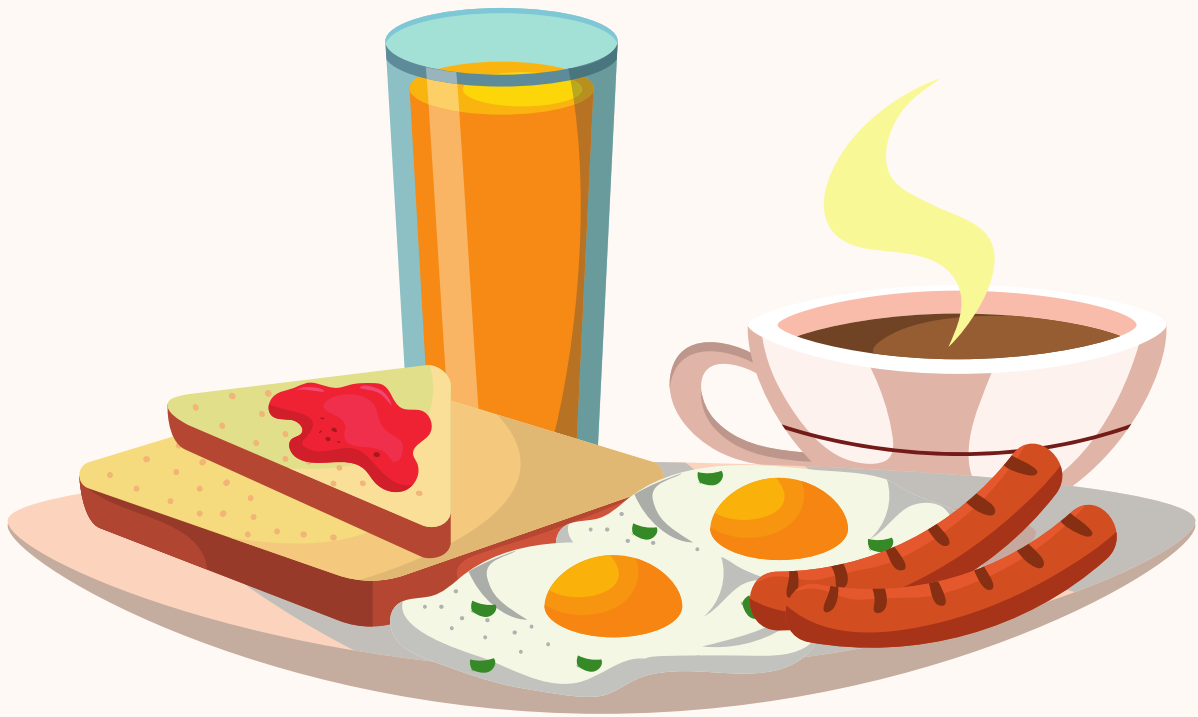


MOBI x CHEF

# COOKBOOK

# Breakfast



# Mango Parfait



**A healthy & filling breakfast.  
Quick and easy to assemble!**

**For more info & recipes,  
check out:  
[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

## What You'll Need:

- Small bowl or glass cup
- Knife
- Cutting board
- Spoon

## Ingredients:

- 1 Cup Vanilla Greek Yogurt
- 1 Cup Granola
- 1/2 Cup Strawberries
- 1 Cup Mango (peeled and chopped)
- 2 TBSP TJ's Sesame Honey Cashews

## Directions:

**Serves: 2 | Prep Time: 10 mins**

Put half of the yogurt in a small bowl, layer half of the granola, then repeat. Add berries and mango to the top. Sprinkle with desired amount of sesame honey cashews.

Recipe adapted from:  
<https://www.traderjoes.com/home/recipes/mango-yogurt-granola-parfait>

# Golden Milk Yogurt Bowl



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

**For more info & recipes,  
check out:**

**[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

**A healthy & filling  
breakfast or snack.  
Quick and easy to  
assemble!**

## What You'll Need:

Measuring cups  
Measuring spoons  
Large bowl  
Spoon  
Small bowl or cups

## Ingredients:

- 2 cups dairy-free coconut milk yogurt
- 1 tablespoon chia seeds
- 1 teaspoon sweetener of choice
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- Optional Topping: 1 cup fresh or frozen berries, blueberries, blackberries, raspberries, 1 teaspoon shredded coconut flakes

## Directions:

**Serves: 2 | Prep Time: 15 mins**

- In a bowl, mix the yogurt, sweetener, turmeric, cinnamon, & chia seeds together.
- Top with fruit of choice, granola and shredded coconut. Enjoy!

Recipe adapted from:  
<https://eatfresh.org/recipe/snacks/yogurt-parfaits>

## CRANBERRY ORANGE YOGURT PARFAIT



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

**A healthy & seasonal breakfast or snack.**

**Quick and easy to assemble.**

### What You'll Need:

- Small bowl or glass cup
- Knife
- Cutting board
- Fine grater
- Spoon

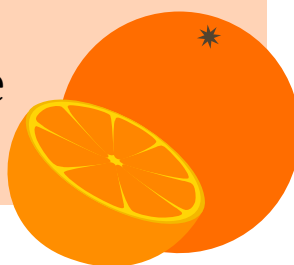
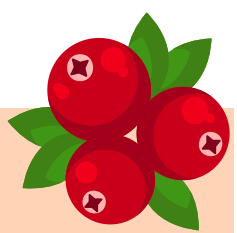
### Ingredients:

- 1/4 cup of yogurt
- 1tsp TJ's cranberry sauce
- 1/4 tsp juice from 1 orange
- Pinch of orange zest
- Top with granola and pomegranate seeds

**Serves 1**  
**Prep Time: 5 mins**

### Directions:

Mix together yogurt, cranberry sauce, orange juice, and orange zest. Feel free to layer it like the picture or mix it all together. Top with some granola, orange zest, and pomegranate seeds!



**For more info & recipes, check out: [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**



# Avocado Toast with Veggies



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE



**A healthy & filling lunch.**

**Quick and easy to assemble.**

## What You'll Need:

- Toaster
- Mixing bowl
- Fork & Butter knife

## Ingredients:

- 2 slices of bread
- 1 avocado
- 2 tbsp cilantro chopped
- 1/2 tsp Italian herb mix
- 2 tbsp chopped bell peppers.
- salt to taste
- 1/2 tsp lemon juice

## Directions:

- Toast 2 slices of bread
- In a bowl, add the avocado, cilantro, italian herb mix, lemon juice & salt. Smash and mix well. Lemon juice will prevent the oxidation of the avocados.
- Once the toast is ready, spread it evenly on the slice of toast, throw on the bell peppers. Garnish with extra Italian herb mix and basil.

**Serves 1**

**Prep Time: 5 mins**

**For more info & recipes, check out: [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

Recipe adapted from: <https://thebellyrulesthemind.net/avocado-toast-with-veggies/>

# Apple Pie Overnight Oats



THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

**Prep time: 10 minutes**  
**Serves 1**

## What You'll Need:

- Mason Jar with lid or Tupperware
- Measuring spoon
- Measuring cup
- Spoon
- Cutting board
- Knife

## Ingredients:

- 1/2 cup rolled oats
- 1/2 cup milk (regular, almond, oat)
- 1/4 cup greek yogurt
- 1 TBSP maple syrup (or honey)
- 1 TBSP chia seeds
- 1/2 TSP cinnamon
- 1 apple, chopped, top before serving

## Directions:

Combine ingredients in a mason jar or tightly sealed container (Tupperware). Give it a big stir before sealing. Store in the fridge overnight to be enjoyed the next day. Top with fresh apple and a sprinkle of cinnamon before serving. Overnight oat mixture can last in the fridge for up to 5 days. Recipe can be doubled or tripled and enjoyed throughout the week.

With school back in session and busy mornings in full swing, we could all benefit from a grab-and-go breakfast to fuel our day! Oats and chia seeds are rich in fiber to keep you full throughout your busy morning. Top your overnight oats with apples to get an additional source of fiber and added vitamin C. Get creative and add new toppings and flavors to switch things up throughout the week!



**Source:**  
<https://www.foodnetwork.com/recipes/apple-pie-overnight-oats-3416424>

## SWEET & SPICY PEACH RICOTTA TOAST



### Ingredients:

- 1 Yellow Peach, sliced
- 2 sprigs Fresh Thyme, stems removed
- 2 TBSP TJ's Organic Spicy Honey Sauce, divided, plus more for drizzling
- Squeeze of a Fresh Lemon wedge
- 2 TBSP of Ricotta Cheese (or cream cheese)
- 2 slices your favorite Multigrain Bread (or crackers)

### What You'll Need:

- Large bowl
- Cutting board
- Knife
- Mixing spoon
- Toaster
- Measuring spoons

**Prep Time: 10 min**  
**Servings: 2**



### Directions

Toast slices of bread. In a large bowl, mix sliced peaches, TJ's spicy honey sauce, fresh thyme, and lemon. Coat peaches in mixture and let it sit. Spread ricotta on toast and assemble with sliced peach mixture. Sprinkle with thyme and a drizzle of spicy honey sauce.



# SANDWICHES



# Veggie Sandwich



### What You'll Need:

- Cutting Board
- Knife
- Mixing bowl
- Measuring Spoons
- Fork
- Butter knife
- Spoon

### Ingredients:

- 4 slices of bread
- 4 TBSP Cream Cheese
- 1 cup finely chopped veggies (bell pepper, carrots, cucumber, tomato)
- 1/8 TSP Garlic Powder
- 2 TBSP Fresh Dill, chopped
- Salt and Pepper to taste

**Serves 2**

**Prep Time: 5 mins**

**For more info & recipes, check out: [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

Recipe adapted from: <https://www.budgetbytes.com/how-to-make-the-ultimate-veggie-sandwich/>



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

**A light lunch, perfect to take on the go!**

**Quick and easy to assemble.**

### Directions:

Add garlic powder, dill, and cream cheese and mix until smooth. Cut crusts off the bread, then spread the mixture onto each slice. Layer vegetables on top of one slice, then close. Slice into halves or triangles and enjoy!

# Southwest Hummus Wraps



For more info & recipes,  
check out  
[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)

**Vegan. High in fiber. Low added sugar.**

## What You'll Need:

- Cutting board
- Sharp knife
- Spoon

## Ingredients:

- 1 tortilla wrap (10 inch)
- 4 tablespoons hummus
- 2 tablespoons corn
- 2 tablespoons black beans
- 1 tablespoon diced tomato
- 2 tablespoons avocado (diced)
- 1 cup shredded lettuce

## Directions:

Spread hummus over wrap. Layer the rest of ingredients on top of hummus.

Roll up tightly to enclose filling and serve.

**Serves: 1**

**Prep Time: 15 mins**

# Rainbow Veggie Roll up



**Prep time: 15 minutes**  
**Serves 2**  
**Cost per serving = \$1.60**

EASY. AFFORDABLE. DELICIOUS.

## What You'll Need:

- Large bowl
- Measuring spoon
- Cutting board
- Knife
- Mixing Spoon
- Measuring cup
- Can opener

## Ingredients:

- 2 Whole Wheat Tortillas
- 8 oz cream cheese
- 2 cup finely chopped veggies (purple cabbage, bell peppers, carrots)
- 1/2 cup chickpeas (smashed)
- 1 tbsp mixed Italian herbs
- Optional: chopped cilantro

## Directions

- Gather all your ingredients.
- Finely chop the vegetables, make sure they are uniform in size. I usually wash my veggies and dry them with a paper towel to make sure I don't dilute the mixture with the water.
- Mix the cream cheese spread, veggies and the chickpea smash.
- Add in the herbs. You can customize the taste as per your liking.
- Spread the mixture evenly on the wrap.
- Roll the wrap tightly.
- Cut an inch of the roll from either sides. Evenly slice the big roll into 6-8 bite size portions.



Consuming different color foods plays a role in ensuring you are getting enough essential nutrients, vitamins, minerals, antioxidants, and fiber. Brighten up your plate because the colors represent different phytochemicals and you will brighten up your health!

**Source: [thebellyrulesthemind.net/](http://thebellyrulesthemind.net/)  
For more info & recipes, check out [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

# Buffalo Chickpea Wraps



**mobi**

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

Recipe adapted from:  
[minimalistbaker.com/spicy-buffalo-chickpea-wraps/](http://minimalistbaker.com/spicy-buffalo-chickpea-wraps/)

**Vegan. High in protein. Quick and easy to assemble!**

## Ingredients:

- 1/4 head of romaine lettuce (cleaned, roughly chopped)
- Ranch dressing (vegan version available at Trader Joe's)
- 1 15-ounce can chickpeas (rinsed and drained)
- 1 Tbsp cooking oil (coconut, olive, etc)
- 4 Tbsp hot sauce
- 1/4 tsp garlic powder
- 1 pinch salt
- 3-4 flour tortillas, pita, or flatbread
- Optional: 1/4 cup red onion (diced), 1/4 cup baby tomato (diced), 1/4 ripe avocado (thinly sliced)

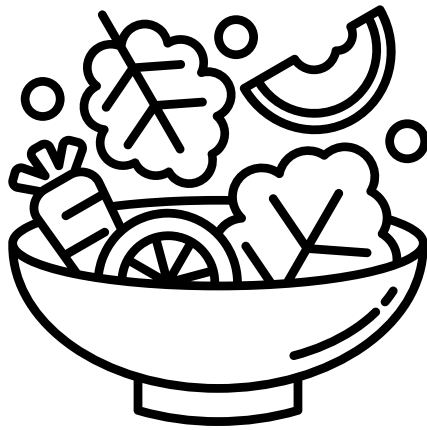
## Directions:

Serves 3

Prep Time: 30 mins

1. Toss chopped romaine lettuce with ranch dressing, set aside.
2. Add drained and dried chickpeas to a mixing bowl. Add oil, 3 Tbsp hot sauce, garlic powder, and a pinch of salt - toss to combine/coat.
3. Heat a metal or cast-iron skillet over medium heat. Once hot, add chickpeas and sauté for 3-5 minutes, mashing a few chickpeas gently with a spoon to create texture.
4. Once chickpeas are hot and slightly dried out, remove from heat and add remaining 1 Tbsp hot sauce. Stir to combine. Set aside.
5. To assemble, top each wrap with a portion of the romaine salad, with 1/4 cup buffalo chickpeas, and with red onion, tomato, and avocado if desired.

# Salads



# PEACH COLESLAW



**mobi**

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

## Ingredients:

- 1 cup roughly chopped green cabbage
- 1 cup roughly chopped red cabbage
- 1/2 cup shredded or thinly sliced carrot
- 4 TBSP TJ's Poppy Seed Dressing
- Juice of 1/2 lime
- 1/4 cup of sliced almonds
- 1/4 cup of fresh mint, roughly chopped
- 1/2 peach, sliced

## What You'll Need:

- Measuring spoons
- Cutting board
- Knife
- Rubber spatula
- Measuring cup
- Large bowl

**Prep time: 20 minutes**  
**Serves: 1-2**

## Directions

In a medium bowl, combine red cabbage, green cabbage and carrots. Add dressing, lime juice, almonds, and mint and toss to coat. Gently fold in peach slices.

Serve immediately, or cover and refrigerate up to 4 hours.

# Curried Broccoli Chickpea Salad



## Ingredients:

### For the salad:

- 1 head of broccoli, very finely chopped
- 1 cup shredded carrots
- 1 (15 ounce can chickpeas, rinsed and drained
- 1/2 cup toasted sliced almonds (can also use chopped roasted almonds)
- 1/2 cup dried cranberries
- 1 bunch green onions, chopped
- 3/4 cup chopped fresh cilantro

### For the dressing

- 1/4 cup tahini
- 1/2 large lemon, juiced
- 3-5 tablespoons warm water, to thin dressing
- 1 clove garlic, finely minced
- 1-2 teaspoons pure maple syrup, to sweeten
- 1 teaspoon yellow curry powder
- 1/2 tablespoon freshly grated ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon salt
- Freshly ground black pepper



## What You'll Need:

- Large bowl
- Measuring spoon
- Cutting board
- Knife
- Mixing Spoon
- Measuring cup



**Source:** <https://www.ambitiouskitchen.com/vegan-curried-broccoli-chickpea-salad/>

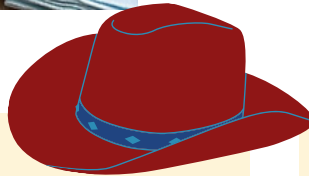
## Directions

**Prep time: 20 minutes | Serves 4**

1. In a large bowl, add finely chopped broccoli, chickpeas, carrot, cranberries, green onion, and cilantro. Set aside.
2. Make the dressing by whisking together the following ingredients in a small bowl: tahini, lemon juice, water, garlic, maple syrup, curry powder, ginger, turmeric, salt and pepper. Immediately drizzle over salad and toss to combine.
3. Sprinkle almonds on top and toss a few more times. Serve immediately with fresh squeeze of lemon or place in the fridge for later. Salad will keep well up to 5 days.



## Cowboy Caviar



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

Source:  
<https://cooking.nytimes.com/recipes/1020433-cowboy-caviar>

Vegan, Gluten-Free

### Ingredients:

#### Dressing:

- 2 TBSP Olive Oil
- 1 TBSP red wine vinegar
- 2 garlic cloves, minced
- Salt and Pepper to taste

#### Salad:

- 2 plum tomatoes
- 1/4 Red Onion
- 1 cup black beans
- 1 cup black-eyed peas
- 1 cup corn
- 1/2 bell pepper
- 1/2 avocado
- 1/2 jalapeño
- 1/4 cup chopped cilantro
- Tortilla chips for serving

### What You'll Need:

- Can opener.
- strainer, chef's knife, cutting board, 2 mixing bowls, spoon, whisk

**Prep time: 15 minutes**  
**Serves 2**  
**1 serving size = 1/2 recipe**

### Directions

#### Dressing:

In a medium bowl, whisk together olive oil, vinegar, garlic, salt, and pepper

Salad: Dice onions, tomato, bell pepper, avocado, and jalapeno, add to bowl with dressing. Add corn, beans, black-eyed peas and cilantro.

Mix well, and serve with tortilla chips.

# Caprese Salad



**Serves 2**

**Prep Time: 5 mins**

## Ingredients:

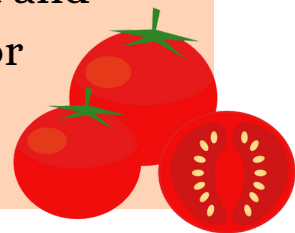
- 1 cup of cherry tomatoes
- 1 cup of mozzarella balls (or sliced)
- 1/4 cup chopped basil
- 1/4 cup olive oil
- 2 TBSP balsamic vinegar
- salt and pepper to taste

## What You'll Need:

- Large bowl
- Small bowl
- Cutting board
- Knife
- Mixing spoon
- Fork or whisk
- Measuring cups
- Measuring spoons

## Directions:

Slice cherry tomatoes in half and chop basil. Add ingredients to a large bowl. In a small bowl, whisk together olive oil and balsamic vinegar. Add dressing to large bowl and mix. Sprinkle salt and pepper to taste. Serve on its own as a salad or with bread in a sandwich!



# Salad with Tangy Avocado Dressing



## What You'll Need:

- Large bowl
- Measuring spoon
- Cutting board
- Knife
- Mixing Spoon
- Measuring cup
- Can opener

## Ingredients:

- 8 cups Romaine lettuce shredded
- ½ cup Cucumber peeled and chopped
- ½ cup Jicama peeled and chopped
- ½ cup Frozen peas thawed
- ¼ cup Red onion finely chopped
- 1 Avocado peeled and pitted
- ½ cup 100% orange juice
- 2 tablespoons Lime juice
- ½ teaspoon Garlic salt

Source: [eatfresh.org](http://eatfresh.org)

Cost per serving  
(serving is 1/4 of this  
recipe) = \$1.90



## Directions

1. Toss lettuce, cucumber, jicama, peas, and onion together in a large bowl
2. In a blender container, add avocado, orange and lime juices, and garlic salt; cover with a tight fitting lid, and blend until smooth.
3. Add dressing to salad and toss well to coat. Serve immediately.

# Peanut Noodle Salad



**Prep time: 20 minutes**  
**Serves: 1-2**

## Ingredients:

### SALAD:

- 8 ounces rice noodles can substitute with spaghetti pasta or rice
- 1/2 red bell pepper thinly sliced
- 1 cup shredded carrots
- 2 scallions chopped
- 1/3 cup peanuts chopped
- 1/2 cup shredded cabbage

### PEANUT SAUCE:

- 1/2 cup Peanut Butter (Smooth, Salted)
- 3 tbsp Soy Sauce
- 2 Tbsp Rice Vinegar
- 2 Tbsp agave or brown sugar
- 1 tsp Garlic Powder
- 1/2 tsp Ground Ginger
- 1 Tbsp Fresh Lime Juice
- 1/4 tsp Dried Chili Flakes (optional)

## What You'll Need:

- Measuring spoon
- Cutting board
- Knife
- Rubber spatula
- Measuring cup
- Large bowl
- Medium Bowl
- Whisk or fork

**Recipe adapted from:**  
<https://www.savorytooth.com/cold-peanut-noodle-salad/>  
**For more info & recipes, check out**  
[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)

## Directions

1. Cook noodles according to package directions. Drain and rinse with cold water in a colander until cool. Set aside.
2. Combine all of the peanut dressing ingredients in a mixing bowl. Mix until smooth. Set aside.
3. Combine the noodles with all other ingredients including the peanut dressing. Toss and mix well. Refrigerate until ready to serve.

# ENTREES



# Soy-rizo & Avocado Tacos



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

For more info & recipes,  
check out:  
[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)

**A healthy & filling lunch.  
Quick and easy to  
assemble!**



## What You'll Need:

- Can opener
- Strainer
- Chef's knife
- 2 Mixing bowls
- Mixing spoon

## Ingredients:

- 1 package TJ's Corn Tortillas
- 1 package TJ's Soy Chorizo
- 4 TJ's Avocados, sliced
- 1 container Homestyle Especial Salsa - medium
- TJ's Organic Sour Cream or 1 batch Cilantro Crema
- TJ's Limes, sliced, for garnish

## Directions:

**Serves: 6 Prep Time: 15 mins**

- Remove soy chorizo from casing. In a large skillet over medium heat, add soy chorizo, breaking it up into pieces as it cooks, about 8-10 minutes. When soy chorizo reaches 165°F, remove from heat. To prepare tortillas, heat a griddle or grill pan to medium-high heat.
- Fill a shallow bowl or plate with water. Dip each side of tortilla in water and immediately place on grill pan. Warm tortilla 1 minute each side, then place in foil to keep warm. Repeat for each tortilla.
- Slice avocados into half-inch thick pieces. Cook on grill pan for about a minute on each side and remove from heat. When cool enough to handle, gently slice peels away from grilled avocado pieces.
- To assemble tacos, layer tortillas with soy chorizo, grilled avocado, salsa, and a drizzle of crema. Serve with lime wedges, if desired.

Recipe adapted from:

<https://www.traderjoes.com/recipes/lunch/soy-chorizo-grilled-avocado-tacos>

## DIY BURRITO BOWL (VEGETARIAN)



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

### WHAT YOU'LL NEED:

Large bowl	Large spoon
Knife	Sauce pan
Large strainer	Can opener
Cutting board	

**SERVES: 2 PREP TIME: 20 MINS**

### DIRECTIONS:

Cook rice (follow instructions on package). Rinse black beans and corn with a strainer. Dice onion, jalapeno, and tomato. Combine in a big bowl with rinsed corn and black beans. Finely chop cilantro and add to bowl. Squeeze juice from two limes and add salt. Mix together and serve on top of rice. Add some sliced tomato, sliced avocado, sliced onion and any salsa or hot sauce you have on hand!

### INGREDIENTS:

- 1 cup dried rice
- 1/2 can of black beans
- 1/2 can of corn
- 1/2 small white onion
- 1/2 medium jalapeno
- 2 limes
- 2 large tomatoes
- 1/4 cup finely chopped cilantro
- 1/4 TSP salt
- 1/2 ripe avocado

# Fall Pumpkin Chili



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

**Prep time: 40 minutes**  
**Serves 6**

## What You'll Need:

- Large bowl
- Measuring spoon
- Cutting board
- Knife
- Mixing Spoon
- Measuring cup
- Can opener

## Ingredients:

- 1 Tbsp Olive Oil
- 1/2 White Onion, diced
- 2 cloves Garlic, diced
- 1 pkg (1.5 lbs) TJ's All-Natural Ground Turkey
- 1 can Diced & No Salt Added Tomatoes
- 2 cans Pumpkin
- 1 can Kidney Beans, drained
- 1/2 can Whole Kernel Corn, drained
- 1 Bell Pepper (Orange or Red)
- 2 tsp TJ's Sea Salt, 1 tsp TJ's Cumin, 1 tsp black Pepper

With flu season in full swing we could all benefit some more cozy, cold-busting meals! Pumpkin is loaded with nutrients to boost your immune system as it is high in beta carotene which turns into vitamin A in the body. It is also high in vitamin C, iron and folate which all support a strong immune system!



**Source:**  
<https://www.traderjoes.com>  
**For more info & recipes, check out [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

## Directions:

In a large skillet, sauté onions and bell peppers in olive oil until onions are translucent and fragrant, about 3-4 minutes. Add garlic and stir for about 30 seconds. Add in ground turkey and continue sautéing until turkey is browned. Drain excess oil, then transfer mixture to a large (4 quart or more) sauce pan. Stir in tomatoes, pumpkin, beans, corn and spices. Bring to a boil, stirring regularly. Once boiling, reduce heat and simmer for 20-30 minutes, stirring occasionally. Serve with sour cream, cheese, and cilantro as garnish.



# Chili Lime Chicken Tacos



THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

## What You'll Need:

- Large bowl
- Measuring spoon
- Cutting board
- Knife
- Mixing Spoon
- Measuring cup
- Non-stick frying pan

## Ingredients:

- 1/2 pound of chicken (8 oz grilled chicken)
- 1 tablespoon olive oil
- 3/4 teaspoon chili powder
- 1 tablespoon fresh lime juice
- 1/2 medium poblano pepper, chopped
- 1/2 small red onion, chopped
- 1/2 package precooked rice
- 4 corn tortillas or taco shells

## Directions

1. Season chicken, if desired, with salt and pepper. Combine 1 tablespoon olive oil with chili powder in large bowl; add chicken and toss to coat.
2. Heat large nonstick skillet over medium heat and cook chicken, stirring frequently, until thoroughly cooked, about 6 minutes. Add garlic to skillet and cook, stirring, until fragrant, about 30 seconds. Add lime juice; toss. Remove and set aside.
3. Heat remaining 1 tablespoon oil in same skillet over medium-high heat and cook poblano pepper and onion, stirring occasionally, until softened, about 4 minutes. Add 2 cups water to skillet and Knorr(R) Rice Sides(TM) - Rice Pilaf and cook according to package directions. Stir in chicken.
4. Serve in corn tortillas or taco shells and serve, if desired, with sour cream, lime wedges and salsa verde.

**Prep time: 10 minutes**  
**Serves 2**  
**1 serving size = 1/2 recipe**



**Source:**  
<https://www.allrecipes.com>  
**For more info & recipes, check out**  
[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)

# Beef-less Burritos



**Prep time: 20 minutes**  
**Serves 4-6**  
**1 Serving size = 1/4 recipe**



## Ingredients:

- 1 tablespoon TJ's Olive Oil
- ½ package TJ's Portobello Mushrooms (diced)
- 1 package TJ's Beef-less Ground Beef
- ½ cup plus 2 tablespoons
- TJ's Organic Spicy Taco Sauce
- Your favorite TJ's Tortillas
- ½ head of TJ's Iceberg Lettuce (shredded)
- 2 TJ's Roma Tomatoes (diced)
- TJ's Mild Shredded Cheddar Cheese

## What You'll Need:

- Large bowl
- Measuring spoon
- Cutting board
- Knife
- Rubber spatula
- Measuring cup
- Non-stick frying pan

**Source:** <https://www.traderjoes.com/recipes/dinner>  
**For more info & recipes, check out [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

## Directions

Heat oil in a skillet over medium heat. Add diced mushrooms to skillet and let cook undisturbed for 5 minutes, until most of the moisture has evaporated. Add beef-less beef and taco sauce to skillet and saute another 5-7 minutes, until heated through.

To serve, scoop beef-less beef into a warm tortilla and top with lettuce, tomato and cheese. Fold as you like and serve with more taco sauce for drizzling.

# EASY BEAN TOSTADA



## What You'll Need:

- Large bowl
- Measuring spoon
- Cutting board
- Knife
- Mixing Spoon
- Measuring cup
- Can opener

## Ingredients:

- 2 corn tortillas, tostadas, or bag of chips (nacho style)
- 2 15-ounce cans refried beans or homemade cooked pinto beans
- 2 cups shredded cheddar cheese
- 2 large tomatoes diced
- 2 cups shredded lettuce
- 1/2 cup sour cream
- homemade salsa hot sauce, chopped fresh cilantro, or other favorite toppings

Cost per serving  
(serving is 2 tostadas)  
= \$2.64



**Source:**  
<https://goodcheapeats.com/simple-bean-tostadas/>  
For more info & recipes, check out [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)

## Directions

Drain beans if using whole canned beans and mash them up with some salt and spices if desired (skip this step if using refried beans). Warm up beans in the microwave. If using Spread the beans over the crisp tostada shells (or chips if doing it nacho style). Top with the cheese, tomatoes, lettuce, and sour cream. Serve with salsa.

# Black Bean & Veggie Quesadillas



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

**Prep time: 40 minutes**  
**Serves 2**  
**1 serving size = 1/2 recipe**

## Ingredients:

- (15.5-oz) can black beans (no salt added)
- 2/3 Zucchini (1 medium)
- 1/3 cups Fresh spinach
- 1/3 cup Canned corn
- 1 1/2 ounces Low-fat cheddar cheese
- 1/3 tablespoon Canola oil
- 1/8 teaspoon
- Ground cayenne pepper
- 2/3 teaspoon Water
- 1/8 teaspoon ground black pepper
- 2 8-inch whole wheat flour tortillas
- 4 oz. grilled chicken breast
- 1 tablespoon fresh parsley or cilantro (optional)

## What You'll Need:

- Can opener
- Grater
- Colander
- Cutting board
- Fork
- Large skillet with lid
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife

Source: [eatfresh.org](http://eatfresh.org) | For more info & recipes, check out [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)

## Directions

1. Prepare vegetables: Rinse zucchini. Cut into thin slices or shred with grater. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now. Drain canned corn. In a colander, drain and rinse black beans.
2. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes. Add corn and spinach, cover and cook until tender, stirring a few times, about 5 minutes more.
3. Add black beans to veggie mixture. Smash beans lightly with a fork, add 1-2 teaspoons of water to make a bean-and-veggie paste. Add chicken and heat for another minute. Season mixture with black pepper and add parsley or cilantro.
4. Transfer mixture to a bowl and reserve skillet. Now add the tortilla to the pan, sprinkle cheese evenly across the surface and add 1/2 veggie mixture to half of the tortilla. Fold the tortilla over and press lightly with a spatula to flatten.
5. Heat tortilla over greased skillet on medium-high heat for about 4 minutes on each side until edges are golden brown. Repeat with second tortilla. Remove from heat and cut into two wedges to serve.

# Carnitas Bowl



## What You'll Need:

- Large bowl
- Mixing Spoon
- Chopping Knife
- Microwave
- Can opener

## Ingredients:

1 package TJ's Fully Cooked Traditional Carnitas  
2 bags TJ's Frozen Organic Jasmine Rice  
1 can TJ's Organic Black Beans, rinsed and drained  
TJ's Pico de Gallo  
TJ's Avocado's Number Guacamole  
TJ's Jalapeño Sauce  
TJ's Fresh Cilantro, sliced Jalapeno, and sliced Lime, for garnish (optional)

This recipe is quick and easy and can be done without the use of a full kitchen! All you need is a microwave and space to assemble your bowl and you've got a satisfying meal ready to go! All ingredients can be purchased at your nearest Trader Joe's (including the one on campus!)

**CHEF COOKING CLASS**  
**OCTOBER 16, 2019**  
**COMMUTER RESOURCE CENTER**  
**11:00AM-12:00PM**

## Directions

Microwave carnitas according to package directions. Shred with forks, set aside

Microwave rice according to package directions. Divide among four serving bowls. Top bowls with carnitas, black beans, pico de gallo, and guacamole.

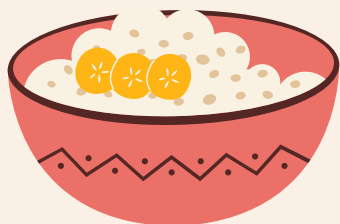
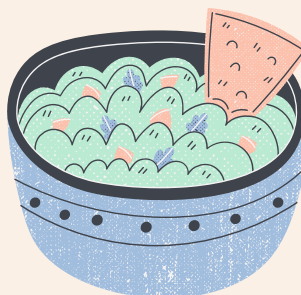
Drizzle generously with jalapeño sauce. Garnish with fresh cilantro, sliced jalapeño, and a squeeze of lime, if using. Enjoy!

**Prep time: 10min**  
**Serves: 4**

**Source: [eatfresh.org](http://eatfresh.org)**  
**For more info & recipes, check out [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**



# Snacks



# Banana Sushi



**Vegan. High in fiber & protein. Quick and easy to assemble!**

## Ingredients:

- 1 8-inch soft whole wheat tortilla
- 2 tablespoons all-natural peanut butter
- Cinnamon to taste
- 1 Banana peeled
- (Optional) 1 tablespoon raisins or chopped nuts

## What You'll Need:

- Measuring spoons
- Butter knife

**Recipe from: [EatFresh.org](http://EatFresh.org)**

**For more info & recipes,  
check out:  
[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

## Directions:

- Spread a layer of peanut butter across the tortilla. Leave a gap at the edge about as wide as your fingertip.
- Sprinkle with raisins or nuts, if using.
- Shake cinnamon on top of the peanut butter.
- Place the peeled banana in the middle of the tortilla.
- Roll the tortilla tightly.
- Cut into 4-6 pieces.

**Serves 2**  
**Prep Time: 5 mins**

# Buffalo Chickpea Logs



**Vegan. High in fiber & protein. Quick and easy to assemble!**

## Ingredients:

- 1 15-ounce can chickpeas (rinsed, drained and dried ((approx. 1 1/4 cups per can when drained)
- 1 Tbsp coconut oil (or sub grape seed or olive oil)
- 4 Tbsp hot sauce\* (divided // I used Louisiana's Pure Crystal Hot Sauce)
- 1/4 tsp garlic powder (or sub 1 minced garlic clove per 1/4 tsp powder)
- 1 pinch sea salt

## Directions:

**Serves 2**

**Prep Time: 10 mins**

1. To make chickpeas, add drained, dried chickpeas to a separate mixing bowl. Add coconut oil, 3 Tbsp hot sauce (amount as original recipe is written // adjust if altering batch size), garlic powder, and a pinch of salt - toss to combine/coat.
2. Heat a metal or cast-iron skillet over medium heat. Once hot, add chickpeas and sauté for 3-5 minutes, mashing a few chickpeas gently with a spoon to create texture (see photo).
3. Once chickpeas are hot and slightly dried out, remove from heat and add remaining 1 Tbsp hot sauce (amount as original recipe is written // adjust if altering batch size). Stir to combine. Set aside.



# Bruschetta Bites!



**mobi**

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE



**A healthy & filling  
lunch or snack.**

**Quick and easy to  
assemble.**

## What You'll Need:

- Large bowl
- Cutting board
- Knife
- Fork
- Mixing spoon
- Small bowl

## Ingredients:

- 2 medium garlic cloves
- 1/2 cup lightly packed fresh basil leaves
- 2 cups grape tomatoes
- 1 TBSP fresh lemon juice
- 1 TBSP balsamic vinegar
- 2 TBSP olive oil
- 1/4 to 1/2 TSP fine sea salt, to taste
- 1 large ripe avocado
- 1 baguette (or crackers)

**Serves 1**

**Prep Time: 10 mins**

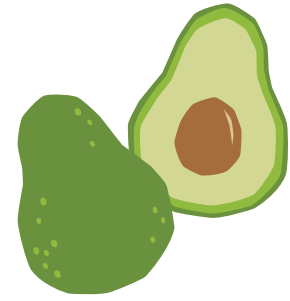
## Directions:

- Slice up baguette into 1 inch thick slices. In a small bowl, whisk together olive oil, balsamic vinegar, lemon juice, salt and pepper. Finely chop basil, avocado, and grape tomatoes and place in a large bowl. Mince garlic and add to large bowl. Add dressing to tomato mixture and combine. Place a spoonful of bruschetta on bread slice and top with more basil, salt, and pepper.

**For more info & recipes, check out: [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**



# Avocado Hummus Spread



**Prep time: 5 minutes**  
**Serves: 4**  
**1 serving size = 1/4 recipe**



## What You'll Need:

- Small bowl
- Cutting board
- Knife
- Fork
- Mixing spoon
- Measuring spoon (tsp)

## Ingredients:

- 1 ripe avocado
- 1 tub of hummus
- 1 TSP cumin
- 1/2 TSP salt

## Directions

Mash up 1 ripe avocado and combine with hummus in a small bowl. Add in 1 tsp of cumin and a sprinkle of salt and pepper. Feel free to add chili flakes or hot sauce to make it spicy!



**mobi**

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE



# Apple Stackers

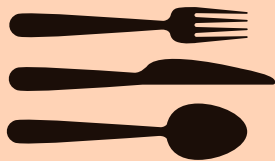


**A healthy & filling snack.  
Quick and easy to  
assemble!**

**For more info & recipes,  
check out:  
[healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)**

## What You'll Need:

Chef's Knife  
Butter Knife  
Measuring cups



## Ingredients:

- 1 Granny Smith apple, skin on, cored and sliced cross-wise
- 1 red apple skin on, cored and sliced crosswise (see Cook's Note)
- 1/4 cup crunchy peanut butter
- 1/2 cup granola
- Cinnamon and sugar to taste

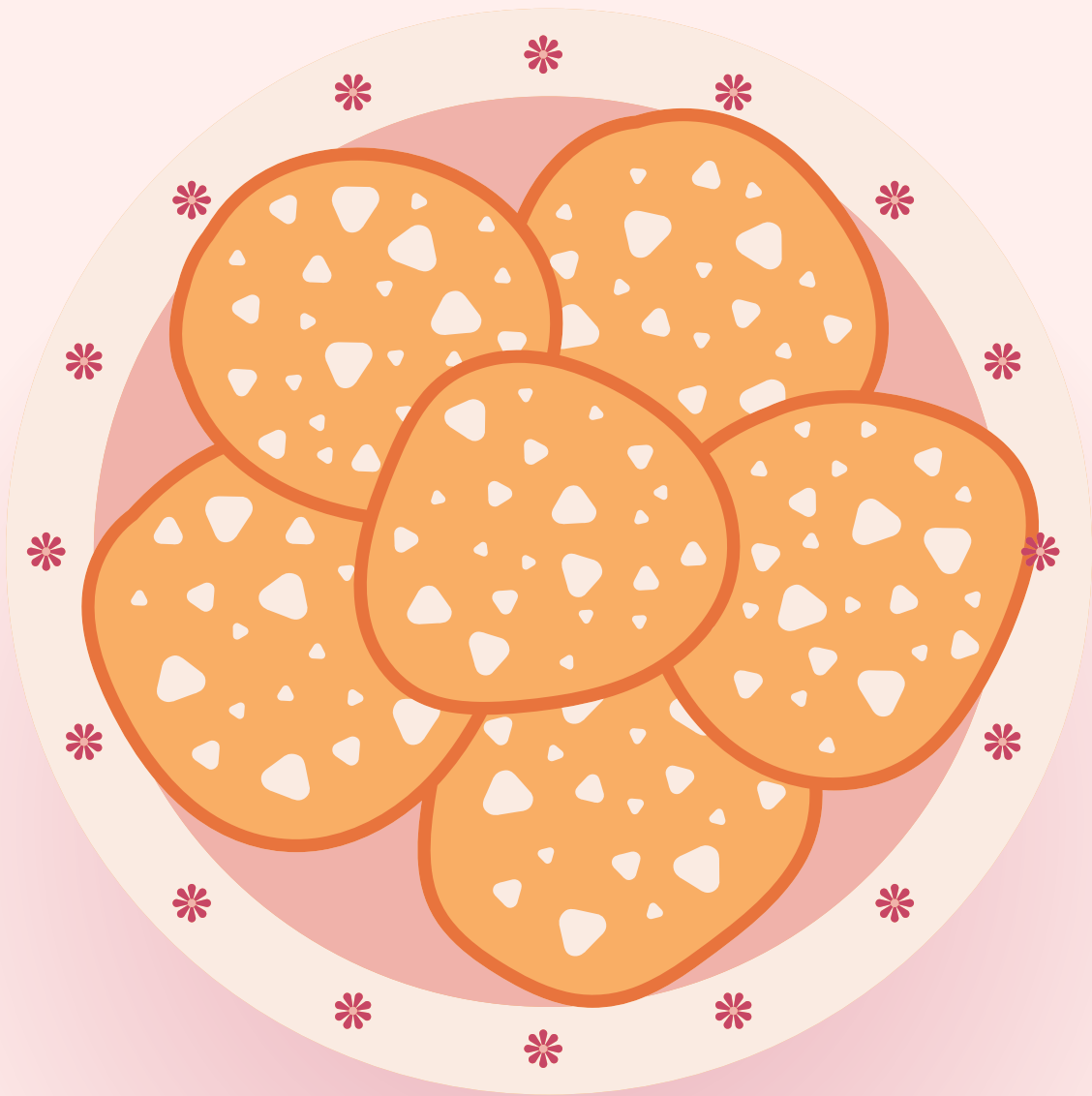
## Directions:

**Serves: 2 | Prep Time: 10 mins**

- Spread all the apple slices except the top slice with peanut butter.
- Sprinkle granola and cinnamon sugar over the peanut butter
- Stack the apples, alternating between red and green slices.
- Wrap tightly in plastic wrap and refrigerate until ready to eat.

Recipe adapted from:  
<https://www.foodnetwork.com/recipes/ree-drummond/apple-granola-stackers-3864600>

# TREATS



## Chickpea Cookie Dough



Source:  
<https://chocolatecoveredkatie.com/want-to-eat-an-entire-bowl-of-cookie-dough/>

### What You'll Need:

- Measuring cups and spoons
- Food processor or blender
- Spoon to mix

### Directions

1. Add all ingredients (except for chocolate chips) to a food processor or blender, and process until very smooth.
2. After processed or blended, mix in the chocolate chips.
3. Enjoy!!!



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
 COOKING STARTS HERE

Prep time: 10 minutes  
 Yield: 3 cups

### Ingredients:

- 1 1/2 cups chickpeas (1 can, drained and rinsed)
- 1/8 tsp plus 1/16 tsp salt
- just over 1/8 tsp baking soda
- 2 tsp pure vanilla extract
- 1/4 cup nut butter of choice
- up to 1/4 cup milk of choice, only if needed
- Sweetener of choice (honey, agave, etc)
- 1/3 cup chocolate chips
- 2-3 tbsp oats or flour as needed to thicken



## PUMPKIN SPICE ENERGY BITES



### What You'll Need:

- Large bowl
- Measuring cups
- Measuring spoons
- Ice cream scooper or large spoon

### Directions

Add peanut butter, pumpkin puree, vanilla extract, and maple syrup in a large bowl. Next, add rolled oats, chia seeds, pumpkin spice, and chocolate chips to the mixture. Place mixture in the freezer for 20 minutes to firm up. Scoop mixture using an ice cream scooper or large spoon. Store in an air-tight container in the fridge or freezer.

<https://allthehealthythings.com/pumpkin-spice-energy-bites/>



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

**Prep time: 20 minutes**  
**Serves: 2-4**

### Ingredients:

- 1 cup peanut butter
- 1/2 cup pumpkin puree
- 1 TSP vanilla extract
- 1/2 cup maple syrup
- 1 1/2 cup rolled-oats
- 1/4 cup chia seeds
- 1 TBSP pumpkin spice 1/2 cup dark chocolate chips



# CHOCOLATE CHIA PUDDING



**Prep time: 5 mins**  
**Wait time: 4 hours**  
**Serves: 1-2**

## What You'll Need:

- Medium bowl
- Mixing spoon
- Measuring spoons (TBSP and TSP)
- Measuring cup

## Directions

Mix together cocoa powder, maple syrup, vanilla extract, dairy-free milk, and chia seeds in a medium-sized bowl. Cover bowl and refrigerate for 4 hours. Garnish with raspberries, blueberries, strawberries, and chocolate shavings!



## Ingredients:

### Chia Pudding:

- 2 tablespoons cocoa powder
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 cup dairy-free milk
- 1/4 cup chia seeds

### Garnish:

- Raspberries (or other berries)
- chocolate shavings

## PB&J Rice Cakes



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

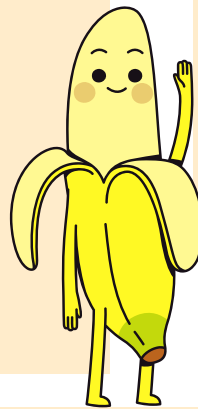
**Prep time: 5 minutes**  
**Serves 2**

### What You'll Need:

- Measuring spoon
- Measuring cup
- Spoon
- Cutting board
- Knife

### Ingredients:

- 4 TBSP Nut Butter
- 1/2 banana
- 1/2 cup strawberries
- 4 rice cakes
- honey



Spread peanut butter on a rice cake. Slice strawberries and bananas, and place an equal amount on each rice cake. Add a drizzle of honey, and enjoy!

### Directions

Spread peanut butter on a rice cake. Slice strawberries and banana, and place on the rice cake. Add a drizzle of honey, and enjoy!



# NICE KRISPIE BITES



## What You'll Need:

- Large bowl
- Measuring spoon
- Mixing Spoon
- Measuring cup
- Self-compassion :)

## Ingredients:

- 3/4 cup peanut butter
- 1/3 cup sugar
- 1 tsp vanilla extract
- 1 tbsp maple syrup
- 1/8 tsp salt
- 1.5 cups rice krispies
- 2 tsp oil/maple syrup to bind (optional if needed)



## Directions

1. Add peanut butter, sugar, vanilla, maple syrup to the food processor, process for a minute to mix the sugar. Add chocolate, salt, 1 cup krispies and pulse to mix and break most of them. Add the remaining rice krispies and pulse to mix and break half of the krispies
2. Shape using hands or a scoop. Hands will warm the nut butter making it easier to bind. If using a scoop you might need to add maple or oil so that the mixture sticks easily as some nut butters are dryer.
3. Shape, chill for a few mins and serve. Store refrigerated for up to 2 weeks, freeze for up to a month.

# Be Mine Bites



# mobi

THE MOBILE DEMONSTRATION KITCHEN  
COOKING STARTS HERE

### What You'll Need:

- Large Bowl
- Spatula
- blender OR fork
- Love



Source: <https://tasteandsee.com/strawberry-parfait-energy-bites/> | For more info & recipes, check out [healthpromotion.sdsu.edu](http://healthpromotion.sdsu.edu)

**Prep time: 10 minutes**

**Serves 15**

**1 serving size = 2 balls**

### Directions

1. Combine all ingredients in a blender and pulse or combine in a bowl and stir together with a fork
2. Form into 1-inch balls and roll in the remaining almond crumbs. Store in an air-tight container in the fridge for 1 week.

### Ingredients:

- 1 1/4 cup almond butter
- 1 cup quick oats
- 1 1/3 cup freeze-dried strawberries
- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons chia seeds
- 1 tablespoon water

