

Healthy and Easy

Vegetarian Recipes for College Students

Cut these recipes out for quick, inexpensive meal ideas!

Teriyaki Couscous

Makes 4 servings

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

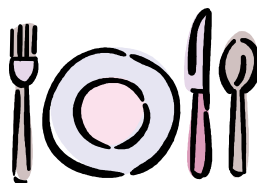
1. In a large skillet over medium heat, sauté the vegetables and 2 teaspoons of the ginger in 1 tablespoon of the soy sauce. Cook to desired tenderness.
2. Add the vinegar, couscous, and remaining soy sauce and ginger. Cook for 1 minute over high heat, stirring often.

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Nutrition Information

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



Red Beans and Rice

Makes 4 servings

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|---|-----------------------------|
| 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.

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Nutrition Information

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