

# Bookworm Bites

PALOMAR COLLEGE NUTRITION CLUB  
COOKBOOK  
Spring 2018



The Palomar Nutrition Club felt passionate and motivated to help college students reach their health related goals. Which is why we designed this cookbook. It is no surprise that many young adults in school eat poorly and lack the time to cook wholesome nutritious meals. This cookbook provides tips, tools and knowledge to create easy to make delicious meals and snacks.

This cookbook doesn't leave out those that may be picky eaters or struggle with food allergies. You may find this cookbook is a great resource for those that are gluten-free, soy-free, vegetarian and vegan. The recipes are also easily accessible online through our instagram account and our easy to navigate website.

# Table of Contents

## **Snacks**

Crispy Kale Leaves  
Almond Butter Date Bites  
Banana Nice Cream  
Crunchy Garbanzo Beans  
Vanilla Cashew Yogurt  
On-the-Go, Seasoned, Roasted Nut Mix  
3 Ingredient Fruit Roll Ups  
Strawberry Banana Frozen Yogurt

## **Quick Meals**

Overnight Oats  
Avocado Toast 4-Ways  
Tempeh “Bacon” Salad  
Vegan Mushroom Bean Burger  
Gluten Free Banana Bread

## **Delicious Extras**

Green Smoothie Blueprint  
Kale Pesto  
Cucumber Salsa

## Crispy Kale Leaves

By:

[Vegetarian Times Editors](#)



Photo by Kate Kosaya

Servings: 6

### Ingredients

- 1 Pound kale, rinsed and patted dry
- 2 Tablespoon olive oil
- 1/2 Teaspoon sea salt
- ½ Teaspoon garlic powder
- Pinch of black pepper

### Preparation

1. Preheat oven to 325°F. Coat baking sheet with cooking spray.
2. Remove stems from kale and tear into 3 inch pieces.
3. Mix seasonings together and set aside
4. Toss kale leaves with olive oil in bowl, until well coated. Spread on baking sheet, and bake 15 minutes. Turn kale with tongs, and bake 10 to 15 minutes more, or until edges are browned and leaves are crispy. Sprinkle with seasoning. Serve warm or cold.

### Nutrition Information

- Calories: 246.52
- Carbohydrate Content: 1.4g
- Fat Content: 27.14
- Fiber Content: .57g
- Protein Content: .68g
- Saturated Fat Content: 3.73g
- Sodium Content: 6.62 mg

## Almond Butter Date Bites

By: Martin Rosas Jr.



Don't be fooled by the simplicity of this recipe. Although it is simple, it is hands down irresistible. Great as a healthy dessert or as a power recovery snack right after a workout before you get a full meal in. The natural sweetness of medjool dates complemented by the smooth creamy almond butter make this dessert a winner. Dates are not only a good source of fiber, phytonutrients and antioxidants, but they are a whole food natural sweetener that can be used in place of added sugars in many recipes. So the next time you want to impress that special someone without making a mess in the kitchen, remember medjools on "date" night...sorry I couldn't resist.

### Ingredients

- 6 Medium medjool dates
- Unsalted almond butter
- Optional: dark chocolate chips, cinnamon, cocoa powder

### Preparation

1. Pull dates apart just enough to remove the pits.
2. Stuff each pitted date with ½ teaspoon of almond butter.
3. Add any optional ingredients at this time such as a couple dark chocolate chips or a sprinkle of cocoa powder or cinnamon to each date.
4. Microwave for 20 - 25 seconds until dates are soft.
5. Serve immediately and enjoy!

### Nutrition Information (without optional ingredients, serving size 3 dates)

- Calories: 247
- Carbohydrates: 55.4 g
- Fat: 4.4 g
- Fiber: 5.6 g
- Protein: 2.9 g
- Saturated Fat: 0.3 g
- Sodium: 1.3 mg

## Banana Nice Cream

By: Martin Rosas Jr.



A guilt-free homemade ice cream where the more you eat, the healthier you are! With so many flavor and fruit variations, banana nice cream is a staple recipe for when you want a quick and healthy frozen treat.

### Ingredients

- 2 Sliced and frozen bananas
- Unsweetened almond milk (or other plant-based milk)
- Optional: vanilla extract, cocoa powder, matcha green tea powder (sourced from Japan), almond butter, peanut butter

### Preparation

1. Add frozen bananas, almond milk (just enough to blend  $\frac{1}{8}$  to  $\frac{1}{4}$  cup) and any optional ingredient to a high speed blender such as a vitamix or food processor.
2. Blend until smooth and creamy.
3. Serve in a bowl and enjoy!

Tip: The more ripe and spotted the bananas are before freezing the sweeter the nice cream will be. You can also substitute bananas for any frozen fruit such as mango. Or for an even greater antioxidant boost, try adding  $\frac{1}{4}$  -  $\frac{1}{2}$  tsp of matcha for a green tea nice cream!

### Nutrition Information (without optional ingredients)

- Calories: 219
- Carbohydrates: 54.3 g
- Fat: 1.4 g
- Fiber: 6.1 g
- Protein: 2.9 g
- Saturated Fat: 0.3 g
- Sodium: 45 mg

## Crunchy Garbanzos

By: Martin Rosas Jr.



### Ingredients

- 1 15-Ounce can no salt added or low sodium garbanzo beans
- Seasonings: 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon cumin, ½ teaspoon smoked paprika, ½ teaspoon turmeric, ½ teaspoon black pepper, 1 tablespoon nutritional yeast

### Preparation

1. Preheat oven to 375 degrees F and set out a baking sheet lined with a silicone baking mat or parchment paper.
2. Rinse and drain garbanzo beans (you can use a towel to gently dry the garbanzo beans)
3. Transfer garbanzo beans to a mixing bowl and mix in your favorite seasonings. Mix well to combine.
4. Transfer seasoned garbanzo beans to a baking sheet lined with a silicone baking mat or parchment paper.
5. Bake for about 21 minutes at 375 degrees F. Remove from oven about halfway through, move garbanzo beans around and place back in oven for more even cooking.
6. Remove from oven and let cool for 5 minutes.
7. Serve as a snack, side dish, on top of salads, or in a buddha bowl.

### Nutrition Information (makes 3 servings, nutrition information is for one serving)

- Calories: 226
- Carbohydrates: 35.8 g
- Fat: 4.3 g
- Fiber: 10.7 g
- Protein: 13.2 g
- Saturated Fat: 0.3 g
- Sodium: 12.4 mg

## **Vanilla Cashew Yogurt (Vegan, Soy-free, gluten free)**

Constance Skinner, Kylie Fiona McCall

*You may use store purchased vegan yogurt and easily add in your own probiotics.*

Yields: 1<sup>1/4</sup> cup

Serving Size: 1/2 cup (Breakfast, Snack)

### **Ingredients**

- 1 Cup pre soaked raw cashews
- 1/3 Cup sweetened applesauce (organic)
- 1 1/2 -2 Tablespoon lemon juice
- 1 Tablespoon pure maple syrup
- 1/3 Cup Soy milk ( more if desired)
- 1/2 Teaspoon pure vanilla extract OR 1/4-1/2 tsp vanilla bean powder
- Fresh kiwi, nectarines, and blueberries (optional)

### **Instructions**

In a high powered blender, puree all ingredients until very smooth. If using a standard blender, this may take a few minutes. Serve or store in an airtight container.

You may also add more maple syrup or add in berry, peach, or other fruit jam to add extra flavor.

Also feel free to add fruits and other nuts of your choice.

### **Nutritional Facts** (without optional ingredients):

Calories: 1,581.03

Carbohydrates: 145.77g

Sugar: 145.77g

Total Fat: 99.46g

Protein: 43.15g

Fiber: 11.73g

Sodium: 61.37mg

## On-the-go, Seasoned, Roasted Nut Snack Mix

By: Carly Crosland



Seasonings (pictured): cinnamon, coconut sugar, and pink Himalayan salt. Other delicious options: cocoa (or cacao) powder, nutmeg, clove, or cardamom. You can also make savory flavors: basil, thyme, sage, rosemary, etc.!

### Ingredients:

- ½ Cup almonds\*
- ½ Cup walnuts\*\*
- ½ Cup cashews\*\*\*
- 1 egg white
- 1 Teaspoon vanilla extract

### Directions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper for no sticking and less mess!
2. Place nuts in a bowl.
3. Separate egg yolk from the egg white and place egg white in a cup. Add the vanilla extract and mix.
4. Pour egg white into bowl of nuts and mix together so the nuts are evenly coated.
5. Put seasonings of choice into bowl of nuts and mix until evenly coated.
6. Place on baking sheet and spread out evenly, so they aren't layered over each other
7. Bake for 3 minutes. Check to make sure they aren't burning and bake for 3 more minutes. When they look a nice brown color, or when the mix is dry, remove from oven to cool! (Bottom photo).
8. Store mix in an air-tight container, jar, or place in multiple snack bags for the week!

This is an easy to make, protein and vitamin-packed snack to take on the go!

### Nutrition Facts (Based on serving size of ¼ cup of mix)

Calories: 195

Carbohydrates: 3.6g

Total Fat: 17g

Protein: 6.5g

Fiber: 2.3g

Sodium: 9mg

### Nutrition benefits of the nuts:

\*Almonds: Contain lots of healthy fats, fiber, protein, magnesium and vitamin E. The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels. They can also reduce hunger and promote weight loss.

\*\*Walnuts: Walnuts contain a number of neuroprotective compounds, including vitamin E, folate, melatonin, omega-3 fats, and antioxidants. Research shows walnut consumption may support brain health (and walnuts look like little brains!).

\*\*\*Cashews: packed with vitamins, minerals and antioxidants. These include vitamins E, K, and B6, along with minerals like copper, phosphorus, zinc, magnesium, iron, and selenium, all of which are important for maintaining good bodily function.

### **3 Ingredient Fruit Roll-Ups**

By: Caroline Raducha

Only three ingredients and you can use your favorite fruits that you have on hand!

Prep Time: 15 minutes

Cook Time: 6 hours

Total Time: 6 hours 15 minutes

#### **Ingredients**

- 2-3 Cups fruit
- 2-3 Tablespoon honey or sugar substitute
- 2 Tablespoon lemon juice

#### **Instructions**

1. Blend fruit in food processor or blender until smooth. Mix in sweetener and lemon juice.
2. Pour into a pan lined with plastic wrap then spread out  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick.
3. Bake in oven at 140 to 170 degrees F (the lowest temperature setting on your oven) for 4 to 6 hours, or until middle is not longer sticky or wet.
4. Allow to cool, remove plastic wrap.
5. Cover with parchment paper and gently press down.
6. Cut into strips with scissors, keeping the parchment paper on top.
7. Roll and tie into roll ups.

#### **Nutritional Facts:**

Calories: 307.8g

Carbohydrates: 79.7g

Total Fat: 1.05g

Protein: 2.77g

Fiber: 6.76g

Sodium: 5.54mg

Sugar: 65.22g

## **Strawberry-Banana Frozen Yogurt**

By: Caroline Raducha

Prep: 5 minutes

Yield: 4 servings

### **Ingredients**

- 2 Cups frozen strawberries
- 2 Cup frozen bananas
- 1 Tablespoon honey or sweetener of choice
- 1/2 Cup plain yogurt (non-fat or full fat)
- 1 Tablespoon lemon juice

### **Instruction**

Combine all of the ingredients in a food processor. Blend for about 3-5 minutes, or until creamy. Serve or store in a container and freeze for up to one month. You can also substitute your favorite fruits; just be sure to freeze them beforehand.

### **Nutrition Facts:**

Calories: 496

Fat: 4.8g

Carbs: 117g

Protein: 5.4g

Sodium: 22mg

## Overnight Oats

By: Kassandra Valdovinos and Abby Elliott



### Fun Facts

-Blueberries are great source of gallic acid which is good at protecting the brain!

-Oats are abundant with carbohydrates which contains glucose and are the main source that fuels to brain!

-Whole grain oats take time to break down which in return keeps you fuller and keeps your brain sharp for long periods of time.

### **Ingredients:**

- 5 Ounces rolled oats
- 1 Tablespoon Agave Nectar
- 1 Ounce blueberries (whole or smashed)
- 1 Teaspoon flaxseed
- 1 Teaspoon chia seeds
- 1 Ounce greek yogurt
- 6 Ounces water (or enough to cover oats)

### **Preparation:**

In a jar pour 5 ounces of rolled oats, 1 teaspoon of flaxseed, and 1 teaspoon of chia seeds. Fill the jar with about 6 ounces of water/choice of milk or until the oats are covered. Refrigerate overnight. Once you are ready to eat, add 1 tablespoon of agave nectar ,1 ounce blueberries, and 1 ounce greek yogurt. Mix together and enjoy!

### **Nutritional Information:**

Calories: 264

Total carbohydrates: 50.9g

Fat: 4.17g

Saturated Fat: 0.62g

Protein: 8.76g

Sodium: 1.47g

Fiber: 5.88g

## Avocado Toast 4 Ways

By: Martin Rosas Jr.



### Ingredients

- 2 Slices 100% whole grain bread (like Ezekiel 4:9 sprouted bread)
- 1 Ripe avocado
- Suggested toppings: hummus, tomato slices, red onion, black pepper, romaine lettuce, balsamic vinegar, salsa, nutritional yeast, smoked paprika

### Preparation

1. Toast bread in a toaster
2. Slice avocado and top toast with up to ½ an avocado per slice of toast (use a fork to mash if desired)
3. Top with your favorite ingredients, suggested combinations below:
  - a) Hummus, tomato slices, red onion slices and black pepper\*
  - b) Romaine lettuce and balsamic vinegar
  - c) Hummus and salsa
  - d) Nutritional yeast and smoked paprika

### Nutritional information for the most popular combination\*

Calories: 557.49

Total carbohydrates: 55.64 g

Fat: 34.58 g

Protein: 14.97 g

Sodium: 389.79 mg

Sugar: 8.54 g

## Tempeh “Bacon”

By: Martin Rosas Jr.



Let's be real for a second, most people like bacon, and most of those people love bacon. But eating too much bacon can have negative consequences on our health because foods are a package deal. So as much as we'd love to tell our waiter to add some bacon to our sandwich but hold the saturated fat and cholesterol, we just can't. But fortunately, that's why we included this recipe for Tempeh “Bacon”! All of the flavor, with the added nutritional benefits of a fermented whole soy food. Tempeh contains phytoestrogens which have been shown to decrease the risk of death and recurrence of breast cancer as well as support bone health. So if you've never tried or even heard of tempeh before, don't be afraid

because with this recipe you'll get a great introduction to tempeh with the deep maple and smoky flavor of bacon that will be sure to please. Add them to a hummus and veggie sandwich, a salad or as side with your morning oatmeal!

Servings: 2

### Ingredients

- 1 8-Ounce package of organic tempeh
- 2 Tablespoon brags liquid aminos (or sub low sodium tamari or low sodium soy sauce)
- 2 Tablespoon Maple syrup (or sub agave)
- ½ Teaspoon garlic powder
- ½ Teaspoon onion powder
- ½ Teaspoon ground cumin
- ½ Teaspoon smoked paprika
- ¼ Teaspoon turmeric
- ¼ Teaspoon black pepper
- Pinch of cayenne

### Preparation

1. Slice tempeh in thin slices about ¼” thick
2. Mix the rest of the ingredients in a bowl and whisk together
3. Add the tempeh to the bowl making sure to coat the tempeh on all sides
4. Heat in a non-stick frying pan over medium heat about 2-3 minutes on each side or until the tempeh is brown and crispy. After flipping pour some of the marinade left in the bowl on the tempeh to help keep from sticking.
5. Serve tempeh in sandwiches, on salads, over veggies or grains or as a delicious snack on it's own.

**Nutritional Information:** \*for 2 Servings

- Calories: 575
- Carbohydrates: 49g
- Fat: 224g
- Fiber: 1.27g
- Protein: 50.4g
- Saturated Fat: 52g
- Sodium: 2.04g

## **Vegan Mushroom Bean Burger (vegetarian, Vegan, gluten free)**

Constance Skinner, Kylie Fiona McCall

### Ingredients

- 1 Tablespoon canola oil or vegetable
- 1 Dices small onion
- 1 Clove of garlic (minced)
- 3 Green onions (diced)
- ½ Teaspoon cumin
- ¾ Cups of diced mushrooms
- 1 ½ Can of pinto beans
- 1 Teaspoon of parsley
- 2 Tablespoons of oil
- Salt and garlic to taste

### Instructions

First saute diced onion and garlic in canola oil for 3 to 5 minutes. Next add green onions, cumin and diced mushrooms and cook for another five minutes. Then use a fork or a potato masher if you have one and smash the pinto beans. Afterwards add the mashed beans, onion, and mushroom mixture together. Then add parsley, salt, and pepper. Make sure all ingredients are well mixed and combined. Shape the mixture into patties about one inch thick being careful not to make patties too big or too small. Heat about two tablespoons of oil and cook each patty until the veggie burgers are done. You will need to cook each patty for about three minutes on each side. You can use an indoor grill pan if you would like.

### **Nutritional Information**

Calories: 404.50

Total carbohydrates: 52.70g

Fat: 15.50g

Protein: 11.10g

Sodium: 656.50mg

Sugar: 15 g

## **Gluten Free Banana Bread**

Constance Skinner, Kylie Fiona McCall

Servings: 15 slices

Serving Size: 1 slice

Ingredients:

- 3 Medium ripe bananas
- ½ Teaspoon pure vanilla extract
- 1 Egg (or substitute 1 chia/flax egg)
- 3 Tablespoons of grapeseed or coconut oil melted
- ¼ Cup of organic cane sugar
- ¼ Cup of packed organic brown sugar
- 2-3 Tablespoons of maple syrup or honey
- 3 ½ teaspoon of baking powder
- ¾ teaspoon of sea salt
- ½ teaspoon of ground cinnamon
- ¾ Cup of unsweetened almond or dairy free milk
- 1 ¼ Cups of almond meal
- 1 ¼ Cup gluten free flour blend\*
- 1 ¼ Cup gluten free oats

## **Instructions**

Preheat oven to 350 degree F and line a 9x5 inch baking pan with parchment paper. Then mash bananas into a large bowl and add all ingredients including almond milk. Afterwards whisk vigorously. Then add almond meal, gluten free flour blend and oats. Stir and combine everything together. Bake for 1 hour or 1 hour and 15 minutes. The bread should be firm and crackly and golden brown on top. Let cool completely before slicing into or else bread may lose it's form and fall apart. You may serve with butter or jam. You can also use the same recipe and while swapping the bread pan out for a muffin pan instead.

## **Nutritional Facts for 1 slice: (\* almond flour used)**

Calories: 182.42

Carbohydrates: 14.6g

Sugar: 6.19g

Total Fat: 11.6g

Protein: 5.90g

Fiber: 2.98g

Sodium: 46.55mg

## **Green Smoothie Blueprint**

Contributed By: Martin Rosas Jr.

### **Ingredients**

- 2 Cups liquid (pick 1): water, coconut water
- 2 Cups greens (pick 1-2): kale, spinach, romaine, swiss chard, beet greens
- 2 Cups fresh or frozen fruit (pick 2-3): banana, mango, berries, apple, pear, pineapple, melon, peach, acai, grapes, kiwi, dates, etc.
- Boosts (pick 1-2): flax seeds, hemp seeds, chia seeds, nut butter, avocado, cacao nibs, cacao powder, maca powder, lemon, ginger, mint, parsley

### **Preparation**

1. Blend greens and liquid in a high speed blender.
2. Add fruits and any boosts and continue to blend until smooth.

Tip: If you're new to green smoothies, start with a milder tasting green such as spinach or romaine and work your way up to greens like kale.

### **Nutritional Information ( for ingredients: water, kale, spinach, banana, mixed berries, chia seeds)**

Calories: 412

Total Carbohydrates: 71 g

Fat: 14.6 g

Protein: 11 g

Sodium: 38 mg

Sugar: 30 g

## **Kale Pesto Recipe**

By: Martin Rosas Jr.

*Kale Pesto Recipe - easy, healthy, and delicious! Spread it on sandwiches, serve it with chicken or fish, use it as a pasta or pizza sauce.*

**Servings:** 4 servings: 1/2 cup, 2 tablespoons each

### **Ingredients**

- 10 Kale leaves stem removed (I used curly kale)
- 1 Tablespoon pine nuts
- 1/2 Clove garlic roughly chopped
- 1 Tablespoon freshly grated parmesan cheese
- 1/4 Teaspoon salt
- 3 Tablespoons extra virgin olive oil
- 1 Large bowl of water
- ½ Cup of Ice cubes

### **Instructions**

1. Fill a large bowl with ice and water and put it in the fridge.
2. Bring a large pot of salted water to a boil and blanch the kale for about 3 minutes, remove, and place in the ice bath to stop the cooking process.
3. Drain, place the leaves on paper towels, and blot away the moisture.
4. In the bowl of a food processor, put the kale, pine nuts, garlic, parmesan, salt, and pulse until coarsely chopped.
5. Add the extra virgin olive oil and continue to pulse until the kale pesto reaches the desired consistency.
6. Taste and add more salt or extra virgin olive oil if necessary.
7. Store the kale pesto in a jar or airtight container in the fridge for about a week.

### **Nutritional Information:**

- Calories: 492
- Carbohydrates: 5.67g
- Fat: 52.43g
- Fiber: 2.64g
- Protein: 4.87g
- Saturated Fat: 8.19g
- Sodium: 0.69g

## **Fresh Crisp Cucumber Salsa**

By: Kim Nelson



**Get lost in the garden with this simple, refreshing, and delicious cucumber salsa!**

### **Ingredients:**

- 3 Large cucumbers (peeled, diced and seeded)
- 1 Red onion
- 2 Tomatoes (diced and seeded)
- 3 Tablespoon of fresh parsley
- 3 Tablespoon of fresh cilantro
- 1 Jalapeno pepper (diced and seeded)
- Juice from 1 lemon
- Juice from 1 lime
- Salt and pepper to taste

### **Instructions:**

Mix all ingredients. Serve with pita slices.

To give this recipe a “Greek Style,” you can add feta cheese and black olives to taste.

### **Nutritional Information:**

Calories: 159

Carbohydrates: 37.75g

Fat: 1.12g

Protein: 6.03g

Sodium: 29.67g

Sugar: 18.49g

**Contributions by:**

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