

Tasty Toast

½ cup low-fat cottage cheese
2 TBS sugar-free jam
2 slices of wheat bread, toasted
½ cup sliced fresh fruit of your choice

Mix together cottage cheese and jam, then spread on toast and top with sliced fruit.

Calories 260, Food groups – 1 grain, 1 dairy, ½ fruit

Burrito To Go

2 egg whites or ¼ cup egg beaters
1 6" low-fat wheat tortilla
1 low-fat cheese single
2 TBS salsa

Spray pan with nonstick cooking spray, place it over medium heat and scramble eggs.
Microwave tortilla with the cheese for 1 minute, then roll up with salsa and egg inside.

Calories 200, Food groups 1 grain, ½ dairy 1 meat

Mini Chicken Burrito

½ cup chunk white chicken
¼ cup salsa
¼ cup black beans, drained
1 6" low-fat wheat tortilla
1 low-fat cheese single

Combine the chicken, salsa, and black beans, then spread the mixture on the tortilla. Tear up the cheese and scatter over it. Microwave for 1 ½ minutes. Roll up.

Calories 300, Food group 1 grain, ½ dairy, 1 ½ meat, ½ veg

BBQ Chicken Sammie

½ cup canned chunk white chicken
¼ cup chopped tomato
1 TBS barbeque sauce
1 TBS low-fat mayonnaise
2 slices light wheat bread, toasted

Mix together everything but the bread, then spread the mixture on the piece of toast and top with the other to make a sandwich.

Calories 250, Food groups 1 grain, 1 meat, ¼ veg, 1 fat

Spicy Macho Nachos

18-20 low-fat baked tortilla chips
¼ cup black beans, drained
2 low-fat cheese singles, cut into strips
3 TBS low-fat sour cream
¼ cup salsa

Place the chips on a plate, then scatter beans and cheese strips over them. Microwave for 1 ½ minutes or until the cheese is melted. Top with sour cream and salsa.

Calories 325, Food groups 2 grain, 1 dairy, ½ meat, ½ veg, 1 fat

Recipes taken from

Fighting the Freshman Fifteen, by Robyn Flipse, M.S., R.D.

Black Bean Stew

Servings: 4

PARSLEY, DRIED - flakes	3 tbsp
CORIANDER LEAF, DRIED (CILANTRO, CHINESE PARSLEY)	
	1/2 tsp
GARLIC POWDER	1/4 tsp
PARMESAN CHEESE, GRATED	3 tbsp
ONION, RAW	1 large
OLIVE OIL - salad or cooking	2 tsp
BLACK BEAN	2 cups
TOMATO, STEWED, ORIGINAL RECIPE	2 cups
BROWN RICE, LONG GRAIN, COOKED	4 cups

In a large nonstick skillet, heat oil; add chopped onion and saute until onion is transparent. Rinse and drain beans. Add beans and remaining ingredients except rice and Parmesan cheese; bring to a boil. Reduce heat and simmer for 20 minutes to allow flavors to blend. Serve over hot rice and sprinkled with Parmesan cheese. Makes 4 1-3/4 cup servings.

Calories: 412/serving

Crockpot Barley Vegetable Soup

This thick and hearty soup is packed full of nutrition. With barley, tons of veggies, and sweet potatoes, no one will miss the meat.

Prep Time: :20

Cook Time: 8:

Ingredients:

- 1 cup medium pearl barley
- 1 bay leaf
- 1/2 tsp. fennel seed
- 9-oz. pkg. baby carrots
- 1 onion, chopped
- 2 stalks celery, chopped
- 3 garlic cloves, minced
- 2 sweet potato,s peeled and chopped
- 2 cups frozen corn
- 2 cups frozen green beans
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 3 (14 oz). cans vegetable broth
- 4 cups water
- 14-oz. can diced tomatoes with herbs, undrained

Preparation:

Place all ingredients except tomatoes in a 5-6 quart crockpot in the order given. Do not stir. Cover crockpot and cook on low for 6-8 hours. Stir soup and add tomatoes. Cover crockpot and cook for 10-15 minutes longer until soup is hot. Remove bay leaf before serving. 10 servings

Calories: 150

Fat: 1 gram

Sodium: 580 mg

Vitamin A: 100% DV

Vitamin C: 30% DV

Omelet: Use one egg and two egg whites, a little cheese, and some of your favorite veggies. Add 2 slices 100% whole wheat bread.

Grilled chicken/tofu stir-fry: This can be one of the easiest to prepare! Just dump your favorite frozen vegetables into a skillet, add tofu or pre-cooked grilled chicken strips, fajita seasoning mix, and cover! I

Peas and tuna are a breeze. Open a can of each, mix, microwave, and you're set. For a little more flavor, jazz it up with some spices or more vegetables.

Beans and brown rice cover two of your main energy sources. The protein in the beans fuels your muscles, while the complex carbs in the rice provides lasting energy. To save time, try a quick-cook variety of brown rice.

Low-sodium soup and crackers will fill you up fast. Add some fresh or even canned vegetables for more nutrients.

A mix of spinach, fresh fruit, and a spritz of homemade salad dressing (heart healthy olive oil, rice vinegar, garlic, pinch of salt, pinch of sugar, and pepper) makes a quick and easy compliment to any meal. And is it packed with nutrients! Now, you can get Uncle Ben's Whole Grain Brown Rice that cooks in 90 seconds! Bake some chicken covered in BBQ sauce or marinated with Italian Dressing.

These two sites have some good ideas.

- www.yummy.com/student
- <http://www.mnsu.edu/shs/healtheducation/bmc/>