

Healthy and Easy

Pasta Recipes for College Students

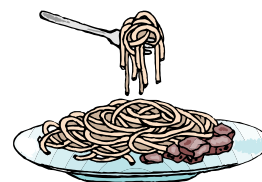
Cut these recipes out for quick, inexpensive meal ideas!

Ramen Noodle Stir-Fry

Makes 2 servings

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| 1 package baked ramen noodles (you won't use the flavoring) | 1 tsp extra-virgin olive oil |
| 1 clove garlic, minced | 1 tsp hot sauce |
| 1/4 cup chopped red bell pepper | Oregano to taste |
| 1/4 cup chopped green pepper | Cayenne to taste |
| 1/2 cup chopped onion | |

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.

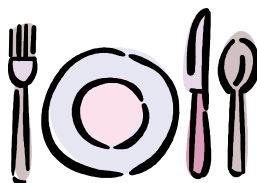


Nutrition Information

Per serving:

Calories	128
Fat	2g
Protein	5g
Carbohydrates	24g
Cholesterol	0mg
Sodium	227mg

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Lazy Pasta

Makes 4 servings



Nutrition Information

Per Serving:

Calories	276
Fat	6g
Protein	11g
Carbohydrates	45g
Cholesterol	13mg
Sodium	153mg

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|------------------------------|--------------------------------|
| 1/2 of a 16 oz package pasta | 1 tomato, diced |
| 3 tsp butter | 1/4 cup grated Parmesan cheese |
| 1 small zucchini, sliced | 1 1/2 tsp skim milk |
| 6 mushrooms, quartered | |
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.

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