

HEALTHY AND ENERGETIC

EVERYDAY

recipes from students to students



One of FSHS missions is to promote a healthy lifestyle for students. The theme for 2019-2020 was nutrition and the one of the results this recipe booklet. The recipes have been collected via health promotion events from the students of University of Turku during the autumn of 2019.

PUBLISHER

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PROJECT LEADERS

Emma Silvennoinen and Reetta Kelloniemi /FSHS

PHOTOS AND LAYOUT

Ottilia Orenius

RECIPE TEXTS AND TEST COOKING

Mariette Jokisalo ja Anna Koivisto /Turku Vocational Institute

CHECKING RECIPES

Maarit Leino /FSHS

TRANSLATION

Emma Silvennoinen, Riikka Kelloniemi, Fanny Ekholm

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Stress and a tight budget are often part of students' life. Healthy and nutritious food boosts our endurance and makes studying easier. This booklet includes go-to recipes from students to student. We hope you find inspiration and help with home cooking in this recipe booklet.

Chefs' greetings to you student!

The recipes in this booklet have been collected from you students, thank you! We have written and formed the ideas that You had and given them a finishing touch so that as many students as possible will be able to enjoy them.

Basic everyday food can sometimes be uninspiring to make in a small kitchen and on a tight budget. The idea of "what to cook today" spins like a hamster in a wheel and the same dishes come in mind repeatedly. Therefore, we have shared tips next to the recipes on how to modify the instructions to vary the dishes even more. We have incorporated the basics of a healthy diet into the recipes so you can apply them on a practical level.

Many of you might live alone for the first time, so we have written down how many servings each recipe makes and how you can split standard packages over several days and use them in other meals to further diversify your dishes. Of course, you can always do a larger batch and heat it up again later, the choice is yours!

Bon Appétit!

BR, cooking students Anna and Mariette

A WORD ABOUT SPICES AND COOKING FOR ONE PERSON

A one-person food economy requires planning if one doesn't want to eat the same dish many days in a row. Regular sized packages of ground meat or chicken strips often contain 3-4 servings and prepared dishes can only be stored for a few days. In these cases, the best way is to prepare the whole package at once and divide it up into 1-2 portions in advance, so you can use them in different recipes later. This way, you can easily use half of the ground meat in a pasta pan and the other half of the meat in an omelette roll the next day. Of course, during a busy week you can make a larger amount at once and heat servings separately to save time.

Opened cooking creams are stored in the refrigerator and can last for a couple of days and left-over wine can be frozen into ice-cubes, that can easily be added to pasta sauces or risottos to give more flavor. While freezers are very useful, one should not leave food there for too long as especially food in iceboxes don't last that long. It is recommended to cook pasta or rice every day so you always have fresh food and you can choose how much you want to eat, depending on how hungry you are.

Seasoning the food makes it more varied. Good basic spices are salt and black pepper. Black and white pepper is best purchased in mills, as ground pepper loses its taste faster than whole pepper corns. Powdered paprika and dried herbs are also an easy way to add flavor to dishes. Chili, garlic and ginger pastes, on the other hand, work well in woks and stir fry recipes. You can find many kinds of ready-made sauces in stores such as pesto, soy sauce, ketchup, mustard, spice sauce... You can start with just a few jars and fill up your cupboard and refrigerator over time when you find your own favorites.

One serving is about 400-500g of food. A person who is active and exercises a lot needs more energy than a person who lives more sedentary lifestyle. For a salad or wok, it is recommended to reserve 200-300g of vegetables per serving, to fulfill "the plate model" recommendation. In the plate model about ¼ of the plate (100-150g per person) is reserved for sources of protein such as beans, lentils, chicken, fish, meat and eggs.

You should also keep in mind that tofu, Härkis, Pulled Oats and other processed vegetables are good sources of protein. Carbohydrates are an important fuel for the body and the brain, so the last quarter of the plate (another 100-150g) are reserved for them. Couscous and quinoa are good alternatives to the more familiar potatoes, rice and pasta. Whole grains should be favored as they include fiber and important minerals and vitamins. Often one portion of the grain-based side dish is about 1dl when dry.

When it comes to fat you should favor healthy fats. Oil-based ones are a good option in salad dressings and vegetable oils should be used when frying. In addition to oils, nuts and seeds are good sources of healthy fats.



PULLED OATS AND COCONUT RISOTTO

4 SERVINGS

240g Pulled Oats
3 dl whole grain rice
200g frozen peas
400ml coconut milk
1 carrot
1 onion
ginger root according to taste
olive oil
salt

Rinse the rice in a sieve under running water until the water is clear. Bring the water to a boil and add the rice and salt by the instructions of the package. Grate the ginger, chop the carrot into small pieces and finely chop the onion. Put some olive oil in the frying pan and heat it up, while adding the chopped carrot, onion and peas. When they have gotten a nice golden color, add the Pulled Oats and fry it for a few minutes. Pour in the coconut milk and grated ginger and afterwards add the cooked rice and the risotto is ready.

TIPS: Ginger can be used extensively in food to make it taste good, as it has a more powerful taste than coconut. Lime and chili also go well with this risotto. You can use curry too. For example, you can make a mango pea sprout salad as a side dish: of the salad varieties, lollo rosso is well suited. You can squeeze some orange juice and pour a couple of drops of olive oil in salad or make an orange vinaigrette yourself (juice of 1-2 oranges, 1 dl canola oil, 1-2 tablespoons white wine vinegar / apple cider vinegar, a little sugar, salt and pepper. Mix the salad dressing with a whisk). You can easily make variations of this risotto by replacing the Pulled Oats with chicken strips, pork strips or even chickpeas.



EASY PASTA SAUCE

4 SERVINGS

300g whole grain pasta

2 onions

4 garlic cloves

400g crushed tomatoes

1-2 tbsp tomato purée

240g Pulled Oats

2 dl cooking cream

fresh basil or other fresh herbs, e.g. thyme or oregano

black pepper

olive oil

salt

Bring the water to a boil and then add the pasta and salt. Cook the pasta for 1 minute less than what the instructions says. While the pasta is cooking, peel the onions and garlic cloves. Chop the onions finely and crush the garlic. Chop fresh herbs and set them aside for later. Fry the onions to a nice golden color together with olive oil. Add the Pulled Oats to the frying pan and then the crushed tomatoes and purée and let it simmer for a moment. Add the drained pasta and cooking cream to the frying pan and fold it all gently together for about a minute. Add the chopped herbs just before serving.

TIPS: You can choose for example minced meat, tuna or chicken instead of Pulled Oats.



PESTO VEGETABLES

4 SERVINGS

1 small zucchini
2 carrots
1 red onion
1 bell pepper
1 can of chickpeas
3 tbsp green pesto

Preheat oven on 200°C. Wash and chop the vegetables. All the vegetables are going to be cooked in the oven at the same time, so you want to cut slower cooking vegetables, such as carrots, into smaller pieces than faster cooking vegetables, such as bell pepper. Put all the vegetables on the baking tray and pour cooking oil over them. Roast them in the oven for about 10-15 minutes until cooked through. Drain the chickpeas. Combine the warm vegetables, chickpeas and pesto and stir until the pesto is spread evenly. Serve with chicken, fish or with vegetable patties.

TIPS: Chickpeas can be roasted before adding to the vegetables. Mix the drained chickpeas in cooking oil, dried chili, paprika powder and salt. You can even try curry or garlic powder. Roast them in the oven at 200°C for 10-15 minutes until the surface is dry and the spices have dried onto the chickpeas. You can even use roasted chickpeas in purée soups or salads to bring more flavor and make the dish more filling.



SUPER EASY LEMON CHICKEN

4 SERVINGS

400g chicken in honey marinade

2 dl lemon cooking cream

300g whole grain pasta

olive oil

handful of baby spinach

lemon

salt

black pepper

Bring the water to a boil and add the pasta and salt. Chop up some of the baby spinach and set it aside. Heat a frying pan with olive oil and add the chicken. Fry the chicken and season with salt and black pepper. Finally add lemon cooking cream and chopped baby spinach and bring it to a boil. Drain the pasta and enjoy with baby spinach or other veggies/salad.

TIPS: You can squeeze fresh lemon on the chicken pasta or baby spinach and pour a few drops of olive oil on top of it.



SWEET POTATO AND CARROT SOUP

4 SERVINGS

300g potatoes

500g carrots

1 onion

1 sweet potato

1 garlic clove

12 dl water

1 ½ vegetable bouillon cube

1 dl cooking cream

olive oil

200g cottage cheese

Peel potatoes, carrots, sweet potatoes, onions and garlic. Chop the veggies into cubes and crush the garlic clove. Put the chopped vegetables, excluding chopped potatoes, in a saucepan. Add olive oil and let them soften. Then add water. When the water boils, add the potatoes and the vegetable bouillon cube. Cook until potatoes and vegetables are done. Add cooking cream and bring to a boil. Take the pot off the stove and purée the soup with an immersion blender.

TIPS: Sweet potato and carrot soup goes well together with cottage cheese or a boiled egg. You can also top the soup with cream cheese, herbs and seeds. Pumpkin seeds, pine nuts or sunflower seeds work well with sweet potatoes. Seeds can be roasted in a frying pan or in the oven. You can also add red lentils to the soup, if so desired. One serving of soup is about 3 dl.



WOK

1 SERVING

whole grain noodles

100g chicken strips

200-300g vegetables, e.g.:

1 small onion, ½ bell pepper, ½ carrot, ¼ zucchini

0,5 dl cooking cream (you can replace it with coconut cream or with oat cream)

salt

pepper

other spices according to taste

Bring the water to a boil for the noodles. If you have a kettle in your kitchen, it is easy to boil most of the water in it and pour 1-2 cm of water on the bottom of the pot, as heating the pot empty will damage it. Wash and chop the vegetables. Thin strips can easily be cut with a peeling knife from solid vegetables such as carrots and zucchini. When the water boils, add salt and noodles. Put oil and spices in a pan. Frying dried spices wakes up their aromatic oils giving the food more flavor. Fry the chicken strips until cooked through. Add hard vegetables like onions and carrots first and softer ones such as bell pepper and zucchini after a while. When the vegetables are cooked add the noodles to the pan. Add also cooking cream if desired. Mix it all together and enjoy!

TIPS: Chicken strips are sold in larger sales packages than what a single portion size is. Cook the whole package at once and divide the chicken into boxes and store in the freezer. You can use them later in salads or pasta. Cooked chicken strips can be stored in the refrigerator for 1-2 days. You can also use frozen vegetables in the wok. Add the frozen veggies to the pan after the chicken strips and fry until they have melted and heated completely.



EASY PASTA PAN

4 SERVINGS

250g whole grain pasta

1 onion

2 garlic cloves

2-3 tbsp tomato purée

400g ground beef

1 tsp dried herbs e.g. thyme or oregano

½ tsp paprika powder

2 eggs

5 dl milk

salt

black pepper

oil

Preheat oven to 200°C. Finely chop the onion and garlic and add them to a hot pan with tomato purée and oil. Sweat the onions and add the ground beef. While the ground beef browns cook the pasta according to the instructions. Leave the pasta al dente as the food goes in the oven where the pasta cooks more. When the ground beef is browned, lift the pan off the stove. Prepare the egg-milk mixture and season it with salt, black pepper and other spices. Drain the pasta and put it in the oven pan. Add the browned ground beef and onion mixture to the oven pan and mix it with the pasta. Pour the egg and milk mixture into the pan and roast the pan in the oven for about 20 minutes or until the egg and milk mixture has set.

TIPS: You can replace ground beef with Pulled Oats, Härkis, lentils, chicken strips or fish pieces. Season with herbs, lemon or a pinch of chili.



TUNA SALAD

1 SERVING

½ bag of lettuce

1/3 bag of baby spinach

approx. ¼ cucumber

9 cherry tomatoes

½ bell pepper

½ carrot

approx. 1 dl dry pasta

1 can of tuna

herbs according to taste (e.g. thyme or oregano)

salt

black pepper

(+salad dressing)

Bring the pasta to a boil and cook the pasta according to the instructions. Rinse the vegetables while the pasta is boiling. Drain the pasta and rinse with cold water to stop it from cooking so that it will remain al dente. Tear the lettuce and add the baby spinach. Chop the cucumber and halve the cherry tomatoes. Drain the tuna and add it to the salad. Cut the carrots and bell pepper into slices. Fry in oil and season with salt, pepper and dried herbs. Finally, if desired, add the pasta to the pan so it will heat up a bit. Add the warm pasta and vegetable mixture to the salad. Pour some salad dressing on top and enjoy! You can decorate the salad with seeds or nuts.



THE BEST LENTIL SOUP

4 SERVINGS

1 onion
3 garlic cloves
1 tsp turmeric powder
1 tsp powdered ginger
1 tsp powdered chili
2 cans of crushed tomatoes
water
olive oil
salt
2 dl cooking cream
1 can of red lentils

Drain and rinse the lentils. Chop the onion and crush the garlic. Soften the onion in a frying pan with olive oil. Add the lentils, garlic, tomato paste, water, salt and other spices to the frying pan. Cook for 10-20 mins and then add the cooking cream and bring to a boil.

TIPS: Cream cheese and fresh herbs, such as thyme and basil, go well with the soup.



TOFU AND PESTO PASTA

4 SERVINGS

250g tofu
2-4 tbsp green pesto
1 garlic clove
300g penne pasta
cherry tomatoes
salt
black pepper
olive oil

Bring the water to a boil, add penne pasta and salt to the pot and cook for 1 minute less than what is said in the instructions of the package. Cut the tofu into cubes while the pasta is cooking. Fry the tofu in olive oil and add cherry tomatoes once the tofu has gained color. Add green pesto, black pepper and the crushed garlic clove to the frying pan. Drain the pasta and pour it in the frying pan. Stir until the pasta is covered in pesto. Fry the pasta and pesto sauce for about a minute.

TIPS: Fresh basil goes well with this dish. You can add it chopped at the final stage of preparation. You can replace tofu with e.g. unseasoned chicken.



MINCED BEEF OMELETTE ROLL

OVEN SHEET

6 eggs

5 dl milk

1 ½ dl wheat flour

400g minced meat

1 onion

200g seasoned cream cheese (i.e. chive, herbs, black pepper)

1 dl grated cheese

cherry tomatoes

¼ tsp salt

¼ tsp black pepper

paprika powder

Preheat oven to 225°C. Start by mixing the eggs, milk, wheat flour, salt and black pepper. Pour the mixture on the baking tray covered with baking paper and bake in the oven for 15 minutes. While the omelet is in the oven, finely chop the onion and soften it with the minced meat in a pan. Season the minced meat mixture with salt, black pepper and paprika powder. Take the omelet out of the oven and turn out on another baking paper to cool down. Mix the minced meat and onion mixture with cream cheese and split cherry tomatoes. Spread the filling on the omelet but stop approximately 5cm from one edge. The filling will be pushed forward while rolling and this way you avoid having the filling fall out of the eggroll. Before rolling, spread half of the grated cheese on top of the filling. Roll up using the paper to help you.

TIPS: You can sprinkle grated cheese on the eggroll and bake it in the oven for another 10 minutes. This way the eggroll will get a beautiful cheesy topping! The eggroll can be made in advance. Put it in the oven with the cheese topping before service and this way you will get to serve a warm eggroll with a cheesy topping.



SANDWICHES

1 SERVING

MOZZARELLA TOMATO SANDWICH

mozzarella cheese
tomato
basil
balsamic vinegar / olive oil / pesto
bread according to taste
butter / margarine / pesto

Spread some butter or pesto on a slice of bread. Put the tomato and mozzarella slices on the bread and garnish it with basil leaves. You can top it with some dark balsamic vinegar, olive oil or pesto.

AVOCADO SANDWICH

avocado
lime or lemon juice
sprouts / rucola / salad
salt & black pepper
bread according to taste

Mash the avocado, squeeze in some lime or lemon juice and spread the mixture on the bread slice. You can leave a couple of slices of avocado as garnish so do not mash the whole avocado. Garnish the bread with sprouts and seeds according to taste. Sprinkle a pinch of salt and pepper on top.

PEANUTBUTTER - BANANA BREAD

peanut butter
banana
sesame seeds
honey
bread according to taste

Spread some peanut butter on the bread and put plenty of banana slices on top. Garnish with sesame seeds and honey.

HAM SANDWICH

lettuce
ham slices
tomato
cucumber
bread according to taste
butter / margarine

Spread some butter / margarine on the bread and place lettuce leaves on the bottom. Add some ham, tomato and cucumber slices. You can decorate the bread with fresh herbs or sprouts.



INSTANT OAT “RIESKA” (FLAT BREAD)

9 PCS

6 dl oatmeal

1 tsp baking soda

4 dl natural yoghurt or sour milk

1 grated carrot or 1 dl grated cheese

0,5 dl oil

1 tsp salt

Preheat oven to 250°C. Mix the ingredients in a bowl. With a spoon make 9 thin flat breads on a baking sheet. Sprinkle on some oatmeal. Bake in the oven for 15-20 minutes or until they are golden brown.

TIPS: Rieska is best when it's warm and served with butter and cheese. The following day you can heat up the rieska for example in the toaster.



VEGGIE STICKS

carrot

cauliflower

cucumber

other vegetables, e.g. pepper, cherry tomatoes, parsnip and broccoli

1 can of sour cream + 1 dippmix of your own choice

Mix the dippmix with the sour cream and put it in the refrigerator for about 20 minutes. Wash and chop the vegetables into suitably sized sticks or snack pieces. Place the sticks on a serving dish and serve them with the sour cream dip.

TIPS: You should mix the sour cream well with a fork before adding the dippmix. Add the dippmix gradually and stir in between. This will make the powder mix better and helps avoid lumps.

BANANA PANCAKES

1 SERVING

1 banana
2 eggs
3 tbsp quark
oil

Mash the banana well. Add the eggs and quark. Fry the pancakes over low heat in a pan with oil.

TIPS: Different berries and quark go well with banana pancakes. Blueberries, natural yogurt and maple syrup or honey is one great combination.

FINNISH BAKED PANCAKE

OVEN SHEET

1 l milk
5 dl wheat flour
4 eggs
25-50g melted butter or ½ -1 dl oil
1 tsp salt
(sugar / vanilla sugar to taste)

Pour half of the milk in a bowl, add the wheat flour and mix well. When the lumps have dissolved add the rest of the milk and one egg at a time. Finally add the melted butter or oil, salt and if desired sugar or vanilla sugar. Set the mixture aside for 15-30 minutes and preheat up the oven to 200°C. Pour the mixture onto a baking tray with baking paper on. Bake the pancake until it has a nice golden brown color for about 30-40 minutes, depending on the oven.



BERRY SMOOTHIE AND VARIATIONS

1 SERVING

BERRY SMOOTHIE

1 dl apple juice or some other liquid e.g. milk

1 ¼ dl berries (e.g. strawberries and blueberries)

½ - 1 banana

½ dl fat-free natural yoghurt

Add juice, frozen berries, banana and finally yoghurt in the blender. Blend and add more liquid if needed.

TIPS: If you used sour berries you can make a larger batch of smoothie at once since it will remain tasty for a longer period. Extra bananas can be chopped up and frozen in a bag for later use. Frozen banana makes the smoothie wonderfully soft and gives a good taste to it. You can also pour the smoothie in a bowl and sprinkle on a variety of toppings such as berries, fruits, muesli, seeds or nuts.

VARIATIONS

mango-pineapple smoothie

kale-apple-banana smoothie

broccoli-kiwi-basil smoothie

lingonberry smoothie

strawberry-kiwi smoothie

strawberry-orange smoothie

strawberry-coconut smoothie

sea buckthorn-mango smoothie

pear smoothie



BASIC OVERNIGHT OATS AND VARIATIONS

1 SERVING

1 dl oatmeal

1 dl milk / plant drink / water

1 dl yogurt / quark / cottage cheese

bananas / berries

1 tbsp cocoa powder / walnut powder / honey

Combine the ingredients you want. Put it in the refrigerator for the night and enjoy it the next morning!

TIPS: Overnight oats stay good in the refrigerator for 2-3 days, so you can make a larger batch at once if you want to.

VARIATIONS

apple-oat overnight oats

mango-coconut overnight oats

chia overnight oats

kiwi-banana overnight oats

blueberry overnight oats

passionfruit overnight oats

orange-cranberry overnight oats

OMELETTE

1 SERVING

2 eggs

0.5 dl of liquid (milk, cooking cream, oat cream)

salt and pepper

tomatoes

baby spinach

grated cheese

herbs

Mix the eggs and liquid and add salt and pepper. Heat up the frying pan with some oil. Pour the mixture into the warming pan. Blend gently at the beginning, but when the omelet begins to set stop blending. Chop the tomatoes and baby spinach and add them onto one half of the omelet. You can also add grated cheese and fresh herbs according to taste if wanted. Fold the omelet once over the filling, forming a pocket and serve while still hot.

BASIC PORRIDGE AND VARIATIONS

1 SERVING

BASIC PORRIDGE

1 ¼ dl of water

1 dl oats

1 ¼ dl milk or oat milk

½ tsp of salt

Bring the water and salt to a boil. Add the oatmeal. Cook for a few minutes and add the milk and cook for another 5 minutes, stirring a few times in between. Move the pot from heat and allow to set for 5 minutes. Enjoy the porridge with bananas, blueberries, honey or milk. All kinds of berries work well with porridge. Porridge can also be enjoyed with apples, cinnamon and milk.

DIFFERENT KIND OF PORRIGES

Oat porridge

Whipped porridge made from

-lingonberry

-strawberry

-sea-buckthorn

Barley-pear-cinnamon porridge

Almond porridge



WALNUT-BANANA PORRIGE

1 SERVING

2 ½ dl of water

1 dl oatmeal

1 banana

1 dl walnuts

salt

honey

See page 43 for instructions on basic porridge. By adding chopped up walnuts and bananas into the porridge at the cooking stage, you can easily modify the basic porridge recipe. It might be worth setting some of the chopped walnuts and banana pieces aside as decoration. Add some honey on top just before serving and enjoy your porridge!