



THE ULTIMATE COLLEGE COOKBOOK

BY BADGER BUNDLES

GRILLED CHEESE



Ingredients

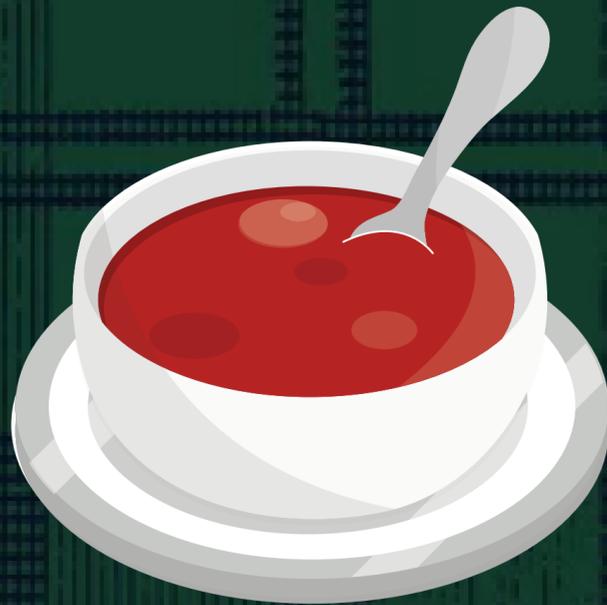
- Whole grain Bread
- Low-fat Cheese: Swiss
- Tahini
- Tomato
- Onion

Eating on whole or multigrain bread will be an easy way to stay healthy. Incorporating a sesame seed spread, tomatoes and onions will add the necessary nutrients for a meal. This meal uses all the food groups creating a healthier grilled cheese to fuel our soles.

How To

1. Toast your whole grain bread until golden
2. On the toast, spread the tahini for your liking.
3. Add shredded cheese, tomatoes, and onion slices as garnishes.
4. Place in the toaster oven or in a broiler until the cheese is melted and browned.

TOMATO SOUP



Ingredients

- Canned tomato puree
- Chicken broth
- Salt & Pepper
- Garlic, Onion & Cumin
- well-blended full-fat canned coconut milk

Whether you are feeling under the weather or you are craving a nutritious meal tomato soup is good for you and easy to make! Potassium and vitamins C, K, and A are abundant in tomato soup, which has few calories overall. Lycopene, the chemical in tomatoes that is responsible for the majority of its health benefits, is also abundant in this delicious .

How To

1. To a soup pot, add the spices, chicken broth, and tomato puree. To blend, stir.
2. The soup should simmer for 20 minutes.
3. Turn the heat down to low, mix in the cream, and cook the soup for just a few more minutes or until it is thoroughly cooked.

BAKED SALMON



Ingredients

- 1 fillet of salmon
- 2 teaspoons softened butter
- 1/4 cup chicken broth or white wine
- 2 tablespoons of Lemon juice
- 0.5 teaspoons of dried tarragon and pepper

Salmon is a great dish to make when you have little time for preparation . once you throw it in the oven it will be hood to go in 15-20 minutes! Overall salmon has many benefits including lean protein, good fats, and a number of important vitamins and minerals.

How To

1. Dry off the salmon.
2. Dry off the salmon. Place in a 13 x 9 -inch oiled baking dish. Brush the salmon with butter. After combining the remaining ingredients, pour over the salmon.
3. Fish should flake easily with a fork after 15-20 minutes of baking at 425 degrees with the lid off.

TURKEY & AVACADO WRAP



Ingredients

- 1/2 an avocado
- 8-inch whole-wheat tortillas
- 1/2 a pound of cut turkey with redceds-salt
- 2 cups fresh baby spinach or arugula

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How To

1. Put the desired amount of avocado over each tortilla.
2. Next place arugula and turkey
3. Wrap tightly. Serve right away, or cover and chill until you're ready to enjoy.

OVERNIGHT OATS



Ingredients

- 1/2 cups of normal oats
 - 1/2 cups of your preferred milk
 - 1/2 teaspoon of maple syrup
 - 1/4 teaspoon vanilla extract
 - When served put fruit, nuts, peanut butter, honey or any other topping of your choice!
- In oats, resistant starch is a major component. Oats absorb more nutrients when they are soaked overnight because the starch in them naturally breaks down. By absorbing the liquid the oatmeal becomes a nutritious and satisfying breakfast food!

How To

1. In a mason jar or dish, stir the oats, milk, maple syrup, and vanilla. If using a bowl, cover with a lid and stir combine.
2. Place in the fridge for up to 4 days, or at least 6 hours. Just before serving, stir and add the garnish.
3. Any desired toppings, such as fruit, nuts, peanut butter, honey or any other topping of your choice!

ROASTED CAULIFLOWER



Ingredients

- 1 head of cauliflower, cut into florets
- 1/2 teaspoon of salt
- 2 teaspoons of cut rosemary
- 2 tablespoons of olive oil
- 1 tablespoon of minced garlic

Cauliflower offers nutrients and antioxidants that can prevent cancer. Along with choline, which is crucial for memory and learning, it also contains fiber to aid in losing weight and metabolism.

How To

1. Set the oven to 450 degrees.
2. Combine the ingredients and distribute in a pan that has been oiled.
3. Bake for 20 to 25 minutes, tossing once or twice until lightly browned.

LEMON CHICKEN



Ingredients

- 3 lbs of skin-on, bone-in, and fat-free chicken pieces, preferably thighs and legs.
- 1/4 of lemon zest (2 lemons)
- 1/3 cups of lemon juice
- 2 mashed garlic cloves
- 2 tbsp of chopped rosemary
- 1 tsp of salt & pepper
- 2 tbsp of melted butter
- Slices of lemon as a topping

Lemons are used in cooking, but they also provide several health benefits for skin and hair. They are a great source of vitamin C, which has a lot to do with boosting immunity.

How To

1. To marinate chicken, combine the salt, pepper, rosemary, garlic, lemon zest, and lemon juice in a big basin. Put the chicken in the mixture and refrigerate for a couple of hours.
2. Heat the oven to 425 °F.
3. Put the chicken in the baking dish and butter it.
4. After 20 minutes of baking, thoroughly brush the chicken pieces with the marinade that was saved. Bake for a further 15 to 25 minutes (35 to 45 minutes total)

ZUCCHINI SPAGHETTI



Ingredients

- 1 lb of ground beef
- 1 tsp of salt and pepper
- a single can of pasta tomato sauce
- chosen of seasonings
- Zucchini noodles (3 zucchinis cut into strands or pre bought zucchini noodles)

When contrasted to other nutrient-dense veggies zucchini has among the lowest calorie counts. Zucchini noodles are also low in fat and cholesterol and high in potassium, vitamin C, folate, vitamin A, and iron.

How To

1. Warm a big skillet at medium-high. Cook and mix the sauce, spices, and beef.
2. Zucchini "noodles" should be thoroughly covered in sauce before being simmered for about 10 minutes at medium.

ROASTED GARLIC POTATOES



Ingredients

- 3 lbs of small red or white potatoes
- A quarter cup of olive oil
- 1 tsp of salt and pepper
- 2 tbsp of garlic minced
- 2 tsp fresh minced parsley

Fiber, which helps you lose weight is found in potatoes. By regulating blood sugar and cholesterol, fiber can help avoid heart disease. Additionally, potatoes are a great source of vitamins that support healthy bodily functioning and antioxidants that fight disease.

How To

1. Set the oven to 400 degrees Fahrenheit.
2. Toss the potatoes in a bowl with the garlic, salt, pepper, and olive oil until they are evenly coated. Cut the potatoes in half or quarters. Spread the potatoes out in a pan.
3. Roast for 45 to 1 hour, or until browned and crisp, in the oven.

EVERYDAY SALAD



Ingredients

- 1 cup of ditalini pasta
- 1-pound bacon
- 5 cups of preferred lettuce, chopped
- 2 cups of red cabbage, chopped
- 1 cup cherry tomatoes
- 1 cup of green onions, sliced
- 4 ounces of gorgonzola cheese in crumbles
- 2 cups of chicken, cooked and diced
- Italian dressing

Vitamin A, Vitamin C, beta-carotene, calcium, folate, fiber, and phytonutrients are all present in salad. Because they are naturally low in calories and sodium and free of cholesterol, leafy vegetables make a fantastic addition to a healthy diet.

How To

1. Cook ditalini pasta. To give the pasta flavor salt it. Cool and drain. Place aside.
2. In a skillet, cook bacon until done. Chop the bacon after it has cooled.
3. After combining all the ingredients, add the dressing.

WHY EAT HEALTHY?!

It is no shock that eating healthy in college is an important practice. However, sometimes you can't help but let your habits go and enjoy a midnight snack from the local pizza shop. Although it can be hard to ignore the incessant late-night cravings, there are so many benefits to eating healthy... and who's to say you can't satisfy your munchies in a healthy manner?

Primarily, mostly everyone knows that eating healthy is the most efficient way to lose and manage weight. However, maintaining healthy eating habits can boost your memory, mood, and sleep! All of these components affect our busy everyday lives, and with one of them off balance, it will no doubt affect your day!

Not only that, eating healthy will positively impact mental health dramatically. Food is the main fuel for your brain, so of course, a healthy brain means a healthy mindset! An unhealthy diet consisting of processed foods and sweet treats has been linked with anxiety and depression.

Most importantly, however, eating healthy works wonders for academic performance. Good eating gives your brain the energy it needs for concentration and alertness. A short-lived energy boost from eating a lot of sugar may make you feel more productive and concentrated, but it is followed by a crash that leaves you feeling lethargic and frequently overly tired. Overall, eating healthy has so many benefits, especially for the already overworked and over-tired college population.