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Easy Ramen Soup

*Too cold to leave your dorm room but looking for a cheap, easy meal?
Try this healthy yet hearty meal that takes less than 5 minutes to prepare!*

Ingredients:

- ½ packet ramen noodles
- ½ can kidney beans, drained and rinsed
- ½ can vegetable soup
- ½ cup water

Directions:

1. Combine ingredients in a microwave safe bowl.
2. Cook in microwave on high for 2 minutes.
3. Stir and cook for an additional 1-2 minutes.
4. Allow 2 minutes to cool – then enjoy!



go to health 
Office of Health Promotion
Health Services Building, 1st floor
610.519.7407
www.villanova.edu/healthpromotion

Homemade Popcorn

Ingredients

½ cup unpopped corn
Canola, vegetable, or grapeseed oil

Directions

Find a large, heavy pot with a lid. Generously coat the bottom of the pan with oil and dump in about 1/2 cup of unpopped corn.

Stay near the pot until the corn begins to pop. Shake it every thirty seconds or so.

When it's done popping, season it with your favorite ingredients!



Topping Ideas:
Cajun Seasoning
Old Bay Seasoning
Sea Salt & Pepper
Salt & Vinegar
Sugar & Cinnamon
Parmesan Cheese

Not only is home-popped corn delicious, it's cheap too! A bag of popcorn kernels in the grocery store is just 4 cents per ounce, while microwave brands cost three to six times as much.

Americans consume about 17 billion quarts of this whole grain, healthy treat. That's 54 quarts per person! Compared to most snack foods, popcorn is low in calories. Air-popped popcorn has only 31 calories per cup. Oil-popped is only 55 per cup.

Pumpkin Bisque

Ingredients:

- 1 Tbsp. canola oil
- 1 apple (any kind), peeled, cored, seeded and coarsely chopped
- 1 leek, white part only, finely chopped
- 4 cups fat-free, reduced-sodium chicken or vegetable broth
- 1 sweet potato, peeled, halved lengthwise and cut in 1/2-inch slices
- 1 (15 oz.) can puréed pumpkin
- 1/4 teaspoon dried thyme leaves
- 1 Tbsp. curry powder
- Salt and freshly ground pepper, to taste
- 4 tsp. finely minced chives, for garnish



Directions:

1. In a large, heavy saucepan, heat oil over medium-high heat. Sauté apple and leek until the leek softens, about 4 minutes.
2. Add the broth, sweet potato, pumpkin, curry and thyme. Bring the soup to a boil over high heat, then reduce the heat and simmer uncovered until the potato and apple are soft when pierced with a knife, about 20 to 25 minutes.
3. Transfer soup to a blender or food processor and purée. Add salt and pepper to taste. Divide among 6 bowls. Garnish with the chives and serve. Makes 6 cups.

Peanut Butter Oatmeal

Enjoy this meatless breakfast, anytime of the day. It's packed with whole grain, protein, and fiber that will keep you fueled and, even better yet, can be made easily in the microwave!

Ingredients:

- ½ cup old fashioned oats
- ½ cup water
- 1 tbsp peanut butter
- 2 tbsp raisins



Directions:

1. Combine oats and water in microwave safe bowl.
2. Cook for 1½-2 minutes.
3. Immediately after removing from microwave, add peanut butter to oatmeal and stir until mixed in well.
4. Top with raisins.

Pumpkin Muffins Recipe

Ingredients:

1 Box of Vanilla Cake Mix
15 oz. can of pumpkin

Nutrient Dense Add-Ins:

- Nuts (walnuts, pecans)
- Fruits (mashed banana, raisins, craisins)
- Spices (cinnamon, all-spice, cloves)

Directions:

Mix the powder and pumpkin together, put into a muffin pan and bake at 350 degrees for 20-25 minutes. For microwave bakers, fill a mug with the mix and microwave on high for three and a half minutes. Let cool, and enjoy.

Warm Apple Cider

Ingredients:

- 3/4 cup apple cider or apple juice
- 1 or 2 whole cloves
- 1 cinnamon stick
- Orange slices

Directions:

1. Combine apple juice or apple cider with cloves and cinnamon in a microwaveable mug, cup or glass.
2. Heat in the microwave oven, uncovered, for 2 to 3 minutes.
3. Garnish with an orange slice.
4. Makes one cup.



Revamped Peanut Butter & Jelly

Looking to get more out of your standard Peanut Butter and Jelly? Make one of the easiest go-to meals even heartier (and tastier)! Adding a few extra calories to a peanut butter and jelly sandwich will help give your body more energy to use throughout the day.

Ingredients:

- 100% Whole wheat bread
- Peanut Butter
- Jelly



Revamp Your Sandwich:

- For extra crunch and sweetness, sprinkle some **honey roasted peanuts** around the inside of the sandwich. (This can also be done with any other type of nut.)
- To get some extra fiber, protein, and heartiness in your sandwich sprinkle some **plain instant oats** on the inside of your sandwich.
- To add potassium and fruit flavor to your sandwich, add slices of **banana** to the sandwich.
- To make a complete breakfast, after making the sandwich, dunk it in a bowl containing beaten **eggs** until the sandwich is covered in egg, and then cook in a frying pan until all of the egg is cooked. Enjoy your PBJ French Toast with a little syrup and a nice glass of OJ!