



The Capital Cookbook

RECIPES AND TIPS
TO IMPROVE YOUR
KITCHEN SKILLS

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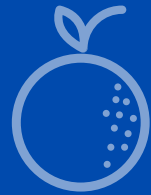
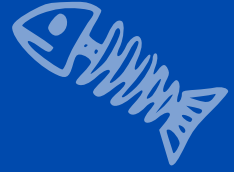
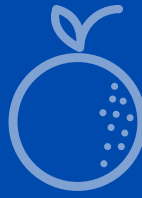
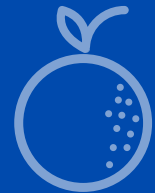


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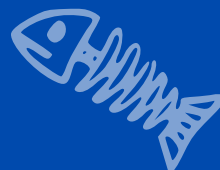


GLOSSARY



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Glossary

1. Boil

- a. When you place the container of water on a hot surface to allow bubbles to form on the top. Boiling water allows one to be able to cook various foods, such as pasta!

2. Broil

- a. Cook food quickly by placing it directly under or above high heat. Some ovens have a 'broil' setting.

3. Coat

- a. Completely cover food with an ingredient, such as flour.

4. Combine

- a. Stir ingredients together until they are evenly distributed.

5. Fry

- a. Cook food in oil, butter, or other fat in a hot pan over direct heat until browned.

6. Peel

- a. remove the outer covering or skin from (a fruit or vegetable).

7. Sauté

- a. Cook food quickly in a hot pan with a small amount of fat, such as oil or butter.

8. Sear

- a. Quickly brown or char food over very high heat.

9. Simmer

- a. Cook food in water over low heat. There may be small bubbles, but should not be a full boil.

Knife Skills

10. Mince

a. Use a knife to cut food in the smallest pieces possible, smaller than if you were to chop it.

11. Dice

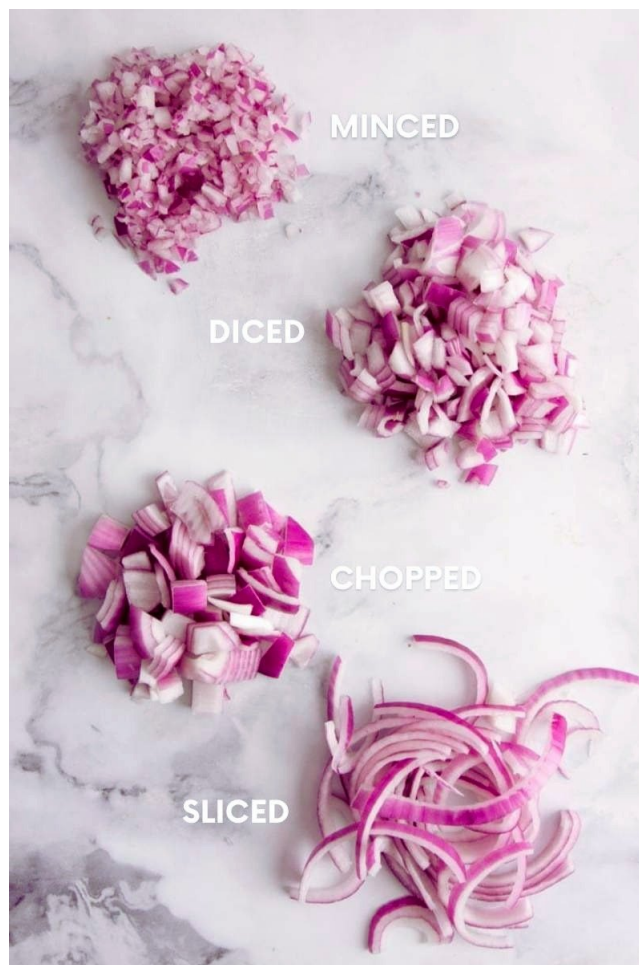
a. Cut food into small uniform pieces, about 1/8 to 1/4 inch around.

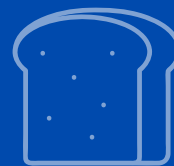
12. Chop

a. Use a knife to cut food into medium-sized pieces. If a recipe says to 'dice', cut pieces so they are perfectly matching in size.

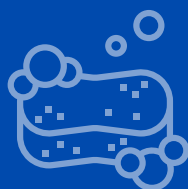
13. Slice

a. Cut food into long strips.





SAFETY & SANITATION



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Safety & Sanitation

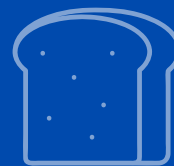
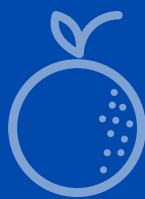
- **Clean:** Wash your hands and surfaces often.
 - Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
 - Clean kitchen surfaces and appliances after every use.
 - Wash your utensils, cutting boards, and countertops with hot, soapy water, or use a dishwasher (if dishwasher safe!).
 - Rinse fruits and vegetables under cool running water for 20 seconds even if you are not going to eat the peel. (no soap needed, just light scrubbing).
 - DO NOT rinse raw meat, poultry, and seafood.
- **Separate:** DO NOT cross-contaminate.
 - Raw meat, poultry, seafood, and eggs can spread germs to other foods.
 - Use separate cutting boards and plates for raw meat, poultry, and seafood.
 - When grocery shopping and putting produce away, keep raw meat, poultry, seafood, and eggs as well as their juices away from all other foods.



Safety & Sanitation

- **Cook:** Cook to the right temperature.
 - Food is safely cooked when the internal temperature gets high enough to kill germs.
 - Use a food thermometer to ensure foods are safely cooked because you can't always tell by checking their color and texture.
- **Chill:** Refrigerate groceries and leftovers right away.
 - Keep your refrigerator at 40°F or below. Bacteria can spread rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F.
 - Refrigerate perishable food within 2 hours. If the food is exposed to temperatures above 90°F (like a hot car or picnic), refrigerate it within 1 hour.
 - Thaw frozen food safely in the refrigerator, in cold water, or in the microwave.
 - DO NOT thaw foods on the counter at room temperature.

Food	Type	Internal Temperature (°F)
Meats	Ground & Fresh: turkey, chicken	165°F
	Ground: beef, pork, lamb	160°F
	Fresh: beef, pork, lamb	145°F (Let rest for 3 minutes)
Leftovers	Leftovers, casseroles	165°F
Seafood	Fish	145°F



**NUTRITION
&
HEALTHY
EATING ON A
BUDGET**



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Nutrition

- Nutrition is the study of food and how it works in your body.
- Calories are a measurement of energy.
- The 6 types of nutrients are carbohydrates, fats, proteins, minerals, water, and vitamins.
- Carbs, fats, and proteins are called macronutrients. These are the nutrients that the body needs in large amounts.
- Vitamins, minerals, and water are called micronutrients. These are the nutrients that the body needs in smaller amounts. ***Be aware of salt consumption. High levels can lead to hypertension***
- It's important to drink water. How much water we each need depends on activity level, but a good tip is to drink enough water to prevent feeling thirsty.
- Alcoholic beverages, sodas, lemonades, and other sugary drinks that contain added sugar are not the best option to stay hydrated.
- Besides water, non-caffeinated beverages like tea, fruit infused water, eating fruits & vegetables, milk or non-dairy milks, and 100% fruit & vegetable juices are good ways to stay hydrated.
- Read the nutrition facts label and ingredients list to see how many calories and added sugars an item has.
- If you do not recognize or cannot pronounce the first 3 ingredients on the ingredient list, then you should look for a healthier option for that item.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

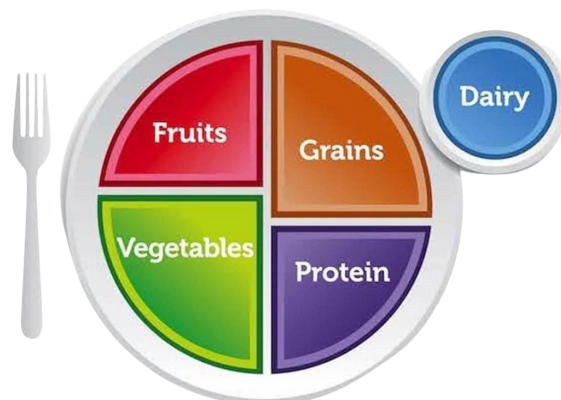
←... Start here

←... Limit these

←... Get enough of these

MyPlate

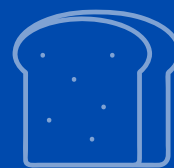
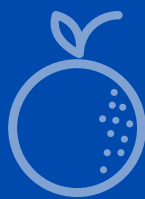
- My Plate is the USDA's nutrition guide to promote a balanced diet.
- It has 5 categories: fruits, vegetables, grains, protein, and dairy.
- The Fruit Group includes any fruit (fresh, frozen, canned, dried) & 100% fruit juice. Focus on whole fruits like an apple versus apple sauce or juice.
- The Vegetable Group includes red & orange vegetables like tomatoes, bell peppers, carrots, and sweet potatoes as well as dark green vegetables like broccoli, kale, spinach, and lettuce.
- The Grains Group includes any food made from wheat, rice, oats, cornmeal, or other grains. Focus on whole grains like oatmeal, brown rice, and whole-wheat breads & pastas.
- The Protein Foods Group includes seafood which is fish & shellfish like shrimp, crab, clams, and oysters (fresh, frozen) as well as legumes which are beans, peas, & lentils (dry, canned, frozen) like black beans, split peas, edamame, and red lentils.
- The Dairy Group includes cheese, lactose-free options, and fortified soy milk & soy yogurt products. Foods not in the Dairy Group are foods that have little to no calcium, such as cream cheese, sour cream, cream, and butter.
- Remember: Make half of your plate fruits & vegetables; focus on whole fruits and vary your veggies. Make half your grains whole grains, vary your protein, and move to low-fat or fat free dairy milk or yogurt.



Healthy Eating on a Budget

- Tip #1: Cooking at home is much cheaper (and more fun) than eating or ordering out!
- Tip #2: Make a plan before shopping! See what you already have and plan meals to make or recipes to try to create a grocery list of only what you need. Then, plan to use leftovers.
- Tip #3: Look at the net weight price vs. the per item price. You may be able to get larger items for a better price based on their weight. You can also freeze bulk items to save for later!
- Tip #4: Use canned or frozen fruits & vegetables for cooking! It is an easy way to save money as they last much longer and usually cost less.
- Tip #5: Buy dry goods like beans and grains because they cost less and last longer.
- Tip #6: Do not buy pre-cut fruits & vegetables because it is actually cheaper to cut them yourself! They will also last longer.





KITCHEN STAPLES



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Kitchen Staples

Recipe Requirements

In the Pantry:

- Apples
- Balsamic Vinegar
- Bananas
- Beans (dry, canned, etc.)
- Broth (beef, chicken, vegetable, etc.)
- Cereal
- Chili Powder
- Chocolate Chips
- Cinnamon
- Cooking Oil or Spray (olive oil, canola oil, etc.)
- Garlic Powder
- Honey
- Italian Herb Seasoning
- Lemon Pepper
- Nutmeg
- Oatmeal
- Onion Powder
- Paprika
- Pasta (spaghetti, linguine, penne, etc.)
- Pepper
- Red Chili Flakes
- Rice (white, brown, dried, ready-to-eat, etc.)
- Salt
- Soy Sauce
- Sugar (white, brown, etc.)
- Tortillas
- Vanilla

Kitchen Staples

Recipe Requirements

In the Refrigerator:

- Bell Peppers
- Brussel Sprouts
- Butter
- Carrot
- Celery
- Cheese (shredded, etc. of your choice)
- Chicken
- Corn
- Cucumbers
- Eggs
- Favorite Fruits (frozen, fresh, canned, etc.)
- Favorite Vegetables (frozen, fresh, canned, etc.)
- Fish fillets (fresh, frozen, etc.)
- Fruit Juice (of your choice)
- Garlic
- Green Beans
- Green Cabbage
- Leafy Greens (of your choice)
- Lemons
- Maple Syrup
- Milk
- Onions
- Parsley
- Peas
- Raisins (or other dried fruit)
- Sage
- Salsa
- Sweet Potatoes
- Thyme
- Tomatoes
- Yogurt
- Zucchini

Kitchen Staples

Tools

For Cutting:

- Cutting Boards (plastic, wood, etc.)
- Kitchen Scissors
- Peeler
- Sharp Knife

For Prepping:

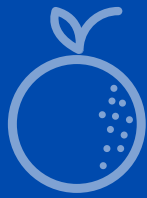
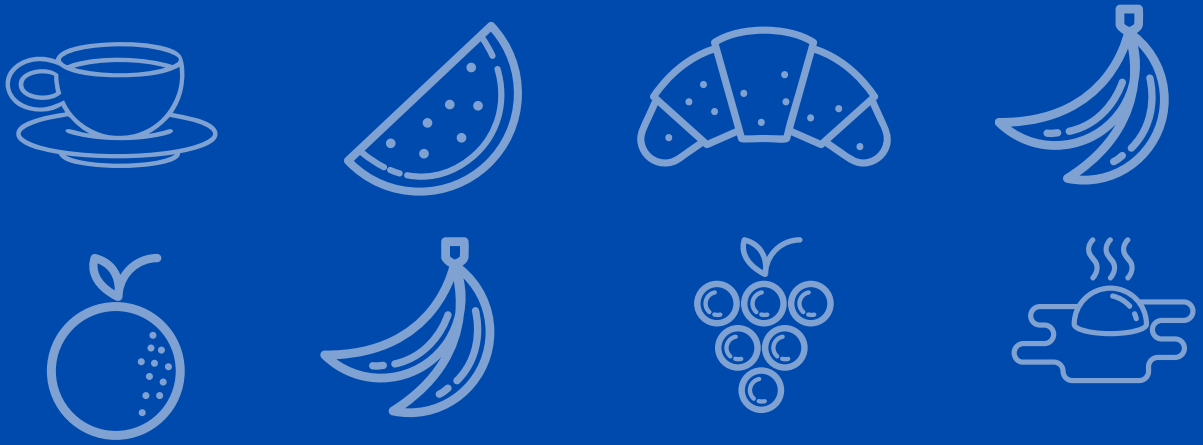
- Can Opener
- Colander
- Grater
- Large Spoon/ Ladle
- Lighter (i.e. for gas stoves)
- Salad Spinner
- Spatulas
- Tongs
- Whisk

For Measuring:

- Measuring Cups & Spoons
- Meat Thermometer
- For Cooking and Baking
- Baking Sheet & Dish
- Mixing Bowl
- Oven Mitts
- Non-stick Pots & Pans
- Pot Holder/ Kitchen Towel
- Wax/ Parchment paper

For Saving & Serving:

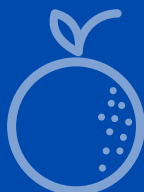
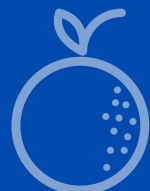
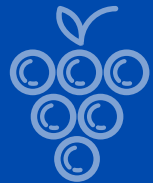
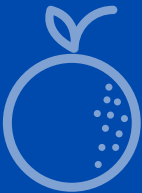
- Airtight Containers with Lids
- Aluminum Foil
- Paper Towels
- Plastic Wrap
- Set of Serving Ware (dishes, cups, utensils, etc.)
- Zip-up Plastic Bags



BREAKFAST



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Banana Split Oatmeal

Ingredients

- 1/3 cup oatmeal (dry, quick-cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana, peeled (see page 5, 6a) and sliced (see page 6, 13a)
- 1/2 cup yogurt (non-fat)



Makes: Total Cost:

1 Serving \$\$\$\$

Directions

1. In a microwave-safe bowl, combine (see page 5, 4a) the oatmeal and salt. Then, stir in water.
2. Microwave on high power for 1 minute. Then, Stir. Microwave on high power for another minute and stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices (see page 6, 13a), yogurt, and other toppings of your choice.



Veggie Omelette in a Mug

Ingredients

- 2 eggs
- 2 tablespoons milk (low-fat or nonfat)
- 1 pinch salt
- 1 pinch pepper
- 1/4 cup finely chopped (see page 6, 12a) mushrooms (or your favorite vegetables)
- 2 tablespoons shredded cheddar cheese (or your favorite cheese)



Makes: Total Cost:

1 Serving \$\$\$\$

Directions

1. Lightly grease the inside of a microwave-safe mug.
2. Use a whisk or fork to combine (see page 5, 4a) the eggs, milk, salt and pepper in the mug. Stir well and mix in the vegetables and cheese.
3. Microwave on high for 45 seconds. Then, stir. Return to the microwave and cook on high for 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.



Fruit Smoothie



Makes: 1 Serving Total Cost: \$\$\$\$

Ingredients

- 2 cups frozen fruit of your choice
- 1 cup milk of your choice
- 1 banana, peeled (see page 5, 6a) and sliced (see page 6, 13a)
- 1/2 cup plain or vanilla yogurt
- 1/2 cup orange juice
- 2 to 3 tablespoons honey or to taste (optional)

Directions

1. Put all the ingredients in a blender and process until smooth.
2. Pour into glasses and serve.

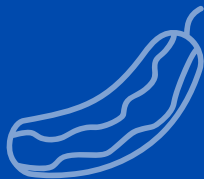




LUNCH



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Baked Chicken Nuggets



Makes: 4 servings Total Cost: \$\$\$\$

Ingredients

- 1 cup cereal or bread crumbs
- 1 teaspoon paprika
- 1 1/2 pounds chicken thighs, boneless, skinless
- 1/2 teaspoon Italian herb seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

Directions

1. Preheat oven to 400°F.
2. Remove skin and bone; cut thighs into bite-sized pieces.
3. Place cereal in plastic bag and crush using a rolling pin or tall glass or use breadcrumbs .
4. Add seasoning to crushed cornflakes or breadcrumbs. Close bag tightly and shake until blended.
5. Add a few chicken pieces at a time to the mixture and shake to coat (see page 5, 3a) evenly.
6. Lightly grease a cooking sheet and place chicken pieces on the sheet so they are not touching.
7. Bake until golden brown, about 12 to 14 minutes.



Bean & Rice Burritos

Ingredients

- 8 flour tortillas (10 inch)
- 2 cups rice (cooked)
- 1 small onion, chopped (see page 6, 12a)
- 2 cups beans (cooked, or one 15 ounce can, drained)
- 1/2 cup salsa
- 1/2 cup cheese (shredded)



Makes:
8 servings



Total Cost:
\$\$\$\$

Directions

1. Preheat the oven to 300°F.
2. Drain the liquid from the cooked or canned beans. Then mix the rice, onion, and beans in a bowl.
3. Put each tortilla on a flat surface and add 1/2 cup of the rice and bean mix in the middle of each tortilla.
4. Fold the sides of the tortilla to hold the rice and beans and put each filled tortilla (burrito) in the baking pan.
5. Bake for 15 minutes. Meanwhile, grate 1/2 cup cheese.
6. Pour the salsa over the baked burritos. Add grated cheese.



Easy Fried Rice



Ingredients

- 1 tablespoon cooking oil
- 2 eggs (beaten)
- 2 green onions, sliced (see page 6, 13a)
- 3 1/2 cups cooked rice (brown or white rice)
- 1 cup mixed cooked vegetables of your choice, chopped (see page 6, 11a)
- 1 cup cooked chicken breast or tofu (chopped) (see page 6, 12a)
- Low sodium soy sauce or hot sauce to taste (optional)

Makes: Total Cost:

4 Servings \$\$\$\$

Directions

1. Heat pan to medium and add 1 teaspoon of oil. Add eggs and scramble. Set cooked eggs aside.
2. Add the rest of oil (2 teaspoons) to pan and stir to fry (see page 5, 5a) rice. Break up lumps with spatula.
3. Add cooked meat or tofu and vegetables (i.e. mushrooms, carrots, broccoli) and stir fry until heated.
4. Add green onions, cooked eggs and sauce to taste.
5. Refrigerate leftovers within 2 hours.



3-Can Chili



Ingredients

- 1 can crushed tomatoes, undrained (15 ounces)
- 1 can corn, drained (or 10-ounce frozen package)
- 1 can beans of your choice, undrained (low-sodium)
- Chili powder to taste

Makes: Total Cost:

6 Servings \$\$\$\$

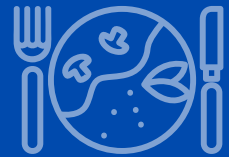
Directions

1. Combine (see page 5, 4a) the contents of all 3 cans into a pan on medium heat.
2. Add chili powder to taste. Stir to mix.
3. Continue to stir over medium heat until heated thoroughly.
4. Refrigerate leftovers within 2 hours.





DINNER



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Simple Stuffed Peppers

Ingredients

- 1 cup brown rice, uncooked
- 1 can beans of your choice, unsalted
- 4 bell peppers (any color)
- 1 tomato, sliced (see page 6, 12a)
- 1 cup salsa
- 1 cup cheddar cheese, shredded (low fat)
- Salt to taste (optional)



Makes: Total Cost:

2 Servings \$\$\$\$

Directions

1. Preheat oven to 400°F and cook brown rice according to package directions.
2. Wash the peppers, cut the tops off, and spoon out the seeds.
3. Drain beans. Then, combine (see page 5, 4a) the beans, rice, salsa, and salt (optional).
4. Spoon about 3 tablespoons of the mixture into the bottom of each pepper.
5. Place a slice (see page 6, 13a) of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
6. Repeat steps 5 & 6 to fill the pepper completely but do not top with cheese.
7. Bake peppers for 30 minutes, top each with 2 tablespoons of cheese and continue baking for 15 minutes.



Spaghetti with Meat Sauce

Ingredients

- 1 pound whole-wheat spaghetti
- 2 teaspoons olive oil
- 1 large onion, finely chopped (see page 6, 12a)
- 1 large carrot, finely chopped (see page 6, 12a)
- 1 stalk celery, finely chopped (see page 6, 12a)
- 4 cloves garlic, minced (see page 6, 10a)
- 1 tablespoon Italian seasoning
- 1 pound lean ground beef (90% or leaner)
- 1 can crushed tomatoes (14-oz)
- 1/4 cup chopped flat-leaf parsley
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon salt



Makes: Total Cost:

6 servings \$\$\$\$



Directions

1. Cook pasta according to package directions. Then, drain.
2. Meanwhile, heat oil in a large pan over medium heat. Saute (see page 5, 7a) onion, carrot, and celery. Stir occasionally, until the onion starts to brown, about 5 to 8 minutes.
3. Stir in garlic and Italian seasoning for about 30 seconds.
4. Add beef. Stir and break up with spatula. Cook until no longer pink, about 3 to 5 minutes.
5. Increase heat to high. Stir in tomatoes and cook until thickened, about 4 to 6 minutes.
6. Stir in parsley and salt. Then, serve the sauce over the pasta, sprinkled with cheese.

Garden Vegetable Soup

Ingredients

- 2 teaspoons olive oil
- 2 carrots, sliced (see page 6, 13a)
- 1 small onion, chopped (see page 6, 12a)
- 1/4 teaspoon garlic powder or 1/2 garlic clove, minced (see page 6, 10a)
- 3 cups broth (beef, chicken, or vegetable)
- 1 cup green cabbage, chopped (see page 6, 12a)
- 1 can green beans, undrained
- 1 can tomatoes, undrained, diced (see page 6, 11a) (14 ounces)
- 1/2 teaspoon Italian seasoning
- 1 zucchini, chopped (see page 6, 12a)



Makes:

6 Servings



Total Cost:

\$\$\$\$

Directions

1. Grease large saucepan with oil to saute (see page 5, 7a) the carrots, onion, and garlic over low heat for about 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning. Bring to a boil (see page 5, 1a).
3. Cover and lower heat. Simmer for about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 3-4 minutes.
5. Refrigerate or freeze leftovers within 2 hours.



Zesty Lemon Fish

Ingredients

- 2 tablespoons lemon juice
- 1/2 teaspoon canola oil
- 1/2 teaspoon dried parsley
- 1/2 pound fish fillets (whitefish, cod or halibut)
- 1/2 small onion, sliced (see page 6, 13a)
- 3/4 teaspoon lemon pepper
- Pinch of paprika (optional)



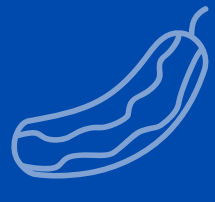
Makes: Total Cost:

2 Servings \$\$\$\$

Directions

1. Preheat oven to 350°F. Then, place fish on an ungreased baking sheet.
2. Top with onion slices (see page 6, 13a).
3. Drizzle lemon juice and oil evenly over fish.
4. Sprinkle lemon pepper, parsley, and dust with paprika (optional).
5. Cover and let stand for 5 minutes. Bake for 20 minutes, or until fish flakes easily with fork.



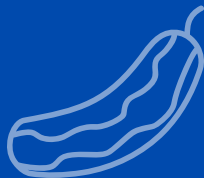


SIDES



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Quick, Easy Salad

Ingredients

- 1 bag cherry tomatoes
- 1 cucumber, chopped (see page 6, 12a)
- 1 bell pepper, sliced (see page 6, 13a)
- 1 bag greens of your choice (kale is recommended)
- Any other favorite vegetables and/ or fruits can be added or swapped

For the dressing:

- - 1/ 4 cup balsamic vinegar
- - 3/ 4 cup olive oil
- - 1 teaspoon salt
- - 1 teaspoon pepper
- - 1 teaspoon garlic powder
- Honey or dijon mustard to taste (optional)

Directions:

1. Wash vegetables. Then, dry them in a salad spinner or using a paper towel.
2. Chop (see page 6, 12a) cucumber and slice (see page 6, 13a) bell pepper.
3. Mix dressing ingredients with a whisk or fork in a bowl. Add to salad.
4. Toss all the ingredients together with tongs and serve.



Makes: Total Cost:

2 Servings \$\$\$\$

Roasted Brussel Sprouts & Sweet Potatoes

Ingredients

- 1 large bag brussel sprouts
- 1 large sweet potato, diced (see page 6, 11a)
- 2 tablespoons cooking oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 tablespoon maple syrup
- Red chili flakes (to taste)



Makes: Total Cost:

2 Servings \$\$\$\$

Directions

1. Preheat oven to 425°F and line baking sheet with foil.
2. Wash vegetables and dry with cloth or paper towel.
3. Cut ends off brussel sprouts, then cut into halves.
4. Dice (see page 6, 11a) sweet potatoes into bite-sized pieces.
5. Mix vegetables in oil, salt, pepper, garlic powder, and red pepper flakes (to taste).
6. Place onto baking sheet and cook for 8 to 10 minutes.
7. Take out of the oven and add maple syrup. Put back in for 5-7 minutes or until desired crispiness.



Chicken Noodle Soup

Ingredients

- 3 large carrots, sliced (see page 6, 13a)
- 3 cups noodles, dry
- 3 pounds chicken pieces (skin removed, frozen or fresh)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 onion, chopped (see page 6, 12a)
- 1 cup celery, chopped (see page 6, 12a)
- Chicken broth (optional)
- Thyme or sage (optional)



Makes:

6 servings



Total Cost:

\$\$\$



Directions

1. Thaw frozen chicken in refrigerator (about 24 hours), or thaw in microwave.
2. Place chicken pieces in large kettle. Cover completely with water. Cover, bring to boil (see page 5, 1a), reduce heat, and simmer (see page 5, 9a) 2-3 hours.
3. Remove cooked chicken pieces from broth with tongs or spoon. Cool 10-15 minutes before separating bones from meat. Break meat into bite-size pieces. Remove any bones and fat from broth with spoon.
4. Put chicken, seasonings and vegetables into broth made in steps 2 & 3 or store bought chicken broth of your choice.
5. Bring broth to a boil, cover, reduce heat and cook about 15 to 20 minutes on medium heat.
6. Add noodles and boil uncovered for about 6-7 minutes, stirring occasionally.
7. Refrigerate or freeze leftovers within 2 hours of cooking.

Pasta Vegetable Salad

Ingredients

- 2 cups whole-wheat pasta, cooked (any shape)
- 1 cup cucumber, diced (see page 6, 11a)
- 1 large tomato, chopped (see page 6, 12a)
- 1/2 medium green pepper, diced (see page 6, 11a)
- 1/4 medium onion, diced (see page 6, 11a)
- 1/2 cup peas (canned, frozen, fresh, or dry)
- 1/4 cup Italian salad dressing (store bought or homemade, see page 25)



Makes: Total Cost:

6 Servings \$\$\$\$

Directions

1. Cook pasta according to package directions. Then, drain.
2. Wash and cut vegetables.
3. Combine (see page 5, 4a) all ingredients in a medium-sized bowl.
4. Cover and refrigerate for at least 1 hour.
5. Mix before serving.
6. Refrigerate leftovers within 2 hours.



Zucchini Pancakes

Ingredients

- 2 cups grated zucchini
- 1 egg, beaten
- 1 1/2 tablespoons flour
- 1 tablespoon Parmesan cheese
- 1 tablespoon onion, chopped (see page 6, 12a)
- 1/4 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil (or cooking spray)
- Salt and pepper (to taste, optional)



Makes:

2 Servings



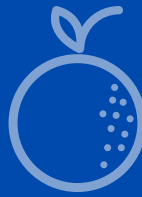
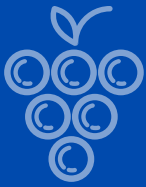
Total Cost:

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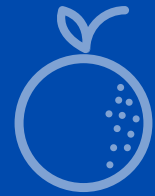
Directions

1. Grate zucchini and mix with the other ingredients, except the oil. Blend well.
2. Form the mixture into patties in your hands. About 3 to 4 inches wide.
3. Heat the oil. Cook pancakes for 3 to 4 minutes per side. Remove and drain on paper towels.

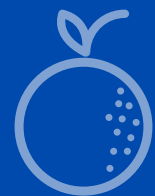
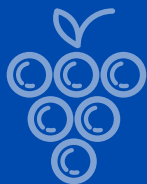
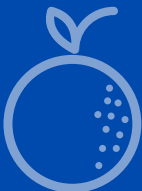




DESSERT



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Banana Ice Cream



Makes:

Total Cost:

3 Servings

\$\$\$\$

Ingredients

- 3 tablespoons milk of your choice
- 2-3 ripe bananas, peeled (see page 5, 6a) and sliced (see page 6, 13a)
- chocolate chips (optional)

Directions

1. Peel (see page 5, 6a) and slice (see page 6, 13a) ripe bananas into medium size round pieces. Place on a baking sheet and put in freezer overnight.
2. Place frozen bananas and chocolate chips (optional) in a food processor or blender with milk.
3. Pulse food processor or blender until bananas begin to break up.
4. Using a spoon or spatula, stir the banana mixture. Continue running the food processor until the mixture is smooth and creamy.
5. Add toppings of your choice.
6. Serve or store in the freezer within 1 hour.



Easy Rice Pudding

Ingredients

- 2/3 cup white rice, uncooked
- 2 cups water (warm)
- 1 teaspoon butter
- 1/2 cup milk (low or non-fat)
- 2 tablespoons sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1 cup water
- 1/2 cup raisins (or other dried fruit)



Makes: Total Cost:

4 servings \$\$\$\$

Directions

1. Combine (see page 5, 4a) rice, water, and butter in large microwave safe dish. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes. Reduce setting to defrost (50% power), and cook an additional 10 minutes.
3. Add sugar-vanilla-cinnamon mixture together while rice is cooking. Then, quickly stir milk-water-raisin mixture into hot rice.
4. Cover loosely again and continue cooking on defrost (50% power) for 10 minutes. Let sit, covered, for 10 minutes.



Microwave Baked Apple

Ingredients

- 1 medium apple (not cut into pieces, but cored)
- 1 teaspoon brown sugar
- 1/2 tablespoon nutmeg
- 1 tablespoon cinnamon
- 2 tablespoons raisins
- 1 tablespoon butter or alternative



Makes: Total Cost:

1 Apple \$\$\$\$

Directions

1. Place apple on plate with opening facing up (cored apples should have bottom intact).
2. Stir sugar, nutmeg, and cinnamon in a separate cup, and sprinkle into and onto apple.
3. Add raisins and butter inside apple. Cover with wax paper or paper towel.
4. Microwave on high for 2 1/2 to 3 minutes.
5. Let sit outside of microwave for at least 30 seconds before eating.



Frozen Fruit Pops



Ingredients

- 1 cup low-fat yogurt
- 1 cup pineapple juice or other fruit juice of your choice
- 6 fluid ounces orange juice or other fruit juice of your choice

Makes: Total Cost:

4 servings \$\$\$\$

Directions

1. Mix the ingredients in a medium-size bowl. Divide into paper cups.
2. Freeze until slushy, about 60 minutes. Insert a wooden stick half way through the center of each fruit pop.
3. Freeze until hard, about 4 hours. Peel (see page 5, 6a) off the paper cup before you eat the fruit pop.



For More Information...

Visit [Myplate.gov](https://www.myplate.gov) for nutrition information on the recipes used as well as for more nutritious, affordable recipes.



Resources

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Nelson, C. (2017). Recipes every college student should know. Quirk Books.

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Acknowledgments

Our capstone group would like to give thanks to our community partners at Capital Clubhouse Inc. for giving us the opportunity to work with them and their members. We would like to give specific thanks to Renée Cordio and Maria Núñez for being our liaisons and supervisors on this project.

Additional thanks to Dr. Hawkins for guiding us through this process and connecting us with Capital Clubhouse Inc.



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