

\$uccessful Start Cookbook 2024



Meals on a Budget!
Easy breakfast, lunch, and dinner ideas that are perfect for meal prep and budget-friendly.

Sponsored by \$uccessful Start, BC's financial literacy program in the Office of Student Services. Questions? Email success@bc.edu

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Table of Contents

- General Budgeting Tips
- Breakfast
 - Veggie Frittata
 - Overnight Oats
 - Baked Oatmeal
 - Freezer Breakfast Burritos
 - Chia Seed Pudding
- Lunch
 - Chicken and Apple Salad
 - Bento Boxes
 - Other Easy Ideas
- Dinner
 - Portabella Mushroom Burgers
 - Fiesta Beef Pie
 - Hearty Vegetarian Chili
 - Baked Ziti
 - BBQ Chicken Pizza

General Budgeting Tips

1. Buy food and supplies in bulk.
2. Convenience foods may cost you more. Chop your own fruits and vegetables, buy bigger boxes of snacks (and divide yourself) instead of individual packages, and avoid pre-seasoned meat and seafood.
3. Sign up for rewards programs/free accounts with your local grocery store. Clip coupons before shopping and look at the weekly ads for great deals.
4. Freeze leftovers! Perfect for a day that you do not want to cook and it helps you avoid ordering food.
5. Shop with a list. Impulse purchases can rack up the bill.
6. Buy generic brand food over name brands.

Breakfast Ideas

Vegetable Frittata

Serving size: two to four. Frittatas are a great way to use up vegetables and can be enjoyed for breakfast, lunch or dinner. Substituted the vegetables you have in your fridge, just use the same amounts noted below. Any type of cheese can also be substituted.

Ingredients:

- 6 large eggs
- 1 tablespoon olive oil
- 1 small onion finely chopped
- 3 small potatoes diced
- 1/2 cup zucchini, in half inch pieces
- 1/2 cup goat cheese crumbles

Directions:

Pre-heat oven to 425 degrees

In a small bowl beat the eggs with a pinch of salt. Set aside.

In an 8.5 inch OVEN PROOF skillet over medium heat add the olive oil. Sautee the onions until they begin to turn brown. Add in the zucchini (and other vegetables if using) and potatoes and cook until potatoes are soft.

Add in eggs and cheese. Do not mix. Cook over medium heat until the bottom of the eggs are set. Once set put into oven and cook 4-5minutes until the eggs are all cooked and the top is brown.

Remove and enjoy (you may want to let it cool a minute).

Easy Overnight Oats

-serving: 1, easily can double or triple for meal prep

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup milk of choice
- 1/4 cup of yogurt
- pinch of salt
- optional sweetener: maple syrup or honey
- optional add ins: diced apples, frozen berries, peanut butter, shredded coconuts, banana slices, chia seeds

1. Place all ingredients into a container and cover in the fridge for at least two hours or overnight.
2. Toppings can be added immediately before serving.

Baked Oatmeal ([link](#))

Servings: 4 to 6

Ingredients

- 2 cups rolled oats
 - 1 ripe banana, mashed
 - 1 cup milk
 - 1/4 cup peanut butter (can substitute for any nut butter)
 - 1/4 cup maple syrup or honey
 - 1/4 cup coconut oil or butter
 - 1 tsp baking powder
 - 1 tsp cinnamon
 - 1/2 tsp salt
 - optional add ins: chocolate chips, chopped nuts, frozen or fresh fruit, coconut flakes
1. preheat the oven to 350 degrees F and grease an 8x8 dish
 2. whisk together the wet ingredients (banana, milk, maple syrup, nut butter, coconut oil). Add the baking powder, cinnamon, salt, and whisk again.
 3. Fold in the oats and any add ins that you would like. Pour the batter into the baking dish and smooth into an even layer.
 4. Bake for 40-50 minutes until the top is golden brown. Remove from the oven and let cool for 10 minutes before cutting into 4-6 servings.

Breakfast Burritos ([link](#))

Ingredients

- 1 12oz package of bacon
 - 10 eggs
 - 3 tbsp milk
 - 1/4tsp salt
 - 3 tbsp oil
 - 4 cups frozen hash browns
 - seasonings of choice
 - 10 tortillas
 - 1-1.5 cup shredded cheddar cheese
 - 1 cup salsa (optional)
1. place bacon in a skillet and cook until evenly browned. Drain on a paper towel and cut into small pieces.
 2. whisk eggs, milk, and salt in a bowl until combined. cook over medium heat until eggs are scrambled and transfer to a bowl.
 3. heat oil in the same skillet over medium-high heat and add frozen potatoes and seasonings. Fry until browned on the bottom, 4-5 minutes. Flip and cook the other side until browned and let cool.

4. assemble tortillas on top of sheets of aluminum foil. Distribute cheese on top, add scrambled eggs, bacon pieces, salsa, and potatoes to each tortilla. Roll the burritos and wrap the foil around each burrito covering it tightly.
5. To reheat, remove foil and place the burrito on a microwave safe plate. Heat in microwave until warmed through, around 1-2 minutes.

Chia Seed Pudding ([link](#))

Servings: 1

Ingredients

- 2 tbsp chia seeds
 - 1/2 cup milk of choice
 - 1 tsp honey or maple syrup
 - optional toppings: frozen berries, fresh fruit, chocolate chips, coconut flakes, cinnamon
1. Pour ingredients into a jar and stir well. Let settle for 2-4 minutes before mixing again until there is no clumping.
 2. Cover the jar and set in fridge for at least 2 hours or overnight.
 3. When ready to eat, add optional toppings if desired.

Lunch Ideas

Chicken and Apple Salad

Serving size: three. This is great for lunch and can easily be made the night before, just cook an extra chicken breast with dinner.

Ingredients:

- One chicken breast
- One apple, cored and chopped
- ¼ medium red onion, finely chopped
- ¼ cup dried cranberries
- 2 tablespoons light mayonnaise
- 2 tablespoons plain yogurt
- 2 teaspoons Dijon mustard
- 2 teaspoons apple cider vinegar
- Salt and pepper to taste

Directions:

Make sure the chicken breast is cooled. Chop it into bite size pieces and put it in a medium bowl. To the chicken add apple, onion and cranberries.

In a separate bowl combine mayonnaise, yogurt, mustard and vinegar. Mix well, and adjust according to taste. Add sauce to chicken and combine.

Serve alone, on top of a salad, on bread, or a pita.

Bento Boxes (fun adult Lunchables!)

- Perfect for on the go lunches. Easy to meal prep in advance!
- Assemble in a container with dividers.

Ideas

1. Veggies (carrots, broccoli, celery)
2. Fresh fruit (berries, apples, mandarin oranges, grapes)
3. Protein options (cheese stick, hard boiled eggs, deli turkey or ham)
4. Crunchy snacks (pretzels, chips, crackers)
5. Dips (hummus, guacamole, ranch, salsa)

Other Lunch Ideas:

1. wraps or sandwiches (deli meat, spinach/lettuce, cheese, tomato, onion)
2. pasta salads: <https://www.delish.com/cooking/g1341/pasta-salad/>
3. Bowls: add grains, veggies, protein and spice it up using different flavor profiles! (pesto, taco seasoning, asian inspired sauces, etc.)

Dinner Ideas

Portabella Mushroom Burgers

Serving size: one. This is a great vegetarian take on an American favorite. You can marinate several mushrooms at once and have a supply of healthy, easy-to-make dinners for a week.

Ingredients:

- One portabella mushroom
- 1/4 cup balsamic vinaigrette salad dressing
- One whole wheat hamburger bun
- lettuce, tomato, onion and other toppings (as desired)

Directions:

Marinate mushroom in balsamic vinaigrette overnight.

Place mushroom on a cookie sheet and set oven to "broil". Broil mushroom patty for 10 minutes.

For a toasted bun, coat the inside of the bun with butter, place face down in a pan on stove and toast

Add any toppings (onions, tomato, lettuce) as desired.

Fiesta Beef Pie

Serving size: four. This is a quick meal that is great for the weekday meals, but impressive enough for guests.

Ingredients:

- 1 cup chopped onions
- 1 large green pepper, coarsely chopped
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 cup Tomato Ketchup
- 1 medium tomato, coarsely chopped
- 1 tablespoon minced jalapeno pepper
- 2 teaspoons chili powder
- 1 package (8-1/2 oz.) corn muffin mix
- 1/2 cup shredded Monterey Jack cheese

Directions:

In large skillet, sauté onions, green pepper and garlic in oil until onions are tender-crisp. Add beef and cook until meat is browned; drain excess fat. Stir in ketchup and next 3 ingredients; heat to boiling.

Meanwhile, prepare corn muffin mix following package directions. Spoon batter around edges of greased 8-inch square baking dish. Carefully spoon meat mixture into center of dish.

Bake in preheated 375° Fahrenheit oven, 20 minutes. Top meat mixture with cheese; bake an additional 5 minutes. Let stand 5 minutes before serving.

Hearty Vegetarian Chili**2 servings**

- 1 TBS. canola or olive oil
- 1 onion, chopped (about 1/2 cup)
- 1 small green pepper, chopped (about 1/2 cup)
- 1/2 TBS. chili powder
- 1/3 tsp. garlic powder or 1 clove garlic, minced*
- 1/2 TBS. ground cumin
- 1 1/2 cup V8 juice (one individual-serving 12 oz. bottle)
- 1 can (~15 oz.) black beans, drained and

1. In a large saucepan over medium heat, heat oil. Add onion, pepper, garlic, chili powder and cumin and cook until onion is tender.
2. Add V8 juice. Heat to a boil. Reduce heat to low.
3. Cook 5 minutes. Add beans and heat through.

Variations:

- Serve over rice and top with cheese.
- Add shredded or diced carrot.
- Use garbanzo beans (chick peas), kidney beans or any other beans that you like.
- You can use minced garlic in a jar instead.

Baked Ziti**7 servings**

- 1 (16 oz.) package ziti pasta
- 24 oz. ricotta cheese
- 1 lb. shredded mozzarella cheese
- 1 egg, beaten
- 1 (32 oz.) jar spaghetti sauce
- 1/4 cup grated Parmesan cheese

1. Bring a large pot of lightly salted water to a boil.
2. Add ziti and cook for 8-10 minutes or until al dente; drain and rinse.
3. In a medium bowl, mix ziti, ricotta cheese, mozzarella cheese, egg and 1-1/2 cups of spaghetti sauce.
4. Preheat oven to 375 degrees.
5. Lightly grease a 9 x 13 inch baking dish and spoon in ziti mixture. Top with remaining spaghetti sauce, followed by the Parmesan cheese.
6. Bake in preheated oven for 30 minutes; let stand for 15 minutes before serving.

BBQ Chicken Pizza

8 servings

- 1 (14 oz.) refrigerated Pillsbury pizza crust dough
 - 1 (10 oz.) can Premium Chunk Breast of Chicken in water, drained **or** 2 cups cooked chicken breast, diced
 - 1-1/2 cups of your favorite BBQ sauce
 - 1 medium red onion, thinly sliced
 - 2 cups shredded part-skim milk Mozzarella cheese.
1. Preheat the oven to 400 degrees.
 2. Lightly spray a cookie sheet or 12” pizza pan with PAM spray.
 3. Unroll the pizza crust dough and press into the pan.
 4. In a medium bowl, combine the chicken and BBQ sauce; spread the mixture evenly over the dough.
 5. Sprinkle the onion slices over the chicken mixture and top with cheese.
 6. Place the pizza on a lower rack in the oven and bake for about 15 to 20 minutes until the crust is firm and lightly browned.
 7. Cut into 8 servings.

Variations:

- To complete your meal, add a tossed green salad with light salad dressing.