

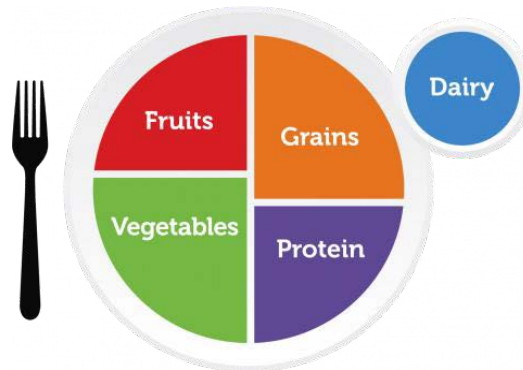


Basics of Nutrition and Recipes

Developed by
NRS 145 Fall 2024 Students

As a student, it is important that you are receiving balanced nutrition so that both your mind and body are prepared for learning. This booklet will provide you with the basics of healthy eating, resources for more information, and a few recipes so you can begin preparing healthy foods on your own.

MyPlate replaced the Food Guide Pyramid in 2011. The MyPlate symbol is a visual reminder to choose a variety of food throughout the day.



Here is a summary of the MyPlate (n.d.) guidelines that you should try to follow for each meal.

- Make half your plate fruits and vegetables. Focus on whole fruits and vegetables and vary what fruits and vegetables you eat.
- Make half the grains you eat whole grains (whole wheat flour, oatmeal, and brown rice).
- Vary your protein food including meat, poultry, seafood, eggs, beans, lentils, nuts, seeds and soy products. Meat and poultry choices should be lean or low-fat.
- Dairy and fortified soy alternatives should be low-fat or fat-free which include things like milk, yogurt, and cheese.

The US Department of Agriculture releases the Dietary Guidelines for Americans every 5 years. The current edition is 2020 – 2025 (December 2020). Below is a summary of how to make every bite count.

- Follow a healthy dietary pattern at every life stage.
 - Follow a healthy dietary pattern across the lifespan to meet nutrient needs, help achieve a healthy body weight and reduce the risk of chronic disease.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
 - The core elements that make up a healthy dietary pattern include:
 - Fruits, especially whole fruit
 - Grains, at least half should be whole grain
 - Dairy, soy beverage and yogurt as alternative
 - Protein foods, seeds, and soy products
 - Oils, including vegetable oils in food, such as seafood and nuts
- Limit food and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.
 - Limits are:
 - Saturated fat – fat found in animal products (meat, milk, butter, cheese)
 - Sodium – consume 2,300 mg per day or less
 - Limit intake to 2 drinks or less in a day for men and 1 drink or less in a day for women. Pregnant women should never consume alcohol.

Enjoy the recipes here that were submitted by the student in the fall sections of NRS 145: Normal and Therapeutic Nutrition.

BREAKFAST

Breakfast Egg Bowl

Ingredients:

- 1 large egg, scrambled
- 1/2 cup frozen hash browns
- 1/4 cup shredded cheddar cheese
- 1/4 cup crumbled bacon
- 1/4 cup spinach
- Salt and pepper dashed on top

Instructions:

Place all ingredients in a bowl mix together and microwave for approximately 2-3 minutes.



Overnight Oats

Ingredients:

- Rolled Oatmeal - .5 dry cups
- Strawberries cut into bite size pieces - 140 grams
- Almond Milk, Unsweetened Vanilla - 1 cup
- Sugar Free Syrup - 2 tablespoons
- Vanilla low-fat Yogurt - 3/4 of a cup

Instructions:

Mix the ingredients into a mason jar and leave it overnight in the fridge.

*Mix your choice of canned beans and veggies with microwaveable rice for a meal that's super cheap, fast/low mess, healthy, and all you need is a big microwaveable bowl. My favorite combo is a can of chili beans, a can of corn, diced jalapeños, and one packet of Uncle Ben's vegetable rice. Mix all the veg, microwave until hot, microwave the rice packet, and mix the rice into the veg. Makes 2 large meals.



SNACKS

Peanut Butter Protein Energy Balls

Ingredients:

- 1/2 cup peanut/almond butter
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/3 cup protein powder of choice
- 1/2 cup rolled oats
- 1 tablespoon mini chocolate chips

Instructions:

Add wet ingredients to the mixing bowl, fold with spatula until combined. Add in dry ingredients, fold with spatula until combined. Line a sheet pan with parchment paper. Once combined, scoop 2 tablespoons of the mixture and form them into ball shapes. Once formed, place into an airtight container for storage.



Protein Apple Crisp (single serving)

Ingredients:

- 3 tablespoons coconut oil
- 1/4 cup quick oats
- 2 tablespoons chopped pecans
- 2 1/2 tablespoons whole wheat flour (divided)
- 2 1/2 tablespoons turbinado or brown sugar (divided)
- 1/2 teaspoon cinnamon (divided)
- 1/8 teaspoon salt
- 2–3 apples (about 2 cups chopped)
- honey for drizzling

Instructions:

Melt the coconut oil in the microwave. Stir in the oats, pecans, 2 tablespoons of the whole wheat flour, 2 tablespoons of the sugar, 1/4 teaspoon of the cinnamon, and the salt. Mix until well combined. Chop the apples and toss them with 1/2 tablespoon of whole wheat flour, 1/2 tablespoon of sugar, and 1/4 teaspoon cinnamon. Layer a little spoonful of the oat mixture in the bottom of two 9-ounce mugs. Top with about 1 cup of the chopped apples and heap the remaining oat mixture over the top. Microwave for 3 minutes and 30 seconds. The apples should be bubbling and the whole thing will reduce in size. Remove and let stand until cool enough to eat.



LUNCH OR DINNER

Veggie-Packed Chickpea Stir-Fry

Ingredients:

1 can (15 oz) chickpeas, drained and rinsed
1 bell pepper, diced
1 small zucchini, diced
1/2 cup cherry tomatoes, halved
1/4 cup red onion, chopped
1 tbsp olive oil or sesame oil
1 clove garlic, minced (or 1/4 tsp garlic powder)
1 tbsp soy sauce or tamari (for gluten-free)
Salt and pepper to taste
Optional: a sprinkle of red pepper flakes for heat

Instructions:

Heat the Oil: In a skillet, heat the olive oil over medium heat.

Sauté Vegetables: Add the bell pepper, zucchini, red onion, and garlic. Sauté for about 5 minutes until veggies start to soften.

Add Chickpeas. Stir in the chickpeas and cook for another 3-4 minutes, allowing them to warm through and lightly brown. Add soy sauce, cherry tomatoes, salt, pepper, and red pepper flakes (if using). Stir for another minute until flavors blend. Serve warm on its own or over brown rice or quinoa if desired.



Chicken stir fry

Ingredients:

1 cup on chicken
2 cups of veggie broth
1 tbs of olive oil
1 small onion, diced
2 garlic cloves, minced
1 bell pepper, diced,
1 zucchini, diced
1 cup of broccoli
1 cup of cherry tomatoes, halved
2 tbs of soy sauce (low sodium)
1 tbs lemon juice
Salt and pepper to taste
Fresh parsley or cilantro for garnish

Instructions:

Rinse chicken off and cut off fat. In a medium saucepan, bring veggie broth to a boil. Add chicken, reduce heat to a low, cover, and simmer for about 15 min or until chicken is cooked and liquid is absorbed. In a large skillet heat the olive oil over medium heat. Add the diced onion and minced garlic and sauté until onion is translucent. Add the bell pepper, zucchini and broccoli florets to the skillet. Cook for about 5-7 minutes, stirring occasionally until the veggies are tender and crisp. Add the cherry tomatoes to the skillet and cook for an additional 2-3 minutes until everything is heat through. Stir in the chicken, soy sauce, and lemon juice. Mix well and cook for another 2-3 minutes until everything is heated through. Season with salt and pepper to taste. Garnish the fresh parsley or cilantro if desired.



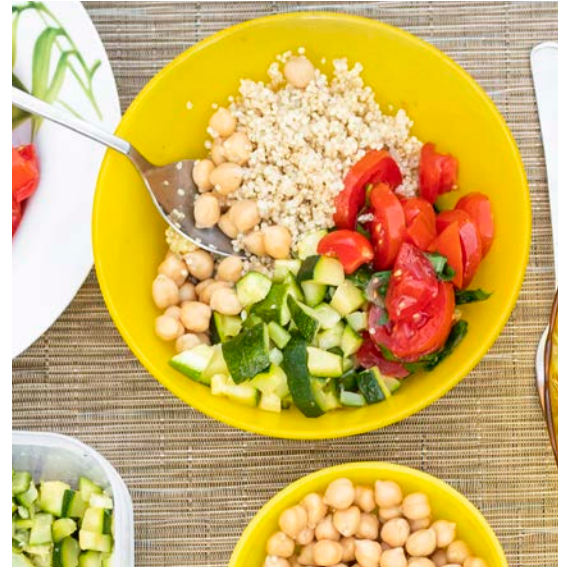
Veggie-packed Quinoa Salad

Ingredients:

1 cup cooked quinoa
1 cup cherry tomato, halved
1 cucumber, diced
1 bell pepper, diced
¼ red onion, finely chopped
1 can (15oz) chickpeas, drained and rinsed
¼ cup feta cheese, crumbled
2 tablespoons olive oil
1 lemon, juiced
Salt and pepper to taste
Fresh parsley or cilantro chopped

Instructions:

Combine quinoa, tomatoes, cucumber, bell pepper, red onion, and feta in a bowl. Drizzle with olive oil and lemon juice, season and toss. Serve chilled. Nutritional info: Approx 250 calories, 30g carbs, 8g protein.



Turkey and Rice Stuffed Peppers

Ingredients:

3–4 large bell peppers, sliced in half lengthwise and seeds removed
1 tablespoon olive oil
1 pound ground turkey
½ cup diced yellow onion
3 cloves garlic, minced
1 ½ teaspoons Italian seasoning
Salt, to taste
¼ teaspoon black pepper
¼ teaspoon crushed red pepper flakes
1 ½ cups marinara sauce
1 cup spinach, chopped
1 cup cooked brown rice
½ cup grated Parmesan cheese
¼ cup fresh basil leaves, chopped
1 ½ cups shredded mozzarella cheese, for topping
Extra basil and fresh parsley, for garnish

Instructions:

Preheat the oven to 375 degrees. Heat a large deep skillet or Dutch oven over medium-high heat. Once hot, add the olive oil and then ground turkey. Brown the turkey, breaking it up as it cooks. Once the turkey is brown, add the diced onion, minced garlic, Italian seasoning, salt, black pepper, and red pepper flakes. Cook for 3-4 more minutes or until the onion is tender. Add the marinara sauce and chopped spinach. Let the sauce simmer for 2-3 more minutes until the spinach is wilted. Remove from the heat and stir in the brown rice, chopped basil, and Parmesan cheese. Stuff the pepper halves with the filling and place them in a 9×13 casserole dish. Bake uncovered at 375 degrees for 30-35 minutes. Remove from the oven and top the peppers with the mozzarella cheese. Return them to the oven and bake for another 10 minutes or until the cheese is bubbly and starting to brown. Garnish with extra fresh chopped basil and parsley.



Zucchini Pizza Bites

Ingredients:

1 large zucchini (about 11 ounces), cut diagonally into 1/4-inch slices
1/8 teaspoon salt
1/8 teaspoon pepper
1/3 cup pizza sauce
3/4 cup shredded part-skim mozzarella cheese
1/2 cup miniature pepperoni slices
Minced fresh basil (optional)

Instructions:

Preheat broiler. Arrange zucchini in a single layer on a greased baking sheet. Broil 3-4 in. from heat just until crisp-tender, 1-2 minutes per side. Sprinkle zucchini with salt and pepper; top with sauce, cheese and pepperoni. Broil until the cheese is melted, about 1 minute. Sprinkle with basil.



Veggie Wraps

Ingredients:

1 teaspoon extra-virgin olive oil
1/2 small zucchini, sliced
1/2 medium red bell pepper, sliced
1/4 small red onion, sliced
1/2 teaspoon dried oregano
Pinch of salt
2 whole-grain wraps
1/4 cup hummus
1/2 cup baby spinach
2 tablespoons crumbled feta cheese
4 black olives, sliced

Instructions:

Heat the teaspoon oil in a small skillet over medium-low heat. Add all the sliced zucchini, bell pepper and onion, teaspoon oregano and a pinch of salt; cook, stirring, until softened, normally 5 to 7 minutes. Place 2 wraps on a clean work surface. Divide hummus between the wraps; spread evenly. Divide the spinach between the wraps. Top with the sautéed vegetables. Sprinkle with your feta and sliced olives. Roll each wrap up and cut in half.



Pizza

Ingredients:

- ¼ whole grain English muffins, 2 split in half
- ½ cup pizza sauce
- ½ cups skim mozzarella cheese shredded
- ¼ cup green peppers, chopped
- ¼ cup mushrooms, fresh or any substituted vegetable

Instructions:

Preheat a toaster oven to 300 degrees Fahrenheit or traditional oven to 350 degrees Fahrenheit. Toast the English muffin until desired browning. Top muffin with the pizza sauce, sprinkle on cheese and other toppings. Return muffin to oven and bake for 5 minutes at 350 degrees Fahrenheit or until cheese is melted.



Greek Yogurt Chicken Salad Wrap

Ingredients:

- 1/2 cup cooked chicken breast (shredded, from a pre-cooked rotisserie chicken or canned chicken)
- 1/4 cup plain Greek yogurt:
- 1 tablespoon Dijon mustard
- 1/4 cup diced celery
- 1/4 cup diced apple
- 1 tablespoon chopped walnuts or almonds

Instructions:

Mix all ingredients together, season with salt and pepper to taste, put in your favorite wrap or pita bread.



Quinoa and Chickpea Salad

Ingredients:

- 1 cup cooked quinoa
- 1 can (15 oz) chickpeas, rinsed and drained
- 1 cup mixed vegetables (bell peppers, cucumbers, and cherry tomatoes)
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Handful of parsley, chopped

Instructions:

In a large bowl, combine cooked quinoa and chickpeas. Add mixed vegetables and parsley. In a small bowl, whisk olive oil, lemon juice, salt, and pepper. Pour the dressing over the salad and mix well. Serve chilled or at room temperature.

Nutritional Information: 250 calories, 35g carbs, 10g protein



Quinoa and Vegetable Stir-Fry

Ingredients:

- 1 cup of quinoa
- 2 cups of water
- 1 tablespoon olive oil
- 1 bell pepper, chopped
- 1 zucchini, chopped
- 1 cup broccoli florets
- 1 carrot, sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce (low sodium)
- 1 teaspoon sesame oil
- 1 tablespoon sesame seeds

Instructions:

Rinse quinoa under cold water. In a medium saucepan, bring quinoa and water to boil. Reduce heat, cover, and simmer for 15 minutes or until water is absorbed. In a large skillet, heat olive oil over medium heat. Add garlic and cook for 1 minute. Add bell pepper, zucchini, broccoli, and carrot. Stir-fry for 5-7 minutes until vegetables are tender. Stir in cooked quinoa, soy sauce, and sesame oil. Cook for another 2-3 minutes. Sprinkle with sesame seeds before serving.



Stir Fry with Tofu

Ingredients:

- 1 block of tofu
- 1 carrot
- 1 zucchini
- 1 bell pepper
- 1 cup of broccoli
- 2 TBS of soy sauce
- 1 garlic clove

Instructions:

Cut tofu into squares and cook until golden brown then set aside. In same pan add garlic. Then add vegetables and cook until tender. Return tofu to pan with vegetables, add soy sauce and mix everything well.



RESOURCES

Dietary Guidelines for Americans 2020- 2025. www.deitarygudielines.gov
MyPlate – www.myplate.gov

For student athletes:

NCAA Health, Safety, & Performance: Nutrition - Nutrition - NCAA.org

REFERENCES

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at DietaryGuidelines.gov. Accessed on November 10, 2024.

What is MyPlate? USDA MyPlate What Is MyPlate? (n.d.). <https://www.myplate.gov/eathealthy/what-is-myplate>. Accessed on November 10, 2024

Scan the QR code for more recipes!

