Healthy and Easy
Recipes for College Students
Cut these recipes out for quick, inexpensive meal ideas!

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
1/4 medium onion, diced
2 teaspoons butter

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).

Nutrition Information
Calories 204
Fat 4g
Protein 27g
Carbohydrates 15g
Cholesterol 70mg
Sodium 159mg

Taco Salad
Makes 4 servings

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

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.

Nutrition Information
Calories 151
Fat 10g
Protein 11g
Carbohydrates 3g
Cholesterol 39mg
Sodium 223mg

Handouts provided by: Health Promotion/Nutrition Counseling, Lafene Health Center, Kansas State University
Healthy and Easy

Recipes for college students—no cooking skills required!

Cut these recipes out for quick, inexpensive meal ideas!

**Personal Pizza**
Makes 1 serving

1 English muffin
1 Tbsp tomato or spaghetti sauce
2 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**

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<th>Per serving:</th>
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**Bean Burritos**
Makes 4 servings

4 flour tortillas
1 16 oz can vegetarian refried beans
1/2 cup salsa
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**

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**Egg Salad**
Makes 4 servings

4 hard-cooked eggs, with shell removed
Chopped celery and chopped onion (optional)
4 Tbsp mayonnaise
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**

<table>
<thead>
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<th>Per Serving:</th>
<th>Calories</th>
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