

THE USU STUDENT'S COOKBOOK

Compiled by Shayna Bedingfield and USU Dietetics Students

Spring 2015

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QUICK BREAKFASTS

Chocolate Banana Breakfast Shake

- 1 cup skim or 1% milk
- 1 serving of Carnation Instant Breakfast, Ovaltine, or other chocolate powder that can be added to milk
- ½ banana
- ¼ cup dry oats
- Small handful of nuts (walnuts, almonds, or pecans are delicious)

1. Put all ingredients in blender. Blend until smooth (it will remain slightly lumpy because of the oats and nuts).

Recipe courtesy of Kami Vernon

Vanilla-Peach Smoothie

- 2 cups yogurt
- 1 ½ cup orange juice, or as much as needed
- ½ tsp vanilla extract
- ½ frozen banana, optional
- 2 cups unsweetened frozen sliced or chopped peaches

1. Put the yogurt, juice, vanilla, and banana in the blender first, followed by the peaches.
2. Pulse blender to start, then turn on high to smooth. If the mixture is stiff, add more liquid. Serve right away.

Recipe adapted from Mark Bittman's How to Cook Everything

Instant Oatmeal Packets

- ¼ cup rolled oats
- 1 ½ cup quick oats
- ½ cup powdered milk
- ½ cup sugar (white or brown)
- 1 tsp salt (scant)
- 1 tsp cinnamon

**Ideas for toppings: dried fruit, fresh fruit, canned fruit, nuts, seeds, mini chocolate chips, peanut butter, jam, etc

1. Blend dry rolled oats in a blender, pulsing until oats are powdery.
2. In a mixing bowl combine powdery oats and remaining ingredients.
3. To use, combine ½ cup instant oatmeal and 2/3 cup water in a microwaveable bowl and microwave for 2 minutes. Add toppings if desired.
4. If desired, put mix into individual baggies, ½ cup in each. Makes 6 packets.

Recipe courtesy of Kami Vernon

Frozen Breakfast Burritos

For a grab-and-go breakfast, make your own burritos and freeze them.

- 12 flour tortillas
- 6 eggs, scrambled
- 6 small potatoes, diced and fried
- Grated cheese
- Cooked and diced bacon or sausage
- Green pepper, diced and sautéed
- Salsa

1. Scramble the eggs the way you normally would. Sauté the potatoes and green peppers. Bake the bacon or fry up the sausage.
2. Soften the tortillas in the microwave for a few minutes so they'll be more pliable.
3. Lay out the tortillas and add in the filling ingredients. Roll up, tucking the ends in first. Wrap in plastic wrap, then place all the burritos in a gallon freezer bag.
4. In the morning, heat in the microwave for 3-5 minutes or until warmed.

Recipe adapted from cheapcooking.com

30 MINUTE DINNERS

One-pan Mexican Quinoa

- 1 TB olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 C quinoa
- 1 C vegetable broth
- 1 (15 oz.) can black beans, drained and rinsed
- 1 (14.5 oz.) can diced tomatoes
- 1 C frozen corn
- 1 tsp. chili powder
- ½ tsp. cumin
- Salt and pepper, to taste
- Optional: 1 avocado, juice of 1 lime, 2 TB chopped fresh cilantro



1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno. Cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder, and cumin. Season with salt and pepper, to taste.
3. Bring to a boil. Cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. If desired, stir in avocado, lime juice, and cilantro.

Recipe and picture courtesy of damndelicious.net

Broccoli Chickpea Stir-Fry

- 2 TB olive oil
- 1 small onion, thinly sliced
- 4 cloves garlic, minced
- Salt and pepper
- 1 ½ heads broccoli, including stalks, trimmed and chopped (2 cups)
- 1 (10.5 oz.) can chickpeas (aka garbanzo beans), drained and rinsed
- 1/3 C chicken or vegetable broth
- ¼ tsp. crushed red pepper
- 1/3 C parmesan cheese (grated or shaved)



1. In a large skillet (preferably one with a lid), warm olive oil over medium heat until hot. Carefully add onion, garlic, and salt. Sauté, stirring often, until onion becomes transparent and garlic just begins to turn golden brown, 4 to 5 minutes.
2. Toss in chopped broccoli. Sauté for 3 minutes. Add chickpeas, broth, and red pepper. Stir once, cover, and cook for 3-9 minutes more. Cooking time will depend on how soft you like your broccoli.
3. Uncover, season with pepper, sprinkle with parmesan, and serve! Enjoy this spicy dish. The textures of the broccoli and chickpea complement each other well.

Recipe courtesy of myrecipe.com

Swift Stir-Fry

- 1-2 chicken breasts, cut into thin 2-inch strips (can use beef)
- 1/4 C + 2 TB of Mr. Yoshida's Marinade and Cooking Sauce
- 16 oz. bag of frozen stir-fry vegetable mix
- 1/2 C water
- 2 TB cornstarch
- Optional: ½ C cashews

1. Marinate meat in 2 TB of sauce. Meanwhile, cook vegetables in stir-fry pan (coated with cooking spray) on high for about 3-4 minutes. Remove vegetables to serving dish; cover to keep warm.
2. Sauté chicken on high until juices run clear, approx. 5 minutes. Meanwhile, whisk ¼ cup sauce, water, and cornstarch together until smooth. Over medium heat, add sauce mixture to chicken and heat to bubbling and thickened, about 2-3 minutes.
3. Stir in cashews, if desired. Add vegetables. Serve over rice.

Recipe courtesy of Kaylene Craig

HEALTHY RAMEN

Ramen Shepherd's Pie

½ lb ground beef
1 Tbsp Oil
½ onion, chopped
¼ C water
½ C frozen peas
Salt and pepper to taste
Package of ramen noodles, cooked
Ramen noodles seasoning packet



1. Warm up the oil in a large skillet (cast-iron best), and brown the ground beef.
2. As the beef is cooking, cook the ramen noodles according to package directions, but don't add in seasoning, and drain all of the water.
3. Add chopped onions and ramen noodles seasoning packet and water.
4. Once water is evaporated, add frozen peas.
5. Transfer to casserole dish, pie plate, or keep in cast-iron skillet and top with the cooked ramen noodles.
6. Put in oven to broil until brown and crispy on top.

Recipe adapted from seriouseats.com; Picture courtesy of seriouseats.com

Cabbage Chicken Ramen Salad

Dressing Ingredients:

- ½ C white vinegar
- ½ tsp. sesame oil
- ¼ C olive oil
- 2 TB sugar
- ½ tsp. salt
- ½ tsp. pepper
- 1 Ramen noodle chicken seasoning packet

Salad Ingredients:

- 1 head cabbage, sliced thin
- 1 can drained chicken or 2 C cooked chicken chunks
- 1 package dry, crumbled Ramen noodles
- Optional: mandarin oranges, sliced almonds, sliced green onions

1. Whisk together ingredients for sauce.
2. Chop cabbage into thin slices. Crumble noodles. In a large bowl, mix together cabbage, chicken, and noodles. Pour sauce over mixture and stir. If desired, add mandarin oranges, sliced almonds, and sliced green onions.
3. Refrigerate for 30 minutes. Serve cold. Add fruit and rolls to make it meal!

Recipe courtesy of Shayna Bedingfield

Quick Ramen Bowl

- 1 package Ramen noodles
- 1 C fresh spinach
- 3 medium button mushrooms
- 2 whole green onions
- 1 large egg (optional)



1. In a small pot, bring 2 cups of water to a boil. While you are waiting for the water to boil, wash and slice the veggies (spinach, mushrooms, green onions). Add the dry noodles to the boiling water and cook for about 5 minutes. Add the seasoning packet (or half a packet if you prefer less sodium) and stir until dissolved.
2. Turn the heat down to medium and stir in all of the fresh veggies. Allow them to sit in the hot (not boiling) broth for 1-2 minutes or until slightly softened. Voila! You can go ahead and enjoy your Ramen, or follow the next step if you'd like some protein.
3. Make a well in the center of the pot and crack the egg into it. Allow the egg to poach in the broth until the whites are solid but the yolk is still runny. Alternatively, you can break the yolk and stir the pot just slightly to yield egg ribbons like in egg drop soup. The water should not be boiling at this point or else your egg will dissolve into such small pieces that it will give you a cloudy broth.
4. Enjoy!

Recipe and picture courtesy of budgetbytes.com

Basic “Healthy” Ramen

Ramen can be more exciting and nutritious any time! Just add protein and/or vegetables.

Protein Ideas:

- Egg, boiled egg
- Beef, sautéed in strips
- Chicken, sautéed in strips
- Pork, sautéed in strips

Vegetable Ideas:

- Package of frozen Asian vegetables
- Carrots
- Zucchini
- Broccoli
- Corn
- Peas, Snap Peas
- Onions (any variety)

1. Cut up your protein and any fresh vegetables.
2. Heat 2 C of water to boiling. Add Ramen noodles and boil for 5 minutes.
3. While you’re waiting for the Ramen...
 - Fresh vegetables:** Stir-fry fresh veggies in pan (coated with cooking spray) over medium heat for 5 minutes. Add meat. Stir-fry until meat is well-cooked.
 - Frozen vegetables:** Stir-fry meat in pan (coated with cooking spray) over medium-high heat for 5 minutes. Add frozen vegetables and 1-2 TB of water, and stir-fry until veggies are softened.
4. Add veggies and meat to the Ramen, and enjoy!

Recipe courtesy of Shayna Bedingfield

CROCKPOT DELIGHTS

Easy White Chicken Chili

6 C chicken broth
2 raw boneless skinless chicken breasts
2 (15 oz.) cans Great Northern beans, drained
2 C salsa verde (store-bought or homemade)
2 tsp. ground cumin

Optional toppings: diced avocado, fresh cilantro, shredded cheese, chopped green onions, sour cream, crumbled tortilla chips



1. Add chicken broth, 2 chicken breasts, beans, salsa, and cumin to slow cooker. Stir to combine.
2. Cook on low for 6-8 hours, or high for 3-4 hours until the chicken is cooked through and shreds easily with a fork.
3. Shred the chicken. Serve warm with desired toppings.

Recipe and picture courtesy of gimmesomeoven.com

Chicken Enchilada Soup

2 tsp. olive oil
½ C chopped onion
3 cloves garlic, minced
3 C low-sodium, fat free chicken broth
8 oz. can tomato sauce
1-2 tsp. chipotle chili in adobo sauce (or another form of chili sauce)
¼ C chopped cilantro
15 oz. can black beans, rinsed and drained
14.5 oz. can petite diced tomatoes
15 oz. can of corn
1 tsp. cumin
½ tsp. dried oregano
2 chicken breasts (raw)
Cheese and sour cream for garnish



1. Heat oil in a saucepan over medium-low heat. Add onion and garlic, sauté until soft (3-4 min). Slowly add the chicken broth, tomato sauce, and chipotle adobo sauce and bring to a boil. Add cilantro and remove from heat. Pour into crockpot.
2. To the crockpot, add drained beans, diced tomatoes, corn, cumin, oregano and stir. Add the chicken breasts; cover and cook on low heat 4-6 hours.
3. Remove chicken and shred with a fork. Add chicken back into soup. Adjust salt and cumin to taste. Serve and top with sour cream and cheese if desired. You can also add avocado, tortilla strips, or oyster crackers.

Recipe adapted from skinnytaste.com; Picture courtesy of skinnytaste.com

Café Rio Sweet Pork

¾ C brown sugar

¾ C salsa

½ can cola (Coke or Pepsi, diet or regular, It doesn't matter.)

2 lbs. boneless pork roast

To make it salad or taco, add:

Lettuce

Frozen white corn, defrosted

Can of diced tomatoes

Cheese

Avocados

Tortillas (tacos)

1. In a bowl, mix the sugar, salsa, and cola.
2. Place the pork in the crock pot. Pour the sauce over.
3. Cook on low for 8 hours.
4. Remove the meat, and place it on a large cutting board. Let it cool slightly, and then shred with a fork and knife. Skim the fat off the juices. Place the meat back into the crock pot so it can absorb the sweet juices.
5. Serve as a salad or on tacos! Very easy and delicious

*Serves about 8. Freeze leftovers with BBQ sauce and serve the second time as BBQ pulled pork. Frozen, cooked meat will last for 2-3 months.

Recipe courtesy of Shayna Bedingfield

Easy and Perfect Pulled Pork

2-3 lbs. of boneless blade pork roast (Buy when pork is on sale at the grocery store. Pork is at a good price when it is under \$2.00 per pound [as of 2015])

$\frac{3}{4}$ tsp. smoked paprika (or regular paprika)

1 tsp. pepper

$\frac{1}{2}$ tsp. cayenne pepper (or red pepper flakes)

$\frac{1}{2}$ tsp. thyme

$\frac{1}{2}$ tsp. garlic powder

$\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ C water

1. Combine all of the seasonings (paprika, pepper, cayenne, thyme, garlic powder, salt) in a small bowl. Rub the spices evenly over the roast.
2. Place the meat in a crock pot. Add water. Cover and cook on low for 6-8 hours or high for 4-5 hours. The pork is ready when it is very tender.
3. Remove the pork to a large cutting board and let rest for 10-15 minutes. Shred, slice, or chop to serve.
4. Serve with a starch (potatoes or rice) and veggies. Serve with barbecue sauce on a bun. The possibilities are endless! This meat is VERY tender and delicious!

*Serves about 8. This freezes well for leftovers! Frozen, cooked meat will last for 2-3 months.

Recipe courtesy of porkbeinspired.com

Lime Chicken Tacos

1 ½ lbs. boneless skinless chicken breasts
3 TB lime juice
1 TB chili powder
1 C frozen corn
1 C chunky salsa
Tortillas
Optional: cheese, lettuce

1. Place the chicken in the crock pot. Combine lime juice and chili powder in a small bowl, and pour over chicken.
2. Cover and cook on low for 5-6 hours or until chicken is tender.
3. Remove chicken and cool slightly. Place chicken on a large cutting board and shred with a fork and knife. Return it to the slow cooker.
4. Stir in the corn and salsa. Cover and cook on low for 30 minutes or until heated through.
5. Serve on tortillas for tacos!

Recipe courtesy of bestsimplerecipes.com

MICROWAVED MUNCHIES

Apple Banana Oatmeal in a Mug

- ½ C quick cooking oats
- 1 TB ground flax seed
- 1 egg
- ½ C milk
- 1/3 of a banana, mashed
- ½ tsp. cinnamon
- ½ of an apple, chopped
- 2 tsp. honey



1. Add oats, flax, egg, and milk in a mug. Stir well with a fork. Add banana, cinnamon, apple, and honey. Stir again until fully combined.
2. Cook in microwave on high for 2-3 minutes. Fluff with a fork.
3. Stir in a little milk, yogurt, or nut-butter if desired.

Recipe and picture courtesy of foodwhine.com

Sweet Potato with Warm Black Bean Salsa

- 1 medium sweet potato (or any kind of potato)
- 1 can black beans, rinsed
- 1 can corn, rinsed
- 1 tomato, diced
- 1 tsp. olive oil
- Salt and pepper to taste
- Dollop of sour cream or greek yogurt (optional)



1. Prick the sweet potato with a fork in several places. Dig the fork in at least an inch deep.
2. Microwave on high until it is tender all the way through, about five to eight minutes.
3. While it is cooking, rinse the black beans and corn and dice the tomatoes.
4. In a microwave-safe bowl, combine beans, corn, tomato, oil, salt, and pepper. Microwave this mixture on high until just heated, about 1-2 minutes.
5. Once the potato is cool enough to handle, cut it in half lengthwise and spoon the bean mixture onto the potato. Dollop with sour cream or greek yogurt. Enjoy! This meal is easy, delicious, and satisfying!

Recipe adapted from hercampus.com

Lemon and Garlic Broccoli

- ½ head fresh broccoli, cleaned and cut into florets
- 2 TB water
- 1 ½ tsp. olive oil
- ¾ tsp. lemon juice
- ½ garlic clove, minced
- ¼ tsp. red pepper flakes (optional, add less if you can't handle spice)



1. Microwave broccoli and water in a covered, microwave-safe bowl on high for five to six minutes or until crisply tender.
2. While the broccoli is microwaving, mix the rest of the ingredients together.
3. Drain the cooked broccoli and then pour the lemon/garlic mixture over the broccoli and stir to coat.
4. Cover the dish and let it sit for about 2 minutes to allow the heat from the broccoli to “cook” the raw garlic. Voila! Enjoy a yummy, spicy, healthy side dish.

Recipe adapted from hercampus.com

Microwave Frittata

- 1 tsp. butter
- ¼ C chopped onion
- ¼ C chopped red pepper
- ¼ C broccoli
- 2 eggs
- Salt and pepper to taste



1. Place the butter in a microwave safe-bowl big enough to hold all the ingredients. Cover and microwave on high for 20-30 seconds or until melted.
2. Add onion, red pepper, and broccoli. Cover and microwave on high for one minute.
3. Stir in eggs, salt, and pepper. Make sure the yolks are broken and whisked in.
4. Cover and cook on high for one to three minutes, or until a knife inserted near the center comes out clean.
5. Let stand for about three minutes so the frittata can set.
6. Enjoy! Make sure to add enough salt and pepper. This is a delicious breakfast, lunch, or dinner!

Recipe adapted from hercampus.com

QUESADILLAS AND SANDWICHES

Margherita Pizza Quesadillas

- 1 flour tortilla (wheat, multigrain, or white)
- 1 tomato, sliced
- 4 large basil leaves, chopped
- 3 oz. of mozzarella (fresh mozzarella is best, but expensive)



1. Heat a large skillet over medium-high heat.
2. Place the tortilla in the pan, and layer the tomato, mozzarella, and basil leaves on one half of the tortilla. Cook for a minute before folding the empty half of the tortilla over the other side. Cook for another two minutes, or until the cheese is beginning to melt and the underside of the tortilla is brown. Slip, and cook until this side is also brown.
3. Slice and serve!
4. Make it a meal with grilled chicken, and fresh fruits and vegetables on the side.

Recipe and picture courtesy of thekitchenpaper.com

Fajita Style Quesadillas

1 TB canola or olive oil

½ onion, cut into strips

½ red bell pepper, cut into strips

½ green bell pepper, cut into strips (if desired, you can just use 1 kind of bell pepper)]

4 oz. cheese

Optional toppings: salsa, guacamole, cilantro, limes

1. Heat oil in a large skillet over medium-high heat. Add onion and peppers and cook, stirring for 4 minutes until vegetables are tender but still crisp and lightly browned. Remove vegetables from pan onto a plate and set aside.
2. Lightly coat one side of a tortilla with cooking spray and place oiled side down in the skillet over medium heat. Add ¼ of the cheese and place a second tortilla sprayed with cooking spray on top.
3. Cook quesadillas about 2 minutes on each side until cheese is melted and tortillas are lightly browned. Repeat with remaining ingredients.
4. Slice and serve with desired toppings!
5. OPTIONAL: If you like meat with your meal, chop a chicken breast into strips. Grill in skillet with oil for 5 to 10 minutes before adding vegetables. Add chicken and vegetables to the quesadillas.

Recipe adapted from therecipecritic.com.

Homemade Crunchwrap Supreme

- Large (burrito size) tortilla shells
- Small tostada shells (or corn tortilla, or tortilla chips)
- Queso sauce
- Pre-cooked taco meat
- Shredded lettuce
- Shredded Cheese
- Sour cream
- Optional ingredients: taco sauce, jalapenos, bell or banana peppers, black or refried beans, olives, tomatoes



1. Warm your tortilla in the microwave to make it soft enough to bend
2. Put a dollop of queso sauce in the center of your tortilla, but be sure to leave a wide edge so you can wrap it
3. Spoon some taco meat on the cheese (beans too, if you want to add them)
4. Place the tostada shell, corn tortilla, or tortilla chips on top of the meat
5. Spoon a dollop of sour cream and spread over the shell
6. Sprinkle some shredded lettuce and shredded cheese on top (this is where you would add tomatoes, etc)
7. Wrap the edges up toward the center until they close around your filling (if it won't cover it all, tear a piece off another tortilla to cover)
8. Flip into a warm non-stick pan, fold-side down. Lightly press with spatula to seal the folds and brown. 2-3 minutes
9. Carefully flip over once browned, and brown the bottom side, 2-3 minutes.

Recipe adapted fromfreshdreamer.com

Taco Meat for Crunchwrap Supreme:

- 1 lb ground beef (ideally 90% lean)
- 1 taco seasoning packet
- ¼ C water

1. Brown the ground beef in a non-stick skillet
2. Once browned, drain fat
3. Add in taco seasoning packet and water, and cook till water is evaporated and meat is well coated in seasoning.

Nut Butter and Banana Open Sandwich

- 1 large banana
- 2 TB of almond butter or peanut butter
- 1 TB honey or maple syrup
- 1 TB tahini
- Toppings of your choice: walnuts, raisins, almond flakes, sesame seeds, chia seeds



1. Slice the banana lengthwise.
2. Mix nut butter with tahini and sweetener of choice.
3. Layer it up and enjoy! This is a great afternoon snack or pre/post workout snack.

Recipe and picture courtesy of talesofakitchen.com

Basic Egg Salad Sandwich

- 3 boiled eggs
- 1-3 TB mayonnaise (to your liking)
- 1 tsp. mustard
- Optional: celery (diced into small pieces), salt, pepper, lettuce
- Whole wheat bread

1. How to boil eggs: Place eggs in a pot. Cover them with cool water by 1 inch. Slowly bring water to a boil over medium heat. When the water has reached a boil, cover and remove from heat. Let sit for 12 minutes. Transfer eggs to a colander; place under cool running water to stop the cooking. The eggs can be peeled and served immediately!
2. Once cooled, mash boiled eggs in a bowl with a fork.
3. Add mayo 1 tablespoon at time, depending on how moist you like your salad.
4. Mix in mustard, celery, salt, and pepper.
5. Spread mixture on bread (toasted bread is good as well). Top sandwich with lettuce.
6. Enjoy!

Recipe courtesy of Shayna Bedingfield and marthastewart.com

Basic Tuna Sandwich

1 (7 oz.) can of white tuna packed in water, drained
¼ C mayo or Miracle Whip
5 sweet pickles (cucumber chips), 2 leaves iceberg lettuce, or baby spinach
Whole wheat bread

1. Drain and rinse tuna. In a small bowl, mix tuna with sauce.
2. Spread over whole wheat bread. Add pickles, lettuce, or spinach if desired.
3. Enjoy!

Recipe courtesy of Shayna Bedingfield

Basic Spicy Tuna Melt

1 (7 oz.) can of white tuna packed in water, drained
2 TB mayo or Miracle Whip
1/3 tsp. dill
Pinch of cayenne pepper (or red pepper flakes)
Salt and pepper, to taste
Whole wheat bread
Cheese

1. Preheat oven to 350 degrees.
2. Mix tuna, sauce, dill, cayenne, and salt/pepper in a small bowl.
3. Spread mixture over bread. Top with a slice of cheese.
4. Place on a cookie sheet in the oven at 350 degrees for 5-10 minutes.

Recipe courtesy of Shayna Bedingfield

SIMPLE SALADS

| GREENS: | ADD IN: | DRESSINGS: | Possible Combos: |
|--|--|---|---|
| Spinach Leafy Romaine Romaine Spring Mix Iceberg Lettuce <ul style="list-style-type: none"> • The darker the green, the better • If you aren't used to dark greens, try mixing in half spinach, half romaine or iceberg. | Onion: <ul style="list-style-type: none"> • Sliced red • Chopped green Fruit: <ul style="list-style-type: none"> • Chopped apples • Mandarin Oranges • Craisins • Chopped dried mango • Grapes Vegetables: <ul style="list-style-type: none"> • Frozen peas • Celery • Carrots • Broccoli • Snow peas • Mushrooms • Tomatoes • Olives • Avocado Cheese: <ul style="list-style-type: none"> • Shredded mozzarella, Swiss, cheddar • Crumbled blue cheese • Parmesan Nuts <ul style="list-style-type: none"> • Slivered almonds • Walnuts • Cashews • Peanuts | Light Balsamic Vinaigrette Light Ginger Sesame Caesar dressing Sweet Fruit Vinaigrette Any you like; but be careful of high fat/ high calorie dressings | 1. Spinach/Romaine mixed with Craisins, mandarin oranges, apples, green onion, blue cheese, cashews and sweet dressing. 2. Spinach/Romaine mixed with red onion, mandarin oranges, almonds, and ginger sesame dressing. 3. Spinach/Romaine mixed with onions, peas, celery, carrots, olives, and light balsamic vinaigrette. 4. Romaine lettuce with green onion, grated parmesan cheese, croutons, and Caesar dressing. |