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THE GEORGE WASHINGTON UNIVERSITY

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WASHINGTON, DC

*presents*

# 5 Ingredients or Less

*a guide to cooking easy, affordable, healthy meals at college*

**GW**

Dining





*Erin Powell*

## *Hello!*

Whether you are an incoming first year or a returning student, welcome to a new year at GW!

When we first started working at GW Dining, my friend Jill and I were posed with a question: how do we make dining more accessible at this University?

After a whole lot of brainstorming, collaboration with other GW community members and organizations, support from the GW Dining Department, and a lot of fun, we pulled this awesome book together.

All of these recipes can be made with no cooking experience, almost all are or can be vegan friendly, and all are perfect for students learning to budget and eat on your own.





*Jill Morgan*

Cooking in a dorm can be scary -- especially in a communal space with unfamiliar tools, appliances, and faces -- but it is also a crucial part of taking care of yourself while in school.

Erin's and my vision was to take a little of the stress away by giving you some easy, familiar, delicious recipes that can all be made affordably, with the tools that have been provided to you in your communal kitchen.

You deserve to be in control of your diet while studying here. We hope that we, along with members of our GW and Foggy Bottom community, can help you do that.

*Warmly,*

*Erin & Jill*





# Never Cooked Before?

## Don't Worry! Here's a couple basics.



### Cooking Rice:

2 cups of water for every 1 cup of rice. Put the rice and water in a pot on high heat. Bring to boil, then reduce to very low heat (simmer), put the cover on the pot, and leave it for 20 minutes or until all water is absorbed. The rice should be moist, not wet. If you keep burning rice at the bottom of the pot, you're cooking too long or not adding enough water. Stir some butter into the boiling water to avoid rice sticking to the pot, and let it sit covered after cooking to make it extra fluffy!

"Sauté the vegetables": What does that mean?

To fry (food, such as small pieces of meat or vegetables)  
in a small amount of fat. Most vegetables take 5-10 minutes to sauté until tender on low heat!

Simmer



Boil



**ALWAYS WASH  
ANYTHING FRESH  
BEFORE COOKING!**  
**Meat, vegetables, fruit,  
ALL OF IT!**



Dining





# Don't Have a Measuring Cup?

**8 fl. ounces = 1 cup**

**SO**

*Solo cups make a  
great substitute when  
you are in a pinch!*



**Top line (16 oz.) = 2 cups**

12 oz.

**1/2 solo cup (8 oz.) = 1 cup**

5 oz.

**4 oz. (just below 5 oz. line) = 1/2 cup**

1 oz. liquor





# Breakfast



# Cinnamon Apple Oatmeal



## PRO TIP:

You can also add milk instead of or with water as the liquid to make the oatmeal extra creamy!

**Serves: 1**

**Prep Time: 5 minutes**

**Cook Time: 10 minutes**

**Total: 15 minutes**

## Ingredients:

**1 Apple**

**1 cup rolled oats**

**½ TBSP Cinnamon**

**1 TBSP Brown Sugar or maple syrup (optional)**

**1 TBSP Peanut Butter (optional)**

To prepare:

1. Boil 1 cup of water in a small pot on the stove
2. Chop 1 apple into cubes
3. Once water comes to a boil, add ½ cup oatmeal
4. Reduce heat and bring to a simmer
5. Stir in cinnamon and (optional) brown sugar.
6. Stir in apple chunks and let simmer for 1 minute
7. Once the water has been absorbed and apple is tender, remove from heat
8. Top with peanut butter and more cinnamon if you want some extra flavor, and you're done!





# Yogurt Parfait



**Prep Time: 2 minutes**  
**Cook Time: 2 minutes**  
**Total: 4 minutes**  
**Serves: 1**

**Ingredients:**  
**1 cup yogurt**  
**1/2 cup granola**  
**1 cup fruit of choice**  
**2 TBSP chia seeds (optional)**

To prepare:

1. Mix together 1 cup of yogurt and the chia seeds
2. Spread granola over top
3. Top with your choice of berries or sliced fruit!

## PRO TIP:

Add whatever fruit and other toppings you want! A GW Dining favorite is: raspberries, blueberries, and dark chocolate chips!



# Perfect Hard Boiled Eggs



**Prep time: 5 minutes**  
**Cook time: 5 minutes**  
**Total: 10 minutes**  
**Serves: 1-6**

**Ingredients:**  
**Whole Large Eggs**  
**(up to 6!)**

1. Put eggs in a pot.
2. Cover with cold water.
3. Place over high heat until water comes to a boil - bubbling that can't be stirred down.
4. The minute it comes to a boil, cover and remove from heat.
5. Allow to sit for exactly 10 minutes. Rinse under cold water until cool enough to peel.



# Banana Pancakes



**Prep time: 5 minutes**

**Cook time: 5 minutes**

**Total: 10 minutes**

**Serves: 1**

**Ingredients:**

**2 Large Eggs**

**1 Ripe Medium Sized Banana**

**Vegetable Oil (as needed)**

To prepare:

1. Heat a skillet over medium heat and add a dash of vegetable oil, just enough to thinly coat the bottom of the pan
2. In a medium mixing bowl mash the ripe banana and mix in the 2 eggs to form your pancake batter
3. Using a  $\frac{1}{4}$  cup measuring cup to scoop and pour your pancake mixture onto the pan..
4. Cook for 1 minute and then flip and cook the other side for another minute.
5. Stack on a plate, pour maple syrup and whatever toppings you would like and enjoy!





# Peanut Butter Banana Smoothie



**Prep time: 5 minutes**

**Cook time: 1 minutes**

**Total: 6 minutes**

**Serves: 1**

**Ingredients:**

**2 bananas (break into chunks)**

**2 cups of milk**

**2 cups of ice cubes**

**2 TBSP Honey**

**PRO TIP:**

Add a scoop of chocolate protein powder to make it chocolatey and packed with even more nutrients!

To prepare:

1. Place bananas, milk, peanut butter, honey, and ice cubes in a blender

2. blend until smooth, about 30 seconds

**PRO TIP:**

Most fruit smoothies are: 1 part leafy greens, 1 part liquid, and 2 parts fruit. Sometimes, yogurt or proteins (nuts, powders) are added too. Experiment and make up your own recipes!







Lunch

&

Dinner



# Spaghetti Squash



**Prep time: 5 minutes**

**Cook time: 5 minutes**

**Total: 10 minutes**

**Serves: 1**

**Ingredients:**

**2 Large Eggs**

**1 Ripe Medium Sized Banana**

**Vegetable Oil (as needed)**

To prepare:

1. Cut open the spaghetti squash in two. You can save one half for later or apply these instructions to both halves.
2. Put a little bit of water on a plate and put the squash face down on the plate.
3. Place this plate in the microwave for 1-3 minutes depending on how large your spaghetti squash is.
4. OR preheat the oven to 400 F and cook for 10-15 minutes on a baking sheet!
5. Put some butter or margarine on your squash (Earth Balance from Whole Foods is great!) ~ or marinara sauce ~ and you have a great snack/meal!

**PRO TIP:**

Take the seeds out of the inside of the squash, take off any squash on them, put some salt and seasoning on there, and pop 'em in the oven for a great snack for later!





# Easy Fish Fillets



**Prep time: 15 minutes**

**Cook time: 20 minutes**

**Total: 35 minutes**

**Serves: 4**

**Ingredients: 4 (6 oz) salmon steaks, or your choice of fish**

**3 TBSP honey**

**1 tsp lemon juice**

**3 TBSP Dijon mustard**

**1/2 tsp pepper/salt**

To Prepare:

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a small bowl, mix honey, mustard, and lemon juice.
3. Spread the mixture over the salmon steaks. Season with pepper.
4. Arrange in a medium baking dish.
5. Bake 20 minutes in the preheated oven, or until fish easily flakes with a fork.
6. Season with additional pepper and salt to taste and pair with some cooked veggies!





# Balsamic Roasted Brussel Sprouts



## Ingredients:

**1 lb of Brussels Sprouts**

**1/2 c Olive Oil**

**Salt & pepper (to taste)**

**Balsamic Vinegar (to taste)**

**Prep: 5 minutes**

**Cook time: 10-15 minutes**

**Total: 15-20 minutes**

**Serves: 2**

To Prepare:

1. Cut off the bottom of the stems of the brussels sprouts, and peel to remove the outermost leaves. Then half them and place them in a bowl.
2. Preheat the oven to 375F
3. In a bowl, toss the brussels sprouts in a 1/2 cup of olive oil and stir until thoroughly coated. Pour the coated veggies into a baking pan. At this point you may season with salt and pepper to taste.
4. Place the Brussels Sprouts into the oven for 10 - 15 minutes.
5. Bright green brussels sprouts will remain firm yet soft. More time in the oven will lead to slight charring (which can be done to achieve a different resulting flavor).
6. When complete serve with balsamic vinegar to taste and (non-vegan option) honey will offer a sweet pairing to the acid of balsamic



# Angel Hair Pasta with Meatballs



**Prep time: 10 minutes**

**Cook time: 20 minutes**

**Total: 30 minutes**

**Serves: 2**

## **Ingredients:**

**2 Servings of Angel Hair Pasta**

**10 Whole Foods Meatless Meatballs (or your meatballs of choice!)**

**Herbs of Choice (Basil, Rosemary, Parsley)**

**Red Pasta Sauce**

**Olive Oil**

## **PRO TIPS:**

- Make your own meatless meatballs using a can of beans! (Check out our Bean Burger Recipe)
- Nutritional yeast is a great plant-based and nutritionally dense topping to replace parmesan cheese!
- Add sauteed veggies, sun dried tomatoes, fresh tomatoes -- for more flavor and more micronutrients!

1. Boil about 3 cups of water in a pot, add pasta (and a dash of olive oil if desired), cook and stir occasionally for about 10 minutes.
2. Strain pasta
3. Lightly coat a skillet with olive oil or nonstick cooking spray.
4. When the pan has heated, place your meatballs in the skillet and brown for 5 minutes on one side. Flip the meatballs and brown for 2 more minutes on the other side.
5. Remove the meatballs from the pan and using the same pan heat your pasta sauce and add your herbs of choice (basil, parsley, rosemary etc.)
6. Add meatballs and pasta back into the skillet and stir to combine and coat with sauce.
7. Serve in a bowl and top with parmesan cheese, nutritional yeast, and/or more herbs!





# Simple Baked Chicken

**Prep time: 15 minutes**

**Cook time: 25 minutes**

**Total: 40 minutes**

**Serves: 4**

**Ingredients:**

**4 skinless chicken breasts**

**2 tablespoons olive or vegetable oil**

**2 tablespoons of sea salt**

**2 tablespoons creole seasoning (optional)**

1. Preheat oven to 400 degrees F
2. Rub chicken breasts with olive oil and sprinkle both sides with salt and Creole seasoning.
3. Place chicken in a baking pan.
4. Bake in the preheated oven for 10 minutes.
5. Flip chicken and cook until no longer pink in the center and the juices run clear, about 15 minutes more.
6. Remove chicken from pan.
7. Pour water into the pan, while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Add more water if needed to dislodge the browned bits; serve alongside chicken.





# Easy Teriyaki Tofu



**Prep time: 5 minutes**

**Cook time: 10 minutes**

**Total: 15 minutes**

**Serves: 1**

## **Ingredients:**

**1 block extra firm tofu extra firm**

**1/2 TBSP vegetable oil**

**1 TSP brown rice syrup**

**1 TSP soy sauce**

**1/8 TSP salt**

## **PRO TIP:**

Pair with some white rice or sauteed vegetables for a balanced and yummy meal!

1. Slice the block of tofu length-wise into approximately 1/4" thick pieces.
2. Heat the vegetable oil on medium to high heat in a frying pan. While the oil is heating up, sprinkle some salt on the tofu and rub it (gently) on each surface before placing it into the frying pan. The salt helps the tofu to brown.
3. Pan fry the tofu at medium to high heat until it browns on both sides. Meanwhile, combine soy sauce and rice syrup to make the teriyaki sauce.
4. When the tofu is done, turn down to low heat (or even turn off the heat if your pan is very hot) and pour in the sauce.
5. Flip and move your tofu around to make sure that the sauce coats all the tofu.
6. Let the liquid reduce and as it reduces, the liquid will turn into a sticky sauce that adheres to the tofu. That's when you know it's done!







# Snacks



# Skillet Roasted Edamame



## PRO TIP:

Thaw quicker by rinsing the edamame several times with warm water

**Prep time: 5 minutes**

**Cook time: 10 minutes**

**Total: 15 minutes**

**Serves: 2**

**Ingredients:**

**3 cups frozen edamame**

**1/4 teaspoon salt**



1. Put the edamame in a bowl of warm water to thaw. When thawed (about 5 minutes), drain.
2. Heat a dry skillet (no oil), over high heat. Add the edamame and roast.
3. Stir it every now and then, but not too often so the edamame has time to char in spots. It will take about 10 minutes for the edamame to be roasted all over.
4. Toss with salt.
5. Let rest for 5 - 10 minutes before serving so you don't burn yourself. To eat, squish the beans out of the pods with your finger or your teeth.



# Fresh Potato Chips



**Prep time: 30 minutes**

**Cook time: 5 minutes**

**Total: 35 minutes**

**Serves: 1**

**Ingredients:**

**1 potato, sliced paper thin**

**1/2 teaspoon salt, or to taste**

**1 tablespoon vegetable oil**

1. Pour the vegetable oil into a plastic bag (produce or large sandwich bag). Add the potato slices, and shake to coat.
2. Coat a large dinner plate lightly with oil or cooking spray.
3. Arrange potato slices in a single layer on the dish. Cook in the microwave for 3 to 5 minutes, or until lightly browned (if not browned, they will not become crisp).
4. Times will vary depending on the power of your microwave. Remove chips from plate, and toss with salt (or other seasonings). Let cool. Repeat process with the remaining potato slices.



# Peanut Butter Bars

Vegan &  
Gluten Free!

**Prep time: 30 minutes**

**Freeze time: 60 minutes**

**Total: 1.5 hours**

**Servings: 16 bars**

## Ingredients:

**1 cup unsalted, natural creamy peanut butter**

**1 cup (dairy-free) vegan chocolate chips**  
**pure maple syrup**

**1/2 cup coconut flour**



1. Line an 8-inch square baking pan with parchment paper or wax paper. Set aside.
2. Peanut Butter Layer: In a medium bowl mix 1 cup peanut butter,  $\frac{1}{4}$  cup + 2 tablespoons maple syrup, and  $\frac{1}{2}$  cup coconut flour. Using a rubber spatula, stir and fold until well-mixed and thickened, with no visible flour remaining. Transfer mixture into the baking pan. Using the spatula, smooth into an even layer. Set aside.
3. Chocolate Topping: Add Chocolate Topping ingredients to a medium, microwave-safe bowl: 1 cup chocolate chips and  $\frac{1}{2}$  cup peanut butter. Heat in 20-second increments until softened and melty. Stir in between heating increments, until smooth.
4. Pour the chocolate mixture over the peanut butter filling. Smooth into an even layer. Tap the pan a few times to help even out the chocolate.
5. Transfer pan to freezer. Freeze for 45-60 minutes, or until firm. Remove from freezer and slice into 16 bars.



# Roasted Pumpkin Seeds



**Prep time: 5 minutes**

**Cook time: 5 minutes**

**Total: 10 minutes**

**Serves: 1**

**Ingredients:**

**1 & 1/2 cups raw pumpkin seeds**

**2 teaspoons melted butter**

**pinch of salt**

1. Preheat the oven to 300 degrees F
2. Toss seeds in a bowl with the melted butter and salt.
3. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

## PRO TIP:

- You can use this same method to roast any kind of seeds! Pumpkin, squash, sunflower, experiment!
- buy a bag of raw seeds, or save seeds from your pumpkins and squash recipes!

# THANK YOU!

To the people, organizations, and departments  
that helped make this cookbook happen!



Dining

Foggy Bottom  
Neighborhood  
Association





