Navy Bachelor Housing
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Tip:
Nutrient-density is about getting a lot of what your body needs with fewer calories and/or additives. Need more calories? Focus on nutrient dense and calorie dense foods vice only calorie dense (solid fat and processed foods)
The Navy barracks recipe contest kicked off the first Navy-wide Nutrition month in March 2013 and was designed to compile quick, easy and satisfying recipes. There is a wealth of nutrition resources available to you on the navy webpage at http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/avynutrition/Pages/default2.aspx.

This booklet focuses on eating good food with a few tips here and there. Contest Guidelines:

1. Incorporating the dietary guidelines
2. Five ingredients or less
3. Five pieces of equipment or less
4. 30 minutes or less preparation time
5. Prepared in a bachelor housing room – limited to a microwave for heating

The winning recipes focused on incorporating healthful food items (vegetables, fruits, whole grains, healthy fats and lean protein) and limiting sugar, salt and fat (especially solid fat) without compromising taste and satisfaction. Each recipe was then tested for accuracy, clarity, and tastiness by residents living in the barracks.

Thank you to those who contributed to the many efforts leading to the completion of this first collection. This is a continuing effort and we look forward to many more quick and healthy recipes from Sailors as well as ones you would like to make more healthful.

Nourishing our bodies is one of the most important activities we do each day. There is a connection between how we eat and how we perform, think and feel. One good change leads to another and when we do, we begin to see a great transformation in our lives. Enjoy!

LCDR Jennifer Wallinger
Dietitian, 21st Century Sailor Office
1 August 2013
Contest Winners

**Breakfast**
Eggs Before Muster * Senior Chief Petty Officer Crandall *

**Wraps**
SECDEF Wrap * Culinary Specialist First Class Poole *

**Sandwich**
Pesto Chicken Breast Sandwich * Culinary Specialist First Class Cole *

**Vegetable**
Cheesy Spaghetti Squash * Captain Scott *

**Snack**
Beeches Smoothie * Commander Hennessey *

**Main Course (Entrée)**
CBQ Chicken * Lieutenant Garcia *

**Sweet Treat**
No-bake peanut butter choco bombs * Logistics Specialist First Class Jones *

**Grand Winner:**
Easy Fish Tacos * Captain K. Scott *

Recipes are a guide. As you become comfortable, experiment with different combinations. Whereas in baking ingredient portions need to be accurate, cooking is much more flexible. Think of a seasoning you like, want more vegetables, a little more spice? Go for it. Just go easy on adding extra fat, sugar and salt.
Eggs Before Muster

Ingredients
2 Large eggs, whipped
1 TBSP 1% milk
1 TBSP shredded low-fat cheddar cheese
1 Stalk green onion, chopped
1 Slice ham (96% fat free) or prosciutto, diced
Non-stick cooking spray
Salt and pepper to taste

Equipment
1 microwave-safe bowl
1 tablespoon
1 knife (for chopping green onion and dicing the ham)
1 fork for whipping eggs, stirring, and serving
1 separate bowl for whipping eggs

Directions
Spray microwave-safe bowl with cooking spray.
Prepare ingredients: chop green onion, dice ham slice, and whip the eggs and add to microwave bowl.
Microwave for one minute, gently stir with fork and add the green onion and cheese. Wash fork.
Microwave 30 seconds, gently stir with fork. Wash fork. If desired, microwave for an additional 15-30 seconds until eggs are at desired consistency. Add salt and pepper to taste.

Submitted by: SCPO R. Crandall, NIOC
Pumpkin Oatmeal

Ingredients
½ cup milk
½ cup rolled oats
¼ cup canned pumpkin puree
¼ tsp pumpkin pie spice (or 1/8 nutmeg and cloves)
½ tsp cinnamon
Optional: Dash of salt

Variations: Maple syrup, brown sugar, raisins, cranberries, whey protein, pecans, almond slivers

Equipment
Bowl
Measuring cup/spoons
Microwave-safe bowl

Directions
Mix milk and oats in microwave safe bowl. Cook on high for 1 to 2 minutes for quick oats and 2-3 minutes for whole rolled oats. Stir. Add more milk or oats for desired consistency and cook 30 seconds more. Stir in spices.

Tip: Dash of salt brings out the flavor in the oats.
**Egg Cup Frittata**

**Ingredients**
1-2 Eggs  
1-2 Tbsp 1% Milk  
Feta cheese as desired  
½ large tomato diced  
¼ - ½ c fresh spinach  
Salt and Pepper to taste

**Equipment**
Mixing bowl  
Measuring cup/spoons  
Microwaveable mug  
Fork for whipping eggs  
Knife to cut tomato

**Directions**
Whip eggs in mug, add milk and cheese. Dice tomatoes and spinach, add to mug, microwave for 1 min, gently stir with fork. *Wash fork.* Microwave 30 seconds, gently stir with fork. *Wash fork.* If desired, microwave for an additional 15-30 seconds until eggs are at desired consistency. Add salt and pepper to taste.
Egg Omelet

Ingredients
1 egg
1 egg white
2 Tbsp 1% milk
2 mushrooms
½ cup fresh or frozen spinach

Equipment
Knife
Paper Towel or cutting board
Microwaveable safe plate with elevated lip
Bowl
Fork

Directions
Slice mushrooms into desired size, mix with cut/diced spinach. Spread onto plate. In separate bowl whip eggs, add milk. Pour egg mixture onto plate. Microwave for 1 min, gently stir with fork. Wash fork. Microwave 30 seconds, gently stir with fork. Wash fork. Fold over omelet and if desired, microwave for an additional 15-30 seconds until eggs are at desired consistency.
Ingredients

1 Beet (cooked or uncooked 2.9 oz)  
½ juice from lemon  
1 tsp cinnamon  
1 Tbsp Honey  
Frozen Fruit – ½ banana, ½ cup blueberry  
½ cup water

Equipment

Measuring cup/spoons  
Blender  
Knife  
Juice glass

Directions

In a blender, mix beet and lemon juice with water until smooth. Add rest of ingredients until you have a drinkable consistency. Add more water and honey as needed.

Submitted by: CDR and Mrs. Hennessey
Smoothie Ideas

**Base**
- Water
- Milk
- Yogurt

**Fruit**
- Berries
- Apple
- banana

**Vegetable**
If you have a blender that will liquefy, the options are limitless (carrots, kale, spinach, cucumber, tomato, celery)

*Balance any bitterness with sweetness from honey.*
Best-Coast Fish Tacos (and Fast)

260 calories  4.7g fat  Sodium 320mg

Ingredients
1/4 pounds catfish chunks or tilapia fillets (frozen)
2 6-inch corn tortillas
Salsa (store bought or recipe p. 19)
Shredded cabbage
Lime juice

Equipment
Microwave safe bowl

Directions
Microwave fish in microwave bowl with lid for 10-15 minutes to desired firmness.
Place cabbage in tortilla shells as bed for fish.
Split cooked fish chunks (cut up cooked fillets into chunks) between the two tortilla shells.
Squirt lime juice tenderly over fish.
Add salsa to taste and enjoy!

Optional: shake on a little parmesan cheese if you crave that cheesy-goodness

CAPT K. Scott, OPNAV N17
The SECDEF Healthy Choice Wrap

387 Calories, 7g fat (2 g sat), Sodium 614mg sodium, Fiber 5g

This is a very simple healthy wrap that can be made in any barracks room across the Navy.

Ingredients
1 Spinach Tortilla
1 Cooked Chicken Breast
1 Tbsp crumbled feta cheese
1 Tbsp dried cranberries
2 cups mixture of lettuce, tomato & onion
1 Tbsp of preferred low-fat dressing

Equipment
Measuring cup/spoons
Bowl

Directions
Chop chicken, lettuce, tomato and onion.
Toss all ingredients in a bowl. Place in a spinach wrap, roll up and enjoy.

Submitted by CS1(SS) Timothy Poole, Secretary of Defense Mess, The Pentagon
Speedy Tuna Salad

Ingredients
6 oz tuna
2 Tbsp low fat mayo Whole wheat bread Romaine lettuce or spinach
1 oz mozzarella cheese (part skim)
Optional: hot sauce, salsa, relish, garlic or Italian seasoning

Equipment
Can opener (unless using pouch tuna)

Directions
Drain a 6 oz can tuna in water. Add 2 tsp low-fat mayo (made with olive oil if possible). Add seasoning of choice. Spread mix on whole wheat bread with shredded lettuce and low fat part skim cheese. Eat up!

Makes filling for 2-3oz sandwiches

Submitted by: LS1 Jones
Pesto Chicken Breast Sandwich

Ingredients
4 oz chicken, thawed
Ciabatta or whole wheat roll
½ onion, sliced
4 mushrooms, sliced
3 cherry tomatoes, sliced
½ c broth or water to cook

Equipment
Meat thermometer
Microwave safe dish
Knife
Plastic wrap
Small bowl

Directions
Slice chicken breast into desired strips, place broth or water in microwave dish and add chicken into dish. Cover and microwave for 3 minutes on high. While chicken is cooking, slice mushroom, onion, and tomatoes. Add this mixture into dish and microwave for another 3 minutes. Check temperature of chicken, should be 165 °F or higher. Add to Ciabatta or wheat roll and enjoy!

Submitted by: CS1 Jeffrey Cole, Sigonella
Kale Salad

**Ingredients**
2 cups Kale, shredded, (sliced thinly with knife after stems removed)
1 Tbsp dried cranberries
1 Tbsp almond slivers
1 tsp rice wine vinegar
1 tsp olive oil
Salt and pepper to taste

**Equipment**
Bowl
Knife
Measuring cup/spoons

**Directions**
Combine olive oil and rice wine vinegar. Toss salad with cranberries, nuts and dressing. Enjoy!

LCDR Wallinger, OPNAV N17
5 Steps to a Better Salad

Pick a base of greens (chop in bite size pieces)
  Kale
  Arugula
  Spinach
  Romaine
  Mixed Greens

Pick a flavor (see next page for ideas)
Choose a lean protein
  Chicken or turkey
  Ham
  Tofu

Beans: Chickpeas, black beans, kidney beans

Add a healthy fat (especially if using fat-free dressing)
  Almonds
  Pine nuts
  Walnuts
  Peanuts

Choose cheese wisely (sharp goes a long way)
  Parmesan
  Goat
  Feta

Tip:
Tossing salad components lightly with the dressing brings a nice flavor and allows you to use less dressing.
Salad Dressing

Dressing is simple to make and adds a great fresh taste to a salad

**Flavors**

Italian
Equal parts olive oil and vinegar (red wine or balsamic)
Include tomato, cucumber, olives,

Greek
Olive oil, red wine vinegar, oregano
Tomato, cucumber, kalamata olives

Mexican
Corn and black bean salad
Spinach

Asian
Sesame oil, rice wine vinegar
Chicken

Favorite
Goat cheese, mandarin oranges, walnuts, cranberries

Strawberry salad
Spinach, strawberry, white vinegar, sugar, poppy seeds

Tip:
A salad daily is a great way to get your vegetables in for the day.
Black Bean and Corn Salad

**Ingredients**
- 1 can black beans
- ½ cup or 4 oz frozen or canned corn
- Balsamic vinegar
- Olive oil
- Cilantro

**Equipment**
- Bowl
- Fork

**Directions**
Combine all ingredients in a bowl and toss with fork and enjoy!
Easy Salsa

Ingredients
1 medium tomato or ½ cup canned
1 tbsp red onion
¼ - ½ c cilantro
1-2 Jalapeno pepper, chopped to taste
1 tbsp lime juice to taste
Salt and pepper to taste

Equipment
Bowl
Fork
Knife

Directions
Cut or chop produce into small pieces. Combine all ingredients in a bowl and toss with fork and enjoy!
Microwaving Fresh Vegetables

Acorn Squash
Cut squash in half lengthwise and scrape out seeds. Place cut side up on a microwave-safe plate or dish. Put 1 teaspoon of olive oil and 1 tsp of brown sugar into the center of each squash (or cover one half for another day).

Cook for 8 to 10 minutes in the microwave on full power. Rotate the squash a couple of times to ensure even cooking. When the flesh is soft, scoop it out and place in a bowl. Add 1/4 tsp of both cinnamon and nutmeg (or pumpkin pie spice) to each half squash cooked. Mix and serve.

Corn on the Cob
Place in microwave intact on a damp paper towel. Microwave for 1 min. Turn and microwave 1 min. Cool 3-5 min and remove husk. Rub with olive oil and season as desired.

Green Beans
Place green beans in dish with 2 tablespoons water. Microwave, covered until crisp-tender.

- 4 minutes for crisp, 8 to 12 minutes for less crispness for whole or cut green beans.

Tip:
Don’t want to just stand and watch your food while it is marinating, cooking or cooling? Do some pushups, squats, or chair dips.
Cheesy Spaghetti Squash – Italian Style

114 Calories  3.1g fat  Sodium 450mg

Ingredients
1 medium size spaghetti squash
½ cup Spaghetti Sauce
Parmesan cheese (to taste)

Equipment Sharp
knife Microwavable
dish
Cheese shredder or back of knife if chunk is parmesan used

Directions
Cut thin slice off one side of squash to create sturdy base
Cut spaghetti squash in half and clean out center
Place “base” squash half flat-side down in microwave safe bowl, fill squash cavity half way with water, then place “top” squash half aligned with “base”
  • Microwave for 10-15 minutes to desired firmness
  • Scoop out spaghetti onto plate, cover with sauce and season with parmesan cheese to taste

Total time 15-20 minutes

Submitted by: CAPT K. Scott, OPNAV N17
“CBQ” Casserole  
Chicken and Broccoli...Quick

Ingredients
1 Boneless chicken breast, chopped into ½” cubes  
Low sodium seasoning (Italian blend, spicy)  
1 bag frozen broccoli  
1 cup Shredded mozzarella  
1 cup rice (prepared in microwave)  
  2 cups long grain rice  
  3 ½ c water  
  1 ½ tsp olive oil  
½ c light sour cream

Equipment
Covered microwavable dish x2

Directions
Cook rice in microwave per directions on package or put rice, water, and oil in bowl, cook for 10 min uncovered on high, then an additional 15 min on medium power (do not stir at any time). In another dish, combine chicken, seasoning, broccoli and cook for 6 minutes, chicken should be 165 °F or higher. Combine and enjoy!

Submitted by: LT Garcia

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Manly Chicken with Spicy Vegetables

380 Calories 10.3g fat 750mg sodium

Ingredients
2 frozen grilled chicken patties
2 cups frozen mixed vegetables
1 Tablespoon Spicy Mustard
OPTIONAL “Mrs. Dash” spicy versions

Equipment
Microwave safe bowl with cover
Measuring cup/spoons

Directions
Pour frozen veggies into microwave safe bowl
Spread mustard between chicken patties and place on top of veggies in the bowl
(OPTIONAL - crank the flavor with sprinkles of a spicy no-added sodium seasoning and flavor to taste)
Add half cup of water and microwave for 10-12 minutes to serve hot from the oven

Total time 12-15 minutes.

Submitted by: CAPT K. Scott, OPNAV N135
Curried Chickpeas

**Ingredients**
- 1 can chickpeas, rinsed and drained
- ½ can chop tomatoes, no added salt (or 1 medium tomato)
- 2 tsp olive oil
- 1 tsp cumin
- ¼ tsp chili powder or garam masala (mix of pepper, clove powder, cinnamon powder, and cardamom powder)
- 2 Tbsp Fresh cilantro (or 1 tsp dried)
- 1 tsp lime juice

**Equipment**
- Bowl with cover
- Knife to cut cilantro

**Directions**
Place oil and spices in microwaveable dish and microwave for 30-45 seconds.
Add chickpeas and tomatoes. Cover and cook for 4 minutes.

*Adopted from Saniya Booth’s recipe.*
Quinoa

Quinoa pronounced (Keen-wah), is an easy and versatile whole grain. Use in place of white rice in any of your recipes.

Makes 2 portions

Ingredients
½ cup quinoa
½ tsp salt (optional)
1 cup water

Equipment
Covered microwave dish
Strainer/colander (fine strainer to rinse quinoa)
Spoon

Directions
Rinse quinoa under cold water and place in microwave dish. Add water and cover with lid (or plate).
Microwave 3 minutes. Stir and wait one minute.
Microwave 3 additional minutes.
If watery, cook additional 1 to 2 minutes until water is gone.
Let sit 2-3 minutes. Serve!

Tip: Save one portion for another night and serve with chili or curried chickpeas.

Quinoa Salad: cold quinoa, olive oil, red wine vinegar, black beans, Optional (avocado)
No Bake Peanut Butter Choco Bombs

1 serving is 3-4 chocolate bombs

**Ingredients**
- 8 oz natural peanut butter (1/2 jar at room temperature)
- 8 oz fat-free cream cheese
- 4 Tbsp dark cocoa powder
- 2 tsp sugar
- 1 tsp cinnamon
- 1 cup quick oats
- Milk – almond, rice, soy or cows

Optional: 1 scoop chocolate whey powder

**Equipment**
- Bowl to mix ingredients

**Directions**
1. Combined peanut butter, cream cheese, dark cocoa powder, cinnamon, quick oats.
2. Mix all ingredients together except the oats. The mixture should be sticky and thicker than pudding.
3. Add a little bit of plain unsweetened almond milk, but only a bit until it does get a little bit “gooey”.
4. Now add in the oats and mix in well.
5. Form into balls about the size of a golf ball and set on cookie sheet. Put in freezer for 1 hour or fridge for 3 hours. Serve when ready.

Submitted by: LS1 Jones, USS Ronald Reagan
Baked Apple

Ingredients
1 apple (Granny Smith, Roma)
1-2 tsp brown sugar
¼ tsp cinnamon
1 tsp butter
Optional: ¼ tsp nutmeg

Equipment
Microwavable bowl with cover
Knife or apple corer

Directions
Core apple. If you do not have a corer, carve out the center with paring knife leaving bottom intact.
Place in microwave-safe bowl.
Fill center with brown sugar, spices and top with 1 tsp butter.
Cover dish and microwave for 4 minutes.
Let sit 2-3 minutes. Smells like apple pie!
Unsweetened Beverages

Raspberry Lemon Mint Water
6-8 cups water
1 cup raspberries
1 lemon, thinly sliced in rounds
2-3 mint sprigs

Let sit in fridge overnight. Honey to taste.

Cucumber Lemon Mint Tea
3-4 green teabags in heat resistant bowl Add
6-8 cups of hot water and steep 3 minutes
Pour tea over ice
Add ½ 1 cucumber slices in rounds
1 lemon, thinly sliced
2-3 sprigs of mint
Chill overnight

Strawberry Rosemary Water
1 1/2 cup watermelon, cubed
1 cup strawberries, sliced
2-3 rosemary sprigs (or handful of basil)
Chill overnight

Photo and recipe from: Tina Veale, Tampa FL
Chocolate Covered Banana

**Ingredients**
1 banana, cut in half (or 1 inch slices)
2 oz dark chocolate (try 70% or greater for health benefits)

**Equipment**
Wax paper
Microwave safe plate

**Directions**
Place wax paper on a plate – chocolate may stick
Microwave chocolate in 30 second intervals
Roll banana in chocolate.
Place in freezer for at least 2 hours

Optional: roll in nuts and/or coconut (this adds additional calories)
Paper Bag Popcorn

Ingredients
1 small paper bag (lunch sack)
1 tsp oil peanut oil (olive or canola may burn)
¼ cup popcorn kernels
Salt or seasoning to taste

Equipment
Paper bag
Paper towel

Directions
Place oil and popcorn in paper bag. Toss lightly to coat. Place paper towels under bag to prevent oil from leaking. Fold bag down twice. Microwave on popcorn setting or for 2 minutes.

That was Easy!
**Weight loss tips:** Want to eat less? First look at your plate. Larger plates and packages have shown to increase intake. Repackage foods into smaller portions to prevent over consuming. We eat with our eyes. Make it look appealing.

**Shopping tip:** shop the perimeter for the most wholesome foods. Convenient foods seem nice to have but at what cost?

**Mindfulness** – Brian Wansink’s work on “mindless eating.” Be more mindful and eat well. Learn more about your food, get involved locally.

**Food Environment** – what’s around you every day at home or work. Are you bombarded with sweets that co-workers bring? Do you have junk food lying around at home? Chances are you are more likely to indulge in these if they are within your environment. Act now, make a change to replace these with healthier options.

**Food Quality** – start with the best ingredients you can afford. Good quality food is a basic right, not a luxury. Treat yourself well and the dividends will pay off.

Foods that are more wholesome do not need a lot of sugar, salt or fat to taste good. As we ease off these added elements that natural flavors come through.

**Snacking Tip:**
Enhance flavor
Rethink fast food
Be generous with veggies
Understand nutrient-density vice calorie density

**Medical Tip:** Food is like medicine – high blood pressure, cholesterol, diabetes, obesity all can be improved with diet. See your local Registered Dietitian.

For more resources visit the [Navy Nutrition](#) website.
Prepare and eat food together whenever possible. Plan a potluck. Find a group of people and each plan a dinner meal. Much more fun when enjoyed with others.

Wasted ingredients. Find recipes with similar ingredients but different flavors.

_Cilantro_ – Mexican salsa and Indian curried chickpeas

_Black beans_ – corn and black bean salad,

_Chickpeas_ – curried chickpeas and vegetarian chili

_Quinoa_ – curried chickpea and festive quinoa salad

_Chicken_ – quickie chicken and pesto sandwich

_Eggs_ – eggs on the run, egg salad, cake bake

_Pumpkin_ – oatmeal and smoothie

_Cabbage_ – fish taco and cabbage soup

Find others to buy and split containers. I usually do not use all my cilantro and know of others who will.
# Stock your pantry

## Spices
- Garlic powder (or fresh)
- Salt
- Cumin
- Curry powder
- Cinnamon
- Nutmeg

## Vegetables
- Sweet potatoes
- Corn on the cob
- Squash (spaghetti, acorn)
- Canned tomatoes
- Canned Veggies
- Fresh

## Condiments
- Brown sugar
- Lemon or limes (or bottle juice)
- Salsa

## Protein
- Tuna in can or pouch
- Eggs
- Tofu (can substitute for meat or eggs (extra firm) and cheese(soft). Try it in soup)
- Fish – frozen fillets (tilapia, catfish, cod, tuna)
- Chicken or precooked chicken

## Sweeteners
- Maple syrup
- Brown sugar

## Healthy fats
- Oil
- nuts

## Dairy
- Milk
- Yogurt – Greek or unflavored

## Grains
- Quinoa, brown or white rice
- Oatmeal
- Whole wheat bread
- Granola Bars