Student Friendly Easy Recipes

LISA SWABEL NUTRITION
HOLISTIC NUTRITION SUPPORT

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Hi

I am Lisa and I am a nutritionist who helps people develop healthy, whole food eating habits.

I have created this Recipe Book especially for students who may be new to cooking for themselves.

All these recipes are really easy and nutritious and many of the ingredients are basic store cupboard staples or easy to get in the local supermarket.

Why is it important for you to eat healthy meals?
- A healthy diet helps you to feel energised and focused.
- Eating a variety of fresh vegetables and fruits will help keep your immune system functioning well.
- Your skin will benefit too, looking clearer and brighter.
- A healthy diet = healthy gut = healthy mind. Studies show the quality of your gut bacteria directly affects your mental health and anxiety levels.
- Late nights and partying can deplete many essential nutrients that you need to replenish.

I have prepared a simple shopping list with items included in these recipes and other useful, healthful foods that you can consider keeping in your kitchen to have simple, go to ingredients to make quick easy meals. To access this, visit my website here.

You can also register via the website to be added to the Student Nutrition mailing list for more nutrition tips and recipes throughout the academic year.

If you would like more specific advice or have any other questions, please feel free to get in touch. I'd love to hear from you!

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Wishing the best for this exciting new adventure,

Lisa Swabel

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Classic Tacos

4 servings
25 minutes

Ingredients

8 Corn Tortilla
1 tbsp Avocado Oil
1 lb Extra Lean Ground Beef
1 tsp Onion Powder
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1/2 tsp Cumin
1/2 head Green Lettuce (small, finely chopped)
2 Tomato (medium, diced)

Directions

1. Prepare tortillas according to instructions on the package.
2. Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
3. Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

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Red Lentil Bolognese Sauce

2 servings
40 minutes

Ingredients

- **1/4** Yellow Onion (finely chopped)
- **2** Garlic (clove, minced)
- **2 tbsps** Water
- **3/4 tsp** Dried Oregano
- **1/4 tsp** Sea Salt
- **1/8 tsp** Red Chilli Flakes
- **1/2 cup** Dry Red Lentils (rinsed)
- **1 tbsp** Tomato Paste
- **1 1/2 cups** Organic Vegetable Broth
- **1/2 cup** Tomato Sauce

Directions

1. In a pot over medium heat, add the onion, garlic and water. Cook until the onion begins to soften and the water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
2. Stir in the lentils and tomato paste. Add the vegetable broth (made from a vegetable stock cube and boiling water), tomato sauce and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender.
3. Serve on: brown pasta, brown rice, quinoa, peas or cabbage

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Veggie Pita Pizza with Hummus

2 servings
15 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1/2 Red Bell Pepper (thinly sliced)
1/2 Zucchini (medium, sliced)
1/2 cup Hummus
2 Whole Wheat Pita

Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
3. Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
4. Let cool slightly and slice. Enjoy!

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Pesto Tuna & Pea Quinoa Salad

4 servings
20 minutes

Ingredients

1 cup Quinoa (uncooked)
1 3/4 cups Water
2 cans Tuna (drained, broken into chunks)
2 cups Frozen Peas (thawed)
1/4 cup Pesto

Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork.
2. Add the tuna, peas and pesto. Stir gently until well combined. Divide into bowls and enjoy!

Ginger Chicken Stir Fry

4 servings
30 minutes

Ingredients

- **1/3 cup** Tamari
- **2** Garlic (cloves, minced)
- **1 tbsp** Ginger (peeled and grated)
- **1 tbsp** Coconut Oil
- **1 1/4 lbs** Chicken Breast (sliced into cubes)
- **1/2** Yellow Onion (diced)
- **3 stalks** Celery (sliced)
- **1** Red Bell Pepper (diced)
- **2 cups** Broccoli (chopped into florets)
- **4 cups** Kale Leaves (chopped)

Directions

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

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Easy Lamb Skewers

2 servings
20 minutes

Ingredients

- **2 tbsps** Cumin Seed
- **2 tsps** Fennel Seed
- **1 tsp** Sea Salt
- **2 tsps** Chili Powder
- **1 1/4 lbs** Lamb Shoulder Chop (cut into 1-inch cubes, bones discarded)
- **2 tbsps** Extra Virgin Olive Oil
- **4** Barbecue Skewers

Directions

1. Coarsely grind the cumin seeds and fennel seeds - you can put them in a small zip lock bag and crush with the bottom of a jar. Combine with salt and chili powder. Set aside.
2. In a large bowl, toss the lamb in olive oil. Add the spices and mix until well coated. Pierce the lamb onto the barbecue skewers.
3. Grill over medium heat for about four minutes per side, or until browned and cooked through. Sprinkle additional cumin and chili powder just before serving (optional). Enjoy!
4. Serve with brown rice, side salad, toasted pitta and hummus.

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Pasta with Kale & Sausage (meat free options)

2 servings
15 minutes

Ingredients

10 ozs Chickpea Pasta (dry)
8 ozs Pork Sausage
4 cups Kale Leaves
2 tbsps Butter (unsalted)
1 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1/4 cup Parsley (chopped)

Directions

1. Cook the pasta according to the directions on the package. Strain and set aside.
2. As the pasta cooks, remove the casings from the sausage. Add them to a frying pan over medium heat and break the sausage up into small pieces as it cooks. Meat free option - use vegetarian or vegan sausages and simply cut into chunks.
3. Once the sausage is cooked through, add the kale leaves, butter and lemon juice. Stir until the kale is wilted. Turn off the heat. Add the pasta in with the sausage and kale and stir to combine.
4. Divide into bowls and season with sea salt, pepper and parsley. Enjoy!

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Cheezy Broccoli Quinoa

2 servings
20 minutes

Ingredients

1 cup Quinoa (uncooked)
1 3/4 cups Water
2 cups Broccoli (chopped into florets)
Sea Salt & Black Pepper (to taste)
1 cup Grated Cheese

Directions

1. Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
2. While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsley chop.
3. Mix together the quinoa, broccoli and cheese. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy! NOTE: Can use Nutritional Yeast instead of cheese for vegan/DF option.

One Pan Steak & Potatoes with Chive Butter Sauce

4 servings
30 minutes

Ingredients

4 cups Mini Potatoes (halved)
2 Red Bell Pepper (chopped)
1 lb Top Sirloin Steak (cut into 1-inch cubes)
2 tbsps Avocado Oil
1 tsp Sea Salt
1/4 cup Butter (melted)
2 tbsps Chives (finely chopped)

Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
2. In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
3. Divide the steak, potatoes and peppers onto plates.
4. Combine the melted butter and chives. Drizzle overtop the steak and enjoy!

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Popcorn Chicken

2 servings
20 minutes

Ingredients

1 cup Plain Greek Yogurt
1/2 tsp Sea Salt (divided)
9 ozs Chicken Breast (boneless, skinless, diced into cubes)
1/4 cup Bread Crumbs

Directions

1. Preheat oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Combine the yogurt and half the salt in a large bowl. Add the chicken and toss to coat.
3. In a separate bowl, combine the bread crumbs and remaining salt. Transfer the chicken to the bowl of bread crumbs and coat evenly. Add the chicken to the baking sheet and bake for 12 to 15 minutes or until cooked through.
4. Remove the chicken from the oven, divide onto plates and enjoy!

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Mediterranean Mixed Bean Salad

3 servings
10 minutes

Ingredients

- **2 cups** Mixed Beans (cooked)
- **2 cups** Cherry Tomatoes (halved)
- **1 cup** Parsley (finely chopped)
- **1 tbsp** Maple Syrup
- **1 tbsp** Apple Cider Vinegar

Directions

1. Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

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Fried Egg Sandwich with Avocado

1 serving
10 minutes

Ingredients

1 1/2 tsps Avocado Oil
1 Egg
1/8 tsp Sea Salt
2 slices Gluten-Free Bread
1/2 Avocado (mashed)

Directions

1. Heat the oil in a frying pan over medium-high heat. Fry the egg to your liking. Season with salt.
2. While the egg cooks, toast the bread. Spread the mashed avocado onto it.
3. Add the egg, close the sandwich and slice. Enjoy!