



# SO YOU THINK YOU CAN COOK (HEALTHY!)

RECIPES FROM THE 2016 CONTEST

## Acknowledgments

We would like to express our sincerest gratitude to the 2016 So You Think You Can Cook (Healthy!) contestants who showed members of the USG community diverse examples of dishes that are both nutritious and delicious: *Francine Baker, Lizzie Barrow, Faith Kamei, Heather Kirwan, Sumaiya Latif, Timothy Yu, Gordon Price, Kimether Redmon, Eyvonnka Rizkallah, Erika Saunders, Sarah Taylor, and Katie Webber.*

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# INTRODUCTION

## Competition #Goals

Let's be honest, cooking and eating healthy can be challenging. Picture this: you've come home exhausted from a long day of classes, exams, student organization meetings, perhaps a part-time job... and now you have to decide what you're going to do about dinner. You're hungry and the fridge is practically empty. Sound familiar?

What are some of the choices you might have in this situation? You could starve (please don't ever pick this option). You could order a pizza. You could eat out – Chipotle's always a good idea, right? You could go to the grocery store and buy a few frozen dinners or instant noodle cups to last the rest of the week. Or... you could look up a recipe, go out to buy the ingredients, and whip up an awesome meal. That last option, while probably the best, isn't always feasible for college and graduate students. If you don't still live at home with your parents who would make you real home-cooked meals every day, then you're out of luck.

Of course, this isn't the case for everyone. For those who can find the time and energy to cook decent, well balanced meals, good for you! But for the rest of us, we'll have to figure out ways to better manage our time and learn the right tips and tricks to create meals that are relatively easy, budget friendly, and of course.. healthy. Now a lot of people are under the impression that healthy and tasty are mutually exclusive. We specifically organized the first ever So You Think You Can Cook (Healthy!) competition at the Universities at Shady Grove (USG) to prove this to be completely wrong – and prove it wrong we did!

On October 25th, 2016, the USG community was invited to sample and score eleven different dishes, cooked by contestants who are also students or staff at USG. We heard some really great things about each dish. Many guests asked for recipes of some of the dishes they sampled, because they were just that good. We assured them that a cookbook would be coming out soon enough... and here it is!

## Competition #Scoring

With such wonderful dishes, how is it possible that we were able to select the top three winners? A scoring system was created to take into account both taste and nutritional value. The system is based on a 2,200 calorie a day diet, which is between the USDA's estimated amounts to maintain calorie balance for sedentary males and females aged 21-25. We also incorporated recommendations from MyPlate, the nutrition guide published by the USDA. MyPlate emphasizes a healthy diet with whole fruits, varied veggies and proteins, whole grains, and low-fat or fat free dairy. It also stresses the importance of limiting saturated fat, sodium, and added sugars.

Contestants had the freedom to use whatever ingredients and quantities they desired in their dishes without any restrictions or minimum requirements. However, they were encouraged to use SuperTracker, a nutrition calculator developed by the USDA, to optimize their recipe and

gain more points for nutrition. Links to both the scoring system we used and SuperTracker are provided in the “Helpful Websites” section of this cookbook.

First place went to Sumaiya Latif and Timothy Yu’s Balsamic Glazed Chicken. Sumaiya and Timothy are both students in the University of Maryland, Eastern Shore (UMES) Hospitality and Tourism Management program. They also respectively serve as President and Vice President of the Campus Kitchens Project (CKP) chapter at USG, a national community service project for students devoted to hunger relief. Sumaiya and Timothy received a Fitbit Alta, a professional Health Coaching session, and the title of USG’s Favorite Healthy Cooks.

Second and third place went to Erika Saunders’ Japanese Inspired Noodles Salad and Heather Kirwan’s Yummy Honey Chicken Kabobs, respectively. Both contestants are third year pharmacy students at the University of Maryland School of Pharmacy. Erika won a Yunmai Bluetooth Mini Smart Fat Scale and Heather won a Trader Joe’s Gift Bag with various specialty food items.

## **Competition #Success**

The first annual So You Think You Can Cook (Healthy!) competition was a big success – we were able to get our message across to the USG community. While cooking and eating healthy certainly take some effort, there are clear benefits that make doing so worthwhile. According to the World Health Organization (WHO), benefits of a healthy, well balanced diet include contribution to an adequate body weight as well as protection against obesity, diabetes, cardiovascular diseases, and even some types of cancers and skeletal diseases. It’s a no-brainer that when you eat better, you feel better both physically and emotionally.

We hope you enjoy trying out the healthy recipes included in this cookbook and become inspired to make healthier food choices every day. Maybe, you’ll even consider competing next year for the chance to earn yourself the title of USG’s Favorite Healthy Cook.

# BALSAMIC GLAZED CHICKEN

**\*FIRST PLACE WINNER\*** Sumaiya Latif and Timothy Yu, Students at UMES

*"We wanted to cook a dish that had some kind of protein. We went with chicken breast because it's white meat which makes it a bit healthier and this dish will be served with quinoa."*

– Sumaiya and Timothy

**Healthy Highlight:** This dish provides 96% daily value of protein per serving and contains healthy whole grains! Quinoa also provides lots of nutrients including minerals and fiber.



## INGREDIENTS (10 SERVINGS)

3 tablespoons olive oil  
1 stick butter  
10 pieces (6 oz. each) boneless skinless chicken breast  
1 yellow onion, thinly sliced  
4 cloves garlic, roughly chopped

6 tablespoons balsamic vinegar  
2 cups red wine  
2 teaspoons salt  
2 teaspoon ground black pepper  
3 tablespoons fresh parsley, garnish  
3 cups of quinoa

## DIRECTIONS

1. Preheat oven to 350 degrees F. Put olive oil and butter into a large skillet over high heat. Once the mixture is bubbling, add chicken breasts to the skillet 4 at a time. Sear until golden brown, about a minute on each side. Once ready, remove chicken to a large baking dish, repeating the steps with the other chicken breasts.
2. Add onion and garlic to pan and cook on medium heat, until the onions are soft about 5 minutes. Add tomatoes, toss and combine with the balsamic vinegar and red wine. Season mixture with salt and pepper. Bring to a slight boil then reduce heat to low, let simmer for 10 minutes.
3. Pour the balsamic mixture over the chicken breasts and place the pan in top half of the oven for 10-15 minutes, or until the chicken is cooked through. Remove from the oven.
4. For every cup of quinoa add 2 cups of water in a medium sauce pan. Bring to a boil. Cover, reduce heat to low, and simmer quinoa until it becomes tender, for about 15 minutes. Drain thoroughly after quinoa is cooked. Serve quinoa and balsamic glazed chicken on a round plate and garnish with chopped parsley.

# JAPANESE-INSPIRED NOODLES SALAD

**\*SECOND PLACE WINNER\*** Erika Saunders, Student at UMB Pharmacy

*"My dish is healthy because It contains buckwheat noodles (grains), vegetables, healthy protein (edamame), and no unhealthy fat/unhealthy oils."*

*"Buckwheat soba noodles are a good alternative to regular spaghetti noodles or ramen noodles." – Erika*

**Healthy Highlight:** This dish contains plenty of leafy greens and soybeans – each of them provides different health benefits. It's also very low in saturated fat. Buckwheat is more satiating than wheat or rice and may help with appetite control!



**FOOD ALLERGENS:** SOY, SESAME, PEANUTS

## INGREDIENTS (4 SERVINGS)

### Sauce:

|                 |                      |                          |                  |
|-----------------|----------------------|--------------------------|------------------|
| 2.5 tps sugar   | 1 tbsp rice vinegar  | 2 tbsp soy sauce         | 1 tsp sesame oil |
| 1 tsp chili oil | 3 tbsp peanut butter | ½ cup grated ginger root | 2 tbsp water     |

### Salad:

|                                  |                                     |
|----------------------------------|-------------------------------------|
| 8 oz buckwheat soba noodles      | 2 cups romaine Lettuce hearts       |
| 1 cup edamame                    | ½ cup scallions                     |
| Grape tomatoes (~20 or to taste) | Sesame seeds to taste (used 1 tbsp) |
| Nori (roasted seaweed) to taste  |                                     |

## DIRECTIONS

1. Mix and combine sauce ingredients in medium bowl until the mixture forms an emulsified dressing
2. Bring large pot of unsalted water to boil over medium-high heat. Add 8 oz of buckwheat soba noodles and stir (cook according to package instructions) then drain. Rinse until cool and drain again
3. Chop lettuce into smaller pieces, and top lettuce with noodles, then use 1 cup edamame, chopped scallions, and grape tomatoes to scatter on salad.
4. Spoon a generous amount of dressing over salad, then top with pinch of sesame seeds and nori (roasted seaweed).

# YUMMY HONEY CHICKEN KABOBS

**\*THIRD PLACE WINNER\*** Heather Kirwan, Student at UMB Pharmacy

*"My dish is healthy because it has lots of protein and veggies."*  
– Heather

**Healthy Highlight:** This dish provides a variety of vegetables balanced with healthy protein. It's also very low in calories and saturated fat!



**FOOD ALLERGEN:** SOY

## INGREDIENTS (8-10 SERVINGS)

1 1/4 cup vegetable oil  
1/3 cup honey  
1/3 cup soy sauce  
1/4 teaspoon ground black pepper  
4 skinless, boneless chicken breast halves  
cut into 1 inch cubes

3 cloves garlic  
4 small onions, cut into 2 inch pieces  
1 red bell pepper, cut into 2 inch  
pieces  
1 yellow bell pepper, cut into 2 inch  
pieces  
skewers

## DIRECTIONS

1. In a large bowl, whisk together oil, honey, soy sauce, and pepper.
2. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better).
3. Preheat the grill for high heat.
4. Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.
5. Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.

# KALE & QUINOA SALAD

Lizzie Barrow, Student at UMB Pharmacy

*"My dish has lots of healthy veggies!" – Lizzie*

**Healthy Highlight:** This dish is extremely low in calories, saturated fat, and sodium! Quinoa also provides lots of nutrients including minerals and fiber.



**FOOD ALLERGEN:** MILK

## INGREDIENTS (10 SERVINGS)

### Salad:

2/3 cup quinoa

1/2 avocado - peeled, pitted, and diced

1/3 cup chopped red bell pepper

1 tablespoon crumbled feta cheese

1 bunch kale, torn into bite-sized pieces

1/2 cup chopped cucumber

2 tablespoons chopped red onion

1 1/3 cups water

### Dressing:

1/4 cup olive oil

2 tablespoons lemon juice

1 1/2 tablespoons Dijon mustard

3/4 teaspoon sea salt

1/4 teaspoon ground black pepper

## DIRECTIONS

1. Cook the quinoa in 1 1/3 cup water in a saucepan. Bring to boil, reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
2. Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.
3. Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing; pour over the salad.

# TURKEY CHILI

Francine Baker, Student at UMCP

*"My dish is healthy because it's a good source of protein which can be enjoyed by itself or along with rice, bread, or crackers. A hearty salad is a nice compliment to my chili, further increasing its health factor." – Francine*

**Healthy Highlight:** This dish is high in protein while low in saturated fat and calories. Beans also contain lots of antioxidants, vitamins, and minerals!



## INGREDIENTS (8 SERVINGS)

|   |  |
|---|--|
| 2lbs ground turkey                          | 1 tbs olive oil                        |
| 1 can red kidney beans (rinsed and drained) | 1 can black beans (rinsed and drained) |
| 1-2 15 oz tomato sauce                      | 1 can chili corn                       |
| 1 large tomato cubed (maybe 2)              | 1 large vidalia onion diced            |
| 1 green pepper diced                        | 1 red pepper diced                     |
| 2-3 garlic cloves diced                     |  |
| 1 tsp Salt                                  | ¾ tsp Pepper                           |
| 1 tsp Cumin                                 | 4 ½ tsp Chili powder                   |
| 1 tsp Spanish paprika                       | 1 ½ tsp Onion powder                   |
| 1 ½ tsp Garlic powder                       | ½ tsp Red pepper flakes                |

## DIRECTIONS

1. Warm sauce pan with oil
2. Brown ground turkey
3. Drain excess oil
4. Season with salt and pepper
5. Add beans, 1 can tomato sauce, corn, and spice mix
6. Gently mix ingredients together and let simmer about 20 min
7. Add second can of tomato sauce if needed
8. Add diced veggies
9. Let veggies cook until tender on low heat (I usually leave them slightly firm)
10. Enjoy!

# VEGETERIAN JOLLOF RICE

Faith Kamei, Student at UMBC

*"Jollof rice is a staple West African dish. Rice is a heavy meal that is both filling and healthy. Jollof rice is not only filling but is also nutritious and healthy. It incorporates various vegetables which are essential to an everyday diet. This meal is easy to make and can be done on a small budget." – Faith*

**Healthy Highlight:** This dish has many different vegetables! It's also very low in saturated fat and calories.



## INGREDIENTS (4 SERVINGS)

2 1/2 half cooked Rice  
2 chopped tomato  
1 can tomato paste  
1/2 cup mushroom  
1/2 cup chopped zucchini  
1/2 tsp salt/pepper  
1/4 cup water  
3 tablespoons olive oil

1 large chopped onion  
1 can diced tomato  
1 cup diced tri-color sweet bell pepper  
1/2 cup broccoli  
2 vegetable Maggi cube  
3 cloves garlic  
Meat of choice if desired

## DIRECTIONS

1. Add 1/3 olive oil to a pot on low heat . Add chopped onion and bell pepper to pot and allow to cook for 2-3 minutes.
2. Add in mushroom, garlic and zucchini and cooked for another 5- 7 minutes. Stir occasionally so vegetables do not stick to the bottom of the pot.
3. Add in tomato paste and seasoning and allow to simmer for 1-2 minutes.
4. Add in diced tomatoes, chopped tomatoes and broccoli.
5. Add about 1/2 cup of water and 2 Maggi cube to create broth.
6. Add in rice and stir.
7. Cover pot with foil wrapper and allow rice to fully cook on low heat for 7 - 10 minutes. Remove foil lid, stir and allow rice to steam for 2 -3 minutes. Turn stove off and allow the rice to cool.
8. Serve immediately.

# COLLARD GREENS & BLACK-EYED PEAS

Gordon Price, OSS Coordinator at USG

*"My dish is healthy because black-eyed peas are especially good sources of soluble fiber, which helps prevent type 2 diabetes by keeping blood sugar balanced after you eat. The cholesterol-lowering ability of collard greens may be the greatest of all commonly eaten cruciferous vegetables."*  
– Gordon

**Healthy Highlight:** This dish received one of the highest scores for nutritional value. It has practically no sodium or saturated fat per serving and is very low in calories!



## INGREDIENTS (8-10 SERVINGS)

3/4 lbs. dried black eyed please (picked and rinsed)  
1 turkey neck  
1 yellow onion, chopped  
3 garlic cloves, minced  
1 fresh or pickled red or green chili pepper  
12 cups water  
1 1/2 lbs. fresh collard greens (kale, turnip, beet or mustard greens)  
1 tsp Black pepper to taste  
1 tsp Hot Sauce on the side  
1 tsp Old Bay seasoning

## DIRECTIONS

1. Soak the peas in water to cover by several inches overnight and drain.
2. In a heavy sauce pan, combine ham hock or turkey neck (optional), onion, garlic, chili and water. Bring to a boil. Skim off any foam that may form on top. Stir in the drained peas and bring to a boil again. Reduce heat to medium and simmer until the peas are tender, about 45 minutes.
3. Add the greens and cook until very tender and all the flavors have taken on a richness, about 20 minutes. Season to taste with black pepper. remove the chili and discard.

# AUTUMN QUINOA SALAD

Kimether Redmon, Student at UMB Nursing

*"My dish is healthy because it's an excellent source of macro- and micronutrients but is so filling and satisfying. It's also vegetarian and gluten free. It's flavors also are just what your taste buds want in Autumn. MMM..." –Kimether*

**Healthy Highlight:** This dish is very low in sodium and saturated fat. It has many different spices like cumin, tumeric, and ginger, each with various health benefits!



## INGREDIENTS (8-10 SERVINGS)

### Salad:

2 cups of quinoa  
4 cups of water  
1 cup pumpkin seeds  
5 cups of butternut squash,  
chopped into about 1/2-inch cubes

4 tablespoons olive oil  
1/4 teaspoon thyme  
1/4 teaspoon ground ginger  
1 teaspoon cumin  
1/4 teaspoon nutmeg

1/4 teaspoon turmeric  
1/4 teaspoon ground ginger  
1/4 teaspoon crushed red pepper  
1 cup raisins  
1 bay leaf

### Salad Vinaigrette:

3 tablespoons honey  
4 tablespoons apple cider vinegar  
Juice of 2 lemons

Juice of 1 orange  
1/4 teaspoon black pepper

## DIRECTIONS

1. Put butternut squash on baking sheet and cover with olive oil. Add thyme, ginger, cumin, nutmeg, and turmeric to the butternut squash and mix to coat well. Roast on 400 degrees for 30 minutes, turning squash 1-2 times.
2. Put quinoa, water, and bay leaf to pot. Bring to a boil, then cover and simmer for about 15 minutes or until all water has been absorbed by the quinoa. Discard bay leaf, use a fork to fluff the quinoa, then allow to cool (can be cooled to room temperature or refrigerated). Place squash, quinoa, pumpkin seeds, and raisins in a large bowl. In separate small bowl, combine all ingredients for the salad vinaigrette. Stir well then pour over the squash/quinoa mix. Mix to coat well.
3. It is recommended that the salad is made 1-2 days in advance to give the quinoa and squash time to take on the full flavors of the vinaigrette. Can be eaten cold or warm.

# COUSCOUS SALAD

Eyvonnka Rizkallah, Student at UMCP

*"Couscous is a healthy alternative to rice. Also, my dish has very little sodium and fat. My dish is a tasty and simple dish that is healthy as well!" –Eyvonnka*

**Healthy Highlight:** This dish has plenty of veggies and is very low in calories and saturated fats. Couscous is rich with the trace mineral selenium, which is a powerful antioxidant important in preventing conditions like atherosclerosis.



## FOOD ALLERGENS: ALMONDS

## INGREDIENTS (10 SERVINGS)

2 ½ cups of Moroccan Style Couscous  
1 ½ cups of chopped tomatoes  
2 whole lemons, squeezed  
½ cups of dried cranberries  
1 tbsp. of salt  
2 ½ cups of water

1 ½ cups of chopped cucumber  
1 ½ cups of fresh chopped cilantro  
½ cups cup of chopped raw almonds  
2 ½ tbsp. of pepper  
2 ¼ tbsp. of extra virgin olive oil

## DIRECTIONS

1. In a shallow pan, bring 2 ½ cups of water, ¼ tbsp. of extra virgin olive oil, and ¼ tbsp. of salt to a boil.
2. Once the water has come to a boil, pour the couscous into the pan; stir the couscous until it is covered in water.
3. Cover the couscous with a lid and turn off the heat. Keep the couscous covered for 6 minutes.
4. Once the couscous is cooked completely, (the couscous is not hard) combine your cucumbers, tomatoes, cilantro, lemons, almonds, dried cranberries, ¾ tbsp. of salt, pepper, and 2 tbsp. of olive oil with the couscous.
5. The dish is ready to be eaten once the ingredients are mixed together.

# ETO

Sarah Taylor, Student at UMCP

*"Eto is a traditional dish made by the Ashanti tribe from Ghana. It is usually made for women about to get married and people celebrating their birthdays. My family and I love this dish because it is simple and delicious. I hope you will enjoy it also." –Sarah*

**Healthy Highlight:** This dish is very high in vegetables and low in sodium! It contains no added sugars. The plantains are a great source of potassium and fiber.



**FOOD ALLERGENS:** PEANUTS, FISH

## INGREDIENTS (8-10 SERVINGS)

8 slightly ripe plantains  
 1 Chili pepper  
 Salted fish "Momoni"  
 ½ teaspoon salt  
 1 Small sized Onion  
 5-10 Tablespoonful of palm oil

Roasted peanuts *about a handful*  
 (A reasonable quantity to garnish and small amount to grind with pepper and onion)  
 5 Eggs  
 1 Large Avocado  
 Lettuce

## DIRECTIONS

1. Peel plantains, boil plantains and eggs for 10 minutes (add a ½ teaspoon of salt).
2. Wash onion and pepper. Roast "momoni" on fire.
3. Grind onion, two-inch piece of roasted "momoni", pepper and some peanuts till you get a smooth texture in "asanka" or earthenware pot. *Add more "momoni" as desired for taste.*
4. Mash plantains in the same 'asanka' or earthenware pot with the onion, "momoni", pepper and peanut mixture, until it's thoroughly mixed together.
5. Pour 5-7 tablespoonful of palm oil into a frying pan, and set on fire for a minute or two
6. Add palm oil to the "Eto" mixture in "asanka", a spoonful at a time until evenly mixed
7. Garnish "Eto" with roasted peanuts, peeled cooked eggs and sliced Avocado
8. You can make a lettuce wrap with the garnished "Eto"

# ULTIMATE CHILI

Katie Webber, Student at UMCP

*"My dish is healthy because it includes a lot of fibrous beans, vegetables, and soy protein"*

*"Veganism is important and extremely healthy!" –Katie*

**Healthy Highlight:** Of all the dishes, this one has the most veggies per serving! It contains no added sugars. Beans also contain lots of antioxidants, vitamins, and minerals.



## FOOD ALLERGENS: SOY

## INGREDIENTS (8 SERVINGS)

2 cans black beans (15 oz. cans)  
1/2 bag of corn  
5 diced tomatoes  
1 head of garlic  
1/4 cup olive oil  
1 teaspoon pepper  
1 cup fresh cilantro

2 cans kidney beans (15 oz. cans)  
2 onions  
5 celery stalks  
5 large carrots washed and peeled  
6 tablespoons chili powder  
3 tablespoons sea salt  
24oz. of soy chorizo

## DIRECTIONS

1. Heat the olive oil in a large saucepan over medium heat.
2. Add the onion, carrots, and celery.
3. Cook, stirring frequently, until the carrots begin to soften.
4. Add the garlic and cook for 2 more minutes.
5. Add the tomatoes, beans, corn, soy chorizo, chili powder, cilantro and salt.
6. Stir well and simmer over low heat, stirring occasionally.
7. The chili will thicken and be ready in 40 minutes.
8. Serve with fresh cilantro.

## HELPFUL WEBSITES

**So You Think You Can Cook (Healthy!) Official Scoring System** – [goo.gl/l9Jx1j](http://goo.gl/l9Jx1j)

**The Nutrition Source** – A leading authority on food and nutrition knowledge, providing science based guidance for healthy living. Based at the Harvard University T.H. Chan School of Health. <https://www.hsph.harvard.edu/nutritionsource/>

**SuperTracker** – A tool created by the USDA to get your own personalized nutrition and physical activity plan. It also allows you to track the foods you eat and your physical activities to see how they stack up. <https://www.supertracker.usda.gov/foodtracker.aspx>

**Food Composition Database** – A database created by the USDA that allows you to quickly look up nutritional information for practically any food item. <https://ndb.nal.usda.gov/ndb/search/list>

**Body Mass Index (BMI) Calculator** – Created by the National Heart, Lung, and Blood Institute to help you figure out your BMI and whether you're underweight, normal weight, overweight, or obese. [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

**Deliciously Healthy Eating Recipes** – Awesome recipes compiled by the National Heart, Lung, and Blood Institute. <https://healthyeating.nhlbi.nih.gov/default.aspx>

**Recipes for Health** – Awesome recipes compiled by the New York Times. <http://cooking.nytimes.com/topics/healthy-recipes-for-the-new-year>

**Healthy Recipes** – Awesome recipes compiled by Mayo Clinic. <http://www.mayoclinic.org/healthy-lifestyle/recipes>