



MINERVA'S MARKET PRESENTS

# Apartment Friendly Cooking

By: Alexandra Mack

# Note From Creator

**IN THIS COOKBOOK YOU WILL FIND A COMPILATION OF RECIPES INSPIRED BY MINERVA'S MARKET AND APARTMENT LIFE ON THE TWU DENTON CAMPUS AND IN THE DENTON AREA. LEARNING TO COOK CAN BE CHALLENGING BUT NEVER FEAR! THIS COOKBOOK IS FULL OF HEALTHY AND APPROACHABLE RECIPES FROM BREAKFAST TO LUNCH TO DINNER AND DESSERT TO KEEP YOU GOING DURING YOUR TIME AT TWU. I HOPE THIS GIVES STUDENTS A GOOD STARTING POINT IN THEIR COOKING JOURNEY WITHOUT HAVING TO BREAK THE BANK. ENJOY!**

Disclaimer: Not all of these recipes are my own and are instead a compilation of what I found on the internet. Small changes have been made to better accommodate dorm life and Minerva's Market's inventory.

Each recipe has a section of code words highlighting the nutritional benefits of the recipe and if it accommodates for different dietary restrictions. This can make it easier to find recipes that work well for your needs.

**Healthy Fats:** This indicates recipes that are high in unsaturated fats like omega-6 or omega-3. Omega 3s are known to help maintain heart and brain health and lower inflammation. They can be found in fatty fish such as salmon or tuna or nuts and seed like walnuts and flax seeds.

**High Protein:** This indicates a recipe that includes high protein sources such as eggs, tuna, salmon, or chicken. Protein is known to maintain our body structures and immune function while helping you feel fuller longer.

**Whole Grains:** This indicates a recipe high in whole grains. Whole grains have more plant based protein, nutrients, vitamins, and fiber than refined grains grains.

**High Fiber:** This indicates recipes higher in fiber. Fiber aids in digestion, lowers the risk of some cancers, helps maintain cholesterol, and keeps you feeling fuller longer.

**Vegan:** This means that the recipe is made with no eggs, meat, dairy products, or honey.

**Vegetarian:** This means the recipe uses no meat except eggs.

**Gluten Free:** This means the recipe contains no products with gluten. Recipes with oats can be gluten free if the oats are certified gluten free.

# Overnight Oats

## INGREDIENTS

- 1/2 cup rolled oats
- 3/4 cup of plant based or dairy milk
- 1 tablespoon honey, agave, or maple syrup
- 1/4 teaspoon of cinnamon
- 1/2 teaspoon of vanilla extract
- 1/4 cup of dried or canned fruit
- 2 tablespoons chopped nuts or nut butter



## DIRECTIONS

- In a mug, jar, cup. or container add oats, milk, syrup, and cinnamon.
- Mix until combined
- Seal/cover and let it set for 3 hours or overnight.
- Stir before eating and top with fruit and nuts, if desired.

**SERVES: 1**

**Vegan-Vegetarian-Whole Grain-  
Healthy Fats-High Fiber**

Created by: Alexandra Mack

## INGREDIENTS

- 2 cups rolled oats
- 1 cup raw nuts (almond, pecans, and/or walnuts)
- 1/4 cup pumpkin or sunflower seeds (optional)
- 1 tsp ground cinnamon
- Pinch of salt
- 1/2 cup peanut butter or other nut butter
- 1/4 cup maple/pancake syrup or honey
- 3 Tbsp oil
- 1 tsp vanilla extract
- 1 cup freeze dried or dried fruit



## DIRECTIONS

- Preheat oven to 350° F. Line a baking sheet with parchment paper.
- Add dry ingredients to a mixing bowl and stir to combine. In a separate mixing bowl, add wet ingredients and stir to combine.
- Pour dry ingredients into the wet ingredients. Mix together until combined.
- Pour ingredients onto the lined baking sheet. Spread in an even layer and press down firmly.
- Bake in the oven for 20 mins, rotating baking sheet halfway through for even cooking. Remove from oven and let the granola cool and harden for 20 minutes.
- Once cool, break the granola into chunks with your hands. Stir in the dried fruit.

**SERVES: 8 (1/2 CUP EACH)**

**Vegan-Vegetarian-Whole Grain-  
Healthy Fats-High Fiber**

Adapted From: Walder Wellness

# Southwestern Veggie Hash

## INGREDIENTS

- 2 1/2 teaspoons oil
- 4 large eggs
- 1 can mixed vegetables (15 oz), drained
- 1 can black beans (15 oz), drained and rinsed
- 1/2 cup canned corn, drained
- 1 teaspoon onion powder
- 1/2 teaspoon chili powder
- 3/4 teaspoon salt
- 1/2 teaspoon dried herbs (optional)
- Ground pepper to taste



## DIRECTIONS

- Heat 1/2 teaspoon of oil in a large skillet. Add the eggs and reduce heat to low. Cook 2-3 minutes or until the yolks are just set.
- Heat the remaining 2 teaspoons of oil in the pan over medium heat. Add the mix veggies, black beans, and corn. Mix in chili powder, onion powder, dried herbs, salt and pepper. Sauté for 6-8 minutes or until heated through.
- Divide the hash between four plates or bowls. Top with fried egg.

\*\* Don't like fried eggs? Scramble them instead.\*\*

\*\*Feel free to top hash with cheese, salsa, tortilla chips, or hot sauce.\*\*

**SERVES: 4**

Vegetarian- High Protein-High Fiber

Adapted From: Love and Lemons

# Tuna Cakes

## INGREDIENTS

- 3 cans tuna, drained
- 1/2 cup panko breadcrumbs
- 1 egg
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried parsley
- 1/4 teaspoon of salt
- 1/4 teaspoon black pepper
- 1 teaspoon mustard
- 1 tablespoon mayo



## DIRECTIONS

- Combined all ingredients into a large bowl.
- Shape into 8 small patties.
- Heat skillet over medium heat. Add 2 tablespoons oil.
- Pan fry tuna cakes for 4 minutes on each side or until golden brown and crispy.

\*\* After panfrying, add to zip lock bag and freeze. Thaw overnight and reheat in pan or in oven at 350° F for 10 minutes.\*\*

**SERVES: 4 (2 TUNA CAKES EACH)**

**Healthy Fats-High Protein**

Created by: Alexandra Mack

# Bean & Corn Patties

## INGREDIENTS

- 1 cup water
- 1/2 cup rice
- 1 can black beans (15 oz), drained
- 1/2 cup canned corn, drained
- 1/2 cup panko breadcrumbs
- 2 eggs
- 3 teaspoons cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



## DIRECTIONS

- In a small saucepan, bring 1 cup of water to boiling. Add in rice, cover, and cook for 12-15 minutes until rice is soft.
  - Add cooked rice and beans to a large bowl and smash with a fork or potato masher until the mixture looks more like a paste.
  - Mix in seasonings, eggs, breadcrumbs and corn
  - Shape mixture into 8 patties and then cook in a skillet with 2 tablespoons of heated oil.
  - Panfry for 5 minutes on each side or until golden brown. Flip carefully.
- \*\* After panfrying, add to zip lock bag and freeze. Thaw overnight and reheat in pan or in oven at 350° F for 10 minutes.\*\*

**SERVES: 4 (2 BEAN PATTIES EACH)**

**Vegan-Vegetarian-High Fiber-High Protein**

Created by: Alexandra Mack



# Tomato Chickpea Pasta

## INGREDIENTS

- 3 cups penne pasta (12 oz)
- 1 jar pasta sauce (24 oz)
- 4 cloves garlic pressed or 1 1/2 teaspoon garlic powder
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons Italian herb seasoning
- 1/2 teaspoon black pepper
- ¼ teaspoon red pepper flakes
- 1 cup small curd cottage cheese
- 1 can chickpeas (15 oz), rinsed and drained
- 2 cups mozzarella cheese, shredded



## DIRECTIONS

- Boil water in pot and cook pasta according to package directions. Drain and set aside.
- Add pasta sauce, pressed garlic or garlic powder, onion powder, dried herbs, black, pepper and cottage cheese to skillet and heat until bubbly and hot.
- Add the chickpeas and cook until they are heated through. Stir in the pasta and mozzarella cheese. Taste for seasoning,
- Serve hot with parmesan cheese.

\*\* If you do not have cottage cheese add in more mozzarella cheese or use sour cream, Greek yogurt or ricotta in its place\*\*

\*\* If you don't want chickpeas use cooked turkey meatballs or canned chicken instead\*

**SERVES: 6**

Vegetarian-High Protein-High Fiber

Adapted From: Crazy For Crust

# Peanut Butter Noodles

## INGREDIENTS

- 1 cup peanut butter
- 2 tablespoons soy sauce
- 2 tablespoons syrup, honey, agave, or sugar
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger (optional)
- 2 tablespoons lime juice
- 2 tablespoons rice vinegar (optional)
- 1/2 cup water or more to thin
- 3 cups noodles or spaghetti (12 oz)
- 1 cup corn, canned, drained
- 1 cup peas, canned, drained
- 1 can sliced carrots (15 oz), drained



## DIRECTIONS

- Boil water in pot and cook pasta according to package directions. Drain and set aside.
- In a pot over medium heat add the peanut butter, sweetener, spices, lime juice, vinegar, and 1/2 cup water. Cook until warm. Add more water if needed until you reach a thinner consistency for the sauce.
- In a deep skillet add the vegetables with a little oil and cook until warm. Add the pasta and sauce. Toss to coat.
- Serve with mandarin oranges and/or chopped peanuts on top.

**SERVES: 4 - 6**

Vegetarian-High Protein

Created by: Alexandra Mack

# Chickpea Veggie Pockets

## INGREDIENTS

- 10 small tortillas, flour
- 1 can mixed vegetables (15 oz), drained
- 1 can chickpeas (15 oz), drained and rinsed
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon dried herbs
- 1/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon flour + 2 tablespoons water mixed together



## DIRECTIONS

- Preheat oven to 400°F and line a large baking sheet with parchment paper.
- Heat 2 tablespoons oil in a large pan. Add drained mixed veggies and chickpeas. Stir to coat in oil.
- Add in all spices, salt, and pepper and sauté for 2-3 minutes until warmed through.
- Divide mixture between the ten tortillas in the center of the tortilla.
- Slather a light layer of the flour paste on one end of the tortilla, fold over, and then squeeze both sides together across the tortilla.
- Brush one side of each tortilla lightly with oil
- Bake for 15-20 minutes flipping halfway through. The tortillas should be slightly browned and crisp.

\*\*Can be frozen in sealed bags or containers. Thaw in fridge and then reheat at 400° F for 5-10 minutes.\*\*

**SERVES: 5 (2 POCKETS PER SERVING)**

**Vegan-Vegetarian-High Protein-High Fiber**

Created by: Alexandra Mack

# Refried Bean Tostadas

## INGREDIENTS

### Base

- 1 can refried beans (15 oz)
- 2 tablespoons lime juice
- 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons oil
- Corn Tortillas



### Toppings

- Tomato, Lettuce, bell pepper, and/or onion
- Cheese, Sour Cream and/ or Greek yogurt

## DIRECTIONS

- Add refried beans to pan. Add lime juice and spices and stir to combine. Cook over medium heat.
- Preheat oven to 400° F. Line two baking sheets with parchment paper.
- Rub corn tortillas with a little bit of oil on both sides.
- Cook tortillas for 4 minutes in oven. Take out and flip them. Cook another 4 minutes.
- Flip again and then cook for another 2-3 minutes or until golden and very crisp.
- Spread beans on the corn tortilla, top with desired toppings.

\*\* Use ground beef instead by browning the meat in a pan and adding refried bean spices. Heat until fully cooked\*\*

**SERVES: 5 (2 TOSTADAS PER SERVING)**

Vegan-Vegetarian-High Protein-High Fiber

Created by: Alexandra Mack

# Scrumptious Salmon Salad



## INGREDIENTS

- 2 cans salmon (8 oz), drained
- 1/2 cup Greek yogurt
- 4 tablespoons mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tsp dried herbs
- 2 tablespoons lemon juice or 1/2 teaspoon lemon pepper seasoning

## DIRECTIONS

- Mix salmon in large bowl with greek yogurt and mayonnaise.
- Mix in spices, herbs, lemon juice, salt and pepper.
- Keep refrigerated and serve on whole grain crackers, bread, bagels or chopped vegetables.

\*\*If you do not have canned salmon swap it out for canned tuna or canned chicken.\*\*

**SERVES: 6**

**High Protein- Healthy Fats-Gluten Free**

Created by: Alexandra Mack

# Tasty Tuna Casserole

## INGREDIENTS

- 2 cups egg noodles or penne pasta, cooked to al dente and drained
- 1 can Tuna in water (12 oz), drained
- 1 can mixed vegetables (15 oz), drained
- 1 can cream of mushroom soup (10.5 oz)
- 1 cup milk
- 2 tablespoons oil (plus extra for greasing dish)
- 1/3 cup dry bread crumbs
- salt & pepper, to taste



## DIRECTIONS

- Preheat the oven to 400°F. Boil noodles according to the package instructions. Grease a 1.5-quart baking dish and set aside.
- In a large mixing bowl, stir together the cooked noodles, soup, milk, vegetables, and tuna. Transfer the mixture to the prepared casserole dish.
- Stir the bread crumbs and oil together in a small bowl.
- Bake for 20 minutes. Remove and sprinkle the bread crumbs over the top, and bake for another 5 minutes or until the bread crumb mixture is golden brown.

\*\*If you do not have canned tuna swap it out for canned salmon or canned chicken.\*\*

**SERVES: 6**

**High Protein**

Created by: Alexandra Mack

# One Pot Chicken & Veggie Rice

## INGREDIENTS

- 3 tablespoons oil
- 2 pounds chicken thighs bone in, skin off (or use chicken breasts or drumsticks)
- 1 1/2 cups rice
- 1 can mixed vegetables (15 oz), drained
- Salt and pepper to taste
- 2 1/2 cups chicken broth or stock
- 1/2 cup water
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 teaspoon dried herbs



## DIRECTIONS

- Heat the oil in a large pan with a lid, add the chicken and brown for a couple of minutes on each side on a medium high heat.
- Remove the chicken from the pan to a plate then add the rice.
- Nestle the chicken back in with the rice. Add salt, pepper, and onion powder.
- Pour the chicken broth and water over the chicken and rice. Sprinkle in the cumin, then put the lid on the pot and simmer for 20 to 30 minutes, until the rice is cooked and most of the cooking liquid has been absorbed.
- Season again to taste and serve sprinkled with the dried herbs

\*\*If you do not have chicken, try turkey meatballs instead. Cook them in a separate pan and then add them on top of the rice.\*\*

**SERVES: 6**

**High Protein- Gluten Free**

Created by: Scrummy Lane

# Fruit Crisp for One

## INGREDIENTS

- 3 tablespoons vegetable oil or butter
- 4 tablespoons oats
- 2 tablespoons chopped nuts
- 2 teaspoons honey, agave, syrup, brown, or granulated sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon salt
- 1/4 teaspoon vanilla extract (optional)
- 1/2 cup canned pears or peaches in syrup
- 1/2 tsp cornstarch
- 1/4 tsp cinnamon



## DIRECTIONS

- In a separate small bowl stir in the oats, pecans, sugar, cinnamon, oil or melted butter, and the salt.
- Add canned fruit with syrup, cinnamon, and cornstarch to large microwavable mug.
- Spoon the crisp mixture over the top.
- Microwave for 2- 2 ½ minutes. The fruit should be bubbling.
- Carefully remove from the microwave and let stand until cool enough to eat.

**SERVES: 1**

**Vegan-Vegetarian-Whole Grain**

Adapted from: Bigger Bolder Baking



# Fruit Cobbler for One

## INGREDIENTS

- 1/2 cup canned pears or peaches
- 1 tsp sugar, honey, maple syrup, or agave
- 1/4 tsp vanilla extract
- 1 tablespoon oil
- 3 tablespoon plain flour
- 1/2 tablespoon sugar
- 1/8 tsp of baking powder
- 1 tablespoon rolled oats
- Pinch of ground cinnamon



## DIRECTIONS

- In a microwaveable mug, mix together the fruit, sugar and vanilla.
- To make the cobbler, place all the ingredients in a small bowl.
- Pour in the oil or butter and mix together with a fork to bring it together a bit like breadcrumbs. Lay the cobbler topping over the fruit.
- Microwave for 1 minute and 20 seconds. This cobbler takes a little longer to cook than others.

**SERVES: 1**

**Vegan-Vegetarian-Whole Grain**

Adapted from: Bigger Bolder Baking

# Healthier Chocolate Cake



## INGREDIENTS

- 1 medium ripe banana
- 1/4 cup (4 tablespoons) peanut butter (or any nut butter)
- 1 large egg
- 2 teaspoons granulated sugar
- 3 tablespoons cocoa powder

## DIRECTIONS

- Mash the banana in a large mug with a fork.
- Add the nut butter and egg and mix thoroughly.
- Stir in the sugar and cocoa and beat until smooth.
- Divide the batter between two mugs.
- Microwave separately for 1 minutes each until risen and firm.
- Take care not to over cook or the cake will dry out fast.
- Best eaten straight away

**SERVES: 2**

**Vegetarian-High Protein-High Fiber-  
Healthy Fats**

Adapted from: Bigger Bolder Baking

# 3 Ingredient Cookies

## INGREDIENTS

- 2 large bananas (mashed)
- 1 3/4 cup quick oats
- 1/2 cup chocolate chips



## DIRECTIONS

- Preheat oven to 350°F and line a large cookie sheet with parchment paper.
- Mash bananas in a large bowl. Add in the oats and mix well. Fold in the chocolate chips.
- Scoop 2 tablespoons of the oat and banana mixture onto your cookie sheet and shape into large rounds 1 inch apart.
- Bake for 15-20 minutes until the cookies are golden on top and just set to the touch.
- Remove from the oven and allow to cool for a few minutes before transferring to a wire rack. Store in an air-tight container for up to 2 days.

\*\*Want this vegan? Use vegan chocolate chips or different mix ins like dried fruit or nuts.\*\*

**SERVES: 12-15**

**Vegan-Vegetarian-High Fiber**

Adapted from: Bigger Bolder Baking