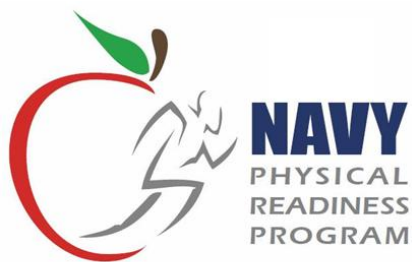


Navy Bachelor Housing

- *Barracks* -

Cookbook



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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)

Foreward

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/navynutrition/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.

Beeches Smoothie

Calories 215 Fat 0.07g Sodium 67mg



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

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 chopped 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 – Brain Wansinks work. 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 laying 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

Condiments

Brown sugar
Lemon or limes (or bottle juice)
Salsa

Sweeteners

Maple syrup
Brown sugar

Healthy fats

Oil
nuts

Dairy

Milk
Yogurt – Greek or unflavored

Vegetables

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

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

Grains

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