

*Chef D's*  
*College Student*  
*Cook Book*

**Written by Dr. Drew Appleby and the members of his 2000, 2001, 2002, 2003, 2004, 2005, 2006, and 2007 Student-Athlete Freshman Learning Communities at Indiana University–Purdue University Indianapolis**

***Chef D* is an acronym for Cheap, Healthy, Easy, Fast, and Delicious. The recipes in this book were chosen because they meet most or all of these criteria.**

## Introduction

It has been an honor and a pleasure to teach IUPUI's Student-Athlete Freshman Learning Community for the past nine years. I have worked hard to make it a valuable and relevant class for my student-athletes, and they have rewarded me with enthusiasm and hard work. The purpose of my learning community is to enable new student-athletes to succeed during their freshman year and to return to IUPUI the next year as sophomores. The average freshman-to-sophomore retention rate of students in this class has been approximately 15% higher than the average for all IUPUI freshmen.

The idea for this cookbook occurred to me during the second meeting of my 2000 Student-Athlete Learning Community when I asked my students what was causing them stress. When several indicated they didn't know what to cook for themselves because they had never lived away from home before, I immediately knew they were in need of some cheap, healthy, easy, fast, and delicious recipes. I gave them some of my favorite recipes that met these criteria at the beginning of the next class. When I suggested we collaborate to create a list of such recipes we could all share, they enthusiastically agreed, and *Chef D's College Student Cook Book* was born.

Sincerely,

*Drew C. Appleby* (aka Dr. A)

Professor of Psychology and Director of Undergraduate Studies in Psychology  
Indiana University-Purdue University Indianapolis

PS: This cookbook has attracted both local and national attention. Its recipes have been demonstrated live on the *Fox 59 Morning Show*, it has been described in two articles in the *Indianapolis Star*, and it was featured in the August, 2005 edition of *Cooking Light* magazine.

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# *Dr. A's Tips for Novice Cooks*

- There are many quick and delicious “box and can” recipes. My favorites are Kraft Spaghetti Dinner, Kraft Macaroni and Cheese, Zatarain’s Jambalaya, and Hunt’s Manwich Sloppy Joe Sauce. There are also many types of inexpensive packets of ingredients for chili, tacos, enchiladas, burritos, meatloaf, and beef stew that have easy recipes on the back.
- Buy a box of Bisquick and follow the super easy recipes for pancakes, waffles, biscuits, shortcake, etc. on the box.
- Many of the recipes in this book call for boneless, skinless chicken breasts, which usually cost about \$4 a pound, but often go on sale for half that much. I suggest you buy them individually frozen in 3- or 4-pound bags that I have seen on sale at Meijer for as little as \$1.35 a pound. This way you can just take as many as you want out of the bag, defrost them in your microwave, and you’re ready to cook in just a few minutes.
- Want to grill chicken breasts on your outside grill, but don’t have the time to thaw them. No problem! Just spray frozen chicken breasts with cooking spray (or brush with olive or vegetable oil) and grill for 9 minutes, turn over, grill for another 7 minutes, turn over, and grill for 5 more minutes. Voila! Delicious grilled chicken from the freezer to the table in 21 minutes flat!
- Always, always, always wash your hands with hot, soapy water after you have handled raw chicken, and make sure you also wash any utensil (e.g., knife) and/or surface (e.g., cutting board) that has come into contact with the chicken.
- The abbreviation for tablespoon is tbsp and the abbreviation for teaspoon is tsp. Three tsp = one tbsp.
- If you make recipes that call for browned ground beef or turkey (e.g., chili, tacos, nachos, and spaghetti sauce), buy a large quantity when it’s on sale, brown it, drain it, divide it into individual zip lock sandwich bags, freeze it, and defrost it when you need it. This will cut your cooking time in half for many recipes.
- Invest in a good knife, and keep it sharp. You are much more likely to cut yourself with a dull knife than a sharp one.
- Buy Romaine lettuce in packages that contain three or four heads. When you want a salad, just take out one head and chop it up. Individual heads of Romaine last much longer than packages of already shredded lettuce and Romaine is tastier and easier to cut up than big heads of iceberg lettuce.
- Buy bags of frozen chopped green peppers and onions. They’re handy because they’re already chopped, you don’t have to have to keep fresh peppers and onions on hand, and you can use only the amount called for by a recipe.
- If you like pepperoni, but don’t like all the fat, buy turkey pepperoni instead.
- Canned diced tomatoes are an excellent substitute for fresh tomatoes because they are canned when they are at their ripest stage. “Fresh” tomatoes are often picked green and then ripened as they are shipped to the store.
- Aldi’s (4574 Lafayette Road) is a grocery store you should investigate. Its selection is more limited than Meijer, Marsh, or Kroger, but for staple items (e.g., canned vegetables, beans, rice, cheese, and coffee), its prices can’t be beat. It’s your “stock up” place.
- If you like ethnic food, visit my website ([www.indyethnicfood.com](http://www.indyethnicfood.com)) that contains a collection of over 2,200 international recipes. It also has lists of all the international and American regional markets, restaurants, and festivals in the Indianapolis area and is connected to Map Quest so you can locate them easily.
- Frozen foods like Italian meatballs, cooked shrimp, and garlic bread are truly last-minute life savers.
- Cooking with a crock-pot is slow, but incredibly convenient because you just turn it on and forget it. Try it for recipes that cook all day (Crock Pot Rigatoni and Crock Pot Baked Potatoes) or all night (Ready-When-You-Are Oatmeal).
- Don’t buy canned goods that are dented or bulging. Eating the contents of damaged cans cause food poisoning.
- Try some of the following websites that contain thousands of recipes, many of which meet Chef D’s criteria.
  - [www.allrecipes.com](http://www.allrecipes.com)
  - [www.minutemeals.com](http://www.minutemeals.com)

- [www.food.com](http://www.food.com)
  - [www.campbellkitchen.com](http://www.campbellkitchen.com)
  - [www.foodtv.com](http://www.foodtv.com)
  - [www.cooks.com](http://www.cooks.com)
  - [www.kitchenlink.com](http://www.kitchenlink.com)
  - [www.allfood.com](http://www.allfood.com)
  - [www.lindsayolives.com](http://www.lindsayolives.com)
  - [www.tyson.com](http://www.tyson.com)
  - [www.women.com](http://www.women.com)
  - [www.epicurious.com](http://www.epicurious.com)
  - [soar.Berkeley.edu/recipes](http://soar.Berkeley.edu/recipes)
  - [www.recipesecrets.com](http://www.recipesecrets.com)
  - [http://www.hungrymonster.com/recipe/recipe-search.cfm?Course\\_vch=Crockpot&ttl=904](http://www.hungrymonster.com/recipe/recipe-search.cfm?Course_vch=Crockpot&ttl=904)
- There are many cookbooks written especially for college students and other novice cooks. All of the following can be purchased through [www.amazon.com](http://www.amazon.com) or borrowed from the Indianapolis Public Library.
    - ***The Healthy College Cookbook*** by Nimetz, Stanley, and Starr published by Storey Books
    - ***Eating Well on Campus*** by Selkowitz published by Tulip Hill Press
    - ***The College Cookbook*** by Geri Herrington published by Storey Books
    - ***The Starving Students' Cookbook*** by Dede Hall published by Warner Books
    - ***Where's Mom When I Need Her?*** by Betty Ray Frandsen published by Aspen West
    - ***Help! My Apartment Has a Kitchen*** by Kevin and Nancy Mills published by Chapters
    - ***The Absolute Beginner's Cookbook*** by Jackie Eddy and Eleanor Clark published by Prima
    - ***The Really Useful Student Cookbook*** by Silvana Franco published by Landall
    - ***The Really Useful Vegetarian Student Cookbook*** by Silvana Franco published by Landall
    - ***The I Don't Know How to Cook Book*** by Mary-Lane Kamberg published by Adams Media
    - ***All Grown Up and Nothing to Eat*** by Jody Johnson published by Talented Jack Enterprises
    - ***Desperation Dinners*** by Beverly Mills and Alicia Ross published by
    - ***Desperation Entertaining.*** by Beverly Mills and Alicia Ross published by Workman Publishing
    - ***Cheap. Fast. Good.*** by Beverly Mills and Alicia Ross published by Workman Publishing
    - ***Cooking Outside the Pizza Box: Easy Recipes for Today's College Student*** by Jean Patterson published by Barron's
    - ***The Reluctant, Nervous, Lazy, Broke, Confused College Student's Cookbook*** by Lambert published by Blue Mountain Arts

# Chapter One: Breakfast

## Granola

### INGREDIENTS

1 42 oz carton old fashioned oats      2 cups honey      1 cup canola oil      1 cup water      ½ cup brown sugar      1 tbsp vanilla

### DIRECTIONS

- Combine all ingredients (except the oats) thoroughly, add the oats, and mix again.
- Pour into 2 13x9 pans, place in a 300 oven, and stir every 10 minutes for a total of 40 minutes.
- Store in an airtight container, such as the original oats carton.
- Hint: Feel free to add nuts, raisins, coconut, or any other tasty treat you like to this mixture.

SOURCE → Dr. A (I got this recipe from my daughter Karen who teaches in the Sports Science Department at Idaho State.)

## Orange-Banana Smoothie

### INGREDIENTS

1 banana, peeled and sliced      1 6-oz can frozen orange juice concentrate      1 6-oz can water      ice (about 2 cups)

### DIRECTIONS

- Place all ingredients in a blender, and blend until smooth.

SOURCE → Dr. A (Start your day the healthy way!)

## Pancakes

### INGREDIENTS

1 cup Bisquick      1 egg      ½ cup milk

### DIRECTIONS

- Just follow the directions on the back of the Bisquick package. Makes about 6 pancakes.

SOURCE → Dr. A

## Breakfast Cookies

### INGREDIENTS

1/3 cup margarine      ½ cup sugar      1 egg      ½ tsp vanilla      ½ cup flour      ¼ tsp baking soda      ¼ tsp salt  
1½ cups quick-cooking oatmeal      ½ cup grated cheddar cheese      5 slices bacon, cooked and crumbled

### DIRECTIONS

- Cream together margarine, sugar, egg, and vanilla with an electric mixer.
- Stir together the flour, baking soda, and salt; and stir into the creamed mixture.
- Stir in the remaining ingredients, and drop by tablespoons on nonstick cookie sheet.
- Bake in a 350 oven for 10 minutes or until lightly browned. Yield = 24 cookies
- Hint: You may substitute 1/3 cup imitation bacon bits if you want to speed up the recipe and cut down on the fat.

SOURCE → Dr. A (These take some time to make, but they're all ready for you to grab as you rush out the door for your 8:00 class.)

## Bull's Eye

### INGREDIENTS

1 slice of bread      ½ tbsp margarine      1 egg      salt and pepper

### DIRECTIONS

- Use a cookie cutter to cut a circle from the center of the bread.
- Melt margarine in a frying pan, place bread in the pan, crack egg into the center of the bread, and sprinkle with salt and pepper.
- Cook over medium heat, turning over after 5 minutes, to desired doneness.

SOURCE → Dr. A (This is what my wife used to cook for my daughters before their early morning swim practices.)

## Cheese Omelet

### INGREDIENTS

1 tbsp margarine      3 eggs      ¼ tsp salt      dash pepper      1 tbsp milk      1½ cups grated cheese

### DIRECTIONS

- Melt margarine in a skillet over medium heat.
- Beat all ingredients (except cheese) until fluffy, pour into the skillet, and cook until done, but eggs are still glossy.
- Sprinkle the cheese over the omelet, fold in half, cook for 1 minute more to melt the cheese, and serve immediately.

SOURCE → Dr. A (Don't hesitate to add other ingredients to the cheese filling like salsa, ham, onions, peppers, mushrooms, etc.)

## Ready-When-You-Are Oatmeal

### INGREDIENTS

1 1/3 cups old-fashioned (not quick cooking or instant) oatmeal                      2½ cups plus 1 tbsp water                      dash of salt

### DIRECTIONS

- Mix all ingredients in a crock pot, and cook on low overnight.

**SOURCE** → Dr. A (Add raisins or chopped dates if you like. This may be the most delicious oatmeal you have ever eaten.)

## Scrambled Cheese Eggs

### INGREDIENTS

3 eggs                      pinch of salt and pepper                      2 cheese slices torn into pieces                      ½ tbsp butter                      2 tbsp milk                      seasoned salt

### DIRECTIONS

- Combine the eggs, cheese, milk, salt, and pepper in a bowl, and mix with a spoon.
- Melt the butter in a skillet over medium high heat, add egg mixture and stir until done to your likeness. Sprinkle with seasoned salt.

**SOURCE** → Kia Hayes (Basketball) from the 2002 Student-Athlete Learning Community

## Bacon-Cheddar Rolled Omelet

### INGREDIENTS

½ cup flour                      1 cup milk                      2 tbsp butter, melted                      6 eggs                      1 cup crumbled bacon (cooked)                      1½ cups grated cheddar cheese

### DIRECTIONS

- Preheat oven to 350, line a jellyroll pan with aluminum foil, and generously grease foil with cooking spray.
- Mix flour, milk, butter and eggs until smooth; pour into pan; sprinkle with bacon; and bake until eggs are set (15-18 minutes).
- Remove from oven, sprinkle with cheese, and roll the omelet by starting at narrow end of pan and using foil to lift it.
- Wrap with foil and return to warm oven for a few minutes. When ready to serve slice into 1 or 1 1/2 inch slices. Serves 3-4.

**SOURCE** → David Barlow (Basketball) from the 2003 Student-Athlete Learning Community

This recipe is from Bed & Breakfast Online. I like this recipe because I love omelets.

## Breakfast Bagel

### INGREDIENTS

bagel                      scrambled eggs                      olive oil                      cheese                      salt & pepper

### DIRECTIONS

- Smear bagel with olive oil or butter, smother with scrambled eggs, and top with a slice of cheese.
- To make scrambled eggs: Break eggs into an oiled frying pan. Stir and cook at medium heat until firm. Add salt & pepper to taste.
- Variations: Add Mrs. Dash seasonings, garlic, Parmesan cheese, or Italian seasonings.

**SOURCE** → Nicole Allison (Women's Basketball) from the Fall 2003 Student-Athlete Learning Community

## Quick Cinnamon Toast

### INGREDIENTS

1 stick butter or margarine (softened)                      ½ cup brown sugar                      ½ tsp nutmeg                      2 tsp cinnamon

### DIRECTIONS

- Beat all ingredients together until fluffy, refrigerate in a covered jar, and spread on hot toast or muffins.

**SOURCE** → Dr. A (Breakfast doesn't get any quicker than this.)

## Homemade Pop Tarts

### INGREDIENTS

1 package (15 oz) refrigerated pie crusts (2 crusts)                      ½ cup fruit preserves (e.g., raspberry or strawberry)

### DIRECTIONS

- Cut each crust into 4 wedges, and place 1 tbsp preserves on each wedge.
- Brush edges of wedges with water, fold lengthwise in half to form triangles, and seal edges by crimping with a fork.
- Bake in a 450 oven on an ungreased cookie sheet for 8-10 minutes or until golden.
- These can be eaten immediately or allow to cool completely, cover, store in the refrigerator, and reheat in the oven or toaster.

**SOURCE** → Dr. A (Why buy Pop Tarts when you can make your own so much more cheaply?)

# Chapter Two: Appetizers and Snacks

## Jaguar Power Bars

### INGREDIENTS

3 cups granola with fruit and nuts    2 cups Rice Krispies    1 cup sweetened dried cranberries    3 tbsp butter    24 marshmallows

### DIRECTIONS

- Coat a 13x9 pan with cooking spray; and combine the granola, Rice Krispies, and cranberries in a large bowl.
- Melt the butter in a large saucepan, add the marshmallows, and cook until melted and smooth (stirring constantly).
- Pour over the dry ingredients in the bowl, mix well, spoon into the pan, pat down evenly, cool for 15 minutes, and cut into bars.

**SOURCE** → Dr. A (Who needs Power Bars when you can make Jag Bars yourself?)

## Puppy Chow #1

### INGREDIENTS

1 cup semi-sweet chocolate morsels    ¼ cup peanut butter    6 cups Kellogg's Crispix cereal    1 cup powdered sugar

### DIRECTIONS

- **Microwave:** Melt chocolate at HIGH for 1 minute in a microwave-safe bowl. Stir and heat an additional 30 seconds or until melted.
- **Stovetop:** Melt chocolate over low heat, stirring until melted. Remove from heat. Stir in peanut butter. Pour mixture over cereal.
- Place sugar in a brown paper sack. Add coated cereal to sugar and close the bag. Gently shake bag until cereal well coated.

**SOURCE** → Nate Dinges (Cross Country) from the 2000 Student-Athlete Learning Community (I got this recipe from a Kellogg's Crispix cereal box. This is a great party snack, but I warn you; once you eat a handful you can't stop, it's that good.)

## Puppy Chow #2

### INGREDIENTS

6 cups Kellogg's Crispix cereal    ½ cup creamy peanut butter    ½ cup margarine  
1 12 oz bag of chocolate chips    2 cups powdered sugar

### DIRECTIONS

- Melt the peanut butter, margarine, and chocolate chips together in the microwave or on the stove, and pour over the cereal.
- Put the powdered sugar in a paper bag, put the cereal in the bag, and shake until well coated.

**SOURCE** → Allison Rober (Swimming) from the 2004 Student-Athlete Learning Community

## Swedish Meatballs for a BIG Party

### INGREDIENTS

5 lbs frozen meatballs, thawed    4 cans cream of mushroom soup    2 cans consommé    1 tbsp Worcestershire sauce

### DIRECTIONS

- Borrow a **big** crock pot, put the meatballs in it, mix the other ingredients, pour over the meatballs, heat, and serve with toothpicks.

**SOURCE** → Dr. A (Serve any leftovers on mashed potatoes the next day.)

## Skyline Dip

### INGREDIENTS

Skyline Chili    1 bag shredded cheese    1 8 oz package cream cheese    1 bag of Tostitos

### DIRECTIONS

- Rub cream cheese evenly on the bottom of a pan.
- Defrost skyline chili package in the microwave, pour the chili on top of the cream cheese, and add a bag of shredded cheese.
- Bake in oven at 350 degrees for 10 minutes or until the cheese is melted. Dip your Tostitos in and enjoy.

**SOURCE** → Emily Hicks (Soccer) from the 2005 Student-Athlete Learning Community

## Black Bean Dip

### INGREDIENTS

1 can Campbell's black bean soup    1 cup shredded Monterey jack or cheddar cheese    ½ cup sour cream    ¼ tsp hot pepper sauce

### DIRECTIONS

- Combine all ingredients, heat, and serve with tortilla chips.

**SOURCE** → Dr. A (Warning: It's difficult to stop eating this once you start.)

## Cinnamon Tortilla Roll-Ups

### INGREDIENTS

6 flour tortillas    ¼ cup orange juice    cinnamon    sugar

### DIRECTIONS

- Brush one side of each tortilla with orange juice, sprinkle with cinnamon and sugar, roll up, and microwave on high for 30 seconds.

SOURCE → Dr. A

## Ants on a Log

### INGREDIENTS

4 stalks of celery, washed and trimmed    peanut butter    raisins

### DIRECTIONS

- Cut the celery into 3-inch pieces, fill with peanut butter, and top with raisins.

SOURCE → Dr. A (Who says you can't be a kid again!)

## Grandma's Veggie Dip

### INGREDIENTS

2 cups of sour cream    ½ package of dry Original Ranch buttermilk salad dressing mix (don't use the dip mix)

### DIRECTIONS

- Combine the dressing mix with the sour cream, and let set for about 1 hour.

SOURCE → Jama Gilmore (Basketball) from the 2000 Student-Athlete Learning Community

This is one of my favorite dips that my Grandma Gilmore makes. It is very simple and it tastes great with veggies.

## Baked Artichoke Dip

### INGREDIENTS

1 15 oz can artichokes in water, drained and chopped    ½ cup light mayonnaise    ½ cup grated Parmesan cheese    ¼ tsp pepper

### DIRECTIONS

- Combine ingredients in a small casserole dish, bake for 20 minutes in a 400 oven, and serve with crackers or French bread slices.

SOURCE → Dr. A

## Nachos Pronto

### INGREDIENTS

30 round tortilla chips    ¼ cup salsa    1¼ cup shredded Monterey Jack or Cheddar cheese

### DIRECTIONS

- Heat oven to 400, line a cookie sheet with foil, place chips in a single layer, top with salsa and cheese, bake for 4 minutes.

SOURCE → Dr. A

## Dill Dip

### INGREDIENTS

1 cup mayonnaise    1½ tbsp dill weed    1 cup sour cream    ½ teaspoon garlic powder    1 tsp dehydrated onion (optional)

### DIRECTIONS

- Combine all ingredients. (You can add more dill to your own preference.)
- Refrigerate for at least one hour before serving with assorted raw vegetables, bread, or crackers.

SOURCE → Kristina Stanley (Softball) from the 2002 Student-Athlete Learning Community

## Peanut Butter and Banana Wrap

### INGREDIENTS

1 flour tortilla    peanut butter    1 ripe banana, mashed    honey or maple syrup

### DIRECTIONS

- Spread tortilla with peanut butter, top with mashed banana, drizzle on honey or maple syrup, and roll up.

SOURCE → Dr. A (This is a great energy snack.)

## Frozen Grapes

### INGREDIENTS

Seedless green or red grapes

### DIRECTIONS

- Wash the grapes, allow them to dry, and put them in the freezer.

SOURCE → Dr. A (These are a truly refreshing snack, and they're ready for you whenever you're ready for them!)

## Pizza Sticks

## **INGREDIENTS**

1 can refrigerated Pillsbury pizza crust      nonfat butter spray      ½ tsp garlic powder      ½ tsp parsley flakes

## **DIRECTIONS**

- Unroll dough, place in a shallow baking pan, spray both sides with butter, sprinkle with garlic and parsley, and cut into 8 strips.
- Bake at 425 for 10 to 15 minutes, turn strips over, and bake additional 5 to 7 minutes.

Per serving: 180.6 calories, 390.1 mg sodium, 0 grams cholesterol, 2.5 grams fat, 6.03 grams protein, 1.0 grams fiber, 0.50 grams saturated fat, and 33.13 grams carbohydrates

**SOURCE** → Josh Lantz (Cross Country) from the 2001 Student-Athlete Learning Community

This recipe appears on page III-23 of *The Four Ingredient Cookbook* by Linda Coffee and Emil Cale.

## **Hummus**

### **INGREDIENTS**

1 16 oz can garbanzo beans (drained)      2 tsp bottled lemon juice      1 tbsp olive oil  
½ tsp garlic powder      1/8 tsp salt      1/8 tsp paprika

### **DIRECTIONS**

- Combine all ingredients in a food processor, whirl until smooth, and serve with wedges of pita bread or crackers.

**SOURCE** → Dr. A

## **Shrimp Salsa**

### **INGREDIENTS**

15 oz jar of salsa (Pace Salsa with Garlic and Lime is a good choice)      4 oz bag of frozen salad shrimp

- Rinse the shrimp with cold water, drain, mix with the salsa, and serve with tortilla chips

**SOURCE** → Dr. A (This recipe is the epitome of cheap, healthy, easy, fast, and delicious!)

## **Taco Dip**

### **INGREDIENTS**

16 oz sour cream      1 package taco seasoning      2 cups shredded cheese  
1½ cups of salsa      1½ cups shredded lettuce      1 bag nacho chips

### **DIRECTIONS**

- Mix the sour cream and taco seasoning together, and spread the mixture in the bottom of a 2-inch deep pan.
- Spread the salsa on top of the mixture, sprinkle the lettuce on top of the salsa, and sprinkle the cheese on top of the lettuce.

**SOURCE** → Kalah Stocker (Soccer) from the 2000 Student-Athlete Learning Community

This is a nice snack to have when you are entertaining people, and it is very inexpensive. A package of seasoning is about \$.50, the sour cream and salsa are both about \$2.00, and the chips will be about \$1.50-2.00. So the total cost of this dish is under \$7.00.

## **White Bean Pâté**

### **INGREDIENTS**

15 oz can Great Northern Beans, drained      3 tbsp lemon juice      1 tbsp parsley flakes      2 tsp ground cumin

- Combine all ingredients in a food processor, whiz, and serve with pita wedges, crackers, or veggies.

**SOURCE** → Dr. A

## **Pizza Rounds**

### **INGREDIENTS**

1 package of pita bread      1 can of pizza sauce      your choice of toppings (pepperoni, olives, onions, etc.)

### **DIRECTIONS**

- Using a sharp knife, gently slice pita bread in half so that you have two complete circles.
- Pour pizza sauce on each half as desired, place toppings on each half, and bake at 375 for 7 minutes.

**SOURCE** → Sarah Frederick from the 2000 Student-Athlete Learning Community

My mom (Sarah Frederick) made these for me as a quick snack after I got home from school. Now, I make them whenever I need something to fill me up for awhile. Overall, it takes about 12 minutes to make. It's fast and cheap, just buy off-brand toppings and pizza sauce, there isn't much taste difference. The items you buy will last at least five snacks, unless you have a huge appetite.

## **Taco Meatballs**

### **INGREDIENTS**

2 lbs lean ground beef (chuck or round)      2 eggs, beaten      1 package taco seasoning

### **DIRECTIONS**

- Mix all ingredients, shape into small meatballs, bake in a foil-lined pan at 375 until brown (approximately 15 minutes), and drain.

**SOURCE** → Dr. A (Italy meets Mexico! Serve on toothpicks with bowls of spaghetti sauce and salsa to dip in.)

## Quick Texas Dip

### INGREDIENTS

2 8 oz packages cream cheese      ½ cup sour cream      1 cup salsa      1 tsp seasoned salt

### DIRECTIONS

- Beat the cream cheese until smooth, stir in the remaining ingredients, and serve with chips or veggies.

SOURCE → Dr. A

## Mini Pizza

### INGREDIENTS

English muffin or bagel      ¼ cup shredded Mozzarella cheese      pizza sauce

Optional ingredients: pepperoni, mushrooms, sliced carrots, broccoli, etc.

### DIRECTIONS

- Slice and toast the muffin or bagel, place it on a microwave-safe plate, and spread it with pizza sauce.
- Sprinkle the sauce with cheese or, if adding any optional ingredients, put them on the sauce and then top with the cheese.
- Place in the microwave on high for approximately 20-30 seconds or until the cheese is melted. Let stand for one minute.

SOURCE → Chas Grimm (Swimming) from the 2002 Student-Athlete Learning Community

## Sausage Pinwheels

### INGREDIENTS

1 5½-oz package biscuit mix      ½ lb hot bulk sausage

### DIRECTIONS

- Mix biscuit dough according to directions, roll into a ¼-inch thick rectangle, spread with sausage, roll into a cylinder, and freeze.
- Cut off slices, place on an ungreased baking sheet, bake (turning once) at 350 until brown (about 12-15 minutes).

SOURCE → Dr. A (Substitute your favorite sausage, such as chorizo or Italian.)

## Cranberry and Salsa Meatballs

### INGREDIENTS

2 lbs frozen meatballs      16 oz can jellied cranberry sauce      16-oz jar salsa

### DIRECTIONS

- Heat cranberry sauce and salsa in a saucepan, pour over meatballs in a crock pot, and cook on low for 2-4 hours.

SOURCE → Dr. A

## Sweet and Sour Wienies

### INGREDIENTS

10 hot dogs      1 6 oz jar mustard      1 10 oz jar currant or grape jelly

### DIRECTIONS

- Mix and heat mustard and jelly in a small crock pot, cut hot dogs into bite size pieces, add to the crock pot, serve with toothpicks.

SOURCE → Dr. A

## Cheese Ball

### INGREDIENTS

1 8 oz package of cream cheese      1 3 oz package of chipped or corned beef

½ to 1 cup shredded cheddar cheese      minced onion (optional)

### DIRECTIONS

- Mix together, form into a ball, refrigerate, and serve with crackers.

SOURCE → Jessica Lieland (Cross Country) from the 2001 Student-Athlete Learning Community

## Nacho Dip

### INGREDIENTS

1 lb ground beef      2 cups shredded cheddar cheese      1 16 oz can refried beans      1 packet of taco seasoning

### DIRECTIONS

- Brown ground beef, drain fat, add remaining ingredients, heat until the cheese has melted, and serve over or with tortilla chips.

SOURCE → Dr. A

## Hot Chili Dip

### INGREDIENTS

1 16 oz jar salsa      ½ lb Velveeta cheese      1 can chili with beans      3 cups sliced olives

### DIRECTIONS

- Combine all ingredients in a crock pot, cook on high until the cheese melts, turn to low, and serve with tortilla chips.

**SOURCE** → Dr. A

## Corn and Black Bean Salsa

### INGREDIENTS

prepared salsa                      canned corn (drained)                      canned black beans (drained and rinsed)

### DIRECTIONS

- For each cup of salsa, add ¼ cup each corn and beans, mix well, and serve with tortilla chips.

**SOURCE** → Dr. A (The beans and corn combine to supply all the amino acids of a complete protein.)

## Shrimp on a Brick

### INGREDIENTS

1 8 oz package cream cheese                      ½ cup shrimp cocktail sauce                      1 4 oz can tiny shrimp, drained

### DIRECTIONS

- Place cream cheese on a plate, pour cocktail sauce over the cheese, sprinkle with the shrimp, and serve with crackers.

**SOURCE** → Dr. A (This could be the fastest appetizer in the world!)

# Chapter Three: Salads

## Your Basic Salad

### INGREDIENTS

8 cups Romaine lettuce cut into bite-size pieces                      1 lb fresh white mushrooms (about 6 cups) sliced thick  
 8 oz sliced smoked turkey (about 2 cups), cut in strips                      4 oz sliced provolone cheese (about 1 cup), cut in strips  
 1 medium tomato, cut into 8 wedges                      ½ cup thinly sliced red onion  
 ½ cup creamy roasted garlic or Caesar salad dressing

### DIRECTIONS

- Place all ingredients (except dressing) in a salad bowl, add the dressing, and toss well. (Garnish with capers or anchovies, if desired.)

**SOURCE** → Rhett Zych (Soccer) from the 2001 Student-Athlete Learning Community

## Greek Salad

### INGREDIENTS

½ head iceberg lettuce                      1 head Romaine lettuce                      1 small can black olives, drained                      1 large red onion, sliced  
 5 tomatoes, sliced                      feta cheese, crumbled                      Greek or Italian salad dressing

### DIRECTIONS

- Wash, chop, and combine both types of lettuce in a 13x9 pan.
- Top the lettuce with the tomatoes, onions, olives, and feta cheese.
- Serve with Greek or Italian dressing—this will serve a large number of people.

**SOURCE** → Rachel Poremski (Women's Cross Country) from the 2005 Student-Athlete Learning Community

## Chilled Cucumbers

### INGREDIENTS

2 cucumbers, peeled and sliced                      ½ onion, sliced                      ¼ cup vinegar                      1/3 cup sugar

### DIRECTIONS

- Place cucumbers and onions in a bowl, combine vinegar and sugar in another bowl, pour over the cucumbers and onions, and chill.

**SOURCE** → Dr. A (I remember eating this when I stayed with my grandparents during summer vacations when I was very young.)

## 7-Layer Pea Salad

### INGREDIENTS

1 head of lettuce                      4 stalks celery (diced)                      1 small bag frozen peas                      1-1 1/2 cups mayonnaise  
 3/4 bag shredded mild cheddar cheese                      3/4 cup bacon bits                      1 small red onion (diced)

### DIRECTIONS

- Wash lettuce, cut into bite-size pieces, and place in a 13x9 pan.
- Layer on the celery, then the onion, and then the peas (keep frozen until ready to use).
- Spread mayonnaise over the peas, press down to keep the peas from coming up, sprinkle the bacon bits on top, and chill for 4 hours.

**SOURCE** → Cori Martin (Women's Soccer) from the 2005 Student-Athlete Learning Community

## Waldorf Salad

### INGREDIENTS

2 stalks celery, chopped      2 apples, cored and chopped      ½ cup walnuts, chopped      ¼ cup light mayonnaise

### DIRECTIONS

- Combine all ingredients and chill.

**SOURCE** → Dr. A (Add raisins and grapes if you like. I bet your parents will recognize this salad.)

## Lettuce Salad

### INGREDIENTS

1 bag of prepared lettuce      1 small green pepper (chopped)      2 sliced carrots      1 small onion (chopped)      dressing of choice

### DIRECTIONS

- Combine the first 4 ingredients in a bowl, and top with the dressing.

**SOURCE** → Anne Tupper (Basketball) from the 2002 Student-Athlete Learning Community

## Italian White Bean Salad

### INGREDIENTS

1 16 oz can Great Northern beans, rinsed and drained      3 tbsp low fat Italian dressing

### DIRECTIONS

- Combine the ingredients, but be careful not to mash the beans. Serve chilled or at room temperature.

**SOURCE** → Dr. A

## Grilled Chicken Salad

### INGREDIENTS

Pre-packaged chicken strips      bagged salad      dressing

### DIRECTIONS

- Place desired amount of chicken into small bowl, and microwave for 45 seconds.
- Pour desired amount of salad into separate bowl, pour the chicken strips on top of lettuce, and add the dressing.

**SOURCE** → Sarah Frederick from the 2000 Student-Athlete Learning Community

I eat this all the time. A bag of salad at a store like Aldi's costs 79 cents. Chicken strips are fairly cheap if you don't have to have the top brands, and dressing, well, there's the most expensive item, a whole \$3. The only time put into this is cooking the chicken; the rest is already done for you. These items will last you a couple meals.

## Pasta Salad

### INGREDIENTS

2 cups rotini pasta      2 cups fresh broccoli florets      1 cup halved cherry tomatoes      ¼ cup ripe olive slices  
1/3 cup Kraft Done Right House Italian reduced fat dressing      ¼ cup Kraft reduced fat Parmesan-style grated topping.

### DIRECTIONS

- Cook the pasta according to package directions, drain, and put into a bowl.
- Mix in the broccoli, tomatoes, and olives; toss with the dressing and the cheese.

**SOURCE** → Olivia Bayer (Swimming ) from the 2004 Student-Athlete Learning Community

## Israeli Carrot and Raisin Salad

### INGREDIENTS

4 carrots, peeled and grated      1 handful raisins      ¼ cup fresh orange juice      ½ tsp sugar

### DIRECTIONS

- Combine the ingredients, chill, and enjoy.

**SOURCE** → Dr. A (It doesn't get much healthier than this. Buy grated carrots to make it an instant salad. )

## Bow-Tie Pasta Salad

### INGREDIENTS

1 box bow-tie pasta noodles      1 green pepper      1 8 oz can sliced olives      shredded cheese  
1 package Polish sausage links      ½ onion      1 carton of cherry tomatoes      Italian Dressing

### DIRECTIONS:

- Cook pasta according to package directions, drain, and put into a large bowl.
- Slice sausage about ¾ of an inch thick, simmer until done in a skillet, drain, and add to pasta in the bowl.
- Dice green pepper, onion, and olives. Cut cherry tomatoes in half. Rinse and add into bowl with sausage and pasta.
- Mix in desired amount of Italian dressing to ingredients in large bowl. Top with shredded cheese and refrigerate until serving time.

**SOURCE** → Alana Walsh (Swimming) from the 2005 Student-Athlete Learning Community

This is a great dish that my mom makes often. It costs about \$20 for all of the ingredients. It is delicious!

## Beans and Corn Relish Salad

### INGREDIENTS

1 15 oz can black beans, rinsed and drained  
1 13 oz jar corn relish

1 15 oz can garbanzo beans, rinsed and drained  
¼ cup lemon juice

fresh ground black pepper

### DIRECTIONS

- Combine the ingredients, chill, and enjoy.

**SOURCE** → Dr. A

## Five-Cup Salad

### INGREDIENTS

1 can pineapple chunks (drained)  
1-2 cups mini-marshmallows

1 can mandarin orange slices (drained)  
1 cup sour cream

1 cup shredded coconut

### DIRECTIONS

- Combine all ingredients in a large bowl, and refrigerate. You may eat whenever you like.

**SOURCE** → Jama Gilmore (Basketball) from the 2000 Student-Athlete Learning Community

My Grandma Petrie introduced this recipe to me. She made it all the time whenever I came to eat dinner.

## Rainbow Pasta Salad

### INGREDIENTS

1 lb tricolor rotini pasta  
2 cups cubed fully cooked ham  
1 small red onion, chopped  
salt and pepper (to taste)

1 cup Light Ranch dressing  
2 cups cubed Muenster cheese  
1 small cucumber, chopped  
Parmesan cheese

¾ cup barbecue sauce  
3 bell peppers (green, red, and yellow), chopped  
3 green onions, chopped

### DIRECTIONS

- Cook pasta according to package directions, drain, and rinse with cold water.
- Place all ingredients in a bowl, toss well, and add salt, pepper, and Parmesan cheese to taste.

**SOURCE** → Dr. A (This recipe could have been placed in the main dish chapter. It keeps well in the refrigerator if you cover it tightly, and you will often find yourself sneaking a bite.)

## Italian Tuna Salad

### INGREDIENTS

8 oz bag of mixed salad greens

1 can chunk light tuna in water, drained

2 oz Italian dressing

### DIRECTIONS

- Place the salad mixture in a bowl, dump the tuna on the salad, shake the dressing, and pour it on the salad.

**SOURCE** → Stephenie Thompson (Softball) from the 2005 Student-Athlete Learning Community

## Perpetual Salad

### INGREDIENTS

1 can French-style green beans  
1½ cups sliced celery

1 can small peas  
3 medium onions, sliced

1 can Chinese vegetables  
¾ cup cider vinegar

1 can sliced water chestnuts  
1 tsp salt and pepper to taste

1 cup sugar

### DIRECTIONS

- Drain canned vegetables, mix all ingredients in a large bowl, cover, refrigerate, and scoop out whatever you need.

**SOURCE** → Dr. A (This will keep in your refrigerator for several weeks and is always ready when you are.)

## Chicken Caesar Salad

### INGREDIENTS

4 oz chopped Romaine lettuce

1 oz Parmesan wafers

½ cup croutons

1 ½ oz Caesar dressing

6 oz chicken breast

### DIRECTIONS

- Season chicken with salt and pepper, and grill until done.
- Mix lettuce, croutons, and dressing in a stainless steel bowl.
- Place lettuce mixture on 12" dinner plates, top with the wafers, slice chicken on a bias, and fan out over salad.

**SOURCE** → Steve Toroni (Diving) from the 2001 Student-Athlete Learning Community

## Tuna Salad

### INGREDIENTS

1 6½ can of water packed tuna      1 tbsp sweet relish      1 tbsp light mayonnaise      1 green onion, chopped

### DIRECTIONS

- Drain the tuna, and combine all the ingredients in a bowl. Serve on lettuce or as a sandwich filling.

SOURCE → Dr. A

## Cucumber Salad (Mizeria)

### INGREDIENTS

1 large cucumber, peeled and sliced      ½ cup sour cream      juice of half a lemon      1 tsp salt      2 tbsp freshly chopped dill

### DIRECTIONS

- Place the cucumber in a colander, sprinkle with salt, leave for 30 minutes for the juices to drain, rinse, and drain thoroughly.
- Arrange the cucumber in a salad dish, mix the sour cream and lemon juice, pour it over the cucumber, and garnish with the dill.

SOURCE → Kevin May (Men's Swimming) from the 2005 Student-Athlete Learning Community

## Ambrosia Salad

### INGREDIENTS

1 15 oz can fruit cocktail, undrained      1 11 oz can mandarin oranges, drained      1 tsp flaked coconut

### DIRECTIONS

- Combine all ingredients and chill.

SOURCE → Dr. A

# Chapter Four: Soups

## California Cheese Soup

### INGREDIENTS

1 quart water      2½ cups peeled-diced potatoes      2 chicken bouillon cubes      1 cup diced carrots      1 cup diced celery  
½ cup diced onion      1 lb Velveeta cheese, cubed      2 cans cream of chicken soup      1 16 oz bag frozen California blend veggies

### DIRECTIONS:

- Boil water in a large pan, add the next 6 ingredients, reduce heat, and simmer (covered) until the vegetables are tender (30 minutes).
- Add the soup and cheese, and cook until soup is heated through and the cheese is melted. **Stir Constantly!**
- Makes 3 quarts, about 10 to 12 servings.

SOURCE → Karson Ammann (Volleyball) from the 2002 Student-Athlete Learning Community

## Virginia Peanut Soup

### INGREDIENTS

1 can cream of chicken soup      1½ soup cans of milk      ½ cup crunchy peanut butter      1 pinch salt

### DIRECTIONS

- Place all ingredients in a sauce pan, cook over medium heat until heated through (do not boil), and whisk to combine thoroughly.

SOURCE → Dr. A (This somewhat strange sounding combination produces a truly delicious soup. Please try it.)

## Corn and Tomato Chowder

### INGREDIENTS

6 slices of bacon, diced      1 large onion, diced      1 clove garlic, minced      2 15-oz cans diced tomatoes  
1 15-oz cans corn, drained      1 15-oz cans creamed corn      1/4 tsp hot pepper sauce      2 chicken bouillon cubes

### DIRECTIONS

- Fry bacon in a large saucepan, add onion and sauté for 5 minutes, add garlic and sauté for 2 more minutes.
- Add remaining ingredients, bring to a boil, and simmer for 10 minutes, stirring occasionally.

SOURCE → Dr. A (This is my mother's recipe, and I remember eating it often when I was a child. It's comfort food for me.)

## Chili

### INGREDIENTS

2 15 oz. cans of chunky diced tomatoes      1 4 oz. can of sliced olives      1 15 oz. can of black beans  
1 15 oz. can of whole kernel corn (no salt)      1 4 oz. can of diced green chilies

### DIRECTIONS

- Mix all ingredients in a medium size pot, turn stove onto medium high until chili is boiling, stirring occasionally.
- Once boiling, turn down the stove to low heat and serve. Serves 5-6.

**SOURCE → Samantha Sliney (Women’s Soccer) from the 2003 Student-Athlete Learning Community**

This is a family recipe. I like it because it is easy, healthy, and tastes great.

## Corn Soup

### INGREDIENTS

1 can cream-style corn                      1 tbsp margarine                      1 cup milk                      1 pinch of ground pepper

### DIRECTIONS

- Cook all ingredients in a saucepan over medium heat for 5-7 minutes, stirring frequently.

**SOURCE → Dr. A** (Good, comforting soup doesn’t get much easier than this!)

## Chili for 16

### INGREDIENTS

3 medium onions, finely chopped	2 medium green peppers, finely chopped	3 stalks celery, finely chopped
8 lbs coarsely ground beef	1 can (6 oz) tomato paste	2 cans (11b-13oz) stewed tomatoes
2 can (16 oz) tomato sauce	1 can (7 oz) chile salsa	3 cloves garlic, finely chopped
2 jars (3 oz) chili powder	1 medium jalapeno chili, seeded and chopped	2 tbsp salt
oregano	garlic salt	coarsely ground pepper                      oil

### DIRECTIONS

- Thinly cover bottom of heavy 2 gallon pot with oil. Saute onions, green peppers and celery 10 min. Add meat and cook 10 min or until brown.
- Stir in tomato paste, stewed tomatoes and tomato sauce. Add chopped garlic, chili powder, salt, oregano, chile salsa, and jalapeno.
- Cook 30 min, season to taste with garlic salt and pepper, then simmer for 2 1/2 hours. Stir every 10-15 min. Serves 16.

**SOURCE → Devika Bellamy (Volleyball) from the 2004 Student-Athlete Learning Community**

## Mexican Vegetarian Chowder

### INGREDIENTS

1 16 oz can vegetable broth	1 16 oz can fat-free refried beans	1 16 oz can whole kernel corn
1 16 oz can hominy	1 16 oz can black, kidney, or pinto beans	1 cup chunky salsa

### DIRECTIONS

- Combine all ingredients in a large saucepan, bring to a boil, and simmer for 15 minutes, stirring occasionally.

**SOURCE → Dr. A** (This is my wife’s favorite soup. Hint: Make a double batch because it’s even better reheated the next day.)

## Vegetable Soup

### INGREDIENTS

3 cups of tomato juice	3 cups of water	canned vegetables	salt and pepper
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### DIRECTIONS

- Put tomato juice, water, and vegetables in a pan, and place on stove set on medium-high.
- Season with desired amount of salt and pepper, and cook for 20 minutes.

**SOURCE → Sarah Frederick from the 2000 Student-Athlete Learning Community.**

My mom makes this all the time. Even though it takes awhile to cook, it’s simple to make and you get to pick your favorite vegetables. As long as you’re near the kitchen and keep an eye on it, you can be getting other things done too. This recipe feeds four comfortably.

## Chili Pronto

### INGREDIENTS

1 lb ground beef or turkey	1 tbsp ground cumin*	1 16 oz jar chunky salsa	2 16 oz cans chili-style beans
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### DIRECTIONS

- Brown beef or turkey in a little oil in a large saucepan, drain thoroughly in a colander, and return to the pan.
- Add all the remaining ingredients, bring to a boil, simmer for 15 minutes, and add salt to taste.
- Garnish with sour cream, shredded cheese, and/or broken tortilla chips if desired.
- Hint: Use a 1 lb bag of frozen Italian-style meatballs in place of the ground beef or turkey for an even quicker meal.

**SOURCE → Dr. A**

This is the chili I make when I don’t have time to make it from scratch. \*Ground cumin is expensive in those little spice bottles. I grind my own from seed, so if you want some, just ask.

## Oriental Vegetable Soup

### INGREDIENTS

4 cups water                      2 oriental-flavor Ramen soup mixes                      1 16 oz package frozen stir fry vegetable mix  
1 tbsp soy sauce                      1 tbsp vinegar                      ½ tsp hot sauce

**DIRECTIONS**

- Boil the water in a large pan, add the Ramen noodles (broken up) and the vegetables, return to a boil, and simmer for 2 minutes.
- Add the flavor packets from the soup mixes and the remaining ingredients, stir well, and serve.

**SOURCE** → Dr. A (Chef D loves this soup because it meets all five of his criteria so well.)

## Cream of Broccoli Soup

**INGREDIENTS**

2 cups chopped broccoli                      2 cups water                      2 tbsp butter, melted                      1/4 c. flour  
2 tsp chicken bouillon                      dash pepper                      2 cups half-and-half or milk

**DIRECTIONS**

- Cook broccoli in boiling water until tender (8-10 min), drain (reserving liquid), and add water to reserved liquid to equal 1½ cups.
- In a blender combine broccoli and liquid, blend on low just until smooth, and add the 2 cups of water.
- In a medium saucepan over medium heat, combine butter, flour, bouillon and pepper.
- Add half-and-half (or milk), cook, and stir until thick and bubbly. Stir in broccoli and cook for 1 min more

**SOURCE** → Ashley Cicillian (Women’s Soccer) from the 2005 Student-Athlete Learning Community (The recipe came from *The Starving Student Cookbook* that my mother provided for me.)

# Chapter Five: Main Dishes

## Crispy Ranch Chicken

**INGREDIENTS**

4 boneless chicken breasts                      1 1-oz package of ranch dressing mix                      ¼ cup dry bread crumbs

**DIRECTIONS**

- Mix dressing mix and bread crumbs in a plastic grocery bag, add chicken, and shake until well coated.
- Place chicken on an ungreased cookie sheet, and bake in a pre-heated 375 oven for 25-30 minutes or until the juices are clear.

**SOURCE** → Dr. A (Chicken just can’t get much quicker and easier than this!)

## BBQ Pork Sandwiches

**INGREDIENTS**

1 3-4 lb Boston butt pork roast                      1 16 oz bottle of your favorite BBQ sauce                      8 large hamburger buns

**DIRECTIONS**

- Cook roast for 8-10 hours on low in a crock pot, drain, cool, remove bones and as much fat as possible, and tear meat into shreds.
- Return meat to the crock pot, add BBQ sauce, mix thoroughly, reheat, and serve on buns with coleslaw, potato salad, and pickles.

**SOURCE** → Dr. A (This is a truly great party recipe. It’s not fast, but it’s well worth the effort. Freeze and reheat any leftovers.)

## Baked Bean Burritos

**INGREDIENTS**

2 (16 ounce) cans baked beans, undrained                      1 tbsp chopped canned chipotle chilies with some of the adobo sauce  
1½ teaspoons ground cumin                      1½ cups sliced green onions                      1/3 cup chopped cilantro leaves  
6 10-inch flour tortillas, warmed                      1½ cups shredded Monterey Jack Cheese                      3 cups shredded iceberg lettuce

**DIRECTIONS**

- In a large saucepan, heat the beans, chipotles and cumin over medium heat, stirring occasionally, until simmering. Stir in the green onions and chopped cilantro; continue to simmer 2 minutes.
- To assemble, spoon about ½ cup bean mixture on center of each tortilla. Top with equal amounts of the cheese and lettuce. Fold bottom edge up over filling. Fold right and left sides to center, overlapping edges. Serve with salsa and guacamole and garnish with the cilantro sprigs, if desired

**SOURCE** → Ryan Brumbaugh (Soccer) from the 2004 Student-Athlete Learning Community

## The Best Grilled Chicken Breasts

**INGREDIENTS**

4 boneless, skinless chicken breasts                      2 cups water                      ¼ cup sugar                      2 tbsp salt                      olive oil                      ground black pepper

**DIRECTIONS**

- Put chicken, water, salt, and sugar in a quart-size zip-lock bag, squish the air out, seal the bag, and put in the refrigerator for 1 hour.

- Remove the chicken from the bag (discard the marinade), rinse under running water, and dry thoroughly with paper towels.
- Rub the chicken with olive oil, season with pepper, and grill over hot coals for 4-5 minutes per side.

**SOURCE** → Dr. A (The process of soaking the chicken in the water-salt-sugar mixture is called brining, and it also works great with pork chops. This process draws moisture into the chicken and adds flavor. Unless you overcook them, these will be the best chicken breasts you have ever grilled. Any leftovers can be used in a salad like the Chicken Caesar or the Grilled Chicken Salad in this book.)

## Chicken Tetrazzini

### INGREDIENTS

4 oz spaghetti	1¼ cups cream of mushroom soup (optional)	2/3-cup milk
1 cup diced cooked chicken	¼ cup pimiento-chopped (optional)	1 cup American cheese-shredded
2 tbsps Parmesan cheese-grated	2 tsp salt	

### DIRECTIONS

- Add salt and spaghetti to boiling water, stir constantly for 2 minutes, cover, remove from heat, and let stand for 10 minutes.
- Blend soup and milk, and add the chicken and pimiento. (Skip this step if you left out the soup and pimiento)
- Drain and rinse spaghetti, place in a greased baking dish, pour soup mixture over spaghetti, and mix slightly.
- Sprinkle cheese over top, and bake at 375 for 30 minutes or until cheese is melted and lightly browned.

**SOURCE:** Nathan Dinges (Cross Country) from the 2000 Student-Athlete Learning Community

This is one of my grandma's recipes. When I was a kid and still now I love to go to her house just to eat a little bit of this. I went to school at Franklin Central High School and was on the cross-country team there. Every year we would have dinners over at each other's houses the night before a meet to get a good dinner in and to do a little team bonding as well. The first year I had everyone over I asked my mom to make this dish for everyone so she did. We had the best race of the year that next day. Needless to say the next year I had it again and everyone couldn't wait to come over to get a little more of my grandma's famous Chicken Tetrazzini.

## Gourmet Pasta

### INGREDIENTS

16 oz package of pasta (your choice)	2 tbsps butter	½ tsp garlic salt	¼ cup milk	2 tbsps Parmesan cheese
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### DIRECTIONS

- Cook pasta according to directions, place remaining ingredients in saucepan, cook and stir until combined, and pour over pasta.

**SOURCE** → Dr. A

## Chicken Picante

### INGREDIENTS

1 cup picante sauce	1 8 oz can tomato sauce	1 tbsp Dijon mustard	3 tbsps brown sugar	4 boneless chicken breasts
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### DIRECTIONS

- Combine picante sauce, tomato sauce, mustard, and brown sugar.
- Place chicken in a baking dish, pour sauce over chicken (covering it completely), bake at 400 for 20 minutes, and serve over rice.

**SOURCE** → Dr. A (Make this for your parents. They'll be impressed.)

## Tortellini

### INGREDIENTS

1 bag of tortellini noodles stuffed with cheese	1 jar spaghetti sauce	1 package shredded parmesan cheese (if desired)
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### DIRECTIONS

- Cook tortellini according to the package directions, drain, and return to the pot.
- Pour in desired amount of sauce, stir, and sprinkle with cheese. Enjoy!

**SOURCE** → Jenny Braun (Cross Country) from the 2004 Student-Athlete Learning Community

## Miracle Baked Pork Chops

### INGREDIENTS

2 tsp honey mustard	4 boneless pork chops, ½ inch thick	cooking spray
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### DIRECTIONS

- Preheat oven to 425, spread mustard on one side of each chop, place chops in a baking pan mustard-side up, cover with foil, and bake 16 minutes.

**SOURCE** → Dr. A (This recipe comes from the Desperation Dinners! cook book by Beverly Mills and Alicia Ross.)

## Cheese Quesdillas

### INGREDIENTS

2 tortillas	shredded cheese	Tyson bagged pre-cooked chicken strips	salsa
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### DIRECTIONS

- Spread salsa on a tortilla, sprinkle with cheese, add bagged chicken, cover with the other tortilla, and microwave for 30-45 seconds.

SOURCE → Sarah Komanec (Cross Country) from the 2004 Student-Athlete Learning Community

## Baked Italian Chicken

### INGREDIENTS

4 boneless chicken breasts                      ½ cup flour                      1 cup Italian dressing                      cooking spray

### DIRECTIONS

- Roll chicken breasts in flour, place in a 13x9 pan lined with aluminum foil that has been sprayed with the cooking spray.
- Pour the dressing over chicken, cover with more foil, bake in a 350 oven for one hour, uncover, and bake until golden brown.

SOURCE → Dr. A (Don't forget to use the foil. If you do, cleaning the pan will be a big pain.)

## Salmon Patties

### INGREDIENTS

1 can of salmon                      1 sleeve of saltine crackers, crushed                      1 egg                      cooking oil

### DIRECTIONS

- Thoroughly mix the can of salmon with one egg and about ¾ of the sleeve of crackers in bowl.
- Roll out balls about the size of a baseball and flatten them until all the salmon mixture is gone.
- Put a quarter size drop of oil in a frying pan to coat the bottom, and cook patties until they are a golden brown color on each side.

SOURCE → Chelsea Bastin (Volleyball) from the 2005 Student-Athlete Learning Community

## Lemon and Onion Pork Chops

### INGREDIENTS

4 pork chops                      ½ cup catsup                      ¼ cup brown sugar                      1 onion, cut into 4 slices                      1 lemon, cut into 4 slices

### DIRECTIONS

- Place chops in a baking dish, top each chop with ¼ of the catsup, ¼ of the sugar, one onion slice, and one lemon slice.
- Cover and bake at 350 for 45 minutes, uncover and bake for 45 minutes more, and serve over rice.

SOURCE → Dr. A (This is my mother's recipe. I was the only one in my family who liked the lemon slices, so I got to eat them all!)

## Chicken and Rice

### INGREDIENTS

4 boneless chicken breasts (cubed)                      1 pint sour cream                      1 can cream of chicken soup  
½ cup margarine                      1 oz package of cheddar cheese                      1 small onion (diced)                      2 cups of instant rice

### DIRECTIONS

- Mix soup, cheese, sour cream, onion, and margarine, and pour this mixture over the chicken placed in casserole dish.
- Add instant rice, mix, and bake at 350 for 45 min.

SOURCE → Rachel Holmes (Volleyball) from the 2005 Student-Athlete Learning Community

## Baked Pork Chops with Apples

### INGREDIENTS

2 pork chops                      salt & pepper                      1 tart apple, unpeeled, halved, and cored                      sugar                      sour cream

### DIRECTIONS

- Place chops in a baking dish, sprinkle with salt & pepper, top with one apple half (cut side down), and sprinkle with sugar.
- Bake uncovered at 350 for 45 minutes, baste often with the juices, and serve hot with the juices thickened with the sour cream.

SOURCE → Dr. A (This takes a little time to cook, but it's worth it. It's also easy to double when you have guests.)

## Honey Mustard Chicken Fingers

### INGREDIENTS

4 skinless boneless chicken breasts                      1 cup flour ½ tsp salt                      ¼ tsp pepper                      ¾ cup milk                      1 cup vegetable oil  
¼ cup Dijon mustard                      ½ cup honey

### DIRECTIONS

- Cut chicken into ½ x 2-inch strips; mix flour, salt, and pepper in a shallow bowl, dip chicken in milk, then roll in flour mixture, and place on waxed paper.
- Heat ¼ inch of oil in a large heavy skillet on medium-high until a cube of white bread dropped in oil browns evenly in 1 minute.
- Divide chicken into batches, place chicken in an even layer in hot oil, fry (turning once) for about 3 minutes on each side or until golden brown and crisp.

- Drain on paper towels, mix the honey and mustard in a small bowl, and serve with the sauce.

**SOURCE** → Matt Kinley (Cross-Country) from the 2002 Student-Athlete Learning Community

## Two-Minute Enchiladas

### INGREDIENTS

10 flour tortillas      2 cups grated cheddar cheese      1 medium onion, chopped      1 15 oz can enchilada sauce

### DIRECTIONS

- Sprinkle each tortilla with cheese and onion, roll up, place seam-side down in a microwave safe dish, and cover with sauce.
- Microwave on high for 2 minutes (or until cheese melts), and top with extra cheese before serving.

**SOURCE** → Dr. A

## Deli Meat and Cheese Quesadillas

### INGREDIENTS

3 thin slices of your favorite deli meat      One 4-, 6- or 8-inch flour tortilla      2 slices of cheese      squeeze butter

### DIRECTIONS

- Cut up deli meat into pieces, put them in a skillet or griddle. Put a little butter on the top and keep moving the meat around.
- Put butter on one side of the flour tortilla, place it in the skillet. fold the cheese in half, and place it on one half of the tortilla.
- Once the deli meat is a little browned, put it on the side opposite the cheese, and add salt and pepper if you wish.
- Once the meat is on, fold the tortilla in half. Once it is golden brown, it is done! Cut into 4 triangles, and serve!

**SOURCE** → Kelly Schlottman (Swimming) from the 2005 Student-Athlete Learning Community. My sister and I experimented with the Hillshire Farms Deli Select Honey Roasted Turkey and Brown Sugar Ham one day and made this excellent quesadilla! It is fast, cheap, and easy to make! It is not just your typical sandwich!

## Sloppy Joes

### INGREDIENTS

1 16 oz can sloppy Manwich      1 lb ground beef or turkey      hamburger buns or pita pocket bread

### DIRECTIONS

- Brown the meat in a saucepan, drain in a colander, return to the pan, add the sloppy Joe sauce, heat, and serve in buns or pita bread.

**SOURCE** → Dr. A (If you have a package of already-browned beef or turkey in your freezer, this could be the fastest meal ever!)

## Sloppy Joe Casserole

### INGREDIENTS

1 lb ground beef or turkey      1 16 oz can Manwich      2 cups macaroni      2 cups shredded Cheddar cheese

### DIRECTIONS

- Cook meat and sauce according to the directions on the can, and cook the macaroni according to the directions on the package.
- Mix the meat sauce, macaroni, and  $\frac{3}{4}$  of the cheese in a 13x9 pan, sprinkle remaining cheese on top, and bake at 350 for 30 minutes.

**SOURCE** → Dr. A (Good down-home comfort food.)

## Caramelized Garlic Chicken

### INGREDIENTS

4 garlic cloves, minced      2 tsp olive oil      4 tsp brown sugar      4 boneless, skinless chicken breasts      nonstick cooking spray

### DIRECTIONS

- Heat oven to 500 degrees, line a 13x9 inch pan with foil, and spray foil with nonstick cooking spray.
- Place garlic and oil in a small pan, cook over medium low heat for 2 minutes, remove from heat, and stir in the brown sugar.
- Place chicken breast in the pan, spread the garlic mixture over each breast, and bake for 15 minutes.

**SOURCE** → Dr. A (This is a truly delicious recipe!)

## Kernel Quesadillas

### INGREDIENTS

2 7-oz. cans of low-sodium whole kernel corn      1 4-oz. jar chunky salsa  
1 cup shredded reduced-fat Cheddar or Monterey Jack cheese      8 tortillas

### DIRECTIONS

- Stir together the corn and salsa over high heat in a large, nonstick skillet, and then spoon the mixture evenly over 4 tortillas.
- Toss  $\frac{1}{4}$  cup of the cheese on top of the mixture on each tortilla, and place the filled tortillas in the skillet.
- Top each with a second tortilla, and cook for about 3 minutes on each side. Makes 4 servings

**SOURCE** → Vangel Nacovski (Men's Soccer) from the Student-Athlete Learning Community

## Cheese and Bean Quesadillas

### INGREDIENTS

¼ cup refried beans                      4 6- or 8-inch flour tortillas                      ¾ cup shredded cheese                      salsa

### DIRECTIONS

- Spread beans on 2 of the tortillas, sprinkle with the cheese, and top with the other 2 tortillas.
- Cook each quesadilla at medium heat for about 5 minutes in a large skillet until the cheese melts, turning once.
- Cut into 4 triangles, and serve with the salsa.

**SOURCE** → Dr. A (This is the Mexican version of the grilled cheese sandwich.)

## Speedy Spaghetti Sauce

### INGREDIENTS

1 tbsp olive oil                      ½ lb ground beef                      1 onion                      1 tsp garlic salt                      1 tsp oregano                      1 28 oz can crushed tomatoes

### DIRECTIONS

- Brown the beef and onion in the olive oil, drain, add the remaining ingredients, simmer for 20 minutes, and serve over spaghetti.

**SOURCE** → Dr. A

## Pot Roast

### INGREDIENTS

1 3-4 lb boneless chuck roast                      1 can cream of mushroom soup                      1 package instant onion soup mix

### DIRECTIONS

- Place roast in an oven-proof pan, mix soups together, pour the mixture over the roast, cover, and cook for 2 hours in a 350 oven.
- Hint: Add potatoes, carrots, and/or onions during the last hour of cooking if you want a one-pot meal.

**SOURCE** → Dr. A (Slow, but delicious. The gravy is great on mashed potatoes.)

## BBQ Cups

### INGREDIENTS

1 lb ground beef                      ½ cup of your favorite BBQ sauce                      1 can refrigerated biscuits                      ¾ cup grated cheddar cheese

### DIRECTIONS

- Brown and drain meat, add BBQ sauce, stir, and set aside.
- Place biscuits in the cups of an ungreased muffin tin, press up the sides, fill with meat mixture, sprinkle with cheese, and bake in a 400 degree oven for 12 minutes.

**SOURCE** → Dr. A

## Spaghetti

### INGREDIENTS

water                      spaghetti                      Prego pasta sauce

### DIRECTIONS

- Fill a pot ¾ full of water, bring to a boil, put in as much spaghetti as you think you will need, and cook until it's pretty limp.
- Drain spaghetti, and combine with sauce you have heated up in another pot.

**SOURCE** → Kevin Stage (Cross Country) from the 2001 Student-Athlete Learning Community (I got this recipe from my parents. It's very fast and easy to make.)

## Baked Ham

### INGREDIENTS

1 2-4 lb boneless fully cooked ham

### DIRECTIONS

- Place ham in an oven-proof pan and bake for 15 minutes per pound in a 300 degree oven.

**SOURCE** → Dr. A (Company coming? This is the easiest main dish I know, and everyone seems to love ham. Serve it with a sauce made of half mustard and half light mayonnaise. The leftovers can be used in omelets, sandwiches, beans, soups, pasta, pizza, etc.)

## Crock Pot Brats in Beer

### INGREDIENTS

6 brats                      2 garlic cloves, minced                      2 tbsp olive oil                      1 12-oz can of beer (nonalcoholic, of course!)

### DIRECTIONS

- Brown brats and garlic in olive oil in a skillet, pierce sausages, and cook 5 minutes more.
- Place the brats in a crock pot, pour in the beer, cover, and cook on low for 6-7 hours.

**SOURCE** → Dr. A (Serve in buns with mustard, sauerkraut, and chopped onions on the side.)

## Crock Pot Hot Dogs

### INGREDIENTS

fully cooked hot dogs, brats, Polish sausages, or Italian sausages

### DIRECTIONS

- Put the hot dogs, brats, or sausages in a crock pot, cover, and cook on high for 1-2 hours.

SOURCE → Dr. A (Be sure to use “fully cooked” not “fresh” sausages in this recipe.)

## Veggies-N-Pasta

### INGREDIENTS

1 box pasta (your choice)                      1 bag frozen veggies                      1 cup Italian dressing                      1 tbsp butter

### DIRECTIONS

- Cook box of pasta half way, pour in frozen veggies, cook pasta for remaining time, and drain.
- Melt the butter in the noodles, pour the dressing on top of the noodles, and add salt and pepper to taste.

SOURCE → Adrienne Mayhew (Golf) from the 2002 Student-Athlete Learning Community

## Noodles Romanoff

### INGREDIENTS

1 lb egg noodles                      1 cup sour cream                      1 lb cottage cheese                      salt and pepper to taste

### DIRECTIONS:

- Cook noodles according to package directions, drain, place in a large bowl, and toss with the other ingredients.
- Feel free to add some cooked vegetables or anything else that you would like to add. Be creative!

SOURCE → Dr. A

## Tangy Roast Beef Sandwiches

### INGREDIENTS

1 can tomato soup                      2 tbsp vinegar                      1 tbsp brown sugar                      1 tbsp Worcestershire sauce  
12 oz. sliced cooked deli roast beef                      4 hamburger rolls

### DIRECTIONS

- Mix soup, vinegar, sugar, and Worcestershire in a skillet; heat to a boil; add beef; heat though; and serve on the rolls.

SOURCE → Dean Meacham (Cross-Country) from the 2002 Student-Athlete Learning Community

## Honey Mustard Chicken

### INGREDIENTS

4 boneless skinless chicken breasts                      cooking spray                      1 10½ oz can chicken gravy                      2 tsp Dijon mustard                      2 tbsp honey

### DIRECTIONS:

- Spray a skillet with cooking spray, and cook chicken for 5 minutes per side over medium-high heat.
- Mix remaining ingredients, pour over chicken, bring to a boil, reduce heat, cover, simmer 10 minutes, and serve over rice.

SOURCE → Dr. A

## Noodle Surprise

### INGREDIENTS

1 lb ground beef                      1 medium onion, diced                      2 cans Campbell’s Alphabet Vegetable Soup  
8 oz Velveeta cheese, cubed                      8 oz package egg noodles

### DIRECTIONS:

- Cook egg noodles as directed, drain, and set aside.
- Brown beef and onion in a large skillet, drain, return to skillet, add the soup and cheese, and cook on low until cheese melts.
- Stir in noodles, pour into small casserole dish, and bake at 350 for approximately 20 minutes.

SOURCE → Stephanie Griffin (Softball) from the 2002 Student-Athlete Learning Community

## Southwestern Fish

### INGREDIENTS

2 orange roughy fillets (½ lb each)                      ½ cup picante sauce or salsa                      1 cup shredded Cheddar cheese                      cooking spray

### DIRECTIONS

- Place fillets in a baking pan that has been sprayed with cooking spray, cover each fillet with ½ of the sauce, and top with cheese.
- Bake uncovered for 20 minutes in a 350 oven or microwave on high for 3-4 minutes until the cheese melts and the fish flakes easily.

SOURCE → Dr. A (If you microwave this recipe, make sure you use a microwave-proof pan. You may use any type of white fish.)

## Cheeseburger Macaroni

### INGREDIENTS

½ lb ground beef    2 ¼ cups water    ½ cup ketchup    1 tsp mustard    2 cups elbow macaroni    ¾ lb Velveeta cheese (cut up)

### DIRECTIONS

- Brown meat in a large skillet (drain grease); add water, catsup and mustard; bring to boil; and stir in macaroni.
- Reduce heat to medium-low, cover, simmer 8-10 minutes or until macaroni is tender, add Velveeta, and stir until melted.

**SOURCE** → Jesse Cacy (Men's Cross Country) from the 2005 Student-Athlete Learning Community

## Sesame Noodles

### INGREDIENTS

½ lb pasta    4 chopped green onions    ¼ cup peanut butter    ¼ cup soy sauce    1 tbsp oil    ½ tsp garlic powder    ¼ tsp pepper

### DIRECTIONS

- Cook pasta as directed, blend all remaining ingredients, drain pasta, pour sauce over pasta and mix well.

**SOURCE** → Dr. A (This recipe may sound a little odd, but I highly recommend it.)

## Classic Quiche Lorraine

### INGREDIENTS

1 9-inch pie shell, baked                      6 eggs, beaten                      6 slices bacon, cooked and crumbled  
1 cup shredded Swiss or cheddar cheese    1 cup milk                      ½ tsp salt  
dash of pepper                      dash of nutmeg

### DIRECTIONS

- Sprinkle bacon and cheese in bottom of pie shell, combine remaining ingredients, and pour over bacon and cheese.
- Bake at 350 for 35-40 minutes until knife inserted in center comes out clean. Let stand for 5-10 minutes before cutting and serving.

**SOURCE:** Jackie Rinehart (Swimming) from the 2000 Student-Athlete Learning Community

This recipe came from the book, "Where's Mom Now That I Need Her?" Quiche is one of my absolute favorite entrees, and one of the best things about it is that you can eat it for breakfast, lunch, or dinner. It's loaded with protein and carbohydrates, and goes really well with some fresh fruit.

## Creative Pasta

### INGREDIENTS

1 lb pasta of any kind    ½ cup Parmesan cheese    ¼ cup olive oil    1 16 oz can diced tomatoes, drained    1 tsp salt    ¼ tsp pepper

### DIRECTIONS

- Cook pasta as directed, drain, blend all other ingredients (except ¼ cup cheese), combine with pasta, and top with remaining cheese.
- Add anything you want to this pasta. It's a great way to recycle leftovers.

**SOURCE** → Dr. A

## Chicken and Rice

### INGREDIENTS

1 can Cream of Broccoli or Cream of Celery Soup                      2 frozen chicken breasts                      1 cup rice                      2 cups water

### DIRECTIONS

- Place the chicken breasts in a glass or metal cooking dish, and spread the rice throughout the dish.
- Pour soup over the chicken and rice, pour the water over everything, place aluminum foil over the dish, and bake at 350 for 1 hour.

**SOURCE** → Clare Helphinstine (Swimming) from the 2001 Student-Athlete Learning Community

## Black Bean Burgers

### INGREDIENTS

1 16 oz can black beans, undrained                      3/8 cup salsa                      1½ tsp cider vinegar                      1 egg                      ½ cup wheat flour  
3 tbsp corn meal                      ¾ tsp salt                      ¾ tsp black pepper                      2 tbsp olive oil

### DIRECTIONS

- Thoroughly mix all the ingredients except the olive oil, and heat the olive oil over low heat in a large nonstick skillet.
- Pour mixture by ½ cups into skillet, press gently with a spatula to form patties, and cook (flipping once) until brown on both sides.
- Serve on hamburger buns, and garnish with lettuce and sliced tomatoes (or your favorite burger toppings).

**SOURCE** → Dr. A

## Easy Chicken Casserole

### INGREDIENTS:

5 boneless chicken breasts, cooked and cut up or 2 12.5 oz cans of chunk chicken  
2 cans cream of chicken soup    1 8 oz container sour cream    1 stick butter (melted)    1 stack of Ritz crackers

### DIRECTIONS

- Mix all ingredients (except crackers), put in a 9x13 pan, crumble crackers on top, and bake uncovered for 30 minutes at 350 F.

**SOURCE** → Devan Craig (Softball) From the 2002 Student-Athlete Learning Community

## Pigs in a Blanket

### INGREDIENTS

1 lb hot dogs                      1 tube crescent roll dough

### DIRECTIONS

- Roll the hot dogs in the dough, bake on a greased cookie sheet until golden brown, and serve with Gulden's Spicy Brown Mustard.

**SOURCE** → Dr. A (There are many varieties of hot dogs. Try to buy the healthiest ones.)

## Creamy Chicken and Pasta

### INGREDIENTS

1 pound boneless chicken breast    1 package Frozen Vegetable/Pasta Blend    1 can cream of chicken soup    ½ cup water

### DIRECTIONS:

- Cut up the chicken, brown it in a pan, add the remaining ingredients, and simmer until vegetables and pasta are done to taste.

**SOURCE** → Jen Furge (Cross-Country) from the 2002 Student-Athlete Learning Community

## Chicken with Mustard Sauce

### INGREDIENTS

2 tbsp Dijon mustard    2 tbsp plain yogurt    4 boneless chicken breasts    1 lemon    salt and pepper

### DIRECTIONS

- Combine yogurt and mustard, coat chicken with the mixture, and season with salt and pepper.
- Cut 4 sheets of aluminum foil, put a chicken breast on each piece, sprinkle with lemon juice, and fold foil to seal.
- Put packets on a cookie sheet, and bake in a preheated 375 oven for 40 minutes.

**SOURCE** → Dr. A

## Chicken with Mushrooms and Rice

### INGREDIENTS

2 cups Uncle Ben's original white rice    1 can cream of mushroom soup    1 can cream of celery soup  
1 jar sliced mushrooms    4 boneless skinless chicken breast    1 lemon    butter

### DIRECTIONS

- Mix rice, soups, and mushrooms together in a large glass baking dish, and put the chicken breasts on top of rice.
- Put a pat of butter on each of the chicken breasts, and then squeeze a lemon over the casserole.
- Cover with aluminum foil, and bake at 350 degrees for 1 hour.

**SOURCE** → Holly Kadinger (Women's Golf) from the 2003 Student-Athlete Learning Community

I got this recipe from Emily Hallburg, who is one of my golf mates. She cooked for me once, and it only cost about \$13.00 to make.

## Everybody Loves Ramen Burgers

### INGREDIENTS

1 lb ground turkey    1 package Ramen noodle soup (your favorite flavor)    1 tbsp Worcestershire or soy sauce    1 tbsp olive oil

### DIRECTIONS

- Break up noodles; mix with the turkey, seasoning packet, and Worcestershire or soy sauce; and form into four patties.
- Heat the olive oil in a skillet, and cook burgers approximately 6 minutes per side or until no longer pink in the middle.

**SOURCE** → Dr. A (Chef D would be proud to serve this because it meets all five of his criteria so successfully.)

## Prego 2-Step Mini Pizzas

### INGREDIENTS

Prego Hearty Meat Sauce    bread    mozzarella cheese

### DIRECTIONS

- Toast bread, spread sauce on the toast, top with mozzarella cheese (and any other desired toppings), and microwave for 5 minutes.

**SOURCE** → Mike Urbanik (Cross Country) from the 2002 Student-Athlete Learning Community

## Chicken with Sweet Peppers

### INGREDIENTS

4 boneless, skinless chicken breasts    2 green or red sweet peppers    1/3 cup low sodium soy sauce

### DIRECTIONS

- Place chicken and peppers in an ovenproof pan, pour soy sauce over all, cover, and bake for 30 minutes at 350.

**SOURCE** → Dr. A (This is good hot or cold, so make extra and keep it in the refrigerator.)

## Easy Grilled Ham and Cheese

### INGREDIENTS:

2 slices of Texas Toast                      butter or margarine                      2 slices Kraft cheddar cheese                      3 slices ham (any brand)

### DIRECTIONS:

- Thoroughly cover one side of each slice of bread with butter, and place one slice of bread (butter side down) in a skillet.
- Place the remaining ingredients (in order) on top of the bread: cheese slice→ham slices→cheese slice→bread (butter side up).
- Heat on medium-high until bottom side is lightly browned, flip and repeat until other side is browned and the cheese has melted.

**SOURCE:** Ricky Del Toro (Soccer) from the 2002 Student-Athlete Learning Community

## Macaroni, Tomatoes, and Cheese

### INGREDIENTS:

1 8-oz package of macaroni                      1 15-oz can diced tomatoes                      1 8-oz package of shredded sharp Cheddar cheese

### DIRECTIONS:

- Cook macaroni for 8 minutes, drain, add tomatoes and cheese, stir well, pour into a baking dish, and bake at 350 for 30 minutes.

**SOURCE:** Dr. A (Use diced tomatoes with herbs and garlic for added flavor.)

## Peanut Butter and Jelly Sandwich

### INGREDIENTS:

2 slices of whatever bread you enjoy                      peanut butter                      whatever flavor of jelly you enjoy

### DIRECTIONS:

- Spread one slice of bread with the peanut butter, spread the other slice with the jelly, put the two slices together, and enjoy!

**SOURCE:** George Hill (Basketball) from the 2005 Student-Athlete Learning Community

## Flaming Chicken

### INGREDIENTS

2 tsp butter                      ¼ cup hot sauce                      2 boneless, skinless chicken breasts, cut into bite-size pieces

### DIRECTIONS

- Heat butter and hot sauce in a skillet, add chicken, stir to coat, cover, and cook for 10 minutes until no pink shows in the middle.

**SOURCE** → Dr. A (I dare you!)

## Hot Dogs and Beans

### INGREDIENTS

1 can of Campbell's pork and beans                      1 package of hot dogs, cut into bite-size pieces                      1-2 tsp of brown sugar

### DIRECTIONS

- Pour beans into pan on stove set on medium, add the hot dogs and brown sugar, stir till warmed through, approximately 15 minutes.

**SOURCE** → Sara Frederick from the 2000 Student-Athlete Learning Community

Sarah Frederick, my mom made this for my dad and me whenever it was really cold outside. This isn't too expensive, you just need about 20 minutes to complete the meal. This feeds three people.

## Pepperoni Pie

### INGREDIENTS

¾ cup pepperoni, diced                      ¾ cup Muenster cheese, cubed                      ¾ cup flour                      2 eggs                      1 cup milk

### DIRECTIONS

- Mix all ingredients in a small bowl, pour the mixture into a greased 9-in pie plate, and bake for 30-35 minutes in a 400-degree oven.

**SOURCE** → Dr. A (Use turkey pepperoni for a healthier dish.)

## Hot Dogs in Crescent Rolls

### INGREDIENTS

8 hot dogs                      1 can of crescent dough (unbaked)                      4 slices of American cheese

### DIRECTIONS

- Break open the can of crescent dough and lay flat, and cut the slices of cheese into triangles.
- Take one triangle of crescent roll and place the triangle of cheese on top of it.
- Roll the hot dog inside the roll and the cheese into the shape of a crescent roll, and bake according to crescent roll package.

**SOURCE** → Beth Sabato (Golf) from the 2000 Student-Athlete Learning Community

This recipe is my mother's (Margot Sabato).

## Easy Baked Pork Chops

### INGREDIENTS

4 pork chops                      3 tbsp soy sauce                      3 tbsp ketchup                      1 tbsp honey

### DIRECTIONS

- Place chops in a baking dish, mix remaining ingredients, pour over the chops, cover, and bake for 45 minutes at 350.

**SOURCE** → Dr. A

## Ramen Noodles with Cheese

### INGREDIENTS

1 bag ramen noodles (You won't need the seasoning baggy)                      1 cup cheese (any type)                      1 tsp butter

### DIRECTIONS

- Bring 3 cups of water to a boil, add the noodles, and cook until soft.
- Drain the water, put butter on the noodles, add the cheese, stir, and eat up!

**SOURCE** → Jennifer King (Soccer) from the 2005 Student-Athlete Learning Community

## Chicken with Cranberry Sauce

### INGREDIENTS

4 boneless chicken breasts                      1 tbsp butter                      ½ of a 16 oz can whole cranberry sauce                      2 tbsp honey                      ½ tsp ginger

### DIRECTIONS

- Cook the chicken in the butter in a large skillet until tender and no longer pink inside (6-7 minutes on each side).
- Remove the chicken and keep warm. Add the remaining ingredients to the pan, stir, heat through, and serve over the chicken.

**SOURCE** → Dr. A

## Crock Pot Rigatoni

### INGREDIENTS

1 28-oz jar of spaghetti sauce                      12 oz rigatoni, cooked                      2 lbs Italian sausage, browned                      3 cups mozzarella cheese  
½ lb pepperoni slices                      sliced mushrooms (optional)                      sliced onions (optional)

### DIRECTIONS

- Place half of each ingredient in a crock pot in this order: sauce → rigatoni → sausage → cheese → pepperoni → mushrooms → onions.
- Repeat with second half in the same sequence, cover, and cook on low for 4-5 hours.

**SOURCE** → Dr. A (This is a good recipe for a group; it will feed 8-10 people.)

## Hamburger Pie

### INGREDIENTS

2 pie crusts                      ground beef or turkey                      pepper                      seasoning salt                      garlic                      paprika                      potatoes                      spinach                      cheese

### DIRECTIONS

- Brown the beef or turkey; add seasoning salt, pepper, garlic, and paprika; and set aside.
- Cut potatoes into thin slices or buy already sliced potatoes.
- Put pie crust into pie pan, put a layer of potatoes on the bottom of the pie crust, cover potatoes with a thin layer of spinach, and cover the spinach with a thin layer of cheese. Repeat each layer, and cover the last layer with the other pie crust.
- Trim the excess crust from the edge, make cuts on the top crust, bake at 350 for 45 minutes, and then cut and serve.

**SOURCE** → Eboni Jamssens (Basketball) from the 2001 Student-Athlete Learning Community

## Chicken Pot Pie

### INGREDIENTS

2 deep dish frozen pie crusts                      2 cans of cream of potato soup  
3 small cans of white chicken or 2 grilled chicken breasts                      ½ cup milk  
1 15 oz can VegAll (drained)                      salt and pepper to taste

### DIRECTIONS

- Mix all ingredients together, and place in a pie crust.
- Place other pie crust on top, press edges together, prick small openings on top of crust with a fork, and bake at 350 for 45 minutes.

**SOURCE** → Jess Schlottman (Swimming) from the 2001 Student-Athlete Learning Community

My mom introduced me to this recipe. She makes it all the time, and I don't think I appreciated it until I came to college and never got to eat it again. Every time I go home, I ask my mom to make this for me, so I hope anyone who tries this out enjoys it as much as I do.

## Rachel Sandwich

## INGREDIENTS

¼ lb sliced corned beef                      ¼ lb sliced Swiss cheese                      3 cups creamy deli coleslaw                      12 slices dark rye bread

## DIRECTIONS

- Layer beef, cheese, and coleslaw on 6 slices of the bread, top with the remaining bread slices, and cut in half.

**SOURCE** → Dr. A (This is the female version of the Ruben sandwich.)

## Multi-Colored Chicken Delight

### INGREDIENTS

4 boneless, skinless chicken breasts                      ½ onion                      ½ green pepper                      ½ red pepper                      2 carrots                      Pam cooking spray

### DIRECTIONS

- Heat skillet on medium heat, and spray with Pam.
- Dice the onion, and cut the other vegetables into bite-size pieces.
- Place all ingredients in the skillet, and cook for 10-15 minutes (until the chicken is thoroughly cooked).

**SOURCE** → Ashley Jones (Soccer) from the 2001 Student-Athlete Learning Community

This was a dish put together by my roommate Katie Goldman. You can substitute any vegetables you like, but she said the key is to have a wide variety of colors.

## Sweet and Sour Chicken

### INGREDIENTS

4 boneless chicken breasts                      cooking spray                      1 can tomato soup                      ¼ cup water                      1 tbsp brown sugar                      1 tbsp vinegar

### DIRECTIONS

- Cook the chicken in a skillet sprayed with cooking spray until tender and no longer pink inside (6-7 minutes on each side).
- Mix the remaining ingredients, pour over the chicken, cover the skillet, and simmer until the chicken is cooked through.

**SOURCE** → Dr. A

## Chicken and Noodles

### INGREDIENTS

1 boneless, skinless chicken breast                      1 cup egg noodles                      salt and pepper

### DIRECTIONS

- Broil chicken in skillet for 10 minutes until completely white.
- Boil noodles for 5 minutes or until soft, strain noodles, put on a plate, sprinkle with salt and pepper, and top with the chicken.

**SOURCE** → Candice Graham (Softball) from the 2001 Student-Athlete Learning Community

## Quick Bean Burritos

### INGREDIENTS

4 flour tortillas                      1 can vegetarian refried beans                      ½ cup salsa                      ½ cup shredded cheddar cheese

### DIRECTIONS

- Spread beans on the tortillas, top with salsa and cheese, and roll up the tortillas, tucking in at one end.
- Eat them at room temperature or microwave on high for one minute to melt the cheese.

**SOURCE** → Dr. A

## Crock Pot Spanish Rice

### INGREDIENTS

1 2 lbs ground beef, browned                      2 onions, chopper                      2 green peppers, chopped                      1 28-oz can diced tomatoes  
1 8-oz can tomato sauce                      1½ cups water                      2½ tsp chili powder                      2 tsp salt  
2 tsp Worcestershire sauce                      1½ cups rice

### DIRECTIONS

- Combine all ingredients in a crock pot, and cook on low for 8-10 hours.

**SOURCE** → Dr. A (Make this the night before, refrigerate overnight, and then just plug it in the next morning.)

## Mexican Burritos

### INGREDIENTS

ground beef                      flour tortillas                      refried beans                      taco seasoning mix                      water  
dice tomatoes                      diced onions                      salsa                      sour cream                      melted cheese

### DIRECTIONS

- Brown beef, and heat refried beans.
- Once beef is browned, add ¾ cup water and taco seasoning mix, and stir until the water evaporates.
- Heat tortillas in the microwave for 30 seconds, spread the beans over the middle of each tortilla, add a thin layer of beef, and roll up.
- Place burritos in a pan so they touch each other, pour melted cheese over them, and sprinkle on the tomatoes, onions, and salsa.

- Put drops of sour cream over all the burritos, and serve while hot.

**SOURCE** → Preston Ray (Swimming) from the 2001 Student-Athlete Learning Community

## Macaroni and Peas

### INGREDIENTS

1 lb elbow macaroni                      1 28 oz jar spaghetti sauce                      2 15 oz cans of peas

### DIRECTIONS

- Cook macaroni in a pot according to package directions, drain in a colander, and set aside.
- Mix the sauce and peas in the same pot, heat to boiling, simmer for 2 minutes, add the macaroni to the pot, and mix thoroughly.

**SOURCE** → Dr. A

## Italian Pasta Chicken

### INGREDIENTS

spaghetti                      boneless chicken                      Italian salad dressing                      shredded parmesan or mozzarella cheese

### DIRECTIONS

- Cut chicken into bite-size pieces, and place in a brownie pan (metal or glass).
- Pour salad dressing over chicken, stir, and allow to marinate, and then bake for 15-20 minutes in a 375 oven.
- Cook spaghetti until soft, drain, and put on plates, put chicken and some dressing on top of the spaghetti, and sprinkle with cheese.
- Serve with slices of Texas Toast Garlic Bread (delicious!).

**SOURCE** → Chrissy McLeish (Soccer) from the 2001 Student-Athlete Learning Community

## Easy Chicken Pot Pie

### INGREDIENTS

1 16 oz can mixed vegetables, drained    1 cup cut up chicken    1 can cream of chicken soup    1 cup Bisquick    1 egg    ½ cup milk

### DIRECTIONS

- Mix veggies, chicken, and soup in a 9" pie plate; blend remaining ingredients; pour in the pie plate, and bake at 400 for 30 minutes.

**SOURCE** → Dr. A

## Smoked Chicken Quesadillas

### INGREDIENTS

2 cups shredded smoked chicken    1 cup salsa    4 8-inch flour tortillas    ½ cup each shredded cheddar and Monterey jack cheese

### DIRECTIONS

- Combine the chicken and salsa, place the mixture on half of each tortilla.
  - Mix the cheeses, sprinkle over the chicken mixture, and fold tortilla in half.
- Heat in a skillet, turning occasionally until the cheese is melted. Serve with sour cream and guacamole if desired.

## Stuffed Peppers

### INGREDIENTS

1 lb ground beef, browned and drained                      1 15 oz can Spanish rice                      4 green peppers, tops and seeds removed

### DIRECTIONS

- Mix beef and Spanish rice, stuff the peppers with this mixture, and bake in a greased casserole for 25 minutes in a 350 oven.

**SOURCE** → Dr. A (Your meat, veggies, and rice all in one dish.)

## Tuna and Noodle Casserole

### INGREDIENTS

1 lb package of noodles    1 can tuna, drained    1 can cream of mushroom soup    ½ cup milk    salt and pepper

### DIRECTIONS

- Cook noodles according to package directions, combine all ingredients in a casserole, and heat through.

**SOURCE** → Stacey Speshyock (Softball) from the 2001 Student-Athlete Learning Community

Add a can of drained peas if you want to include a vegetable.

## Sloppy Joe Dinner

### INGREDIENTS

1 lb extra lean ground beef                      1 onion, sliced                      2 potatoes, sliced                      1 15 oz can sloppy Joe sauce

### DIRECTIONS

- Crumble beef into a skillet, top with onion and potato slices, pour sauce over the top, cover, and cook over low heat for 30 minutes.

**SOURCE → Dr. A**

## Kindergarten Pizza

### **INGREDIENTS**

English muffins      spaghetti sauce      shredded cheese      pepperoni

### **DIRECTIONS**

- Spread 2 tsp of sauce on each split muffin, spread 2 tsp of cheese on top of the sauce, and put pepperoni on top of the cheese.
- Bake in a 400 oven for 5 minutes.

**SOURCE → Erin Vickery-Swalley (Cross Country) from the 2001 Student-Athlete Learning Community**

## Rapid Veggie Roll-Ups

### **INGREDIENTS**

4 large flour tortillas      ½ cup hummus or feta cheese      4 chopped green onions      1 cup shredded lettuce      ½ chopped cucumber

### **DIRECTIONS**

- Spread hummus or cheese on the tortillas, top with the veggies, and roll up.

**SOURCE → Dr. A**

## Tuna Melt

### **INGREDIENTS**

1 can tuna, packed in water, drained      ¼ cup mayonnaise      1 tsp mustard      ¼ cup finely chopped celery  
1 slice Swiss or mozzarella cheese      1 slice rye bread

### **DIRECTIONS**

- Mix tuna, mayonnaise, mustard, and celery.
- Spread tuna mixture on the bread, top with the cheese slice, and bake in a 350 oven until the cheese melts.

**SOURCE → Amanda Shike (Cross Country) from the 2004 Student-Athlete Learning Community**

## Velveeta Macaroni

### **INGREDIENTS**

1 7 oz box elbow macaroni      2 tbsp butter      12 oz Velveeta cheese, cubed

### **DIRECTIONS**

- Cook macaroni according to package directions, drain and toss with the butter until melted, toss with the Velveeta until melted.

**SOURCE → Dr. A (If you like macaroni and cheese, but are tired of Easy Mac, try this.)**

## Spaghetti Casserole

### **INGREDIENTS**

1 tbsp vegetable oil      1 lb ground beef or turkey      2 6 oz cans tomato paste      1 onion, chopped  
1 clove of garlic, minced      2 28 oz cans of Franco-American spaghetti      Parmesan cheese, grated

### **DIRECTIONS**

- Brown the meat, onion, and garlic in the oil in a skillet, and drain thoroughly.
- Add the spaghetti and tomato paste to the meat mixture, and mix well.
- Transfer the mixture to a 13x9 pan, sprinkle the top with Parmesan cheese, and bake for 1 hour in the oven at 350.

**SOURCE → Dr. A**

## Easy Veggie Skillet Casserole

### **INGREDIENTS**

1 14 oz can Bush's baked beans      1 15 oz can Mexican-style stewed tomatoes      1 7 oz can corn      1½ cups instant rice

### **DIRECTIONS**

- Combine all ingredients plus 1 cup water in a non-skillet. Bring to a boil, reduce heat, cover, and simmer for 10 minutes.

**SOURCE → Dr. A**

## Tater Tot Casserole

### **INGREDIENTS**

1 lb ground beef or turkey      1 onion, chopped      1 clove garlic, minced  
2 15 oz cans green beans, drained      2 cans mushroom soup      1 package frozen tater tots.

### **DIRECTIONS**

- Brown meat, onion, and garlic in a skillet; drain thoroughly; add the beans and soup to the meat mixture; and mix well.
- Transfer mixture to a greased 13x9 pan, top with the tater tots, and bake for 75 minutes in a 350 oven.

**SOURCE → Dr. A**

## Microwave Meatloaf

### INGREDIENTS

1 lb ground beef    1 chopped onion    2/3 cup oatmeal    1 tsp salt    2 eggs    ¼ tsp pepper    ½ cup ketchup    ½ cup milk  
Topping →    ½ cup Ketchup    1 tsp mustard    3 tbsp brown sugar

### DIRECTIONS

- Mix all ingredients, put them in a microwave safe loaf dish or bowl, spread the topping on top, and microwave on high for 20 min.

SOURCE → Miki Wells (Golf) from the 2002 Student-Athlete Learning Community

## Italian Fish with Pesto

### INGREDIENTS

2 15 oz cans sliced potatoes, drained    1 7 oz container of prepared pesto    4 flounder fillets (about 1½ lbs total)

### DIRECTIONS

- Mix potatoes with half the pesto, and place in a 13x9 pan that has been coated with cooking spray.
- Place the flounder over the potatoes, cover completely with the remaining half of the pesto, and bake for 20 minutes in a 350 oven.

SOURCE → Dr. A

## Bacon Sandwich

### INGREDIENTS

4-6 slices of bacon    2 slices of bread    any other vegetable or condiment you'd like

### DIRECTIONS

- Cook bacon in the microwave for 4 minutes on medium level. If bacon is not done, continue to cook for one minute until done.
- Place bacon between bread slices, and add any other ingredients you wish (i.e. lettuce, tomato, mayonnaise).

SOURCE → Justin Reuter (Cross Country) from the 2003 Student-Athlete Learning Community

This recipe is a quick and easy favorite that provides variety to the meal routine.

## Sloppy Dogs

### INGREDIENTS

1 lb ground beef    8 hot dogs    8 hot dog buns    1 15 oz can sloppy Joe sauce

### DIRECTIONS

- Brown the beef in a skillet, drain the fat, add the sloppy Joe sauce, simmer for 5 minutes, add the hot dogs, and cook until heated.
- Place hot dogs in the buns, cover with the sauce, and eat with a fork. Or use just a little of the sauce and eat like a regular hot dog.

SOURCE → Dr. A

# *Chapter Six: Veggies and Side Dishes*

## Orange Glazed Carrots

### INGREDIENTS

1 tbsp butter or margarine    2 tbsp orange marmalade    1 16 oz can sliced carrots, drained

### DIRECTIONS

- ! Mix and heat butter and marmalade in a saucepan until melted, add carrots, stir and heat until hot and glazed.

SOURCE → Dr. A

## Quick Potato Cheese Bake

### INGREDIENTS

4 cups mashed potatoes    ½ cup parmesan cheese    2 eggs, slightly beaten    ½ cup grated cheddar cheese

### DIRECTIONS

- Combine potatoes, parmesan cheese, and eggs; season to taste; place in casserole; and top with cheddar cheese.
- Bake for 25 minutes at 350.

SOURCE → Lacey Barron (Soccer) from the 2001 Student-Athlete Learning Community

## Crock Pot Baked Potatoes

### INGREDIENTS

baking potatoes    butter or margarine

### DIRECTIONS

- Prick potatoes with a fork, rub them with butter, place in a crock pot, cover, and cook on low for 6-10 hours or high for 3-5 hours.

**SOURCE** → Dr. A (Cook a few more than you plan to eat, slice them, and fry them with butter and onions the next day.)

## Crock Pot Cheese Potatoes

### INGREDIENTS

32 oz package frozen hash brown potatoes      2 cans cheddar cheese soup      1 small can French onion rings      cooking spray

### DIRECTIONS

- Spray inside of a crock pot with cooking spray, combine remaining ingredients in pot and mix well, cover, cook on low 7-8 hours.

**SOURCE** → Dr. A

## Baked Corn on the Cob

### INGREDIENTS

1 fresh ears of corn      6 tbsp butter or margarine      1 tsp lemon pepper, taco seasoning, or popcorn seasoning

### DIRECTIONS

- Husk corn, remove silk, spread butter on corn, sprinkle with seasoning, wrap in foil, and bake for 30 minutes in a 350 oven.

**SOURCE** → Dr. A (Experiment with the seasonings or just cook it plain.)

## Green Beans with Butter and Garlic

### INGREDIENTS

2 cans green beans (one drained, the other not)      2 tbsp butter      ½ tsp garlic powder      ¼ tsp salt (optional)

### DIRECTIONS

- Combine everything in a microwave safe bowl, and microwave on high for about 2 minutes.

**SOURCE** → Dr. A

## Homeboy Home Fries

### INGREDIENTS

2 15-oz cans sliced new potatoes (drained)      ½ 4-oz jar chopped mild green chilies (drained)      1 tbsp butter  
small red bell pepper (chopped)      ½ small onion (chopped)      1/8 tsp each salt and pepper

### DIRECTIONS

- Coat a large skillet with cooking spray, heat over medium high heat, add bell pepper and onion and cook, stirring until tender.
- Add the potatoes; cook for 10 minutes more (breaking up the potatoes); and stir in the butter, salt, and ground black pepper.

**SOURCE** → Martin Cole (Men's Soccer) from the 2003 Student-Athlete Learning Community

This recipe is from *Men's Heath Presents: A Man, A Can, A Plan*.

## Corn Pudding

### INGREDIENTS

1 16 oz can cream-style corn      1 16 oz can whole kernel corn (drained)      ¼ cup milk  
3 tbsp sugar      2 eggs, beaten      2 tbsp cornstarch

### DIRECTIONS

- Mix all ingredients, pour into a 2-quart casserole coated with cooking spray, and bake for 70 minutes in a 350 oven.

**SOURCE** → Dr. A (Not fast, but really delicious.)

## Devilled Eggs

### INGREDIENTS

6 hard-cooked eggs      ½ tsp dry mustard      ¼ tsp pepper      3 tbsp Miracle Whip

### DIRECTIONS

- Cut the eggs in half lengthwise, slip out the yolks, mash with a fork, and mix with the seasonings and Miracle Whip.
- Fill the egg whites with the yolk mixture.

**SOURCE** → Ryan Hopper (Cross Country) from the 2001 Student-Athlete Learning Community

## Quick Red Beans and Rice

### INGREDIENTS

½ stick butter or margarine      1 medium onion, chopped      2 cloves of garlic, minced  
2 cans red beans, undrained      2 tsp of chili powder or hot sauce      1 tsp pepper  
¼ tsp paprika      2 ham, beef, or vegetable bouillon cubes

### DIRECTIONS

- Sauté the onions in the butter for 5 minutes in a heavy saucepan, then add the garlic, and sauté for 1 minute more.
- Add the remaining ingredients, and bring to a boil, simmer for 10 minutes, stirring occasionally, and serve over rice.
- Hint: Half a pound of cubed fully cooked sausage or ham converts this recipe into a main dish for carnivores.

**SOURCE** → Dr. A (This is as close as I can get to the yummy Red Beans and Rice they serve at Popeye's.)

## Green Bean Casserole

### INGREDIENTS

2 cans of green beans (drained)                      2 cans of cream of mushroom soup                      1 small can of French fried onions

### DIRECTIONS

- Mix the soup and beans in an 8x8 pan, place in a 350 oven for 20 minutes, sprinkle the onions on top, and bake for 5 minutes more.

**SOURCE** → Ashley Groover (Cross Country) from the 2000 Student-Athlete Learning Community.

If you live in the dorm and do not have a stove, simply use one can of green beans and half a can of soup. Mix in a microwave safe bowl, place the onions over the top, and heat for 5 minutes.

## Basic Brown Rice

### INGREDIENTS

2 cups brown rice                      3 cups water                      1 tbsp soy sauce

### DIRECTIONS

- Combine all ingredients, put in an ovenproof casserole, cover, and bake for 1½ hours in a 350 oven.

**SOURCE** → Dr. A (Sorry Chef D, this isn't fast, but it sure is healthy, cheap, easy, and delicious. Top it with some stir-fried vegetables and garnish with nuts, cheese, or yogurt for a vegetarian main dish.)

## Hash Brown Casserole

### INGREDIENTS

2 lbs frozen hash browns (thawed)                      1 cup light sour cream                      ¼ cup margarine                      1 can cream of mushroom soup  
10 oz shredded cheddar cheese                      ½ cup chopped onion                      salt and pepper

### DIRECTIONS

- Mix all ingredients, place in a 3-quart casserole, and bake for 45-60 minutes at 350.

**SOURCE** → Jessica James (Basketball) from the 2001 Student-Athlete Learning Community

## Italian Broiled Tomatoes

### INGREDIENTS

4 medium tomatoes                      salt and pepper                      ½ tsp oregano                      Italian salad dressing

### DIRECTIONS

- Core tomatoes, cut in crosswise, cut an X in the cut surface, sprinkle with remaining ingredients, and broil in oven for 5 minutes.

**SOURCE** → Dr. A

## Sweet Acorn Squash

### INGREDIENTS

1 acorn squash                      2 tsp butter                      2 tsp brown sugar

### DIRECTIONS

- Cut squash in half, drop half of the butter and sugar into each half, cover with aluminum foil, and bake at 350 for 40 minutes.

**SOURCE** → Dr. A (not fast, but good and healthy)

## Oven-Roasted Potatoes

### INGREDIENTS

1 envelope of onion soup mix                      4 medium potatoes, cut into large chunks                      1/3 cup olive or vegetable oil

### DIRECTIONS

- Combine ingredients in a 13x9 pan until evenly coated.
- Bake at 450 uncovered (stirring occasionally) for 40 minutes or until the potatoes are tender and golden brown.

**SOURCE** → Joe Kitchell (Cross Country) from the 2001 Student-Athlete Learning Community

This recipe is from [www.recipesecrets.com](http://www.recipesecrets.com). It's a good meal to eat when the cupboard is barren like mine usually is, and it tastes good too. The cost for all the ingredients is also under \$3, so I suggest all try it.

## Italian Broccoli

### INGREDIENTS

1 bag frozen broccoli cuts                      2/3 cup Italian dressing                      1/3 cup water

### DIRECTIONS

- Combine all ingredients in a large skillet, cover, and simmer for 15 minutes or until broccoli is tender.

**SOURCE** → Dr. A

## Hot Beans and Corn

### INGREDIENTS

1 onion, chopped    1 tbsp vegetable oil    1 16 oz can baked beans    1 10-oz package frozen corn    2 tsp vinegar    ½ tsp hot sauce

### DIRECTIONS

- Cook onion and oil in a saucepan until the onion is tender, stir in the beans and corn, and bring the mixture to a boil.
- Reduce the heat to low, cover the saucepan, cook for about 5 minutes, and stir in the vinegar and hot sauce.

SOURCE → Dr. A

## Twice Baked Potatoes

### INGREDIENTS

4 potatoes                      8 slices of bacon, fried and crumbled                      1 cup sour cream                      ½ cup milk  
4 tbsp butter                      1 cup shredded cheddar cheese                      ½ tsp pepper                      ½ tsp salt

### DIRECTIONS

- Preheat oven to 350 degrees, and bake potatoes for 1 hour.
- Allow potatoes to cool for 10 minutes, slice them lengthwise, scoop out the insides, place in large mixing bowl, and save the skins.
- Add sour cream, milk, butter, salt, and pepper, and ½ cup cheddar cheese to the potatoes. Mix with a hand mixer until blended well.
- Spoon mixture into shells, top with remaining cheese and bacon, and bake for another 15 minutes.

SOURCE → Elizabeth O'Brien (Women's Basketball) from the 2003 Student-Athlete Learning Community

This recipe is from my mom. She used to cook these as any easy side to meals. They also make a great snack.

## Ultimate Twice-Baked Potatoes

### INGREDIENTS

4 large baking potatoes    8 slices bacon    1 cup sour cream    1/2 cup milk    4 tbsp butter    1/2 tsp salt  
1/2 tsp pepper    1 cup shredded Cheddar cheese, divided    8 green onions, sliced, divided

### DIRECTIONS

- Preheat oven to 350, and bake potatoes for 1 hour.
- Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
- When potatoes are done, cool for 10 minutes, slice in half lengthwise, scoop the flesh into a large bowl, and save the skins.
- To the potato flesh, add sour cream, milk, butter, salt, pepper, 1/2 cup cheese and 1/2 the green onions.
- Mix with a hand mixer until creamy, spoon into the potato skins, and top each with remaining cheese, onions and bacon.
- Bake for another 15 minutes. Makes 8 servings

SOURCE → Renee Grant (Women's Soccer) from the 2003 student athlete learning community

This recipe is from [AllRecipes.com](http://AllRecipes.com) online. I like this recipe because I LOVE twice baked potatoes!

## Onion and Rice Casserole

### INGREDIENTS

1 10½ oz can French onion soup                      1 cup regular rice                      ½ cup chopped celery                      1 cup water

### DIRECTIONS

- Combine ingredients in a saucepan, bring to a boil, reduce heat to simmer, cover, and cook for 25-30 minutes or until rice is tender.

SOURCE → Dr. A

## Cheesy Baked French Fries

### INGREDIENTS

1 32 oz bag of frozen seasoned French fries                      1 cup milk (can be skim)                      1½ cups shredded cheddar cheese

### DIRECTIONS

- Spread frozen French fries in a 13x9 pan, sprinkle cheese on top, pour over the milk, cover with foil, and bake at 450 for an hour.

SOURCE → Dr. A (Super easy and super delicious.)

## Bacon and Cheddar Mashed Potatoes

### INGREDIENTS

1½ lb potatoes (about 4 medium)                      ½ cup milk                      ½ cup Miracle Whip salad dressing  
6 slices bacon, crisply cooked, crumbled                      ¼ tsp garlic powder                      salt and pepper                      1 cup shredded cheddar cheese

### DIRECTIONS

- Cut unpeeled potatoes into quarters, cover with water in a large saucepan, bring to a boil, reduce heat to medium, cook 20 minutes or until tender, and then drain.
- Mash potatoes; add milk, salad dressing, bacon, and garlic powder; beat until fluffy; season with salt and pepper; and stir in cheese.

SOURCE → Nathan Connor (Men's Soccer) from the 2003 Student-Athlete Learning Community

## Cheddar-Broccoli Bake

### INGREDIENTS

1 can cheddar cheese soup      ½ cup milk      1 16-oz bag frozen broccoli, cooked and drained      1 small can French-fried onions

### DIRECTIONS

• Mix broccoli, milk, and soup in a 2-quart casserole; bake at 350 for 25 minutes; sprinkle with onions; and bake 5 minutes more.

SOURCE → Dr. A

## Zesty Salsa Corn

### INGREDIENTS

1 16 package frozen corn      ½ cup salsa      ¼ cup sliced ripe olives

### DIRECTIONS

• Cook corn according to package directions, stir in the salsa and olives, and cook until hot.

SOURCE → Dr. A

## Texas Potatoes

### INGREDIENTS

2 lb hash brown potatoes      ½ cup dried onions      8 oz sour cream      1 can cream of chicken soup  
½ cup chopped onions      1 cup cheddar cheese      salt and pepper      ½ cup melted margarine

### DIRECTIONS

• Mix all ingredients, pour into 13 x 9 in glass pan, top with dried onions, and bake at 350 for 1 hour.

SOURCE → Christy McConnell (Volleyball) from the 2003 Student-Athlete Learning Community

This recipe is from my roommate, and it makes a good side dish when you are having a nice meal.

# Chapter Seven: Breads and Muffins

## Whiz-Bang Banana Muffins

### INGREDIENTS

1 cup flour      ½ cup quick-cooking oatmeal      ¼ cup brown sugar      1 tbsp baking powder      ½ tsp cinnamon      1 egg  
1/8 tsp salt      cooking spray or shortening      1/3 cup milk      2 tbsp cooking oil      1 large ripe banana, cut up

### DIRECTIONS:

- Stir together flour, oatmeal, brown sugar, baking powder, cinnamon, and salt in large mixing bowl.
- Lightly coat muffin pan with cooking spray or grease with shortening.
- Combine milk, egg, and oil in a blender and, with blender running, add banana and blend into mixture.
- Pour into dry ingredients and stir until moistened.
- Fill muffin pans 2/3 full, and bake 20 minutes in a 400-degree oven (or until a toothpick inserted into the center comes out clean).

SOURCE → Lindsay Anderson (Swimming) from the 2002 Student-Athlete Learning Community

## Quick French Onion Biscuits

### INGREDIENTS

2 cups Bisquick      ¼ cup milk      1 8 oz container of French onion dip

### DIRECTIONS

• Mix all ingredients until a soft dough forms, drop dough into 6 mounds on a ungreased cookie sheet, and bake 10-12 minutes at 450.

SOURCE → Dr. A

## Fudgy Peanut Butter Chip Muffins

### INGREDIENTS

½ cup applesauce      ½ cup quick-cooking oats      ¼ cup margarine, softened      ½ cup sugar      ½ cup brown sugar  
1 egg      ½ tsp vanilla extract      ¾ cup flour      ½ tsp baking soda      ¼ cup Hershey's cocoa  
¼ cup cinnamon (optional)      1 cup Reese's peanut butter chips      powdered sugar (optional)

### DIRECTIONS

- Heat oven to 350, and line muffin cups (2 ½ inches in diameter) with paper bake cups.
- Combine applesauce and oats in small bowl, and set aside.
- Beat butter, granulated sugar, brown sugar, egg, and vanilla in large mixer bowl; add applesauce mixture; and blend well.
- Stir together flour, cocoa, baking soda and cinnamon; add to butter mixture; then stir in the peanut butter chips.
- Fill muffin cups ¾ full, bake 22 to 26 minutes, and sprinkle muffin tops with powdered sugar, if desired.

**SOURCE** → Joe Harvath (Tennis) from the 2002 Student-Athlete Learning Community

## Garlic Bubble Bread

### INGREDIENTS

1 loaf frozen white bread dough, thawed                      ¼ cup margarine, melted                      1 tbsp dried parsley flakes  
1 tsp garlic powder                      ¼ tsp garlic salt

### DIRECTIONS

- Combine melted margarine, parsley, garlic powder, and garlic salt in a large bowl.
- Cut dough into 1-inch pieces, and dip pieces into the margarine mixture to coat thoroughly.
- Layer pieces in a greased 9x5 loaf pan, cover with a towel, and let the dough rise in a warm place until doubled (about an hour).
- Bake for 30 minutes at 350.
- Alternative: Substitute olive oil and Italian seasoning for the margarine and parsley.

**SOURCE** → Dr. A (If you like homemade bread, but don't have the time to make it, this recipe should be right up your alley.)

## Monkey Bread

### INGREDIENTS

4 cans of biscuits                      1 cup sugar and cinnamon to your liking                      1 stick butter

### DIRECTIONS

- Cut the biscuits into quarters, roll them in the cinnamon and sugar, and put them in a lightly greased Bundt pan.
- Melt the butter, combine it with the remaining cinnamon and sugar, pour mixture on the biscuits, and bake at 350 for 25-30 minutes.

**SOURCE** → Nathan Dinges (Cross Country) from the 2000 Student-Athlete Learning Community

My mother received this recipe from a friend. This could be considered a breakfast item, a snack, or even an appetizer. You have to try this recipe for yourself it is just unbelievably good.

## Biscuit Bread

### INGREDIENTS

2 cups self-rising flour                      1 cup milk                      ½ cup vegetable oil

### DIRECTIONS

- Grease an 8-inch cast iron skillet, place it in a 400 oven to heat, mix all ingredients, pour into the skillet, and bake 18-20 minutes.

**SOURCE** → Dr. A (You can use an 8-inch cake pan instead of the skillet. Serve in wedges with butter and honey.)

## Banana Nut Bread

### INGREDIENTS

½ cup shortening                      ½ cup sugar                      2 eggs                      1¾ cups sifted all-purpose flour                      1 tsp baking powder  
½ tsp soda                      ½ tsp salt                      1 cup mashed ripe banana                      ½ cup chopped walnuts

### DIRECTIONS

- Cream together shortening and sugar; add eggs and beat well.
- Sift together dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts.
- Pour into well-greased 9x5 loaf pan, bake for 45-50 minutes at 350 or until done, let cool, and serve.

**SOURCE** → Nathan Dinges (Cross Country) from the 2000 Student-Athlete Learning Community

This recipe comes from the Better Homes and Gardens New Cook Book ©1976. This is one of my mom's cookbooks, which she got when her grandmother died. When I was in middle school in the summer I got bored a lot, and where I live there wasn't much to do unless you could drive. So I would get cookbooks out and bake stuff to keep busy, and this was one of my favorite things to make.

## Cake Mix Muffins

### INGREDIENTS

1 cake mix                      1 instant no-fat pudding                      4 eggs                      1 cup hot water                      ½ cup canola oil                      optional additions

### DIRECTIONS

- Mix all ingredients with an electric mixer for 4 minutes on medium speed.
- Fill 24 paper muffin cups with the mixture, and bake at 350 for 16 minutes or until a toothpick stuck in the center comes out clean.

**SOURCE** → Dr. A (Try different combinations of cake mix, pudding, and optional additions, such as the following: white cake + pistachio pudding + poppy seeds or chocolate cake + chocolate pudding + peanut butter chips. Be creative!)

## Banana Nut Muffins

### INGREDIENTS

1/2 cup coarsely chopped walnuts      4 ripe bananas, mashed      1/2 cup (1 stick) margarine      1 cup sugar  
3 large eggs      1 tbsp lemon juice      2 cups unsifted flour      1 tsp baking soda  
1/2 tsp salt      1/2 tsp ground cinnamon

### DIRECTIONS

- In large bowl, cream butter and sugar together; then add the eggs and juice, and mix well.
- Add bananas, flour, soda, salt, cinnamon, rind, and nuts. Mix well.
- Bake in a muffin tin (w/ cupcake papers) at 350 for 15-20 minutes. Makes 22-24 muffins.

**SOURCE** → Lindsey Warfield (Women's Soccer) from the 2005 Student-Athlete Learning Community (I got this recipe from my roommate. You can try this recipe without nuts; it is still very good.)

## Chapter Eight: Desserts and Sweets

### Lemon Chess Pie

### INGREDIENTS

4 eggs      1 cup sugar      1 cup light corn syrup      1/3 cup lemon juice      grated rind from 1 lemon  
1 heaping tbsp flour      1 unbaked pie shell

### DIRECTIONS

- Beat eggs with an electric mixer at slow speed, beat in the next 5 ingredients, pour into the pie shell, and bake at 325 for 40 minutes.

**SOURCE** → Dr. A

### Fresh Apple Sauce

### INGREDIENTS:

6 apples, peeled, cored, and sliced (about 6 cups)      1/2 cup apple juice      1 tsp ground cinnamon.

### DIRECTIONS:

- Cook apple slices and apple juice over low heat in a covered saucepan until apples are tender and most of the liquid is absorbed, about 10 -20 minutes, depending on the type of apple you are using.
- Break up the apples with a fork or pour the mixture into a blender and blend until smooth.
- Sprinkle in the cinnamon and stir until it is thoroughly integrated into the apples. Serve them warm or cold.

**SOURCE:** Brooke Boggs (Basketball) From the 2002 Student-Athlete Learning Community

### Caribbean Bananas Delight

### INGREDIENTS

2 large bananas, cut into 1/2 inch cubes      1 can Pillsbury Coconut Pecan Frosting      1/4 tsp cinnamon  
1 tsp rum extract (optional)      premium quality vanilla ice cream

### DIRECTIONS

- Combine frosting, cinnamon, and extract in a saucepan over medium heat and stir until melted.
- Add bananas to the frosting mixture, heat through for about 2 minutes, and spoon over the ice cream.

**SOURCE** → Dr. A

For some people, this recipe violates Chef D's "healthy" criterion because of all the calories in the frosting, but it is unbelievably tasty. Use it to reward yourself for all the calories you burned during a particularly impressive athletic or academic achievement.

### Niemann-Marcus Cookies

### INGREDIENTS

5 cups oatmeal      2 cups butter      2 cups sugar      2 cups brown sugar      3 cups chopped nuts      1 8 oz grated Hershey bar  
2 tsp vanilla      2 cups flour      1 tsp salt      2 tsp baking soda      2 tsp baking powder      24 oz chocolate chips  
4 eggs

### DIRECTIONS

- Blend oatmeal to a fine powder in a blender.
- Cream the butter with both sugars, and then add the eggs and vanilla.
- Mix in the flour, oatmeal powder, salt, baking soda, and baking powder.
- Mix in the chocolate chips, the grated Hershey bar, and the nuts.
- Roll into balls, place 2 inches apart on a cookie sheet, and bake for 10 minutes in a 375 oven. (Makes 112 cookies!)

**SOURCE** → Sarah Leonard (Soccer) from the 2001 Student-Athlete Learning Community

## Ginger Pears

### INGREDIENTS

4 ripe pears                      ginger ale (or root beer)

### DIRECTIONS

- Peel and halve pears, place in an ovenproof casserole pan, cover with the ginger ale, bake at 350 for 1 hour, and serve hot or cold.

SOURCE → Dr. A

## Triple Fudge Cake

### INGREDIENTS

1 Devils food cake mix                      1/2 cup semisweet chocolate chips                      2 cups prepared chocolate pudding  
1 cup coarsely chopped nuts                      1 egg                      whipped cream

### DIRECTIONS

- Combine cake mix, pudding, and egg in a large bowl; beat well for 2 minutes; and pour batter into a 9x13 greased pan.
- Sprinkle batter with the chocolate chips and nuts, bake at 350 degrees for 30 minutes, cool, and top with whipped cream.

SOURCE → Lauren Hallahan (Women's Soccer) from the 2003 Student-Athlete Learning Community

This recipe is from a book my mom gave to me after I moved into my new apartment: "Where's Mom Now That I Need Her?"

## Sweet-and-Salty Cookies

### INGREDIENTS

1 18 oz package of refrigerated sugar cookie dough                      1 cup coarsely crushed pretzels

### DIRECTIONS

- Shape dough into 1-inch balls, roll balls in crushed pretzels, and bake on an ungreased cookie sheet in a 350 oven for 12-14 minutes.

SOURCE → Dr. A

## Hershey's Easy Pizza Brownie

### INGREDIENTS

¾ cup butter                      ½ cup sugar                      1½ tsp vanilla extract                      3 eggs  
½ c Hershey's cocoa                      ¾ c all purpose flour                      ½ tsp baking powder                      ¼ tsp salt

### DIRECTIONS

- Mix melted butter, sugar, vanilla, and eggs in bowl; and then stir in the dry ingredients.
- Spread into a greased pizza pan, and bake at 350 for 20-22 minutes.
- You can then either serve these brownies plain or sprinkled with chocolate chips, peanut butter chips, coconut, or any other topping you may like when the brownies are ready to be served.

SOURCE → Kalah Stocker (Soccer) from the 2000 Student-Athlete Learning Community

I always look forward to my aunt fixing this recipe at Christmas time.

## Sweet Potato Pie

### INGREDIENTS

4 cups sweet potato, cubed                      ½ cup white sugar                      2 eggs, beaten                      ½ tsp salt  
4 tablespoons butter, softened                      ½ cup milk                      ½ teaspoon vanilla extract                      ½ cup packed brown sugar  
1/3 cup all-purpose, flour                      3 tbsp butter, softened                      ½ cup chopped pecans

### DIRECTIONS

- Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
- In a large bowl, mix together the sweet potatoes, sugar, eggs, salt, butter, milk, and vanilla. Mix until smooth. Transfer to a 9x13 baking dish.
- Mix the sugar and flour in a bowl. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the potato mixture.
- Bake in a preheated 325 oven for 30 minutes or until the topping is lightly brown.

SOURCE → Jarret Neff (Soccer) from the 2004 Student-Athlete Learning Community

## No Bake Peanut Butter Cookies

### INGREDIENTS

1 cup flour                      1 cup corn syrup                      1 12 oz jar crunchy peanut butter                      5 cups crisp rice cereal

### DIRECTIONS

- Melt the sugar and corn syrup, mix in the peanut butter and cereal, form into 1-inch balls, place on wax paper, and cool.

SOURCE → Stacy Jordan (Softball) from the 2001 Student-Athlete Learning Community

## Easy Lemon Pie

### INGREDIENTS

3 eggs  
2 tbsp lemon juice  
1 lemon, unpeeled, quartered, and seeded  
½ stick butter, melted  
¼ cups sugar  
1 9-inch unbaked pastry shell

### DIRECTIONS

- Whirl the eggs, lemon, sugar, and lemon juice in a food processor or blended; then add the butter and whirl again.
- Pour the mixture into the pie shell, bake for 30-35 minutes in a 350 oven, and serve with French vanilla ice cream.

**SOURCE** → Dr. A (This pie is only for serious lemon lovers.)

## Oatmeal Cookies

### INGREDIENTS

1 cup sugar  
½ cup flour  
1 cup shortening  
1 tsp baking soda  
1 cup brown sugar  
dash of salt  
2 eggs  
1 tsp vanilla  
3 cups old fashioned oats

### DIRECTIONS

- Mix all ingredients together, scoop into balls, and bake for 10 minutes at 375.

**SOURCE** → Erin Vickery-Swalley (Cross Country) from the 2001 Student-Athlete Learning Community

## Reese's Roll-Ups

### INGREDIENTS

¾ cup creamy peanut butter  
4 10-inch flour tortillas  
½ cup miniature semisweet chocolate chips

### DIRECTIONS

- Spread peanut butter over tortillas, sprinkle with the chocolate chips, and roll up tightly.
- Wrap each roll in a sheet of wax paper, twist the ends to seal, and microwave for 10-15 seconds to melt the chocolate

**SOURCE** → Dr. A

## Grandma Sult's Oatmeal Cookies

### INGREDIENTS

1 cup shortening  
1 tsp vanilla  
1 cup brown sugar  
1½ cups flour  
1 cup white sugar  
1 tsp. baking soda  
2 eggs  
1 tsp. salt  
4 tbsp water  
3 cups oats

### DIRECTIONS

- Mix shorting and sugars together; mix in the eggs, water, and vanilla; and then mix in the dry ingredients.
- Roll into 1-inch balls, place on baking sheet, and bake at 375 for 10 minutes or until done.

**SOURCE** → Jama Gilmore (Basketball) from the 2000 Student-Athlete Learning Community

This recipe comes from my great grandma. They are very tasty cookies, and they are very easy to make.

## Grasshopper Brownies

### INGREDIENTS

brownie mix  
peppermint extract  
green food coloring  
1 can of white frosting  
¼ cup butter

### DIRECTIONS

- Prepare and bake the brownies according to the package instructions.
- To make the frosting, whip the white frosting and ¼ cup butter together.
- Add the peppermint extract to taste (about 3-4 drops), then add the green food coloring to achieve the wanted color.
- After the brownies have cooled, spread the frosting on top.

**SOURCE** → Beth Sabato (Golf) from the 2000 Student-Athlete Learning Community (This is my mom's recipe, Margot Sabato).

## Black Forest Cake

### INGREDIENTS

1 chocolate cake mix  
1 can of cherry pie filling  
1 container of Cool Whip

### DIRECTIONS

- Prepare chocolate cake mix as to specification on the box, bake the cake mix in 3 8- or 9-inch pans, and let cool.
- Layer cake with pie filling, spread Cool Whip on the top layer, and top with a large scoop of cherry pie filling.

**SOURCE** → Beth Sabato (Golf) from the 2000 Student-Athlete Learning Community (This is my mom's recipe, Margot Sabato.)

## Quick Cookies

### INGREDIENTS

¼ cup brown sugar  
½ cup softened margarine  
1 cup flour  
1 tsp vanilla

### DIRECTIONS

- Mix all ingredients, form into 1-inch balls, place on a cookie sheet, and bake for 10 minutes in a 350 oven.

**SOURCE** → Jackie Rinehart (Swimming) from the 2000 Student-Athlete Learning Community.

This recipe is from the book, "Where's Mom Now That I Need Her?" I like this recipe because I love just about anything with caramel in it, you don't have to bake these cookies, and they taste so good!

## No-Bake Caramel Drops

### INGREDIENTS

1 tbsp butter                      6 tbsp evaporated milk                      24 caramel candies                      3 cups crisp rice cereal  
2 cups corn flake cereal                      1 cups chopped nuts                      1 sheet of wax paper

### DIRECTIONS

- Melt butter and caramels in a heavy saucepan over low heat (stirring frequently to prevent scorching), and then stir in the milk.
- Stir together rice cereal, corn flake cereal, and nuts in a large bowl, and then pour the caramel mixture over the cereals.
- Lightly butter hands, and mix and form into small balls, placing on a sheet of wax paper.

**SOURCE** → Ian Mellencamp (Soccer) from the 2001 Student-Athlete Learning Community

## Spiced Bananas

### INGREDIENTS

2 bananas                      2 tbsp orange juice                      1 tbsp honey                      1 tsp allspice

### DIRECTIONS

- Peel and slice bananas lengthwise, and place in a shallow ovenproof dish.
- Blend remaining ingredients, pour over bananas, cover, and bake in a 350 oven for 25 minutes.

**SOURCE** → Dr. A

## Caramel Crunch

### INGREDIENTS

1 stick margarine                      1 cup brown sugar                      4 cups Corn Chex                      1 tbsp corn syrup

### DIRECTIONS:

- Melt margarine in a saucepan, add corn syrup and brown sugar, and boil for 2 minutes.
- Remove from heat, stir in Corn Chex until completely coated, spread on wax paper, and cool.

**SOURCE** → Jessie Havrilesko (Soccer) From the 2002 Student-Athlete Learning Community

## Cake Mix Brownies

### INGREDIENTS

1 devil's food cake mix                      1 egg                      ¾ cup water                      ½ cup chopped pecans (optional)

### DIRECTIONS

- Combine all ingredients until no lumps remain, but do not overmix.
- Pour into a greased pan the size described on the cake mix box, smooth the top, and bake for 25 to 30 minutes in a 350 oven.

**SOURCE** → Dr. A (Jazz them up by topping them with canned frosting or confectioner's sugar after they have cooled for 30 minutes.)

## Sugar Cookies

### INGREDIENTS

½ cup margarine                      1 egg                      ¾ cup sugar                      ¼ tsp vanilla                      1½ cups flour                      ½ tsp baking powder

### DIRECTIONS

- In a large bowl, blend margarine, egg, sugar, and vanilla. In a medium bowl, stir flour and baking powder.
- Gradually add the flour mixture to the sugar mixture, stir with a wooden spoon, and chill the dough overnight.
- Roll dough into walnut-size balls, roll balls in the sugar, and place on ungreased cookie sheets 3 across and 4 down.
- Bake in a 375 oven for 8 to 10 minutes or until golden brown.

**SOURCE:** Lauren Heyde (Swimming) from the 2002 Student-Athlete Learning Community.

## Three Minute Fruit Cobbler

### INGREDIENTS

½ cup margarine                      1 cup flour                      1 cup sugar                      2 tsp baking powder                      ¾ cup milk                      ¼ tsp salt                      1 16 oz can fruit pie filling or fruit

### DIRECTIONS

- Melt margarine in a casserole dish, pour in all remaining ingredients (except the fruit), and stir until the lumps disappear.
- Pour the fruit on top (but don't stir it in), and bake for 1 hour in a 350 oven.

**SOURCE** → Dr. A (Not fast, but this is really comfort food. It may remind you of one of your grandmother's recipes.)

## Pineapple-Pistachio Dessert

### INGREDIENTS

8 oz container of Cool Whip  
One bag miniature marshmallows

16 oz can pineapple tidbits, undrained  
1 small box pistachio instant pudding

### DIRECTIONS:

- In a bowl, add entire box of instant pudding to the Cool Whip, add the pineapple, and mix together.
- Add as many marshmallows as you want (the more the better!), mix until creamy, refrigerate for an hour, and serve cold.

**SOURCE** → Julien Agnew (Academic Advisor) from the 2002 Student-Athlete Learning Community  
He got this recipe from his Mom.

## Grape Brûlée

### INGREDIENTS

1 lb seedless grapes  
1/4 cups sour cream  
1/2 cup brown sugar

### DIRECTIONS

- Place grapes in a shallow ovenproof dish, cover with sour cream, and sprinkle with the brown sugar.
- Cover, chill in the refrigerator for an hour, broil in oven until sugar caramelizes, and serve hot or chilled.

**SOURCE** → Dr. A

## Caramel Apples

### INGREDIENTS:

6 apples  
14 oz package individually wrapped caramels, unwrapped  
2 tbsp milk

### DIRECTIONS:

- Remove the stem from each apple and press a craft stick into the top. Butter a baking sheet.
- Place caramels and milk in a microwave safe bowl, and microwave 2 minutes, stirring once. Allow to cool briefly.
- Roll each apple quickly in caramel sauce until well coated. Place on prepared sheet to set.

**SOURCE** → Ashley Jochum (Swimmer) From the 2002 Student-Athlete Learning Community

## Jell-O Parfait

### INGREDIENTS

1 box Jell-O (any flavor)  
1 tub Cool Whip  
2 cups water

### DIRECTIONS

- Boil 1 cup water, stir in Jell-O, stir in 1 cup cold water, chill until it sets (4 hours), cut into cubes, and mix with the Cool Whip.

**SOURCE** → Mike Madaj (Soccer) from the 2001 Student-Athlete Learning Community

## Peanut Butter Pie

### INGREDIENTS

1 8 oz package low fat cream cheese  
1 8 oz carton of low fat Cool Whip

1 cup powdered sugar  
1 8-inch graham cracker crust

1 cup crunchy peanut butter

### DIRECTIONS

- Cream the cream cheese in a mixer, add the peanut butter and sugar, and beat until smooth.
- Fold in the Cool Whip, pour into the pie crust, and refrigerate or freeze.

**SOURCE** → Dr. A

## Chocolate-Peanut Butter Balls

### INGREDIENTS

1 cup powdered sugar  
1/2 cup instant non-fat dry milk

1 cup peanut butter  
3 tsp water

1 cup chocolate chips (semi-sweet)  
1/2 cup graham cracker crumbs

### DIRECTIONS

- Mix all ingredients except graham cracker crumbs, shape into 1 inch balls, and roll balls in crumbs.
- Refrigerate until firm. Makes 2 1/2 dozen balls.

**SOURCE** → Cameron Williams (Men's Soccer) from the 2005 Student-Athlete Learning Community

## Coconut Balls

### INGREDIENTS

1 7 oz package shredded coconut  
1 tsp vanilla  
2/3 cup sweetened condensed milk

### DIRECTIONS

- Combine all the ingredients, form into balls, and baked on a greased cookie sheet at 350 for 15 minutes.

**SOURCE** → Dr. A (First Lady Bess Truman served these in the White House.)

## Banana Raspberry Yogurt Parfait

### INGREDIENTS

1 medium ripe bananas, peeled and cut into small pieces      1 1/2 cups plain low-fat yogurt      1 tbsp brown sugar,  
2 tbsp fresh orange juice      1 cup fresh or frozen raspberries      4 sprigs of mint, for garnish

### DIRECTIONS

- In a food processor or blender, combine the bananas, yogurt, brown sugar substitute, and orange juice. Process until smooth.
- Spoon some of the banana mixture into each of 4 parfait glasses or stemmed goblets
- Top each with 1 tbsp raspberries. Continue to layer yogurt and berries, ending with yogurt.
- Garnish with a mint sprig and serve. Makes four servings

**SOURCE** → Jen Scorniaenchi (Women's Soccer) from the 2003 Student-Athlete Learning Community

I received this recipe from my sister, who is also a college student. It is a very health snack.

## Chocolate Strawberries/Oranges

### INGREDIENTS

12 strawberries or 2 navel oranges      1 cup semisweet chocolate chips

### DIRECTIONS

- Wash strawberries, cut off their stems, and pat dry with a towel. Peel oranges, divide into sections, and remove any white fibers.
- Melt chocolate chips over low heat in a small pan, stirring continuously.
- Dip 2/3 of each fruit piece into the chocolate, and place on a piece of wax paper to cool and harden.

**SOURCE** → Dr. A

## Fruit and Cookie Pizza

### INGREDIENTS

1 package refrigerated chocolate chip or sugar cookie dough      1 can sliced pineapple      1 package cream cheese  
1/3 cup sugar      1 tsp vanilla      1 banana, sliced  
1 can mandarin oranges, drained      1/4 cup strawberries      2-4 tbsp bottled chocolate

### DIRECTIONS

- Place cookie dough on a greased 14-inch pizza pan, bake at 350 for 10-12 minutes, and cool in pan.
- Drain pineapple, reserving 2 tbsp of the juice.
- Beat cream cheese, sugar, reserved pineapple juice, and vanilla together until smooth, then spread over cooled cookie.
- Arrange pineapple slices around outer edge of cream cheese, and arrange the bananas, oranges, and strawberries inside.
- Spoon chocolate sauce over fruit.

**SOURCE** → Anonymous (This is an recipe my high school Interior Design teacher in high school gave me in a cookbook she made for all her graduating seniors.)

## Lemonade Pie

### INGREDIENTS

1 14 oz can light sweetened condensed milk      1 6 oz can frozen lemonade concentrate (or limeade), thawed  
1 8 oz carton frozen whipped topping, at refrigerator temperature      3 drops yellow food coloring (optional, use green for limeade)  
1 cup light sour cream      1 8-inch graham cracker crust

### DIRECTIONS

- Combine all the filling ingredients well, spoon into the crust, and chill in the refrigerator for at least 2 hours.

**SOURCE** → Dr. A (You will be amazed at how easy and delicious this is! Use limeade instead of lemonade for key lime pie.)

## Angel Food Cake

### INGREDIENTS

12 egg whites      1 1/2 tsp cream of tartar      1 1/2 cups sugar, divided      1 1/2 tsp vanilla  
1/2 tsp almond extract      1 cup sifted cake flour      1/4 tsp salt      Fruit or frosting, optional

### DIRECTIONS

- Beat egg whites with cream of tartar at high speed in a large mixing bowl until foamy.
- Add 3/4 cup sugar (2 tbsp at a time), beating constantly until sugar is dissolved\* and whites are glossy and stand in soft peaks.
- Beat in the vanilla and almond extracts, and then sift the flour, remaining sugar, and salt.
- Sift about 1/2 cup of the flour mixture over whites and gently fold just until flour disappears.
- Repeat, folding in remaining flour mixture 1/2 cup at a time, pour into ungreased 10 x 4-inch tube pan, and gently cut through the batter with a metal spatula.

- Bake in preheated 375°F oven until top springs back when lightly touched with finger, about 30 to 40 minutes.
  - Invert cake in pan on a funnel or bottleneck, and cool completely for about 1 1/2 hours.
  - Loosen the cake from pan with a narrow spatula or knife, gently shake onto a serving plate, and top with fruit or frost, if desired.
- \*Rub just a bit of meringue between thumb and forefinger to feel if sugar has dissolved.

**SOURCE → Amy Rowe (swimming) from 2003 Student-Athlete Learning Community**

This is my absolute favorite dessert, and is fairly simple. The recipe is from <http://www.aeb.org/recipes/diet/angel-food-cake.html>.

## Easy Fruit Cobbler

### INGREDIENTS

1 20 oz can fruit pie filling      1 yellow cake mix      1½ sticks butter or margarine

### DIRECTIONS

- Spread pie filling in a greased 13x9 pan, sprinkle with the cake mix, top with the butter, and bake for 35 minutes at 350.

**SOURCE → Dr. A** (The choice is yours: peach, cherry, blueberry, raspberry, apple, etc.)

## Fruit Crisp

### INGREDIENTS

1 20 oz can fruit pie filling      1 cup granola      ¼ cinnamon      3 tbsp melted butter

### DIRECTIONS

- Spread pie filling in an 8-in pie plate, mix the remaining ingredients, spoon over the granola, and bake for 20 minutes at 350.

**SOURCE → Dr. A** (Top with vanilla ice cream for a real treat.)

## Candy Cake

### INGREDIENTS

1 chocolate fudge cake mix with all ingredients to bake the cake      1 medium tub Cool Whip  
1 pack of Heath minis      1 jar Mrs. Richardson's Caramel      1 can condensed milk

### DIRECTIONS

- Bake cake and, while it is baking, mix caramel and condensed milk in a microwave safe bowl, and microwave it for about 8min.
- As soon as cake is finished, poke dime size holes into it, pour caramel mix onto cake, and make sure it gets into the holes.
- Let cake cool for about 30 minutes, spread Cool Whip onto it, and pour on crushed Heath candy pieces on it evenly.

**SOURCE → Ruben Lagunas (Men's Soccer) from the 2003 Student-Athlete Learning Community.** This is my Mom's recipe.

## Coconut Blender Pie

### INGREDIENTS

1/3 cup honey    4 eggs    1 cup milk    ½ tsp salt    ½ cup butter    ½ cup flour    1 cup coconut    1 tsp vanilla    1 unbaked pie shell

### DIRECTIONS

- Combine all ingredients (except pie shell) in a blender, blend for 2 minutes, pour into pie shell, and bake for 30-40 minutes at 350.

**SOURCE → Dr. A**

## Pecan Caramel Candies

### INGREDIENTS

1 5.3 oz bag of Rolo candies      25 miniature pretzels      25 pecan halves

### DIRECTIONS

- Place foil on a baking sheet, place pretzels on the foil, top each a pretzel with a Rolo, and bake for 4 minutes in a 250 degree oven.
- Place a pecan on each Rolo, press down gently so the candy fills the pretzel, and refrigerate 10 minutes until the candy is set.

**SOURCE → Dr. A** (These are easy, they look fancy, and they taste delicious. No wonder Chef D likes them!)

## Butterscotch Peanut Clusters

### INGREDIENTS

1 6-oz package butterscotch pieces      ½ cup peanut butter      1½ cup whole salted peanuts

### DIRECTIONS

- Melt butterscotch and peanut butter over low heat in a saucepan, add nuts, stir well, drop by teaspoons on wax paper, and chill.

**SOURCE → Dr. A**

## Cookies and Cream Fudge

### INGREDIENTS

16 Oreos, broken into chunks      1 14 oz can sweetened condensed milk      2 tbsp butter  
2 and 2/3 cups vanilla chips      1 tsp vanilla extract

### DIRECTIONS

- Line an 8-inch square pan with foil, and coat pan with non-stick cooking spray.
- Place half of the broken cookies in the pan.
- In a heavy saucepan, combine milk, butter, and chips.
- Cook and stir over low heat until chips are melted, remove from the heat, and stir in the vanilla.
- Pour over cookies in pan, add remaining cookie chunks on top, and chill for a few hours before cutting and serving.
- **SOURCE** → Julie Just (Academic Advisor) from the 2006 Student-Athlete Learning Community.

## Chapter Nine: Beverages

### Your Flavor Smoothie

#### INGREDIENTS

1 carton vanilla yogurt      8 oz fruit juice      1 cup fruit of your choice      4 ice cubes

#### DIRECTIONS

- Add all ingredients to a blender, and process until smooth.

**SOURCE** → Dr. A

### Chocolate Cherry Smoothie

#### INGREDIENTS

1 8 oz black cherry yogurt cup      4-5 spoonfuls chocolate powder mix      1 cup milk      5 ice cubes

#### DIRECTIONS

- Place all ingredients into blender, and blend until smooth.

**SOURCE** → Julien Agnew, Student-Athlete Academic Advisor, 2003 Student-Athlete Learning Community

For a thicker smoothie, add another yogurt cup and use less milk. Also, try with a flavored coffee mix for a different taste. Adding cherries is also an option.

### Tomato Refresher

#### INGREDIENTS

2 cup tomato juice      ¼ green pepper, sliced      2 slices cucumber      1 slice onion      1 tsp lime juice

#### DIRECTIONS

- Add all ingredients to a blender, and process until smooth.

**SOURCE** → Dr. A

### Peach Lassi

#### INGREDIENTS

1 15 oz can peaches, drained      3 cups plain yogurt      1/3 cup sugar (1/2 cup if you like it sweeter)      2 cups crushed ice

#### DIRECTIONS

- Puree the peaches in a blender, add the sugar and yogurt and puree, then add the ice and process until smooth and frothy.

**SOURCE** → Dr. A (A lassi is a traditional Indian beverage made from fruit and yogurt. Call it a Bombay smoothie.)

### Cantaloupe and Grape Drink

#### INGREDIENTS

1 cantaloupe      2/3 cup grape juice      frozen grapes

#### DIRECTIONS

- Place melon flesh in a food processor or blender, add the grape juice, whiz until smooth, pour into glasses, add frozen grapes, and stir.

**SOURCE** → Dr. A (These are two of my favorite flavors!)

### Three-Flavor Smoothie

#### INGREDIENTS

2 ripe bananas      1¼ cup milk      2 scoops chocolate ice cream      ¼ cup creamy peanut butter

#### DIRECTIONS

- Combine all ingredients in a food processor or blender, whiz until blended, add more milk if too thick, and serve with crushed ice.

**SOURCE** → Dr. A

## Pina Colada Punch

### INGREDIENTS

1 20 oz can crushed pineapple    2 15 oz cans cream of coconut    1 46 oz can chilled pineapple juice    1 32 oz bottle chilled club soda

### DIRECTIONS

- In blender, combine the crushed pineapple and cream of coconut and blend until smooth.
- In a large punch bowl, combine the pineapple mixture (from step 1) and the pineapple juice.
- Just before serving, add the club soda and ice. This recipe makes four quarts.

**SOURCE** → Christy Snyder (Women's Soccer) from the 2003 Student-Athlete Learning Community

This recipe is from the book, "Great American Favorite Brand Name Cookbook." I got this recipe from my mom because she makes it all the time. It is really easy and is a great party punch.

## Banana Shake

### INGREDIENTS

1 cup fruit-flavored nonfat yogurt    1 tsp honey    1 banana    ½ cup skim milk    pinch of cinnamon

### DIRECTIONS

- Combine all ingredients in a blender, and process until smooth.

**SOURCE** → Dr. A

## Sleepy Time Coffee

### INGREDIENTS

1 cup milk    ¼ tsp instant decaf coffee    1 spoonful sugar or low-cal sweetener

### DIRECTIONS

- Fill a coffee cup with the milk, microwave on high for 2 minutes, and stir in the coffee and sugar.

**SOURCE** → Dr. A (Have this right before you go to bed if you're all stressed out.)

## Caramel Cappuccino

### INGREDIENTS

¼ cup fat free milk    ½ cup vanilla fat free frozen yogurt  
1 packet cappuccino Nestle Carnation Instant Breakfast    1 tbsp caramel ice cream topping

### DIRECTIONS

- Place milk, frozen yogurt, instant breakfast and caramel topping in blender; cover. Blend until smooth.
- For hot caramel cappuccino, omit the frozen yogurt. Combine milk, Carnation Instant Breakfast and caramel topping in microwave-safe mug. Microwave on HIGH (100%) power for 1 1/2 to 2 minutes or until hot.

**SOURCE** → Adrian Conrad (Men's Soccer) from the 2003 Student-Athlete Learning Community.

This recipe is from the Internet site, [Meal.com](http://Meal.com). I like this recipe because I love just about anything with caramel in it. You don't have to be a chef, and making it is as easy as it gets.

## Orange Julius

### INGREDIENTS

1 6 oz can orange juice concentrate, thawed    1 cup milk    1 cup water    ½ cup sugar    1 tsp vanilla    10-12 ice cubes

### DIRECTIONS

- Combine all ingredients in a blender, process until smooth, and served in a glass you've kept in the freezer.

**SOURCE** → Dr. A

## Microwave Hot Cocoa

### INGREDIENTS

1 regular table service teaspoon cocoa    2 regular table service teaspoons (heaping) sugar    1 cup milk

### DIRECTIONS

- Put cocoa and sugar in a coffee mug, add a bit of milk and stir to form a wet paste, and add the remainder of the milk.
- Microwave for 1½ minutes, stopping halfway to stir. Yields 1 cup.

**SOURCE** → Brandon Cole (Men's Cross Country) from the 2003 Student-Athlete Learning Community

## Dark Tiger Latte (12oz Cup)

### INGREDIENTS

8 oz milk    1 oz espresso    whipped cream    2 squirts Hershey chocolate    2 squirts white chocolate    2 squirts Ghiradelli caramel

### DIRECTIONS

- Heat the milk, brew the espresso, and add the chocolate and caramel flavors to a 12-oz cup.
- Pour the espresso and milk to the cup, stir intensely, top with whipped cream, and drizzle with more chocolate and caramel.

**SOURCE** → Brian Wheeler (Swimming) from the 2003 Student-Athlete Learning Community

This recipe is from my roommate Jonathan Abernathy's own imagination while making the big bucks at Gina's Coffee and Tea Ltd.

## Sinful Banana Milk Shake

### INGREDIENTS

1 package Carnation instant breakfast                      1 banana                      vanilla ice cream                      white milk                      1 egg (optional)  
optional ingredients: cinnamon, bran, or fresh peaches

### DIRECTIONS

- Place instant breakfast, 2-3 scoops ice cream, and the egg in a blender; then fill blender half way up with milk.
- Blend until the mixture is smooth and moderately thick; add banana, more ice cream and milk until the desired consistency.
- Note: Chef D suggests you omit the raw egg from this recipe to avoid the possibility of contracting salmonella.

**SOURCE** → Alissa Tielking (Women's Cross Country) from the 2003 Student-Athlete Learning Community

## Cappuccino Mix

### INGREDIENTS

1 cup powdered instant nondairy creamer                      1 cup chocolate milk mix                      2/3 cup instant coffee granules  
½ cup sugar                      ½ tsp ground cinnamon                      ¼ tsp ground nutmeg

### DIRECTIONS

- Combine all ingredients, store in an air-tight container, and mix 1 heaping tablespoon mixture with 1 cup boiling water to prepare.

**SOURCE** → Dr. A (Make a big batch, put in zip lock bags with directions, and give as gifts to your teammates, coach, and teachers.)