campus sync newsletter to find our deal of the week; we will formulate a recipe based on what is on sale each week in the Boone area!

**Click on a section to be taken there:**

- **No-cooking required**
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- **One pot**



No  
cooking  
required

# Power Balls

Estimated total ingredient cost: \$6.00

#snack #breakfast #nocook #easy #nuts



Makes 15-20 balls

Ingredients:

- 3 cups rolled oats
- 1 cup peanut butter
- 1/2 cup honey
- dash of cinnamon\*

\*Optional: add raisins, chopped nuts, mini chocolate chips, dried cranberries, flaked coconut, etc.

Directions:

1. Combine everything in a large bowl and mix
2. Roll mixture into small balls and store in a closed container
3. These do not need to be refrigerated. However, they will keep longer if you store them in the fridge/freezer

Note: If you eat only two of these a day, you could have powerballs for weeks!

## Banana Nicecream

Estimated Total ingredient cost: \$4.50

#vegetarian #vegan #breakfast #sweet #fruity #nuts #glutenfree #nocook



Serves One Person

Ingredients:

- 2 frozen bananas
- 1 cup frozen mixed berries
- 1 cup almond, cashew or nut milk (milk of your choice)
- Toppings: nuts, dried fruits and fresh fruits of your choice

Directions:

1. Put all of the ingredients in the blender
2. Blend ingredients (If the blender isn't blending well and the ingredients are sticking to the side, then open the the lid and use a spoon to mix it)
3. Top it it off with dried fruits, nuts, and fresh fruits of your choice

Note: when you freeze bananas, make sure you take the peel of first.

\*not certified gluten-free

# Chocolate Peanut Butter Yogurt Spread

Estimated Total ingredient cost: \$4.50

#vegetarian #vegan #sweet #snack #breakfast #nocook



Serves 3

Ingredients:

- 1 container of plain yogurt
- 2 Tbsp. peanut butter
- 2 tsp. cocoa powder

Directions:

- Mix peanut butter and cocoa powder in the yogurt and enjoy!

\*\*\* Note: you can enjoy this spread by itself, on your favorite whole grain bread or bagel, or you can even put it on top of the [power balls](#) for extra nutritional value!

# Homemade Fresh Salsa

Estimated total ingredient cost: \$2.00

#vegetarian #vegan #nocook #easy #snack #glutenfree



Makes 4 servings

Ingredients:

- 14 oz can diced tomatoes
- 1 green bell pepper (chopped)
- ½ red onion (chopped)
- ½ tsp garlic powder
- ½ - 1 tsp cumin
- Salt and pepper to taste

Directions:

1. Mix all ingredients together in medium sized bowl. Allow to refrigerate for best taste and freshness.

\*not certified gluten-free



# Overnight Oats

Estimated Total Ingredient Cost: \$6.00

#breakfast #easy #nocook #fruity #sweet



## Ingredients:

- ½ cup old fashioned oats
- ½ banana (sliced)
- ½ cup blueberries (or any berry)
- ½ cup almond milk (or any milk)

## \*\*for variation add:

- 1/4 cup chia seed
- 1/2 cup sliced almonds
- 1 1/3 cup unsweetened applesauce
- 1 Tbsp of peanut butter

## Directions:

1. Pour ingredients into mason jar (or any container with a lid) in order listed
2. Put the lid on and shake for a few seconds until everything's mixed up.
3. Stick the jar in your refrigerator and go to sleep! Wake up and enjoy!

\*\*You can also personalize this recipe and add protein powders, nut butters, or seeds if you desire!

\*\*Note: cost is reflective of the price that all of the ingredients would cost if you went to Walmart and bought them. With all of the ingredients, you would be able to make at least four servings of overnight oats, which would average out to be about \$1.75 for a yummy, nutritious breakfast!



**Microwaveable**



## On-the-go Burrito Bowl

Estimated total ingredient cost: \$6.00

#vegetarian #easy #onthego #mexican #lunch #dinner #microwave



### Ingredients:

- Brown rice (microwaveable packages)
- Canned black beans
- One Avocado
- One tomato
- Shredded cheese (optional)
- Greek (plain) yogurt

### Directions:

1. Follow packaging instructions to cook brown rice, then add black beans and microwave for an additional one minute
2. While that is cooking up, begin dicing your avocado and tomato
3. Let the rice and beans cool for about one minute and throw your toppings on (avocado, tomato, cheese, yogurt)

## Sweet Potato bowl

Estimated total ingredient cost: \$5.00

#vegetarian #vegan #breakfast #easy #hearty #glutenfree #microwave



Makes one serving

Ingredients:

- 1/2 microwaved sweet potato
- 1 banana
- 1 Tbsp cinnamon
- 1/4 cup milk of your choice

Directions:

1. Cut sweet potato in half, and microwave for 3 minutes
2. In a bowl add together all ingredients and mash together with a fork

**\*\*For variation top with pecans & peanut butter\*\***

**\*\*You can also add protein powder of your choice and/or 1/2 sliced frozen zucchini and 1 chopped carrot and blend all ingredients\*\***

\*not certified gluten-free

# Spinach and Feta Mashed Potatoes

Estimated Total ingredient cost: \$10.00

#vegetarian #side #easy #microwave #potato



## Ingredients:

- 2 russet potatoes (about 2.5 lbs.)
- 3 Tbsp butter
- 1/4 cup milk
- 2 cups (packed) fresh spinach
- 2 oz crumbled feta
- Salt and pepper to taste

## Directions:

1. Wash the potatoes well, then prick the skin several times with a fork.
2. Microwave potatoes on high for 6-8 minutes. (poke with a fork to feel if they're done)
3. Let the potatoes cool. Chop potatoes, then transfer to a large bowl.
4. Add all ingredients, except feta cheese. Mash the mixture with the potatoes.
5. Finally, crumble the feta cheese over top and mix it into the potatoes.

# Microwave Breakfast Mug

Estimated Total ingredient cost: \$13.00

#vegetarian #breakfast #easy #microwave



## Ingredients:

- 2 pieces thin sandwich meat (optional)
- 1/4 cup chopped veggies (your choice)
- 2 Tbsp shredded cheese
- 1 Tbsp butter
- 3 Tbsp milk
- 1 large egg
- Pinch of salt and pepper

## Instructions

1. Chop meat & veggies into small pieces.
2. Add butter to the bottom of a large mug (10-12oz.) and microwave on high for 20 seconds. Whisk in the milk, egg, & salt, and pepper with a fork.
3. Stir the meat, veggies, and cheese into the milk and egg mixture first and let the mug sit for one minute.
4. Microwave on high for about 90 seconds, or until the center is solid and it has begun to pull away from the mug around the edges. Serve hot.



Stovetop

# Cheddar Grits Breakfast Bowls

Estimated Total ingredient cost: \$15.00

#hearty #mealprep #breakfast #lunch #dinner #stovetop



Makes 4 servings

Ingredients:

- 4 cups water
- 1 cup quick cooking yellow grits
- 2 Tbsp butter
- 1/2 cup milk
- 1/2 cup shredded cheddar
- 4 large eggs
- 1 cup salsa
- Salt & pepper to taste

Directions

1. Add water to a medium sauce pot. On high heat, bring water to a rolling boil.
2. Once boiling, stir in the grits. Turn the heat down to low, put on lid, and let simmer for 5-7 minutes, or until thick
3. Add butter & milk & stir until butter has melted & grits are smooth. Stir in grated cheddar, until fully melted. Leave lid on the pot with burner turned off to keep grits warm.
4. Cook 4 eggs using your favorite method (fried, scrambled, soft boiled)
5. To build the bowls, place one cup of cheddar grits in a bowl, top with one egg, and 1/4 cup salsa.



## Chicken & broccoli ramen

Estimated Total Ingredient Cost: \$5.00

#easy #lunch #dinner #onepot #stovetop



### Ingredients:

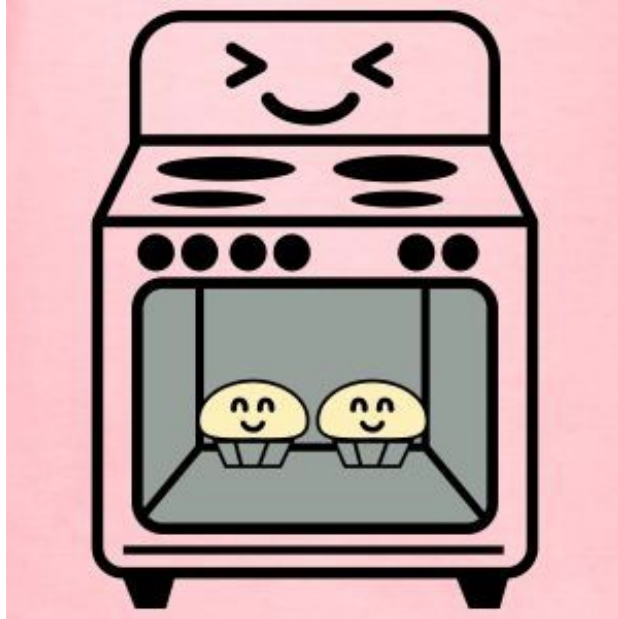
- 1 pack of ramen
- ½ bag of steamable frozen broccoli
- 1 can chicken

**\*\*top with mozzarella cheese for extra flavor**

### Directions:

1. Follow the instructions on the bag to cook the ramen. When you put the noodles in the pot drain the canned chicken and add to the pot of noodles.
2. While you are waiting for the noodles and chicken to cook put steamable broccoli in the microwave (follow instructions on bag)
3. Drain noodles and chicken mixture, add half of the bag of broccoli to the mixture and put the other half in the fridge to heat up with your next meal.
4. Enjoy!

Note: When cooking the ramen noodles try to only use 1/2 of the flavor packet or leave it out completely to lessen the amount of sodium in this meal



Oven

# Oven-Roasted Veggies

Estimated total ingredient cost: \$3.00

#vegetarian #vegan #oven #easy #roasted #side #glutenfree



Makes 4 servings

Ingredients:

- 3 cups Veggies of your choice (you can mix and match)
- 3 Tbsp olive oil
- 1 tsp. Garlic powder
- Salt & pepper to taste

Directions:

1. Preheat oven to 425 °F
2. Toss veggies and olive oil together in a large bowl until veggies are evenly coated \*(you can also combine veggies olive oil and seasonings in a large ziploc bag and shake it up)
3. Spread out veggies on a baking pan, sprinkle garlic powder, salt, and pepper on top and stick in oven or until crispy and lightly browned.

Cooking times at 425 °F:

Asparagus, green beans, zucchini, summer squash, bell peppers: 10-15 minutes

Broccoli, cauliflower, brussel sprouts, tomatoes: 15-20 minutes

Beets, potatoes, carrots (depends on how small you cut them): 30-45 minutes

## Veggie Pita Pizza

Estimated Total Ingredient Cost: \$7.50

#easy #oven #pizza #fresh #clean #vegetarian



### Ingredients:

- 1 whole wheat pita
- ½ cup marinara sauce or pesto
- 1 cup mixed veggies of your choice (i.e. broccoli, zucchini, onions, carrots, peppers)
- 2 tbsp shredded mozzarella

\*\*can also add meat (i.e. cut up grilled chicken, cooked ground beef, turkey, etc.)

### Directions:

1. Preheat oven to 350 degrees
2. Take a whole wheat pita and spread marinara sauce on top.
3. Add cut-up vegetables of your choice. (and meat if you prefer)
4. Sprinkle shredded cheese over top.
5. Bake in oven or toaster oven at 350 degrees F for 5-10 minutes (or until cheese is melted).



# One Pot

# Budget Bean Soup

Estimated total ingredient cost: \$4.00

#soup #onepot #easy #vegetarian #vegan #glutenfree



Makes 4 servings

Ingredients:

- 1 can kidney beans (or lima beans, black beans, etc \*your choice)
- 1 diced onion
- 1 can sliced carrots
- 1 Tbsp olive oil
- 4-6 cups water
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp chili powder
- Salt and pepper to taste

Directions:

1. Drain and rinse beans. Fill crockpot with water and dump beans into the pot. Add chopped onion and carrots.
2. Add olive oil, garlic powder, chili powder, salt, pepper, and paprika.
3. Turn on high for 4 hours or until beans are soft and soup is fragrant. Add more water if necessary and adjust to taste.

\*not certified gluten-free



## Spinach and parmesan pasta

Estimated Total ingredient cost: \$6.00

#onepot #vegetarian #hearty #dinner



Makes 3 servings

Ingredients:

- 2 cups vegetable broth
- 1 tbsp. Olive oil
- 6 oz. fettuccine pasta
- 4 oz. frozen chopped spinach
- 14 oz. can diced tomatoes
- ½ an onion (sliced)
- ¼ cup parmesan cheese

Directions:

1. Add all ingredients to a large pot
2. Make sure the ingredients are submerged under the liquid, place a lid on top of the pot, and then turn the heat on to high.
3. Once the pot comes to a full boil over high heat, remove the lid and turn the heat down to medium.
4. Allow the pot to continue to boil over medium heat, without a lid, for 10-15 minutes. Stir the pot every few minutes as it cooks to prevent the pasta from sticking to the bottom.
5. Sprinkle with Parmesan cheese just before serving.

# One Pot Mushroom, Zucchini & Yellow Squash Pasta

Estimated Total ingredient cost: \$9.00

#onepot #easy #vegetarian #hearty #dinner



Serves 6

Ingredients:

- 5 cups of water
- One box of spaghetti
- 3 cups of mushrooms
- 2 cups of zucchini
- 2 cups of yellow squash
- 1 cups of peas
- 2 tsp. of garlic powder
- ¼ cup of heavy cream
- Parmesan cheese or "cheese of your choice"
- salt and pepper to taste

\*\*vegetables can be frozen, canned, or fresh

Directions

1. Add the spaghetti, mushrooms, zucchini, yellow squash, peas, garlic powder, and 5 cups of water in a large pot
2. Bring to a boil and reduce the heat to simmer for 9-11 minutes
3. Add cheese and stir
4. Add salt and pepper to taste