



# UC RECIPE BOOKLET

Low-cost & minimal prep recipes for UC students. Recipes utilize food items that are often available at UC Campus Food Pantries.

*Breakfasts*

*Lunches*

*Dinners*

*Desserts*

*Snacks*

Includes helpful hacks and tips for stretching your budget and increasing your daily nutrition.

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# Icon Legend



this recipe can be altered to be cooked in a microwave if you don't have an oven



this recipe requires minimal prep and NO complex kitchen appliances!



this recipe is vegan or vegetarian



this recipe is gluten free



if you have a new vegetable (either from the store or picked up at the food pantry), this recipe can be yummy with any random vegetable added into it!  
Experiment!

## & a few definitions...

**antioxidant:** a compound found in food that helps protect your body from damage and stress.

**chickpea vitamin/mineral profile:** chickpeas have lots of B vitamins, magnesium, selenium, iron & fiber which allow them to be a heart healthy food!

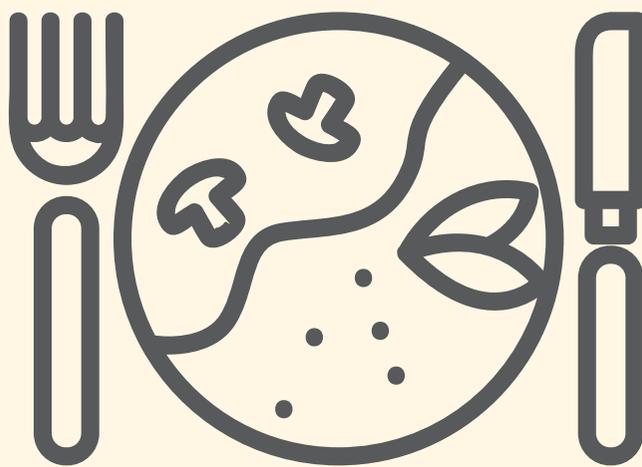
all recipes make 1 serving unless otherwise specified.

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# BREAKFASTS

OVERNIGHT OATS  
CHIA PUDDING  
BREAKFAST QUESADILLA  
BLENDER PANCAKES  
SMOOTHIE IDEAS



# ✓ Overnight oats

## ingredients

- 1/2 cup rolled oats
- 1 cup preferred milk
- optional add ins:
  - chopped nuts
  - nut butter (1-2tbsp)
  - chocolate chips
  - frozen or fresh berries
  - protein powder
  - seeds

## instructions

1. mix oats and milk in a jar or tupperware
2. add in your favorite oatmeal toppings - mix thoroughly
3. let sit overnight in the fridge
4. grab and go on your way out the door!

# ✓ Chia pudding

## ingredients

- 3 to 5 tablespoons chia seeds
- 1 cup preferred milk
- optional add ins:
  - chopped nuts
  - nut butter (1-2tbsp)
  - cacao powder
  - frozen or fresh berries
  - protein powder
  - seeds

## instructions

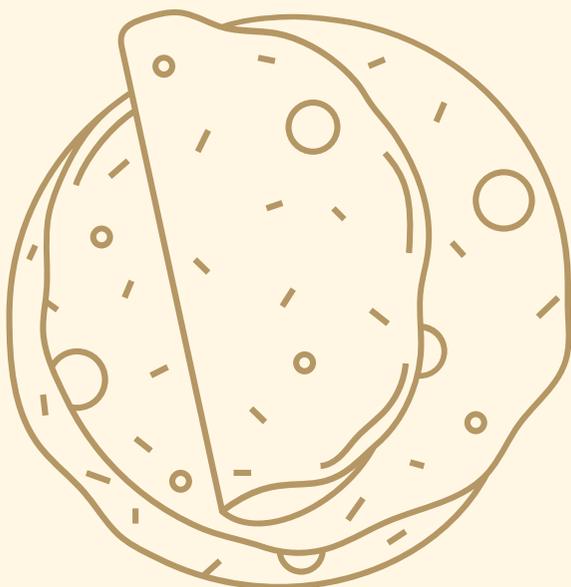
1. mix chia seeds and milk in a jar or tupperware
  - a. more chia seeds yields a thicker consistency
2. add in your favorite toppings - mix thoroughly
3. let sit overnight in the fridge
4. grab and go on your way out the door!

# breakfast quesadilla



## ingredients

- 1 10-inch tortilla
- 2 eggs
- 1/4 cup of cheese
- 1/2 cup veggies (of your choice! canned, fresh, frozen then thawed)
- oil or non-stick spray



## instructions

1. scramble eggs in a small bowl, spray a pan with non-stick spray or put 1tsp oil down, pour eggs into pan - cook until almost cooked through
2. top with cheese, add tortilla on top; cover pan with lid & cook for 2 more minutes
3. place plate face down onto tortilla and flip pan so that the eggs are now on top, slide tortilla back into pan
4. top with veg of your choice
5. fold in half with a spatula, then in half again
6. serve with hot sauce

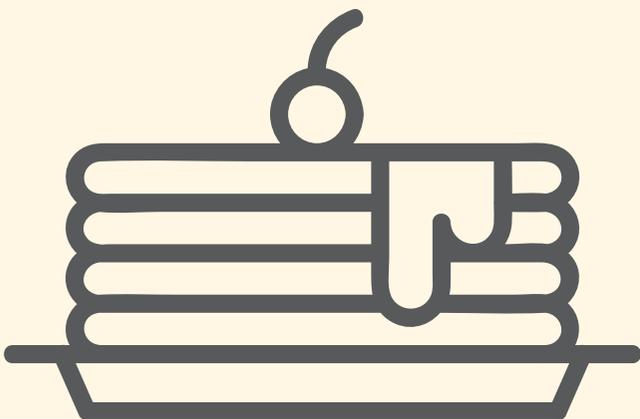


# simple pancakes



## ingredients

- 1 ripe banana
- 2 eggs (OR for vegan option, 2 tbsp ground flax seeds soaked in 6 tbsp water for 5 minutes)
- 1/4 cup oats
- pinch of salt
- pinch of cinnamon
- 1 T nut butter
- optional: choc chips
- oil/butter for cooking
- maple syrup for serving



## instructions

1. Mix ingredients together
  - a. option 1: add all ingredients (except oil/butter) into blender, blend on high until smooth
  - b. option 2: mash banana in bowl, mix in eggs thoroughly, stir in oats until fully mixed. Mix in salt, cinnamon and nut butter until all ingredients are incorporated
2. On a pan over medium-low heat, pour mixture into 3inch pancakes, cook for 2 minutes (add chocolate chips if you want!), then flip and cook for 30 seconds to 1 min.
3. serve with maple syrup or butter

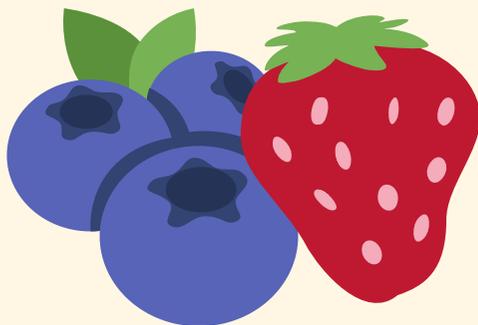


# SMOOTHIES

V

## BERRY BLISS

- 1 cup preferred milk
- 1 banana
- 1/2 cup mixed berries (frozen or fresh)
- squeeze of lemon juice



## CREAMY (CHOC) PB

- 1 frozen banana
- 2 tbsp peanut butter
- 1 cup preferred milk
- 2 tbsp ground flax seeds
- 2 dates (pitted)
- optional: 1 tbsp cocoa powder

## GREEN MACHINE

- 2-4 cups spinach (depending on how much green you like!)
  - 1 banana
  - 1/2 to 1 cup water
  - 1/2 cucumber, peeled
  - 1/4 cup fresh/frozen pineapple or mango
  - handful of fresh parsley
- tip! blend spinach & parsley w/ water before adding other ingredients. Can also add a peeled kiwi if in season for an extra kick of vitamin C :)**

Smoothies are an easy way to get your daily servings of fruits and vegetables in (& they're delicious)



# LUNCHE

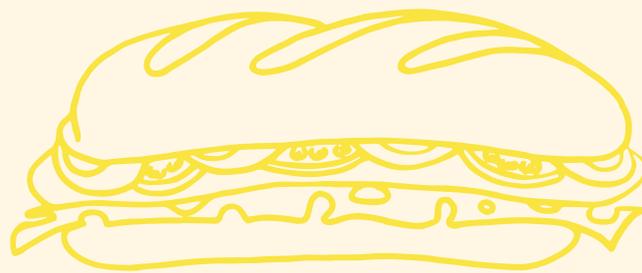
CHICKPEA/TUNA SALAD

COWBOY CAVIAR

NO MAYO TUNA SALAD

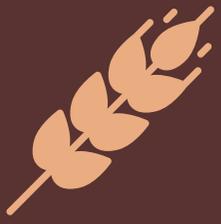
BASIC BURRITO!

HERBED TUNA TOMATO BOAT



Grab & go meals that do not need to  
be reheated to be enjoyed

# chickpea or tuna salad



## ingredients

makes **2 servings**

- 1 can chickpeas OR 15 oz canned tuna
- juice of half a lemon
- 1/3 cup of mayo (4 tablespoons hummus or white bean hummus + 2 tablespoons water)
- 1/4 cup celery, chopped
- 1/4 cup red onion, chopped
- 1/2 teaspoon garlic powder
- salt & pepper to taste
- dash of cayenne, optional

Chickpeas support heart health via their vitamin and mineral profile! \*

## instructions

1. Drain and rinse chickpeas, place in medium size bowl and roughly mash the chickpeas with the back of a fork or potato masher, until desired consistency.
2. Add the rest of the ingredients and mix well.
3. Ways to serve:
  - a. Serve with leafy greens as a salad.
  - b. tortilla wraps, tuck into pita bread or made into lettuce wraps.
  - c. sandwich filler or served as an open-faced sandwich.
  - d. scoop up with a variety of crackers, pita chips, or rye crisps.

# "cowboy caviar"



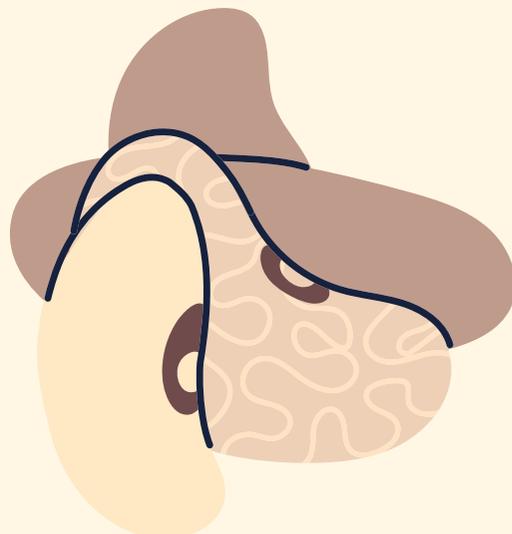
## ingredients

makes **4 servings**

- 3 tomatoes, diced
- 1/3 cup red onions, diced
- 1 can black beans
- 1 can black eyed peas or pinto beans
- 1.5 cups corn kernels (thawed from frozen or canned)
- 1 bell pepper, diced
- 1 jalapeño, diced very small
- 1/3 cup cilantro, finely chopped
- DRESSING: 1/3 cup oil (olive or canola), 2 tablespoons lime juice, 2 tablespoons red wine vinegar, 1 teaspoon sugar, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1/4 teaspoon garlic powder

## instructions

1. Add all ingredients together in a large bowl.
2. In a smaller bowl, combine dressing ingredients and pour over other ingredients.
3. Mix until fully incorporated.
4. Enjoy immediately OR keep in fridge for up to 5 days!
5. Serve with tortilla chips
6. optional: top with 1/4 of an avocado each time you eat it





# no mayo tuna salad



## ingredients

- 4 cups of your favorite greens (arugula or spinach or romaine)
- 1 can white beans, drained
- 5-6 oz of tuna, drained
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced olives
- 1/2 red onion, thinly sliced
- 2 Tbsp oil (olive or canola)
- 1/2 lemon, juiced
- salt & black pepper to taste

## instructions

1. place all ingredients into your favorite to-go Tupperware.
2. either mix with a fork or shake it up with the lid on!!!
3. keep in fridge overnight and take to campus OR make in the morning and it'll keep until lunch time :)



tuna is one of the best  
sources of vitamin D!  
(think: bone health and  
immunity)



# the basic burrito!



## ingredients

- 6 10-inch tortilla
- 1 lb lean ground beef or 1 package of firm tofu, drained
- 1 packet taco seasoning mix
- 1 can refried (or black or pinto, drained and rinsed) beans
- 3 cups rice, *cooked*
- 1 cup corn, canned or frozen
- 1.5 cups shredded cheese
- optional (per preferences):
  - finely diced red onion
  - lettuce
  - diced tomato
  - sour cream
  - fresh cilantro
  - guacamole

**\*this recipe makes 6 burritos! you can freeze them and reheat the morning before taking them to campus!**

## instructions

1. Preheat oven to 350° F & cook beef or tofu with taco seasoning mix, according to seasoning package instructions.
2. spread ¼ cup beans down center of tortilla; top with ½ cup rice, beef, 2 tablespoons corn, and ¼ cup cheese. (+ optional garnishes)
3. Fold in opposite sides of each tortilla, then roll up, burrito style. Place, seam-sides down, onto pan on medium heat, if you prefer burritos heat sealed.





# herbed tuna in tomato boat

## ingredients

this recipe makes **2 servings**

- 4 large tomatoes (roma or beefsteak)
- 2 6-oz cans of tuna, drained
- zest of 1 lemon
- juice of 1/2 lemon
- 1/3 cup fresh parsley, chopped
- 1/4 tsp black pepper
- drizzle of olive oil
- optional: whole wheat crackers

## instructions

1. slice a circle out of the top of each tomato, scoop the inside out (like you're carving a pumpkin) until you have a thick tomato 'shell' left.
2. place the tomato 'flesh' onto a cutting board, dice to small little bits, put into a mixing bowl.
  - a. make sure to dump any excess liquid out of the tomatoes into the bowl!
3. add remaining ingredients and mix to combine
4. scoop mixture into the tomato shells and serve! you can also eat with whole wheat crackers as well.



# DINNERS

FLATBREAD PIZZAS

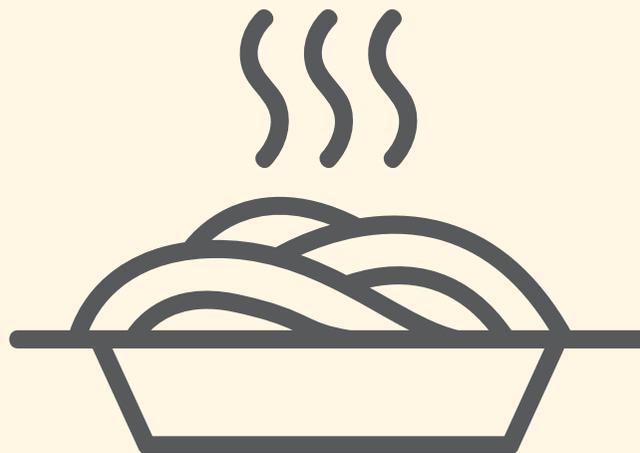
ONE POT PASTAS

DAHL

TOSTADAS

CRISPY MUSHROOMS

CUCUMBER SALAD





# Flatbread pizzas

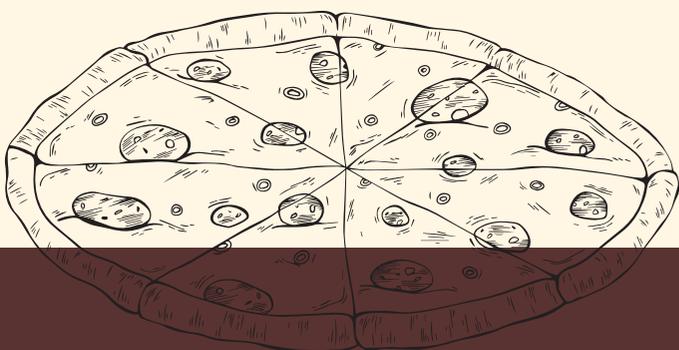


## ingredients

- 1 naan or pita bread (you can even use a tortilla if this is all you have on hand!)
- 1/4 - 1/2 cup mozzarella cheese
- 1/4 cup sauce (red sauce or bbq sauce)
- 1 Tbsp olive oil
- Topping combo ideas:
  - red sauce + pepperoni
  - BBQ sauce + red onion, corn, chicken, artichoke hearts, spinach (if you like spicy, mix sriracha w/ BBQ)
  - no sauce + sliced tomatoes, fresh basil, black pepper

## instructions

1. preheat your oven to 450
2. pour the olive oil down over your bread vessel, rub it into the whole surface
3. spread out red sauce OR BBQ sauce (depending on what type of pizza you're going for)
4. top with cheese and toppings
  - a. make sure to cook any meat or meat alternatives BEFORE putting it on the pizza
5. cook in oven for 8 mins - check progress at 5 mins; let cool completely before eating :)
6. For microwave, heat for ~4 minutes (depending on the strength of your microwave). Cool & enjoy.



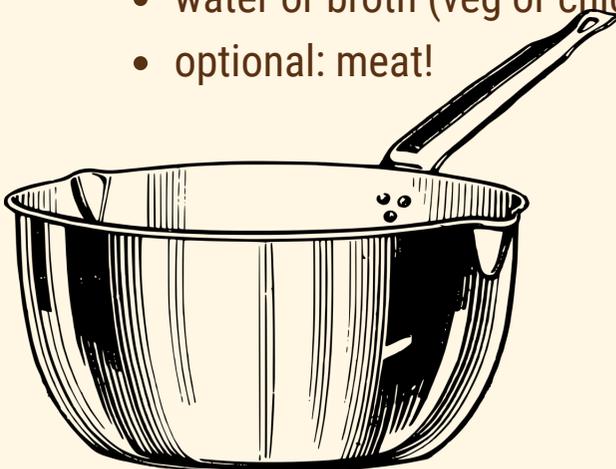
# One pot pasta



## ingredients

makes **4 servings**

- 8 oz linguine
- 1 pint cherry tomatoes
- couple handfuls of spinach
- 1 small onion, sliced
- 3 garlic cloves or 1/2tsp garlic powder
- small handful of basil leaves, chopped
- 2 Tbsp olive oil
- 1/2 tsp crushed red pepper
- 1/2 tsp salt
- water or broth (veg or chicken)
- optional: meat!



## instructions

1. In a large deep pan, sauté any meat in oil (if choosing to add meat or meat alternatives to this pasta)
2. once meat is cooked through, place linguine, cherry tomatoes, spinach, onions, garlic and basil. Drizzle the olive oil on top and season with the red pepper and salt.
3. pour 4 cups of boiling water (or veg or chicken broth) into the pan and bring to a boil. Cook for 8-10 minutes on medium heat, stirring occasionally with tongs until most of liquid is evaporated (makes a sort of sauce!)
4. remove pan from heat, can top with shredded cheese :)



# Dahl

## (Singh family recipe)



### ingredients

makes **3-4 servings**

- 3 Tbsp cooking oil
- 1 cup red lentils
- 1 yellow onion, diced
- 1 large tomato, diced
- 1 Tbsp cumin seeds
- 1 Tbsp ginger garlic paste
- 1/2 tsp coriander powder
- 1/2 tsp red chili powder
- 1/2 tsp turmeric powder
- 4 cups water
- Salt, to taste
- Optional: green chilis for heat and/or fresh cilantro, chopped

*you can find ginger garlic paste at any Indian market or international grocery store; crushing up fresh ginger and garlic works too!*

### instructions

1. Rinse lentils in a bowl and drain excess water
2. Heat cooking oil in pot/pan on medium heat then add cumin seeds and onion and sauté for 2-5 min, moving around frequently so seeds don't burn
3. Add ginger garlic paste (and optional green chilis) and mix
4. Add in coriander powder, red chili powder and turmeric powder
5. Add salt to taste (it really enhances the flavor!) & mix well
6. Next, add in the diced tomato and sauté for 2-3 min
7. Add in the washed lentils, mix and let lentils cook for about 2 min
8. Then, add in the water and cover the pan for about 15 min or until lentils are tender
9. After lentils have softened, add more salt to taste
10. Top with fresh cilantro & serve with rice or naan



# Tostadas



## ingredients

makes **2 servings**

- 4 tostadas or toasted tortillas
  - can also use tortilla chips to make nachos!
- 1 can of refried beans
- small handful of shredded lettuce or spinach per tostada
- 1/2 cup shredded cheddar
- 1/2 cup shredded jack cheese
- 1 red bell pepper, finely chopped
- jalapeños, thinly sliced, to taste
- 1/3 cup green onions, chopped
- 2 Tbsp cilantro, chopped
- 1/2 cup chopped tomatoes OR your favorite salsa :)
- optional: ground beef OR tofu seasoned with taco seasoning

## instructions

1. preheat oven to 400 degrees
2. split the can of refried beans over the 4 tostadas, top with the cheese
3. place in oven on a baking sheet, bake for ~5 minutes, until cheese is melted
4. remove from oven, smash portion of lettuce on top of the cheesy tostada then top with red bell pepper, jalapeños, green onions, cilantro and tomatoes (or salsa).
5. If choosing to include a meat - add in at the same time as the beans, and fully cook the meat prior.
6. For microwave, heat up beans, meat, cheese separately and add to tostada :)

# Crispy Mushrooms



## ingredients

- 6 button mushrooms, thickly sliced
- 4 Tbsp plain flour
- 2 Tbsp corn starch (substitute for 2 Tbsp flour if you don't have cornstarch)
- 1/2 tsp black pepper
- Cooking oil (ie canola)
- Water
- Sauce:
  - 3 garlic cloves
  - 2 Tbsp soy sauce
  - 1/2 Tbsp rice wine vinegar (aka rice vinegar)
  - 1 tsp brown sugar
- Optional garnish: sesame seeds, chilis, scallions

## instructions

1. Make batter by mixing flour, corn starch, black pepper in a bowl. Slowly add water and stir ingredients together until thick, batter-like consistency
2. In a pan, heat a layer of oil on medium-high to fry the mushrooms
3. Coat sliced mushrooms in batter and fry in pan once the oil is hot for 5 min on each side or until crispy
4. In a separate small bowl, mix sauce ingredients
5. Once mushrooms are crispy, discard of the excess oil or heat another pan on medium-high
6. Add crispy mushrooms and sauce and mix until mushroom covered in soy glaze
7. Serve with rice and garnishes

# cucumber salad (side dish)



## ingredients

- 1/2 cucumber
- 1/4 red onion
- 1/2 jalapeno
- 1 Tbsp soy sauce
- 1 Tbsp rice wine vinegar (aka rice vinegar)
- 1/4 sesame oil
- 1/2 Tbsp salt
- optional: 1/2 Tbsp gochugaru (Korean chili flakes) for more umami flavor
- optional: top with sesame seeds

## instructions

1. Thinly slice cucumber and place in a bowl
2. Sprinkle salt over cucumbers, mix and let sit for 5-10 min to release liquid from cucumbers
3. In the meantime, thinly slice onions and jalapeno
4. Drain excess water from cucumbers and mix in the rest of the ingredients & enjoy!!!



# DESSERTS

3 INGREDIENT COOKIES  
(BANANA OAT OR NUT BUTTER)

VEGAN MUG CAKES  
(VANILLA OR CHOCOLATE)  
SILKEN TOFU CHOC PUDDING

VEGAN FUDGE





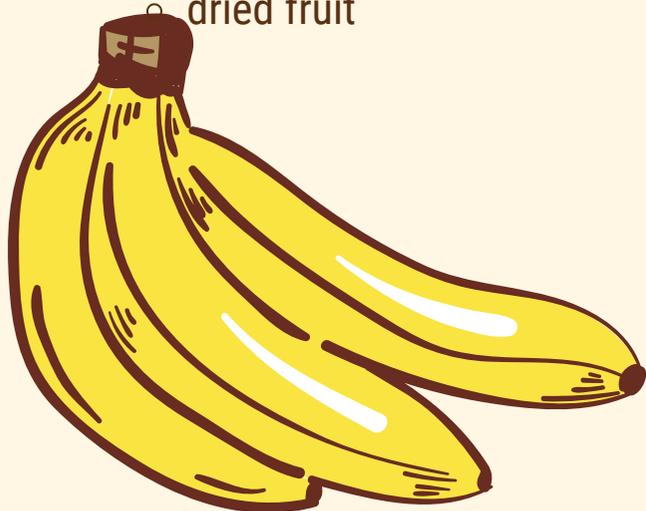
# quick banana oat cookies



## ingredients

makes **12 cookies**

- 2 ripe (or overripe!) bananas
- 1 cup rolled oats
- 1/4 cup chocolate chips
- optional add ons:
  - chopped nuts
  - shredded coconut
  - cinnamon powder
  - vanilla extract
  - dried fruit



## instructions

1. Heat oven to 350°F.
2. Mash bananas in a medium bowl. Stir in oats and chocolate chips. If the mixture seems very wet, add in a couple tablespoons of oats and mix again.
3. Drop dough by rounded tablespoonfuls about 1 inch apart onto parchment covered baking sheet. The dough will not spread out!
4. Bake 15 to 20 minutes. Cool slightly; remove from cookie sheet. Cool on wire rack.
5. Enjoy as a dessert or as a on-the-go breakfast :)



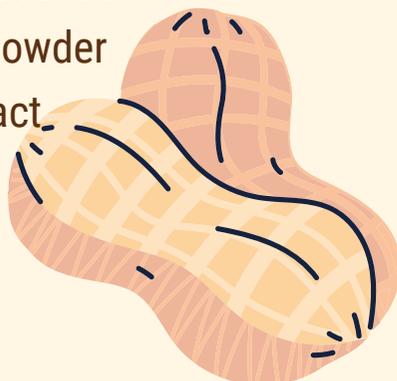
# quick PB cookies



## ingredients

makes **12 cookies**

- 1 large egg
  - vegan: flax egg (1 tbsp ground flax seeds, 2.5 tbsp water; let sit for 10-15 min until gel has formed)
- 1 cup smooth nut butter
- 1 cup sugar (brown sugar tastes best)
- optional add ons:
  - chopped nuts
  - shredded coconut
  - cinnamon powder
  - vanilla extract
  - choc chips



## instructions

1. Heat oven to 350°F.
2. Whisk the egg then whisk in the peanut butter and brown sugar until a smooth dough forms. Chill in fridge for ~15 minutes.
3. Scoop dough out by rounded tablespoons, roll the dough in your hands to make them into balls (can oil your hands so dough doesn't stick). Drop onto parchment lined baking sheets.
4. Use a lightly oiled fork to flatten the balls and make a criss-cross pattern.
5. Bake 8-10 minutes. Cool completely before eating.



# vegan mug cake



## ingredients

### • CHOCOLATE

- 2 Tbsp flour
- 2 Tbsp cacao powder
- 2 Tbsp sugar
- 1/8 tsp salt
- 1/4 tsp baking powder
- 1 Tbsp oil
- 3 Tbsp preferred milk
- 1/2 tsp vanilla extract
- 2 Tbsp choc chips

### • VANILLA

- 4 Tbsp flour
- 2 Tbsp sugar
- 1/4 tsp baking powder
- 1/8 tsp salt
- 3 Tbsp preferred milk
- 2 Tbsp oil
- 1/2 tsp vanilla extract

## instructions

1. In your favorite coffee mug or bowl, mix together flour, sugar, salt, baking powder (& cacao powder if making the chocolate cake) with a fork until there are no lumps
2. Add in oil, milk, vanilla extract and mix until fully combined
3. top with chocolate chips if making the chocolate cake
4. microwave for 1 minute (depending on the strength of your microwave, your cake might need up to 2 minutes of cook time)
5. let cool off for 1 minute before enjoying :)



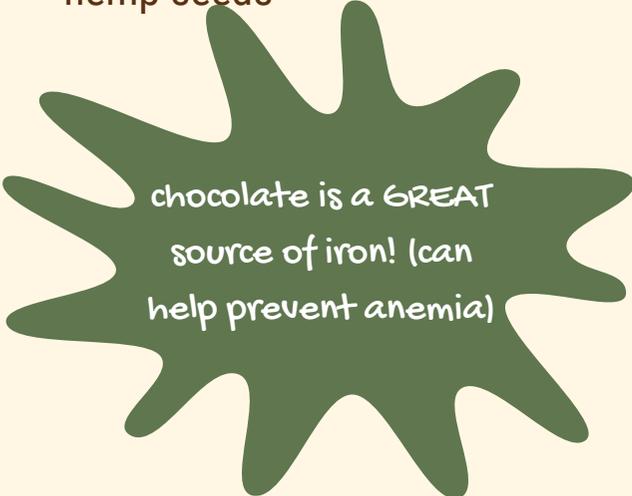
# choc pudding



## ingredients

makes **3 servings**

- 1 12-oz package silken tofu, drained
- 1/2 cup roughly chopped chocolate (70% dark is best for antioxidants)
- 2 Tbsp maple syrup
- optional toppings:
  - berries
  - mint leaves
  - chocolate crumbs/shavings
  - hemp seeds



chocolate is a **GREAT**  
source of iron! (can  
help prevent anemia)

## instructions

1. Melt chocolate in microwave in 30 second intervals (stir between each) until chocolate is melted. Set aside to cool a bit.
2. Place silken tofu and maple syrup in food processor or blender and blend on high until very smooth. Now, add the melted chocolate and blend until well combined. (can also do this by hand, it just requires some serious arm power!)
3. Scoop the mixture into 3 ramekins, glasses or bowls, and refrigerate for 30 minutes.
4. Leftovers can keep in the fridge for up to 3-4 days (if they last that long!!!)



# vegan fudge



## ingredients

makes **12 servings**

- 1 cup coconut oil
- 3/4 cup honey or agave syrup
- 1 cup cocoa powder
- optional add ins:
  - 1/4 tsp vanilla extract
  - pinch of sea salt
  - peppermint extract

## instructions

1. Melt coconut oil (30-60 seconds in the microwave should do it). Add the honey/agave and cocoa powder and using a whisk, stir together until thoroughly combined.
2. Pour into a parchment paper lined pan and chill in the fridge or freezer until firm.
3. Once firm, cut into 1 in. square pieces and enjoy. Store in fridge.





# no bake energy bites



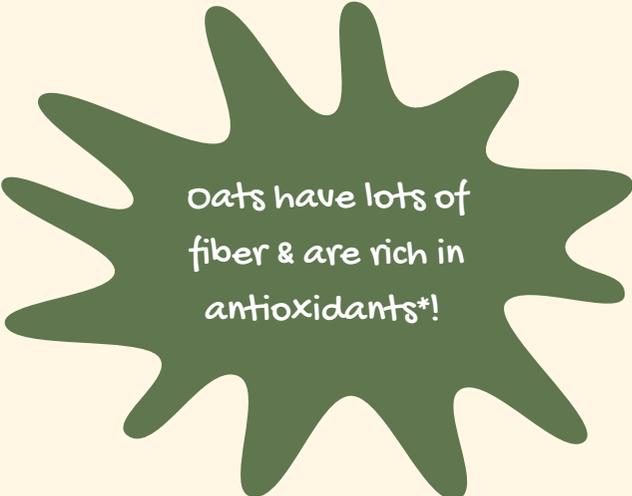
## ingredients

makes **12-20 servings**

- 3/4 cup peanut butter
- 1/3 cup honey (or agave or maple syrup)
- 2 tsp vanilla extract
- 1 1/2 cups oatmeal
- 1/2 cup ground flax seed or more oatmeal
- 1 tsp cinnamon
- 1/3 cup chocolate chips (best to try mini choc chips!)

## instructions

1. Mix together peanut butter, honey/agave/maple syrup and vanilla first, then add remaining ingredients.
2. Add in more peanut butter if needed to get a good consistency.
3. Refrigerate for 30 min, then roll into bite-sized balls.
4. Keep refrigerated. Can also be stored in freezer.



Oats have lots of  
fiber & are rich in  
antioxidants\*!

# Snack Tips & Easy Combos

- Pair a carbohydrate food (fruit or grains) with a protein (meat, nuts, nut butters, dairy) or fat food (cheese, nut butters) to increase fullness!
- Some examples of snack combinations:
  - apples + nut butter, top with some honey or maple syrup
  - banana sprinkled w/ cinnamon + nut butter or seeds
  - sliced vegetables dipped in hummus
  - celery sticks with nut butter (can also top with raisins or chocolate chips for ants on a log)
  - fruit + yogurt or cottage cheese
  - apple + string cheese (great to take to-go)
- You can also purchase the big bags of little oranges (mandarins, satsumas, tangerines, etc) and eat a few as a snack with nuts or some yogurt
- Buy the quarts of plain yogurt, if it's not sweet enough, add a little honey or maple syrup whenever you portion some out
  - try greek yogurt for added protein :)
- Make your own by popping corn kernels in a paper bag in the microwave OR by popping them on the stove in a covered pan



# Additional Hacks (stretching your \$\$)

- set aside a few hours on Sundays (*or whatever day of the week you have the most free time*) to meal prep for the week. You can spend some extra time on one days and have lots of food ready to go for the busier days of the week
  - meal prep completely - prepare entire meals in separate containers to heat and eat OR take with you to campus
  - partial meal prep - prep the components of meals and make different combinations throughout the week (have containers of vegetables, some of grains, some of proteins)
- freeze soups to make them last longer; you can also freeze them in ice cube trays for smaller portions of soup thats ready for the microwave - depending on the size of your ice cubes, you'll need between 2-5 cubes per bowl of soup
- add spinach to your smoothies for an extra kick of vitamins and minerals (you can barely taste the green - promise!)
- if you don't have cherry tomatoes, just dice up some regular tomatoes (or try bell peppers for an extra crunch)
- spices and herbs can be expensive, but they last a LONG time and can take all of your meals to the next level.
  - TIP: check out the *Hispanic* food section for the cellophane packages of spices - they tend to be much less pricey than the jarred spices



# Basic Needs Resources

**Check your campus basic needs website for other free food opportunities (community food pantries, CalFresh resources, community fridges) & general basic needs resources.**

Berkeley: <https://basicneeds.berkeley.edu/>

Davis: <https://aggiecompass.ucdavis.edu/>

Irvine: <https://basicneeds.uci.edu/>

Los Angeles: <https://basicneeds.ucla.edu/>

Merced: <https://basicneeds.ucmerced.edu/>

Riverside: <https://basicneeds.ucr.edu/>

San Diego: <https://basicneeds.ucsd.edu/>

San Francisco: <https://basicneeds.ucsf.edu/>

Santa Barbara: <https://food.ucsb.edu/>

Santa Cruz: <https://basicneeds.ucsc.edu/resources/index.html>

Washington Center (UCDC): <https://www.ucdc.edu/fall-2021/basic-needs>

