

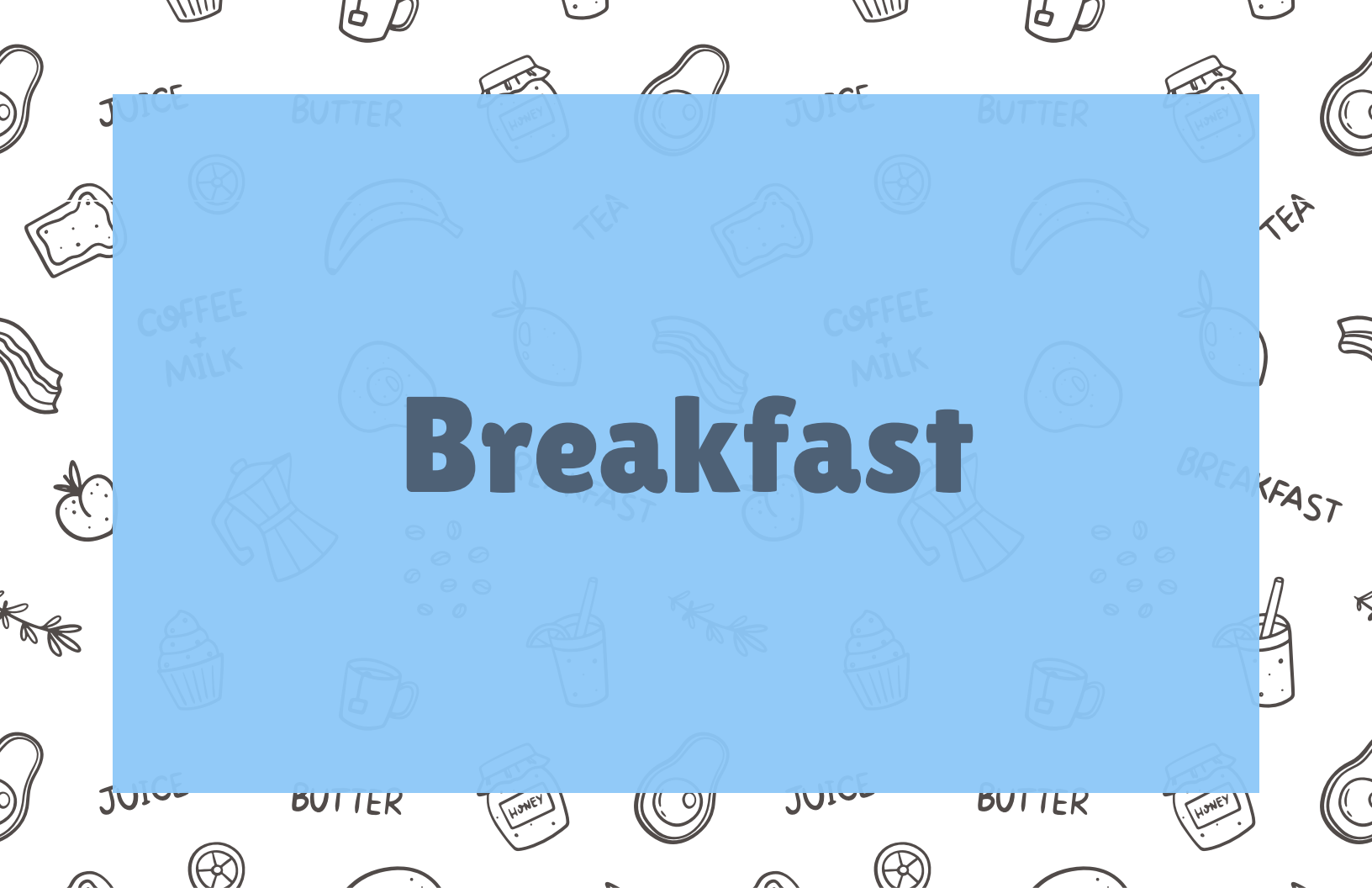


# UCook KITCHEN

SALVE REGINA  
*dining*

## Recipe Booklet





# Breakfast



## Vegetable Scramble



### **Dietitian Tip:**

Serve with whole grain toast to make this a complete meal!

### **Ingredients:**

- 1 scoop liquid eggs
- 1/2 cup green bell peppers
- 1/2 cup spinach
- 1/4 cup onion
- 1/4 cup tomatoes
- Pinch of salt and pepper

### **Instructions:**

1. Pour a drizzle of oil in the frying pan. Add peppers, spinach, and onions and cook for about 1 minute.
2. Add liquid eggs and tomatoes to the pan and season with salt and pepper as desired. Cook and continuously stir eggs until eggs are set. Season as desired and serve with a piece of toast.



## **Cheesy Breakfast Hash**

### **Ingredients:**

- 1 scoop liquid eggs
- 1/4 cup onion
- 1/4 cup tomato
- 1/4 cup cheddar cheese
- Breakfast potato option\*
- Breakfast meat option, chopped\*

(\*From Savory)

### **Instructions:**

1. Spray the pan with non-stick spray. Add tomatoes, onion, potatoes and breakfast meat to the pan. Cook for about 2 minutes.
2. Push potatoes and meat to the edge of the pans. Pour eggs into the center of the pan and cook thoroughly, about 4 minutes.
3. Sprinkle cheese over everything in the pan and cook until melted. Season with salt, pepper, and other seasonings as desired.



## Spinach and Feta Omelet

### Ingredients:

- 1.5-2 scoops liquid eggs
- 1 cup spinach
- 1/4 cup feta\*
- 1/4 cup onion

(\*From Mix)

### Instructions:

1. Spray the pan with non-stick spray. Add spinach and onion and cook until onions are translucent.
2. Add in eggs, do not mix. Cook on one side for about 2-3 minutes. Then, flip eggs to other side. Add feta cheese and cook for another 2-3 minutes.
3. Flip egg mixture in half to create an omelet and serve.



### **Dietitian Tip:**

Add scrambled eggs instead of breakfast meat to make this meal vegetarian.



## **Savory Breakfast Oatmeal**

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### **Ingredients:**

- 1 cup oatmeal
- 1/2 cup spinach
- 1/2 cup tomatoes
- 1/4 cup cheddar cheese
- Breakfast meat option\*
- Pumpkin seeds\*

(\*Breakfast meat from Savory line,  
Pumpkin seeds from Mix)

### **Instructions:**

1. Scoop oatmeal into a bowl.
2. Heat spinach and tomatoes with a drizzle of oil for about 1 minute or until spinach is slightly wilted.
3. Mix tomatoes and spinach in with oatmeal. Top with cheddar cheese, breakfast meat, and pumpkin seeds



## Perfect Pancake



### Dietitian Tip:

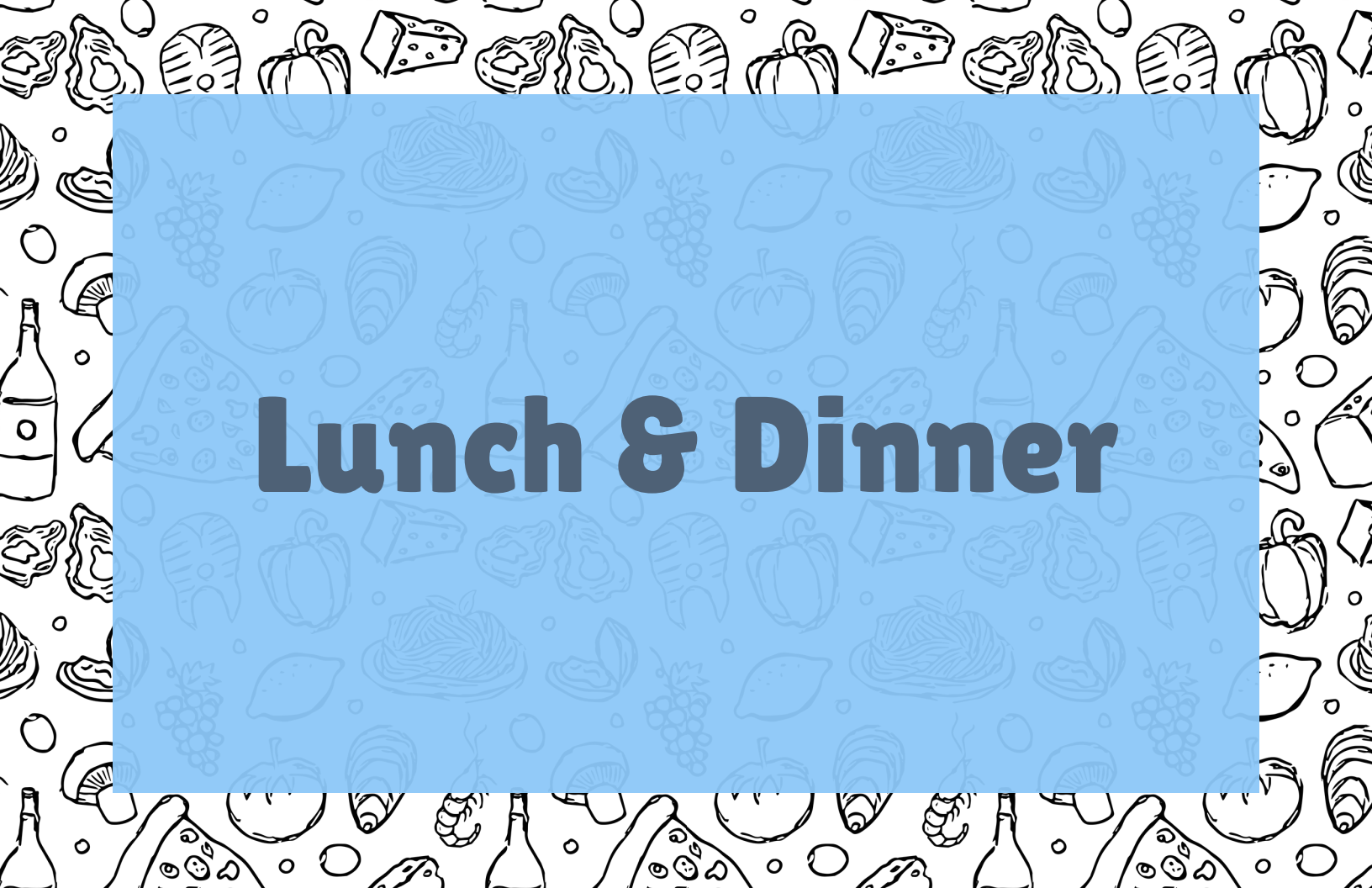
Adding blueberries or bananas to your pancake is a great way to get some fruits in your diet!

### Ingredients:

- 1 cup pancake batter
- Toppings of choice

### Instructions:

1. Heat pan over medium heat. Spray the pan with non-stick spray once hot.
2. Pour 1/4 cup of batter into the pan. Place toppings in batter if using. Cook for 1-2 minutes or until bubbles appear on the surface of the pancake.
3. Flip and cook on other side until golden-brown and cooked through.

The background is a repeating pattern of various food items in a simple, hand-drawn style. These include pizzas, burgers, lemons, mushrooms, and other snacks. A large, solid blue rectangle is centered on the page, serving as a backdrop for the main text.

# **Lunch & Dinner**



## Chicken Fried Rice

### Ingredients:

- 1/2 scoop liquid eggs
- 1/2 cup onions
- 1/4 cup bell peppers
- 1/4 cup mushrooms
- 1/4 cup broccoli
- 1/2 cup chicken
- 1 cup rice
- 1 tablespoon soy sauce
- 2 tablespoon oil

### Instructions:

1. Spray pan with non-stick spray. Add eggs and stir constantly until eggs are cooked through, transfer to a plate.
2. Heat 1 tablespoon of oil in a pan and add diced onion, peppers, and broccoli. Cook for about 2 minutes, then add a dash of salt and pepper.
3. Add the rice to the pan and combine with vegetables. Drizzle soy sauce and remaining oil over rice and stir. Add in chicken and scrambled eggs. Cook for another 1-2 minutes and serve.



## Ham and Cheese Quesadilla

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### Ingredients:

- 1 tortilla
- 1/2 cup ham
- 1/4 cup cheddar cheese
- 1/4 cup tomatoes

### Instructions:

1. Heat pan to medium heat. Spray pan with non-stick spray.
2. Add tortilla to pan. Place ham, tomato, cheese, and any other toppings you desire on one side of the tortilla. Cook until cheese is melted.
3. Flip empty side of tortilla on top of the toppings side. Cut into thirds and serve.



## Veggie & Tofu Stir-Fry

### Ingredients:

- 1/2 cup broccoli
- 1/4 cup mushroom
- 1/4 cup onion
- 1/4 cup bell peppers
- 1/4 cup carrots\*
- 1 cup tofu\*
- 2 tablespoons teriyaki sauce
- 3 tablespoon oil

(\*From Mix)

### Dietitian Tip:

Sauces like teriyaki are high in sodium. Start with a small amount, and add more as needed!



### Instructions:

1. Heat 2 tablespoons oil over medium high heat. Add tofu and let cook on each side until golden brown, about 8 minutes overall. Remove from skillet.
2. Add remaining oil to the pan. Add broccoli, mushrooms, onion, peppers, carrots, and any other vegetables you desire. Cook for about 5 minutes.
3. Return tofu to pan. Add teriyaki sauce to taste. Stir and cook for another 2 minutes.
4. Scoop tofu and vegetable stir fry over rice and enjoy.



## Chicken Tacos



### **Dietitian Tip:**

When quesadillas are offered at Sizzle, stop by for salsa, guacamole, and sour cream!

### **Ingredients:**

- 2 tortillas
- 1 cup chicken
- 1/4 cup tomatoes
- 1/4 cup onion
- 1/4 cup cheese
- El taco seasoning

### **Instructions:**

1. Add a small drizzle of oil to the pan. Cook onion and tomato for 2-3 minutes, until onion is translucent.
2. Add chicken and cook until warm. Season with El taco seasoning.
3. Add chicken and vegetable mixture to tortillas. Top with cheese.



## Spinach and Artichoke Pasta

### Ingredients:

- 1 cup pasta\*
- 1/2 cup artichokes\*
- 1 cup spinach
- 1/2 cup chickpeas
- 1/2 cup parmesan or feta cheese\*
- Pizza seasoning
- 2 tablespoons milk of choice
- 3 tablespoon oil

(\*Artichokes, cheese from Mix, pasta from Twists)

### Instructions:

1. Add artichokes, chickpeas, and 1 tablespoon oil to a hot pan. Season with pizza seasoning and cook for about 3 minutes, adding spinach in for the last minute.
2. Add in pasta, cheese, remaining oil, and milk to pan. Cook until heated through and cheese melts. Season to taste with pizza seasoning.

The background of the entire image is a repeating pattern of small, stylized blue sauce bottles. These bottles are scattered across the white background, some pointing upwards, some downwards, and some at angles. A large, solid blue rectangle is centered on the page, serving as a backdrop for the title.

# Sauces



## Alfredo Sauce

### Ingredients:

- 1 cup milk of choice
- 1/4 cup cream cheese\*
- 2 packets of butter\*
- 1/4 cup parmesan cheese\*
- Pizza seasoning

(\*Cream cheese and butter from bread station, cheese from Mix)

### Instructions:

1. Melt butter in pan over medium heat. Add cream cheese and pizza seasoning, stirring until smooth.
2. Add milk, a little at a time, trying to smooth out lumps. Stir in parmesan cheese.
3. Continue cooking until sauce reaches desired consistency. Toss with hot pasta to serve. Add more pizza seasoning to taste.



## Simple Orange Sauce

### Ingredients:

- 1/4 cup orange juice
- 1 tablespoon water
- 1 packet white sugar
- 1 tablespoon soy sauce
- Dash red pepper flakes
- 1 garlic clove\*
- Olive oil

(\*From Twists)

### Instructions:

1. Add a small drizzle of oil to the pan. Add garlic and cook for 1 minute.
2. Add orange juice, sugar, soy sauce, and water to the pan. Stir until combined and heat for 3 minutes.
3. Add in red pepper flakes and serve over chicken, tofu, or veggies.



## Cheddar Cheese Sauce

### Ingredients:

- 2 tablespoons milk of choice
- 1 packet butter\*
- 1/4 cup cheddar cheese
- 1 teaspoon honey mustard\*
- Dash of chipotle seasoning
- Dash of salt and pepper

(\*Butter from bread station, honey mustard from condiment station)

### Instructions:

1. Heat milk and butter in pan until steaming. Turn heat to low and add in cheese, honey mustard, chipotle seasoning, salt, and pepper.
2. Spread over french fries, broccoli, potatoes, tortilla chips, or add to a sandwich.