

BEYOND RAMEN: QUICK, YUMMY, CHEAP, AND HEALTHY RECIPES

Add salt and pepper to your liking in recipes below.

Good Morning, Darlin'

- Greek or other plain or vanilla yogurt or cottage cheese topped with any of these: crunchy cereal (granola, Grape Nuts), nuts, sunflower seeds, frozen blueberries, honey, or maple syrup.
- Quick sandwiches: peanut butter, banana, and honey; tahini and sliced apple; hummus and red peppers; miso and honey (spread miso paste like tahini); cream cheese and cucumber; goat cheese and watercress on cinnamon raisin swirl; avocado, tomato, and cheddar; veggie melt (open-faced, layer thinly sliced veggies, top with Worcestershire sauce or balsamic vinegar, melt cheddar or havarti); sliced tomato and mozzarella with oregano; turkey, brie, green apple, and mustard
 - Look for 100% whole grain breads, or at least 3 g fiber per slice
- Chop canned, drained peaches (in juice or lite syrup) and add to vanilla yogurt, mix in cinnamon, top with crushed grahams or Grape Nuts.
- Frozen raspberries and/or blueberries make any cereal more exciting
- Healthiest cereals have 3 g dietary fiber or more and 8 g sugars or less
- Add 1 teaspoon ground flax meal and a scoop of whey protein powder to oatmeal to stay full on it for longer. Sweeten it w/ maple syrup or chopped dried fruit- think prunes, cherries or apricots.

On The Go

- Choose one or more: Fruit (fresh or dried), nuts (almonds and walnuts are good choices), bread or rice cake with a slice of cheese or schmear of whipped cream cheese or jam, string cheese, hard-boiled eggs (make in advance, can last for up to a week in the shell in the fridge), cereal, cup of yogurt (watch out for sugar overload)

Anytime Eggs

- Break one or two corn tortillas into small pieces, chop onion (¼ jalapeño, seeded, or red pepper flakes, optional), sauté in 1 t canola oil for 3–5 min. over medium-high heat. Add two eggs and scramble. Remove from heat, add salsa, shredded cheese, and cilantro. Can add black or pinto beans, green veggie such as spinach.
- Hard boiled: boil water, gently add 6 whole eggs and cook for 15 minutes. Soak in cold water bath for 10 min. Will last in shells in fridge for up to a week. Make a great snack.
- Microwave: Put two scrambled in a microwave safe bowl and microwave it, covered, for about two minutes. Serve with cheesy toast and a salad with homemade dressing (see recipe above).
- Turn egg whites yellow and yummy by adding turmeric. Cumin goes great with egg and tomatoes.

Beans Are My Friend

- Combine 1 can drained, rinsed, and mashed (with a potato masher or fork) garbanzos, 1/2 finely chopped onion, 1/4 bunch chopped fresh parsley, 1 chopped tomato, 1 clove crushed garlic & enough olive oil (try 1/8 cup, maybe more), 1 t cumin, lemon juice. A great dip or sandwich spread, like hummus.
- Chop 1 onion, 2 carrots, 2 stalks of celery, and boil in 5 cups of water. Add a can or two of white beans, rosemary, bay leaf, salt or stock and simmer for an hour. Option: Omit rosemary and add miso. Or add 1/4 of a chicken with skin and bones. Or add fresh or dried mushrooms.
- Combine 1 can black beans, 1 can corn, both drained and rinsed with 1/2 finely chopped onion, 1 chopped red pepper, chopped parsley or cilantro and 1/2 to 1 C white vinegar. Tastes better cold the next day. Can add pinto beans, cayenne pepper.

Salads

- Think of all those “make your own salad” toppings. They all work well: beans, cheese, meats, dried, and fresh fruit, nuts, and seeds, etc.
- Some veggies can be eaten raw, fully cooked, or blanched. Blanching can make some veggies easier to eat in a salad while still remaining somewhat crunchy.
- Add chopped veg to boiling water for 1-2 mins, then drain and immediately soak in ice cold water for 3 minutes.
- Make your own dressing: combine an oil, an acid (vinegar or citrus), and any other seasonings: <http://www.youtube.com/watch?v=8P9cyNv8F1g>
- Put leftovers (think: chicken parm) over greens for next day's lunch.
- 101 simple salads: http://www.nytimes.com/2009/07/22/dining/22m1list.html?_r=1

Whatever I Have Pasta

- Add frozen veggies into the pasta water when there's 3 minutes left to boil, drain and mix it all with olive oil, salt, Italian seasoning and cheese.
- Cook garlic and onion in a saucepan, if you have any fresh veggies add them now (broccoli and mushrooms work well) and cook for 5 minutes more, add canned tomatoes on low heat, add drained, rinsed beans and let simmer for 15-20 minutes.
- Chop fresh tomatoes, fresh basil & serve over pasta w/ mozzarella cheese. Drizzled olive oil and white beans also go well.
- After cooking garlic & onions w/ red pepper flakes, add ground turkey, Italian seasoning, and chopped red peppers. Cook 7-10 minutes over medium high heat. Canned tomatoes also go well.
- **No cook topping:** soft silken tofu mixed with scallion & cucumber, rice vinegar & a splash of soy sauce over cold soba noodles.

And the more traditional college pasta dishes:

- If you have mac & cheese mix- add chopped broccoli & onions to the boiling pasta, add chopped raw tomatoes when combining w/ the cheese mix, eliminate most of the butter/margarine from the recipe
- Cook your ramen on the stove. While boiling the water add frozen veggies and crack in an egg (egg-drop) before adding the noodles.

Whatever I Have Stir Fry (to serve over rice)

Start the rice before the topping

- Defrost spinach in microwave, add canned tomatoes and garbanzos to sautéed garlic and onions and simmer over medium low heat, add spinach, cumin, and curry powder and cook about 15 minutes. Mushrooms, turmeric, red pepper flakes and cream also go well.
- Cook garlic and onions in sesame oil, add chopped tofu, frozen veggies (carrots, peppers, peas, broccoli work well) and soy sauce and cook until done. Add 1 or 2 eggs to scramble in the mixture before mixing with the rice. Can use fresh veggies and chicken instead.
- Cook garlic and onion, add canned tomatoes, black beans, cumin, oregano and a pinch of cinnamon. Spinach goes well.
- Cook a bunch of chopped scallions and 1/2" diced ginger in sesame oil, add frozen edamame and soy or teriyaki sauce, then a can of drained salmon, cook 5-8 min. Serve cool with radish and seaweed.
- No-cook topping: Chop avocado, cucumbers, scallions, drain black beans under cold water. Combine w/ brown rice, soy sauce and a bit of canola oil.
- No-cook topping: Mix 1 can tuna, drained, raw veggies chopped small (I like carrots, red peppers & broccoli), a handful of raisins and mix with brown rice and low-fat French dressing.