

the cupboard
healthy recipe book



the cupboard *healthy recipe book*

This recipe book was formulated by
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The Cupboard supplies students of the University of Wisconsin - Stevens Point with emergency and supplemental food. This is a compilation of healthy recipes provided by students for students that can be made with items commonly available in the pantry as well as other lower cost items.



snacks



snacks

Homemade Granola Bars

Yield: 12 bars

Nutrition Information: (no fruit/nut add-ins) 239 calories, 8g protein, 32g carbohydrate, 5g fiber, 5g sugar, 10g total fat, 2g saturated fat, 57 mg sodium



Ingredients:

- 5 cups quick oats oatmeal
- $\frac{2}{3}$ cup peanut butter (*natural if possible*)
- 1 $\frac{1}{2}$ cup mashed bananas
- add dried fruit/nuts (*optional*)
- $\frac{1}{2}$ tsp baking soda

Directions:

1. Preheat oven to 350F.
2. Combine dry ingredients in a bowl. Combine wet ingredients in a separate bowl (melt peanut butter for easier mixing.)
3. Combine wet ingredients into dry ingredients.
4. Line a pan with paper & spread mixture flat.
5. Bake for 20-25 min.
6. Let cool before cutting.

No Bake Energy Balls

Yield: 30 balls

Nutrition Information:
(per 1 ball) 77 calories, 2g protein, 9g carbohydrate, 2g fiber, 3g sugar, 4g total fat, 21 mg sodium



Ingredients:

- 2 cups quick oats
- 2 ripe bananas
- $\frac{2}{3}$ cup unsweetened coconut flakes
- $\frac{1}{2}$ cup peanut butter (*natural if possible*)
- 2 Tbsp flaxseed
- 1 Tbsp chia seed
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 Tbsp honey
- $\frac{1}{2}$ cup mini chocolate chips

Directions:

1. Mix ingredients all together in mixing bowl. Refrigerate for 1 hour.
2. Roll into 30 balls.
3. Refrigerate for up to one week or freeze.

Grape Salad

Yield: 2 servings

Nutrition Information:

(with 1/4 cup low-fat granola per serving) 307 calories, 14g protein, 62g carbohydrate, 4g fiber, 43g total sugar, 13g added sugar, 2g total fat, 1g saturated fat, 115 mg sodium

Ingredients:

- 2 cups grapes
- 1 cup non-fat vanilla (Greek) yogurt
- top with granola



Texas Caviar

Yield: 12 servings

Nutrition Information:

86 calories, 6g protein, 21g carbohydrate, 6g fiber, 4g total sugar, 0g added sugar, 10g total fat, 1g saturated fat, 203 mg sodium

Ingredients:

- 1 can lima beans, rinsed and drained
- 1 can kidney beans, rinsed and drained
- 1/2 can white corn, rinsed and drained
- 1/2 can of corn (*natural if possible*)
- 2 oz can chopped green chilies, undrained
- 1/2 jalapeno Chile pepper, seeded and finely chopped (*optional*)
- 1/2 red bell pepper - cored, seeded and finely chopped
- 1/2 green bell pepper - cored, seeded and finely chopped
- 1/2 small red onion, finely chopped
- 1/2 bunch cilantro leaves, finely chopped or coriander
- 1/2 cup olive oil

Directions:

1. Combine all ingredients and mix well.
2. Serve with chips.



snacks

Sweet Potato Chips

Yield: If using 5 sweet potatoes, cut each into 10 slices, yields about 50 chips.

Nutrition Information:

(per 4 chips) 85 calories, 1g protein, 11g carbohydrate, 2g fiber, 2g total sugar, 4g total fat, 1g saturated fat, 30 mg sodium



Ingredients:

- 1½ pounds sweet potatoes
- ⅓ cup olive oil
- salt

Directions:

1. Preheat oven to 400°F
2. Line several baking sheets with parchment paper.
3. Cut sweet potatoes into thin slices using a mandolin or knife.
4. Combine cut sweet potatoes and olive oil in a bowl and mix evenly together. Lay sweet potatoes out on the baking sheets in a single layer.
5. Sprinkle sweet potatoes lightly with salt.
6. Bake for 20-25 minutes, until they are crisp and golden around the edges.
7. Serve in a bowl or store in a plastic bag.

breakfast



breakfast

Pancake Mix Biscuits

Yield:

approx. 10 biscuits

Nutrition Information:

(per 1 biscuit) 67 calories, 0.9g protein, 2.7g carbohydrate, 5.9g fiber, 0.5g sugar, 5.9g total fat, 0.9g saturated fat, 53.4 mg sodium



Ingredients:

- 2½ cups of pancake mix
- ½ cup water
- ¼ cup olive oil
- 1 egg

Directions:

1. Preheat oven to 400°F
2. Mix all ingredients to form a soft dough.
3. Lightly flour a countertop or cutting board and knead gently.
4. Use a rolling pin, roll out the dough until it is ½ inch thick.
5. Cut out shapes with cookie cutters and place on a cookie sheet.
6. Bake for 10-12 minutes.

Greek Yogurt Oatmeal

Yield: 1 serving

Nutrition Information:

402 calories, 15g protein, 65g carbohydrate, 8g fiber, 27g total sugar, 15g added sugar, 11g total fat, 2g saturated fat, 27 mg sodium

Ingredients:

- ½ cup rolled oats
- ½ banana, sliced
- ½ teaspoon ground cinnamon (*optional*)
- 1 pinch salt
- 1 cup water
- ¼ cup non-fat vanilla Greek yogurt
- 2 tablespoons low sugar strawberry jam
- 1 tablespoon peanut butter (*natural if possible*)

Directions:

1. Combine oats, banana, cinnamon, and salt in a microwave-safe bowl; add water and stir. Cook in microwave until water is absorbed, 2 to 3 minutes. Stir to evenly distribute cinnamon; let stand until slightly cooled, about 3 minutes.
2. Spoon Greek yogurt, strawberry jam, and peanut butter over oatmeal; stir.



breakfast

Yogurt Parfait

Yield: 1 serving

Nutrition Information:

(using 1/4 cup lowfat granola) 340 calories, 24g protein, 58g carbohydrate, 5g fiber, 39g total sugar, 20g added sugar, 2g total fat 1g saturated fat

Ingredients:

- 1 cup vanilla non-fat Greek yogurt
- 1/2 cup fruit as desired
- 1/4 - 1/3 cup granola or cheerios

Directions:

1. Layer as pleased.



Fro-Yo Granola Bites

Yield: 12 bites

Nutrition Information:

(using 1/4 cup lowfat granola) 340 calories, 24g protein, 58g carbohydrate, 5g fiber, 39g total sugar, 20g added sugar, 2g total fat 1g saturated fat



Ingredients:

- 1 bag of granola/bran cereal
- Greek yogurt
- Blueberries/cranberry sauce/fruit cocktail
- Mini muffin tin and liners

Directions:

1. Place liner into muffin tin.
2. Crush granola into tins until covered completely.
3. Use a spoon to add yogurt to each cup until 3/4 of the way filled.
4. Top each cut with fresh berries/cranberry sauce/fruit cocktail/banana slices.
5. Freeze cups for about 1 to 3 hours.

breakfast

Blueberry Pancakes

Yield: 11 Pancakes

Nutrition Information:

(per 1 pancake) 60 calories, 2g protein, 12g carbohydrate, less than 1 gram fiber, 4g sugar, 0.5g total fat, 0 g trans fat



Ingredients:

- 1 cup flour
- 2 tbsp sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 egg
- 1 cup skim milk
- 1 cup blueberries

Directions:

1. Mix flour, sugar, baking powder and baking soda together in a medium bowl.
2. Beat egg and milk together in a small bowl.
3. Add to wet ingredients to dry ingredients. Stir.
4. Heat skillet over medium heat. Spray with nonstick cooking spray or use butter to grease skillet.
5. Pour batter into skillet using $\frac{1}{4}$ cup measuring cup. Sprinkle blueberries. Cook until bubbles form at top and edges are slightly dry, about 4 minutes. Flip pancakes and cook until done, 3 minutes.

casseroles



casseroles

Green Bean Casserole

Nutrition Information:

(serving size: about 1 cup) 188 calories, 3.7g protein, 22g carbohydrate, 2.8g fiber, 2.9g sugar, 9.9g total fat, 1.7g saturated fat, 1.8mg cholesterol, 255 mg sodium



Ingredients:

- 1 can Condensed Cream of Mushroom Soup (*reduced sodium if possible*)
- ½ cup 1% milk
- 1 tsp soy sauce
- 1 dash black pepper
- 4 cups cooked cut green beans
- ¾ cups onion
- Crushed potato chips on top

Directions:

1. Stir the soup, milk, soy sauce, black pepper, beans and ¾ cup onions in a ½-quart casserole.
2. Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining onions.
3. Bake for 5 minutes or until the onions are golden brown.
4. Top with crushed potato chips if desired.

Chicken and Rice Casserole

Yield: approx. 4 servings

Nutrition Information:

(using one container canned chicken - premium white chicken; per 1 serving) 297.5 calories, 13.75g protein, 44.75g carbohydrate, 0g fiber, 0.5g total sugar, 6.25g total fat, 0g saturated fat, 640.75mg sodium



Ingredients:

- 2 cups instant rice
- 1 can canned chicken
- 1 can of cream of chicken or cream of mushroom soup

Directions:

1. Prepare rice according to package directions.
2. Add chicken to pot of ready rice and stir over low heat. Mix in soup and continue cooking until heated through.

Substitutions:

1. Use cereal as a trail mix.
2. Mix cereals together and add nuts and maybe dried fruit.

casseroles

Tuna Noodle Casserole

Yield: 3 servings



Nutrition Information:

271 calories, 15g protein, 50g carbohydrate, 5g fiber, 3g total sugar, 1g added sugar, 3g total fat, 1g saturated fat, 464 mg sodium

Ingredients:

- 2.6 oz package of tuna
- 1 can cream of mushroom soup (*reduced sodium if possible*)
- 6 oz whole wheat noodles

Directions:

1. Cook noodles according to box
2. Add can of soup and tuna.
3. Mix and serve.

Ramen Noodle Bake

Yield: 6 servings

Nutrition Information:

(using Maruchan Beef flavor Ramen noodles; 80%-84% ground beef; whole milk mozzarella shredded cheese) 540 calories, 28.4g protein, 43.6g carbohydrate, 3.3g fiber, 6.7g total sugar, 27.22g total fat, 12.8g saturated fat, 1953.3 mg sodium



Ingredients:

- 14 packages Ramen noodles - one must be beef (*reserve ONE beef flavoring packet*)
- 1 - 26 ounce jar spaghetti sauce
- 1 lb. cooked ground beef or Italian sausage
- 2 cups mozzarella cheese, divided
- 3 1/2 cups water

Directions:

1. Preheat oven to 400 degrees.
2. Break up ramen noodles into a greased 9x13 inch pan. They should cover the bottom of the dish.
3. Sprinkle the cooked meat over dry noodles (I seasoned my beef when I was cooking it). Pour the jar of sauce over the top. Sprinkle the beef flavor packet over the sauce. Sprinkle one cup of the cheese over the top of sauce. Gently mix together. Pour the water over the top. Cover tightly with aluminum foil and bake 40 to 50 minutes or until liquid is totally absorbed.
4. Remove from oven and remove foil. Sprinkle the remaining cheese over the top. Return to oven for 5-10 minutes until the cheese is melted and bubbly.

casseroles

Squash Casserole

Nutrition Information:

483 calories, 16g protein, 30g carbohydrate, 2g fiber, 10g total sugar, 2g added sugar, 34g total fat, 14g saturated fat, 765 mg sodium

Ingredients:

- 2 tablespoon butter
- 4 cups sliced yellow squash
- 1 medium onion, chopped
- 2 eggs
- 1 cup grated cheddar cheese
- 1 cup 1% milk
- 2 tablespoon olive oil
- ¼ teaspoon cayenne pepper (*optional*)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 sleeve Ritz crackers



Directions:

1. Preheat oven to 350°F.
2. Melt 2 tablespoons butter in medium skillet or saute pan over medium-low heat. Add squash and onions and cook until tender.
3. To a large bowl, add eggs and lightly whisk. Add cheese and milk and whisk into egg until well-combined. Add cooked squash and onions to egg mixture and stir well to combine. Add 2 tablespoons olive oil in skillet used to cook squash and onions. Add to squash casserole mixture. Add cayenne pepper, if using, along with salt and pepper. Stir well to combine.
4. Spray a 9x13 casserole dish with cooking spray and pour squash casserole mixture into the baking dish. Top evenly with crushed Ritz crackers. Place in preheated oven and bake 45 minutes, or until top has lightly browned and casserole does not “jiggle” when the dish is moved.
5. Allow to sit for about 3 minutes before serving.

Ramen Stir Fry

Nutrition Information:

(using Maruchan chicken flavored ramen noodles) 359 calories, 14g protein, 58g carbohydrate, 12g fiber, 12g total sugar, 8g total fat, 4g saturated fat, 1,377 mg sodium

Ingredients:

- 1 package ramen
- 1 small onion, chopped
- 1 cup peas, canned
- ¼ cup carrots, canned

Directions:

1. Oil a frying pan, add onion.
2. Cook until onion just turns translucent, stirring constantly.
3. Add drained peas and carrots to onion.
4. Cook ramen according to package, add flavoring as desired.
5. Once peas and carrots are warmed, remove from heat and add to ramen noodles.



main meals



main meals

Chili

Yield: 2 servings

Nutrition Information:

(no meat) 8241 calories, 13g protein, 46g carbohydrate, 14g fiber, 11g total sugar, 2g total fat, 0g saturated fat, 983 mg sodium

Ingredients:

- 1/2 onion, chopped
- 1 tsp salt
- 1 can of kidney beans or lima beans
- 1 can of condensed tomato soup (low sodium)
- water - use can of tomato soup as measure
- 2-3 tsp of chili powder
- *if you have beef or chicken

Directions:

1. Heat in saucepan, *cook beef or chicken, onion and salt over medium heat for 5-7 minutes, drain if used meat.
2. Stir in remaining ingredients, heat to boil, stir occasionally.



Buffalo Chicken Stuffed Sweet Potatoes

Yield: 7 servings

Nutrition Information:

(per single serving - using fat free blue cheese dressing; without buffalo sauce) 419 calories, 40g protein, 39g carbohydrate, 6g fiber, 9g total sugar, 11g total fat, 5g saturated fat, 777 mg sodium

Ingredients:

- 30 oz chicken breast
- 7 sweet potatoes
- 1 parsley/cilantro
- Buffalo Sauce
- 2/3 cup hot sauce
- 7 tbsp blue cheese dressing, skinny (*optional*)
- 1/2 tsp garlic powder
- 1 tsp cornstarch
- 1 1/2 white vinegar
- 4 tbsp butter, unsalted

Directions:

1. Preheat oven to 400°F. Line with a large baking sheet with aluminum foil, place sweet potatoes on it and bake for 30 min.
2. While potatoes are baking, place chicken in a large pot, cover with water and cook on medium-high heat for 30 min. Drain and transfer onto cutting board to shred chicken with fork.
3. In a different pot, combine hot sauce, vinegar, Worcestershire sauce, and garlic powder. Add butter and whisk while melting. Next stir in cornstarch, whisk until thickens (about 30 seconds.) Turn off heat and add shredded chicken.
4. Take sweet potatoes out of oven, cut them in half lengthwise without cutting all the way through, and stuff them with shredded chicken combination. Drizzle with blue cheese sauce. Serve immediately.



main meals

Corny Spaghetti

Yield: 4 servings

Nutrition Information:

(per single serving - using spaghetti pasta; meatless spaghetti sauce (*marinara*)) 475 calories, 16g protein, 78g carbohydrate, 8g fiber, 12g total sugar, 11g total fat, 2g saturated fat, 676 mg sodium



Ingredients:

- 10 ounces angel hair pasta
- 2 tablespoons olive oil
- 1/2 red onion, chopped
- 1 teaspoon minced garlic
- 3 zucchini, diced
- 1 lb button mushrooms, quartered
- 1/4 cup red wine
- 1 (16 oz) jar pasta sauce
- 1 (15 oz) can whole kernel corn, drained.

Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. While pasta is cooking, in large skillet over medium heat, saute onion in oil 2 minutes. Stir in garlic and zucchini and cook 3 minutes more. Add mushrooms and cook 5 minutes more, until mushrooms are soft. Pour in red wine and pasta sauce, reduce heat to low and simmer. Add corn and bring back to a simmer again to heat through.
3. Serve sauce over pasta with a dab of butter, or toss together.

Succotash

Yield: 4 servings

Nutrition Information:

(per single serving - without add-ins) 221 calories, 9g protein, 34g carbohydrate, 8g fiber, 5g total sugar, 7g total fat, 4g saturated fat, 513 mg sodium

Ingredients:

- 2 cups lima beans
- 2 tbsp olive oil
- 2 cups corn
- 1/4 tsp salt
- 1/8 tsp black pepper
- Optional add-ins (tomatoes, meat, garlic)



Directions:

1. Heat oil in heavy large skillet over medium heat. Add onion and sprinkle with coarse salt. Saute until soft and translucent, about 5 minutes.
2. Add garlic; stir until fragrant, about 1 minute. Add tomatoes, corn and lima beans.
3. Reduce heat to medium-low, cover, and simmer until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally.
4. Season to taste with salt and pepper.

DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm before continuing.

main meals

Julia Child's Eggplant Pizzas

Nutrition Information:

(using ½ cup of parmesan; ½ cup mozzarella) 628 calories, 39g protein, 36g carbohydrate, 17g fiber, 21g total sugar, 39g total fat, 11g saturated fat, 8019 mg sodium

Nutrition Information fo Sauce:

159 calories, 4g protein, 17g carbohydrate, 8g fiber, 11g total sugar, 10g total fat, 1g saturated fat, 474 mg sodium



Ingredients:

- 1 globe eggplant, about 8 oz and 9-10 inches long
- about 1 T salt, for drawing water out of eggplant
- about 2 T olive oil, for brushing eggplant before roasting
- about 2 tsp dried Italian seasoning, for sprinkling on eggplant before roasting
- 10 large basil leaves, cut in chiffonade strips (*optional*)
- ½ cup freshly grated Parmesan
- ½ cup finely grated low-fat mozzarella blend
- hot red pepper flakes for sprinkling finished pizza (*optional*)

Sauce Ingredients:

- 2-3 tsp extra-virgin olive oil
- 3 large garlic cloves, very finely chopped
- 1 can (14.5 oz) good quality petite diced tomatoes with liquid (or use 2 cups peeled and diced fresh tomatoes)
- ½ tsp dried Italian seasoning blend
- ¼ tsp dried oregano (use Greek or Turkish oregano)

Directions:

1. Cut off both ends of the eggplant; then cut it into ¾ inch thick slices. Put the egg plant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F/190C.)
2. While the eggplant sits, make the sauce. Heat 2-3 tsp olive oil and saute the finely chopped garlic just until it becomes fragrant. Add the petite diced tomatoes, dried Italian seasoning, and dried oregano and let the sauce cook at a low simmer until it's thickened, breaking up the tomatoes with a fork as it cooks. (Add water as needed, a few tablespoons at a time as the sauce cooks, keeping it hot by simmering at very low heat until it's needed for the eggplant slices.)
3. After 20 minutes, wipe the eggplant dry with paper towels. Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with dried Italian seasoning. Roast the eggplant about 25 minutes.
4. While the eggplant roasts, thinly slice the fresh basil leaves and combined freshly grated Parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. Serve hot, with red pepper flakes to prinkle on pizza if desired.

main meals

Cheese and Pepper Quiche

Yield: 1 Quiche

Nutrition Information:

260 calories (130 from fat), 10g protein, 22g carbohydrate, 2g fiber, 5g sugar, 15g total fat, 7g saturated fat, 0g trans-fat, 470 mg sodium, 120 mg cholesterol



Ingredients:

- 10.2 oz Buttermilk Biscuit
- 1 tbsp Extra Virgin Olive Oil
- 1 ¾ cups yellow onion
- 1 cup red bell pepper
- 1 bag Spinach
- 2 tsp garlic, minced
- 4 eggs
- ¾ cup milk
- 4 oz sour cream
- 4 oz cheddar cheese, shredded

Directions:

1. Heat oven to 350°F. Fit biscuits into a pie plate, pinching together the dough to avoid seams. Using a fork, prick the bottom of crust. Bake until lightly golden, 4-6 minutes. Remove and let cool slightly.
2. Meanwhile, heat oil in large skillet over medium heat. Add onion and cook, stirring occasionally, for 5 min. Add peppers and cook, stirring occasionally until just tender, 3-4 min. Stir in spinach and garlic and stir until wilted, 2 min. Remove from heat.
3. In large bowl, whisk together eggs, milk and sour cream. Stir in cheddar cheese. Salt and pepper if desired.
4. Sprinkle onion, pepper and spinach mixture on top and bake until set and knife inserted in the center comes out clean, 30-40 min. Let rest for 5 min and serve.

main meals

Chicken Parmesan

Yield: 1 lb

Nutrition Information:

430 calories (190 from fat), 40g protein, 18g carbohydrate, 4g fiber, 13g sugar, 21g total fat, 12g saturated fat, 2g trans-fat, 1500 mg sodium, 120 mg cholesterol



Ingredients:

- 14 oz Spaghetti Sauce
- 4 tbsp Grated Parmesan Cheese
- 2 Chicken Breasts
- 4 oz Mozzarella Cheese

Directions:

1. Heat oven to 375°F.
2. Spray 13x9 inch baking dish with cooking spray. Pour sauce into pan. Stir in 2 tbsp of parmesan cheese. Add chicken; turn to evenly coat both sides of each breast with pasta sauce mixture.
3. Cover with foil and bake 20-25 minutes or until chicken is done (165°F internal temp.)
4. Top chicken with remaining parmesan cheese and mozzarella cheese. Bake uncovered for 5 min or until cheese is melted.
5. Serve warm with pasta or grain of choice.



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