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## The Joys of Cooking When You're a Depressed and Anxious Student

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# The Joys of Cooking When You're a Depressed and Anxious Student

Miles Bowman, Abigail Kuplicki, Michaela Kearny, Tim Nold, Shahryar Chaudhry, Jane Huang

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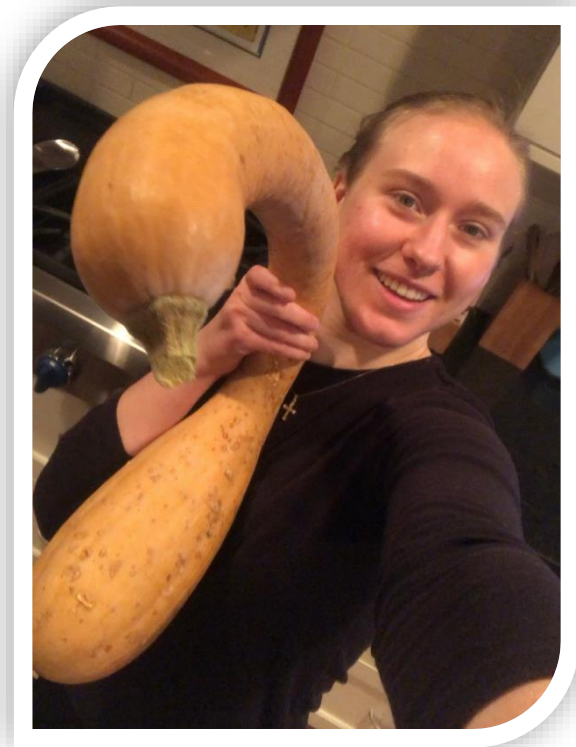
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## Introduction

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Young adulthood is a great time to learn the invaluable skill of cooking. Some of our country's leading causes of death, like heart disease and diabetes, are preventable with healthy lifestyle habits, particularly those over the life course.<sup>1</sup> For a young adult, cooking healthy meals does not have to be complicated, and it can set you up for a lifetime of health and wellness. But, for many young adults, especially those handling anxiety, depression, and other mental health challenges, the time and effort of cooking healthy meals at home are major deterrents, and this is something we hope to address in this book.



First off, cooking from scratch allows you to take control of your own nutrition and provides immediate benefits to your mental health. A recent systematic review brought together research from numerous studies on mental health and fruit and vegetable intake and showed that these healthy dietary patterns are associated with optimism, self-efficacy, reduced psychological distress, and protection against depressive symptoms.<sup>2</sup> In addition, research suggests that high sugar intake from processed foods and beverages may have an adverse effect on depression.<sup>3</sup> Preventing chronic illness far off in the future is not the only benefit of a healthy diet; consuming more wholesome, homemade meals may even improve your mental health today.

Second, the recipes in this book are intended to be simple, affordable, and full of nutrients

specifically aimed at benefitting the needs of young adults. While each recipe page will give a more thorough overview of each recipe's particular benefits, you will see things like vitamin D, anti-anxiety herbs and spices, and plenty of fruits and vegetables showcased to provide maximum benefit to the young adults who will read and utilize this book.

We hope this introduction has given you reason to pursue healthy dietary habits today and intrigue to continue reading and cooking along with our recipes. Happy cooking!

<sup>1</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7377530/#:~:text=As%20of%202018%2C%20the%20top,1>.

<sup>2</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7019743/#:~:text=The%20most%20prominent%20results%20indicated,distress%2C%20ambiguity%2C%20and%20cancer%20fatalism>

<sup>3</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5532289/>

## Breakfast on-the-run Bowls

### INGREDIENTS:

- 2 SMALL BOWLS (FOR STORAGE)
- ½ LEMON (OR LEMON JUICE)
- 4 LARGE HARD-BOILED EGGS
- 1 CUP HALVED CHERRY TOMATOES
- 1-2 HASS AVOCADOS
- 1 TEASPOON EXTRA-VIRGIN OLIVE OIL
- 1/8 TEASPOON SALT
- BLACK PEPPER
- CRUSHED RED PEPPER FLAKES
  - SUBSTITUTE: SIRACHA SAUCE



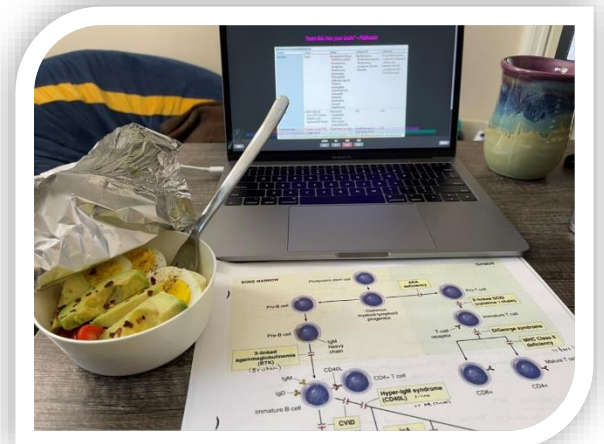
### INSTRUCTIONS:

- CUT HARD-BOILED EGGS IN HALF AND PLACE IN 2 BOWLS
- TOP EACH BOWL WITH ½ CUP HALVED CHERRY TOMATOES, AND ½-1 SLICED AVOCADO
- DRIZZLE WITH OLIVE OIL AND LEMON JUICE
- SEASON WITH SALT, BLACK PEPPER, AND RED PEPPER FLAKES/SIRACHA



### BENEFITS:

- QUICK AND EASY MEAL PREP FOR NOW OR LATER
- LOW SUGAR BUT FULL OF FLAVOR
- EGGS ARE HIGH IN VITAMIN D
- LEMON HAS VITAMIN C



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## Lemon Pepper Chicken with Rice and Vegetables

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### INGREDIENTS:

- 3 TABLESPOONS LEMON PEPPER
- 1 TABLESPOON PAPRIKA
- 2 CLOVES GARLIC, MINCED
- 1 TABLESPOON OLIVE OIL
- 2 LB CHICKEN THIGHS WITH SKIN
- 4 TABLESPOONS BUTTER
- 1 YELLOW ONION, DICED
- 1 ½ CUPS ARBORIO RICE
- 4 CUPS CHICKEN BROTH
- 1 ½ CUPS MILK
- PEPPER, TO TASTE
- 1 CUP PARMESAN CHEESE
- ¼ CUP FRESH PARSLEY, OPTIONAL

### INSTRUCTIONS:

1. COMBINE LEMON PEPPER, PAPRIKA, AND 2 CLOVES OF MINCED GARLIC IN A SMALL BOWL.
2. IN A LARGE OVEN-PROOF POT, HEAT OLIVE OIL ON MEDIUM HEAT. SEASON BOTH SIDES OF THE CHICKEN AND PLACE IN THE POT SKIN SIDE DOWN. COOK FOR THREE MINUTES, TURN THE HEAT UP TO MEDIUM HIGH AND COOK FOR AN ADDITIONAL TWO MINUTES (OR UNTIL BROWNE). TURN THE CHICKEN OVER AND COOK FOR ANOTHER 3-4 MINUTES. REMOVE CHICKEN FROM THE POT AND SET ASIDE. (DON'T WORRY! IT WILL FINISH COOKING WHEN YOU PUT IT IN THE OVEN.)
3. WITH A PAPER TOWEL, CAREFULLY WIPE OUT EXCESS FAT, LEAVING THE SEASONING.
4. PREHEAT YOUR OVEN TO 350°F (175°C).
5. ON MEDIUM HIGH, MELT TWO TBSP. OF BUTTER IN THE POT AND ADD THE DICED ONIONS AND THE REST OF THE MINCED GARLIC. COOK UNTIL ONIONS ARE TRANSLUCENT (1-2 MINUTES).
6. ADD THE RICE AND STIR UNTIL IT BECOMES TRANSLUCENT (1-2 MINUTES).
7. POUR IN THE WHITE WINE AND LET IT COOK UNTIL MOST OF THE WINE HAS EVAPORATED (ABOUT TWO MINUTES).
8. ADD THE CHICKEN BROTH, ONE CUP OF MILK, AND A DASH OF PEPPER AND STIR. BRING IT TO A SIMMER.
9. PLACE THE CHICKEN BACK INTO THE POT. COVER WITH A LID OR FOIL AND BAKE FOR 30 MINUTES (REMOVE LID AFTER 20 MINUTES).
10. REMOVE THE CHICKEN FROM THE POT AND BROIL ON HIGH FOR 2-3 MINUTES OR UNTIL THE SKIN HAS NICELY BROWNE.
11. ADD THE OTHER TWO TBSP. BUTTER, PARMESAN, ½ CUP (118 ML) OF MILK AND PARSLEY TO THE RICE. STIR UNTIL WELL COMBINED. RETURN THE CHICKEN ON TOP OF THE RICE.



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## *Whole Wheat Pasta with Cauliflower and Collard*

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### INGREDIENTS:

- COARSE SALT AND GROUND PEPPER
- 3/4 POUND SHORTS PASTA (EXAMPLE: PENNE)
- 1-2 TABLESPOON EXTRA-VIRGIN OLIVE OIL (SOME FOR DRIZZLING)
- 1 BUNCH COLLARD (OR CAN USE KALE AS SUBSTITUTE)
- SOME CAULIFLOWER

### INSTRUCTIONS:

- COOK PASTA ACCORDING TO PACKAGE INSTRUCTIONS IN A POT OF BOILING SALT WATER, DRAIN PASTA WHEN FINISHED.
- MEANWHILE, IN A SEPARATE POT, HEAT OIL OVER MEDIUM. OPTIONAL: ADD WINE AND COOK UNTIL ALMOST EVAPORATED (ABOUT 5 MINUTES).
- ADD COLLARDS AND STIR OCCASIONALLY UNTIL BRIGHT GREEN AND CRISP-TENDER, ABOUT 5 MINUTES.
- ADD CAULIFLOWER AND COOK UNTIL HOT.
- ADD PASTA AND ENOUGH WATER TO COAT PASTA AND COOK FOR A BRIEF WHILE UNTIL MOST WATER EVAPORATE.
- TRANSFER TO A SERVING BOWL AND DRIZZLE WITH OIL.



### BENEFITS:

- RICH IN ANTI-OXIDANTS
- COLLARD: SUPERFOOD THAT IS RICH IN A VARIETY OF VITAMINS (A, C, K, B-6), ALSO CALCIUM, IRON, MAGNESIUM, THIAMIN, NIACIN, PANTOTHENIC ACID, CHOLINE



## Greek-Style Roast Fish

### INGREDIENTS:

- 5 SMALL POTATOES (ABOUT 400G), SCRUBBED AND CUT INTO WEDGES
- 1 ONION, HALVED AND SLICED
- 2 GARLIC CLOVES, ROUGHLY CHOPPED
- ½ TSP DRIED OREGANO OR 1/2 TBSP CHOPPED FRESH OREGANO
- 2 TBSP OLIVE OIL
- ½ LEMON, CUT INTO WEDGES
- 2 LARGE TOMATOES, CUT INTO WEDGES
- 2 FRESH SKINLESS POLLOCK FILLETS (ABOUT 200G)
- SMALL HANDFUL PARSLEY, ROUGHLY CHOPPED

### INSTRUCTIONS:

- HEAT OVEN TO 400 F (200C/180C FAN/GAS 6).
- TIP THE POTATOES, ONION, GARLIC, OREGANO AND OLIVE OIL INTO A ROASTING TIN, SEASON, THEN MIX TOGETHER WITH YOUR HANDS TO COAT EVERYTHING IN THE OIL.
- ROAST FOR 15 MINS, TURN EVERYTHING OVER AND BAKE FOR 15 MINS MORE.
- ADD THE LEMON AND TOMATOES, AND ROAST FOR 10 MINS.
- THEN TOP WITH THE FISH FILLETS AND COOK FOR 10 MINS MORE.
- SERVE WITH PARSLEY SCATTERED OVER.



### BENEFITS:

- POLLOCK IS A SUSTAINABLE FISH THAT IS AN EXCELLENT SOURCE OF B VITAMINS
  - B12 DEFICIENCY CAN LEAD TO PERNICIOUS ANEMIA, PERIPHERAL NEUROPATHY, AND MEMORY IMPAIRMENT<sup>1</sup>
- COD IS RICH IN VITAMIN A WHICH HELPS MAINTAIN VISION, BRAIN FUNCTION, AND SKIN

<sup>1</sup> [https://journals.lww.com/md-journal/fulltext/2020/07240/association\\_between\\_vitamin\\_b12\\_levels\\_and.92.aspx#:~:text=Those%20with%20a%20deficiency%20of,cognitive%20decline%20or%20Alzheimer%20disease.](https://journals.lww.com/md-journal/fulltext/2020/07240/association_between_vitamin_b12_levels_and.92.aspx#:~:text=Those%20with%20a%20deficiency%20of,cognitive%20decline%20or%20Alzheimer%20disease.)

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## Carrot and Avocado Salad

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### INGREDIENTS:

#### CARROTS

- 2 TABLESPOONS OF OLIVE OIL
- 1 TEASPOON OF SALT
- 4 CLOVES OF CHOPPED GARLIC
- ¼ TEASPOON OF PEPPER
- 1 LB THIN CARROTS

#### DRESSING

- 3 TABLESPOONS OLIVE OIL
- 1 TABLESPOON LIME JUICE W/ ZEST
- ½ TEASPOON SALT
- ¼ TEASPOON PEPPER

#### SALAD

- 2 CUPS OF LETTUCE
- 1 FIRM, RIPE AVOCADO
- SALT + PEPPER



### INSTRUCTIONS:

**CARROTS:** PREHEAT OVEN TO 400\*F. IN BOWL, WHISK OIL, GARLIC, SALT, AND PEPPER TOGETHER. ADD CARROTS TO BOWL AND MIX INGREDIENTS (VIA TOSSING). DUMP BOWL'S CONTENTS ONTO A BAKING SHEET AND SPREAD THEM OUT. PUT SHEET INTO OVEN (@400\*F) AND ROAST FOR ABOUT 22-24 MINUTES (UNTIL CARAMELIZED).

**DRESSING:** IN A JAR/BOTTLE, COMBINE OLIVE OIL, LIME JUICE W/ZEST, SALT AND PEPPER BEFORE SHAKING JAR UNTIL CREAMY.

**SALAD:** PLACE LETTUCE CUPS ONTO PLATE, TOP WITH CARROTS, SCATTER AVOCADO SLICES ON TOP. DRIZZLE DRESSING ON TOP AND ADD SALT/PEPPER AS NEEDED.

### BENEFITS:

- 4 FULL SERVINGS OF VEGETABLES
- FULL OF HEALTHY FATS (ENERGY) AND FIBER (DIGESTION)
- VITAMINS: C (PREVENT CONNECTIVE TISSUE DISORDERS), B6 (BUILDING NEUROTRANSMITTERS + RED BLOOD CELLS), A (EYE + SKIN HEALTH),

## 7-11 Toasted Almond Rice Pilaf

### INGREDIENTS:

- 1 BOX MINUTE RICE (2 CUPS)
- 1 14-OZ CAN DICED TOMATOES, NOT DRAINED
- 1 14-OZ CAN GREEN BEANS, DRAINED AND RINSED (CHOP INTO SMALLER PIECES IF DESIRED)
- 2 SNACK PACKS UNSALTED ALMONDS
- 1 TABLESPOON LIPTON RECIPE SECRETS ONION RECIPE SOUL & DIP MIX, 1 TSP ONION POWER, OR ¼ CUP CHOPPED ONION (OPTIONAL)



### INSTRUCTIONS:

- DRAIN DICED TOMATOES WITH A SIEVE OR COLANDER, RESERVING THE LIQUID (ABOUT ¾ CUP)
- POUR 2 CUPS MINUTE RICE INTO A MICROWAVE SAFE BOWL AND ADD TOMATO JUICE PLUS WATER FOR A TOTAL OF 2 CUPS LIQUID ADDED
  - E.G. IF YOU HAVE ¾ CUP TOMATO JUICE, ADD 1 ¼ CUP WATER
- OPTIONAL: ADD ONION SOUP MIX, ONION POWER, OR CHOPPED ONION
- COOK MINUTE RICE AS DIRECTED ON PACKAGE
- IN THE MEANTIME, CHOP ALMONDS, THEN TOAST IN A DRY SKILLET OVER MEDIUM HEAT UNTIL GOLDEN BROWN AND FRAGRANT (ABOUT 2-4 MINUTES)
- REMOVE ALMONDS FROM PAN
- IN THE SAME PAN, ADD TOMATOES AND GREEN BEANS AND COOK ON MEDIUM HEAT UNTIL MOST OF THE LIQUID HAS EVAPORATED, ABOUT 5 MINUTES
- ADD COOKED RICE TO PAN AND STIR TO COMBINE
- SPRINKLE TOASTED ALMONDS OVERTOP JUST BEFORE SERVING AND ENJOY!



### BENEFITS:

- EASY PLANT-BASED RECIPE MADE FROM INEXPENSIVE INGREDIENTS AVAILABLE AT THE CONVENIENCE STORE
- BE SURE TO USE UNSALTED ALMONDS AND RINSE GREEN BEANS TO KEEP SODIUM CONTENT WITHIN A HEALTHY RANGE; YOU CAN ALWAYS ADD SALT BUT NOT TAKE AWAY

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## Moroccan Mint Tea

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### INGREDIENTS:

- 10 SPRIGS FRESH MINT (PLUS EXTRA FOR GARNISH)
- 3 TEASPOONS GREEN TEA (CHINESE GUNPOWDER)
- 3 TABLESPOONS SUGAR (USE MORE OR LESS DEPENDING ON PREFERENCE AND HEALTH PREFERENCE)
- 4 CUPS WATER

### INSTRUCTIONS:

- BOIL WATER, POUR A SMALL AMOUNT IN THE TEAPOT, AND SWISH IT AROUND TO WARM THE POT.
- COMBINE THE FRESH MINT, GREEN TEA, AND SUGAR IN THE TEAPOT.
- FILL WITH THE REMAINING HOT WATER.
- LET TEA STEEP FOR THREE MINUTES.
- SET OUT GLASSES FOR THE TEA. (USE A CLEAR GLASS TO DISPLAY THE MINT SPRIGS)
- FILL ONE GLASS WITH THE TEA, THEN POUR IT BACK IN THE POT.
- REPEAT. (THIS HELPS TO DISSOLVE AND DISTRIBUTE THE SUGAR.)
- POUR THE TEA. (POUR THE TEA A HIGH DISTANCE ABOVE THE GLASSES TO CREATE A NICE FOAM.)
- GARNISH WITH REMAINING MINT SPRIGS AND ENJOY!

### BENEFITS:

- AROMATIC, CAFFEINE-FREE TEA IS PERFECT FOR AN AFTERNOON STUDY BREAK WITH FRIENDS OR FOR A RELAXING NIGHT-CAP TO HELP ONE UNWIND AFTER A LONG DAY





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## Dr. Chandarana's Saffron Tea

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### INGREDIENTS:

- 4 CUPS WATER
- 1 PINCH SAFFRON STRAND (10-12 STRANDS)
- 3 INCHES OF FRESH GINGER
- 1 CINNAMON STICK
- 3-4 TABLESPOONS HONEY

### INSTRUCTIONS:

- PEEL THE GINGER AND CHOP COARSELY
- POUR THE WATER INTO A PAN, ADD HONEY, CINNAMON STICK, AND CHOPPED GINGER, THEN BRING TO A BOIL
- TURN HEAT TO LOW THEN ADD THE SAFFRON STRANDS, COVER AND SIMMER FOR 15 MINUTES
- UNCOVER, TURN UP HEAT SLIGHTLY AND LEAVE FOR 5 ADDITIONAL MINUTES
- STRAIN THE TEA INTO CUPS AND SERVE HOT

### BENEFITS:

- IN RECENT STUDIES, SAFFRON HAS BEEN SHOWN TO IMPROVE BLOOD FLOW TO THE BRAIN AND FIGHT AGAINST NEUROLOGIC DISEASES SUCH AS ALZHEIMER'S<sup>2</sup>



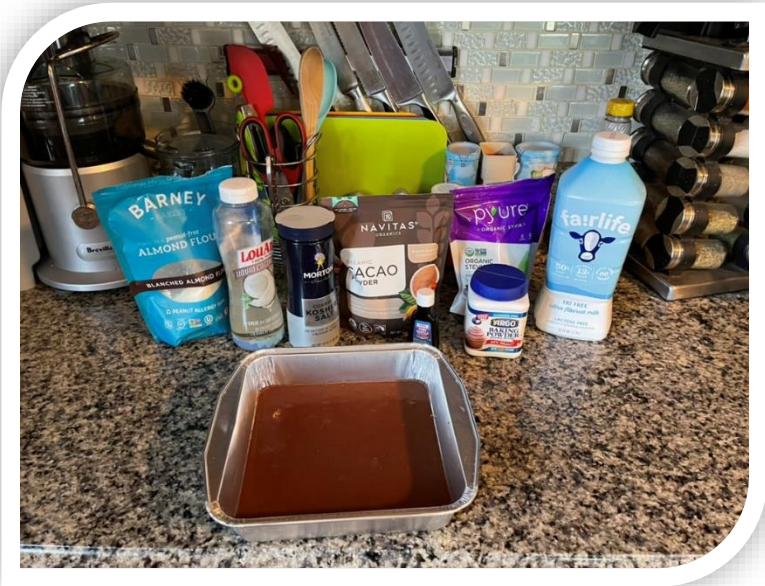
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<sup>2</sup> [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC4599112/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4599112/)

## Keto Chocolate Cake

### INGREDIENTS:

- 1 1/2 CUPS FINE ALMOND FLOUR
- 1/4 CUP COCOA POWDER
- 2 1/4 TSP BAKING POWDER
- 1/2 TSP SALT
- 1/3 CUP WATER OR MILK OF CHOICE
- 3 EGGS (INCLUDING THE VEGAN OPTION LISTED EARLIER IN THE POST)
- 1/3 CUP STEVIA
- 1 1/2 TSP PURE VANILLA EXTRACT



### INSTRUCTIONS:

- PREHEAT OVEN TO 350 °F
- MIX INGREDIENTS TOGETHER IN A BOWL
- GREASE AN 8-INCH PAN, AND LINE WITH PARCHMENT
- ADD MIXTURE TO PAN AND BAKE FOR 25-30 MINUTES

### BENEFITS:

- THIS SWEET TREAT HAS NO ADDED SUGAR
  - MANY RESEARCHERS HAVE FOUND SUGAR EXACERBATES DEPRESSION AND ANXIETY<sup>3</sup>



<sup>3</sup> [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC5532289/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5532289/)