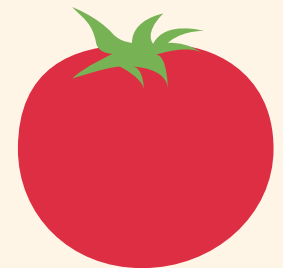




CARE's 2022 Recipe Booklet

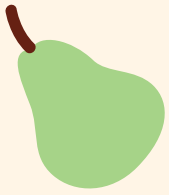


CARE's 2022 Recipe Booklet

Welcome to CARE's 2022 Recipe Booklet! This booklet incorporate 10 essential items that are used to make 6 easy-to-make recipes. These exact recipes may not work for everyone, so feel free to get creative!



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10 Essential Items



Bread

Your choice of bread!

Peanut Butter or Almond Butter

Cheese

Your choice of shredded cheese or an alternative!

Granola

Your favorite kind of granola!

Greek Yogurt

Flavored or plain!

Tortillas

Your choice of corn, flour, or any other alternative!

Fruit

Bananas, berries, apples, oranges, and/or any fruit of your choice!



Rice

See page five to learn how to cook your choice of rice.

Chicken

See the next page to find out how to roast your chicken with veggies or individually!

Veggies

Fresh or roasted. See the next page to find out how to roast them with chicken or individually!

Meal Prepping



Chicken & Veggies

1. Preheat your oven to 500 degrees.
2. Chop your veggies and chicken breast, place them on a small baking sheet and season with olive oil, salt and pepper, Italian seasoning, and paprika, or with your favorite combination!
3. Combine & bake at 500 degrees for 15 minutes or until the veggies are charred and the chicken is cooked.
4. Place the chicken and/or veggies in the fridge to enjoy throughout the week!



Meal Prepping



Rice

1. Boil a small pot of water & rinse the rice.
2. Once the water is boiling, place the rice in the water. Cover the pot, place it on low heat and let the rice simmer for 15 minutes until the water is absorbed (alternatively, boil pasta, quinoa, or couscous to replace rice).



Meal Prepping



Produce

Both on campus and off campus resources are available to source your produce from. You can [make an appointment](#) at Redwood Free Market located at College 8 Cafe in Rachel Carson to shop. Slug Support also has recommendations for [on campus food resources](#), as well as several [local](#) and [off campus](#) food, budgeting, meal planning, and recipe resources. [CalFresh](#) is also available to provide resources for eligible students. See Slug Support's [CalFresh Outreach Program](#) for assistance with getting connected with CalFresh resources.





Breakfast Bowl



Ingredients:

1. Greek Yogurt
2. Granola
3. Fruit

Directions:

1. Scoop a few spoonfuls of greek yogurt into a bowl.
2. Pour some granola on top of the greek yogurt.
3. Cut up some of your favorite fruit, add it to the bowl, and enjoy!



Breakfast Toast

Ingredients:

1. Bread
2. Peanut butter or almond butter
3. Fruit (we love bananas and blueberries for this!)

Directions:

1. Toast a piece of bread.
2. Spread some peanut butter or almond butter onto your toast.
3. Cut up your fruit, place on top of the peanut butter or almond butter and enjoy!

(Tip: this would go great with our Breakfast Bowl!)



Lunch Wrap

Ingredients:

1. Tortilla
2. Veggies
3. Cheese (optional)
4. Chicken (optional)



Directions:

1. Chop up your veggies (or get your roasted veggies).
2. Place your veggies on the tortilla.
3. Optional: add some of the chicken you made earlier in the week and/or some shredded cheese.
4. Roll your tortilla, cut into your desired size and enjoy!



Veggie/Chicken Quesadilla

Ingredients:

1. Tortilla
2. Cheese or your favorite alternative
3. Veggies (fresh or roasted)
4. Chicken (optional)

Directions:

1. Begin by chopping your veggies (or getting your roasted veggies).
2. Place your tortillas on a pan and add shredded cheese on each of your tortillas.
3. Add your veggies on top of the cheese.
4. Optional: add in the chicken you made at the beginning of the week.
5. Turn the stove on medium heat and place your tortillas on top of each other to make a quesadilla.
6. Flip the quesadilla occasionally to warm each side
7. Heat until the cheese is melted and the veggies/chicken are warm then enjoy!



Chicken & Veggie Sandwich

Ingredients:

1. Chicken breast cooked earlier in the week
2. Veggies (fresh or roasted)
3. Bread

Directions:

1. Re-heat a few pieces of the chicken and veggies you made earlier in the week for a warm sandwich, or enjoy them cold.
2. Place your chicken and veggies on your choice of bread (I love ciabatta for this sandwich) & enjoy!



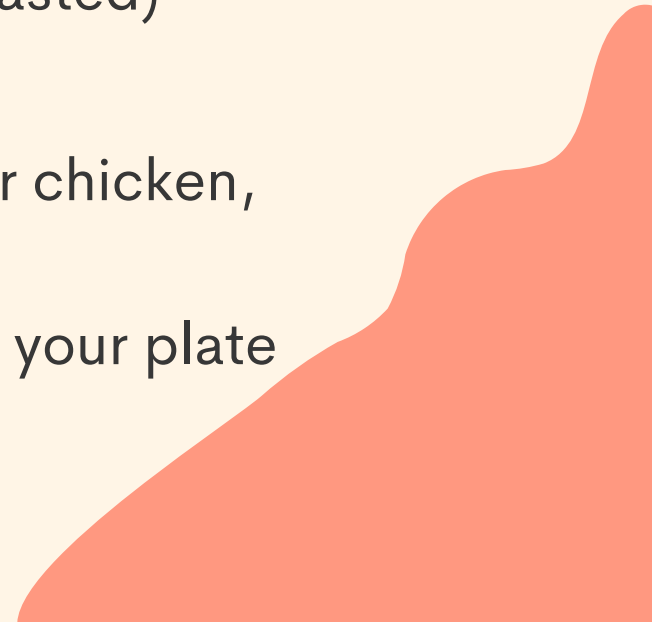
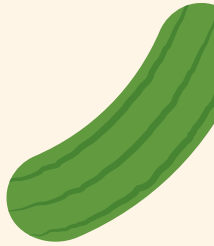
Chicken, Rice & Veggies

Ingredients:

1. Chicken breast cooked earlier in the week
2. Rice (or pasta, quinoa, or couscous) cooked earlier in the week
3. Veggies (fresh or roasted)

Directions:

1. Reheat some of your chicken, rice and veggies.
2. Place everything on your plate & enjoy!





Take CARE of your mind,
body, and soul.

All three are connected!

