

A collage of avocados in various stages of being cut, showing the green flesh and the brown pit, set against a light green background. The avocados are scattered around a central white square with a dark green border.

# FLYER EATS

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Classic recipes along with easy to  
follow cooking tips and food  
education



University of Dayton

# Table of Contents

**How to Read a Food Label** *pg 1*

**How to Build a Balanced Meal** *pg 2-4*

**Tips for Meal Prepping** *pg 5-7*

**Tips for Budgeting** *pg 8-9*

**How to Practice Safe Food Handling** *pg 10-11*

**Recipes** *pg 12*

*Breakfast Recipes pg 13-18*

*Lunch Recipes pg 19-24*

*Dinner Recipes pg 25- 30*

*Snack Recipes pg 31-35*

# How to Read a Food Label

## Nutrition Facts

Serving Size 3 oz. (85g)  
Serving Per Container 2

### Amount Per Serving

**Calories** 200      **Calories from Fat** 120

### % Daily Value\*

**Total Fat** 15g      **20 %**

Saturated Fat 5g      **28 %**

Trans Fat 3g

**Cholesterol** 30mg      **10 %**

**Sodium** 650mg      **28 %**

**Total Carbohydrate** 30g      **10 %**

Dietary Fiber 0g      **0 %**

Sugars 5g

**Protein** 5g

Vitamin A 5%      •      Vitamin C 2%

Calcium 15%      •      Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on  
your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300mg	375mg	
Dietary Fiber		25g	30g	

## Serving Size

The Serving Size for this product is 3oz.

That means for every 3 oz. you will receive: 200 Calories, 15g of your total fat, 30mg of cholesterol and 650mg of sodium etc.

## % Daily Value

The % Daily value is a reference value that is based on a 2,000 calorie per day diet. Its purpose is to help you understand the nutritional content of a product and determine if it is high or low in a particular nutrient.

**Example:** The product to the left has 10% DV of cholesterol. This means that 1 serving of this product contains 10% of the total amount of cholesterol that is recommended to consume based on a 2,000 calorie intake.

**Important:** The DV can be a useful tool for comparing nutritional value in different products. However, it's important to know that everyone's calorie needs are different and that the 2,000 calorie estimate is used to help guide us when looking at different food products.

# HOW TO MAKE A HEALTHY MEAL

The USDA has a recommended guideline to help determine how much of each food group we should consume. However, this is just a guideline and the amount of servings from each food group can vary depending on age, gender, and amount of physical activity. If interested in finding your exact numbers visit: [www.myplate.gov](http://www.myplate.gov)

## Fruit

1.5-2 cups  
per day



## Dairy

3 cups  
per day



## Grains

6-8 ounces  
per day



## Vegetables

2-3 cups  
per day



## Protein

5.5-6.5 ounces  
per day



# Steps to building a balanced meal

## Vegetable

Start to think of a variety of vegetables to add as the base of your meal. This could be roasted or steam vegetables or a green salad.

STEP  
01

## Protein



Next, think of a source of lean protein that would go with your vegetable choice. Maybe add some chicken to your roasted vegetables or chickpeas to your salad

## Whole Grain

Now its time to think of a whole grain that will go well with your vegetable & protein choice. Maybe add whole grain croutons to your salad or brown rice to your roasted vegetables and chicken

STEP  
02

STEP  
03

## Healthy Fat

Now lets add a healthy fat to the meal. You can add some sunflower seeds to the salad or maybe add some avocado slices to your roasted vegetable meal



## Fruit or Dairy

Now that you have a mixed salad with chickpeas, whole grain croutons, & sunflower seeds. We can add some fresh cut up strawberries to add some fruit or dried cranberries. For the roasted vegetables with chicken, brown rice, & avocado, we can make a greek yogurt sauce to drizzle over the food.

STEP  
04

STEP  
05

When trying to create a balanced meal it might be easier to do by breaking down the food groups and picking foods from each group that sound like they might go together. The end result will leave you with an amazing nutritious meal.



# How To Sneak in More Greens and Fruits

## Incorporate them in foods you already know

Think about the meals you already eat. Maybe its scrambled eggs in the morning. Sneak in some extra vegetables into your eggs by adding peppers, spinach, or mushrooms into the mixture. This is a quick yet simple way to add some extra vegetables into your diet.



## Snacking

Another way you can try and sneak in more veggies and fruit is by snacking on them. Have a bowl of berries in the fridge so that you can easily grab them when you want a snack. You can also prepare a container of chopped vegetables and grab those with a side of hummus. Or next time you are craving something sweet, freeze some raspberries and snack on them for a delicious treat.

# Tips For Meal Prepping

Meal prepping is a great option for those trying to save time in the kitchen and make eating healthy more convenient. Not only is it a time saver but it helps you budget groceries for the week. Here are some tips for meal prepping as a college student

1.

Make a list of what you want to eat for the week. Consider your dietary needs and preferences.

2.

When considering your meals find recipes that share the same ingredients. This will save you from having to buy more than what you need.

3.

When planning your meals consider all the food groups. Try to focus on adding the following food groups into your meal: fruit, vegetables, grain, protein, & dairy.

4.

Pick a designated day to cook your meals and then store in containers to have throughout the week.

5.

Lastly, incorporating meal prepping into your routine might be a challenge. Start by setting a small goal by just meal prepping lunches for the week. Once comfortable with lunches start adding other courses into your meal prepping routine.



# Weekly Meal Planner Example

All Recipes Can be Found in Recipe Section

## Monday

**Breakfast:** Overnight Oats  
**Lunch:** Spinach pasta & Broccoli Salad  
**Dinner:** Sweet Potato with Ground Turkey & Broccoli  
**Snack:** Vegetable & Hummus or fruit bowl

## Tuesday

**Breakfast:** Overnight Oats  
**Lunch:** Spinach pasta & Broccoli Salad  
**Dinner:** Sweet Potato with Ground Turkey & Broccoli  
**Snack:** Vegetable & Hummus or fruit bowl

## Wednesday

**Breakfast:** Overnight Oats  
**Lunch:** Spinach pasta & Broccoli Salad  
**Dinner:** Sweet Potato with Ground Turkey & Broccoli  
**Snack:** Vegetable & Hummus or fruit bowl

## Thursday

**Breakfast:** Overnight Oats  
**Lunch:** Spinach pasta & Broccoli Salad  
**Dinner:** Sweet Potato with Ground Turkey & Broccoli  
**Snack:** Vegetable & Hummus or fruit bowl

## Friday

**Breakfast:** Overnight Oats  
**Lunch:** Spinach pasta & Broccoli Salad  
**Dinner:** Sweet Potato with Ground Turkey & Broccoli  
**Snack:** Vegetable & Hummus or fruit bowl

## Saturday

**Breakfast:** Overnight Oats  
**Lunch:** Spinach pasta & Broccoli Salad  
**Dinner:** Sweet Potato with Ground Turkey & Broccoli  
**Snack:** Vegetable & Hummus or fruit bowl

## Sunday

**Breakfast:** Overnight Oats  
**Lunch:** Spinach pasta & Broccoli Salad  
**Dinner:** Sweet Potato with Ground Turkey & Broccoli  
**Snack:** Vegetable & Hummus or fruit bowl

## Grocery List

- Sweet potatoes
- Red onions
- Ground turkey
- Broccoli florets
- Bacon
- Dried cranberries
- Sliced almonds
- Green, red, orange bell peppers
- Cheddar cheese
- Apple cider vinegar
- Old fashion oats
- Milk
- Bananas
- Granola



# Weekly Meal Planner

Now Try Your Own !

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Grocery List

# TIPS FOR SHOPPING ON A BUDGET

Plan your meal in advance and make a grocery list. This will help you to only buy what you need.

Shop at a discount grocery store. Some areas that are good in the Dayton Community are Aldi, Kroger, Walmart, & Save A Lot.

Buy non-perishable items in bulk. This can help save money in the long run. Examples of items are: rice, beans, and canned goods.

Avoid pre-packaged and pre-cut fruit and vegetables. These tend to be more expensive compared to the whole fruit. Plus pre-cut items are prone to going bad earlier.

Produce that is in season tends to be cheaper. Buy in season produce and you can even freeze it for later. Buying frozen fruit and vegetables is also cheaper than fresh produce.



# PRODUCE AND WHEN IT'S IN SEASON

## Fall

- Apples
- Bananas
- Broccoli
- Bell peppers
- Mushrooms
- Raspberries
- Cranberries
- Pumpkin
- Cauliflower
- Lettuce
- Mangos
- Kiwifruit

## Winter

- Oranges
- Lemons
- Cabbage
- Brussel sprouts
- Sweet potatoes
- Celery
- Grapefruit
- Pineapples
- Beets
- Leeks
- Limes

## Summer

- Cucumber
- Corn
- Garlic
- Eggplant
- Strawberries
- Watermelon
- Tomatoes
- Zucchini
- Plums
- Cherries
- Honeydew melon
- Avocados

## Spring

- Peas
- Collard greens
- Spinach
- Celery
- Cabbage
- Kale
- Herbs
- Asparagus
- Apricots
- Onions
- Mushrooms

# How To Practice Safe Food Handling

## Steps To Washing Hands



Wet hands in warm water



Add soap



Scrub Your hands for at least 20 seconds making sure to cover hands and wrist



Rinse off the soap



Grab a towel to dry your hands off and then use the towel to turn off the sink

It is important to clean your hands before cooking, after touching raw poultry, and after cooking . Do this by washing your hands in warm soapy water for about 20 seconds.

Never wash poultry, fish, or eggs.



# Separate

Keep raw foods away from other ingredients. This is known as cross contamination.

To prevent cross contamination keep a separate cutting board or space for raw meat, poultry, seafood and eggs

# Cook

The safe internal temperature to cook meats or fish to are the following:

**Pork & Steak** **145 °F**

**Fish & Shellfish** **145 °F**

**Ground Meat** **160 °F**

**Chicken Turkey & other poultry** **165 °F**



# Recipes

Breakfast

Lunch

Dinner

Snacks



# Breakfast Recipes



# Breakfast Sandwich

14

Serves: 6 Prep time: 5 Minutes Cook time: 30 minutes

## Ingredients

- Dash of cooking spray or olive oil
- 1/2 white onion diced
- 1/2 cup tightly packed spinach
- 6 eggs
- 4 egg whites
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup of milk
- 1/4 shredded cheddar cheese
- 1 cup sliced cherry tomatoes
- A bagel or english muffin



Note: This is a flexible recipe. If interested experiment with additional ingredients such as peppers, mushrooms or meats

## Instructions

1. Preheat oven to 375 Degrees
2. Heat up a skillet with olive oil and put in onions. Cook for about 2 minutes or until onions are translucent
3. Add in spinach for another 2 minutes. Remove pan from heat and let ingredients cool
4. In a mixing bowl add eggs and egg whites and mix. Add in milk, salt, & pepper and continue to whisk
5. Make sure onions and spinach are cooled and then add to mixing bowl along with the tomatoes, and shredded cheese
6. Spray baking dish with oil so that the eggs do not stick. Pour the mixture into the dish and bake for 25-30 minutes
7. Cut the sheet into slices and serve on a bagel, english muffin, or have by itself
8. Easy to store and save for the rest of the week



# Breakfast Quesadillas

15

Serves: 3 Prep time: 5 Minutes Cook time: 8 minutes

## Ingredients

- 6 soft tortilla shells
- Salt & pepper to taste
- Butter
- 6 eggs
- 1/2 bell pepper chopped
- 1/3 cup of chopped up spinach



Notes: If interested, add other vegetables such as mushrooms, jalapenos, or green onions

## Instructions

1. Add eggs, peppers, spinach, salt and pepper into a mixing bowl and whisk together
2. In a medium skillet add mixture into pan over medium heat
3. Scramble until eggs are no longer runny. Once done add to a bowl and put aside
4. In the same skillet add 1 tortilla shell and put egg mixture on shell and cover with another shell
5. Squish together shells and cook each side for 2-3 minutes

# Basic Overnight Oats

16

Serves: 1 Prep time: 2 Minutes Cook time: 8 Hours

## Ingredients

- 1/2 cup old fashion oats
- 3/4 cups of milk
- 1 banana
- 2 tbs of peanut butter
- A sprinkle of granola or sliced almonds



## Instructions

1. In a container combine oats, milk and peanut butter and stir until everything is completely mixed
2. Let it sit in an air tight container for at least 8 hours or overnight
3. When ready to eat slice up a banana to put on top and sprinkle with granola

**Note:** This is the proper ratio for overnight oats. This allows the oats to absorb overnight without having to cook. To get creative, experiment with different fruits such as blueberries, strawberries, or raspberries. Want to add more flavor? Add a splash of vanilla extract to the mixture or maple syrup.

# French Toast

17

Serves: 4 Prep time: 5 Minutes Cook time: 10 mins

## Ingredients

- 1 egg
- 1 tsp of vanilla extract
- 1/2 tsp of cinnamon
- 1/4 cup of milk
- 4 slices of bread
- Syrup to taste
- Fruit



## Instructions

1. Start by whisking together eggs, vanilla, cinnamon, and milk in a bowl
2. Heat up a frying pan to medium heat and lightly grease pan to prevent sticking
3. Take a piece of bread and add it into the egg mixture. Make sure to flip it on both sides so that it is evenly coated
4. Add the bread to the pan and cook each side until browned
5. Repeat for the other pieces of bread
6. Serve by drizzling syrup over french toast and with a side of fruit

# Homemade Granola Bars

Serves: 4   Prep time: 5 Minutes   Cook time: 1 Hour

## Ingredients

- 1 cup of peanut butter
- 2/3 cups of honey
- 1 tsp vanilla extract
- 1 tsp salt
- 2 1/2 cup of rolled oats
- 1/3 cup of chocolate chips
- 3 Tablespoon of crushed peanuts or almonds

## Instructions

1. Line a small baking dish with parchment paper
2. In a mixing bowl add in peanut butter, honey and vanilla then stir until smooth.
3. In the same bowl add in the oats, chocolate chips, nuts and mix until all combined
4. Evenly spread mixture into baking dish and then lay another piece of parchment paper to cover the mixture. Push down on the paper to help flatten the bars
5. Put the mixture into the freezer for at least an hour and then take out and cut into slices



# Lunch Recipes



Serves: 4 Prep time: 10 Minutes Cook time: 35 Mins

## Ingredients

- 1 1/2 lb ground beef
- 1 large onion chopped
- 1 can of drained kidney beans
- 1 can of drained black beans
- 1 can of drained pinto beans
- 1 can of corn
- 1 can of diced tomatoes
- 1 packet taco seasoning
- 1 packet of ranch seasoning
- 1 1/2 cups of water or beef stock

## Optional

- Can top with any of the following
  - Sour cream
  - Chopped up iceberg lettuce
  - Cheddar cheese
  - Tortilla chips
  - Avocado

## Instructions

1. In a large skillet over medium heat add in chopped onions until slightly brown and then add ground beef and cook until browned
2. In a big pot add all other ingredients and let simmer at low heat for about 15 minutes
3. Serve with optional toppings or by itself



# Broccoli Salad

21

Serves: 8 Prep time: 10 Minutes Cook time: 35 Mins

## Ingredients

- 4 1/2 cups of broccoli florets
- 5 slices of bacon
- 1/4 cup chopped red onion
- 2/3 cups of dried cranberries
- 1/2 cup sliced almonds
- 1 cup of shredded cheddar cheese

## Dressing Ingredients

- 2/3 cups mayonnaise
- 1 Tbs of apple cider vinegar
- 1/4 cup of granulated sugar
- zest of a 1 lemon
- zest of 1/2 an orange
- 1/2 Tbs of lemon juice
- 1/2 Tbs of poppy seeds
- Pinch of black pepper



## Instructions

1. Bring a pot of water to a boil and add broccoli florets into pot. Let boil for about 2 minutes or until broccoli has softened (make sure broccoli florets are cut up into tiny sections)
2. Once done put the steamed broccoli onto a set of paper towel to let them cool down and pat down to absorb excess water. Let them sit there to dry while preparing the rest of the salad
3. Add dressing ingredients into a mixing bowl and whisk together until well combined
4. In a frying pan cook bacon on medium heat until golden brown then pat with a paper towel to dry excess oil and then finely chop.
5. In another mixing bowl add cooled broccoli florets, chopped red onion, dried cranberries, sliced almonds, bacon and cheddar cheese in a bowl and mix
6. Add dressing into the bowl and mix. Then let cool in the refrigerator for at least 30 minutes

# Tomato Stewed Zucchini with White Beans

22

Serves: 4   Prep time: 5 Minutes   Cook time: 10 Mins

## Ingredients

- 1 Tbs olive oil
- 2 cups of diced zucchini
- 1/4 tsp fine sea salt
- 1/4 tsp black pepper
- 1 1/2 cups tomato sauce  
(*canned or marinara sauce will work*)
- 1 cup cooked white beans
- 1 cup kale, finely shredded
- 1/4 cup fresh basil



## Instructions

1. Heat olive oil into a pan over medium heat and add in zucchini. Sprinkle salt and pepper over the zucchini and cook in pan for about 3 minutes
2. Add tomato sauce and white beans and let it simmer for about 5 minutes. Occasionally stir the sauce to prevent it from sticking to the pan
3. Add kale and let it simmer for another 5 minutes and continue to stir every few minutes.
4. After the 5 minutes, remove the pan from the heat and add in the basil and serve



# Spinach Pasta

23

Serves: 4 Prep time: 10 Minutes Cook time: 35 Mins

## Ingredients

- 2 Tbs olive oil
- 3 garlic cloves minced
- 16 oz of spinach
- 1 pound of spaghetti
- 1/2 cup of grated parmesan cheese
- Salt and pepper to taste



## Instructions

1. Start to boil water in a pot for the pasta
2. Heat up a frying pan on medium heat and then add olive oil and garlic. Cook garlic until it is soft (about 1 minute)
3. Add in spinach and season with salt and pepper. Cook until the spinach is completely wilted down. Set aside once done
4. Add a pinch of salt to the boiling water and then add the spaghetti into the pot. Cook until the pasta is soft. Before draining the pasta put aside a cup of pasta water for later.
5. Put the spinach mix into a blender and slowly add the cup of pasta water until the consistency becomes smooth
6. Once the sauce is made add the pasta and sauce into the frying pan and cook until warm again
7. Once reheated serve the spinach pasta with a sprinkle of parmesan cheese

# Zucchini Boats

Serves: 4 Prep time: 10 Minutes Cook time: 40 Mins

## Ingredients

- 4 medium zucchini
- 1/2 tsp Italian seasoning
- Salt and pepper to taste
- 2 olive oil
- 1 pound Italian sausage
- 1/2 cup onion diced
- 1 tsp minced garlic
- 2 cups of marinara sauce
- 3/4 cups of shredded mozzarella cheese



## Instructions

1. Preheat oven to 400 degrees and coat baking sheet with a thin layer of olive oil
2. Cut the zucchini in half, going down the long way. Scoop out the inside of the zucchini with a spoon
3. Put the zucchini on the baking dish and sprinkle salt, pepper, and Italian seasoning into the hollowed out zucchini slices
4. Heat up a large frying pan on medium high heat and add Italian sausage and cook for 4-5 minutes. Then add in the onion.
5. Cook the sausage and onion for another 4-5 minutes and then add the garlic into the mixture and cook for an extra minute
6. Season the sausage with salt and pepper and then add the marinara sauce and let it simmer for 5 minutes
7. Once done add the sausage mixture into the zucchini boats and cook for 20 minutes
8. After the 20 minutes add the mozzarella cheese and cook for an additional 5 minutes to melt the cheese

# Dinner Recipes



# Green Bean Casserole

26

Serves: 6 Prep time: 5 Minutes Cook time: 25 minutes

## Ingredients

- 2 cans of green beans drained
- 1 can ( 10.5 ounces ) condensed cream of mushroom soup
- 1/4 cup of milk
- 1 can French-fried onions



Note: Melt 1 1/2 Tbs of butter in a microwave and mix in with 1 Cup of breadcrumbs as an alternative to French-fried onions

## Instructions

1. Pre-heat oven to 350 degrees
2. Mix green beans, soup, and milk into a glass baking dish
3. Bake for 20-25 minutes. For the last 5 minutes of cooking add the french-fried onions

# Crustless Chicken Pot Pie

Serves: 8    Prep time: 20 Minutes    Cook time: 30 min

## Ingredients

- 2 cups of mashed potatoes
- 1 lb of cooked chicken
- 2 3/4 cups of chicken stock
- 2 cups of canned or frozen mixed vegetables
- 1 cup shredded cheddar cheese
- 3 Tbs butter
- 1/3 cup flour
- Salt and pepper to taste



**note:** Instead of using boxed mashed potatoes make the mash potatoes by peeling 3 large potatoes and then dice. Add to boiling water until a you can poke a slice of potato with a knife and it easily slides off. Drain the water and then start smashing potatos in a bowl along with a splash of milk and pinch of salt & pepper

## Instructions

1. Preheat Oven to 400 degrees and start following the directions on the box for potatoes
2. On medium heat put butter in a large frying pan and start whisking in flour. Once flour is done slowly whisk in chicken stock and then let simmer until thick ( about 3-4 minutes )
3. Add in diced chicken, vegetables, and cheese. Bring mixture to a simmer and then let simmer for another 3-4 minutes
4. Switch the mixture to an oven safe dish and then top with mashed potatoes and let sit in the oven for 30 minutes

# Southwest Chicken Casserole <sup>28</sup>

Serves: 3    Prep time: 5 Minutes    Cook time: 55 min

## Ingredients

- 1/2 cup uncooked rice
- 1/2 tsp minced garlic
- 1/2 onion diced
- 1/2 cup chicken broth
- 1lb chicken breast cut into cubes
- 1/2 cup black beans
- 1/2 cup corn
- 8oz of jarred salsa
- 1/4 tsp chili powder
- 1/4 tsp paprika powder
- 1/4 cup of shredded cheddar cheese



## Instructions

1. Preheat Oven to 350 degrees
2. In a baking dish combine rice, garlic, onion, and chicken broth, then stir the ingredients in the dish
3. Add chicken breast, black beans, corn, salsa, chili & paprika powder. When mixing try to keep the rice at the bottom of the dish
4. Bake for 45 minutes then add cheddar cheese to the top and continue baking for another 10 minutes

# Chicken & Zucchini Casserole

Serves: 8 Prep time: 5 Minutes Cook time: 45 min

## Ingredients

- 3 Tbs of butter
- 2 lbs of boneless skinless chicken breast cut into cubes
- 2 large zucchini cut into cubes
- 1 large red bell pepper diced
- 1/3 cup all purpose flour
- 1 cup chicken broth
- 1 cup milk
- 3 ounces cream cheese
- 1 1/4 cup of shredded mozzarella cheese
- 3/4 teaspoon of ground pepper
- 1/2 tsp of salt



## Instructions

1. Preheat Oven to 400 degrees and heat up 1 Tbs of butter in a large skillet over medium high heat
2. Add in chicken breast cubes and cook until well browned (about 8 minutes). Remove chicken from pan and add to a bowl
3. In the same pan add zucchini and pepper and stir for about 4 minutes or until vegetables have softened. Then transfer to the chicken bowl
4. In the same pan add the remaining butter and add flour and whisk until mixture turns brown (about 1 minute)
5. Add in broth and milk and whisk until mixture becomes smooth and then remove from heat
6. Add in cream cheese and mozzarella and mix until the cheese is melted. Season to taste with salt & pepper
7. Add the chicken and zucchini mixture into the cheese sauce and mix together
8. Add the mixture into a baking dish and cook for 20-25 minutes

# Loaded Sweet Potato & Broccoli

Serves: 7 Prep time: 30 Min Cook time: 1 hour 25 min

## Ingredients

- 7 baked sweet potato
- 1 diced green, red, & orange bell pepper
- 1 small diced red onion
- 1 1/2 lbs of ground turkey
- paprika seasoning
- 4 cups of broccoli florets
- Salt and pepper
- Garlic and onion powder
- Olive oil
- Tin foil



## Instructions

1. Preheat oven to 400 degrees and start to prepare the sweet potatoes
2. Clean the sweet potato under water and poke tiny holes into the sweet potato with a fork. Drizzle olive oil and salt and pepper on the sweet potato then wrap with tin foil and put in the oven for about 1 hour or until soft
3. In a frying pan on medium heat add oil, chopped bell peppers and red onion. Cook until slightly softened and then add ground turkey with a sprinkle of paprika. Cook until meat is fully cooked and put aside
4. Once potatoes are done, turn oven to 375. Add the broccoli florets onto a baking sheet and evenly coat broccoli with olive oil along with a sprinkle of salt, pepper, garlic, & onion powder. Cook for about 25 minutes or until golden brown
5. Once done, slice sweet potato in half and put on plate and cover with ground turkey mix. Add the vegetable to the side



# Snack Recipes



# Energy Balls

Serves: 4 Prep time: 5 Minutes Cook time: 30 minutes

## Ingredients

- 1 cup honey
- 1/2 cup peanut butter
- 1 cup of shredded coconut
- 1/3 cup honey
- 1 teaspoon vanilla
- Sprinkle of chocolate chips
- Optional ingredients
  - 1 Tbs flaxseeds
  - 1 Tbs chia seeds

## Instructions

1. In a mixing bowl add all the ingredients and stir until everything is evenly mixed
2. Scoop a tiny amount of the mixture and roll. Have the balls be about the size of a golf ball
3. Lay the balls into a container and let cool in the refrigerator for about 30 minutes
4. Once the 30 minutes is up enjoy, or store and save as a snack for later



# Cowboy Caviar

33

Serves: 4    Prep time: 25 Minutes    Cook time: 0

## Ingredients

- 3 Roma tomatoes diced
- 1 small red onion diced
- 15oz black beans (rinse and drain)
- 1 1/2 cup of frozen sweet corn
- 1 diced bell pepper of any color
- 1 diced jalapeno
- 1/3 cup of finely chopped cilantro
- Juice of half of a lime
- Salt & pepper to taste



## Instructions

1. Dice 3 tomatoes and put it in a big mixing bowl. For easier cutting I recommend putting the tomatoes into the refrigerator to prevent sliding
2. dice the red onion, bell pepper, jalapeno, and finely chop the cilantro and put it into the same bowl
3. Drain the black beans and rinse with water and drain again. Add the rinsed black beans into the bowl along with the frozen sweet corn. If planning on eating later you can add the corn frozen, if not defrost before putting in the bowl
4. Lastly, squeeze half of a lime into the bowl and season with salt and pepper to taste

# Banana Bread

Serves: 9   Prep time: 10 Minutes   Cook time: 1 hour

## Ingredients

- 1 1/2 cups of smashed very ripe bananas (about 2-3 medium size bananas )
- 1/3 cup of melted butter
- 1/2 tsp baking soda
- 1 pinch of salt
- 3/4 cup sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 1/2 cup of all purpose flour



## Instructions

1. Preheat the oven to 350 degrees and butter the loaf pan to prevent sticking
2. In a mixing bowl, mash the bananas until smooth
3. Once the bananas are mashed, stir in the melted butter
4. Beat an egg and then pour into the banana mixture
5. Follow with pouring in the baking soda, sugar, salt, and vanilla. Mix all the ingredients together
6. Now add the flour into the mixture and mix until all is combined
7. Put the batter into the greased loaf pan and bake for 55-65 minutes

# Zucchini Tots

Serves: 4 Prep time: 10 Minutes Cook time: 30 mins

## Ingredients

- 2 cups of grated zucchini  
*about 2 zucchinis*
- 1 large egg
- 1/2 cup shredded cheddar cheese
- 1/2 cup panko bread crumbs
- 1 tsp Italian seasoning
- 1/4 tsp onion powder
- Salt and pepper to taste



## Instructions

1. Preheat oven to 400 degrees
2. Put shredded zucchini into a paper towel and squeeze out all the excess liquid. After all the liquid is gone it should equal about a cup of zucchini now
3. Add the zucchini into a bowl and add in the egg, cheese, breadcrumbs, and all seasonings. Stir the mixture until all of it sticks together
4. Scoop a table spoon of the mixture and shape into an oval size
5. place the zucchini tots onto a greased oven pan and cook for 15 minutes. Then turn the zucchini tots and cook another 15 minutes

FOOD4FLYERS FOOD PANTRY IS A RESOURCE FOR STUDENTS TO REACH OUT TO IF THEY ARE IN NEED OF NUTRITIOUS FOOD OR TOILETRIES. WE ENCOURAGE EVERYONE TO STOP BY WHO MAY FEEL THEY WILL BENEFIT FROM THESE RESOURCES.



# ***FOOD4FLYERS FOOD PANTRY***

Located in the office of the  
Brook Center at Art Street

Any Questions Email:  
[brookcenter@udayton.edu](mailto:brookcenter@udayton.edu)