

Campus Cravings: Recipes for the Homesick Student

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A thesis presented to the Honors College of Middle Tennessee State
University in partial fulfillment of the requirements for graduation
from the University Honors College
Fall 2024

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Abstract

As an out-of-state transfer student, I got homesick and craved the flavors of home. In this thesis, I created an Instagram cookbook called Campus Cravings: Recipes for the Homesick Student (@campus_cravings) of recipes to provide Middle Tennessee State University students a taste of home and indispensable basic kitchen skills they can later apply to nutritional advice and goals. Students submitted recipes to a survey, and some of the recipes are classic American comforts while others showcase other cultures. Each recipe is a post with a caption of a brief description of the dish and a brief story that the student who submitted the recipe provided. Each recipe includes nutrition facts about an ingredient of my choice to show that all dishes can provide some health benefits. From the survey, time and money were the main barriers that prevented students from cooking, and the 30-minute shrimp etouffee post performed the best.

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Chapter I Introduction

When people leave home and go to college, they are leaving behind a strong support system and are put in a new environment they must adapt to.¹ As a result, many students experience some level of homesickness.¹ Homesickness is the distressed feeling or impairment that often occurs leading up to, during, or after a move, and anyone can get homesick regardless of age, gender, and cultural background.¹ Based on how it is measured and which populations are studied, 19-70% of college students experience homesickness.² In fact, a study of first year college students found that 94% experienced homesickness in varying levels during their first semester.² Homesick college students were three times more likely to drop out than those that weren't homesick, and a sense of belonging and being connected increases student retention rates.¹ In fact, a sense of belonging is part of Maslow's hierarchy of needs, which is a pyramid that depicts five layers of human needs (physiological needs, safety needs, love and belonging, esteem, self-actualization) with the ones on the bottom being the basis and needs that must be met before the next tier.¹ Without reaching a sense of belonging and proceeding to the other tiers, Maslow believed that people would not be able to achieve a sense of a fulfilling life.¹

In times when people are homesick, many crave comfort foods that remind them of home. The concept of comfort food has been around for years, but the term "comfort food" has been around as early as 1966 and are foods that provide consolation or feelings

of well-being and emotional comfort.³ They are linked to nostalgic feelings, like fond childhood memories or memories of being taken care of and given soup when sick.³ Children gravitate towards sweet, salty, and umami (savory) flavors, which are more prevalent in comfort foods than bitter and sour flavors are.³ Sweets may be a common comfort food for evolutionary reasons.³ Stress can initiate humans' fight or flight response, and glucose is the body's preferred energy source.⁴ Thus, sweet cravings in response to stress may be a signal to fuel oneself to deal with the stressor.³ Loneliness can also initiate comfort food cravings, and social psychologists have found a link between physical and social warmth.³ They have reported that warmth in the hand (like a mug of hot cocoa or a bowl of soup) makes other people seem warmer.³ Interestingly, gender and age influence comfort food preferences: men tend to crave savory foods (like pizza) while women tend to crave sweets (like chocolate).³ Ice cream and cookies was preferred by 18-34 year olds, 35-54 year olds preferred soup and pasta, and adults that were 55 or older preferred soup and mashed potatoes.³

I grew up on the Mississippi Gulf Coast, about two hours from New Orleans. Due to the proximity, there is a lot of Cajun and Creole influence. I knew I was going to be homesick, but I did not anticipate the amount I felt and the amount I craved flavors of home. I am just a neighboring state away, and I miss jambalaya, po' boys, red beans and rice, shrimp and grits, and more. Fortunately, I know how to cook most of it for myself and already have since being at Middle Tennessee State University. In my Advanced

Nutrition I class, there were five international students from Egypt, and I can not imagine the homesickness and culture shock they experienced. These experiences prompted me to think of how much college students miss home-cooked meals and how many people do not know how to cook. Therefore, I have created a digital college cookbook that gives MTSU students a taste of home.

In general, home-cooked meals are healthier than eating out, so getting people in the kitchen can increase young adults' nutritional and mental health. Feelings of loneliness and isolation can lead students to indulge in comfort foods and foods that remind students of home.⁵ Even though comfort foods are commonly known as unhealthy, they can improve mental health by lessening the impact of stress hormones.⁶ Sweet and starchy foods provide the body with what it needs to create serotonin, which provides a calm feeling.⁶ Studies have shown that carbohydrate-rich foods can decrease feelings of depression, anxiety, and irritability, and high-fat foods can have a numbing effect to decrease emotional responses to stress.⁶

For these reasons and more, I want to make nutrition applicable for people, so they can take charge of their health. I am working to become a Registered Dietitian and plan to work in Culinary Medicine (essentially teaching patients how to cook and meal plan based on their nutritional needs, budget, and taste preferences). I have created a digital cookbook as an accessible way to introduce students to the kitchen. The Instagram account is @campus_cravings, and it has posts of different recipes that give MTSU students a taste of home with nutrition facts for each recipe. For instance, tomato soup with grilled cheese is a common comfort food. Craving tomato soup could be the body

subconsciously seeking the stress relief properties of the vitamin C in the tomatoes.⁷

Additionally, lycopene is the red pigment in tomatoes, which is an antioxidant and anti-inflammatory that can decrease the risk of certain cancers, reduce the risk of cardiovascular disease, and may increase sleep duration.⁸ It is more bioavailable (amount of a nutrient absorbed) when it is eaten with fat, so having a grilled cheese with tomato soup can increase the amount of lycopene absorbed and its nutritional effects.⁸

A Qualtrics survey (see Appendix C) was created for students to submit recipes that give them a sense of home. Knowing submissions of comfort food are not typically deemed healthy, the goal was not to create a healthy college student cookbook since it has been done countless times. Rather, the goal was to introduce or reintroduce students to the kitchen to give them the basic cooking skills to later be able to make healthy food for themselves. Recipes that remind them of home may help motivate them to get in the kitchen. I hope students try the recipes, and it will expand their curiosity, motivate them to try other recipes, and encourage them to develop their cooking skills to better their health in the long run.

In the future, I will be working with people from different cultural backgrounds, skill levels, kitchen equipment, and budgets, so I will have to adapt my recommendations and advice accordingly. For instance, if I have a patient who only knows how to make rice and is scared to cook raw meat, I would initially recommend a one-pot rice recipe with a plant-based protein or fully cooked animal protein (like rotisserie chicken or canned tuna).

Chapter II Methodology

On March 29th, the public Creator Instagram account called @campus_cravings was created containing recipe posts. Since the account is public, it allows everybody to see posts whether or not they are followers. Since it is a Creator account, it allows data collection on demographics and the number of accounts reached, accounts engaged, content interactions, ads, and plays.

Dr. Nolan Hatley, MTSU's Research Compliance Officer, was contacted about an Institutional Review Board (IRB) during the Fall 2023 semester and again in the Spring 2024 semester. He said it was not necessary since the survey was used to collect recipes and was not studying the students to test a hypothesis. The Qualtrics survey (see Appendix C) does not mention that I am a Dietetics major because I thought it would deter people from completing the survey. "Home" purposefully was not defined, so students could submit comfort foods, family recipes, cultural recipes, etc. From the survey submissions, recipes were chosen to include in the cookbook. The questions were designed to help make the recipes college-friendly and to create the caption with the description of the dish (see Appendix C, H - R). Recipes were selected to include American comfort foods and dishes from various cultures, incorporating ingredients to research their nutritional benefits while utilizing a range of cooking techniques and difficulty levels.

A flyer was created with a brief description of the thesis, QR code of the survey, and the Instagram account (see Appendix A). From April 1st to 3rd, paper copies were printed and posted around campus: two in the library, five in the Science Building, five in

the Davis Science Building, five in Peck Hall, four in the Todd Building, one in Kirksey Old Man, two in Corlew, five in the Business and Aerospace building, eight in the Bragg Building, three in the Honors Building, two in the Student Union, five in the College of Education, and one at the red bus stop by the Student Union. Digital copies were posted on the Facebook Transfer Community page, the MTSU World Language and Culture Club GroupMe, and the Nutrition and Dietetics Association GroupMe. The survey was emailed to Dr. Albakry to email to Honors students, to Linda Hall to post as a notice on Pipeline from April 3rd to August 31st for all students, to Lindsay Rogerson to send to the Fermentation Club members, and Danielle Rochelle posted it on the bulletin.

Each post was created using VistaCreate, which is a free online graphics website with templates. On April 9th, a post with common cooking abbreviations and conversions (see Appendix F) was posted and pinned (keeps the post at the top of the Instagram account). As survey submissions came in, they were written down, and the students were emailed if their dish was selected. On April 11th, a post informing students to check their emails to see if their recipe was chosen was posted.

From those that responded, 11 recipes were made and included in the Instagram cookbook. There were 11 recipes in total. Each recipe was a post with a photo of the final dish, kitchen supplies required, a grocery list, an ingredient list, photo instructions, a comment containing the full recipe, and nutrition facts related to an ingredient in the dish (see Appendix D - R). The first recipe, one pot chicken and sausage jambalaya, was used as a template to create the other recipe posts. The caption for each post has a description of the dish and how the recipe reminds the student of home. Some of the captions have

disclaimers to try to deter people from self-diagnosing themselves since health information was included in the nutrition facts. Some of the recipes have notes detailing certain parts of the recipe, tips while making the dish, or saying certain ingredients can be purchased at a local international market instead of naming a specific store. The cost of all the ingredients was out of my pocket, and there was frequent communication with students to ensure the recipes were accurate and clear. The recipes from students were written down. During recipe testing, notes were made, photos were taken, and the time to prepare and cook the dish was kept track of. Most of the recipes were made two to three times to make sure the measurements and instructions were accurate as well as to ensure proper photos were taken. If the student provided a complete recipe, I recreated the recipe on my own and took pictures for each step. Since the Instagram account is public, all the ingredients were put into bowls instead of in their packaging to avoid branding. If the student did not have measurements for the recipe, or the recipe had technical aspects that were unclear, I met with the student to do the recipe testing together at my apartment or in the kitchen lab in the Ellington Human Sciences building (EHS 107). After recipe testing and taking the photos, they were made into an Instagram post using VistaCreate, and the ingredient of my choice was researched. For the nutritional facts, articles from credible websites - like the National Institute of Health, WebMD, PubMed, Cleveland Clinic, and Mayo Clinic - were used to gather information on an ingredient of my choice. The references were at the end of the caption of each post. Though not originally planned, while communicating with students, songs were chosen to include with the posts that reminded the students of home, cooking, or the dish. It was an interesting and fun

piece to add to the cookbook. In fact, the song for the 30-Minute Menemen is in Turkish and about a recipe for healing herbal tea.

Before each of the recipes were posted, they were sent to the student that submitted it and Mrs. Ayers to review and suggest any final edits to ensure they were accurate and easy to understand for students. On April 15th, the chicken and sausage jambalaya recipe was posted with nutrition facts about bell peppers and capsaicin (see Appendix H). On June 3rd, the spicy creamy mac and cheese was posted with nutrition facts on cheese, whey, and lactose (see Appendix I). On July 7th, the blackened chicken chili was posted with nutrition facts on beans (see Appendix J). On July 22nd, the shrimp etouffee was posted with nutrition facts on shrimp (see Appendix K), and the MTSU Honors Instagram and Facebook posted a story (stays available for 24 hours) and a highlight titled “Spotlight” (features stories below the bio that remain available) with a link to the survey. On August 5th, the fried green tomatoes with buttermilk dressing were posted with nutrition facts on green and red tomatoes (see Appendix L). On August 12th, the broccoli cheese casserole was posted with nutrition facts on broccoli (see Appendix M). On August 20th, the creamy bacon and mushroom pasta was posted with nutrition facts on mushrooms (see Appendix N). On August 26th, the sopas was posted with nutrition facts on gluten (see Appendix O). On September 2nd, the menemen was posted with nutrition facts on eggs (see Appendix P). On September 9th, the spiced sweet potato lentil soup with kale was posted with nutrition facts on coconut oil (see Appendix Q). On

September 24th, the final recipe, sopes, was posted with nutrition facts on corn (see Appendix R).

During the Fall 2024 semester, flyers about the Instagram without the survey QR code (see Appendix B) were printed and posted around campus: two in the library, five in the Science building, five in the Davis Science Building, four in Peck Hall, four in the Todd Building, two in Corlew Hall, five in the Business and Aerospace building, eight in the Bragg building, three in the Honors building, two in the Student Union, and two in the Ellington Human Sciences building. Emails were not sent out since survey submissions were no longer necessary.

The Qualtrics survey was paused on September 25th, so no one else could complete it in order for a statistical analysis to be performed. The screenshots of all the final posts were taken on October 6th (see Appendix), and the statistical analysis of the Instagram was performed on October 14th. Thus, some of the information may be different now.

Chapter III

Results

The survey collected 311 responses in total. A large majority (93.6%) of the survey submissions came from links, not QR codes. 5 submissions were from teachers, staff, or alumni, and their responses are omitted from the statistical analysis. 50.2% of submissions did not have any questions answered, which were also omitted from the statistical analysis. 31.5% of submissions were incomplete. 18.3% of submissions were fully completed.

Surveys needed to be completed through at least question 7 to help select recipes, which accounted for 65 (20.9%) of submissions. From these surveys, recipes were selected, and the following percentages were calculated. Comforting American classics (like macaroni and cheese, casseroles, chicken and rice, tomato soup with grilled cheese, etc.) accounted for 47.7% of dishes submitted, 16.9% are regional American dishes (Ohio, New Orleans, Philadelphia, etc.), and 35.4% are international dishes. When asked about barriers, 41.5% of students reported time being an issue, 16.9% reported money or grocery prices being an issue, and 3% reported they do not have a car or could not drive. Inadequate kitchen equipment was reported by 12.3% while 4.6% reported that they do not know how to cook. Surprisingly, 16.9% reported no barriers to cooking. When asked why the dish reminds the student of home, 75.4% related the recipe to family (often memories of mom cooking it), 23.1% associate the dish with their culture (Bahamas, Peru, Bangladesh, etc.), and 10.8% associate the dish with where they grew up (Louisiana, Ohio, Philadelphia, Texas, etc.). Associations with special occasions or holidays was reported by 26.2% of students, 12.3% associated the dish with cold weather, and 3.1% associated the dish with being sick. More students (63.1%) reported having a

fully equipped kitchen (at least an oven, stove, fridge, freezer, and microwave) than expected, and 41.5% of the 65 students had made the dish before. Of the 14 of students that live in the dorms, only 3 have access to a fully equipped kitchen, and only 1 has made the dish since being in college. Interestingly, 4 students gave a food fun fact for the last question that was not related to the dish they submitted:

- German Chocolate cake was made in America. It was named after someone with the last name ‘German.
- Brazil's national dish, feijoada, was traditionally made by enslaved people with leftovers like pork scraps and black beans.
- Bananas are actually berries.
- Raspberries are a member of the rose family.

The Campus Cravings Instagram accumulated 59 followers with a total of 14 posts (see Appendix D - R) and 982 views (72.5% from followers and 27.5% from non-followers). The 30-minute shrimp etouffee was the most viewed with 97 views. The post with the flyer, which was the first post, got the most views from non-followers (51.3%), and the percentage of views from non-followers decreased as more posts were posted. It also got the most interactions with 13 likes and 1 share. Three recipes were tied for the most interactions: the one pot chicken and sausage jambalaya (11 likes and 2 comments), fried green tomatoes with buttermilk dressing (7 likes, 5 shares, and 1 comment), and spiced sweet potato lentil soup with kale (9 likes, 2 comments, and 2 saves). It is important to note that 1 comment was the full written recipe for each post. The flyer post had the most likes (13 total), but the one pot chicken and sausage

jambalaya was the recipe with the most likes (11 total). The fried green tomatoes with buttermilk dressing had the most shares (5 total) of all the posts. The spiced sweet potato lentil soup with kale had the most saves (2 total) of all the posts.

Chapter IV Discussion

The goal was to introduce or reintroduce students to the kitchen to give them basic cooking skills to later make healthy food for themselves. Due to time constraints, I will not be able to assess if any students tried to make the recipes. However, knowledge was gained for any future research, cultural awareness, and public health experience. As a future Registered Dietitian, I could use questions that were included in the survey – like allergies or food restrictions, ethnicity, barriers, and kitchen appliances - to assess patients' skill level in the kitchen and to get an idea of what kinds of foods they make or eat, which will help brainstorm different interventions.

Initially, I had planned on altering the recipes to make them more dorm friendly. However, 41.5% of the 65 students have made the recipe since being in college, and a lot of them are family recipes. Therefore, it was not necessary to alter the recipes to be dorm friendly, and it was also done out of respect. Plus, the cookbook was meant to introduce or reintroduce students to the kitchen, so the recipes had varying skill levels and cooking techniques.

In hindsight, some of the survey questions should have been phrased differently. Phrasing the question as “a dish” may have resulted in more submissions of savory dishes than sweet dishes. Only 5 survey submissions of 65 were sweet dishes. The 15th question (see Appendix C) should not have said “near campus” since there are many students that live in Nashville, Franklin, and other parts of Tennessee. 15.4% of students answered no since they do not live near campus. As a future graduate student, if I do research that requires a survey, it is important to carefully phrase the questions and keep in mind that

all the submissions may not be complete. Thus, it is important to put the questions that are deemed most important towards the beginning of the survey.

Two students reported not having a car as a barrier, so I was happy to find out that the bus started going to and from the Farmers Market on Saturdays. It would help students to have a bus schedule that goes to and from Kroger or Walmart since they are both close to campus, are cheaper groceries, and many students reported grocery shopping there. Since 41.5% of students reported time being a barrier, and 16.9% reported money being a barrier, students would benefit from cooking, meal planning, budgeting, etc. classes. If the dorms were equipped with the necessary supplies, it may increase the number of students that cook. Like the 3D printers, students could be given a kitchen safety lesson before being allowed to use the kitchens. If the Ellington Human Sciences lab or dorm kitchens could be reserved for students to use, it would be a way for students to use the equipment while monitoring them. If the campus Food Pantry had a fridge stocked, it would give students more options to work with.

Surprisingly, there were multiple chili recipes. Unexpectedly, a lot of the students were thankful and honored that their recipes were selected and included. For students that had made the dish before, it was much easier to ensure the recipes were made properly and clearly. Creating a cookbook and recipe development instilled an appreciation for the extensive time and effort it requires. The project allowed me to learn more about other cultures, like Mexico and Turkey, and the Philippines. Mexican food utilizes a lot of chiles that are often roasted or soaked to rehydrate. They also tend to rely on blenders or molcajetes (essentially a large mortar and pestle made of volcanic rock that gets better with age like cast iron) to make salsas, guacamole, marinades, or spice mixes.⁹ The

Turkish Menemen is similar to another dish called shakshuka (tomato pepper sauce with cooked eggs served with bread), which likely originates from Tunisia and is cooked in other African countries.¹⁰ There is also a long, heated discussion amongst the Turkish if menemen should contain onions or not. Learning about other cultures is imperative as a future Registered Dietitian since dietary interventions must be made to respect patients' and clients' cultures.

Since everything was posted on Instagram, public health experience was gained by trying to condense information in a way that is understandable for the general public, which was harder than anticipated. For this reason, as well as my workload, I decided not to create the basic kitchen safety post, cooking terminology post, and cooking equipment post. Also, traditional cookbooks do not include these, and the students can easily look them up on their own.

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Appendix

Appendix A
Flyer with Survey QR Code

CAMPUS CRAVINGS: RECIPES FOR THE HOMESICK STUDENT



I'm Ave Kate, an Honors student, making a college-friendly Instagram cookbook for my thesis. All of the recipes will aim to give MTSU students a taste of home. Submit your dish to the survey below. If your dish submission is chosen, you will be the first to try your recipe.

Thank you for your time and consideration in completing this survey!

Contact
akr5d@mtmail.mtsu.edu
for additional questions



Survey QR Code @campus_cravings

Appendix B
Flyer without Survey QR Code

CAMPUS CRAVINGS: RECIPES FOR THE HOMESICK STUDENT



I'm Ave Kate, an Honors student, making a college-friendly Instagram cookbook for my thesis. All of the recipes aim to give MTSU students a taste of home. Please share with anyone you think may be interested.



*Campus Cravings:
Recipes for the
Homesick Student*



@campus_cravings

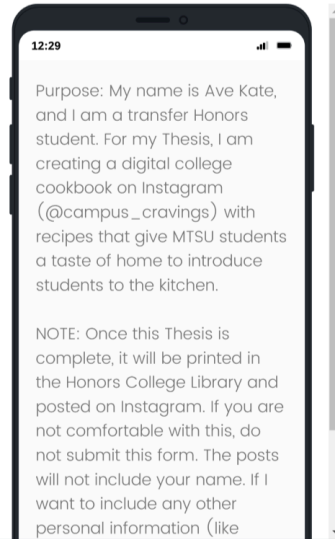
Contact akr5d@mtmail.mtsu.edu for questions

Appendix C Qualtrics Survey

Purpose: My name is Ave Kate, and I am a transfer Honors student. For my Thesis, I am creating a digital college cookbook on Instagram (@campus_cravings) with recipes that give MTSU students a taste of home to introduce students to the kitchen.

NOTE: Once this Thesis is complete, it will be printed in the Honors College Library and posted on Instagram. If you are not comfortable with this, do not submit this form. The posts will not include your name. If I want to include any other personal information (like where you grew up or memories you have of the dish), I will ask permission to include it in my thesis.

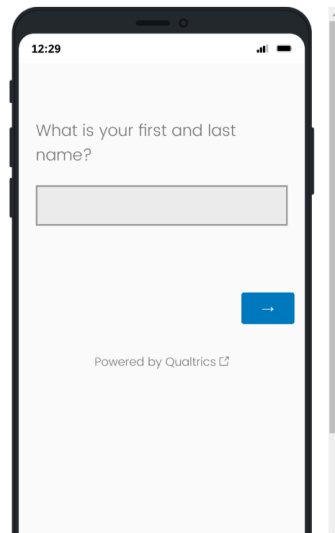
For further questions, email akr5d@mtmail.mtsu.edu



What is your first and last name?



Powered by Qualtrics [↗](#)



Provide your school email.
If I select your dish, I may have further questions and will send the recipe to you to test out.

[→](#)

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12:29

Provide your school email.
If I select your dish, I may have further questions and will send the recipe to you to test out.

[→](#)

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When do you plan to graduate from MTSU? Write semester and year.
Ex. Spring 2024, Summer 2024, Fall 2024, Spring 2025, etc.

[→](#)

Powered by Qualtrics [↗](#)

12:29

When do you plan to graduate from MTSU? Write semester and year.
Ex. Spring 2024, Summer 2024, Fall 2024, Spring 2025, etc.

[→](#)

Powered by Qualtrics [↗](#)

What is your ethnicity?
Ex. Chinese, Polish, French, Egyptian, South African, Mexican, Lebanese, etc.

[→](#)

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12:29

What is your ethnicity?
Ex. Chinese, Polish, French, Egyptian, South African, Mexican, Lebanese, etc.

[→](#)

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Where did you grow up (city, state, or region)?
Ex. Murfreesboro, Tennessee, Western Tennessee, Mississippi Gulf Coast, California, Chicago, etc.

[→](#)

Powered by Qualtrics [↗](#)

12:29

Where did you grow up (city, state, or region)?
Ex. Murfreesboro, Tennessee, Western Tennessee, Mississippi Gulf Coast, California, Chicago, etc.

[→](#)

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What is your housing situation?
Ex. dorm, apartment, house, etc.

[→](#)

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12:29

What is your housing situation?
Ex. dorm, apartment, house,
etc.

[→](#)

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Name and description of dish.
Ex. Jambalaya - a Cajun/Creole rice dish that has sausage and
often has chicken or shrimp as well

[→](#)

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
Name and description of dish.
Ex. Jambalaya - a
Cajun/Creole rice dish that has
sausage and often has chicken
or shrimp as well

[→](#)

Powered by Qualtrics [↗](#)

Why does it remind you of home?
Ex. I grew up an 2 hours east of New Orleans on the Mississippi Gulf Coast with a lot of Cajun/Creole influence. Jambalaya is found in most restaurants, was served at my school cafeteria, and was a go to recipe for social gatherings.

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
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Why does it remind you of home?
Ex. I grew up an 2 hours east of New Orleans on the Mississippi Gulf Coast with a lot of Cajun/Creole influence. Jambalaya is found in most restaurants, was served at my school cafeteria, and was a go to recipe for social gatherings.

[→](#)

Include recipe (if have one) or brief description of how to make it.
Ex. Cook sausage until crispy. Remove from pot and cook chopped onion, garlic, celery, and bell pepper until soft. Add Creole seasoning, parsley, cayenne, and tomato paste. Add rice, cooked chicken, sausage, and chicken broth. Cook until rice is tender.

[→](#)

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12:29

Include recipe (if have one) or brief description of how to make it.
Ex. Cook sausage until crispy. Remove from pot and cook chopped onion, garlic, celery, and bell pepper until soft. Add Creole seasoning, parsley, cayenne, and tomato paste. Add rice, cooked chicken, sausage, and chicken broth. Cook until rice is tender.

[→](#)

Have you made this dish or anything similar to it since being in college?
Ex. yes; no; I make congee with oats instead of rice since it's faster

→

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12:29

Have you made this dish or anything similar to it since being in college?
Ex. yes; no; I make congee with oats instead of rice since it's faster

→

Powered by Qualtrics [↗](#)

Are there any barriers that keep you from cooking?
Ex. don't know how to cook, trouble finding time, money, do not have proper cookware/appliances, can't find ingredients, can't drive to grocery, etc.

→

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12:29

Are there any barriers that keep you from cooking?
Ex. don't know how to cook, trouble finding time, money, do not have proper cookware/appliances, can't find ingredients, can't drive to grocery, etc.

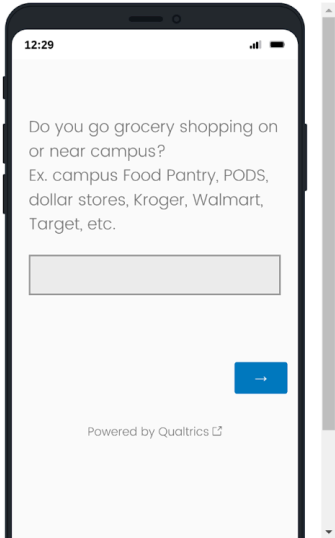
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Do you go grocery shopping on or near campus?
Ex. campus Food Pantry, PODS, dollar stores, Kroger, Walmart, Target, etc.

[→](#)

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12:29

Do you go grocery shopping on or near campus?
Ex. campus Food Pantry, PODS, dollar stores, Kroger, Walmart, Target, etc.

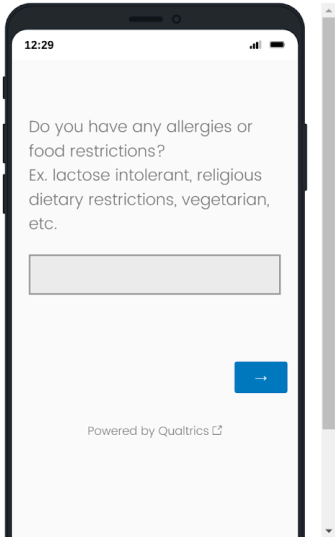
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Do you have any allergies or food restrictions?
Ex. lactose intolerant, religious dietary restrictions, vegetarian, etc.

[→](#)

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12:29

Do you have any allergies or food restrictions?
Ex. lactose intolerant, religious dietary restrictions, vegetarian, etc.

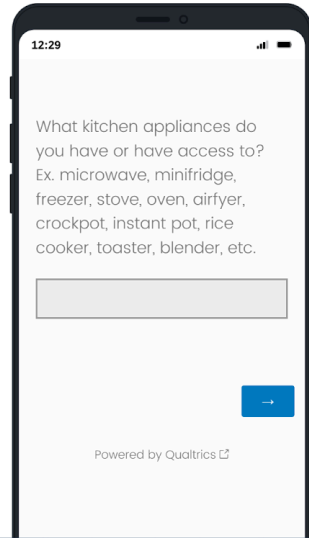
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What kitchen appliances do you have or have access to?
Ex. microwave, minifridge, freezer, stove, oven, airfyer, crockpot,
instant pot, rice cooker, toaster, blender, etc.



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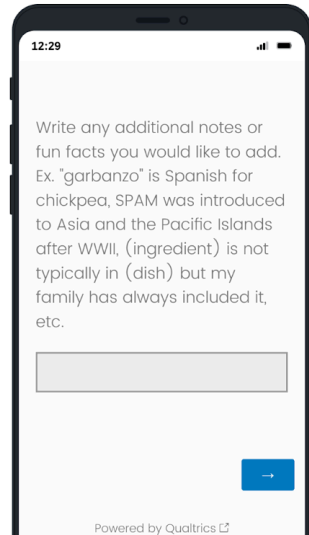


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Write any additional notes or fun facts you would like to add.
Ex. "garbanzo" is Spanish for chickpea, SPAM was introduced to
Asia and the Pacific Islands after WWII, (ingredient) is not
typically in (dish) but my family has always included it, etc.



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Again, once this Thesis is complete, it will be printed in the Honors College Library and posted on Instagram (@campus_cravings). If you are not comfortable with this, do not submit this form. The posts will not include your name. If I want to include any other personal information (like where you grew up or memories you have of the dish), I will ask permission to include it in my thesis.

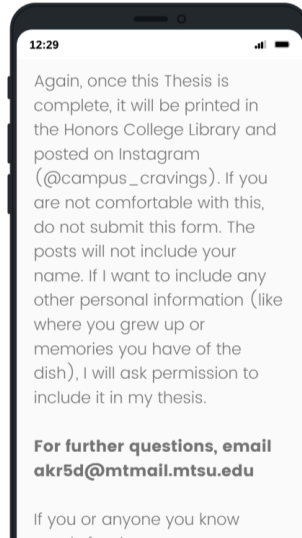
For further questions, email akr5d@mtmail.mtsu.edu

If you or anyone you know needs food:

Campus Food Pantry

Student Services & Admission Center (have to ask One Stop to access snacks, meals, and ingredients) & James E. Walker Library (has snacks)

Green House Ministries (4 min drive from Peck Hall)
307 South Academy St.
Murfreesboro, TN 37130



Campus Food Pantry

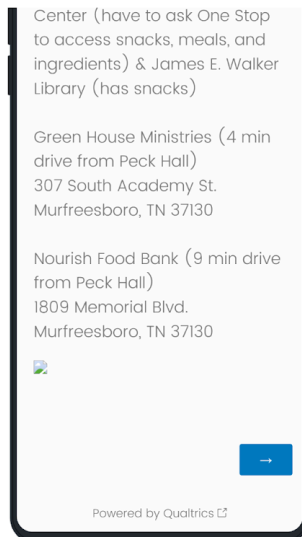
Student Services & Admission Center (have to ask One Stop to access snacks, meals, and ingredients) & James E. Walker Library (has snacks)

Green House Ministries (4 min drive from Peck Hall)
307 South Academy St.
Murfreesboro, TN 37130

Nourish Food Bank (9 min drive from Peck Hall)
1809 Memorial Blvd.
Murfreesboro, TN 37130



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Appendix D
Instagram: @campus_cravings

campus_cravings

14 posts 59 followers 0 following

Campus Cravings: Recipes for the Homesick Student
Digital cookbook of college-friendly recipes to introduce you to the kitchen
Each recipe was submitted by a MTSU student to give them a taste of home

Follow Message +

CRavings: RECIPES FOR THE HOMESICK STUDENT
I'm Ave Kate, an Honors student, making a college-friendly Instagram cookbook for my thesis. All of the recipes will aim to give MTSU students a taste of home. Submit your dish to the survey below. If your dish submission is chosen, you will be the first to try your recipe.
Thank you for your time and consideration in completing this survey!
Contact: akr5d@mtmail.mtsu.edu for additional questions

Common Cooking Abbreviations & Conversions

Sopas
Makes 4 servings
Prep time: 15 min - Cook time: 45 min

Spiced Sweet Potato Lentil Soup with Kale
Makes 6 servings
Prep time: 15 min - Cook time: 45 min

30 Minute Menemen
Makes 4 servings
Prep time: 10 min - Cook time: 20 min

Sopas
Makes 6 servings
Prep time: 20 min - Cook time: 40 min

Creamy Bacon & Mushroom Pasta
Makes 6-8 servings
Prep time: 10 min - Cook time: 30 min

Broccoli, Cheese & Rice Casserole
Makes 8 servings
Prep time: 5 min - Cook time: 50 min

Fried Green Tomatoes w/ Buttermilk Dressing
Makes 6 servings
Prep time: 30 min - Cook time: 25 min

campus_cravings

Follow Message

CRAVINGS: RECIPES FOR THE HOMESICK STUDENT

I'm Ave Kate, an Honors student, making a college-friendly Instagram cookbook for my thesis. All of the recipes will aim to give MTSU students a taste of home. Submit your dish to the survey below. If your dish submission is chosen, you will be the first to try your recipe.

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akr5d@mtmail.mtsu.edu
for additional questions

Common Cooking Abbreviations & Conversions

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Spiced Sweet Potato Lentil Soup with Kale
Makes 6 servings
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30 Minute Menemen
Makes 4 servings
Prep time: 10 min - Cook time: 20 min

Sopas
Makes 6 servings
Prep time: 20 min - Cook time: 40 min

Creamy Bacon & Mushroom Pasta
Makes 6-8 servings
Prep time: 10 min - Cook time: 30 min

Broccoli, Cheese & Rice Casserole
Makes 8 servings
Prep time: 5 min - Cook time: 50 min

Fried Green Tomatoes w/ Buttermilk Dressing
Makes 6 servings
Prep time: 30 min - Cook time: 25 min

30 Minute Shrimp Etouffee
Makes 5 servings
Prep time: 10 min - Cook time: 20 min

Slow Cooker Blackened Chicken Chili
Makes 8-10 servings
Active time: 20 min - Cook time: 6.5 or 9.5 hrs

Spicy Creamy Mac & Cheese
Makes 4 servings
Prep Time: 5 min - Cook time: 20 min

One Pot Chicken & Sausage Jambalaya
Makes 4 servings
Prep time: 25 min - Cook time: 20min

Still accepting recipe submissions!

I'm planning ahead to do a majority of the recipe testing over the summer, so **check your student email** if you or someone you know completed the survey.

Share with anyone you think may be interested!

Appendix E Flyer Post

CAMPUS_CRAVINGS
Posts Follow

 campus_cravings ...

CAMPUS CRAVINGS: RECIPES FOR THE HOMESICK STUDENT

I'm Ave Kate, an Honors student, making a college-friendly Instagram cookbook for my thesis. All of the recipes will aim to give MTSU students a taste of home. Submit your dish to the survey below. If your dish submission is chosen, you will be the first to try your recipe.

Thank you for your time and consideration in completing this survey!

Contact
akr5d@mtmail.mtsu.edu
for additional questions



Survey QR Code @campus_cravings

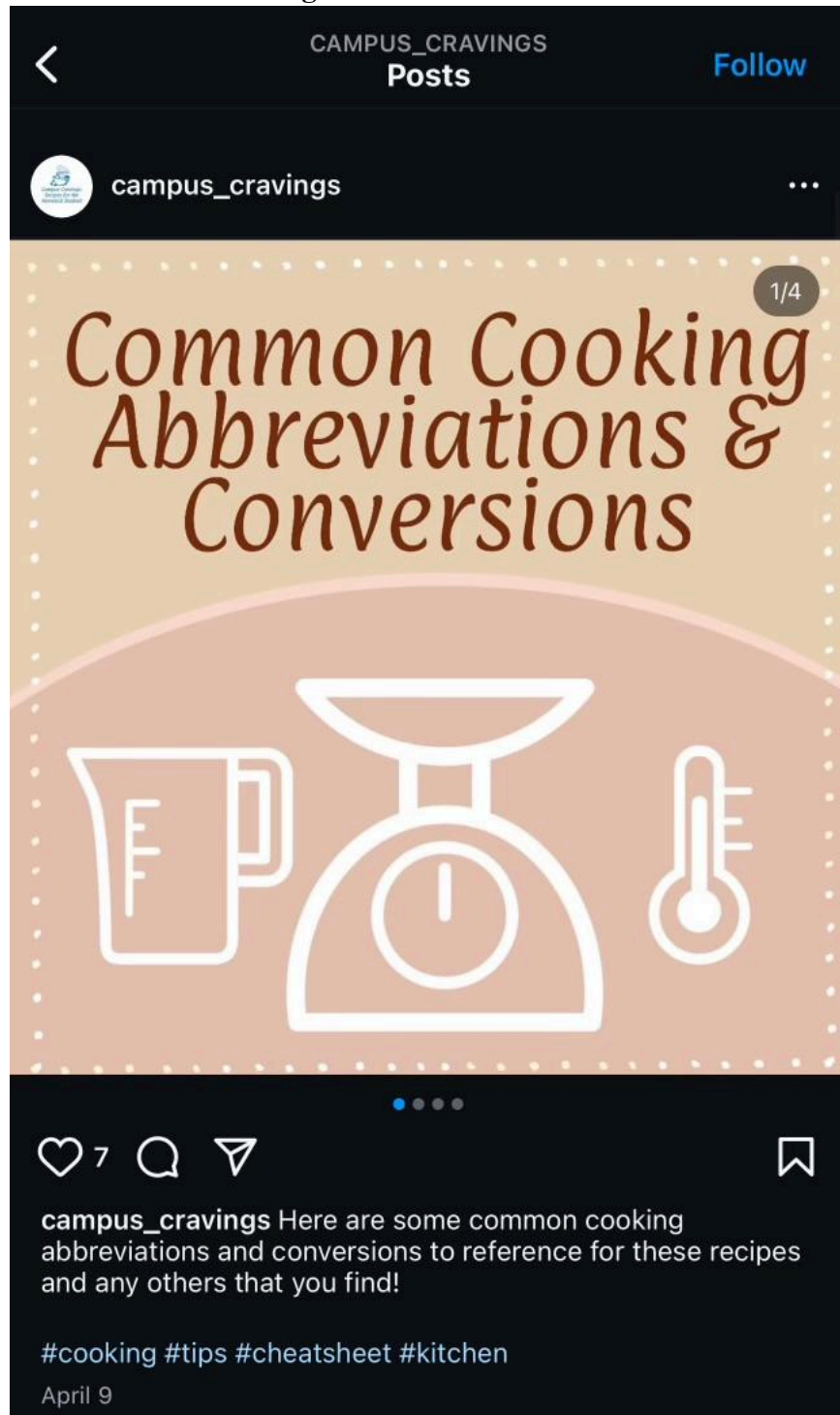
 13   1 

campus_cravings Hey! Can you complete this survey to help me complete my Honors thesis? I'm gathering recipes to make an Instagram college-friendly cookbook. I'll be selecting recipes to include from survey submissions. Please submit a dish that reminds you of home, and thank you for considering taking the survey.

Here's the link in case there's any issues with the QR code:
https://mtsu.ca1.qualtrics.com/jfe/form/SV_1NzSNeIDwgzfH5Y

April 4

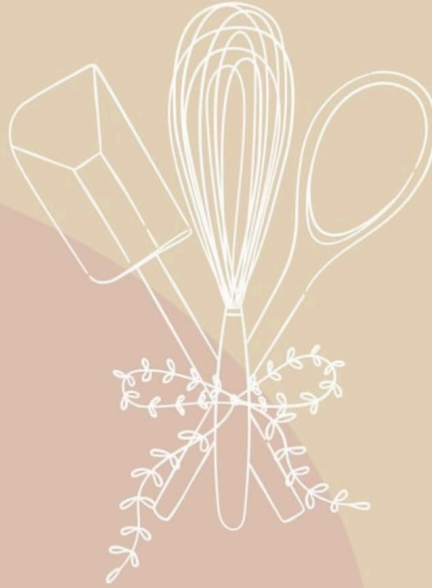
Appendix F
Common Cooking Abbreviations & Conversions Post





Abbreviations

- c = cup(s)
- cm = centimeter(s)
- fl. oz. = fluid ounce(s)
- ft. = foot (feet)
- g = gram(s)
- gal = gallon(s)
- in. = inch(es)
- kg = kilogram(s)
- tbsp = tablespoon(s)
- tsp = teaspoon(s)
- L = liter(s)
- lb. = pound(s)
- mg = milligram(s)
- mL = milliliter(s)
- oz. = ounce(s)
- pt. = pint(s)
- qt. = quart(s)



campus_cravings Here are some common cooking abbreviations and conversions to reference for these recipes and any others that you find!



Conversions

• $^{\circ}\text{F} = \frac{9}{5} \times ^{\circ}\text{C} + 32$

• $^{\circ}\text{C} = \frac{5}{9} (^{\circ}\text{F} - 32)$

• 8 fl. oz. = 1 c

• 3 tsp = 1 tbsp

• 4 tbsp = $\frac{1}{4}$ c

• 1 lb = 16 oz. = 0.454 kg

• 1 kg = 2.2 lb.

• 1000 mg = 1 g

• 1000 g = 1 kg

• 1 in. = 2.54 cm

• 12 in. = 1 ft.

• 1 oz. = 28.35 g

• 1 fl. oz. = 29.58 mL

• 1 tsp dried herbs = 1 tbsp fresh herbs

TIP: A table is bigger than a cup of tea, so a tbsp is bigger than a tsp

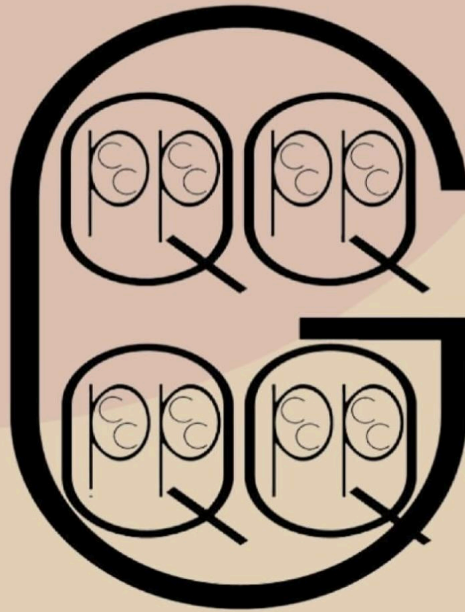
TIP: "m" is shorter than "k," so a mg is smaller than a kg



campus_cravings Here are some common cooking abbreviations and conversions to reference for these recipes and any others that you find!



Conversions



1 gal = 4 qt.

1 qt. = 2 pt.

1 pt. = 2 c

So there's...

4 qt. in 1 gal

8 pt. in 1 gal

16 c in 1 gal

1 gal is 3.785 L

1 L = 0.264 gal



campus_cravings Here are some common cooking abbreviations and conversions to reference for these recipes and any others that you find!

Appendix G
Check Email Post



Appendix H
One Pot Chicken & Sausage Jambalaya Post

CAMPUS_CRAVINGS
Posts [Follow](#)

 campus_cravings
🎵 Louis Armstrong · The Mardi Gras March



One Pot Chicken & Sausage Jambalaya
Makes 4 servings
Prep time: 25 min ~ Cook time: 20min

🔊



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The student that submitted this recipe said that it reminds her of home since she grew up two hours east of New Orleans on the Mississippi Gulf Coast with a lot of Cajun/Creole influence. Jambalaya is normally made with andouille sausage, but this student's family uses conecuh sausage instead. Jambalaya is found in most restaurants on the Mississippi Gulf Coast, was served in school cafeterias, and was a go-to recipe for social gatherings.

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#campuscravings #jambalaya #onepot #homecooking
#creole #comfortfood #neworleans #southernfood

April 15



campus_cravings

🎵 Louis Armstrong · The Mardi Gras March



Grocery List:

- bulb of garlic or jarred minced garlic
- 1-2 yellow onions or prechopped onions
- 1 bell pepper or prechopped bell pepper
- 1 pack of celery or prechopped celery
- 1 (6 oz) can of tomato paste
- dried parsley
- Creole seasoning (salt, red pepper, black pepper, chili powder, garlic powder)
- cayenne powder
- 1 lb. Conecuh sausage
- 1 rotisserie chicken
- canola or veg oil
- Minute rice
- 1 (32 oz) carton of chicken broth or jarred chicken broth base (cheaper and takes up less space)
- Optional: hot sauce

Supplies:

- stovetop or hot plate
- can opener
- cutting board or plate w/ knife
- pot w/ lid (can use aluminum foil as a makeshift lid)
- bowl
- measuring cups
- measuring spoons
- large spoon

Note: If using a different type of rice, change the amount of broth and cook time according to the package instructions



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The student that





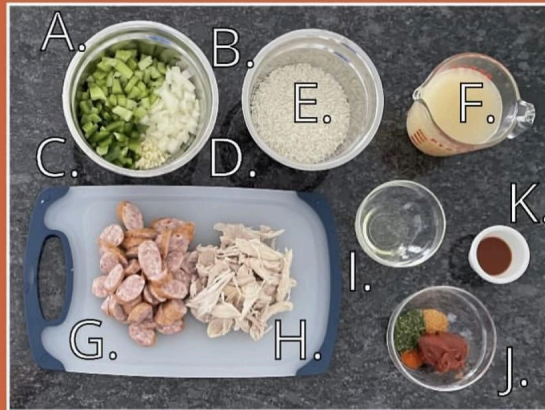
campus_cravings

Louis Armstrong · The Mardi Gras March



Prepare Ingredients

- A. chop 1/2 c celery
- B. chop 3/4 c onion
- C. chop 3/4 c bell pepper
- D. mince 2 cloves garlic (2 tsp)
- E. 1 1/2c rice
- F. 1 1/2c chicken broth
- G. Slice 1/2 lb Conecuh sausage
- H. Shred 1c rotisserie chicken
- I. 1 tbsp oil
- J. Seasonings
- K. Optional: hot sauce to taste



J. Seasonings

- 3/4 tsp Creole seasoning
- 2 tbsp tomato paste
- 1/4 tsp cayenne
- 1 tbsp parsley



11 2



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The student that



campus_cravings

🎵 Louis Armstrong · The Mardi Gras March



On medium-high heat, add oil, sliced sausage, onion, garlic, celery, and bell pepper to the pot. Saute until the veggies are softened and translucent



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The student that



campus_cravings

🎵 Louis Armstrong · The Mardi Gras March



Add Creole seasoning, dried parsley, cayenne powder, and tomato paste. Mix for 1 minute.



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The student that



campus_cravings

🎵 Louis Armstrong · The Mardi Gras March



Add *rice*,
chicken broth,
and *shredded*
rotisserie
chicken. Mix,
turn heat to
medium-low,
and cover with
lid



🤍 11 💬 2 📌



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The starchy rice...



campus_cravings

🎵 Louis Armstrong · The Mardi Gras March



Stir occasionally to prevent sticking to the bottom of the pot. Cook until all the broth is absorbed and the rice is tender. Optionally, serve with **hot sauce** to taste



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The student that



campus_cravings

🎵 Louis Armstrong · The Mardi Gras March



Nutrition Facts

See caption for References

Holy Trinity

- the base of many Cajun/Creole dishes that includes onion, celery, and bell pepper¹

Bell Pepper

- contain vitamin C, antioxidants (red bell peppers have the most since they're on the vine longest), and fiber^{2,3}

- Vitamin C (AKA ascorbic acid) plays a role in wound healing and can increase iron absorption³

Capsaicin

- used in topical creams to treat pain from arthritis and other diseases⁴

- an antioxidant, antimicrobial, anti-inflammatory, and lowers blood sugar⁴

- being studied to treat types of cancer, to boost metabolism, and to reduce heart disease risk factors⁴



campus_cravings Jambalaya is a Creole rice dish that is well known in New Orleans. It has classic Creole flavors, sausage, and often chicken or shrimp as well. The student that

Appendix I
Spicy Creamy Mac & Cheese Post



The image shows an Instagram post from the account 'campus_cravings'. The post features a central photograph of a bowl of spicy creamy mac and cheese, garnished with a dusting of red spices. A blue fork is shown lifting a piece of the pasta. The background of the post is a vibrant orange with decorative white dots and brown spots. Below the photo, the title 'Spicy Creamy Mac & Cheese' is written in a white, cursive font. Underneath the title, it says 'Makes 4 servings' and 'Prep Time: 5 min ~ Cook Time: 20 min'. The Instagram interface elements, including the profile picture and a three-dot menu, are visible at the top of the post.

campus_cravings

Spicy Creamy
Mac & Cheese

Makes 4 servings
Prep Time: 5 min ~ Cook Time: 20 min



campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the recipe. This version is very creamy and has a little kick. The student that submitted this recipe has fond memories of his mom cooking it and the nice warm feelings it gives him.

Disclaimer: Speak to your health care provider before taking supplements.

References:

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#campuscravings #macandcheese #homecooking
#comfortfood #southernfood

[View all comments](#)

June 3



Grocery List: Supplies:

- 1 lb of pasta
- 8oz. bag shredded cheddar cheese
- 8oz. bag shredded pepper jack cheese
- milk
- butter
- all purpose flour
- cayenne powder
- garlic powder
- salt & pepper

- stovetop or hot plate
- measuring cups
- measuring spoons
- 1 or 2 pots
- strainer or lid to pot to strain noodle
- fork or whisk
- butter knife
- serving spoon
- storage container for leftovers

NOTES:

- Can use different types of cheese
- Can omit cayenne if don't like spicy food

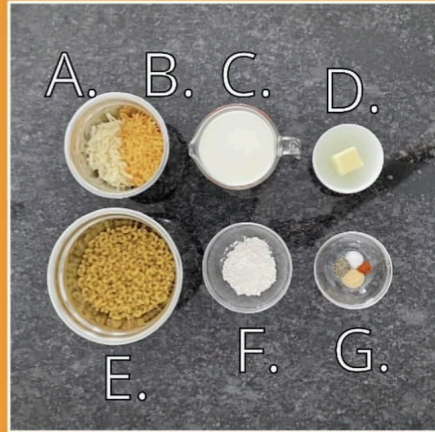


campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the recipe. This version is very creamy and has a little kick. The



Prepare Ingredients

- A. 1/2 c shredded pepper jack
- B. 1/2 c shredded cheddar cheese
- C. 1 1/2c milk
- D. 2 tbsp butter
- E. 1/2 lb of pasta
- F. 2 tbsp flour
- G. Seasonings



G. Seasonings

- 1/8 tsp cayenne powder
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper



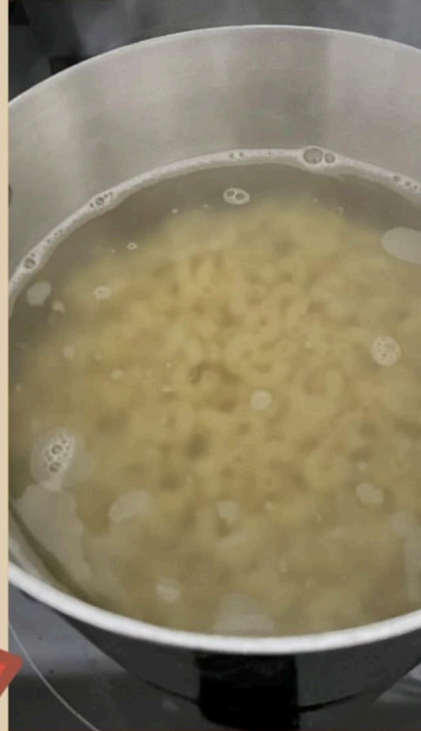
campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the recipe. This version is very creamy and has a little kick. The



campus_cravings

In a **pot**, cook **1/2 lb** of **pasta** according to package instructions. Use the **lid** or a **strainer** to drain the pasta. Set it aside in the pot or strainer.

CAREFUL!
The hot pot or the steam can burn you, so use oven mitts or a dry towel



campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the recipe. This version is very creamy and has a little kick. The



campus_cravings



In the same
or another
pot on
medium-low
heat, melt
butter. Add
flour and
whisk w/ a
fork or whisk
constantly to
create a roux.



campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the
This is a classic American comfort food, and most families have their own version of the



campus_cravings



Slowly pour in the **milk** while continuing to whisk ensuring no clumps. Continue whisking until it thickens to a gravy-like consistency.



campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the recipe. This version is very creamy and has a little kick. The



campus_cravings



Turn off heat. Add the pepper jack cheese, cheddar cheese, garlic powder, cayenne powder, salt, and pepper. Mix until cheese is melted, and everything is well combined.



Note: Add a splash of milk if it gets too thick



campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the recipe. This version is very creamy and has a little kick. The



campus_cravings



Add **pasta**
to cheese
sauce and
mix until
combined.
Adjust
seasonings
to taste and
serve!



campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the recipe. This version is very creamy and has a little kick. The



Nutrition Facts

See caption for References

Cheese

- 72% of America's calcium consumption comes from dairy¹
- contains vitamins B2, B12, A, and D²
- good for bone health & cheeses cultured with probiotics are good for gut health²
- casein is the main protein found in cheese, as well as other dairy products, that's used in protein supplements²

Whey

- protein found in liquid after making cheese & other dairy products (e.g. the liquid in sour cream and yogurt)²
- has leucine (an amino acid studied to aid in muscle building) that's used in protein supplements³


Lactose


- lactose intolerance - not enough of the enzyme (lactase) that splits lactose into glucose & galactose⁴
- yogurt and hard cheeses (e.g. parmesan) have less lactose than soft cheeses (e.g. brie) since the lactose ferments and/or feeds the cultures longer⁴



campus_cravings Mac & cheese is a classic American comfort food, and most families have their own version of the

Appendix J
Slow Cooker Blackened Chicken Chili Post

 campus_cravings
🎵 The New Grass Revival · Big Foot



**Slow Cooker Blackened
Chicken Chili**

Makes 8-10 servings
Active time: 20 min ~ Cook time: 6.5 or 9.5 hrs



campus_cravings Blackened chicken chili is a simple recipe that requires no chopping and minimal active cooking time. You can start it before school or work and finish it when you get back. Since it makes a lot of servings, it is great for events or to share with roommates or family. The student that submitted this original recipe has won 3 chili competitions with it. He learned how to cook from years in the kitchen with his nana. Even as a baby, he sat on her hip looking into the pots and pans as she made supper every night for his family. As he got older, he developed a knack for taste, and his nana deferred to him for seasoning whenever she felt something was missing from a dish. The hominy is an homage to his Cherokee and Appalachian roots. This dish reminds him of the warmth of the kitchen he grew up in, both figuratively and literally, in the center of the home.

References:

1. McQueen J. Health benefits of legumes. WebMD. Published August 15, 2022. Accessed June 23, 2024. <https://www.webmd.com/food-recipes/health-benefits-legumes>
2. Mullins AP, Arjmandi BH. Health Benefits of Plant-Based Nutrition: Focus on Beans in Cardiometabolic Diseases. *Nutrients*. 2021;13(2):519. doi:<https://doi.org/10.3390/nu13020519>

#campuscravings #blackenedchicken #chili #homecooking
#comfortfood #slowcooker

July 7



campus_cravings

The New Grass Revival · Big Foot



Grocery List:

- 2lb chicken breasts
- 1 (10oz) can diced tomatoes w/ green chilies
- 2 (15.5oz) cans white hominy
- 2 (15.5oz) cans cannellini beans
- 2 (15.5oz) cans seasoned black beans
- 1 (15.5oz) can dark red kidney beans
- 1 (16oz) container sour cream
- chili powder
- garlic powder
- onion powder
- smoked paprika
- seasoned salt
- crushed red pepper
- pepper
- chicken broth
- vegetable or canola oil

Supplies:

- slow cooker
- can opener
- forks
- serving spoon or ladle
- measuring spoons
- measuring cup
- container for leftovers



Note:
Jarred chicken broth base or chicken bouillon cubes are cheaper and take up less space



campus_cravings Blackened chicken chili is a simple recipe that requires no chopping and minimal active cooking time. You can start it before school or work and finish it when you



campus_cravings

The New Grass Revival · Big Foot



Prepare Ingredients

- A. 2 (15.5oz) cans white hominy
- B. 2 (15.5oz) cans seasoned black beans
- C. 2 (15.5oz) cans cannellini beans
- D. 1 (15.5oz) can dark red kidney beans
- E. 1 (16oz) container sour cream
- F. 1 (10oz) can diced tomatoes w/ green chilies
- G. 2lb chicken breasts
- H. 1/2 c chicken broth
- I. 1 tsp vegetable or canola oil
- J. Seasonings



J. Seasonings

- 2 tbsp chili powder
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 3 tbsp smoked paprika
- 1 tsp seasoned salt
- 1 tsp pepper
- 1 tsp crushed red pepper



campus_cravings Blackened chicken chili is a simple recipe that requires no chopping and minimal active cooking time. You can start it before school or work and finish it when you



campus_cravings

The New Grass Revival · Big Foot

Smear **oil** on the sides of the **slow cooker** w/ your fingers. Add **chicken** and season on all sides w/ **chili powder, garlic powder, onion powder, smoked paprika, seasoned salt, pepper, and crushed red pepper**



campus_cravings Blackened chicken chili is a simple recipe that requires no chopping and minimal active cooking time. You can start it before school or work and finish it when you



campus_cravings

The New Grass Revival · Big Foot



Cook on high
for 5 hours or
low for 8
hours until
chicken is
tender. Shred
chicken with
two forks



campus_cravings Blackened chicken chili is a simple recipe that requires no chopping and minimal active cooking time. You can start it before school or work and finish it when you



campus_cravings

🎵 The New Grass Revival · Big Foot



Add *diced tomatoes w/ green chilies, white hominy, canellini beans, seasoned black beans, dark red kidney beans, sour cream, and chicken broth.* Cook on high for an additional 1.5 hours



Note:
do NOT rinse and drain
canned ingredie



campus_cravings Blackened chicken chili is a simple recipe that requires no chopping and minimal active cooking time. You can start it before school or work and finish it when you



campus_cravings

The New Grass Revival · Big Foot



Nutrition Facts

See caption for References

Beans

- have insoluble fiber that can increase satiety, feed gut bacteria, & can help constipation.¹
- Galacto-oligosaccharides (GOS) in beans can make people gassy by feeding gut bacteria, which release gas. Rinsing and draining canned/soaked beans or slowly increasing your bean intake can lessen this effect.¹
- high in protein but pair w/ rice, wheat, or corn to make it a complete protein²
- have complex carbs, antioxidants (more in darker beans), low glycemic index, low in sodium and fat, & high in fiber, iron, zinc, and folate^{1,2}
- improve obesity, risk reduction of diabetes, colon protective effects, improves glycemic control, & lowers risk of heart disease, blood pressure, and cholesterol^{1,2}
- consumption 4X a week associated w/ 11% risk reduction in cardiovascular disease & 22% in coronary heart disease²



7



1



campus_cravings Blackened chicken chili is a simple recipe that requires no chopping and minimal active cooking time. You can start it before school or work and finish it when you

Appendix K
30 Minute Shrimp Etouffee Post

CAMPUS_CRAVINGS
Posts Follow

1/10



30 Minute
Shrimp Etouffee
Makes 5 servings
Prep time: 10 min ~ Cook time: 20 min

7 1

campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it reminds her of home since she eats it when she goes back to Louisiana to visit family.

Fun fact: Louisianan Creole is a dying language with only about 12,000 speakers of the language left.

References

1. Benisek A. All about shrimp. WebMD. Published 2015. Accessed July 1, 2024. <https://www.webmd.com/diet/ss/slideshow-all-about-shrimp>
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#campuscravings #shrimp #etouffee #homecooking #creole #neworleans #louisiana

July 22



campus_cravings

Terrance Simien · Gonna Take You There

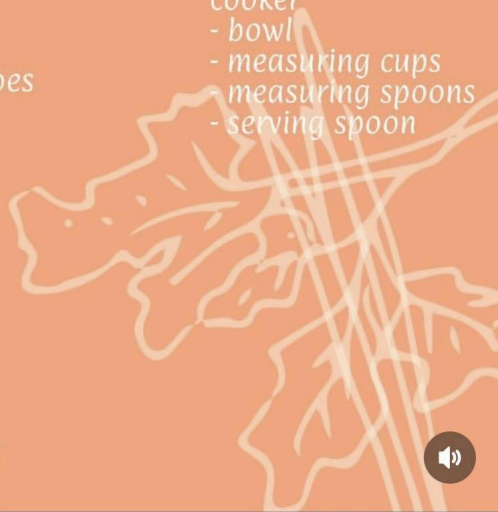


Grocery List:

- 2lb shrimp, peeled
- vegetable/canola oil
- 1 onion or prechopped onions
- 1 bell pepper or prechopped bell pepper
- 1 pack celery or prechopped celery
- butter
- flour
- 1 canned diced tomatoes
- worcestershire sauce
- chicken broth
- paprika
- thyme
- oregano
- cayenne powder
- garlic powder
- onion powder
- black pepper
- rice
- optional green onions
- optional hot sauce

Supplies:

- stovetop or hot plate
- can opener
- cutting board or plate w/ knife
- pan
- pot w/ lid or rice cooker
- bowl
- measuring cups
- measuring spoons
- serving spoon



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it





campus_cravings

Terrance Simien · Gonna Take You There



Prepare Ingredients

- A. 3 tbsp butter
- B. 1/2 tsp worcestershire sauce
- C. 1/2 tsp salt
- D. 1 tbsp vegetable/canola oil
- E. 2c cooked rice
- F. 2 tbsp flour
- G. Seasoning mix
- H. 1 3/4c chicken broth
- I. 1/3c celery, chopped
- J. 1/3c bell pepper, chopped
- K. 1/3c onion, chopped
- L. optional 1/4c green onions
- M. 1/2c of canned diced tomatoes
- N. 2lb shrimp, peeled



G. Seasoning Mix

- 3/4 tsp paprika
- 1/4 tsp thyme
- 1/4 tsp oregano
- 1/4 tsp cayenne
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/2 tsp black pepper



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it

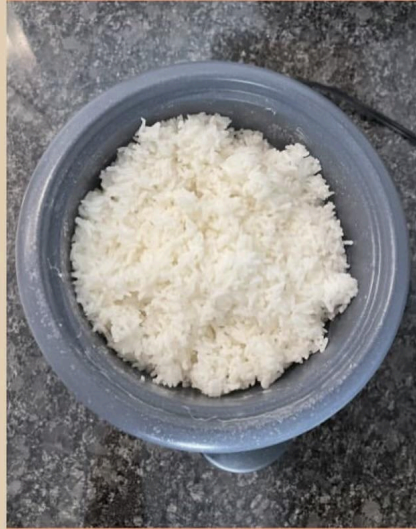


campus_cravings

Terrance Simien · Gonna Take You There



Cook **rice** in a **pot** or **rice cooker** according to package instructions



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it



campus_cravings

Terrance Simien · Gonna Take You There



On medium heat, add oil, shrimp, salt, and 1tsp of seasoning mix to a pan. Cook for a few minutes until shrimp are pink and cooked through



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it



campus_cravings

🎵 Terrance Simien · Gonna Take You There



Put cooked shrimp and juices in a bowl and set aside. Add butter, onion, bell pepper, and celery. Cook until softened



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it



campus_cravings

Terrance Simien · Gonna Take You There



Add *remaining seasoning mix* and *flour*. Mix cooking for a minute



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it



campus_cravings

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Add *tomatoes, worcestershire sauce, and chicken broth.* Mix to get rid of clumps and cook until it reaches a *gravy consistency*



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it



campus_cravings

Terrance Simien · Gonna Take You There

Add cook *shrimp* and juices back to the pan. Mix to combine for a couple minutes. Serve over *rice* optionally with *green onions* and *hot sauce*



campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. This recipe is a twist on the traditional recipe that uses a roux to thicken the sauce.



campus_cravings

🎵 Terrance Simien · Gonna Take You There



Nutrition Facts

See caption for References

Shrimp

- low in calories, saturated fat, and carbs & high in protein so good for weight loss¹
- contains omega-3 fatty acids that are good for cardiovascular health¹
- excellent source of selenium, phosphorus, vitamin B12, choline, copper, and iodine¹
 - Phosphorus maintains energy levels, forms and maintains bones, regulates pH, and more.²
 - Vitamin B12 is good for neurological health, DNA synthesis, and hemoglobin synthesis.²
 - Choline makes up cell membranes and acetylcholine (a neurotransmitter) and important in early brain development.²
 - Copper helps iron make red blood cells, antioxidant enzymes, and the making and Maintenance of connective tissue.²
 - Iodine is important for thyroid functions, including regulating body temperature, basal metabolism (metabolism at rest) growth and reproduction.²
 - Selenium also involved in thyroid function and supports immune system.²




campus_cravings Shrimp etouffee is a flavorful Creole seafood gravy served over rice that is well known in New Orleans. The student that submitted this recipe said that it

**Appendix L:
Fried Green Tomatoes w/ Buttermilk Dressing Post**

← CAMPUS_CRAVINGS Posts Follow

 **campus_cravings**
🎵 Dolly Parton · Tennessee Homesick Blues



**Fried Green Tomatoes w/
Buttermilk Dressing**

Makes ~6 servings
Prep time: 30 min ~ Cook time: 25 min

🔗

♡ 7 💬 1 📌 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student that submitted this recipe said that it reminds her of home since she grew up eating them with her grandfather.

References

1. University of Arkansas System Division of Agriculture. Green tomatoes offer health benefits and more. [uaex.uada.edu](https://www.uaex.uada.edu) . Published 2018. Accessed July 15, 2024. <https://www.uaex.uada.edu/media-resources/news/2018/june2018/06-19-2018-Ark-green-tomatoes.aspx>
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#campuscravings #homecooking #southernfood #food
#comfortfood #tomato #friedfood #buttermilk
#friedgreentomatoes

August 5



campus_cravings

Dolly Parton · Tennessee Homesick Blues



Grocery List:

- Fried Green Tomatoes:
- 4 green tomatoes
 - canola/vegetable oil for frying
 - flour
 - garlic powder
 - cayenne powder
 - salt
 - black pepper
 - cornmeal
 - eggs
 - 1 pt buttermilk

Buttermilk Dressing:

- buttermilk, cayenne powder, salt, and black pepper from fried green tomatoes recipe
- mayo
- sour cream
- 1 bulb of garlic
- 1 serrano/jalapeno pepper
- 1 bunch of cilantro or parsley
- chives or green onions

Supplies:

- stovetop or hot plate
- cutting board or plate w/ knife
- 3 bowls & 2 plates
- paper towels
- plastic bag
- measuring cups
- measuring spoons
- slotted spatula
- wooden spoon
- spoon
- fork

Note: can substitute buttermilk w/ milk and a splash of vinegar or lemon juice

Note: Serranos are spicier than jalapenos



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student



campus_cravings

Dolly Parton · Tennessee Homesick Blues



Prepare Ingredients

Fried Green Tomatoes

Ingredients:

- A. 1c buttermilk
- B. 2 eggs
- C. 1c flour
- D. 1 tsp garlic powder, 1/2 tsp cayenne, 1tsp salt, 1tsp black pepper
- E. 2c cornmeal
- F. 4 green tomatoes, in 1/2 in slices

Buttermilk Dressing

Ingredients:

- G. 1/2c sour cream
- H. 1/4c mayo
- I. 1/2c buttermilk
- J. 1/4c cilantro/parsley, chopped
- K. 1/8 tsp cayenne powder, 1/2 tsp salt, 1/2 tsp pepper
- L. 1 clove garlic, minced
- M. 1 serrano/jalapeno, diced
- N. 1tsp chopped chives or 1/4c chopped green onions



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student



campus_cravings

Dolly Parton · Tennessee Homesick Blues

Add mayo, sour cream, buttermilk, garlic, serrano/jalapeno, chives/green onions, cayenne, salt, and black pepper to **small bowl**. Mix to combine and chill in fridge until ready to serve



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this



campus_cravings

Dolly Parton · Tennessee Homesick Blues



Add flour, garlic powder, salt, black pepper, and cayenne powder to plastic bag & shake to combine. Add green tomato slices & shake until coated



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student



campus_cravings

Dolly Parton · Tennessee Homesick Blues

Beat **eggs** w/
buttermilk in a
bowl until well
combined.
Shake excess
flour off each
tomato slice &
coat in
buttermilk
mixture

Note: add more buttermilk to
bowl if necessary



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student



campus_cravings

Dolly Parton · Tennessee Homesick Blues



Pour **cornmeal** in a **bowl**. Shake excess buttermilk mixture off the tomato slices, coat in **cornmeal**, and place on a **plate** until ready to fry

Note: add more cornmeal if necessary



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student



campus_cravings

Dolly Parton · Tennessee Homesick Blues

In a **pan**, heat
1/2 inch of
canola/vegetable
oil on medium
heat until it
reaches 350°F or
until bubbly
around a
wooden spoon
handle after a
couple seconds



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student



campus_cravings

Dolly Parton · Tennessee Homesick Blues

Fry the tomatoes, adjusting the heat as necessary, in batches for 2-3 minutes on each side until golden brown. Flip and remove them w/ a **slotted spatula**. Place on a **plate** lined in **paper towels**. Sprinkle w/ **salt** and serve w/ **buttermilk dressing**



7 1 5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student



campus_cravings

🎵 Dolly Parton · Tennessee Homesick Blues



Nutrition Facts

See caption for References

Green Tomatoes

- very good source of vitamin A, vitamin C, and potassium¹
- low in calories and contains no fat¹
- tomatidine (a compound made after rats ate green tomatoes) may help build muscle, protect against atrophy, and decrease fat²

Red Tomatoes

- excellent source of vitamin C, good source of vitamin E, and rich in antioxidants³
- may protect against cardiovascular disease, hypertension, cancer, neurodegenerative diseases, and diabetes³
- may improve gut microbiome, skin health, fertility, immunity, and exercise recovery³
- lycopene (the red pigment in tomatoes) has antioxidants and is anti-inflammatory, which can decrease the risk of some of the diseases above. It is more bioavailable (amount of nutrient absorbed) when eaten with fat and heated.³



7



1



5



campus_cravings Fried green tomatoes are a southern dish that is often served as an appetizer alongside a sauce, in this case buttermilk dressing that has a kick to it. The student

Appendix M
Broccoli, Cheese & Rice Casserole Post

CAMPUS_CRAVINGS
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 **campus_cravings**
Sister Sledge · We Are Family



Broccoli, Cheese & Rice Casserole

Makes 8 servings
Prep time: 5 min ~ Cook time: 50 min





campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this recipe got it from her best friend's mother. Now it is her specialty dish that she makes every year for Thanksgiving and at other family holiday gatherings.

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#campuscravings #homecooking #food #comfortfood
#cheese #broccoli #casserole #rice

August 12



campus_cravings

Sister Sledge · We Are Family



Grocery List:

- 8oz bag frozen broccoli florets
- 8oz bag frozen broccoli cuts
- Minute rice
- 1 onion
- 2 sticks of butter
- 15oz jar of cheez wiz
- 2 (10.5oz) cans of cream of mushroom soup
- 6oz container of fried onions

Supplies:

- stovetop or hot plate
- oven
- pot w/ lid
- 9"X13" casserole dish
- cutting board or plate w/ knife
- measuring cups
- measuring spoons
- serving spoon
- can opener



campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this recipe got it from her best



campus_cravings

Sister Sledge · We Are Family



Prepare Ingredients

- A. 6oz container of fried onions
- B. 1c Minute rice
- C. 2tbsp minced onion
- D. 1 1/4c water
- E. 15oz cheez wiz
- F. 2 (10.5oz) cans of cream of mushroom soup
- G. 8oz frozen broccoli florets
- H. 8oz frozen broccoli cuts
- I. 2 sticks of room temperature butter



campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this recipe got it from her best



campus_cravings

Sister Sledge · We Are Family

Preheat **oven** to 350°F. In a **pot** on medium high heat, add **frozen broccoli florets**, **frozen broccoli cuts**, **minced onion**, and **water**. Bring to a boil stirring occasionally for about 10 minutes



campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this recipe got it from her best



campus_cravings

Sister Sledge · We Are Family



Turn off the heat, add **rice**, mix, and cover with a **lid** for about 5 minutes until the rice is cooked



campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this recipe got it from her best



campus_cravings

Sister Sledge · We Are Family



Pour into a
9"X13"
casserole dish
and bake for
25 minutes



campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this recipe got it from her best friend's mother. Now it is her specialty dish that she makes



campus_cravings

Sister Sledge · We Are Family

Remove from oven, top w/ **fried onions**, and bake an additional 5 minutes to brown the fried onions



campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this recipe got it from her best friend's mom who she said she got it from her grandmother.



campus_cravings

🎵 Sister Sledge · We Are Family



Nutrition Facts

See caption for References

Broccoli

- excellent source of vitamin C and K & contains fiber, vitamin A, calcium, potassium, phosphorus, iron, and antioxidants ¹
- has anti-inflammatory, anticancer, antidiabetic, and hepatoprotective properties & can improve heart health, eye health, immunity, bone health, weight management, and digestive health ²
- leaves (have more vitamin E, K and calcium) and stems (have more fiber) are edible ³
- The PTC (phenylthiocarbamide) gene enables people to taste PTC that's extremely bitter. PTC tasters are more sensitive to bitter tasting foods, including broccoli, that may create a distaste for them. ⁴

Frozen Vegetables

- are often picked at peak ripeness offering peak nutrition ⁵
- lots of veggies are blanched before freezing resulting in small and insignificant loss of some B vitamins, vitamin C, and antioxidants ⁵
- freezing maintains nutrients for up to a year ⁵



Liked by **ansreed** and others

campus_cravings This broccoli, cheese and rice casserole is a simple recipe that is very gooey, creamy, and heartwarming. The student that submitted this

Appendix N
Creamy Bacon & Mushroom Pasta Post





campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her mom made it for her after getting off of work late. Now, she makes it after work for her son.

Disclaimer: Do not forage mushrooms

References

1. Mayo Clinic Health System Staff. Mushrooms make healthy meal magic. Mayo Clinic Health System. Published January 23, 2023. Accessed August 7, 2024. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/mushrooms-make-healthy-meal-magic#:~:text=Mushrooms%20are%20one%20of%20the>
2. UCLA Health. 7 health benefits of mushrooms. www.uclahealth.org. Published January 24, 2022. Accessed August 9, 2024. <https://www.uclahealth.org/news/article/7-health-benefits-of-mushrooms>
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#campuscravings #homecooking #food #comfortfood #pasta #mushrooms #bacon #cream

August 20



campus_cravings

Glass Animals · Goody



Grocery List:

- olive oil
- butter
- 1lb pasta of your choice
- 12oz package of bacon
- 8oz white or baby bella mushrooms
- 1 onion
- 1 bulb of garlic
- heavy cream
- grated parmesan
- fresh parsley or dried parsley

Supplies:

- stovetop or hot plate
- pot w/ lid or strained
- large pan
- cutting board or plate w/ knife
- measuring cups
- measuring spoons
- serving utensil
- containers for leftovers

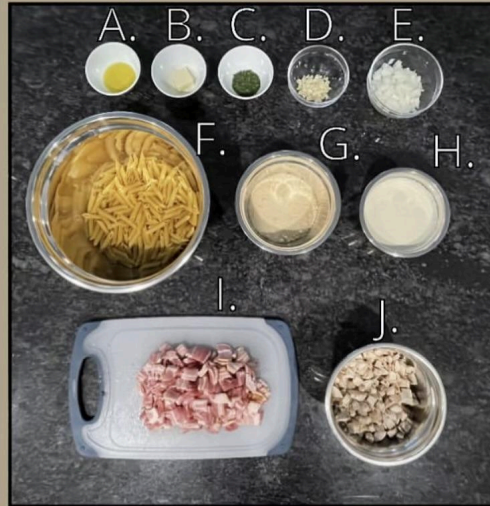


campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her



Prepare Ingredients

- A. 1 tbsp olive oil
- B. 1 tbsp butter
- C. 1 tbsp dried parsley
or 1/4c fresh chopped
parsley
- D. 4 cloves of minced
garlic
- E. 3/4c chopped onion
- F. 1 lb pasta of your
choice
- G. 1c grated parmesan
- H. 2c heavy cream
- I. 12oz bacon, sliced
into 1" pieces
- J. 8oz chopped white
or baby bella
mushrooms



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her roommates would make it for her after getting off of work late. Now she



campus_cravings

🎵 Glass Animals · Goopy



Cook **pasta** according to package instructions & reserve **1 1/4c pasta water** before draining



🤍 5 💬 1 📌



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her



campus_cravings

Glass Animals · Goody



In a **large pan**
on medium
heat, cook
bacon slices
until crispy.
Turn off heat,
transfer bacon
slices to a
paper towel
lined plate,
and clean the
pan



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her



campus_cravings
Glass Animals · Goody



In the pan on medium heat, add the olive oil, chopped onion, and minced garlic. Saute for about 5 minutes or until softened



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her



campus_cravings
Glass Animals · Gooley

Add
mushrooms
and butter.
Saute for
about 5
minutes or
until softened



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her mom made it for her after getting off of work late. Now, she

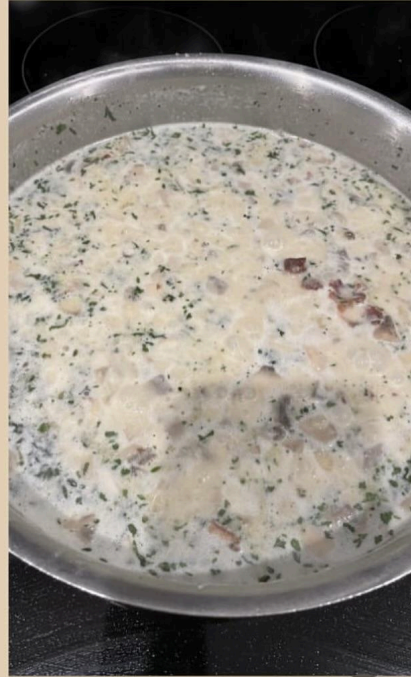


campus_cravings

🎵 Glass Animals · Goopy



Add **parsley**,
bacon slices,
heavy cream,
and **grated**
parmesan. Add
salt and **pepper**
to taste, and mix
to combine. On
low heat, slowly
add **pasta water**
until it reaches
your desired
consistency



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her



campus_cravings
Glass Animals · Gooley



Add **pasta**,
mix well, and
optionally
serve with
more **grated
parmesan** on
top



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her



campus_cravings
Glass Animals · Goody



Nutrition Facts

See caption for References

Mushrooms

- naturally low in sodium and fat¹
- contain vitamin D if labeled "UV treated" or left in direct sunlight for about 15 minutes since a compound called ergosterol can be transformed under UV rays²
- incorporating mushrooms into your diet can decrease your risk of cancer by 45%¹
- excellent source of selenium and good source of potassium, which can help lower blood pressure^{1,3}
- contains antioxidants & can improve heart health, gut health, and boost immunity²
- substituting a percentage of meat with mushrooms may reduce salt intake while maintaining flavor²
- are being studied to help protect the brain from mild cognitive impairment (MCI)²



campus_cravings This creamy bacon and mushroom pasta is an easy and comforting dish to make after a long day. The student that submitted this recipe remembers nights her

Appendix O
Sopas Post

The image shows an Instagram post from the account 'campus_cravings'. The post features a central photograph of a white bowl filled with soup, containing pasta, chicken, and vegetables. The bowl is set against a dark, speckled countertop. The entire post is framed by a brown background with white line-art illustrations of a carrot on the left and a stalk of celery on the right. Below the photo, the text reads 'Sopas', 'Makes 6 servings', and 'Prep time: 20 min ~ Cook time: 40 min'. The Instagram interface includes a back arrow, the account name 'campus_cravings', a 'Follow' button, and a music track 'Slomow, Summum, himood · Dreamy Days'. A small '2%' icon is visible in the bottom right corner of the post area.

CAMPUS_CRAVINGS
Posts Follow

campus_cravings
Slomow, Summum, himood · Dreamy Days

Sopas
Makes 6 servings
Prep time: 20 min ~ Cook time: 40 min



campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of the student that submitted the recipe would cook it for her when she was feeling under the weather or when it was cold outside. Her aunties would also make a big pot of sopas for all the kids when she'd visit. Like many recipes, every families' sopas recipe is a little different to cater to their family's taste preferences.

Disclaimer: Speak with a healthcare professional if you suspect Celiac disease or non-celiac gluten sensitivity

References

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#campuscravings #homecooking #food #comfortfood #soup #filipino #sopas #chicken #gluten #macaroni

August 26



campus_cravings

Slomow, Summum, himood · Dreamy Days



Grocery List:

- 1 lb macaroni
- rotisserie chicken
- 1 small cabbage
- carrots
- celery
- 1 onion
- 1 bulb of garlic
- butter
- 1 (10.5oz) can of cream of mushroom soup
- 2 (32oz) cartons of chicken broth or chicken broth base w/ water

Supplies:

- stovetop or hot plate
- large pot w/ lid
- cutting board or plate w/ knife
- measuring cups
- can opener
- serving utensil
- containers for leftovers



campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of the student that submitted the recipe would cook it for her



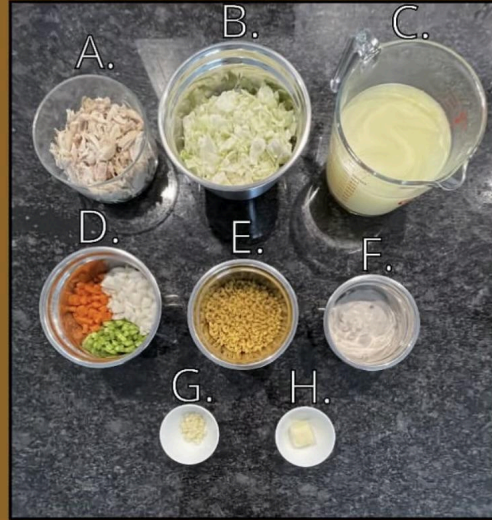
campus_cravings

🎵 Slow, Summum, himood · Dreamy Days



Prepare Ingredients

- A. 1lb shredded rotisserie chicken
- B. 3c chopped cabbage
- C. 6c chicken stock
- D. 3/4c chopped carrot, 3/4c chopped celery, 1c chopped onion
- E. 1/2 lb macaroni
- F. 1 (10.5oz) can of cream of mushroom soup
- G. 2 cloves of minced garlic
- H. 2 tbsp butter
- I. salt and pepper to taste (not shown)



campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of



campus_cravings

Slomow, Summum, himood · Dreamy Days



In a **large pot** on medium heat, add **butter**, **chopped carrot**, **chopped celery**, and **chopped onion**. Saute until softened. Add the **minced garlic** & stir for a minute



campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of the student that submitted the recipe would cook it for her



campus_cravings

Slomow, Summum, himood · Dreamy Days



Add the shredded rotisserie chicken, stir & cook for a couple minutes. Add the chicken broth, bring to a boil, and cover with a lid for 15 minutes on medium heat



♡ 9 💬 1 📍



campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of



campus_cravings

Slomow, Summum, himood · Dreamy Days



Add **chopped cabbage**, stir, cover with **lid**, and cook for 5 minutes



9 1



campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of

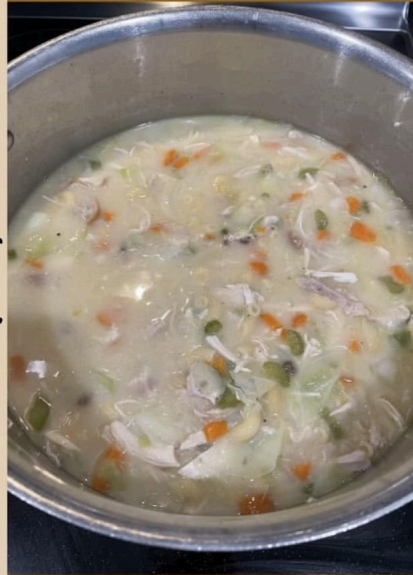


campus_cravings

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Add *cream of mushroom soup*, stir, and cook for a couple minutes. Season with *salt* and *pepper* to taste & serve



campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of





campus_cravings

Slomow, Summum, himood · Dreamy Days

Add **macaroni**,
stir, cover with
lid, and cook for
15 minutes



9 1

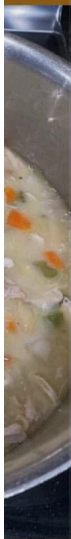


campus_cravings Sopa is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very creamy. The mom of



campus_cravings

Slomow, Summum, himood · Dreamy Days



Nutrition Facts

See caption for References

Gluten

- Gluten is a protein compound created by the combination of two proteins in flour (gliadin and glutenin) with water and working the dough or batter, which provides a chewiness and structure.¹
- found in rye, barley, wheat, and different varieties of wheat (durum, spelt, etc.)²
- not found in rice, potatoes, corn, buckwheat, millet, quinoa, sorghum, tapioca²
- Oats are naturally gluten free but may come into contact with gluten during processing, so people with Celiac disease or serious gluten sensitivities should purchase gluten-free oats.³
- Celiac disease is hereditary.⁴ When individuals with Celiac consume gluten, it stimulates an autoimmune response that damages the lining of the small intestine with accompanying symptoms² It is estimated to affect 1 in 100 people globally, and about 30% of individuals with Celiac are properly diagnosed.⁴
- Individuals with non-celiac gluten sensitivity will experience similar symptoms to Celiac but will not have a damaged intestinal lining.²



Liked by **ansreed** and others

campus_cravings Sopas is a comforting Filipino soup that usually is not on menus. It is similar to chicken noodle soup, but it also includes cabbage and is very

Appendix P
30 Minute Menemen Post

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campus_cravings
Barış Manço · Nane Limon Kabuğu



30 Minute Menemen
Makes 4 servings
Prep time: 10 min ~ Cook time: 20 min

• • • • •



campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk (Turkish sausage) and is served with bread. There are many different kinds of menemen all across the Middle East. Also, there is a long, heated discussion amongst Turkish people whether menemen should be with or without onion. Even Turkish dictionaries are hesitant about this specific ingredient for the definition of menemen.

The student that submitted this dish has wonderful memories of her grandma making jars of Turkish tomato sauce every winter to distribute among her children. Whether it is a cold school morning or a cozy Sunday, she always loved eating menemen made with her grandma's tomato sauce. Since it is quick and easy to make with few ingredients, she could prepare and enjoy this delicious dish without any rush.

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#campuscravings #homecooking #food #comfortfood
#menemen #turkey #middleeast #eggs #tomatoes #sujuk

September 2



campus_cravings

Barış Manço · Nane Limon Kabuğu

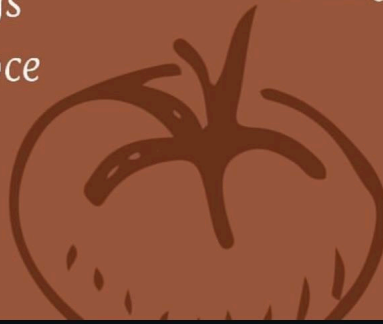


Grocery List:

- canola or vegetable oil
- 3 large tomatoes
- 2 Cubanelle peppers or 1 red bell pepper
- 1lb of sujuk from an international market
- carton of eggs
- bread of chioce

Supplies:

- stovetop or hot plate
- pan w/ lid
- toaster
- cutting board or plate w/ knife
- measuring cups
- measuring spoons
- serving spoon



campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk (Turkish sausage) and is served with bread. There are many



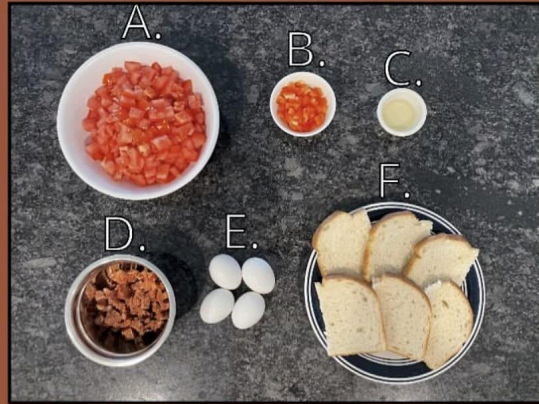
campus_cravings

Barış Manço · Nane Limon Kabuğu



Prepare Ingredients

- A. 3 large tomatoes, chopped
- B. 2 chopped Cubanelle peppers or 1/3c chopped red bell pepper
- C. 1 tbsp canola/vegetable oil
- D. 1/4lb of sujuk, peeled and chopped
- E. 4 eggs
- F. bread of choice
- G. salt to taste (not shown)



campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk (Turkish sausage) and is served with bread. There are many different kinds of...



campus_cravings

Barış Manço · Nane Limon Kabuğu

In a **pan** on medium heat, add **vegetable/ canola oil** and **chopped Cubanelle or red bell pepper**. Saute for about 5 minutes or until softened



campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk (Turkish sausage) and is served with bread. There are many different kinds of menemen all across the Middle East. Also



campus_cravings

Barış Manço · Nane Limon Kabuğu

Add *chopped sujuk* and cook until it becomes a little crispy



campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk



campus_cravings

Barış Manço · Nane Limon Kabuğu

Add **chopped tomatoes** and **salt** to taste. Let it simmer for 10 minutes until it becomes a deep red sauce



campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk (Turkish sausage) and is served with bread. There are many



campus_cravings

Barış Manço · Nane Limon Kabuğu

Crack **eggs**
into the pan
with the sauce
and cook
covered with a
lid until desired
doneness (at
least 3 minutes
to cook the egg
whites). Serve
with **toasted**
bread



campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk (Turkish sausage) and is served with bread. There are many



campus_cravings

Barış Manço · Nane Limon Kabuğu



Nutrition Facts

See caption for References

Eggs

- are a complete protein that's very satiating¹
- Teenagers that have an egg for breakfast consume an average of 130 fewer calories at lunch¹
- a good source of vitamin A and contains antioxidants (lutein and zeaxanthin) that are better absorbed with the fat from the yolks and can protect against eye diseases like cataracts and age-related macular degeneration¹
- contains vitamin D and are an excellent source of choline that can aid brain health and brain development¹
- an excellent source of vitamin B12 which aids the central nervous system, red blood cell synthesis, and DNA synthesis²
- In the general population, one egg a day does not increase the risk of a heart attack, stroke, or heart disease.²
- More research suggests that a higher saturated fat intake contributes to blood cholesterol levels more than cholesterol intake since the liver converts saturated fats into cholesterol comprising 80% of one's blood cholesterol.^{2,3}The remaining 20% of blood cholesterol comes from one's diet.²



6



1




campus_cravings Menemen is a one-pan Turkish breakfast dish that has eggs cooked in a tomato sauce with sujuk (Turkish sausage) and is served with bread. There are many

Appendix Q
Spiced Sweet Potato Lentil Soup with Kale Post

CAMPUS_CRavings Posts Follow

campus_cravings
Lauren Daigle · These Are The Days



1/9

Spiced Sweet Potato Lentil
Soup with Kale

Makes 6 servings
Prep time: 15 min ~ Cook time: 45 min

⌵



campus_cravings This spiced sweet potato lentil soup with kale contains a plethora of nutritious ingredients featuring kale, ginger, lentils, coconut milk, and sweet potatoes. It warms you from the inside out, and its aromatic spices give it a bold flavor. The student that submitted this recipe comes from a big family, so she normally doubles or triples the recipe. Soups are some of their favorites to cook and has been a great way to feed her family in the fall.

Note: The coconut oil nutrition facts does not delve into its benefits for hair, skin, etc.

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#campuscravings #homecooking #food #comfortfood #soup #ginger #kale #lentil #coconut #sweetpotato

September 9



campus_cravings

Lauren Daigle · These Are The Days



Grocery List:

- coconut oil
- crushed red pepper
- ground coriander
- ground cumin
- ground turmeric
- ginger
- 1 bulb of garlic
- 1 onion
- 2 sweet potatoes
- 1 bag brown lentils
- 1 bunch kale
- 1 (13.5oz) can full fat coconut milk
- 1 (32oz) carton of vegetable stock or vegetable stock base w/ water
- Optional: a couple limes and cilantro

Supplies:

- stovetop or hot plate
- large pot w/ lid
- cutting board or plate w/ knife
- measuring cups
- measuring spoons
- ladle
- can opener

Note: It's easier to peel ginger by scraping the skin off with a spoon, and you can store the rest of the ginger root in the freezer until ready to use again.



campus_cravings This spiced sweet potato lentil soup with kale contains a plethora of nutritious ingredients featuring kale, ginger, lentils, coconut milk, and sweet potatoes. It warms you from the inside out, and its aromatic spices give it



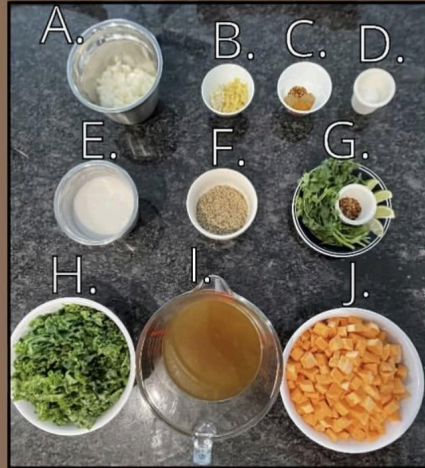
campus_cravings

Lauren Daigle · These Are The Days



Prepare Ingredients

- A. 1 1/2c onion, chopped
- B. 1 1/2tbsp peeled minced ginger & 3 cloves of minced garlic
- C. Seasonings
- D. 1 tbsp coconut oil
- E. 13.5 oz can of full fat coconut milk
- F. 1/2c brown lentils
- G. Optional: lime wedges, cilantro, and crushed red pepper
- H. 1 bunch kale, w/ stems removed and chopped
- I. 4c vegetable stock
- J. 2 sweet potatoes, cubed into bite size pieces (optionally peel)
- K. salt & pepper to taste (not shown)



C. Seasonings

- 3/4 tsp crushed red pepper
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp ground turmeric



campus_cravings This spiced sweet potato lentil soup with kale contains a plethora of nutritious ingredients featuring kale, ginger, lentils, coconut milk, and sweet potatoes. It



campus_cravings

Lauren Daigle · These Are The Days



In a **large pot** on medium heat, saute the **chopped onion** in **coconut oil** about 5 minutes or until translucent



campus_cravings This spiced sweet potato lentil soup with kale contains a plethora of nutritious ingredients featuring kale, ginger, lentils, coconut milk, and sweet potatoes. It



campus_cravings

Lauren Daigle · These Are The Days

Add *crushed red pepper, ground coriander, ground cumin, ground turmeric, ginger, and garlic* as well as *salt and pepper* to taste. Mix and cook for a minute until *fragrant*



campus_cravings This spiced sweet potato lentil soup with kale contains a plethora of nutritious ingredients featuring kale, ginger, lentils, coconut milk, and sweet potatoes. It



campus_cravings

Lauren Daigle · These Are The Days

Add **sweet potatoes, lentils, and vegetable stock.** Mix and bring to a boil



campus_cravings This spiced sweet potato lentil soup with kale contains a plethora of nutritious ingredients featuring kale, ginger, lentils, coconut milk, and sweet potatoes. It



campus_cravings

Lauren Daigle · These Are The Days

Turn heat to low to simmer & partially cover w/ lid for about 30 minutes or until sweet potatoes and lentils are tender



campus_cravings This spiced sweet potato lentil soup with kale contains a plethora of nutritious ingredients featuring kale, ginger, lentils, coconut milk, and sweet potatoes. It warms you from the inside out, and its aromatic spices give it



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Add and mix in **coconut milk** and **kale**. Cover w/ lid for a few minutes until kale is wilted. Taste and add more salt, pepper, and crushed red pepper if needed. Optionally serve w/ **lime wedges**, **cilantro**, and **crushed red pepper**



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Nutrition Facts

See caption for References

Coconut Oil

- mainly comprised of saturated fats (approximately 90%) as well as some unsaturated fats¹
- While coconut oil is pressed and processed, it loses a lot of its vitamins and nutrients.²
- increases HDL cholesterol (aka good cholesterol) and increases LDL cholesterol (aka bad cholesterol) comparable to other saturated fats³
- contains lauric acid, which is a medium-chain triglyceride (MCTs) that's digested, absorbed, and taken to the liver, where it's more likely to be used for energy as ketone bodies than stored in adipose. There is mixed and growing evidence on its effectiveness for weight loss^{1,3,4}
- The American Heart Association encourages eating more polyunsaturated fats and limiting saturated fats, including coconut oil.^{1,2,3}



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Appendix R Sopes Post





campus_cravings Sopes is a Mexican dish that has a thick tortilla often topped with mashed beans, queso fresco, chopped onions as well as meat, chopped tomatoes, avocado slices, salsa, and crema w/ lime on the side. The mom of the student that submitted the dish usually made it once a week growing up since it is cheap and easy to make.

References

1. What Is Masa? Wonderopolis.org. Published October 27, 2016. Accessed September 21, 2024. <https://wonderopolis.org/wonder/what-is-masa#:~:text=After%20it%20has%20been%20soaked>
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4. Fresh corn: Glycemic Index (GI), glycemic load (GL) and calories per 100g. Glycemic Index Guide. Published February 8, 2021. Accessed September 21, 2024. <https://glycemic-index.net/fresh-corn/>
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6. U.S. Food and Drug Administration. Understanding New Plant Varieties. FDA. Published May 12, 2023. Accessed September 20, 2024. <https://www.fda.gov/food/food-new-plant-varieties/understanding-new-plant-varieties>

#campuscravings #homecooking #food #comfortfood
#sopes #salsa #tomato #tomatillo #arbol #Mexico #beans
#quesofresco #avocado #crema

September 24



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Grocery List:

- 2 large tomatoes
- 4 tomatillos
- 1 bulb of garlic
- 1 white onion
- bag of arbol peppers
- 1 bunch of fresh cilantro
- 1 bag shredded lettuce or 1 head of lettuce
- 1 lime
- 1 avocado
- 1 round of queso fresco
- 1 (15.5 oz) can of black beans
- 1 bag of masa
- 1 can of cooking spray

Supplies:

- stovetop or hot plate
- microwave
- frying pan or cast iron skillet
- small pot or microwave safe bowl
- cutting board or plate w/ knife
- measuring cups
- couple plates
- mixing bowl
- can opener
- blender
- fork or masher
- tongs
- spatula
- paper towels

Note: Tomatillos, queso fresco, and masa can be found in most groceries. If not, go to an international market or mercado for them and the arbol chilis.



campus_cravings Sopos is a Mexican dish that has a thick tortilla often topped with mashed beans, queso fresco, chopped onions as well as meat, chopped tomatoes, avocado



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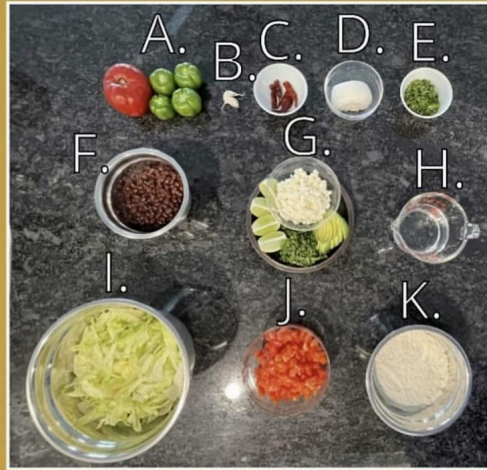
Prepare Ingredients

Salsa Ingredients:

- A. 1 large tomato & 4 tomatillos w/ papery skin removed
- B. 2 cloves of garlic, unpeeled
- C. arbol chilis (1-2 for mild, 3-4 for medium, 5+ for spicy)
- D. 1/3 of a white onion
- E. 1/4c of chopped cilantro salt to taste (not shown)

Sopes Ingredients:

- F. 15.5 oz can of black beans w/ 1/3 c of the liquid drained
- G. as much crumbled queso fresco & chopped cilantro as desired, lime wedges, sliced avocado
- H. 1 1/2c water
- I. 1 bag/head of shredded lettuce
- J. 1 large chopped tomato
- K. 2c masa salt to taste (not shown)



Note: To decrease the spiceiness, cut the top of each arbol chili next to the stem and shake out the seeds



campus_cravings Sopes is a Mexican dish that has a thick tortilla often topped with mashed beans, queso fresco, chopped onions as well as meat, chopped tomatoes, avocado slices, salsa, and crema w/ lime on the side. The mom of the



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In a **pan** on medium heat, roast the **garlic cloves** for a couple minutes turning them with tongs. Roast the **arbol chilis** for a few seconds while turning them to ensure they don't burn. Remove everything from the pan



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Roast the
tomato, onion,
and tomatillos
until a few
areas are
charred and
juicy, about 10
minutes.
Remove from
the pan



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Add all the
roasted
vegetables,
chopped cilantro,
and salt to taste
to a **blender**.
Blend until
smooth. Chill in
the fridge until
ready to serve



campus_cravings Sopas is a Mexican dish that has a thick tortilla often topped with mashed beans, queso fresco, chopped onions as well as meat, chopped tomatoes, avocado slices, salsa, and crema w/ lime on the side. The mom of the



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In a **mixing bowl**, combine **water**, **masa**, and **salt** to taste together. Form into 4 half inch thick tortillas with your hands and set on a **plate**. Keep them covered with a **damp paper towel** until ready to cook



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Heat a **pan** on medium heat and spray a pan with **cooking spray**. Cook each thick tortilla for ~4 minutes on each side or until its golden brown and cooked through adjusting the heat as necessary



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While the thick tortillas are cooking, add **black beans** and **salt** to taste to a **small pot** or to a **microwave safe bowl**. Heat until hot and mash with a **fork** or **masher**.
To assemble, Spread **black beans** on a **thick tortilla**. Top with **lettuce**, **tomato**, **avocado**, **salsa**, **chopped cilantro**, and **crumbled queso fresco** with a **lime wedge** on the side



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Nutrition Facts

See caption for References

Corn

- Masa is made from dried corn soaked in lime and water that gets ground and dried into a flour.¹
- is a gluten-free grain, not a vegetable²
- is a complete protein when paired with beans, meaning it supplies all 9 essential amino acids that our bodies can't produce³
- has a low glycemic index, meaning it slowly and gradually raises blood sugar levels, which is good⁴
- is naturally low in fat, has vitamin C, vitamin A, lutein and zeaxanthin that help vision and eye health, soluble fiber (forms a gel and controls cholesterol), and insoluble fiber (undigestible and a prebiotic)⁵
- GMOs, including genetically modified corn, are safe for consumption, held to the same FDA safety standards as non-GMOs, and are not associated with any long-term effects.⁶



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