

Healthy and Easy

Recipes for College Students

Cut these recipes out for quick, inexpensive meal ideas!

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

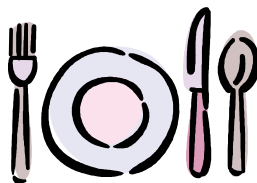
1. In a small skillet over medium heat, brown the beef. Season with the spices.
2. Line the edges of four serving bowls with the chips. Add the lettuce and top with the meat, followed by the tomato, green pepper, onion, a dollop of salsa, and sliced olives.

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Nutrition Information

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



Sweet Orange Chicken

Makes 4 servings



Nutrition Information

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

- 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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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

Per serving:

Calories	234
Fat	7g
Protein	13g
Carbohydrates	32g



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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

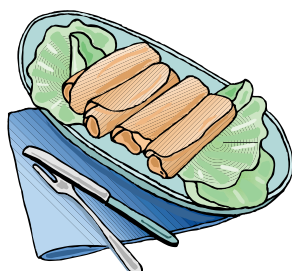
1. Divide beans between tortillas
2. Top with salsa and cheese
3. Roll tortilla, tucking in at the end
4. If you have a microwave, you can heat these on high for one minute, and the cheese will melt.

Nutrition Information

Per Serving:

Calories	340
Fat	10g
Protein	15g
Carbohydrates	49g

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Egg Salad

Makes 4 servings

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