**Healthy and Easy**

**Recipes for College Students**

Cut these recipes out for quick, inexpensive meal ideas!

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**Sweet Orange Chicken**

Makes 4 servings

4 boneless, skinless chicken half-breasts
4 teaspoons Dijon mustard
1/2 medium onion, diced
1 cup orange juice
2 teaspoons butter
2 tablespoons brown sugar

1. Preheat the oven to 350 degrees.
2. Place the chicken in an ovenproof dish and spread mustard evenly over each piece. Sprinkle the onion over the chicken, pour orange juice over all, and place 1/2 teaspoon morsels of butter near each piece of chicken. Bake uncovered for 25 minutes.
3. Flip the chicken and sprinkle brown sugar evenly over each piece. Cook for an additional 10 minutes uncovered, or until cooked through (no pink shows in the middle).

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**Taco Salad**

Makes 4 servings

1/2 lb lean ground beef
Cayenne to taste
Chili powder to taste
Salt and pepper to taste
24 baked corn chips
1/4 head lettuce, shredded
1 tomato, sliced
1/4 green pepper, finely chopped
3 tablespoons finely chopped red onion
1/3 cup salsa
4 olives, thinly sliced

1. In a small skillet over medium heat, brown the beef. Season with the spices.
2. Line the edges of four serving bowls with the chips. Add the lettuce and top with the meat, followed by the tomato, green pepper, onion, a dollop of salsa, and sliced olives.

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**Nutrition Information**

Sweet Orange Chicken
Calories 204
Fat 4g
Protein 27g
Carbohydrates 15g
Cholesterol 70mg
Sodium 159mg

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Handouts provided by: Health Promotion/Nutrition Counseling, Lafene Health Center, Kansas State University
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**Personal Pizza**
Makes 1 serving
1. English muffin
2. Tbsp tomato or spaghetti sauce
3. Tbsp shredded mozzarella cheese

1. Split the English muffin into two halves.
2. Spread sauce evenly on both halves.
3. Sprinkle cheese evenly on both halves.
4. Broil in toaster oven for one minute or until cheese melts.

**Nutrition Information**
Per serving:
- Calories: 234
- Fat: 7g
- Protein: 13g
- Carbohydrates: 32g

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**Bean Burritos**
Makes 4 servings
1. Flour tortillas
2. 16 oz can vegetarian refried beans
3. 1/2 cup salsa
4. 1/2 cup shredded cheddar cheese

1. Divide beans between tortillas
2. Top with salsa and cheese
3. Roll tortilla, tucking in at the end
4. If you have a microwave, you can heat these on high for one minute, and the cheese will melt.

**Nutrition Information**
Per serving:
- Calories: 340
- Fat: 10g
- Protein: 15g
- Carbohydrates: 49g

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**Egg Salad**
Makes 4 servings
1. Hard-cooked eggs, with shell removed
2. Chopped celery and chopped onion (optional)
3. Tbsp mayonnaise
4. Salt and pepper to taste

1. Place eggs in medium size bowl.
2. Chop into pieces.
3. Add mayonnaise. Mix well.
4. Add celery and onion. Mix well.
5. Season with salt and pepper.

**Nutrition Information**
Per serving:
- Calories: 133
- Fat: 10g
- Protein: 6g
- Carbohydrates: 4g

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**Lazy Pasta**  
Makes 4 servings  
1/2 of a 16 oz package pasta  
3 tsp butter  
1 small zucchini, sliced  
6 mushrooms, quartered  
1 tomato, diced  
1/4 cup grated Parmesan cheese  
1 1/2 tsp skim milk  

1. Bring a large pot of water to a boil. Add the pasta, cook until desired tenderness, and drain.  
2. While the pasta is cooking, melt 2 teaspoons of the butter in a large skillet over medium heat. Add the zucchini and mushrooms and sauté until soft. Add the tomato and cook for 1 more minute.  
3. Melt the remaining teaspoon of butter in the hot pasta. Add the cheese, milk and vegetables. Stir well and serve.


**Ramen Noodle Stir-Fry**  
Makes 2 servings  
1 package baked ramen noodles (you won’t use the flavoring)  
1 clove garlic, minced  
1/4 cup chopped red bell pepper  
1/4 cup chopped green pepper  
1/2 cup chopped onion  
1 tsp extra-virgin olive oil  
1 tsp hot sauce  
Oregano to taste  
Cayenne to taste

1. Bring a pot of water to a boil. Add the noodles and cook for 3 minutes.  
2. Warm the oil in a large skillet over medium heat. Add the peppers, onion, and garlic and sauté until the vegetables are tender. Add the hot sauce, oregano, and cayenne, and let simmer for 5 minutes.  
3. Add the noodles to the skillet and cook for about 1 minute, or until thoroughly mixed and heated.


**Nutrition Information**  
**Per serving:**  
Calories 128  
Fat 2g  
Protein 5g  
Carbohydrates 24g  
Cholesterol 0mg  
Sodium 227mg
Red Beans and Rice
Makes 4 servings

1 tsp butter     2 cloves garlic, minced
1 small yellow onion, chopped     1/2 tsp dried oregano
1/2 green pepper, chopped       1/2 cup tomato sauce
1 stalk celery, chopped       1 tbsp hot sauce
2 15 oz cans kidney beans, drained and rinsed    2 tbsp Worcestershire sauce

1. In a large skillet melt the butter over medium heat. Add the onion and sauté until it becomes translucent.
2. Add the pepper, celery, beans, garlic, oregano, tomato sauce, hot sauce, and Worcestershire. Simmer over a low heat for 10 minutes. Season with salt and pepper and serve immediately.


Nutrition Information
Calories 212
Fat 1g
Protein 12g
Carbohydrates 40g
Cholesterol 0mg
Sodium 1,014mg