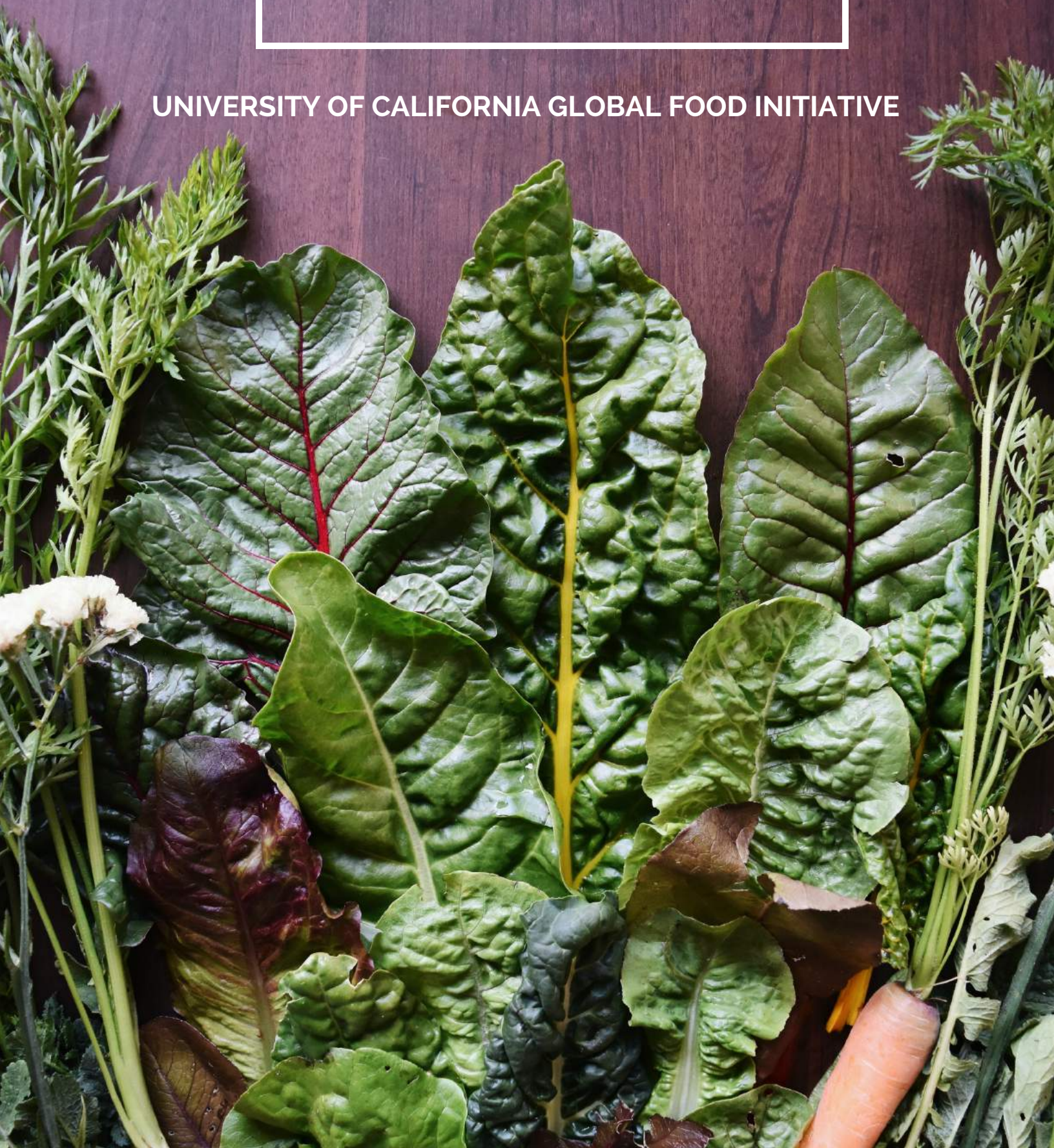


COLLEGE SUSTAINABILITY

COOKBOOK

UNIVERSITY OF CALIFORNIA GLOBAL FOOD INITIATIVE







COLLEGE SUSTAINABILITY

COOKBOOK

**GRACIE WONG
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INTRODUCTION

Getting Started

Welcome to UCI! College marks the beginning of your journey to adulthood. It might be scary at first, but it is all part of the process of growth. Part of the self-growth that occurs in college is to be aware, to be able to recognize the issues in the world, and to be part of the change. We hope that this cookbook will cultivate sustainable habits in the everyday lives of students.

Though the exact definition of sustainability differs from person to person, the idea is to be able to take actions to minimize waste and our impact on the earth to benefit everyone. Caring about the environment or being an environmentalist does not mean that you are a weird hippie that wants radical change. Most environmentalists are just normal people who are aware about environmental issues and take actions to support the cause. It is as simple as making sure you rinse and recycle cans, compost food, and turn off the lights when not in use. This is only the beginning of the process, and the next few chapters will guide you to decide what sustainability means to you.

Not only will you learn how to make a few easy, affordable, healthy, and delicious meals, but you will also learn about the real price of food, what to look for in ingredients, and how it all affects the environment, communities, and the economy. The recipes are meant to serve as a guide and inspiration for your own cooking. Have fun with new ingredients you might find at the farmers' market, or new recipes that you might stumble upon. Cooking is a learning experience, the more you cook, the more you will develop your own style and collect recipes that fit your tastes. It is important to remember that cooking isn't just the act of cooking itself, but also choosing the right ingredients for you and the planet, and supporting the businesses and people that you believe in.



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CHAPTER 1

TRUE COST OF
FOOD

FOOD FOOTPRINT

Carbon footprint is the total amount of greenhouse gases emitted to the atmosphere from activity. Every ingredient in each meal you eat has an impact, from production to packaging to transportation to the eventual disposal.

Something to think about in California is **Water Footprint**, which is the amount of water that is needed to produce food. This can be the water that is used to water crops that can be used to feed livestock, or water that is needed to cook something.

Choosing sustainable foods can be more expensive and seem inaccessible on a budget. It is okay to choose a less sustainable choice when weighing your priorities. However, it is important to keep in mind all the options and make a sustainable choice when possible.

What can you do to reduce your food footprint?

Eat local foods: Food that has not been transported a long distance has a lower footprint because less carbon is being emitted from the transportation process. Try to look for foods that are grown in the US, California, or Southern California. It may even be a lot fresher because it hasn't been sitting around for long!

Eat foods in season: Foods that are in season take up a lot less energy because they grow quickly at the right time of year. Growing foods out of season takes a lot more preparation, storage, and advancements. Foods that are in season usually taste better and are cheaper in the markets. Since in season crops are at an abundance, they are often on sale!

Reduce meat and cheese: Meats produce over five times as much atmospheric carbon per calorie as vegetables. Skipping meat and cheese, even for one day a week, can make a huge difference.

Avoid food waste: The average person wastes about 400 pounds of food each year. When you add that up over the scale of the earth, that's a whopping 5 billion tons of carbon each year! Eat all of your food, save food scraps from cooking for homemade stock and compost the rest!



SOURCES:

AASHE, EPA, FAO, FOOD CLIMATE RESEARCH NETWORK, IPCC, LEOPOLD CENTER FOR SUSTAINABLE AGRICULTURE, SHRINK THAT FOOTPRINT, WATER FOOTPRINT.



GMO AND ORGANIC



What are GMOs?

GMO stands for genetically modified organism. GMOs occur when the genes of one species are taken and artificially placed in the genes of another plant or animal species. A large portion of the foods in markets today are GMOs, especially processed foods. As of now, the FDA does not require GMOs to be labeled in food ingredient lists. The most common genetically modified crops include soy (94%), cotton (90%), canola (90%), sugar beets (95%), corn (88%). Watch out for ingredients like flour, soy protein, cornstarch, corn syrup. These are invisible ingredients that are all made from highly GM crops. GMOs are usually created to increase the nutritional benefits of a food, or increase the productivity of the food. It can also be used as an alternative to pesticides or herbicides, which allows for greater yields of a crop.

Why are GMOs a concern?

Companies such as Monsanto and Syngenta create GMOs and patent them, owning the rights to the seeds and most of the food supply that is used in the world. Farmers that rely on these seeds sign contracts that prevent them from reusing the seeds, causing them to repurchase new seeds every year from monopolies. These crops also usually heavily use synthetic fertilizers and pesticides. Monopolies' profits allow them to create laws that drive organic farmers out of business, creating a vicious monopoly over the world's food supply. Furthermore, their crops contaminate the environment with its use of pesticides and GMOs that may make their way into non-GMO fields, reducing genetic variation in crops. With decreased genetic variation, when a crop is sick, the whole field will get sick and fail as well. This causes the food system to have a greater chance of collapse or a crop species to go extinct. Currently, there is no evidence that eating GMOs affects human health.

What does organic mean?

Organic produce and ingredients are grown without pesticides, synthetic fertilizers, sewage sludge, GMOs and non ionizing radiation. For animal products, the animals do not take antibiotics or growth hormones. When you buy something that is not organic, there are hidden costs in that product, such as the environmental clean up that must be funded by the government. Buying organic reduces the amount of harmful toxins in the air, water, soil, and our bodies, which can adversely affect ecosystems, and human health. It can also be seen as a human justice issue, because the farmers that grow the crops and communities that live near farms that use pesticides are less exposed, leading to healthier future generations.

Labeling

*The **USDA 100% Organic** label excludes GMO products. This means that GMO ingredients are not allowed to be found in organically certified products. 100% Organic means that the product contains 100% organically produced ingredients (excluding water and salt). **Certified organic/USDA organic** is another label that means that at least 95% of the product by weight (excluding water and salt) is organic and the remaining 5% must be approved on the USDA's national list which does not include GMOs. This means that certified organic products may have GMOs in them, but they are usually GMO-free.*

To stay away from GMO products, buy products that are certified by the Non-GMO Project. Unfortunately, this is not a 100% guarantee due to the threat of contamination in the field. Furthermore, just because a product has the Non-GMO certification does not mean that it is certified organic.

SOURCES:

[HTTP://RESPONSIBLETECHNOLOGY.ORG/GMO-EDUCATION/](http://RESPONSIBLETECHNOLOGY.ORG/GMO-EDUCATION/)
[HTTP://WWW.NSF.ORG/CONSUMER-RESOURCES/GREEN-LIVING/ORGANIC-CERTIFICATION/ORGANIC-LABELING-REQUIREMENTS](http://WWW.NSF.ORG/CONSUMER-RESOURCES/GREEN-LIVING/ORGANIC-CERTIFICATION/ORGANIC-LABELING-REQUIREMENTS)
[HTTP://ORGANICS.ORG/WHAT-IS-GMO-MONSANTO-AND-WHY-YOU-SHOULD-CARE/](http://ORGANICS.ORG/WHAT-IS-GMO-MONSANTO-AND-WHY-YOU-SHOULD-CARE/)
[HTTP://WWW.ORGANIC.ORG/HOME/FAQ#FAQ1](http://WWW.ORGANIC.ORG/HOME/FAQ#FAQ1)



FAIR TRADE 101



What is fair trade?

Fair trade means ensuring farmers and workers are compensated adequately with better living conditions. For example, coffee purchased at a coffee shop goes through approximately sixteen different hands from being produced to being sold. Farmers are often excluded from profits despite being the main producer. Every time coffee is handled by a different group of people, the overall price goes up. This does not benefit farmers in any way as their profit is not even considered in the margin and therefore, they live in poor conditions.

Fair trade certification is given to products that make sure this doesn't happen and that the farmers are given a fair amount of compensation for their work and decent working and living conditions. It strives for direct trade with farmers and an association with democratic decision-making among workers. This helps economic development and sustainable agriculture. Fair trade products maybe a few cents extra than non-certified, however this goes along way in ensuring a living wage for farmers.

Coffee is the most common fair trade certified product, but other common products that are certified include:

- Tea
- Chocolate
- Cocoa
- Bananas
- Mangoes
- Grapes
- Apples
- Crafts

UCI Hospitality and Dining serves fair trade, USDA organic, and Rainforest Alliance Certified coffees. Java City, ecogrounds, and some Starbucks coffees are fair trade options on campus to get your daily fix!



Rainforest Alliance Certification means that the product has ingredients that are sourced from Rainforest Alliance Certified farms or forests. The standards for such forests and farms include environmental, social, and environmental criteria that work to conserve wildlife, protect soils and waterways, and make sure workers and their local communities are doing well.

SOURCES:

[HTTP://WWW.RAINFOREST-ALLIANCE.ORG/ABOUT/MARKS/RAINFOREST-ALLIANCE-CERTIFIED-SEAL](http://www.rainforest-alliance.org/about/marks/rainforest-alliance-certified-seal)

[HTTPS://WWW.ORGANICCONSUMERS.ORG/SITES/DEFAULT/FILES/WHAT%20IS%20FAIR%20TRADE%20CERTIFICATION.PDF](https://www.organicconsumers.org/sites/default/files/what%20is%20fair%20trade%20certification.pdf)



CHAPTER 2

STOCKING THE PANTRY

KITCHEN BASICS

Welcome to your new kitchen! A majority of students have had a UCI Meal Plan, so in order to help their transition to self-made meals, we have listed a few cookware and pantry items we believe may be helpful in this transition. Happy shopping!

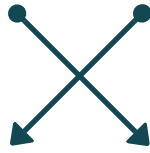
Cookware Essentials:

Spatula
Frying pan
Pot
Baking pan
Tupperware
Mixing bowls
Cutting knives
Utensils
Tongs

Ladel
Plates
Bowls
Mugs
Can opener
Strainer
Peeler
Crockpot
Cutting Boards

Pantry Essentials/What to Stock in Your Pantry

- **BEANS, CANNED.** Beans are an excellent source of fiber and protein. Include a variety such as black, red kidney, white, and pinto. Don't forget to add some cans of fat-free refried beans.
- **TOMATO.** Tomato-based pasta sauce is a great staple for quick meals. Canned tomatoes, tomato sauce, tomato paste and salsa can also be used to enhance a variety of dishes such as soups and stews.
- **RICE.** You can stock either regular or instant rice in your pantry. Brown rice has the most nutrients.
- **PASTA.** Stock up on pasta; it's quick to cook. There are many varieties such as fettuccine, penne, spaghetti, orzo, macaroni, and many more.
- **HERBS.** Although fresh herbs are much more flavorful than dried, they're not always convenient. Some herbs, particularly sage leaves, bay leaves, oregano, thyme, rosemary, mint, and marjoram, maintain their flavors relatively well when dried.
- **SPICES.** Purchase spices in small quantities so they don't lose their flavor before being used. Some spices to have on hand are: garlic powder, garlic salt, onion powder, pepper, salt, nutmeg, oregano, Italian seasoning, cayenne pepper, thyme, paprika, and basil.
- **SWEETENERS & FLAVORS.** Honey, sugar, brown sugar, maple syrup, agave nectar, powdered sugar, vanilla extract, and packets of any type of artificial sweetener are essential to have on hand.
- **FRESH FRUITS AND VEGETABLES.** Try to buy what is in season every week at the market. A great way to know what is in season is by looking at the weekly sale flyers. Usually what is on sale is what is in season because an excess is grown.



ESSENTIAL INGREDIENTS

HERBS AND SPICES

- o Salt (in a grinder)
- o Black Pepper (in a grinder)
- o Cumin
- o Oregano
- o Smoked paprika
- o Cayenne pepper
- o Garlic powder
- o Mixed seasoning
- o Fresh herbs
 - Cilantro
 - Thyme
 - Parsley
 - Rosemary
 - Basil

CARBOHYDRATES

- o Brown rice
- o Oatmeal
- o Polenta
- o Lentils
- o Beans
- o Dried pasta
- o Rice noodles
- o Udon
- o Whole wheat bread
- o Whole wheat tortillas

BAKING

- o All-purpose flour
- o Whole wheat flour
- o Baking powder
- o Baking soda
- o Granulated/cane sugar
- o Brown sugar
- o Chocolate (dark)

CONDIMENTS

- o Oil (coconut, grapeseed, avocado, sesame, etc.)
- o Raw apple cider vinegar
- o Balsamic vinegar
- o Peanut butter
- o Raw honey
- o Mustard (whole grain)
- o Salad dressing
- o Hot sauce (Sriracha, Tapatio, etc)

DRY STORAGE

- o Onions (red, yellow)
- o Garlic
- o Potatoes (Idaho, sweet, etc.)
- o Squash (acorn, butternut, etc)
- o Broths (vegetable, chicken, beef)

FREEZER

- o Fruit
- o Chicken Breast
- o Vegetables

FRIDGE

- o Butter or Ghee
- o Cheese
- o Eggs
- o Milk (Almond, coconut, soy, etc.)

VEGAN SUBSTITUTES

- o Tofu
- o Coconut/almond/soy milk
- o Sundried Tomatoes
- o Miso paste
- o Mushrooms

NUTRIENTS AND BASICS

1. EAT 3 MEALS AND 2-3 SNACKS DAILY.

Make time for meals. Eating 3 meals per day plus snacks will give you energy that will last all day and keep your metabolism active. Pack healthy portable snacks such as fruit or a granola bar when you are on the go.

2. BUILD MEALS AROUND COMPLEX CARBOHYDRATES.

Carbohydrate foods are the main fuel source for the mind and muscles. Complex carbohydrate sources are: whole wheat breads, cereals, pasta, and rice, beans, potatoes and other starchy vegetables.

3. INCLUDE PROTEIN SOURCES AT EACH MEAL.

Protein sources provide essential amino acids, which are building blocks for body tissue. Lean sources include: nonfat or 1% milk, yogurt, low fat cheese, skin free poultry, seafood, lean red meats, tofu, soy, egg whites, and beans.

4. LIMIT HIGH FAT FOODS.

Fats provide essential fatty acids, which help transport nutrients and provide energy. Some fat is fine, yet too much may provide extra calories, causing weight gain.

5. LIMIT HIGH SUGAR FOODS.

High sugar foods like soda pop, candy, and desserts are high in calories and very low in nutrients.

6. STAY HYDRATED.

Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, then you are already partially dehydrated. Pack a bottle of water in your backpack.

7. A REGISTERED DIETITIAN CAN HELP.

Students can also meet with our Registered Dietitian Nutritionist (RDN) at UCI's Center for Student Wellness and Health Promotion (former Health Education Center) for free nutrition counseling/education sessions on Wednesdays from 3:00 p.m. – 5:00 p.m. and on Mondays from 8:00 a.m. – 5:00 p.m. Contact Jody Margolis, MS, RDN directly via email at margolj1@uci.edu to schedule an appointment at the Center for Student Wellness and Health Promotion for a free nutrition counseling/education session.



SOURCES:

[HTTPS://WWW.GESEO.EDU/SITES/DEFAULT/FILES/SITES/HEALTH/COLL
EGEEATING_FITNESS101.PDF](https://www.geneseo.edu/sites/default/files/sites/health/collEGEEATING_FITNESS101.PDF)

USEFUL WEBSITES

More information and tools are available outside the scope of this guide. Here are some useful websites to check out!

FIND RECIPES BASED ON YOUR INGREDIENTS

The following websites will allow you to input ingredients that you have in your kitchen and generates a selection of recipes to try with those ingredients! It's great for those days when you are down to your last staples before going out to buy groceries.



supercook.com



myfridgefood.com



recipematcher.com

FEATURED ONLINE FOOD BLOGS

Bookmark the following blogs for inspiration and new ideas. They are perfect for college students just starting out and trying to eat healthy on a budget.



ohsheglows.com

oh she glows features energizing vegan plant-based recipes using real, whole food ingredients. It also makes room for indulgent desserts!



fullthymestudent.com

full-Thyme student includes easy, delicious recipes for students on a budget. Many of the recipes were created in the blogger's petite kitchen. It's perfect for the curious, hungry student!



101cookbooks.com

101 Cookbooks is a collection of healthy, natural recipes from various bloggers. You can find anything from the basics, to cooking by the season, to cooking by the ingredient.



budgetbytes.com

BudgetBytes has very simple, quick, and satisfying recipes for a budget. It is perfect for college students who want to stop eating ramen noodles everyday. It even breaks down each recipe to the cost per serving!



theslenderstudent.com

the Slender Student is the blog of a student who tries to balance cooking and eating healthy, with the need to have quick things to eat at times. It explores recipes that look at the practicality of eating healthy in a busy world.



SPROUTED KITCHEN

sproutedkitchen.com

Sprouted Kitchen includes recipes made from seasonal ingredients. The recipes are not overcomplicated and can easily be catered towards your personal taste.

LOCAL MARKETS

Before you even start cooking, you need to buy the ingredients you want to cook and eat. It's a great practice to get comfortable with nearby markets and see what is most convenient and accessible to you on a weekly basis. When purchasing your ingredients, make sure to keep in mind where your ingredients may have come from, what may have been done to them, and their nutritional value.



Ants in your Plants Garden

Fresh, seasonal produce grown by students, available during organized harvest.

Address: Arroyo Vista Ants in your Plants Garden

Hours: Vary per quarter. Visit <https://www.asuci.uci.edu/internalvp/garden/> for info

Distance from UCI: 0 miles



SOAR Food Pantry

Provides free basic food supplies and resources to students.

Address: Student Outreach and Retention Center

Hours: Vary per quarter. Visit <http://soar.uci.edu/food-pantry/> for more information



Trader Joe's

Great for picking up unique basics, snacks, and frozen foods at a decent price.

Address: University Center, 4225 Campus Dr, Irvine, CA 92612

Phone: (949) 509-6138

Hours: 8 AM to 10 PM everyday

Distance from UCI: 0.9 mile, 19 minute walk, 5 minute bike



Albertsons

A larger grocery chain that holds a larger variety of foods for the average person.

Address: 4541 Campus Dr, Irvine, CA 92612

Phone: (949) 854-8282

Hours: 6 AM -12 AM everyday

Distance from UCI: 0.4 mile, 8 minute walk, 2 minute bike, 5 minute drive



Wholesome Choice

An international supermarket that has a large array of produce and ready-made foods.

Address: University Park Center, 18040 Culver Dr, Irvine, CA 92612

Phone: (949) 551-4111

Hours: 7 AM - 11 PM everyday

Distance from UCI: 2.1 miles, 9 minute bike, 9 minute drive



Farmer's Market (Mariner's Church)

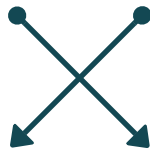
A lively farmer's market with a large array of organic produce grown by local farmers and various booths, all tied together with live music.

Address: 5001 Newport Coast Dr, Irvine, CA 92603

Phone: (714) 573-0374

Hours: Saturday 8 AM- 12 PM

Distance from UCI: 2.0 miles 13 minute bike, 8 minute drive



DIRTY DOZEN

The dirty dozen list is a great way to prioritize which produce to buy organic on a budget. As a rule of thumb, it is best to stay away from or buy organic versions of the first "dirty dozen". The last 15 items are the "clean fifteen", so they are a better choice to buy non organic if you're on a budget.

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet bell peppers
12. Potatoes
13. Cucumbers
14. Cherry Tomatoes
15. Lettuce
16. Snap Peas - imported
17. Blueberries - domestic
18. Hot peppers
19. Kale/collard greens
20. Blueberries - imported
21. Green beans - domestic
22. Plums
23. Tangerines
24. Raspberries
25. Carrots
26. Winter Squash
27. Oranges
28. Summer squash
29. Green beans - imported
30. Snap pears - domestic
31. Bananas
32. Green onions
33. Watermelon
34. Mushrooms
35. Sweet potatoes
36. Broccoli
37. Grapefruit
38. Cauliflower
39. Cantaloupe
40. Kiwi
41. Honeydew melon
42. Eggplant
43. Mangos
44. Asparagus
45. Papayas
46. Sweet peas frozen
47. Onions
48. Cabbage
49. Pineapples
50. Avocados

SOURCE:

[HTTPS://WWW.EWG.ORG/FOODNEWS/LIST.PHP](https://www.ewg.org/foodnews/list.php)

TIPS FOR EATING OUT

Being in college, you can't avoid going out to eat once in awhile. You're in a new area, new friends, and you want to explore a little. College can get busy and sometimes you just don't have the time to go back home and cook something. Alas, eating out doesn't mean that you have to give up being sustainable. Here are a few tips on some little things you can do.

Bring your own utensils: Plastic utensils are only used once, and can't be recycled!

Bring your own bottle: Reduce the amount of plastic cups that go around. A lot of places on campus are offering discounts on coffee if you bring your own mug!

Choose to drink water: Hydrate yourself instead of getting an overly sugary drink.

Choose regular water instead of bottled: Not only will you reduce waste, but you'll also save money! Bottled water has very few regulations and may not even be as clean.

Ask for no straw: UCI uses nearly 1 million straws on campus every year, and that's not including Starbucks. The plastic adds up.

Bring your own container for leftovers: Styrofoam containers are especially bad because they can't be recycled. If you forget a container, remember to wash the container you get to recycle it if possible.

Choose a local restaurant that you can walk or bike to: Save on gas and get some exercise.

Dine-in instead of to-go or drive-thru: You get more trash (ketchup packets, containers, bags, plastic utensils) when you order to-go and you emit more greenhouse gasses when you sit in your car to wait.

Order food that is in season: It will taste better and probably will have more nutrients. It also takes less resources to grow in season food.

Go to cafes that serve fair trade coffee: This ensures that farmers have a good salary and good working conditions.

Eat at restaurants that highlight their sustainable efforts: There's a reason why they're bragging.

LOCAL SUSTAINABLE PLACES TO EAT

VeggieGrill
Tender Greens
Slapfish
Asian Box
The Green Room
Vitality Bowls





CHAPTER 3

**KITCHEN
SKILLS**

SUSTAINABILITY HOUSE



• **ZERO WASTE** •



UCI has the goal of achieving Zero Waste by 2020 which is defined as diverting 90% or better of campus solid waste from landfill. This can be done by recycling, composting, or not producing waste in the first place! As of 2017, UCI is at 83% diversion, which has been achieved by many back-of-house processes. To cover that last 12%, everyone needs to play a part.



UCI can **RECYCLE** any clean, dry plastic, paper, glass, and aluminum material. Just rinse out containers made of these materials to recycle them. Shipping boxes made of cardboard can also be recycled.



UCI will **COMPOST** any food scraps you may have while cooking or any leftover foods. UCI uses its “compost” to retrieve methane gas from the decomposition of the waste, which is then used as energy to pump reclaimed water throughout the whole school! To compost in UCI Housing, you can find a little compost bin on the kitchen counter. On campus, you will find large green compost bins at retail dining locations.



Plastic bags, styrofoam, plastic utensils, wrappers, and non-compostable materials soiled in food belong in **LANDFILL**. Plastic Bags and other thin plastics are too thin to recycle, and cannot be sorted in the recycling facility. Plastic containers contaminated with food also go into landfill, however, if you are at home, just rinse out plastic containers to recycle! Large chain stores like Target and Walmart also have plastic bag recycling bins where they reuse plastic bags.

The best thing to do is to reuse any materials you have, or cut down on the amount of packaging you buy. This prevents waste from being created, and less raw materials from being used up.

SPOILAGE AND STORAGE

How food spoils

Bacteria: Breaks down food and causes changes in color, taste, and odor of the food.

Temperature: Bacteria grows at temperatures between 41 to 135° F. Don't leave your food out at room temperature and make sure your fridge is cold enough. Defrost frozen meat in the fridge, not in hot water to prevent bacteria from growing.

Air: Food exposure to air allows for oxidation, which can change the color of the food. Seal your food in airtight glass containers to keep them fresh.

Time: Bacteria grows over time, even at refrigerator temperatures. Leftovers should be eaten within three to four days.

How to prevent food spoilage

Organization tips: Place food that will expire soon at the front of your fridge; when you buy new food, place it behind the old food.

Meal Plan: If you plan ahead which ingredients you need to keep in your fridge, it is less likely to have spoiled food because you plan to use it up!

Fruit and Vegetables: Don't wash or cut your fruit and vegetables until it's time to prepare them to preserve nutrients and prevent you from eating mold. Berries only store for a few days.

Observations: If it looks, tastes, or smells weird, it probably went bad. Don't risk your health and dispose of it properly.

Storing food

Refrigerate Perishable Food: Store perishable food and leftovers within two hours or within one hour in the summer.

Frozen Food: Almost any food is able to be frozen, however it doesn't mean the food is safe or good to eat.

*Freezing food does not kill harmful bacteria, it only slows down the rate at which the bacteria multiplies which slows down the spoilage of the food. Remember that all food expires, so freezing doesn't mean it will last forever.

Best By: Gives a suggestion to when the food will be of best quality when consumed. Not indicative of purchase or safety date.

Use By: Tells the consumer when the product should be eaten by for best quality. After date printed, quality of product will lessen faster.

Sell By: Guidance for the seller when product should be removed from shelf. Does not mean that the product is unsafe to eat after the date.

4 STEPS TO FOOD SAFETY

KEEP CLEAN:

- Before and after handling food, wash your hands for at least 20 seconds with warm water and soap.
- If using the same utensils to prep different kinds of produce, wash in between with warm, soapy water.
- Designate a reusable towel to keep surfaces clean.
- Rinse and rub fruits and vegetables under running water before eating.
- To be extra safe, let produce sit in a solution of water and about a tablespoon of organic apple cider vinegar before rinsing thoroughly.
- Rinse lids of canned items before opening.

SEPARATE

- Separate eggs, poultry, raw meat, and seafood from other fresh produce in your shopping carts, bags, and fridge.
- To prevent cross contamination, use separate cutting boards, utensils, and plates for meats and eggs unless they have been thoroughly washed with hot soapy water.

COOK

- Use a food thermometer to make sure raw meat is cooked thoroughly.
- If using a microwave oven, cover, stir, and rotate food for even cooking.

CHILL

- Storage: refrigerate or freeze leftovers within 2 hours.

Step 1: Select foods that are freezer-friendly:

- Soups, stews, meatloaf, casseroles, etc.

Step 2: Chill your food:

- Allow food to cool first on the counter until room temperature, then in the refrigerator in a shallow and wide uncovered container.

Step 3: Storage:

- Once food is chilled, place food in a food container with a lid.

Step 4: Freeze:

- Freeze quickly in a single layer in the freezer to preserve quality.

Step 5: Defrosting:

- You can either defrost in the microwave or the refrigerator. Keep in mind that defrosting in the refrigerator takes about 5 hours per pound. You should never defrost at room temperature because you can run the risk of contamination. Cook immediately after defrosting.
- Freezing certain types of food can cause its texture to change. Therefore try to avoid freezing the following: gravies/sauces, fruits and vegetables that are high in water content, potatoes (cooked), pasta (fully cooked/soft), and a few types of dairy products such as yogurt, sour cream, and milk.

KITCHEN SAFETY

Fire Safety/Kitchen Safety

- *Be sure to have oven mitts or hand towels to handle hot pan/pot handles.*
- *Make sure to clean spills immediately to avoid slips and falls.*
- *If cooking on a stovetop, do not leave it unattended.*
- *The leading cause of fires involve cooking on a stovetop as well as leaving food unattended while cooking.*

Tips for Safe Cutting

- *Have a good set of knives. Having a sharp knife is very important. Sharp knives are safer since less pressure is required to cut through food and if you do manage to cut yourself, at least it will be a clean cut.*
- *Never put a knife in soapy water in a sink and leave unattended. If someone else reaches in and grabs the blade, they might get cut.*
- *Curl your fingers under. Train yourself to curl your fingers under on the hand that holds the vegetables. Your knuckles should be nearest the knife. This keeps your fingertips out of harm's way.*
- *Wash vegetables before peeling or cutting. This washes away any unwanted bacteria or pesticides before cutting into the center.*
- *To keep knives sharp, do not cut on porcelain, glass or metal surfaces; do not use as a substitute for any other kind of tool.*

Cutting Terms

- **Chop:** *To cut into small pieces with a sharp knife.*
- **Cube:** *To cut into small squares of equal size.*
- **Julienne:** *To cut into thick long strips.*
- **Slicer:** *To slice into long, thin strips.*
- **Dice:** *To cut into smaller cubes.*
- **Grate:** *To cut food into very fine particles by rubbing on a grater.*
- **Grind:** *To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Also can be accomplished in a food processor.*



SOURCE:

[HTTPS://ALLACUCINA.COM/HOW-TO-PROPERLY-USE-A-CHEF-KNIFE/](https://allacucina.com/how-to-properly-use-a-chef-knife/)

CROCK POT TIPS

Having a Crock pot is really convenient because as a full time student, sometimes you just want to come home and have a meal to eat. It's easy to quick and easy to use and can make some delicious hearty meals that will satisfy your hunger. Spend a few minutes in the morning to throw in some ingredients, turn on the crock pot, and you're good to go!

- *Once you have everything in your crock pot and the top is on, leave it alone. You do not need to tend to the pot while it's cooking, and stirring isn't called for in most recipes.*
- *Generally, most crock pot recipes call for 6-8 hours on low and/or 4 hours on high. It is fine to let the food cook longer than the said time because the temperature is at a steady, low heat so your food will not burn.*
- *Make sure to thaw any frozen ingredients before putting them in your crock pot. If you are in a hurry, and have forgotten to thaw your frozen ingredient, just add a cup of warm water or broth to prevent 'shocking' your dish.*
- *To speed up your cooking time, put some aluminum foil under your crock pot lid, this will keep the heat in your crock pot and make cooking more efficient.*
- *It isn't necessary to brown meat before putting it into your crock pot, but you'll find that your dish will be more visually appealing if you brown meat first.*
- *Add ground herbs near the end of cooking time to avoid having them lose flavor over long cooking times.*
- *Add rice or pasta during the last 30 minutes of cooking to avoid mushy outcomes.*

Is a Crock pot sustainable?

- *Energy statistics: electron oven @ 350°F for 1 hr = 2.0 kWh*
- *Crock pot @ 200°F for 7 hrs = 0.70 kWh*
- *YES! It uses less energy!*

Benefits of using a Crock pot

- *Very easy to make healthy and nutritious meals*
- *User-friendly for those who don't know how to cook*
- *Saves time*
- *Come home to a freshly cooked meal*



SOURCE:

[HTTP://FAMILYCROCKPOTRECIPES.COM/CROCKPOTCOOKINGTIPS.HTML](http://familycrockpotrecipes.com/crockpotcookingtips.html)

MEAL PLANNING

Why you should plan your meals

- You will become more conscious of what you're eating and eat healthier.
- You're less likely to buy unhealthy foods at convenience stores.
- College-student friendly.
- You have control of your budget if you plan what you will eat for the week, when you plan your grocery shopping list.
- You will eat out less if you're cooking your own meals.
- Save time from walking to places everyday to buy something to eat.
- You can conveniently eat anywhere.
- Produces less food waste, which is better for the environment.
- You're more likely to eat what's on your "menu" than throw out your food.
- American Chemistry Council - \$640 of food is thrown out every year in households.

How to Meal Plan

- Brainstorm some dishes you can cook in bulk. Pick 1-2 dishes to cook for the week.
- Ex: Choose a protein (chicken, pork, fish, tofu), a carb (potatoes, rice, pasta), and vegetable sides.
- Pick 1 or 2 days where you can cook days worth of food and store it in containers in your fridge.
- *This method saves most time since you do all your cooking in one day. It is also the easiest to grocery shop for since you're only buying ingredients for 1-2 dishes as opposed to 5 dishes.



Gracie's Go-To Meal Prep: Miso-Roasted Tofu Salad

- Firm tofu pan-fried with miso paste
- Feta cheese
- Cut cherry tomatoes
- Sliced mushrooms
- Salad greens

Super easy to toss together for a well-balanced healthy meal. Ingredients can be used in other meals like pasta, sandwiches, or with rice.

Tips for Meal Planning

- Try to plan meals that utilize similar ingredients. (Ex: Any vegetables you buy for the week can be thrown into a hearty salad and also incorporated into a pasta dish).
- If you're new to meal planning, start out small. Try planning half a week's worth of dishes to start out with.
- Save recipes that worked for you.
- Meal plan around grocery store weekly newsletter sales.



CHAPTER 4

BREAKFAST

EASY BREAKFAST IDEAS

1. Toast & Healthy toppings

- Peanut butter + Bananas
- Hummus + Tomatoes
- Mashed Avocado + Crumbled Feta Cheese
- Any Seasonal Fruit + Nutella + Honey



2. Oatmeal

- Steel-cut is healthier but can take longer in the morning to prepare.
- Jazz it up with toppings like yogurt, fruit, peanut butter, cinnamon.
- Make it overnight and store in the fridge.

3. Green Smoothies

- 1 cup leafy greens (spinach , kale, romaine)
- 1 cup liquid base (water, coconut water, almond milk, coconut milk)
- 1.5 cups frozen fruit (bananas, mango, berries, orange, peach, apple, pineapple)
- Try adding chia seeds, honey, cacao powder, nut butter

4. Greek Yogurt Banana Poppers

- Dip sliced banana pieces in your favorite greek yogurt and freeze for at least 1 hour.



5. Greek Yogurt

- Buy plain and add in berries, chia seeds, mandarin oranges
- Flavored greek yogurt contains a lot of sugar

6. Flourless Pancakes

- 2 mashed overripe bananas + 1 egg
- Mash banana and mix in cracked egg for batter.
- Cook in a pan for 5 minutes on medium-high heat.

7. Chia Seed Pudding

- 1 cup of nondairy milk (almond, coconut etc.)
- 2 tablespoons chia seeds
- Optional: fruit pieces, dried fruit, shredded coconut, honey
- Combine chia seeds and milk and shake in a mason jar.
- Refrigerate for 5-6 hours and shake again, then refrigerate for 18 more hours.



8. DIY Trail Mix

- Visit bulk stores (Winco, Whole Foods) to customize your own trail mix!
- Mix-and-match nuts, granola, chocolate nibs, dried fruits, etc.
- TIP: To make this zero-waste, bring your own reusable containers (produce bags, tupperware, glass).

Omelette

A filling, hearty start to your morning

Servings: 1 serving

Cook Time: 10 minutes



- 2 eggs
- 1 tsp oil
- Salt and pepper to taste

Stuffing (optional)

- Cheese
- Tomatoes, diced

- Mushrooms, sliced
- Onions, diced
- Ham, sliced
- Turkey, sliced
- Spinach
- Garlic, minced

1. Turn on the stove to medium-low heat and add oil to the pan.
2. Crack eggs in a bowl and whisk with a fork. Add pepper to taste.
3. Add egg mixture to the pan.
4. Wait about 2 minutes for eggs to set.
5. Flip the egg with a spatula and salt to taste.
6. Add any stuffing to one side of the egg.
7. Fold the egg in half when the egg has completely cooked through.
8. Transfer to a plate and serve.

Breakfast Burrito

Make them ahead of time and freeze for an easy meal

Servings: 4 servings

Cook Time: 30 min



- 4 eggs
- 4 whole-wheat tortillas
- 1 tsp oil
- Salt and pepper to taste
- $\frac{1}{4}$ cup salsa
- 1 large tomato, diced
- $\frac{1}{2}$ small red onion, diced
- 1 red bell pepper, seeded and diced
- 1 cup canned black beans
- 1 $\frac{1}{2}$ ounce shredded pepper Jack cheese
- 1 small avocado

1. Heat oil in pan over medium-high heat and cook onions and peppers for about 8 minutes.
2. Add black beans and cook for another 3 minutes. Add salt and pepper to taste. Transfer to another dish.
3. Whisk eggs and stir in cheese. Cook over low heat for about 3 minutes.
4. Spread tortilla with salsa and layer on $\frac{1}{4}$ black bean mixture and $\frac{1}{4}$ scrambled egg mixture, diced tomatoes, and $\frac{1}{4}$ avocado.
5. Roll into a burrito and serve.



CHAPTER 5

LUNCH

SANDWICHES AND WRAPS

Red Onion Kalamata Olive Tuna Sandwich

- 6-ounce can of tuna
- 1 tsp olive oil
- Black pepper
- 1/2 small shallot, thinly sliced
- 1 Tbsp kalamata olives
- Combine ingredients and spread on your favorite bread.



Ham and Spinach Focaccia

- 1 8-in round focaccia bread
- 3 Tbsp mayo
- 2 Tbsp chopped fresh basil
- 1 cup spinach leaves
- 8 oz smoked deli ham, thinly sliced
- 1/4 tsp crushed red pepper
- 1 7 oz bottle roasted red bell peppers
- Spread mayo on bread and layer ingredients. Cut into fourths.



Chicken Caesar Wraps

- 1 lbs cooked and cooled chicken breast
- 1/4 cup Caesar dressing
- 1/8 cup shredded Parmesan cheese
- 1.5 cups chopped romaine lettuce
- 3 large flour tortillas
- Cut chicken into slices and drizzle with Caesar dressing.
- Assemble with chicken, cheese, and romaine.



Spinach and Feta Wrap

- 1 7-in whole wheat tortilla
- 1/4 cup sliced mushrooms
- 2 cups fresh spinach
- 1 large egg
- 2 Tbsp feta cheese
- 1 Tbsp sun-dried tomatoes, chopped
- Saute mushrooms and pepper for 2 minutes, stir in spinach and saute for another minute. Add eggs and cook until set.
- Assemble wrap with egg scramble, feta cheese, and tomatoes.



SOURCE:

[HTTP://WWW.MYRECIPES.COM/RECIPE/RED-ONION-KALAMATA-OLIVE-TUNA-SANDWICH](http://www.myrecipes.com/recipe/red-onion-kalamata-olive-tuna-sandwich)
[HTTP://WWW.MYRECIPES.COM/RECIPE/HAM-SPINACH-FOCACCIA-SANDWICHES](http://www.myrecipes.com/recipe/ham-spinach-focaccia-sandwiches)
[HTTP://LIFE-IN-THE-LOFT.COM/CROCK-POT-CHICKEN-CAESAR-WRAPS/](http://life-in-the-loft.com/crock-pot-chicken-caesar-wraps/)
[HTTP://WWW.POPSUGAR.COM/FITNESS/STARBUCKS-SPINACH-FETA-WRAP-RECIPE-31666375](http://www.popsugar.com/fitness/starbucks-spinach-feta-wrap-recipe-31666375)

Pizza

A healthier customizable version of your favorite college meal

Servings: 4 servings

Cook Time: 25 min



- 12-in pizza crust/tortilla/pita
 - ¼ cup tomato sauce
 - 2 cups shredded cheese
 - Garlic, minced
 - Basil, chopped
 - Artichoke hearts
 - Spinach
 - Cherry Tomatoes
 - Olives
- Toppings (Optional)**
- 3 large mushrooms, sliced
 - 1/2 small bell pepper, sliced
 - 1/2 small red onion, sliced

1. Lay down tortilla or pizza crust.
2. Spread tomato sauce all over the surface of the tortilla.
3. Top with cheese.
4. Place cut toppings of your choosing on top.
5. Bake at 400°F for 10 minutes or until cheese is melted.
6. Serve.

Quesadillas

Simple, but filling and delicious

Servings: 2 servings

Cook Time: 20 min



- 2 8-in tortillas
- ¼ bunch cilantro
- 1 cup shredded cheese
- 1 bell pepper
- ½ small onion, sliced
- 1 clove garlic, minced

HEALTH TIP

TRY WHOLE WHEAT TORTILLAS FOR
MORE FIBER AND NUTRIENTS

1. Heat up tortilla in frying pan.
2. Lay down shredded cheese on one side of the tortilla:
3. In another pan, fry onions and bell peppers and garlic.
4. Add onions, bell peppers, and garlic to the tortilla on cheese side.
5. Fold tortilla over.
6. Cut into triangular pieces and top with cilantro.
7. Serve.



CHAPTER 6

DINNER

Udon

Your new ramen replacement

Servings: 1 serving

Cook Time: 30 min



- 1 Tbsp miso paste
- 9 oz frozen udon noodles
- 8 oz firm tofu, diced
- 1 tsp oil
- Baby bok choy, cabbage, or spinach as desired
- ½ package enoki mushrooms
- Chopped green onions (optional)
- Shredded seaweed (optional)

1. Bring two cups of water to a boil.
2. Heat pan with oil and stir fry tofu for about 10 minutes. Season with salt and pepper and set aside.
3. Dissolve 1 tablespoon of miso paste in a small bowl with warm water and mix. Stir into boiling water.
4. Add one serving of frozen udon noodles to the soup.
5. Add vegetables, mushrooms, and tofu. Let sit for 1 minute for vegetables and mushrooms to cook.
6. Transfer to a bowl. Garnish with green onions and seaweed and serve.

Spaghetti

Make mom's spaghetti all by yourself!

Servings: 4 servings

Cook Time: 30 min



- 16 oz spaghetti noodles
 - 1 24-oz bottle spaghetti sauce
 - 2 cloves garlic, chopped
 - Salt and pepper
 - 2 shallots, diced
 - 1 tsp oil
 - 2 lbs ground beef
- Vegetarian option (omit beef)**
- 1 zucchini, diced
 - 1 carrot, sliced
 - 1 cup mushrooms, sliced

1. Bring 4 cups of water to a boil in a large pot.
2. Add oil to a pan and add garlic and shallots.
3. Add ground beef or vegetables and mushrooms and cook until brown.
4. Add spaghetti sauce and stir.
5. Add salt and pepper to taste.
6. Add spaghetti noodles to water and cook according to box.
7. Plate noodles with sauce and serve.

Soba Salad

A light, refreshing cold dinner that you can save for lunch

Servings: 2 servings

Cook Time: 30 min



- 4 oz soba noodles
- 2 boiled eggs
- 2 radishes, thinly sliced
- 1 lb chicken
- 1 carrot, shredded
- 1/2 head of romaine lettuce, thinly sliced

Sauce

- 2 Tbsp miso paste
- 1 Tbsp soy sauce
- 1 tsp apple cider vinegar
- 2 cloves garlic, crushed

1. Bring 2 pots of water to a boil.
2. Cook soba according to time on the package; usually 7-8 minutes.
3. Boil eggs in second pot of boiling water; about 10-12 minutes.
4. Stir miso paste, soy sauce, and apple cider vinegar for sauce
5. Strain noodles and transfer to a serving bowl.
6. Mix sauce in with noodles and top noodles off with romaine, carrots, radishes, chicken and peeled egg.

Popcorn Chicken

Healthy version of a fried treat.

Servings: 2 servings

Cook Time: 40 min



- 2 chicken breast, cubed
- 1 egg
- 1 cup panko bread crumbs
- Salt and pepper

Sauce

- 1 part raw honey
- 1 part whole grain mustard

1. Preheat oven to 400° F.
2. Crack and whisk egg.
3. Dip each cube of chicken in the egg and cover in breadcrumbs.
4. Line a baking sheet with aluminum foil and bake chicken for 20 minutes.
5. For sauce, mix honey and whole grain mustard to taste.

VEGETARIAN TIP

TRY REPLACING CHICKEN WITH CUT CAULIFLOWER PIECES TO MAKE THE MEAL VEGETARIAN!

Guac-stuffed potato skins

Healthier version of a loaded potato

Servings: 4 servings

Cook Time: 80 min



- 4 Russet potatoes
- 2 avocados
- 5 cherry tomatoes, diced
- 2 shallots, chopped
- 2 cloves garlic, chopped
- Salt and pepper

1. Preheat oven to 425°F.
2. Poke potatoes with a fork.
3. Bake potatoes for 45-60 minutes, depending on size.
4. Pierce with a fork to check if done. It is done when the inside is completely soft.
5. Half avocados and mash.
6. Add cherry tomatoes, shallots, garlic, salt, pepper, and mix.
7. Empty out the center of the potatoes with a spoon and set aside.
8. Fill in the center of potatoes with the freshly made guacamole.
9. Make mashed potatoes with the remaining potato.

Fried Rice

Rice, soy sauce, and leftovers

Servings: 4 servings

Cook Time: 25 min



- 2 cups day-old long-grain rice
- 2 Tbsp soy sauce
- 2 cloves garlic, minced
- 2 shallots, chopped
- 1 tsp oil
- 2 eggs

Optional Ingredients

- Meat or tofu
- Chopped carrots
- Frozen peas
- Bok choy
- Spring onions
- Celery

1. Cook rice a day in advance in a rice cooker or in a pot according to directions on the bag
2. Turn on stove to high heat and add oil to the pan. Add garlic and chopped onions and cook until fragrant.
3. Add egg and scramble quickly.
4. Add in vegetables and any other ingredients you might have.
5. Stir in cooked rice and soy sauce.
6. Serve hot.

Enchilada Bake

Quick and easy one pan recipe

Servings: 4 servings

Cook Time: 60 min



- ½ cup dry beans, cooked
- 1 onion, chopped
- 1 clove garlic, minced
- 5-6 mushrooms chopped
- 1 ½ stewed tomatoes
- 1 tbs chili powder
- 1 tbs cumin, ground
- Salt to taste
- 6-8 corn tortillas
- ½ cup grated jack cheese
- ½ cup ricotta cheese and yogurt
- Black olives

1. To make sauce, sauté onion, garlic, mushrooms, and pepper. Add the beans, tomatoes, spices, and salt. Simmer gently for 30 minutes.

2. In an oiled casserole, put a layer of tortillas, a layer of sauce, 3 tablespoons of grated cheese, 3 tablespoons of the cheese-yogurt mixture. Repeat until all the ingredients are used, ending with a layer of sauce.

3. Garnish the top with the cheese-yogurt and black olives. Bake at 350°F for 15 to 20 minutes.

Spring Rolls

Light and Refreshing

Servings: 4 servings

Cook Time: 40 min



- 2 oz rice vermicelli
- 8 rice wrappers (8.5 in diameter)
- 1 lb cooked protein (tofu, shrimp, pork)
- 1 small head of lettuce
- 1 carrot, shredded

Sauce

- $\frac{1}{3}$ cup peanut butter
- 3 Tbsp Hoisin sauce
- 1 Tbsp soy sauce
- 1 Tbsp fresh lime juice
- 2-4 Tbsp water to thin

1. Bring 1 cup of water to boil. Pour over vermicelli noodles in a bowl and let sit for 3-5 minutes until soft. Drain and submerge in cold water.
2. Peel lettuce and rip each leaf in half.
3. Fill a large bowl with warm water. Dip rice wrapper in for 1 second.
4. Lay wrapper flat. In a straight line across the middle, fill with protein, vermicelli, lettuce, and carrots. Leave 2 inches on either side.
5. Fold in the sides and tightly wrap.
6. In a small bowl, mix sauce ingredients
7. Serve with sauce.



CHAPTER 7

DESSERTS

Chocolate strawberries

A classic fresh and decadent treat to share with others

Servings: 10 servings

Cook Time: 45 min



- 20 large strawberries
- 1 cup baking chocolate

Toppings (optional)

- Crushed peanuts
- Sprinkles
- Coconut flakes

1. Start a double boiler (pot filled with water and a larger metal or glass bowl on top that covers the opening of the pot completely).
2. Once water boils, turn off heat and add the chocolate into the bowl.
3. Stir until completely melted.
4. After washing the strawberries, make sure they are dry.
5. Dip the dry strawberries into the melted chocolate then place to the side on a plate or cookie sheet.
6. Sprinkle toppings on strawberries and make striped patterns.
7. Chill the strawberries in the refrigerator once they are dipped.
8. After chocolate hardens, they are ready.

Oatmeal Choco Cookies

A sweet treat to share with friends

Servings: 18 servings

Cook Time: 80 min



- ½ cup packed brown sugar
- ½ cup unsalted butter
- 1 egg
- 1½ cups quick-cooking oats
- 1 cup all-purpose or unbleached flour
- 1 Tbsp vanilla
- ½ tsp baking soda
- ¼ tsp salt
- ½ tsp cinnamon
- 1 cup semisweet chocolate chips
- 1 cup chopped nuts (optional)

1. In large bowl, stir brown sugar and butter, vanilla, and egg until well blended. Stir in oats, flour, baking soda, cinnamon and salt.
2. Stir in chocolate chips and optional nuts.
3. Chill dough in the fridge for 1 hour (optional but yields better results).
4. Preheat oven to 350°F. On a cookie sheet lined with parchment paper, use a spoon to shape balls of dough and set them 2 inches apart.
5. Bake 10 to 12 minutes or until golden brown. Remove from cookie sheet to wire rack to cool for 10 minutes.

Vegan Peach Pie

A filling dessert to bring to a potluck

Servings: 10 servings

Cook Time: 60 min



- 8 peaches
- 1 cup brown sugar
- 3 tbsp flour
- 1 tsp cinnamon
- 1 Tbsp lemon juice
- 2 vegan pie crusts

1. Preheat oven to 350°F.
2. Peel, pit, and slice the peaches.
3. In a bowl, combine all the ingredients (excluding the pie crusts).
4. Place down one of the crusts into pie pan then add in the combined filling.
5. Cover the pie with the other crust and make a few slits for ventilation.
6. Bake for 30-40 min. Pie is finished when peaches are soft.

Vegan Truffles

Delectable treats for your sweet tooth

Servings: 9 servings

Cook Time: 30 min



- ¼ cup coconut milk
- 2 cups vegan chocolate chips
- ¼ cup + 2 Tbsp coconut oil
- ⅓ cup cocoa powder, ground nuts, or coconut flakes

1. Start a double boiler.
2. Heat up the coconut milk in the double boiler.
3. Once milk is warmed, add in chocolate and oil and mix.
4. Once ingredients are combined, remove off heat and transfer mixture to a different bowl.
5. Place the bowl in the refrigerator until solid.
6. Use a spoon create truffles, roll each one in toppings before transferring to a storage container
7. Truffles will keep in the fridge for 2-3 weeks.

A top-down view of a white ceramic plate filled with fresh, curly kale leaves. The plate is centered on a dark grey, speckled surface. Overlaid on the center of the plate is a semi-transparent dark grey rectangular box. Inside this box, the text 'CHAPTER 8' is written in a white, sans-serif font at the top, and 'SNACKS' is written in a larger, bold, white, sans-serif font below it. The 'SNACKS' text is enclosed within a thin white rectangular border.

CHAPTER 8

SNACKS

Homemade hummus

Refreshing and healthy snack to bring to a potluck or eat after class

Servings: 7 servings

Cook Time: 40 min



- 1 can chickpeas, $\frac{1}{2}$ cup liquid set aside
- $\frac{1}{4}$ cup tahini
- 1 tsp salt
- $\frac{1}{2}$ tsp ground white pepper
- $\frac{1}{2}$ tsp ground black pepper
- 1 clove garlic, minced
- 4 tablespoons extra virgin olive oil
- Chopped fresh vegetables for dipping, such as carrots, celery, cucumbers and bell peppers.
- Pita Bread

1. Add chickpeas, chickpea liquid, tahini, salt, pepper and garlic to a food processor or blender.
2. Pulse lightly while drizzling in olive oil until smooth, about 2 minutes.
3. For pita chips, cut pita bread into triangles and bake at 400° F for 10 minutes.
4. Serve cold with chopped fresh veggies and pita bread or chips.

Guac and Chips

A fresh, healthy alternative to potato chips

Servings: 2 servings

Cook Time: 10 min



- 2 avocados
- 5 cherry tomatoes
- Salt and pepper
- ½ lemon
- 2 cloves garlic
- 1 shallot
- Tortilla or pita chips

1. Cut avocado in half and remove the pit with the knife.
2. Scoop out the meat with a spoon and mash.
3. Mince shallots and garlic into small pieces.
4. Cut up tomatoes into halves or quarters.
5. Squeeze lemon juice and assemble all ingredients and mix.
6. Add salt and pepper to taste.

Parmesan Kale Chips

Get your daily servings of vegetables as chips

Servings: 4 servings

Cook Time: 25 min



- 1 bunch kale (12 oz after removed from stems)
- 1 tbs olive oil (spray)
- A sprinkle of salt
- ½ cup shredded Parmesan cheese (optional)

1. Preheat oven to 350°F. Lightly spray two large baking sheets with oil.
2. Wash and thoroughly dry kale. Remove the leaves from the thick stems and tear into bite sized pieces.
3. Place on baking sheets, spray with olive oil and sprinkle with salt.
4. Bake about 10-12 minutes, turning and moving them around as they shrink to make sure they evenly crisp up.
5. Top with shredded parmesan cheese, keeping a close eye on them, bake an additional 5 to 6 minutes until the edges are crisp but not burnt. Time will vary depending on your oven.

SOURCE: [HTTP://WWW.SKINNYTASTE.COM/BAKED-PARMESAN-KALE-CHIPS/](http://www.skinnytaste.com/baked-parmesan-kale-chips/)



CHAPTER 9

CROCKPOT

CROCK·POT
• THE ORIGINAL SLOW COOKER •

Chili

A hearty and filling go-to meal

Servings: 4 servings

Cook Time: 6-8 hours



- 2 lb meat (ground beef, turkey, chicken, pork)
- 1 onion
- 2 cloves of garlic
- 1 can of diced tomatoes
- 1 can of chili beans
- 1 can of tomato sauce
- 2 tbs chili powder
- ½ tsp salt
- ½ tsp pepper

VEGETARIAN TIP

SUBSTITUTE MEAT FOR MORE OF ANY KIND OF BEANS SUCH AS BLACK, KIDNEY, OR PINTO

1. Mix all ingredients in the crockpot.
2. Leave on low heat for 6 to 8 hrs.

Veggie Stew

For those nice cold winter days

Servings: 4 servings

Cook Time: 3 hours



- 3 cups of 3 of your favorite vegetables (carrots, squash, potatoes, celery etc.)
- 1 onion
- 2 garlic cloves
- 1 can dried tomatoes
- 1 cup veggie broth
- 1 tsp salt
- ½ tsp cumin
- 14 tsp red pepper

1. Chop all the vegetables (favorite vegetables into large chunks, the garlic and onion diced).
2. Combine everything in the crock pot.
3. Cook on low for 3 hrs.

Taco Bowl

An flavorful meal to come home to after a long day

Servings: 4 servings

Cook Time: 6 hours



- 1 jar salsa
- 1.5 lbs chicken breast
- 1 can black beans
- ½ lb frozen corn
- 8 oz shredded cheddar
- 1 tbsp chili powder
- ½ tsp cumin
- ½ tsp minced garlic
- ½ tsp dried oregano
- ¼ tsp cayenne pepper
- ¼ tsp salt, cracked pepper to taste

PURCHASING TIP

LOOK FOR BEANS IN BPA-FREE CANS.
YOU CAN ALSO BUY DRIED BEANS
TO AVOID BPA, BUT THEY TAKE LONGER
TO COOK AND ARE NOT AS CONVENIENT.

1. Place all ingredients in slow cooker except for the cheese.
2. Cook for 6 hrs on low.
3. When ready to serve put cheese on top to melt. Serve on rice, chips, or tortillas.



ACKNOWLEDGEMENTS

Thank you

This cookbook was written and designed by Global Food Initiative Fellows and Campus as a Living Lab Interns.

The Global Food Initiative (GFI) is mandated by the UC Office of the President, which works to address food issues around food security, sustainability, and health. Fellows are selected from all UC campuses to address these themes at their own campuses, and come together various times in the year to discuss and brainstorm solutions.

Campus as a Living Lab (CLL) provides year-long internships for students to be paired with a department on campus to work on sustainability projects.

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This booklet is printed using 55% post-consumer recycled content and paper from sustainable sources. Low-VOC soy and vegetable inks are used to reduce carbon emissions that are harmful to both human health and the environment.



**Global Food
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UNIVERSITY OF CALIFORNIA



ABOUT

THIS COOKBOOK WAS CREATED TO INSPIRE AND EMPOWER STUDENTS TO TAKE THEIR FIRST STEPS IN COOKING. IN THIS COPY, YOU WILL FIND INFORMATION ON FOOD SAFETY, KITCHEN SKILLS, TIPS ON HOW TO COOK SUSTAINABLY, AND A HANDFUL OF EASY, AFFORDABLE RECIPES TO TRY OUT AS A COLLEGE STUDENT. LET'S GET COOKING!

