

Northeastern
Dining

Your **NU** Kitchen

Tips and Tricks

For Being Successful at Cooking!



What's the Scoop on Food Safety?

Don't Get Sick!

Consuming harmful bacteria in food causes foodborne illness or food poisoning. The symptoms are similar to flu symptoms, but include headaches, backaches, stomach cramps, fatigue, fever, gastrointestinal upset, and nausea. Prevent it by following these tips!

Fridge Facts

The proper temperature to keep leftovers at is below 40 degrees Fahrenheit. Be sure that your fridge is set at the correct temperature to keep your food safe from bacteria for longer! Be sure to refrigerate leftovers immediately, and don't leave any perishable foods on the counter for more than 2 hours before returning them to the fridge (Which means eating the pizza that's been sitting on the counter since last night is a bad idea!).

Repeater Eater

When reheating leftovers, use a meat thermometer to make sure food reaches the proper internal temperature of 165 degrees Fahrenheit before you eat. It's also a good idea to label leftovers with the date and eat them within 3-5 days. Pay close attention to "use by" dates and if you're ever not sure if something has gone bad or not, throw it away!

Keep it Clean

The best way to prevent the spread of bacteria is to keep yourself, your food, and your kitchen clean! Always wash your hands (for 20 seconds in warm, soapy water) thoroughly before, during, and after food preparation, especially when handling raw meat and seafood. Keep all kitchen counters and other surfaces clean, and don't use the same sponge to clean both counters and dishes. Finally, wash all fruits and vegetables in cold water before eating or cutting them.

The Steaks are High

Be careful when cooking and handling raw meat! Reserve one cutting board for meat, and a different one for vegetables and other ingredients to prevent contamination. Raw meats should also be stored separate from other foods. Put meat on the bottom shelf of the fridge to keep any juices away from other food. To thaw frozen meat, use the refrigerator or microwave--don't just put it on the counter (the same goes when marinating for more than a few minutes--put it in the fridge)! When cooking meat, use a meat thermometer to ensure that it reaches the proper temperature. Internal temperatures should be:

- 165o Poultry
- 160o Ground Meat
- 160o Pork (minimum)

Roasts, Steaks, Chops:

- 145o Medium Rare
- 160o Medium
- 170o Well Done

Source: Academy of Nutrition and Dietetics

Essential Ingredients

These ingredients are great to keep on hand at all times to cook meals, and should keep you from going grocery shopping every day!

Dairy:

- Butter (if you buy it in bulk, it can be frozen)
- Cheese (hard cheeses last longer than soft or shredded cheeses)
- Eggs (Relatively inexpensive and they last for a long time!)
- Milk (2% is best if using it for cooking or in coffee)

Grains:

- Sliced Sandwich Bread (Can be frozen or stored in the fridge for an extended shelf life)
- Tortillas (For quesadillas, tacos, and wraps; can also be stored in the fridge)
- Pasta (Feel free to stock up, it lasts for a long time and doesn't take much time to cook!)
- Rice (Also lasts for a long time and is easy to cook)
- Canned Pizza Dough (For easy homemade pizzas!)

Meats:

- Frozen Chicken (A convenient way to add chicken to any dish!)
- For other meats, buy them when you want to use them, to make sure they are fresh!

Other Basic Necessities:

- Flour
- Sugar
- Salt
- Pepper
- Garlic Powder
- Olive Oil
- Canola Oil
- Nonstick Baking Spray
- Vanilla Extract
- Soy Sauce
- Baking Soda
- Potatoes
- Canned Tomato Sauce (or other pasta sauce)
- Canned Soup or Ramen (we are in college after all)
- Salad Dressings
- Chocolate Chips (Great for emergency cookie cravings)
- Cake/Brownie Mix
- Ice Cream

******* Depending on how much/what you like to cook, you may not need all of these! *******

Helpful Items:

- Aluminum Foil
- Plastic Wrap
- Zip Lock Bags (quart and gallon size)

Utensils and Cookware

Depending on how often you cook, you may not need all of these things or you may need extra things, but use this list as a starting point!

Appliances:

- Microwave
- Mini food processor or blender
- Electric mixer
- Panini Press or Griddle
- Slow Cooker/Crock Pot

Stovetop and Oven:

- Non-Stick Frying Pan
- Saucepan with Lid
- Large Stock Pot with Lid
- Medium Pot with Lid
- Baking Sheet
- Oven Mitts
- Colander
- Whisk
- Cake/brownie Pan

Utensils:

- Knives (One large, one medium, and one serrated makes a good set)
- Spatula
- Serving Spoon
- Tongs
- Cheese Grater
- Peeler
- Wooden Spoon
- Heat Proof Rubber Spatula

Other Helpful Tools:

- Mixing Bowls
- Measuring cup
- Measuring spoons
- Whisk
- Cutting Boards (one for meat, one for other things)
- Tupperware
- Meat Thermometer
- Sponges
- Dish soap
- Dishtowels

Types of Cooking

Sauté

To cook food quickly in a small amount of oil or other fat in a skillet or saute pan on the stovetop.

Braising

Food (usually meat or vegetables) is first browned in oil, and then cooked, tightly covered, in a small amount of liquid at low heat for a long time. The long, slow cooking develops flavor and tenderizes foods by gently breaking down their fibers. Braising can be done on top of the range or in the oven. A tight-fitting lid is very important to prevent the liquid from evaporating.

Steamed

Food is placed on a rack or in a special steamer basket over boiling or simmering water in a covered pan. Steaming helps retain a food's flavor, shape, texture and many of the nutrients.

Broil

Food is placed directly under or above the heat source (Usually in the oven with the door left slightly open).

Frying

Food is cooked in a hot oil bath over moderate to high heat.

Microwave

A microwave oven cooks with high-frequency radio waves that cause food molecules to vibrate, creating friction that heats and cooks the food.

With the provided tips, essential ingredients, and utensil list, cooking in your NU Kitchen can be a fun way to save money and eat healthier!

Use the following recipes to get started and learn the basics; then branch out to try new recipes or even make up your own!

Sautéed Chicken Breast

with a Lemon Parsley Pan Sauce

Ingredients:

- 2 each 6 oz Chicken breast, skin off
- 1 TBSP Vegetable oil
- 1 oz Lemon juice
- 2 oz Chicken broth
- 2 tsp Parsley, dried
- ½ TBSP Butter
- For taste: Kosher salt and black pepper



Yield: 4 portions



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Recipe:

1. Rinse chicken under cold water and pat dry with paper towel. Season breasts with salt and pepper.
2. Place medium sized sauté pan over medium high heat and add oil.
3. Carefully place chicken in pan. Let chicken cook for approx 4 minutes then using a spatula or tongs flip chicken over and cook for additional 4 minutes. Before removing chicken from the pan check for doneness by using digital thermometer. The internal temperature should be 165 degrees or higher and the juices should be clear.
4. When chicken is cooked through, remove to serving platter. Add broth and lemon juice to pan and bring to a light simmer. Lightly scrape the bottom of the pan to remove any of the flavorful "bits". Simmer for approx 1 minute and remove pan from heat and whisk in butter and parsley.



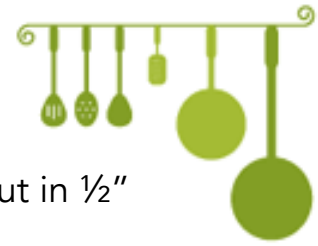
5. Spoon sauce over chicken and enjoy!

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Sautéed Vegetables

Ingredients:

- 1 TBSP Vegetable Oil
- 1 tsp Garlic, peeled and chopped fine
- Red bell pepper, washed, seeded, ½ cut in half and cut in ½" squares
- Yellow bell pepper, washed, seeded, ½ cut in half and cut in ½" squares
- Mushrooms, washed, dried, 3 ea stems removed and sliced into 1/8" slices
- Broccoli, washed, stems removed. 1 cup and cut into ½" floret's
- Zucchini, washed, ends removed. 1 small cut in half lengthwise, then cut the halves in half lengthwise again, then cut into ½" pieces
 - Yellow summer squash, washed. 1 small cut the same as the zucchini
- For taste: Kosher salt and black pepper



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Recipe:

1. Heat a medium size sauté pan over medium high heat and add the oil.
2. Add the garlic and sauté, stirring for just a few seconds being careful not to burn the garlic.
3. Add all of the vegetables and sauté until vegetables are fork tender. Season with salt and pepper. Remove from heat and arrange in bowl or platter.



Yield: 4 portions

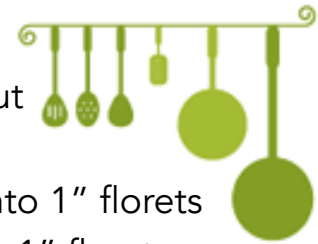
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Steamed Vegetables

with Roasted Chickpeas

Ingredients:

- 1 small Butternut squash, skin and seeds removed. Cut into 1" diced pieces.
- ½ head Cauliflower, washed, core removed and cut into 1" florets
- 1 bunch Broccoli, washed, stem removed and cut into 1" florets
- 2 cups Snow peas, washed
- 1 each Red bell pepper, washed, seeded, trimmed and cut into 1" dice
- ½ tsp Coriander seeds, crushed
- For taste: Kosher salt and black pepper
- One 15 oz can of Chick peas, drained and rinsed
- ½ "piece Fresh ginger, peeled and thinly sliced
- 2 TBSP Sesame oil



Yield: 4 portions

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Recipe:

1. Place ginger in boiling water in sauce pan and bring to a light simmer. Simmer for approx 2 minutes then place squash, cauliflower and broccoli in large steamer basket and place over boiling water.
2. Steam vegetables until they are somewhat easily pierced by a fork but still firm. Open steamer basket and add snow peas. Steam for approx 30 seconds then remove basket from the heat and onto a plate and reserve.
3. Place medium size sauté pan over medium high heat and add the coriander seeds. Sauté until fragrant about 1 minute. Add sesame oil and chick peas and sauté for approx 5 minutes or until peas are slightly browned and crispy.
4. Divide the vegetables among four plates or serving platter and spoon chick pea mixture over the vegetables and season with salt and pepper.



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Broiled Steak

with Potatoes and Vegetables

Ingredients:

- ½ Cup + 2 TBSP Olive or vegetable oil
- ¼ Cup + 1 TBSP Red wine or balsamic vinegar
- 3 each Garlic cloves, peeled and chopped fine
- 10 oz vegetables of your choice, washed and cut into 1" pieces
- 1 TBSP Worcestershire sauce
- 1 TBSP Soy sauce
- 2 tsp + pinches Black pepper
- ½ tsp Paprika
- 2 each Steaks of your choice
- 4 – 6 whole Red potatoes, small, washed and cut in half
- 1 tsp + pinches Kosher salt

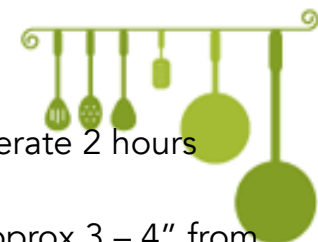


Yield: 2 portions

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Recipe:

1. Combine oil, vinegar, garlic, worcestshire, soy, salt and pepper in a zip lock bag. Add steaks and seal bag. Refrigerate 2 hours to overnight.
2. Turn oven setting to broil and arrange top oven rack to approx 3 – 4" from the broiler. Place vegetables and potatoes in mixing bowl and add pinches of salt, pepper, 2 TBSP of oil, 1 TBSP of vinegar and paprika and toss to coat vegetables.
3. Line broiling pan with foil. Cut a few slits in the foil where the pan slits are. Place steaks in center of pan and arrange potatoes and vegetables around steaks. Place pan on top rack and broil 5 – 7 minutes per side depending on the thickness of the steak or until desired doneness has been achieved.
4. Remove pan from oven and let steaks rest 5 – 10 minutes. Place steaks on plate or serving platter and arrange vegetables and potatoes. Pour any juice from the pan over the steaks and enjoy.



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Pan Fried Falafel

Ingredients:

- 1 ½ Cups Chick peas (garbanzo beans)
- 1 each Yellow onion, peeled and chopped small
- 3 each Garlic cloves, peeled and chopped fine
- 1 Cup Fresh parsley leaves, washed and well dried
- 1 tsp Baking powder
- 1 tsp Ground cumin
- ¾ tsp Kosher salt
- ½ tsp Red pepper flakes
- 3 TBSP Vegetable oil



Yield: 4 portions

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Recipe:

1. In a food processor combine the chick peas, onion, garlic and parsley. Process until coarsely pureed. Transfer mixture into a mixing bowl and mix in the baking powder, cumin, salt and pepper flakes. Cover and refrigerate mixture for approx 1 hour.
2. With wet hands, shape ¼ cup portions of the mixture into patties 3 "across. Repeat until all of the mixture has been used.
3. Place half of the oil in a medium size sauté pan over medium high heat. When the oil is hot evenly arrange patties in the pan and cook turning once until browned on both sides and heated throughout. Remove patties and place on paper towel lined platter. Add remaining oil to the pan if needed and repeat process until all patties have been fried.



4. Ideas: include falafel patties with your favorite salad or put them inside a half pita with spinach and yogurt dressing.

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Quinoa Fried Rice

Ingredients:

- 1 cup quinoa (or 2½ to 3 cups leftover cooked quinoa)
- 1 ½ cups water or low-sodium chicken stock
- ¼ small onion, chopped
- 2 carrots, peeled and chopped
- 3 scallions, chopped and divided
- 3 garlic cloves, minced
- ½ teaspoon fresh ginger, minced
- 1 tablespoon olive oil
- 2 eggs, lightly scrambled (still raw)
- ½ cup frozen peas, thawed



Sauce:

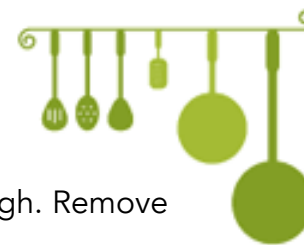
- 1 ½ tablespoons teriyaki sauce
- 2 ½ tablespoons soy sauce
- ¾ teaspoon sesame oil

**Yield: 4 portions or
6 sidedishes**

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Recipe:

1. Rinse quinoa a few times in cold water.
2. Bring quinoa and water or chicken stock to a boil in a medium saucepan, and then reduce to a simmer. Season with salt.
3. Simmer for 15-20 minutes until quinoa is fluffy and cooked through. Remove from heat and let set for five minutes or so. Fluff with a fork.
4. Cool and store in the fridge, preferably overnight.
5. Mix teriyaki, soy sauce, and sesame oil in a small bowl. Set aside.
6. Heat ½ tablespoon olive oil in a large sauté pan over a high heat. Add onion and carrot, cook about two minutes. Add 2 scallions, garlic and ginger to the pan. Cook another two minutes.
7. Add in the rest of the olive oil and the quinoa. Stir-fry about two minutes.
8. Add sauce and stir-fry until incorporated, about two minutes. Make a well in the center of the quinoa pour eggs in, scramble. Throw in peas, then toss everything together until the peas are warmed through, add remaining scallion and serve.



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Stuffed Chicken Breasts

with Asparagus and Mozzarella

Ingredients:

- 4 large skinless, boneless chicken breast halves skinless
- 16 asparagus spears, trimmed - divided
- 1 cup shredded mozzarella cheese, divided
- 1/2 cup Italian seasoned bread crumbs
- For taste: salt and black pepper



Yield: 4 portions

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Recipe:

1. Preheat an oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking dish.
2. Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch. Sprinkle each side with salt and pepper.
3. Place 4 spears of asparagus down the center of a chicken breast, and spread about 1/4 cup of mozzarella cheese over the asparagus. Repeat with other chicken breast, and roll chicken around the asparagus & cheese to make a tidy, compact roll.
4. Place the rolls seam sides down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.
5. Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).



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Shrimp Scampi

Ingredients:

- 1 pound large shrimp (about 16 shrimp), peeled and deveined
- 3/4 pound linguine
- One 1/2 tablespoons minced garlic (4 cloves)
- Two 1/2 tablespoons olive oil
- Three tablespoons unsalted butter
- 1/2 lemon, zest grated
- 1/3 cup chopped fresh parsley leaves
- 1/4 teaspoon black pepper
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 lemon, thinly sliced in half-rounds
- 1/8 teaspoon hot red pepper flakes
- Vegetable oil
- For taste: Salt



Yield: 4 portions

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Recipe:

1. Drizzle some oil in a large pot of boiling salted water, add 1 tablespoon of salt and the linguine, and cook for 7 to 10 minutes, or according to the directions on the package.
2. Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat. Add the garlic. Sauté for 1 minute. Be careful, the garlic burns easily!
3. Add the shrimp, 1 1/2 teaspoons of salt, and the pepper and saute until the shrimp have just turned pink, about 5 minutes, stirring often.
4. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.
5. When the pasta is done, drain the cooked linguine, and then put it back in the pot. Immediately add the shrimp and sauce, toss well, and serve.



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Microwave Poached Egg

on Toast

Ingredients:

- 1 slice bread, toasted
- 1 large egg
- Butter, to taste
- For taste: Salt and pepper



Yield: 1 portion



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Recipe:

1. Place the toast on a plate, butter it, flatten the middle down with the back of a fork.
2. Crack and carefully pour the egg into the flattened middle of the toast, not allowing it to spill over into the plate.
3. Prick the yolk quickly and carefully with the tines of the fork and bake in the microwave on a turntable for about 1 minute on 60-70% power, until the white is cooked through or desired doneness is achieved.



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Microwave Baked Potato

Ingredients:

- 1 large russet potato
- 1 tablespoon butter or margarine
- 3 tablespoons shredded Cheddar cheese
- For taste: Salt and pepper
- 3 teaspoons sour cream



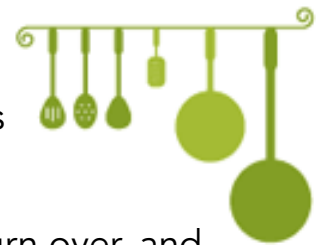
Yield: 1 portion



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Recipe:

1. Scrub the potato, and prick several times with the tines of a fork. Place on a plate.
2. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
3. Season with salt and pepper, and mash up the inside a little using a fork. Top the open sides with butter and 2 tablespoons of cheese.
4. Return to the microwave, and cook for about 1 minute to melt the cheese.
5. Top with remaining cheese and sour cream, and serve.



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Microwave Chocolate Mug Cake

Ingredients:

- 4 tablespoons flour
- 4 tablespoons sugar
- 1 tablespoon unsweetened cocoa
- 2 tablespoons whisked egg (1 egg is too much, 1 egg white is too eggy, 1 yolk is too dense, but 2 tblsp is just right!)
- Splash of vanilla or other flavoring - try peppermint or cinnamon
- 3 tablespoons milk
- 3 tablespoons oil
- 3 tablespoons chocolate chips



Yield: A cupful

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Recipe:

1. Add all of the dry ingredients to the mug and mix.
2. Add the egg and combine well. It gets pretty pasty at this point.
3. Stir in milk and oil.
4. Add chocolate chips and splash of vanilla. Stir well. If you don't have chocolate chips, try a broken up candy bar.
5. Microwave for 3 minutes in a 1000w oven, or 4 minutes in a 700w oven. It will start to crown over the top of the mug, but will collapse once the heat stops.



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Spaghetti Squash

Ingredients:

- 1 Spaghetti Squash (also called Winter Squash)
- 1 sharp, strong knife
- 1 fork
- 1 microwavable plate/dish that has a lip
- Sauce of your choice



Yield: 3-4 portions



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Recipe:

1. Wash, and cut the squash in half width-wise using your strong knife.
2. Scrape the insides and seeds out of the squash.
3. Place both squash halves face-down on a microwavable dish.
4. Fill the dish with water until it is roughly one inch full of water.
5. Place the dish with the water and squash in the microwave and turn it on for 12 minutes, ensuring it is hot through and through.
6. Test the squash by piercing the skin with a fork. If it goes in easily your squash is ready. Then, let it sit for 15 minutes.
7. Using the tines of a fork (or any other utensil) scrape the inside of the squash to remove the spaghetti-like strands from the skin.
8. Top with sauce or garnish that you prefer to put on pasta. Usually served with marinara sauce & parmesan cheese, or olive oil, salt & pepper.



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Guacamole

Ingredients:

- 2 avocados
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 ripe tomato, chopped
- 1 lime, juiced
- For taste: Salt and pepper



Yield: 1-2 portions



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Recipe:

1. Peel and mash avocados in a medium serving bowl.
2. Stir in onion, garlic, tomato, lime juice, salt and pepper.
3. Season with remaining lime juice and salt and pepper to taste.
4. Chill for half an hour to blend flavors.



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Oreo Truffles

Ingredients:

- Oreo Cookies, finely crushed, divided
- 1 pkg. (8 oz.) Cream Cheese, softened
- 2 pkg. (4 oz. each) Semi-Sweet Chocolate, broken into pieces and melted down



Yield: 3-4 portions



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Recipe:

1. Set aside 1/4 cup of oreo cookie crumbs. Mix cream cheese and remaining cookie crumbs until blended.
2. Shape into 48 (1-inch) balls. Dip in melted chocolate; place on wax paper-covered rimmed baking sheet. Sprinkle with reserved cookie crumbs.
3. Refrigerate for 1 hour or until firm.



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Nutrition Tips

Breakfast really is for champions!

- ** Don't skip breakfast as it truly is the most important meal of the day!
- ** Healthy choices:
 - Fruit or yogurt smoothie
 - An egg and cheese breakfast sandwich
 - Frozen waffles with fruit

Eat often!

- ** You should eat something at least every 3-4 hours.
- ** This helps avoid becoming too hungry throughout the day, which may result in overeating or choosing less than healthy options at your next meal.

Carbohydrates are primary!

- ** Carbohydrates are your main source for energy! It is recommended that you consume 45-65% of your total calories from carbohydrates throughout the day.
- ** Good Sources:
 - Whole grain breads
 - Cereals
 - Fruits and vegetables.
 - A bagel with peanut butter
 - A bowl of cereal

Protein is for repair and helps support your immune system!

- ** It is important to choose lean protein sources. You should be consuming 10-35% of calories from protein each day.
- ** Good Sources:
 - Fish, Chicken, Turkey, Beef
 - Low-fat milk
 - Cheese
 - Yogurt
 - Eggs
 - Nuts, peanut butter, and soy

Heart-healthy fats!

- ** When choosing fats- choose healthy fats! You should consume 20-35% of calories from fat each day. When reading nutrition labels, choose unsaturated fats over saturated.
- ** Good sources: canola, olive oil and nuts.

Eat out wisely!

- ** **Sandwiches:** turkey, chicken, or roast beef on whole grain bread or roll and add some veggies.
- ** **Pasta:** red sauce instead of choosing one with lots of meat, cheese and creamy sauce.
- ** **Pizza:** thick crust, vegetables, Canadian bacon instead of pepperoni, sausage or lots of meat.

Don't forget to drink water; it is essential!

- ** The Institute of Medicine advises that men consume close to 3 liters (approx. 13 cups) and women consume 2.2 liters (approx. 9 cups) of total beverages each day.
- ** Your urine should be pale, and if it is not then you need to drink more fluids!

Balancing act!

- ** Eat lots of fruits, vegetables, whole grains, and low-fat dairy products each day.
- ** This will provide your body with adequate energy as well as important vitamins and minerals.



Your **NU** Kitchen

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