



MENS ET
MANUS ET
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Mind & Hand & Health





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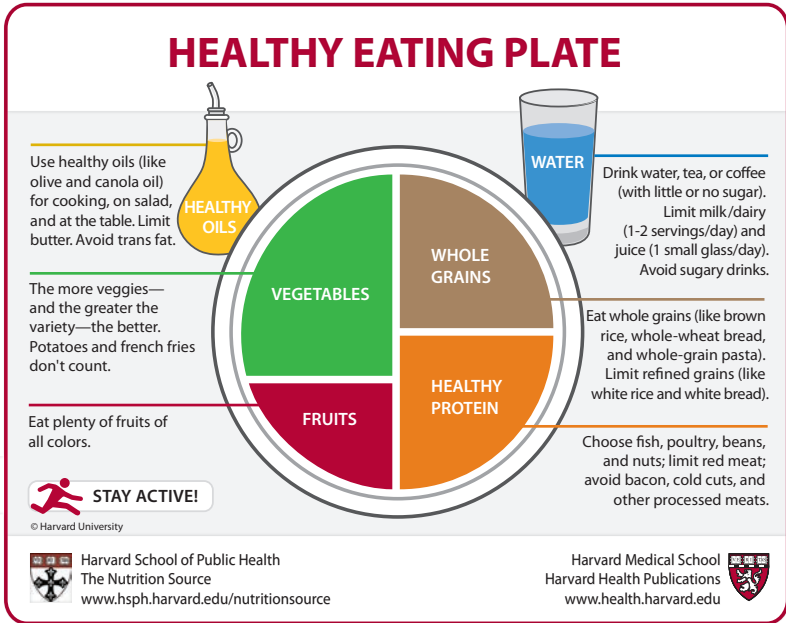
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EATING HEALTHY

You can use the Healthy Eating Plate to get an idea of what your plate should look like at every meal. It can be hard to eat lots of fruit and vegetables in grad school, but they are an important part of your diet!



Copyright © 2011, Harvard University. For more information about the Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health, www.thenutritionsource.org and Harvard Health Publications, health.harvard.edu.

BRAIN FOOD

Keeping your brain well nourished is important!

What is good brain food?

B Vitamins, antioxidants, and omega-3 fatty acids and other healthy fats can promote energy, immune system health, and concentration. Of course, staying healthy is pivotal to efficient cognitive function. Some immune-boosting to keep you healthy through

the Boston winter are: lean beef which is full of zinc and iron, legumes



that also contain zinc and iron and are loaded with B6, mushrooms for beta-Glucans, pumpkin seeds (seasonally) which contains the beta-carotene that gets converted to Vitamin A, and salmon which contains plenty of vitamin D.

What should I eat the day of an exam?

Remember to eat a balanced plate low in sugar. This will help you keep concentration and focus as well as avoid feeling hungry

What should I drink?

Hydration, hydration, hydration! Being stressed can cause subtle dehydration, which decreases cognitive function. Make sure to drink water while studying and keep yourself hydrated.

Eating plans at MIT

For a more personalized option, feel free to contact your primary care provider at MIT Medical, you can ask for a referral to see the MIT Medical nutritionist.



LATE NIGHT EATING

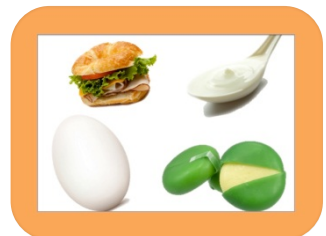
Myth Buster

Myth: “Students are under the impression that eating late at night (i.e. after 8pm) is bad, contributes to weight gain and gets directly stored as fat on your abs, butt, hips, and thighs since you aren’t burning those calories while you sleep.”

Truth: Your body is constantly burning calories. The total amount of calories consumed is what matters most. Consuming extra calories may be stored as body fat, no matter the time.

H-A-L-T before snacking!

Your body needs to refuel every 4-5 hours so staying up late can make you physically hungry. Before you decide if you are indeed hungry, ask yourself these questions:



Is this out of Habit? Are you feeling Anxious or over-whelmed, Lonely or depressed, Tired or bored? Any of these reasons can add unnecessary calories to your daily intake and stored as fat.

Choose smart and portion it out

During late working hours, you will most likely be at the mercy of vending machines or LaVerde's snacks. Munching on these mostly high fat, sugar, and calories foods can contribute to weight gain. Late night eating should be more of a "midnight mini meal" with protein. Protein is much more filling and will keep you more alert, making it an ideal late night study session snack.



Midnight mini-meal ideas

- ✓ Yogurt sprinkled with high fiber cereal
- ✓ String cheese and a piece of fresh fruit or whole grain crackers
- ✓ Handful of your favorite nuts
- ✓ Small whole wheat pita spread with hummus
- ✓ Half of a turkey sandwich
- ✓ Small (3 oz) can of tuna with 4-6 whole grain crackers
- ✓ Two rice cakes spread with natural peanut butter
- ✓ English muffin pizza - whole grain English muffin, canned tomato sauce and mozzarella cheese
- ✓ Can of soup

Stock up!

During the beginning of the semester, you will probably have more time to go grocery shopping than during the year. In your first few grocery trips of the year, stock up on foods that will not spoil quickly, such as nuts, soups, and frozen items.



This section adapted from UCLA's Student Nutrition Action Committee www.snac.ucla.edu with contribution from AARP magazine.

STAYING ACTIVE

Exercise is one of the best ways to

- ✓ Increase your energy
- ✓ Boost your mood
- ✓ Lower stress levels
- ✓ Strengthen muscles and bones
- ✓ Maintain a healthy weight
- ✓ Improve sleep
- ✓ Improve memory
- ✓ Boost your immune system

SPORTS NUTRITION

Before exercising

Foods should be carbohydrate-rich snacks or small meals with protein (to build and repair muscle tissue and reduce soreness) and low fat and fiber meals.

Examples: 3-4 hours before exercise

- ✓ Peanut butter + honey on toast
- ✓ Fruit and yogurt smoothie + granola
- ✓ Oatmeal with brown sugar and almonds +milk + banana
- ✓ Cottage cheese + apple butter + crackers + fresh grapes
- ✓ Hamburger on bun with lettuce and tomato + side salad + yogurt-fruit parfait
- ✓ Turkey and Swiss sandwich + fruit + sports drink
- ✓ Tuna melt sandwich +fruit cup + yogurt

Examples: 30-60 minutes before exercise

- ✓ Sports drink or water
- ✓ Sports bar
- ✓ Piece of fruit or jam sandwich

While exercising

Proper timing and mix of fluids will help prevent cramping. Adequate fluids are required to replace sweat loss; dehydration can cause fatigue and impair performance.

Examples

- ✓ Sports drinks that contain carbohydrates and electrolytes
- ✓ Consume easily digested carbohydrate-rich foods (such as bananas, bread or rolls with jam or honey, or bite-sized pieces of granola or sports bars) during endurance events
- ✓ Fluids consumed with carbohydrate-rich foods will help speed fuel transport to the muscles

After exercising

You will need to restore fluid and electrolytes (sodium & potassium) lost in sweat. For example, replace muscle fuel (carbohydrates) and provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue. Begin nutrition recovery with a snack or meal within 15-60 minutes following practice.

Examples

- ✓ Carbohydrate-electrolyte sport drink to replenish fluids and electrolytes lost in sweat
- ✓ Graham crackers with peanut butter + milk + banana
- ✓ Smoothie made with yogurt and frozen berries
- ✓ Rice bowl with beans, cheese, salsa, avocado

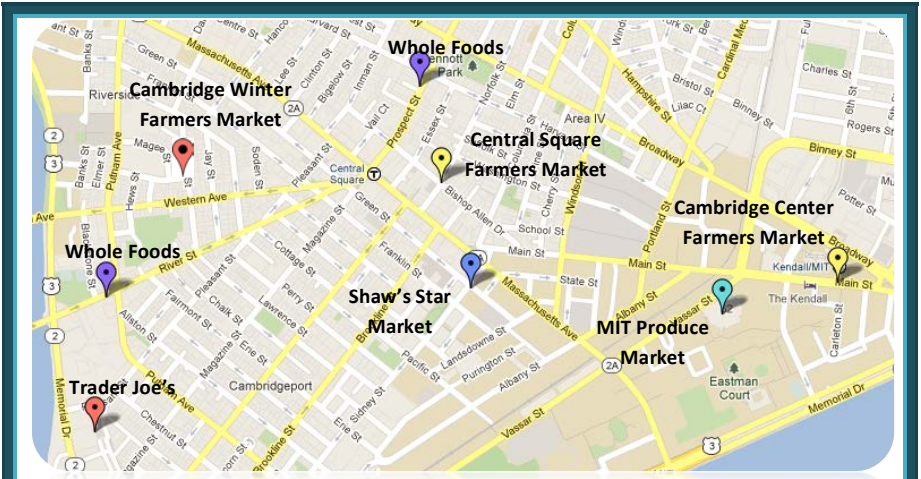
Information provided by SCAN (Sports, Cardiovascular, and Wellness Nutrition) fact sheets: Eating Before Exercise (http://www.scandpg.org/local/resources/files/2009/SD-USA_Fact_Sheet_Eating_Before_Exercise_Apr09.pdf), Eating During Exercise (http://www.scandpg.org/local/resources/files/2009/SD-USA_Fact_Sheet_Eating_During_Exercise_Apr09.pdf), and Eating for Recovery (http://www.scandpg.org/local/resources/files/2009/SD-USA_Fact_Sheet_Eating_for_Recovery_Apr09.pdf)

SHOPPING FOR GROCERIES

Kendall/MIT and Central Square

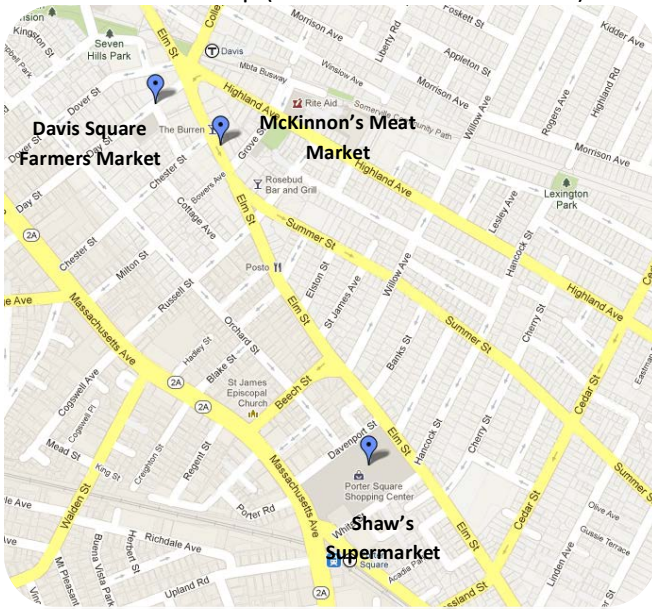
There are many options for food shopping around MIT. Within a few miles of MIT, there are two Whole Foods®, Trader Joe's, Shaw's Star Market™ and many farmers markets.

The Central Square farmers market is open Monday's 12pm-6pm, late-May to mid-November. The MIT Produce Market (Building 32- Stata) is open Tuesdays 11am-5pm and the Cambridge Center Farmers Market (Main Street, Kendall Square) is open Wednesdays 11am-6pm, late May to late-October. The Cambridge Winter Farmers Market is open Saturdays 10am-2pm January-April.



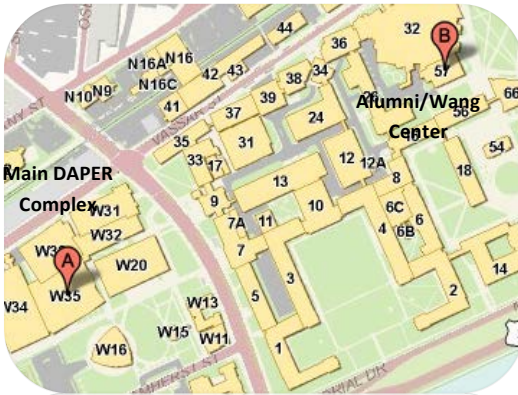
Porter Square and Davis Square

Porter and Davis squares are just a few steps from MIT on the Red Line. Porter has a shopping center with a Shaw's and Davis has a great farmers market (open Wednesdays 12-6pm late-May to late-November) and a wonderful butcher shop (McKinnon's Meat Market).



EXERCISING AT MIT

There are two great fitness centers at MIT that are free for students to use! These centers are run by the MIT Department of Athletics, Physical Education, and Recreation (DAPER). To sign up, visit the desk at either facility.



In addition to these facilities students can take advantage of:

- ✓ Community Wellness classes in yoga, pilates, and more
- ✓ Access to Community Wellness multimedia Library (E23-205), which includes books and DVDs about fitness and exercise
- ✓ getfit@mit: 3 month annual team fitness challenge during the spring semester
- ✓ Physical education classes for credit
- ✓ DAPER recreation and group exercise classes
- ✓ Club sports or intramural teams
- ✓ Personal trainers

Please note that not all of these resources are free.

KEEPING A HEALTHY MIND

Resources at MIT are Plentiful

The environment at MIT is notorious for being stressful and adjusting to the unique culture here can prove challenging. Luckily the Institute has many resources to help students make that transition and stay mentally fit while they are here.

Resources for Easing Friction and Stress

Certain departments at MIT have graduate students that have undergone mediation training and are available to confidentially discuss

any issues you may be having regarding your professional or personal life (<http://studentlife.mit.edu/mediation/refs>). These students are known as REFS (Resources for Easing Friction and Stress) and are available in the following departments: Biology, Chemistry, Urban Studies and Planning, Electrical Engineering and Computer Science, Health Sciences and Technology, Math, Mechanical Engineering, Nuclear Engineering, and Physics.

Services Available at MIT Medical

MIT Medical (<http://medweb.mit.edu/index.html>) offers counseling services to students. On weekdays they can be reached at 617-253-2916. They also have walk-in hours on weekday afternoons from 2-4 p.m. If your issue is very urgent a mental health clinician is available 24/7 at 617-253-2916 (7am – 7pm) and 617-253-4481 (7pm – 7am). They also have psychopharmacological resources.

For those who want to meet regularly with a supportive group, MIT Medical also offers group-counseling sessions (http://medweb.mit.edu/directory/services/support_groups.html). They have a group especially for graduate women. If none of the MIT groups suit your needs, they are also able to refer you to other resources in the Boston area.

In addition to these counseling services, MIT Medical also offers exercise classes and a monthly mediation session (<http://wellness.mit.edu/classes/index>) designed to help reduce stress. If you are unable to attend these classes they also offer community wellness downloads designed to help you sleep, meditate, or relax (<http://medweb.mit.edu/wellness/resources/downloads.html>).

Services Available at MIT Recreation

The Mayo Clinic recommends using exercise as a stress reducer, because it boosts feel-good endorphins and helps us forget our daily stresses. They also recommend finding an exercise that is fun and not just one of many tasks on a to-do list. MIT Recreation has enough options for everyone to find something that interests them. Just about any exercise equipment you can imagine is available at the Zesiger and Wang Fitness Centers. Additionally, a number of exercise classes are also available at reasonable prices.

In addition to all of their exercise facilities, MIT Recreation offers massage therapy sessions from therapists trained in a variety of disciplines including Deep Tissue and Swedish Massage (<http://mitrecsports.com/index.php/fitness-wellness/massage--learn-massage>).

For current information about the MIT Student Extended Insurance Plan please visit the MIT Medical website:

http://medweb.mit.edu/healthplans/student/extended_plan.html

They provide a summary of the plan and a more comprehensive overview in pdf form.

MIT has a website dedicated to all of the mental health resources available at the Institute. Check it out at together.mit.edu.

RECIPES- APPETIZERS

FRESH BRUSCHETTA

Ingredients

6-7 ripe plum tomatoes (1 ½ lbs)	2 cloves garlic, minced
1 Tbsp extra virgin olive oil	1 tsp balsamic vinegar
6-8 fresh basil leaves, chopped	¼ cup olive oil
1 baguette, French bread or similar	Salt and freshly ground black pepper to taste

Directions

Using a sharp small knife, cut the tomatoes in halves or quarters and remove the seeds and juice from their centers. Cut out and discard the stem area. Other tomatoes will work if they are on hand. Turn on the oven to 450°F to preheat. While the oven is heating, put tomatoes, garlic, 1 Tbsp extra virgin olive oil and vinegar in a bowl and mix. Add the chopped basil. Add salt and pepper to taste. Slice the baguette on diagonal about 1/2 inch thick slices. Coat or drizzle one side of each slice with olive oil. Place on a cooking sheet, olive oil side down. Once the oven has reached 450°F, place a tray of bread slices in the oven on the top rack. Toast for 5-6 minutes, until the bread just begins to turn golden brown. Toast on a griddle for 1 minute on each side. Take a sharp knife and score each slice 3 times. Rub some garlic in the slices and drizzle half a teaspoon of olive oil on each slice. Align the bread on a serving platter, olive oil side up. Either place the tomato topping in a bowl separately with a spoon or place some topping on each slice of bread and serve. Top each slice with the tomatoes right before serving.

Submitted by: Audra Bowcutt – Course 15 - Sloan School of Management

APPLE CHICKEN QUESADILLA

Ingredients

4 flour tortillas	1 apple, sliced
¼ lb cheddar or Monterey jack (sliced or grated)	1 cup cooked, shredded, or chopped chicken
¼ cup of salsa	

Directions

Heat a large skillet on medium high heat. Place one tortilla in the skillet. Flip it a few times with a spatula, then let it sit in the pan heating up until air pockets form and parts of the tortilla begin to puff up. Flip it again. Place cheese slices on half of the tortilla, at least 1/2-inch from the edge of the tortilla. Add chicken pieces on top of the cheese. Fold the tortilla over like an omelet, and press down on the folded tortilla with the spatula. Lower the heat to medium. At this point, if you have enough room in your skillet, you can add a second

tortilla to the pan to begin to heat it up. When the cheese inside the quesadilla has melted, remove the quesadilla to a cutting board. Open it wide and layer on apple slices and salsa. Fold the tortilla back again, and cut it into 3 triangles.

Submitted by: Audra Bowcutt – Course 15 –Sloan School of Management

WATERMELON FIRE AND ICE SALSA

Ingredients

3 cups chopped watermelon	1 Tbsp chopped green onions
½ cup chopped green bell pepper	1 Tbsp chopped jalapeno pepper
2 Tbsp lime juice	½ tsp garlic salt
2 Tbsp chopped fresh cilantro	

Directions

In a large bowl, combine the watermelon, green bell pepper, lime juice, cilantro, onions, jalapeno and garlic salt. Mix well and serve in watermelon rind.

Submitted by: Alexandra German– Course HST –Health Sciences & Technology

SHRIMP AND AVOCADO BITES

Ingredients

¼ cup reduced-calorie mayonnaise	½ medium avocado, quartered then cut into 24 slices
1 tsp wasabi powder or wasabi paste	8oz cooked shrimp, about 24, peeled and deveined
½ tsp soy sauce	¼ cup mint leaves, left whole (for garnish)
½ large cucumber(s), seedless, cut into 24 ¼ inch thick slices	

Directions

To make wasabi mayonnaise, in a small bowl, stir together mayonnaise, wasabi powder (or paste) and soy sauce until smooth. To assemble appetizers, place cucumber slices on a serving platter and spread each with 1/2 teaspoon of wasabi mayonnaise. Place a slice of avocado on top and then top each with a shrimp; sprinkle with radish and top with a mint leaf.

Submitted by: Alexandra German– Course HST –Health Sciences & Technology

SAMOSAS

Ingredients

Dough:

2.5 cups flour

1/2 tsp salt

1 cup buttermilk

Extra flour for rolling

Filling:

2 large potatoes, peeled and chopped into 1 inch pieces

1 Tbsp butter

1 Cup minced onion

2 cloves garlic, minced

1 Tbsp ginger

1 tsp mustard seed

1 tsp dried coriander

3/4 tsp salt

1 ½ cup green peas (frozen and thawed is fine)

2 Tbsp lemon juice

Cayenne pepper to taste

Directions

Dough Mix the flour and salt in a bowl. Make a well in the center of the flour and pour in the buttermilk/yogurt. Mix with a wooden spoon, then by hand, knead in a bowl for about 5 minutes. Cover tightly and refrigerate while you prepare the filling.

Filling Put potatoes in a pot and cover with water. Boil about 15-20 min, until very soft. Drain and transfer to a bowl. Mash them and set aside. Melt the butter in a skillet and add the onion, garlic, ginger, mustard, coriander, and salt. Sauté over medium heat for 8-10 min, stirring often. Add the mixture in the skillet and all remaining ingredients to the potatoes. Mix well, but try not to smash the peas. Let cool for at least 15 min before filling the pastries.

Preheat the oven to 425. Grease a baking sheet. Flour a clean surface and roll 1" balls of dough into 5" circles. Place about 1.5 Tbsp filling into each circle, then fold over the circle. Brush the inside edges with water and crimp the edges together with a fork to seal them. To bake, brush the tops with oil and bake 15 min. Then reduce heat to 375 and bake for 10 more min. Note: It is



easy to freeze unbaked samosas for a tasty meal later. To freeze, dust samosas with extra flour and wrap them individually with plastic wrap.

Optional dipping sauce (mix together):

½ cup cider vinegar

½ cup water
3 Tbsp brown sugar

Submitted by Shannon Morey- Course 5- Chemistry

RECIPES- SOUPS

LENTIL STEW

Ingredients

2 Tbsp vegetable oil
1 leek, sliced
1 parsnip, scrubbed and diced
1 stalk celery, sliced
1 (14.5 oz) can of diced tomatoes
2 bay leaves
2 tsp Worcestershire sauce
1 bunch fresh cilantro, chopped (optional)

1 bunch green onions, chopped
1 carrot, diced
1 potato, peeled and diced
1 cup of dry lentils, rinsed
3 cups of vegetable stock
1 dash soy sauce
½ cup red wine

Directions

Heat the oil in a large saucepan and mix in the onions, carrot, parsnip, celery, potato, and leek. Stir over a medium heat. Place lentils, tomatoes, stock, bay leaves, a splash of the Worcestershire sauce and wine in the saucepan. Stir and bring the mixture to a boil. Cover and simmer for 25-30 minutes, or until the lentils are cooked. Remove the bay leaves from the soup. Stir in the cilantro and serve.

*Submitted by: Melina Hale,
Course 2 - Mechanical
Engineering*



CURRIED LENTIL SOUP

Ingredients

2 Tbsp of olive oil	1-2 yellow onions
2 Tbsp of cumin seeds or powder	Salt as needed
4 cloves of garlic	2 Tbsp of freshly minced ginger
1 Tbsp turmeric	½ cup of fresh cilantro
1 cup of dried red lentils	1 can of whole tomatoes
3 cups of vegetables (e.g. broccoli, carrots, celery, spinach, kale, potatoes, etc.)	

Directions

In a large pot on medium heat, heat the oil and add the onions. Cook for 1-2 minutes and add the cumin and salt. Cook until brown and add the garlic, vegetables, ginger, and turmeric. Let simmer while you rinse the lentils. Add the lentils. Cook for 3-4 minutes and then add 3-4 cups of water or enough to cover everything. Then add tomatoes. Let simmer on low heat for 20 minutes or until the lentils are completely soft, stirring occasionally. They should essentially dissolve. Add the cilantro at the end and serve with rice.

Submitted by: Megan Jeramaz Lickley – Course ESD – Engineering Systems Division

VEGETARIAN RED LENTIL SOUP

Ingredients

1-3 carrots	1 can tomatoes
1 onion	Vegetable broth
1 cup of red lentils	1 Tbsp of ground cumin
¼ tsp cayenne pepper	1 bunch kale

Directions

Chop the onion and carrots very finely and fry in some olive oil. When they are soft (7-8 minutes), add the cumin and cayenne pepper and cook for another minute. Add the vegetable broth, red lentils, can of tomatoes, kale, and as much water as you want. Bring to a boil then let simmer until the red lentils are cooked. Enjoy!

Submitted by: Shirin Farrahi – Course 6 – Electrical Engineering and Computer Science

COCONUT MILK AND RED LENTIL SOUP

Ingredients

2 carrots	1 red onion
½ leek	4 cloves of garlic
1 red chili	1 ½ Tbsp fresh ginger, grated
2 lime leaves	1 tsp fennel, minced
2 tsp coriander, ground	1 can coconut milk (400 ml)
4-5 cups vegetable broth	1 cup red lentils

2 tsp fish sauce

2 Tbsp of lime squeezed

1 cup fresh cilantro

Directions

Peel and grate the carrots. Slice the onions and leeks and chop the garlic. Cut the chili lengthwise, remove seeds and chop. Fry the onions, carrots, chili and ginger in oil a few minutes without coloring it. Mix in the lime leaves, spices and dilute with coconut milk and broth. Bring to a boil, add the lentils and cook until tender, 8-10 minutes. Season with fish sauce and lime. Stir in the cilantro before serving.

Submitted by: Pernilla Christina Begardh – Technology and Policy Program

CURRIED BUTTERNUT SQUASH AND PEAR SOUP

Ingredients

1 (2lb) butternut squash

3 Tbsp margarine

1 onion, diced

2 cloves garlic, minced

2 tsp minced ginger root

1 Tbsp curry powder

4 cups reduced-sodium chicken broth

2 firm, ripe Bartlett pears, peeled cored and diced

½ cup fat free half and half

Directions

(1) Preheat oven to 275F. Cut squash in half lengthwise, discard seeds and membrane. Place squash halves, cut sides down, on a baking sheet. Roast in preheated oven until very soft; about 45 minutes. Scoop the pulp from the peel and set aside. (2) Melt margarine in a large soup pot over medium heat. Stir in the onion, garlic, ginger, curry powder and salt. Cook and stir until the onion is soft, about 10 minutes. Pour the chicken broth into the pot and bring to a boil. Stir in the pears and squash and simmer until the pears are very soft, about 30 minutes. (3) Blend soup until smooth with an immersion blender. Stir in the half and half and beat.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

100 CALORIE GAZPACHO EXPRESS

Ingredients

½ cucumber, peeled

¼ red bell pepper

½ tsp olive oil

Salt & Pepper

1 tomato

½ slice of white toast

½ tsp balsamic vinegar

Mint leaves for presentation

Directions

Cut the bread and vegetables in rough chunks. Add them in the blender, one ingredient after the other, and blend each time to get to the consistency of a soup. Add the olive oil, vinegar, salt and pepper; season to taste. Leave in the fridge until really chilled (about 2 hours). Use your freezer if you are in a hurry. Before serving, add the mint leaves on top.

*Submitted by: Sophie Poizeau – Course 3 –
Materials Science and Engineering*

**GEORGIAN CHILE****Ingredients**

2 lbs meat (ground venison or turkey or hamburger)	4-6 medium cans mixed beans (use all of juice as well as beans)
1 cup of chopped green pepper	1 cup chopped onion
1 can tomato soup	2-3 cans diced tomatoes
1 Tbsp garlic	1 Tbsp mustard powder
1 Tbsp black pepper	1 Tbsp salt

Spice to taste with cayenne and chili powder

Directions

Brown and add salt and pepper to the meat. Put beans, tomatoes, soup, chili into a large pot and heat until just boiling. Add browned meat to pot as soon as cooked. When pot is boiling, lower heat to simmer and cook for a few hours (minimal 30 minutes, but longer gets better results). Stir to mix the flavors and keep from burning. Add spices gradually until the taste is what you want.

You can also add cilantro, sage, parsley (pinches to half tablespoons) to alter the flavor a bit. Any or all are good, and make it tastier, without adding hotness.

Submitted by: Audra Bowcutt – Course 15 - Sloan School of Management

ROASTED VEGGIE SOUP

Ingredients

4 large tomatoes, destemmed and cut in half
2 medium yellow summer squash, cut in quarters
3 bell peppers (preferably a mix of colors), halved
1 onion, quartered
5 or more cloves of garlic, halved
6 cups vegetable broth
1 Tbsp basil
Olive oil
Salt to taste



Directions

Lay all the halved/quartered vegetables on a cookie sheet and coat with olive oil. Sprinkle with salt. Roast the vegetables for 1 hr at 375. Turn twice (at 20 min. and at 40 min.). Put the roasted vegetables in a large stock pot with the broth and basil. Simmer for 1 hr, stirring occasionally. Fill a blender with the broth and vegetable mixture. Blend until smooth and then return to the pot. Repeat until all the vegetable chunks are pureed.

Submitted by: Shannon Morey- Course 5- Chemistry

SAUSAGE STEW WITH FENNEL

Ingredients

12 ounces of andouille sausage (or other heavily spiced sausage) that you cut up into chunks
1 fennel bulb diced (if you can't find fennel use 4 stalks of celery)
1 tsp of fennel seeds
splash of white wine, vermouth, or water
4 cups of vegetable or chicken broth
28 oz can of crushed tomatoes
¼ cup of chopped parsley
pepper



Directions

Slice sausage into bite-sized pieces. Place sausage into soup pot and cook over medium high heat, flipping occasionally, until browned, 5-10 min. Add diced

fennel, cook on medium heat for 5-10 min (if the sausage didn't create enough grease you may have to add a bit of oil). Add fennel seed, cook for a couple of minutes until the fennel seed has been toasted a bit. Add the white wine and stir for a few seconds to deglaze the pan. Add the stock, tomatoes and parsley. Bring to a boil, decrease temperature and simmer for at least 10 min. Add pepper to taste.

Submitted by: Shannon Morey- Course 5- Chemistry

RECIPES- SALADS

BEEF SALAD

Ingredients

3 Beets	2 ears of corn
2 Tbsp Olive oil	1 Tbsp red wine vinegar
½ tsp salt	¼ tsp pepper
½ lime juiced (optional)	¼ cup chopped cilantro

Directions

Put beets in a small pot, cover with water, boil until soft (about 20 min). Put a few inches of water in a large pot, bring to a boil and boil corn for about 3 min. Remove and let cool. Remove the hot water from the beets and fill the pot with cold water. Let sit for 2 min. Remove the skin from the beets by hand. Rinse and cut into small cubes. Set aside in a mixing bowl. Cut kernels off corn and add to beets. Add olive oil, vinegar, lime juice, cilantro, salt and pepper and mix.

Submitted by: Julianna D. Sassaman – Course 4 – Architecture

QUINOA SALAD WITH LEMON DRESSING

Ingredients

<i>Salad</i>	<i>Lemon Dressing</i>
1 cup quinoa (dry)	1/2 lemon juiced
¼ to ½ cup of chopped basil (to taste)	2 Tbsp of olive oil
1 to 1 ½ cup of baby tomatoes, cut in half	
½ to 1 cup of mozzarella balls (to taste)	

Directions

Cook the quinoa based on directions (usually boil 1 cup of quinoa to 2 cups of water until all water evaporates). Prepare the lemon dressing by mixing the ingredients. Once quinoa is cooked, toss in the rest of the ingredients and lemon dressing.

Submitted by: An Vu, Course 22 – Nuclear Engineering

ROASTED BRUSSELS SPROUTS SALAD WITH SPICED PECANS

Ingredients

Salad

2 lbs brussel sprouts
Pinch of salt
1 ½ cups pecans
1 ½ Tbsp sugar
¼ salt

Olive oil for drizzling
3 oz gruyere, diced
1 ½ Tbsp vegetable oil
¼ tsp cayenne

Dressing

¼ cup olive oil
Pinch of sugar
2 Tbsp Red Wine Vinegar

Directions

Preheat oven to 450°F and position rack in upper third of oven. Trim ends of brussel sprouts and cut in half. Toss with olive oil to coat, sprinkle with a pinch of salt, and then arrange on baking sheet with cut sides down. Roast until browned and tender, 20-25 min. Lower heat to 325°F and line a baking sheet with foil. Toss pecans with vegetable oil.



In a small bowl, mix sugar, cayenne, and salt, then add to pecan mixture and toss to coat. Scatter on baking sheet and toast, stirring occasionally, until brown and crisp, 10-15 min. Let cool completely.

Dressing: mix oil and vinegar with sugar to taste. In a large bowl, combine cooled sprouts, pecans, and gruyere. Add as much dressing as you like; there's already oil on the nuts and sprouts so you may only need a little. If serving warm, mix ingredients before cooling, and you may not need dressing.

This dish would be great served warm; just leave out the dressing.

Submitted by: Laura Lewis- Course 9N- Neuroscience

CLASSIC CAESAR SALAD

Ingredients

- ¾ tsp anchovy paste (or ¼ tsp salt as substitute)
- 1 garlic clove, minced
- 1 Tbsp fresh lemon juice
- 1 tsp Dijon mustard
- Dash Worcestershire sauce
- 2 Tbsp light mayonnaise
- 1 small head romaine lettuce, torn (about 8 cups)
- 2 Tbsp shredded Romano or Parmesan cheese
- 12 whole-wheat croutons

Directions

Mash the anchovy paste and garlic with a wooden spoon in a large wooden salad bowl. Stir in the lemon juice, mustard and Worcestershire sauce until well combined. Stir in the mayonnaise. Add the lettuce and toss to combine. Sprinkle with the cheese and croutons and serve at once.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

QUINOA TABBOULEH

Ingredients

- 1 cup quinoa (rinsed well)
- 1/2 tsp kosher salt
- 2 Tbsp fresh lemon juice
- 1 garlic clove, minced
- ½ cup EVOO
- Freshly ground pepper
- 1 large English hothouse
cucumber or 2 Persian
cucumbers, cut into ¼ inch
pieces
- 1 pint cherry tomatoes, halved
- 2/3 cup chopped flat-leaf
parsley
- 1/2 chopped fresh mint
- 2 scallions, thinly sliced



Directions

Bring quinoa, salt, and 1 ¼ cups of water to a boil in a medium saucepan over

high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 min. Remove from heat and let stand, covered, for 5 min. Fluff with a fork.

Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.

Spread quinoa on a large rimmed baking sheet; let cool. Transfer to a large bowl; mix in $\frac{1}{4}$ cup dressing (can be made 1 day ahead). Cover remaining dressing and quinoa separately, chill.

Add cucumbers, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper. Drizzle remaining dressing over.

Submitted by Shannon Morey- Course 5- Chemistry

THREE BEAN SALAD

Ingredients

1 15-oz can cannellini (white kidney) beans, rinsed and drained

1 15-oz can kidney beans, rinsed and drained

1 15-oz can garbanzo beans, rinsed and drained

2 celery stalks, chopped fine

$\frac{1}{2}$ red onion, chopped fine

1 cup fresh, finely chopped flat-leaf parsley

1 Tbsp rosemary

$\frac{1}{3}$ cup apple cider vinegar

$\frac{1}{4}$ cup olive oil

1 $\frac{1}{2}$ teaspoons salt

$\frac{1}{4}$ teaspoon black pepper



Directions

In a large bowl, mix the beans, celery, onion, parsley and rosemary. In a separate small bowl, whisk together the vinegar, olive oil, salt, and pepper. Add the dressing to the beans. Toss to coat. Chill beans in the refrigerator for several hours, to allow the beans to soak up the flavor of the dressing.

Submitted by Shannon Morey- Course 5- Chemistry

RECIPES- MAIN DISHES

PEANUT-FLAVORED GINGER BEEF WITH VEGETABLES

Ingredients

- 1 Tbsp reduced-sodium soy sauce
- 1 Tbsp creamy peanut butter
- ¼ tsp crushed red pepper flakes (optional)
- 3 tsp vegetable oil
- ¾ lb boneless top round steak, cut into strips
- 2 Tbsp grated peeled fresh gingerroot (or ½ tsp ground ginger)
- 2 cups baby carrots, halved lengthwise or precut carrot sticks
- 2 cups broccoli florets
- 2 garlic cloves, thinly sliced
- 2 Tbsp chopped cilantro (optional)

Directions

(1) In a small bowl, mix the soy sauce, peanut butter, pepper flakes (if using) and ¼ cup water; set aside. (2) Place a very large nonstick skillet or wok with a lid over high heat until a drop of water skitters. Heat 2 tsp of the oil until it shimmers. Stir fry the steak until lightly browned, about 2 min. Add the gingerroot and cook, stirring 2 min longer (add more oil if necessary so ginger does not stick to pan). Transfer to a bowl and keep warm.

(3) In the skillet heat the remaining tsp of oil. Stir fry the carrots, broccoli and garlic; 1 min. Add 1-2 Tbsp water; simmer, covered until the vegetables are tender-crisp, about 1 min. Return the steak and gingerroot to the skillet; add the peanut butter mixture and stir fry until heated through, about 1 min. Remove from the heat; stir in cilantro (if using) and serve.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology



EGGPLANT CHEESE ROLLS

Ingredients

- 1 large eggplant, peeled and cut lengthwise into 12 (¼ inch thick) slices
- 1 Tbsp salt

1 (15oz) container fat-free ricotta cheese
1 cup shredded part-skim mozzarella cheese
¼ cup fat free egg substitute
¼ cup packed fresh basil leaves, finely chopped
½ tsp ground nutmeg
½ tsp freshly ground pepper
1 ½ cups prepared fat free marinara sauce

Directions (1) Sprinkle both sides of the eggplant with salt; place on a large baking sheet and let stand 30 min. (2) Preheat oven to 350F. Spray a 9x13-inch baking dish with nonstick spray. (3) Pat the salted eggplant dry with paper towels. Spray both sides of the eggplant with nonstick spray; place on the baking sheet. Bake until the eggplant softens, about 20 min. Let the eggplant cool on the baking sheet, about 15 min. (4) Filling: combine ricotta, mozzarella, egg substitute, basil, nutmeg and pepper in a large bowl. Spread ¼ cup of the filling over each eggplant slice and roll up. Place the rolls, seam-side down in the baking dish. (5) Pour the marinara sauce over the rolls and bake until the rolls are heated through and the sauce is bubbling, about 25 min.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

SWEET AND SOUR PORK

Ingredients

1 Tbsp olive oil
2 Tbsp hoisin sauce
2 tsp packed brown sugar
1 tsp soy sauce
¼ tsp ground ginger
½ lb boneless, lean pork loin, cuped
1 red bell pepper, seeded and cut into 1-in pieces
3 scallions, sliced
1 cup drained, canned, unsweetened pineapple chunks (reserve 1 Tbsp juice)

Directions

In a large, nonstick skillet or wok, heat the oil. In a gallon-size sealable plastic bag, mix the hoisin sauce, brown sugar, soy sauce and ginger; add the pork. Seal the bag, squeezing out the air; turn to coat the pork. Let the bagged pork stand while you cook the vegetables. In the skillet, stir fry the bell pepper and scallions until softened, about 5 minutes. Transfer to a plate. Transfer the pork to the skillet, reserving the marinade; stir fry the pork until browned, about 2-3 min. Add the marinade, pineapple and pineapple juice; stir fry until the pork is cooked though, about 5 min longer. Return the vegetables to the skillet and heat to serving temperature, about 2 min.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

CHICKEN WITH BROCCOLI RABE AND WHITE BEANS

Ingredients

- 1 ½ Tbsp all-purpose flour
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 12oz uncooked boneless skinless chicken breast cut into large chunks
- 2 tsp extra-virgin olive oil
- 1 cup fat-free, reduced sodium chicken broth
- 1 Tbsp minced garlic
- ½ tsp crushed red pepper flakes
- 8oz uncooked broccoli rabe or broccoli, coarsely chopped (about 6 cups)
- 15oz canned cannellini beans rinsed and drained
- 1 tsp fresh lemon juice
- ½ tsp lemon zest
- 1/8 tsp table salt

Directions

On a plate, combine flour, salt and pepper add chicken and turn to coat. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook turning as needed, until browned and cooked through, about 6 min, remove to a plate. Add broth, garlic and red pepper flakes to same skillet; bring to a boil over high heat, scraping up browned bits from bottom of pan with a wooden spoon. Add broccoli rabe or broccoli (if using frozen, heat according to directions on package); cook over medium-high heat until broccoli rabe or broccoli is tender, about 2 min. Uncover and mash some beans to thicken sauce slightly. Stir in chicken; cook until heated through and then season to taste with fresh lemon juice, zest, and salt if desired.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

TRINIDADIAN PELAU

Ingredients

- | | |
|---------------------------------|-----------------------------------|
| 2 cups rice | ½ cup white sugar |
| 3 chicken breasts chopped small | 1 cup coconut milk |
| 1 large onion chipped fine | 1 green sweet pepper chopped fine |
| 1 cup chopped cilantro | 2 cups water |
| ¼ cup vegetable oil | 1 can green pigeon peas |
| ½ cup tomato sauce or ketchup | 1 red sweet pepper, chopped fine |
| 1 cup chopped chives | Hot pepper and salt to taste |

Directions

Preferably the night before: take half the “seasoning” ingredients and mix the chopped chicken in with them. Chill in the refrigerator until ready to cook. When ready to cook: In a large saucepan on high heat, warm the oil and add the sugar (spread out the sugar as evenly as possible over the saucepan surface). Wait until the sugar is golden brown and add the seasoned chicken. Let this sit and simmer for 60 seconds. Mix the chicken in the dark brown caramelized sugar. Add water, coconut milk and the rest of the “seasoning”, rice and pigeon peas to saucepan. Bring to a boil and then let boil, stirring well. When the whole pot is well stirred, carefully, with a wooden spoon, check the taste of the boiling liquid and add salt and hot pepper to taste. If you are adventurous you can add some of your own spices here. Let boil until the rice grains are soft and completely cooked. When the rice is fully cooked, turn off heat, cool slightly and serve.

Submitted by: Legena Henry- Course 2- Mechanical Engineering

LAMB TAGINE WITH POTATOES AND CHICKPEAS

Ingredients

3 tsp cumin seeds	3 tsp coriander seeds
¾ tsp peppercorns	1 ½ tsp sweet paprika
1 tsp ground ginger	2 tsp salt, plus more, to taste
2 Tbsp extra-virgin olive oil	1 yellow onion, chopped
4 cloves garlic, minced	¼ cup water
¼ cup fresh lemon juice	½ lb small gold potatoes, halved
¼ cup chopped fresh cilantro, plus more for garnish	1 can (15 oz) chickpeas, rinsed and drained
2 ½ lb boneless leg of lamb, cut into 1-inch cubes	Freshly ground pepper

Directions

This recipe is delicious and very versatile. Can use a dutch oven instead of a tagine, or simply throw everything in a slow cooker after browning the meat. In general, the exact amounts are very forgiving. To simplify, you can use pre-ground spices. To make it vegetarian, leave out the lamb and increase the amount of potatoes and chickpeas. Can even make a vegetarian version minus the potatoes for a camping trip!

In a small frying pan over medium-low heat, toast the cumin and coriander seeds, stirring frequently, until fragrant, about 5 min. Transfer to a spice grinder, add the peppercorns, paprika, ginger and the 2 tsp. salt and grind until well combined. Set aside. In a tagine over medium-high heat, warm 1 Tbsp of the olive oil until almost smoking. Working in batches, brown the lamb on all sides, 3 to 4 min total. Transfer to a plate. Add the remaining 1 Tbsp oil and

the onion to the tagine, reduce the heat to medium and cook, stirring, until translucent, 8 to 10 min. Add the garlic and the spice mixture; reduce the heat to medium-low and cook, stirring occasionally, until the onion is caramelized, about 2 min more.

Add the lamb, water, potatoes, and the ¼ cup cilantro and bring to a simmer. Cover the tagine and adjust the heat so the mixture gently simmers. Cook for 45 min then add the chickpeas and lemon juice. Continue cooking until the lamb is tender, about 45 min more. Taste and adjust the seasonings with salt and pepper.

Garnish with cilantro and serve the lamb directly from the tagine. Accompany with couscous.

Submitted by: Sarah Jane White, Course 1 - Civil & Environmental Eng.

LOVE OF SALMON

Ingredients

¼ cup wine (red or white)

¼ cup chicken stock

½ cup water

2 bay leaves

Salmon (chunks, strips, or steak)

Directions

In flat pan (either frying pan, omelet pan or whatever will do) put ¼ cup wine, ¼ cup chicken stock (or vegetable stock) and ½ cup water in with 2 bay leaves. Put the salmon in - if time allows, let salmon soak for a while (30 min). Cook on medium-low heat and make sure the salmon is fully cooked (depends on thickness - but usually only takes a few minutes). If you want to be fancy, you can take the salmon out, put it on a pan, drizzle a little olive oil, salt and pepper on it and broil it for a few minutes (2-3). Serve with snow peas (little salt, pepper and olive oil) and wild rice.

Submitted by: Annalisa Pawlosky – Course HST – Health, Science, & Technology

EGG FOO YUNG

Ingredients

1 large green onion

4 eggs, beaten

¾ cup bean sprouts

3 Tbsp soy sauce, divided

2 Tbsp peanut oil, divided (can also use vegetable oil, canola oil, etc.)

2 cups sliced fresh mushrooms

4 tsp cornstarch
1 cup vegetable broth

Directions

Thinly slice green onion, and reserve 1 Tbsp of the top for garnish. Stir the remaining onion into the egg along with the bean sprouts and 1 Tbsp of soy sauce. Heat 1 Tbsp of peanut oil in a large nonstick skillet over medium-high heat until hot. For each pancake, drop ¼ cup of egg mixture into the hot oil. Cook until the bottoms are set, 1 to 2 min, then



turn over and continue cooking for another 1 to 2 min until cooked through. Transfer to a plate while you make the remaining pancakes. Heat the remaining 1 Tbsp of peanut oil in the skillet and cook the mushrooms with the remaining 2 Tbsp of soy sauce until the mushrooms are soft, about 3 minutes. Dissolve the cornstarch in the broth, stir into the mushrooms, and cook until thickened. To serve, pour the sauce over the egg foo yung pancakes, and sprinkle with the reserved onion.

Submitted by Shannon Morey- Course 5- Chemistry

VEGETARIAN FAJITAS WITH SUMMER SQUASH

Ingredients

- | | |
|--------------------------------|------------------------------------|
| 1 cup of flour | ½ tsp of salt |
| ½ cup water | Extra flour for handling the dough |
| A little olive oil for cooking | 1 can refried beans |
| 2 green bell peppers, sliced | Summer squash, sliced |
| ½ sliced red onion | 1 red bell pepper, sliced |
- Salsa
- | | |
|--|---------------|
| Freshly shredded cheese (cheddar, pepper jack, anything is tasty!) | Sour Cream |
| Sliced black olives | Pico de gallo |
| Thinly sliced lettuce | |

Directions

Combine flour and salt in bowl, add water, and stir. Place dough on floured surface, knead for a minute or two, add extra flour if necessary, divide into 6 equal balls. Roll each ball into a very thin circle (less than or equal to 1/8 in). Bake or pan fry: *Bake* – preheat oven to 325°F, put tortillas on lightly oiled tray, brush top with oil, bake 10-15 min or until very lightly browned.

Pan fry - heat griddle, add small amount of oil, cook tortillas for 3-5 min on each side.



Heat the refried beans on the stove and add at least ¼ cup of your favorite salsa. Heat until very warm. Add a little olive oil to a pan, add red onion, summer squash, and bell peppers, sauté them until the peppers and onion get soft, but not burnt!

Submitted by Shannon Morey- Course 5- Chemistry

BELL PEPPER TOFU

Ingredients

Colorful bell peppers (hollowed)	Extra firm tofu
Green onions	Salt & Pepper
Garlic powder	Eggs

Directions

Mash the tofu (one packet/package) with two eggs, about half a tsp (or to taste) of salt, pepper to taste, and garlic powder to taste. Cut up the green onions into tiny bits and mix in with the tofu (again, to taste--I like green onions so I would put a lot of it). At the end of this step you should have something that's not too flowy, but if it's too dry you can add an egg. Preheat oven to ~300F, lay out aluminum foil on a flat pan, and scoop the tofu mix (about three tablespoons per "blob") onto the aluminum foil. Bake for ~15 min, until the tofu browns on the outside and a knife inserted into the middle/under the tofu comes out clean. Take out the tofu and keep the oven heated. Take the tofu mix and put them into the cut-up bell peppers. Replace the cut-off tops, and put back in the oven for ~5-7 min (don't let the bell peppers go soggy!). Just

remember you want a fully cooked tofu product in the end, so if need be improvisation with the time should/could be done.

Submitted by: Yoda Patta – Course 3 – Materials Science and Engineering

RECIPES- VEGETABLES & SIDE DISHES

VEGETABLE FRIED RICE

Ingredients

3 eggs	4 scallions, sliced
½ cup chopped cilantro	2 Tbsp reduced-sodium soy sauce
2 Tbsp water	¼ tsp sugar
2 tsp Asian (dark) sesame oil	1 leek, cleaned, cut into thin strips
1 carrot, thinly sliced	1 red bell pepper, seeded, chopped
2 Tbsp grated peeled fresh ginger	5 garlic cloves minced
2 Tbsp rice-wine or cider vinegar	¼ cup unsalted dry roasted peanuts, chopped
½ tsp salt	

Directions

Whisk the eggs, ¼ of the scallions, ¼ of the cilantro, 1 Tbsp soy sauce, the water and sugar in a bowl, blending until the sugar dissolves. Spray a nonstick skillet with nonstick spray and set over medium heat. Pour in the egg mixture and cook, stirring gently, until scrambled. Remove from the skillet and let cool, then cut into thin strips. Heat the oil in the nonstick skillet then add the leek, carrot and bell pepper. Sauté until softened, then add the ginger and garlic and sauté until fragrant. Add the rice and cook, stirring constantly until heated through. Stir in the peanuts, vinegar, salt, the cooked eggs and the remaining scallions, cilantro and soy sauce. Cook, stirring the mixture until the liquid evaporates and the flavors are blended, about 2 min longer.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

CRANBERRY- ORANGE RELISH

Ingredients

12oz cranberries (fresh)
1 medium orange, navel, washed unpeeled and cut into chunks
1 cup sugar
1 piece ginger root, fresh peeled, about 1in, chopped
½ tsp ground cinnamon

Directions

Put cranberries, orange, sugar, ginger and cinnamon in a food processor; pulse until finely chopped. Scrape into a serving bowl. Cover and refrigerate until ready to use.

For a different spin, add chopped cilantro or mint and minced jalapeno pepper. Relish will last 5 days before serving.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

HEARTY STUFFED

PEPPERS

Ingredients

2 (3 ½ oz) packages of boil-in-the-bag brown rice
4 large red bell peppers
1 tsp olive oil
1 medium white onion
1 garlic clove, finely chopped
¼ cup grated Parmesan cheese
1 Tbsp chopped fresh oregano
4 slices pepper jack cheese



Directions

Preheat the oven to 350F. Spray a medium baking dish with nonstick spray. Cook the rice according to the package directions omitting the salt, if desired. Meanwhile cut the stems and top ½ inch off the bell peppers and scoop out the seeds; set aside. Heat the oil in a large, nonstick skillet over medium-high heat. Add the white onion and garlic; cook until the onion softens, 2-3 minutes. Stir in the rice, cheese and oregano. Stuff the filling into each bell pepper. Place the stuffed peppers in the baking dish. Bake until the peppers are tender and the filling is heated through, 35 minutes. Place cheese slices on top of rice and bake 4 more min. Alternatively, par-boil the peppers for 4 min, stuff and bake for 20 min.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

INDIAN STYLE SPINACH SAUCE

Ingredients

1 bag spinach	1 whole onion
1 Tbsp tomato paste	¼ tsp of turmeric powder
¼ tsp cumin powder	¼ tsp red chilies
4 cups water	1 Tbsp vegetable oil

Directions

Start by chopping or dicing onion. Then boil a bag full of spinach in 4 cups of water. While spinach is boiling, sauté chopped onion in vegetable oil. Add tomato paste, salt, turmeric powder, cumin powder and red chilies. Add the

pureed spinach. Cook a little while. When spinach is soft, stop the boiling process. Strain water out of the spinach, and puree (if you cannot puree, then pre-chop spinach prior to boiling). Add spinach to sauté onion mixture. Eat by spreading sauce on bread, naan or rice (Serves 2).

Submitted by: Rachna Pande – Course ESD – Engineering System Division

ROASTED ASPARAGUS WITH PARMESAN CHEESE

Ingredients

- 1 bunch asparagus
- 3 Tbsp Parmesan cheese
- ½ tsp garlic powder
- 1 Tbsp olive oil
- ½ tsp salt

Directions

Preheat oven to 400F. Grease aluminum foil-lined cookie sheet with ½ Tbsp olive oil. Arrange asparagus in one layer. Drizzle remaining olive oil over asparagus tips. Sprinkle with cheese, salt and garlic powder. Cook for 20 min or until asparagus is tender.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology



FALAFEL

Ingredients

- 1 cup dried chickpeas, soaked overnight or two
- 15 oz. cans of chickpeas
- 1 slice of bread
- ½ small onion, cut up
- 3 garlic cloves, halved
- ¼ cup tightly packed fresh parsley
- ¾ tsp baking powder
- 1 Tbsp ground cumin
- 2 Tbsp lemon pepper seasoning
- Vegetable oil for frying
- 2 Tbsp flour
- 1 egg
- 2 Tbsp ground coriander
- 1 tsp salt

Directions

(1) Drain chickpeas. Place in a food processor and chop finely. Transfer to mixing bowl. (2) Trim crust off bread. Soak bread in a small bowl of water until soft. Squeeze to remove excess liquid. (3) In a food processor, combine onion, garlic and parsley. Pulse until coarsely chopped. Add bread, flour, baking

powder, egg, cumin, coriander, lemon pepper and salt. Process until finely chopped. Add to chickpeas and knead with your hands to mix well. (4) Shape into 1-inch patties about ½ inch thick. Heat ½ inch oil in a large, heavy skillet over medium-high heat. Fry 2 to 3 min turning often, until nicely browned.

Although the food processor makes this much easier, this recipe can also be completed by finely chopping all of the ingredients and then mashing the chickpeas with a potato masher. This falafel is wonderful served with lettuce, tomato, tzatziki, hummus, and/or pita!

Submitted by Shannon Morey- Course 5- Chemistry

ZUCCHINI CHIPS

Ingredients

2 medium zucchini, cut into ¼" slices

½ cup seasoned dry
bread crumbs

1/8 tsp ground black
pepper

2 Tbsp grated Parmesan
cheese (optional)

2 beaten eggs

Instructions

Preheat the oven to 475.

In a small bowl, stir together the bread crumbs, pepper and Parmesan cheese. Put the eggs in a separate bowl. Dip zucchini slices into the egg, then swish

around in the breadcrumb mixture to coat. Repeat if necessary to coat the chips well. Arrange on a greased baking sheet.

Bake for 5 min, then turn over and bake for another 5 to 10 min, until browned and crispy.



Submitted by Shannon Morey- Course 5- Chemistry

RECIPES- BREAD

ZUCCHINI BREAD

Ingredients

Dry (mix together before adding to wet)

2 cups unbleached all-purpose flour 2 tsp baking soda

1 tsp baking powder	1 tsp salt
1 ½ cups sugar	1tsp ground cinnamon
1 tsp ground cloves	1 cup, shelled chopped walnuts

Wet

3 eggs	¾ cup vegetable oil
¾ cup unsalted butter at room temp.	1 tsp vanilla extract
2 cups grated raw zucchini	

Directions

Butter or spray with Pam, and flour your pans. Can use bread pan or Bundt pan. Preheat oven to 350F. Beat eggs, oil, butter, and vanilla till smooth. Add dry ingredients and beat until well mixed, don't mix too long; only until all ingredients are incorporated. By hand mix in the zucchini and nuts to be well incorporated. Pour batter into the greased and flowered bread pans. Bake on the middle rack for 1 hour 15 minutes or until a toothpick comes out clean. Cool slightly and remove from pans. Cool completely before cutting into them (if you can wait).

Submitted by: Shreya Dave – Energy Technology and Policy

CORNBREAD

Ingredients

1 cup flour	1 cup cornmeal
½ cup sugar	1 tsp baking soda
¾ tsp salt	1 cup plain yogurt
2 eggs beaten	Kernel corn or dried cranberries (to taste)

Directions

Preheat oven to 375F. Grease one 9"x9" pan. Combine all ingredients and bake for about 25 minutes.

Submitted by: Annie Chen – Course 6 – Electrical Eng. and Computer Science

BANANA BREAD

Ingredients

Wet:

2 egg whites (or 1 egg) beaten	1 cup mashed bananas
1/3 cup applesauce	1 tsp vanilla extract

Dry:

1 ½ cups flour	½ cup sugar
1 ¼ tsp baking powder	½ tsp of baking soda
½ tsp salt	

Directions

Preheat oven to 350F. Grease one 8x4" loaf pan, or line with baking parchment paper. Mix dry and wet ingredients in separate bowls, and combine just until moistened (over stirring will cause bread to be rubbery). Bake for 50-55 min, or until a knife inserted in the middle comes out clean.

Submitted by: Annie Chen, Course 6 - Electrical Eng & Comp Science

RECIPES-DESSERT

ENDLESS POSSIBILITIES FOR ANGEL FOOD CAKE

Ingredients

1 box Betty Crocker (1-step) angel food cake mix

Pumpkin- 1 can (15oz) pumpkin, $\frac{3}{4}$ cups water, 1

Tbsp vanilla, 1 Tbsp pumpkin pie spice

Spiced- 1 $\frac{1}{4}$ cup water, 1 $\frac{1}{2}$ tsp cinnamon, $\frac{1}{2}$ tsp

ginger, $\frac{1}{2}$ tsp nutmeg, $\frac{1}{4}$ tsp ground cloves

Lemon- 1 cup + 3 Tbsp water, 2 Tbsp lemon juice,

2 tsp grated lemon peel

Orange citrus- 1 $\frac{1}{4}$ cup water, 2 tsp grated orange peel

Cherry- 1 can (20oz) light cherry pie filling

Black forest- add $\frac{1}{2}$ cup cocoa to Cherry version

Cotton Candy- 1 small pkg. (3.4 oz) sugar free flavored gelatin (any flavor), 1 $\frac{1}{4}$ cup water

Margarita- 1 cup + 2 Tbsp water, 2 Tbsp fresh lime juice, 1 $\frac{1}{2}$ tsp grated lime rind

Pineapple- 1 can (20oz) crushed pineapple in juice

Pina colada- add 1 Tbsp coconut extract and 1 Tbsp rum extract to Pineapple version

Coconut cookies- $\frac{1}{2}$ cup water, 1 pkg shredded coconut (6-7oz), 1 tsp almond extract

Directions

Mix the angel food cake mix and desired flavor ingredients together and beat by hand until blended. Pour into ungreased 9x13 pan (or greased cookie sheet-



1 Tbsp/cookie) and bake at 350F for 35-40 min (cookies bake for 15 min). Cool upside down.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

PINEAPPLE UPSIDE-DOWN SHORTCAKES

Ingredients

¼ cup + 3 tsp packed brown sugar

juice of ½ lemon

½ tsp pumpkin pie spice

1 (15 ¼ oz) can pineapple chunks in juice, drained

6 refrigerated reduced fat buttermilk biscuits (from 7 ½ oz can)

Directions

Preheat oven to 425F. Spray 6 cup muffin pan with nonstick spray. Mix ¼ cup brown sugar, lemon juice and pie spice in small bowl. Divide sugar mixture evenly among muffin cups, top evenly with pineapple. Add 1 biscuit to each cup, gently pressing it along side of cup to help it adhere. Sprinkle each biscuit with ½ tsp of remaining brown sugar. Bake until pineapple mixture is bubbling and biscuits are golden brown; about 12 min. Let shortcakes cool in pan 5 min. Invert onto large plate and serve warm.

Submitted by: Alexandra German- Course HST- Health Sciences & Technology

APPLE OATMEAL COOKIES

Ingredients

½ cup applesauce

½ cup honey

1 egg

1 tsp vanilla extract

¾ cup flour

½ tsp baking soda

¾ tsp cinnamon

1/5 cups quick oats

1 apple, diced

Directions

Preheat oven to 375F. Grease cookie sheet, or line with baking parchment paper. Mix all ingredients. Spoon onto cookie sheet. Bake for 8-10 min.

Submitted by: Annie Chen – Course 6 – Electrical Eng. & Computer Science

CHEWY OATMEAL COOKIES

Ingredients

1 ¼ cups packed brown sugar

1 cup (2 sticks) unsalted butter

½ cup granulated sugar

2 eggs

2 tsp vanilla

1 ¾ cups all-purpose flour

¾ cup Quaker Unprocessed Bran

1 ½ tsp ground cinnamon

1 tsp baking soda

½ tsp salt

2 ½ cups Quaker oats uncooked

1 1/3 cup diced dried fruit or raisins

Directions

Heat oven to 375F. Beat brown sugar, butter and granulated sugar with electric mixer until creamy. Add eggs and vanilla; beat well. Add combined flour, bran cinnamon, baking soda and salt; mix well. Stir in oats and dried fruit; mix well. Drop by rounded measuring tablespoon-full about 2" apart onto ungreased cookie sheets. Bake 9 to 10 min, until light golden brown (centers will be soft). Cool 1 min on cookie sheets; remove to wire rack. Cool completely. Store tightly covered. Makes 4 dozen.

Submitted by: Shreya Dave – Energy, Technology and Policy

PANNA COTTA

Ingredients

1/3 + 1/2 cup milk

1 (.25 ounce) envelope unflavored gelatin (there is vegetarian gelatin available at Whole Foods if you want to keep this recipe vegetarian)

2 cups heavy cream

½ cup white sugar

1 ½ tsp vanilla extract

Blueberries

White chocolate, shaved

Directions

Grease 6 medium sized ramekins or a muffin tin with 12 spots. Pour milk into a small bowl, and stir in the gelatin powder. Set aside. In a saucepan, stir together the heavy cream and sugar, and set over medium heat. Bring to a full boil, watching carefully, as the cream will quickly rise to the top of the pan.

Pour the gelatin and milk into the cream, stirring until completely dissolved. Cook for one min, stirring constantly. Remove from heat, stir in the vanilla and pour into six individual ramekin dishes or into a muffin tin. Cool the ramekins uncovered at room temperature. When cool, cover with plastic wrap, and refrigerate for at least 4 hours, but preferably overnight before serving. Top with blueberries and shaved white chocolate just prior to serving.

Submitted by Shannon Morey- Course 5- Chemistry



RECIPES-BREAKFAST

BANANA OATMEAL BLUEBERRY MUFFINS

Ingredients

1 egg, beaten	1 1/3 cup mashed bananas
½ cup sugar	1/3 cup applesauce
1 tsp vanilla	1 cup flour
½ tsp baking powder	1 ¼ tsp salt
½ cup quick oats	1 cup fresh or frozen blueberries

Directions

Preheat oven to 350F. Line regular muffin with 12 cups. Combine all ingredients and fill muffin cups to 2/3. Bake for about 20 minutes.

Submitted by: Annie Chen, Course 6 - Electrical Eng & Comp Science

ALMOND CRANBERRY BISCOTTI

Ingredients

2 ¼ cups flour	½ cup sugar
1 tsp baking powder	½ tsp baking soda
2 eggs + 2 egg whites (or 3 eggs)	1 tsp vanilla extract
¾ tsp chopped almonds	1 cup dried cranberries (fold in last)

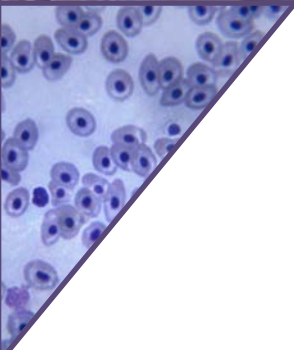
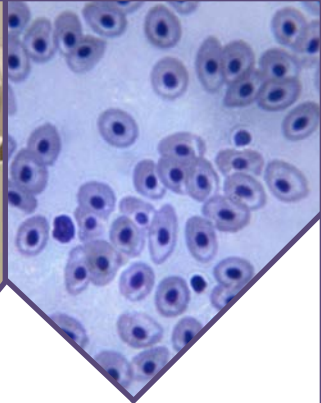
Directions

Preheat oven to 325F. Line cookie sheet with baking parchment paper. Combine ingredients and shape into two flat logs and bake for 30 minutes at 325F. Cut into ½ in thick pieces and bake on the side at 300F for 10 minutes each side.

Submitted by: Annie Chen, Course 6 - Electrical Eng. & Comp Science



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Compiled by

Alexandra Elisa German & Shannon Morey