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

Red Beans and Rice
Makes 4 servings
1 tsp butter
1 small yellow onion, chopped
1/2 green pepper, chopped
1 stalk celery, chopped
2 15 oz cans kidney beans, drained and rinsed
2 cloves garlic, minced
2 tsp minced ginger
2 tbsp low-sodium soy sauce
1 tsp white ginger
1/2 tsp dried oregano
1/2 cup tomato sauce
1 tbsp hot sauce
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


Teriyaki Couscous
Makes 4 servings
1/2 cup chopped onion
1/2 cup chopped green pepper
1/2 cup cleaned, chopped mushrooms
1/2 cup chopped eggplant
2 tsp minced ginger
2 tbsp low-sodium soy sauce
1 tsp white ginger
3 cups cooked couscous

1. In a large skillet over medium heat, sauté the vegetables and 2 teaspoons of the ginger in 1 tablespoon of the soy sauce. Cook to desired tenderness.
2. Add the vinegar, couscous, and remaining soy sauce and ginger. Cook for 1 minute over high heat, stirring often.

Nutrition Information
Calories   175
Fat      Less than 1g
Protein   6g
Carbohydrates  36g
Cholesterol 0mg
Sodium     309mg


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