

# Linfield Student Cookbook

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## Introduction

The Linfield Student Health, Wellness and Counseling Center has been working to meet students' nutritional needs by creating a student cookbook, suitable for use in limited kitchen space. We have become aware that Linfield students are interested in nutrition and wellness but may not have a full kitchen or budget to work with. By creating and distributing this cookbook, we hope that students will be able to utilize it as a resource to learn more about healthy eating and put this knowledge into practice, working toward the ultimate goal of lifelong wellness.

## Blueberry Coconut Pecan Breakfast Cookies

**You will need:**  
 1 1/2 cups gluten free rolled oats  
 1 cup unsweetened coconut flakes  
 1 tbsp golden flax meal  
 1/2 tsp salt  
 3/4 cups coarsely chopped pecans  
 1/2 cup dried blueberries  
 3 very ripe bananas, mashed  
 1/4 cup coconut oil, warm enough to be liquid  
 1 tbsp agave nectar  
 1 tsp vanilla extract  
 cooking spray

**Instructions:**  
 Preheat oven to 350°. Combine oats, coconut, flaxmeal, salt, pecans and blueberries. Stir in bananas, oil, agave nectar and vanilla until well combined.  
 Press a drop of mixture into a 2 1/2 inch round cookie cutter onto a baking sheet coated with cooking spray. Continue with remaining mixture.  
 Bake for 15 minutes or until fragrant and golden. Cool on pan.

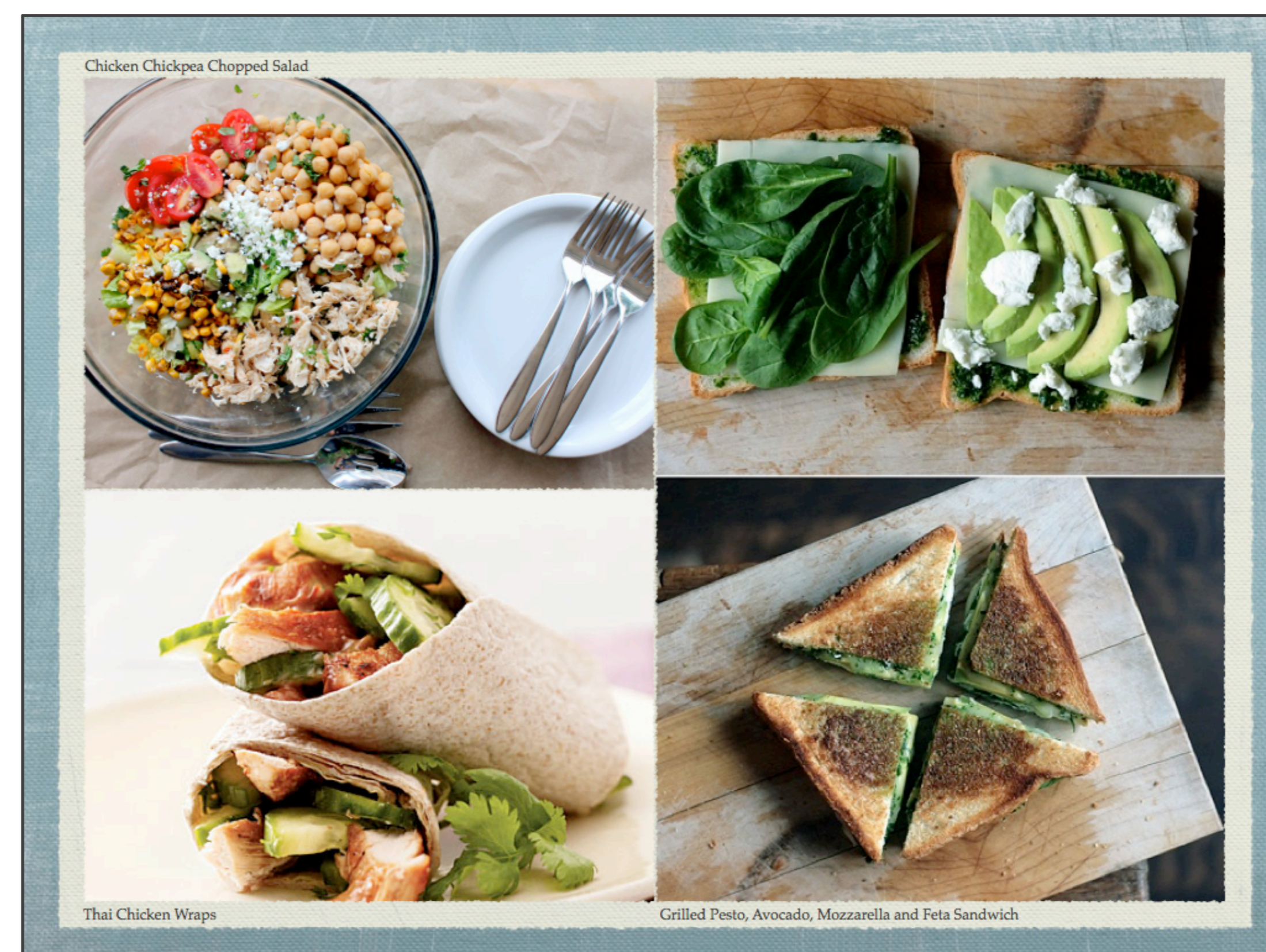
Makes about 15 cookies.



Recipe obtained from the blog, "Kamquat."

## Breakfast

Breakfast really is the most important meal of the day, especially for someone who is constantly on the go! Although we may not always have the time to sit down and make breakfast every morning, it is important to feed your body. Our recipes are conducive to the lifestyles of busy college students and are easy to prepare ahead of time or just grab on the go! It doesn't take as much time as one would think to eat a well rounded breakfast!



## Dinner

As college students we all know that our day doesn't end at 5pm. We typically rush from dinner back to the library or off to an event, sometimes sneaking bites of protein bars or sandwiches amidst it all. Dinner is what will fuel you through the evening, and support your body through the night until breakfast the following morning. Try to sit down to dinner every evening, if possible. To save time, cook on the weekends ahead for the week or stick food in a crock pot in the morning so you have a warm meal to come home to after a long day! However you are able, find a way that works for you so that you can end your day on a good note.

## Literature Cited

Cool Sorbets, *Recipe and photo obtained from MarthaStewart.com*  
 Thai Chicken Wraps, *Recipe and photo featured on Health.com*  
 On the Go Breakfast Bars, *Recipe and photo obtained from the blog, "Undressed Skeleton" by Tarylann McNitt*  
 Baked Banana, Blueberry, and Raisin Oatmeal, *Recipe and photo obtained from the blog "Deliciously Ella."*  
 Greek Yogurt with Berries, Banana and Oats, *Recipe and photo featured on "Undressed Skeleton."*  
 Chickpea Chicken Chopped Salad, *Recipe and photo obtained from ambitiouskitchens.com*  
 Grilled Pesto, Avocado, Mozzarella and Feta Sandwich, *Recipe and photo obtained from the blog "Taste Spotting" by Sarah Gim.*  
 Microwave Roasted Potatoes, *Recipe and photo obtained from FoodCreate.com*  
 Baked Spaghetti Squash with Garlic and Butter, *Recipe and photo obtained from steamkitchen.com*  
 Baked Sweet Potato Fries, *Recipe and photo obtained from FitSugar.com*  
 Chinese Chicken Salad, *Recipe and photo obtained from the blog, "Cinnamon Spice & Everything Nice."*



## Lunch

Although we can't always sit down to lunch, midday nutrition is an integral part of the day of a college student. Amidst the craziness of classes, internships, jobs, study sessions and other activities, your body needs to be refueled. Your stomach empties out approximately every 4 hours and if you don't make time for a midday meal or nutritious snack, you will be running on empty. This can affect focus and cognitive function, causing you to be less efficient and focused in classes and on assignments. For energy that will last all afternoon, pack your lunch ahead of time, along with one or two small snacks to get you through your busy day!



## Acknowledgements

I would like to thank Patty Haddeland and Adria Godon-Bynum of the Linfield Student Health, Wellness and Counseling Center for all of their help, support and encouragement, as well as my internship advisor, Janet Peterson, in the HHPA department.

## Coconut Curry Noodles

**You will need:**  
 1 Bell Pepper, cut into thin strips  
 A handful of baby carrots, cut into thin strips  
 1 jar Thai Kitchen Red Curry Paste  
 1 can lite coconut milk  
 1 cup chicken broth  
 Rice noodles  
 Cilantro  
 soy sauce, to taste

**Instructions:**  
 Submerge the rice noodles in boiling water. Let them soak for a bit. If you can cover them, all the better. Follow package directions, being mindful not to let them overcook.  
 Drizzle a bit of olive oil into your pan and empty about half the jar of the curry paste into the pan. Mix well.

Add one cup water plus one cup chicken broth into the skillet. Add the carrots and bring to a boil. Cover and let sit for about a minute. Be sure not to let it sit for much longer or the carrots may become mushy.

Add the can of coconut milk and the peppers.

Add about 1/4 cup of soy sauce into the mix (and more curry paste if you like).

**To Serve:**

In a bowl, put a decent helping of noodles. Ladle sauce and veggies over the noodles. Top with cilantro.



Recipe obtained from considercampbell.com

## Conclusion

College is a time of major transition. The move from being in your parents' home and living under their rules and values to being on your own and beginning to establish yourself as your own person is big deal, and often times college students aren't as prepared as they think they will be. One major area of change is food; students are now completely on their own to make decisions regarding how they will shop, cook and what they will put into their bodies. Many students are uneducated about maintaining good nutrition. Still others are well educated, but don't actually put good eating habits into practice. The goal of this cookbook is to begin to dissolve some of the barriers between knowing and doing. We created this collection of recipes in an effort to provide low cost, simple recipes that can be made quickly and in limited kitchen space for our students. Our hope is that by giving students this resource, it will influence their journey in creating their individual food philosophy and help them realize that there are attainable ways of living a healthy lifestyle, even during their time as a busy college student.

## ADDITIONAL RESOURCES

### On Campus

Meet with a Registered Dietician

Our Registered Dietician is available by appointment to meet with students to answer questions and discuss students' nutritional needs. To set up an appointment, call the Student Health, Wellness and Counseling Center at 503-883-5335.

Health Education Sessions

Call our Wellness Coordinator at 503-883-2806 to schedule a session.

Food for Thought: Information on the steps toward healthy eating: well balanced meals, vitamins and mineral supplements, current nutritional controversies, food labels, etc.

USDA website

www.choosemyplate.gov

USDA National Agricultural Library "Eating Smart"

http://fnic.nal.usda.gov/consumers/eating-health/eating-smart

Mapo Clinic

http://www.mapoclinic.com/health/nutrition-and-healthy-eating/MY00431

American Society for Nutrition

http://www.nutrition.org

### Websites

For Additional Nutrition Resources

Academy of Nutrition and Dietetics

www.eatright.org

Nutrition.gov "Healthy Eating"

http://www.nutrition.gov/smart/nutrition101/healthy-eating

USDA website

www.choosemyplate.gov

USDA National Agricultural Library "Eating Smart"

http://fnic.nal.usda.gov/consumers/eating-health/eating-smart

Mapo Clinic

http://www.mapoclinic.com/health/nutrition-and-healthy-eating/MY00431

American Society for Nutrition

http://www.nutrition.org

### Additional Recipes

Websites and Food Blogs

Undressed Skeleton

by Tarylann McNitt

http://undressedkeleton.tumblr.com

Small Kitchen College

http://www.smallkitchencollege.com/

Food Hero, Oregon State University

www.foogether.org

Books and Other Resources

The Healthy College Cookbook

by Alexandra Nimetz, Jason Stanley, and Emeline Starr with Rachel Holcomb

Cooking Light Magazine

Light&Tasty Magazine