

Cooking with CPH



THE OHIO STATE UNIVERSITY

COLLEGE OF PUBLIC HEALTH





What is PHSLC?

The Public Health Student Leadership Council (PHSLC) is a student organization at Ohio State. PHSLC is committed to fostering collaborative relationships between students, alumni, faculty, staff, and other student organizations within the College of Public Health.

Who are we?

We are the Advocacy Committee at PHSLC! We are a new committee that focuses on improving the health of the Columbus community.

We aim to extend university resources, make them more accessible, and work to create a sustainable impact.



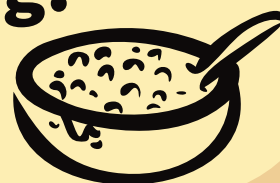
Apple Cinnamon Crunch Oats!

Ingredients

**1/2 cup steel cut
oats (steel-cut
oats: \$3.49)
1/2 cup almond
milk (\$1.99)
1/2 cup diced
apple (\$1.49/lb)
1/8 teaspoon
cinnamon (\$1.00)
1 tablespoon
granola (\$2.69)
1 teaspoon honey
(\$4.29)
squeeze of lemon
(\$1.99/lb)
Total: \$16.94**

Steps

- 1. Combine oats and almond milk in a jar.**
- 2. Combine apple and lemon juice, and then add to the jar with some cinnamon.**
- 3. Chill overnight.**
- 4. Top with granola and honey the next morning.**



Most ingredients in this list, like the oatmeal and granola, can be bought in bulk and used for many other meals.

Many substitutions can be made depending on dietary restrictions like different oats or milks.

Easy Pasta!



Ingredients

2 ounces of pasta (\$1.00)
Handful of spinach, washed (\$1.99)
1/2 cup sauteed or roasted vegetables (\$3.99)
1/4 cup cottage or ricotta cheese (2.99)
2 tablespoons mozzarella cheese (\$2.29)
3/4 cup marinara Sauce (\$1.25)
Total: \$13.51

To sauté vegetables quickly:

1. Chop veggies into small pieces, and place in a microwave safe-dish and cover with lid or plate.
2. Add a small amount of water and heat in the microwave for 30 second increments for 90 seconds to 4 minutes, depending on the amount of vegetables.

1. Cook pasta according to directions(could also use microwave pasta as an alternative)
2. Rinse spinach in a colander and drain the pasta directory on top of the spinach to wilt it.
3. Transfer spinach and pasta to a microwave safe bowl.
4. Add vegetables (could be sautéed or microwave vegetables), cheese, and sauce.
5. Microwave for 60-90 seconds or until cheese is melted.

Substitutions can be made to be more economically efficient, and if someone has dietary restrictions anything can be removed or substituted (for example, the cheese). Also, vegetables can be reused for other meals as well.





Chickpea Salad Sandwich!

Sustainability:

Many of the ingredients used in this recipe can be bought in bulk, and can be used for other recipes!

Chickpeas, for example, have a high nutritional value and can be cooked, seasoned, and eaten on their own!

- 1. Thinly slice the celery and green onions**
- 2. Drain the chickpeas, then place them in a bowl and smash them with a fork**
- 3. Combine the lettuce, green onions, mayonnaise, and lemon juice with the chickpeas**
- 4. Add salt and pepper to taste (around 1/4-1/2 teaspoon)**
- 5. Optional: spread some hummus on a slice of bread before placing the salad on!**
- 6. Place the completed chickpea salad on a slice of bread and finish assembling the sandwich.**

Canned Chickpeas: \$0.72 (15.5 oz)
Celery: \$1.77 (1 lb)
Green Onions: \$0.88 (1 lb)
Mayonnaise: \$3.00 (15 fl oz)
Lemon Juice: \$1.00 (15 fl oz)
Salt & Pepper: \$1.66 (5.25 oz)
Lettuce: \$1.74 (1 head)
Bread: \$0.93 (22 count)
Hummus: \$3.27 (10 oz)
Total: \$14.97 (\$11.70 w/o hummus)



Overnight Oats



Oats: \$2.68

Milk: \$3.39

Any fruit: ~\$4.00

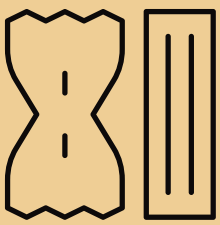
Yogurt: \$0.75

Vanilla: \$0.99

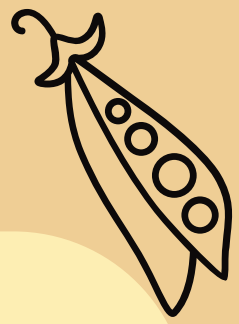
Total: \$11.74

- 1. Place all ingredients in a large glass bowl and mix**
- 2. Cover bowl in the refrigerator for at least 2 hours or overnight**
- 3. Enjoy with your favorite toppings!**

Overnight oats are the perfect quick breakfast for anyone with a hectic schedule or on the move! This recipe is highly customizable and full of nutritional value!



Pasta with Peas



Pasta of choice:
~\$0.92
Frozen peas:
~\$0.84

Onion: \$2.88
(3 lb bag)
Olive Oil: \$2.77
Salt or Pepper:
\$1.66

Total:
\$9.07

- 1. Saute diced onion in olive oil for 5 minutes in a saucepan**
- 2. Stir in peas**
- 3. Add water, and bring to a boil**
- 4. Stir in pasta and salt; cook gently**
- 5. Stir often and add water as needed**
- 6. Strain any water, then serve with pepper, olive oil, and cheese**

Pasta is a very versatile dish with many ways to customize it to make it taste the way you want it to! It's also easy to make in large amounts and warm up for another meal or even another day.



Sausage Skillet



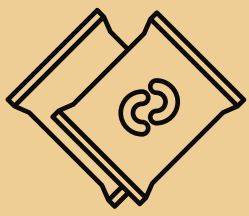
**1 lb smoked
sausage: \$4.79**
Canola Oil: \$3.49
**Au gratin potato
package (4.9 oz):
\$1.50**

**Canned blended
vegetables (15 oz):
\$0.85**
**Shredded cheese:
\$2.29**

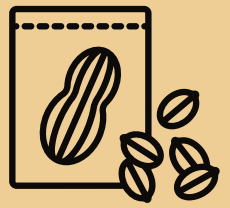
**Total:
\$11.74**

- 1. In a pan, cook sausage in oil until lightly browned, then drain the oil.**
- 2. Add potatoes with au gratin sauce mix and water**
- 3. Cover and cook on medium heat for 15-20 minutes, until potatoes are tender, stirring occasionally**
- 4. Add vegetables, then cover again for 8-10 minutes**
- 5. Sprinkle with cheese, then remove from heat until cheese is melted**

**Ingredients like
canned vegetables
and au gratin
potatoes are
low-cost, versatile
alternatives that
can be used in
other dishes.
The ingredients
in this recipe are
also flexible:
add any vegetables,
meat substitutes,
or cheeses. This
recipe can fit
many dietary
accommodations!**

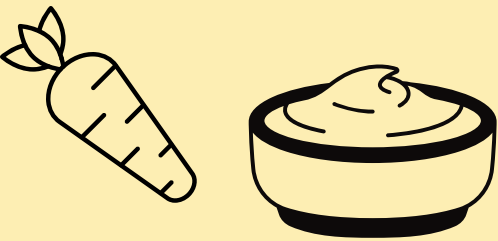


7 Healthy Snacks to eat on the go!



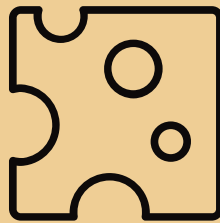
**Carrots and dip
of your choice**

**Price: \$1.92 (2lb
bag carrots)**



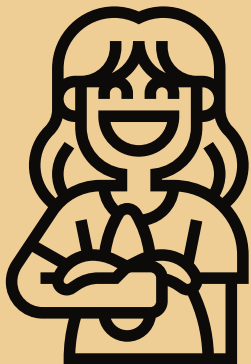
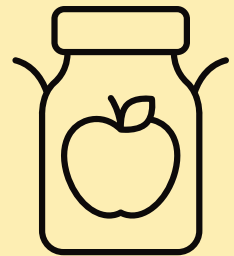
Cheese Slices

**Price: \$2.22 (12
slices)**

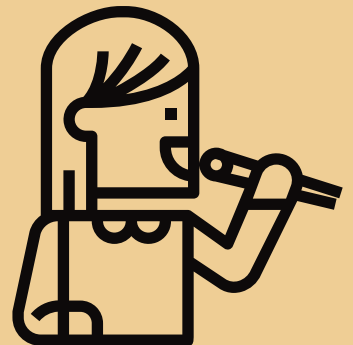
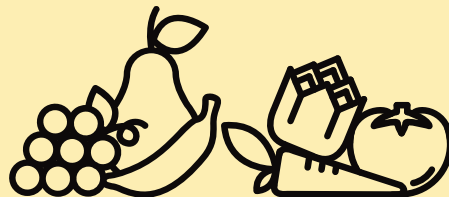


Apple Sauce

**Price: \$1.84
(23 oz,
unsweetened)**



**Any fresh
fruit/vegetable
of your choice!**



Low Fat Yogurt

**Price: \$2.36
(32 oz)**



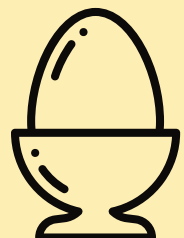
Packaged Tuna

**Price: ~\$1.14
(5 oz)**



Boiled Eggs

**Price: \$2.92
(dozen)**



Thank you for reading!

Where to find us: 



@PUBLICHEALTHSLC



@OSUPHSLC

Prices found from walmart.com and
kroger.com and are subject to change.

