

# Dynamite Meals

[illegible]



# Our Mission

## WHY CREATE A RECIPE BOOK?

When students enter post-secondary school, they may not have the knowledge, experience, or time to create the meals they are accustomed to at home. The purpose of this recipe book is to assist first-time "chefs" with recipes that are healthy (with a few treats), simple, and delicious!

These meals are comprised of minimal ingredients; you probably already have them in your kitchen! The cook time is short, so you can easily make it between classes or study periods!





# OMELET

## INGREDIENTS

2 large eggs  
2 tablespoons water  
1 tablespoons butter  
1/4 cup shredded cheese  
1/4 cup salsa

## DIRECTIONS

1. Separate and beat the eggs and water in a small bowl.
2. Microwave the butter in a large bowl until melted, which is approximately 15 seconds. Tilt the bowl to cover the bowl's surface with butter.
3. Pour the egg mixture into the bowl.
4. Cover the bowl with another plate, and microwave on high heat for 2 minutes or until no visible liquid egg remains.
5. Season the omelet with salt and pepper. Place half of the cheese on the omelet, and fold it in half. Sprinkle the remaining cheese on top of the omelet.
6. Microwave the omelet for an additional 10 seconds to melt the cheese.
7. Serve with salsa and enjoy!





# EGGS IN A MUG

## INGREDIENTS

1 large egg  
1 tablespoon water  
1 tablespoon butter  
1/4 cup chopped mushrooms  
1 thin-sliced deli ham, chopped  
2 tablespoons shredded cheese

## DIRECTIONS

1. Separate and beat the eggs and water in a small bowl.
2. Microwave the butter in a mug until melted, which is approximately 15 seconds. Tilt the mug to cover the bowl's surface with butter.
3. Add the egg mixture, mushrooms, and ham to the mug and mix.
4. Microwave the mixture until it is cooked thoroughly and fluffy, which is approximately 90 seconds.
5. Sprinkle with salt and pepper and enjoy!





# PB&J OATS

## INGREDIENTS

1/2 cup old fashioned oats  
1/2 cup milk or milk alternative  
1 tablespoon strawberry jam  
2 tablespoons peanut butter, or any  
nut butter  
1/2 teaspoon chia seeds (optional)  
2 tablespoons peanuts, crushed  
(optional)

## DIRECTIONS

1. Combine oats and milk into a large bowl or mason jar.
2. Layer strawberry jam, nut butter, chia seeds, and crushed peanuts, as desired.
3. Refrigerate it overnight, and enjoy it cold in the morning!





# PROTEIN SMOOTHIE

## INGREDIENTS

1 banana  
1 cup frozen strawberries  
1 cup milk or milk alternative  
2 tablespoons nut butter  
1/2 cup Greek yogurt  
Any desired toppings (optional)

## DIRECTIONS

1. Combine all ingredients into a blender or magic bullet, and mix until smooth.
2. Top with shredded coconut, chia seeds, extra berries, or any other desired toppings, and enjoy!





# TOAST WITH A TWIST

## INGREDIENTS

2 slices of bread

Variety of spreads, such as butter, nut butter, cream cheese, honey, hummus, etc.

Variety of toppings, such as apples, bananas, berries, avocado, eggs, cheese, deli meat, hot sauce, etc.

## DIRECTIONS

1. Toast the slices of bread.
2. Top the toast with whatever you have to use in your kitchen! Here are some tasty combos:
  - Butter, honey, & crushed nuts
  - Cream cheese, apples, & honey
  - Nut butter & bananas
  - Butter, scrambled eggs, deli meat, & cheese
  - Sliced avocado & hot sauce
  - Hummus & cucumbers





# STIRFRY DISH

## INGREDIENTS

### **Peanut Sauce:**

- 2 tablespoon peanut butter
- 2-3 teaspoon soy sauce
- 1 teaspoon maple syrup
- 1 teaspoon siracha or hot sauce
- 1-2 teaspoon lime juice
- 1-2 teaspoon sesame oil (optional)
- 1-2 tablespoon water

### **Stir-Fry:**

- 1 cup vegetables, fresh or frozen (broccoli, peppers, carrots, mushrooms, onion, and bok choy)
- 1/2 cup canned chickpeas (substitute with tofu, shrimp, or chicken, if desired)
- 1 cup rice noodles

## DIRECTIONS

### **Peanut Sauce:**

1. In a medium bowl, add peanut butter, soy sauce, maple syrup, lime juice, hot sauce and sesame oil. Whisk with fork to combine.
2. Add water a little at a time until sauce is thick but pourable.

### **Stir-Fry:**

1. Microwave rice noodles and 1/2 cup of water for 2 minutes on high heat. Remove from microwave, mix well and cover with plate/lid. Set aside and let soak for approximately 5 minutes, or until desired texture is reached. Drain excess water.
2. Microwave vegetables for 4-5 minutes in a microwave-safe bowl covered with plate/lid. Drain excess water.
3. Drain 1/2 cup of canned chickpeas and rinse with water.
4. Once vegetables and noodles are cooked to desired tenderness, combine with
5. chickpeas and top with peanut sauce. Enjoy!



# KIBBI

## INGREDIENTS

2 cups crushed wheat  
4 cups ice cold water  
2 pounds very lean ground beef  
1 medium onion  
1 1/2 teaspoons salt  
1/2 teaspoons pepper  
1/2 teaspoon allspice

## DIRECTIONS

1. Preheat oven at 400 degrees Fahrenheit.
2. Place crushed wheat in a large bowl and add water.
3. Finely grate onion. Add ground beef, grated onion, and spices into a bowl and mix well.
4. Run mixture in a food processor until its a dough-like consistency.
5. Place on a platter and shape into a flat round.
6. Bake for 10 minutes.
7. Garnish and enjoy!

### TIP

If the ground beef, onion, spices, and crushed wheat do not mix well together, add a little cold water!



# ZUCCHINI ROUNDS

## INGREDIENTS

1 pound of zucchini  
3 eggs  
1/4 cup milk  
3/4 cup flour  
1 teaspoon Italian seasoning  
1 teaspoon garlic powder  
3/4 tablespoon oil

## DIRECTIONS

1. Preheat a pan on the stovetop at medium heat with oil.
2. Cut zucchini into 1/8 inch slices
3. Separate and beat the eggs. Mix the eggs, milk, and flour together.
4. Dip each zucchini round into the mixture until they are fully covered. Place the zucchini in the pan.
5. Cook both sides of the zucchini round until it is golden brown.

### TIP

If the mixture is too runny and does not stick to the zucchini, add more flour!



# QUESADILLAS

## INGREDIENTS

1. 2 tortillas
2. 1 cup pre-cooked chicken, or any deli meat
3. 1 cup grated cheese
4. 1/2 cup salsa

## DIRECTIONS

1. Pre-heat a frying pan over a medium to high heat.
2. Take one of the tortillas and lay it on a flat surface.
3. Spread it with the salsa and add on your choice of meat, cheese and any other vegetables you wish.
4. Add on the other tortilla to top to make a sort-of sandwich and squeeze together.
5. Fry on both sides of just 1-2 minutes until brown and crisp.
6. Cut into quarters and enjoy with some sour cream and guacamole!





# SPRING ROLLS

## INGREDIENTS

10 rice paper wrappers  
1 large carrot, peeled and sliced  
1 large cucumber, sliced  
1/2 of a large red pepper, sliced  
1 avocado, sliced  
5 large green lettuce leaves, chopped  
in half  
Fresh herbs, chopped  
20 medium cooked shrimp, peeled and  
sliced in half

## DIRECTIONS

1. Prepare the rice paper, as directed on their packaging.
2. Place a few sticks of carrot, cucumber, red pepper, avocado, and herbs on top of the bottom 1/3 of the rice paper.
3. Lay 1/2 of a lettuce leaf on and 4 slices of shrimp on top.
4. Roll everything up tightly.
5. Serve with your favorite dipping sauce!

### TIP

Remember, do not over-stuff the roll. Start small then add more, as needed, as you roll each one.



# JEERA RICE

## INGREDIENTS

1 cup Basmati rice (a long grain Indian rice)  
3 cups water  
Salt to taste  
2 tablespoons vegetable oil  
1 large onion (finely chopped)  
2 teaspoons cumin seeds  
1/2 cup water  
Coriander leaves to garnish

## DIRECTIONS

1. Wash the Basmati rice well in running water. Place rice in a small pot and add the 3 cups of water and salt. Bring to a boil on a stovetop at high heat.
2. Remove from stovetop when the rice is almost cooked. It will feel soft on the outside, but slightly hard on the inside. Drain excess water using a colander. Set rice aside.
3. In pan, heat the oil on medium heat. Add the onions, and fry till light brown. Then, add the cumin seeds. The seeds will splutter and sizzle to show they are done.
4. Add rice to the pan and stir well.
5. Add 1/2 a cup of water to the rice and cover. Simmer till all the water dries up.
6. Allow the rice to stand for another 2 to 3 minutes and then serve garnished with coriander leaves.



# BAKED CHICKEN

## INGREDIENTS

4 boneless skinless chicken breasts  
1 tablespoon melted butter or olive oil

1 teaspoon kosher salt  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon paprika

## DIRECTIONS

1. Preheat oven to 450 degrees Fahrenheit
2. Place the chicken breasts in a single layer in a large baking dish. Brush the chicken with oil or melted butter on both sides.
3. In a separate small bowl, whisk the salt, pepper, garlic powder and paprika until combined. Sprinkle the mixture evenly over the chicken on both sides.
4. Bake for 15-18\* minutes, or until the chicken is cooked through and no longer pink.
5. Once the chicken is cooked, remove the pan from the oven, transfer the chicken to a clean plate, and loosely tent the plate with aluminum foil. Let the chicken rest for at least 5-10 minutes.
6. Serve warm. Or, refrigerate in a sealed container for up to 3 days, or freeze for up to 3 months



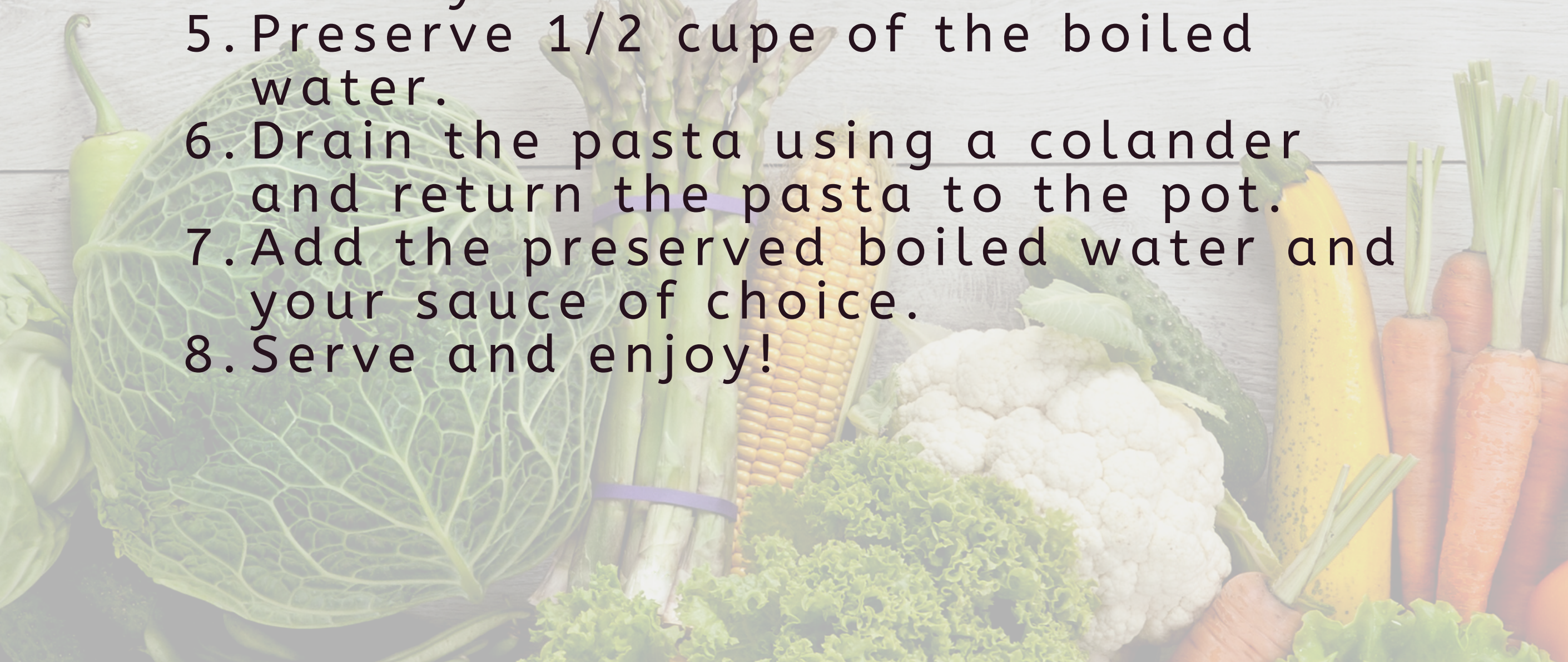
# NOT-SO-NONA'S PASTA

## INGREDIENTS

- 1 pound uncooked pasta (penne, spaghetti, any kind!)
- 1 tablespoon salt
- 1/2 jar Classico sauce (marinara, alfredo, any kind!)

## DIRECTIONS

1. Add water and salt to a pot and bring to a boil on high heat. The water level should be approximately 1-2 inches from the rim of the pot.
2. Add pasta to the boiling water and stir for 15-20 seconds so it does not stick to the bottom of the pot.
3. Allow the pasta to boil for 6-8 minutes.
4. Remove a noodle and bite into it. If it is still hard on the inside, allow the pasta to continue to boil. Continue to test the pasta until you reach your desired texture.
5. Preserve 1/2 cup of the boiled water.
6. Drain the pasta using a colander and return the pasta to the pot.
7. Add the preserved boiled water and your sauce of choice.
8. Serve and enjoy!





# CHICKPEA CURRY

## INGREDIENTS

1 tablespoon olive oil  
2 onions, finely sliced  
2 garlic cloves, crushed  
1 teaspoon garam masala  
1 teaspoon turmeric  
1 teaspoon ground coriander  
400 grams can plum tomatoes  
400 millilitre can coconut milk  
1 can chickpeas, drained and rinsed  
2 large tomatoes, quartered  
1/2 small pack coriander, chopped  
cooked basmati rice  
Pinch of salt and pepper

## DIRECTIONS

1. Heat olive oil in a large pan and add onions. Cook until softened, about 10 mins.
2. Add garlic cloves, garam masala, turmeric and ground coriander, then stir to combine.
3. Cook for 1-2 minutes, then pour in can of plum tomatoes. Break the tomatoes up with a wooden spoon and simmer for 10 minutes.
4. Pour in coconut milk and season with salt and pepper.
5. Bring to the boil and simmer for 10-15 minutes until the sauce has thickened.
6. Add chickpeas and large tomatoes, and warm through.
7. Sprinkle coriander on top and serve with fluffy rice.



# ASIAN VEGGIES

## INGREDIENTS

3 tablespoons soy sauce  
1 tablespoon brown sugar, packed  
2 teaspoons sesame oil  
1 teaspoon rice vinegar  
1 teaspoon Sriracha  
16 ounces baby peeled carrots  
1 tablespoon olive oil  
3 cloves garlic, minced  
16 ounces broccoli florets  
2 teaspoons sesame seeds (optional)

## DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit
2. Lightly oil a baking sheet or coat with nonstick spray.
3. In a small bowl, whisk together soy sauce, brown sugar, sesame oil, rice vinegar and Sriracha; set aside.
4. Place carrots in a single layer onto the prepared baking sheet. Drizzle with olive oil and sprinkle with garlic.
5. Place into oven and bake for 20-25 minutes, or until tender.
6. Stir in broccoli during the last 7-10 minutes of cooking time.
7. Stir in soy sauce mixture and gently toss to combine.
8. Serve immediately, garnished with sesame seeds, if desired.



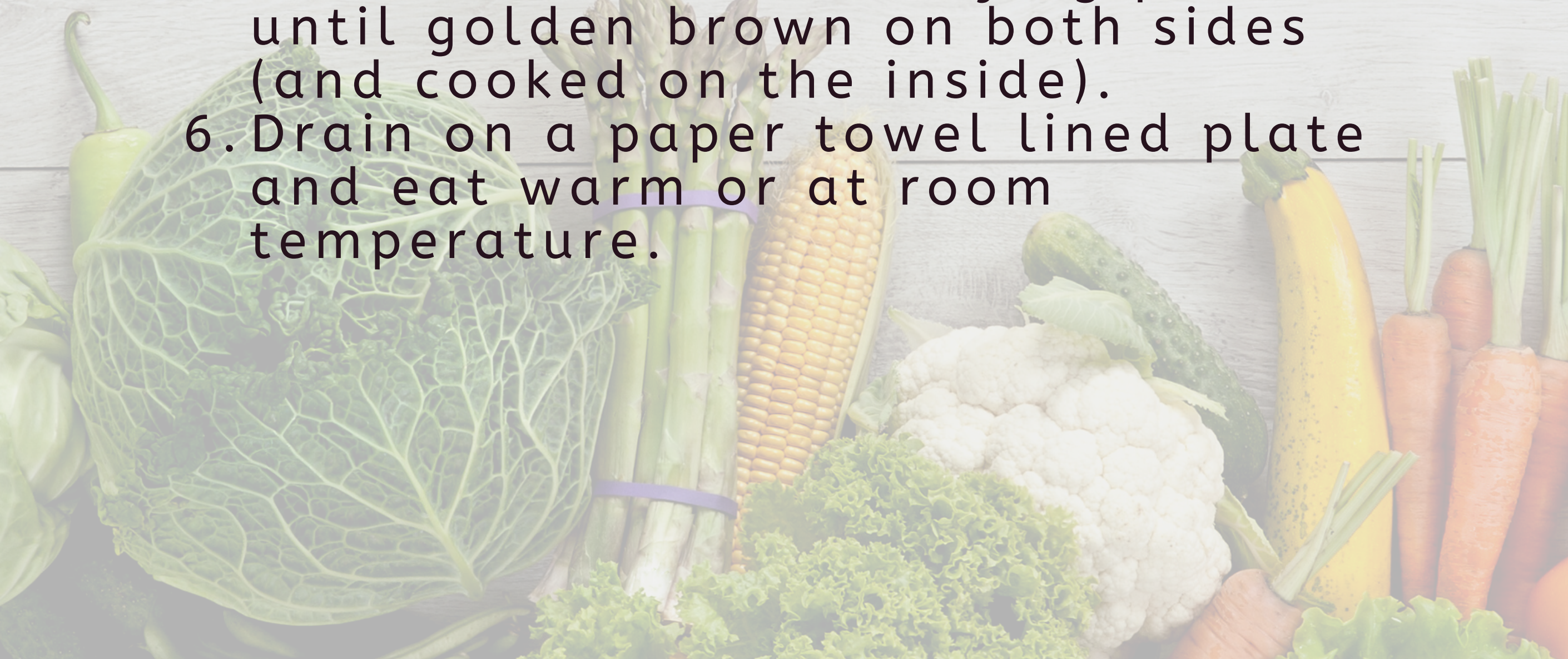
# BANNOCK

## INGREDIENTS

2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 tablespoon olive oil or vegetable oil  
3/4 cup water  
Vegetable oil for frying

## DIRECTIONS

1. In a large bowl whisk together the flour, salt, and baking powder.
2. Add the olive oil and whisk together with a fork. Gradually add water and stir until the dough almost holds together.
3. Move to a lightly floured flat surface and gently knead about 10 times just until the dough comes together (the dough will be sticky, do not overknead).
4. Divide into 5 balls and flatten with your hand.
5. Fry in hot oil (350F/175C) on medium heat (enough to cover the bottom of a medium frying pan), until golden brown on both sides (and cooked on the inside).
6. Drain on a paper towel lined plate and eat warm or at room temperature.





# ROASTED CHICKPEAS

## INGREDIENTS

1 can of chickpeas  
1 tablespoon olive oil  
Pinch of sale  
Desired spices

## DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Drain, rinse, and dry your chickpeas. Discard any loose skins from the chickpeas.
3. Transfer the chickpeas to a parchment-lined baking sheet and toss them with a drizzle of olive oil and generous pinches of sea salt.
4. Spread evenly on the baking sheet.
5. Roast for 20 minutes, or until crispy.
6. Remove from the oven and, while the chickpeas are still warm, toss with pinches of your favorite spices.

### TIP

Make sure chickpeas are completely dry, or the oil won't stick!



# ENERGY BITES

## INGREDIENTS

- 1 1/2 cups old fashioned rolled oats
- 1/2 cup peanut butter
- 1/3 cup pure maple syrup
- 1/3 cup semi-sweet chocolate chips

## DIRECTIONS

1. Add all of the ingredients to a large bowl.
2. Mix together until well incorporated.
3. Cover and chill in a refrigerator for at least 30 minutes.
4. Grab about a heaping tablespoon full of the mixture and press it into a ball with your palms.
5. Repeat with the remaining oat mixture, making about 16 energy bites.
6. Store in a sealed container in the refrigerator.
7. Enjoy when you need a pick-me-up!





# NUT BUTTER COOKIES

## INGREDIENTS

1 cup nut butter  
1 cup white sugar  
1 egg

## DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit.
2. Line baking sheets with parchment paper.
3. Combine the nut butter, white sugar and egg. Mix until smooth.
4. Drop spoonfuls of dough onto the prepared baking sheet.
5. Bake for 6 to 8 minutes.

### TIP

Do not overbake! These cookies are best when they are still soft and just barely brown on the bottoms.



# PICKLE BUTTER

## INGREDIENTS

1/2 cup butter  
2 tablespoons pickle juice  
1 teaspoon garlic powder  
1/4 cup chopped dill pickles  
1 tablespoons dill  
Dash of hot sauce

## DIRECTIONS

1. Wisk together all ingredients.
2. Serve warm as a dipping sauce.
3. Dip anything in the pickle butter, such as bread, toast, cornbread, chicken, fish, etc.!





# MAPLE BUTTER

## INGREDIENTS

1/2 cup butter (softened)  
1/4 cup maple syrup  
Pinch of cinnamon (optional)

## DIRECTIONS

1. Combine the butter and maple syrup in a bowl and combine until well blended and fluffy.
2. Store in the refrigerator in a mason jar or container of your choice.
3. Serve soft or chilled with anything, including pancakes, toast, muffins, or biscuits!





# CONTRIBUTE

## HOW CAN YOU HELP?

Donate!

For small food donations, there is a food hamper outside the food bank door, or drop by room NW103 of the Sault Ste. Marie campus.

Send your favourite recipe to [studentexperience@algomau.ca](mailto:studentexperience@algomau.ca) and we will include it in the Virtual Cookbook!

Email the AUSU Food Pantry Coordinator for more ways to help!

**"Food is a right,  
not a privilege!"**

