

# Mason Recreation

## Healthy Recipes for Finals Week!

*Recipes are listed as follows:*

### **Snacks, Sides, Desserts, & More**

- Peanut Butter Spinach Banana Smoothie
- Peanut Butter Banana Oatmeal
- Breakfast-for Dinner Banana Split
- Crispy Baked Potato Wedges

### **Entrees & Main Dishes**

- Cheesy Zoodle Marinara
- Quinoa Tacos
- Healthier Mac n' Cheese
- Chicken Fried Rice
- Healthier Baked Ziti
- Instant Pot Peanut Chicken

# Snacks, Sides, Desserts, & More

## Peanut Butter Spinach Banana Smoothie

### Ingredients

- 1 cup milk (any kind you prefer)
- 2 cups baby spinach
- 2 bananas
- 2 tablespoons peanut butter
- Ice, if desired

Steps: Layer ingredients into a blender as listed, puree until smooth, and enjoy!

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## Peanut Butter Banana Oatmeal

Serves 4

### Ingredients

- 4 1/2 cups water
- 2 cups rolled oats
- Pinch of salt
- 2 bananas, sliced
- 2 Tbsp peanut butter
- 1/4 cup chopped almonds
- 2 Tbsp agave syrup

### Steps:

1. In a medium saucepan, bring the water to a boil. Turn the heat down to low and add the oatmeal and salt. Cook, stirring occasionally, for about 5 minutes, until the oats are tender and have absorbed most of the liquid.
  2. Add the bananas, peanut butter, almonds, and agave syrup and stir to incorporate evenly.
  3. If the oatmeal is too thick, add a splash of milk.
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## Cheesy Zoodle Marinara

### Ingredients

- 1 large zucchini, made into spirals with a vegetable spiralizer (or 1 pack of frozen spiraled zucchini)
- 2 teaspoons olive oil
- 1 cup prepared marinara sauce
- Heaping 1/2 cup shredded cheese

### Steps:

1. Heat the olive oil in a large skillet and add the zoodles. Sauté for 2 minutes.
  2. Add the marinara sauce and bring to a gentle simmer. If your sauce is too thick, add a splash of water.
  3. Add the cheese and cook until melted. Serve immediately
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## Breakfast-for Dinner Banana Split

### Ingredients

- 4 bananas
- ½ cup vanilla Greek yogurt
- ¼ cup raspberries
- ¼ cup blueberries
- 2 tablespoons granola
- 1 tablespoon almond butter

### Steps:

1. Cut up 4 bananas into small slices and lay them onto a separate dish.
  2. Using a small ice cream scoop, scoop ½ cup vanilla Greek yogurt over each banana.
  3. Sprinkle each with ¼ cup raspberries, ¼ cup blueberries, and 2 tablespoons of granola.
  4. Drizzle each with 1 tablespoon of almond butter.
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## Crispy Baked Potato Wedges

### Serves 2

### Ingredients

- 2 medium-sized russet potatoes
- 1/4 cup canola/vegetable oil
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- Black cracked pepper optional

### Steps:

1. Preheat oven to 400 F degrees After washing and scrubbing your potatoes, grab a chopping board and lay it over a counter.
  2. Next, set the potato on its side and cut it lengthwise. With the cut half of the potato, cut into quarters.
  3. Now, we'll soak the potatoes. Grab a large bowl and fill with cold water. You can even add some ice to drop the temperature of the water even further.
  4. Allow the wedges to sit in the water for a minute. Pour out the water and replace with fresh cold water. Repeat until water is no longer cloudy from the starch.
  5. Drain the water from the potatoes. Pat dry each wedge with a paper towel or a clean reusable towel. Get them as dry as possible.
  6. In a bowl, mix the oil and seasonings Toss each wedge in the oil and seasoning mixture, or using a basting brush.
  7. Place each wedge onto baking sheet lined with parchment paper. Bake for 35 minutes, flipping halfway.
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## Rainbow Orzo Salad

### Ingredients:

- 1 red pepper, diced
- 1 ripe mango, cubed
- 1 small cucumber, chopped (1½ cups)
- ½ small red onion, diced (1/3 cup)
- 1 small garlic clove, minced
- 1 (14-ounce) can chickpeas, drained and rinsed
- ½ chopped fresh herbs (mint, basil, and/or cilantro)
- ½ cup uncooked orzo
- Extra-virgin olive oil, for drizzling
- 1 packed cup arugula
- ¼ cup toasted pine nuts

### Dressing:

- 2 tablespoons tahini
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon sherry or white wine vinegar
- ½ teaspoon cumin
- ½ teaspoon sweet paprika
- 2 tablespoons water
- ½ teaspoon sea salt, more to taste
- freshly ground black pepper

### Steps:

1. In a large bowl, combine the red pepper, mango, cucumber, red onion, garlic, chickpeas, herbs, salt, and several grinds of fresh black pepper.
  2. Cook the orzo according to the package directions or until al dente. Drain, gently rinse, toss with a little olive oil and set aside to cool to room temp before adding to the salad.
  3. Make the dressing. In a small bowl, stir together the tahini, olive oil, lemon juice, vinegar, cumin, sweet paprika, salt and pepper. Add a few tablespoons of water until it's a drizzle-able consistency.
  4. Add the orzo, dressing, and arugula to the salad and toss to coat. Season to taste and top with toasted pine nuts.
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## Entrees & Main Dishes

## Quinoa Tacos

### Ingredients

- 1 cup quinoa
- 1 1-oz. packet of taco seasoning mix
- 1 tablespoon olive oil
- 1 red onion, halved and sliced
- 2 red sweet peppers, cut into strips
- ¼ cup sour cream
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 avocado, halved and peeled, pit removed
- 1 tablespoon lime juice
- 12 6-in. corn tortillas, warmed
- Shredded lettuce
- Fresh cilantro, optional

### Steps:

1. In a medium saucepan, combine 2 cups of water, the quinoa, and taco seasoning. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes. Remove lid and simmer for 5 minutes more or until quinoa is tender and liquid is absorbed.
  2. Meanwhile, in a large skillet pan, heat the olive oil over medium heat. Add the onion and sweet peppers and cook, stirring occasionally, until the vegetables are tender and lightly charred, about 12 minutes. Season with 1/8 teaspoon salt and 1/8 teaspoon pepper.
  3. In a food processor, combine the avocado, sour cream, lime juice, and 1/8 teaspoon salt and 1/8 teaspoon pepper. Cover and process until smooth, stopping and scraping down sides as needed.
  4. TO serve, top tortillas with avocado sauce, quinoa, charred vegetables, and lettuce. Sprinkle with cilantro, if desired.
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## Healthier Mac n' Cheese

### Ingredients

- 2 cups elbow macaroni, fusilli, or cavatappi pasta

- 2 Tbsp butter
- 2 Tbsp flour
- 2 cups 2% milk
- 1 1/2 cups shredded extra sharp Cheddar
- 1/2 cup grated Parmesan (Note: Real Italian Parmesan is called Parmigiano-Reggiano, and its sharp, nutty flavor has nothing in

common with the stuff you shake from a green can. It may be a bit pricey, but a little goes a long way, so it's worth getting the authentic version.)

- 1/4 cup Greek yogurt
- 1/2 cup panko breadcrumbs
- Black pepper to taste

### Steps:

1. Cook the pasta according to package directions until just al dente. Drain and reserve.
  2. While the pasta cooks, melt the butter in a medium saucepan over medium heat. Stir in the flour and cook, stirring, for 1 minute. Slowly add the milk, whisking to prevent lumps from forming. Simmer the béchamel for 5 minutes, until it begins to thicken to the consistency of heavy cream.
  3. Stir in the Cheddar and 1/4 cup of the Parmesan and cook until completely melted.
  4. Cut the heat and stir in the yogurt. Add the pasta and toss to evenly coat.
  5. Preheat the broiler. Pour the macaroni and cheese into an 8" x 8" baking dish (or into individual ramekins). Top with the breadcrumbs and the remaining Parmesan and season with black pepper. Place on the middle rack of the oven and broil for 5 to 7 minutes, until the breadcrumbs are golden brown.
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## Chicken Fried Rice

Serves 4

## Ingredients

- 1 Tbsp peanut or vegetable oil
- 4 scallions, greens and whites separated, chopped (Scallion greens are best used for garnish at the end, whereas the whites should be used like onions, to build flavor from the beginning.)
- 1 Tbsp grated fresh ginger
- 2 cloves garlic, minced
- 1 medium zucchini, diced
- 2 carrots, diced
- 2 cups bite-size broccoli florets
- 2 cups mushrooms (preferably shiitake), stems removed, sliced
- 1/2 lb. boneless, skinless chicken thighs, sliced into thin bite-size pieces
- 4 cups cooked brown rice
- 2 Tbsp low-sodium soy sauce
- 2 eggs, lightly beaten

## Steps

1. In a wok or a large nonstick skillet, heat the oil over medium-high heat.
  2. When the oil is lightly smoking, add the scallion whites, ginger, and garlic, and cook for 30 to 45 seconds.
  3. Add the zucchini, carrots, broccoli, and mushrooms, and cook for 4 to 5 minutes, using a spatula to stir the vegetables throughout.
  4. Add the chicken and continue cooking for 2 to 3 minutes, until the pieces are no longer pink.
  5. Stir in the rice and soy sauce, and cook for another 5 minutes, allowing the rice to get crispy on the bottom.
  6. Create an empty space in the middle of the pan and add the eggs.
  7. Use a spoon or the spatula to quickly scramble the eggs until light and fluffy, then stir them into the rest of the ingredients.
  8. Serve garnished with the scallion greens.
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## Healthier Baked Ziti

Serves 4

## Ingredients

- 10 oz ziti, preferably whole-wheat if you can find it
- 1 Tbsp olive oil

- 2 links pre-cooked chicken or turkey sausage, diced
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 tsp red pepper flakes
- 1 can (28 oz) tomato puree
- Salt and black pepper to taste
- 1 cup fresh basil leaves, plus more for garnish
- 3/4 cup cubed mozzarella (preferably fresh)
- Parmesan for grating

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**Steps:**

1. Preheat the oven to 400°F. Bring a pot of salted water to a boil. Cook the pasta until a minute shy of being done (it'll finish cooking in the oven).
  2. Meanwhile, heat the oil in a large skillet or sauté pan over medium heat.
  3. Add the sausage and cook for about 2 minutes, until lightly browned. Add the onion, garlic, and pepper flakes, and cook until the onion is soft and translucent.
  4. Stir in the tomato puree, plus a good pinch of salt and black pepper.
  5. Reduce the heat and simmer for at least 10 minutes.
  6. Drain the pasta.
  7. Add to the skillet and toss with the sauce.
  8. Remove from the heat and stir in the basil and mozzarella.
  9. Dump the pasta into a 12" x 9" baking dish, sprinkle the top with a bit of Parmesan, and cover with foil. Bake for 15 minutes, then remove the foil and bake for another 10 minutes, until the top is crusty and browned.
  10. Garnish with basil leaves and serve.
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## **Instant Pot Peanut Chicken**

**Serves 4**

**Ingredients**

- 1 ½ lbs. chicken breast, cut into 1 inch cubes, sprinkled with pinch of salt
- 3 fat cloves garlic, rough chopped
- 1 tablespoon fresh ginger, chopped (or use ginger paste)
- 1 teaspoon oil



- 13 ounce can coconut milk (liquid and solids) DIVIDED, (do not use light- too watery)
  - 3 tablespoons soy sauce (or use GF liquid amino acids)
  - 3 tablespoons honey (or coconut sugar or brown sugar)
  - 2 tablespoons fresh lime juice, more to taste
  - **Steps:**
    1. Cut the chicken into 1-inch cubes, sprinkle with salt and set aside.
    2. If using an Instant Pot, set it to the sauté function, and sauté the ginger and garlic in a teaspoon of oil for 1-2 minutes, until fragrant. Add lemongrass if using. Stir the can of coconut milk with a fork- then add 1 cup of the coconut milk, (you'll add the rest after). Stir in the soy sauce, honey, lime juice, chili paste and the chicken (optional kafir lime leaves) everything except the peanut butter in the pot and stir. Drop the peanut butter in spoonful's over top of the chicken (don't stir it in).
    3. Set to HIGH Pressure, for 8 minutes. Naturally release. See notes. (If using thigh meat pressure cook for 12 minutes.)
    4. Once chicken is done cooking, taste a spoonful of the sauce. Adjust salt, lime, sweetness and spice level according to your taste. Stir in the remaining coconut milk if you like. Some of you will want it sweeter. I usually add more chili paste and lime. Sauce will thicken slightly as it cools. (Alternately, if cooking on the stove top, cook the lightly salted chicken cubes in a Dutch oven or large skillet in a little oil, until golden. Toss in the garlic and ginger and sauté until fragrant, 1-2 minutes, then add the remaining ingredients, all except peanut butter, stirring to combine. Cover and let simmer very gently on low heat, 8-10 minutes or until chicken is cooked through, then stir in the peanut butter. )
    5. If the sauce seems too thin, reduce a bit using the sauté function while constantly stirring, to prevent burning the bottom. See notes.
    6. Serve over a bed of rice or with a side salad – or both
- 1 tablespoon chili garlic paste (or sriracha, or sambal oelek)
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  - ½ cup peanut butter (or sub almond butter)
  - optional additions: 1 tablespoon lemongrass, 4-5 kefir lime leaves