Got a microwave?
That’s all you need to make complete meals and healthy snacks in your room!

South Village, we found these just for you!
Stop by Prevention & Wellness for any of these SoVi-licious recipes!

**SoVi-licious Recipes**

**Honey Buttered Carrots**

*Prep Time: 5 minutes*
*Cook Time: 5 minutes*

**Ingredients:**
- 1/2 cup baby carrots
- 2 tbsp water
- 2 tbsp Smart Balance
- 1 tbsp honey
- 1 tsp lemon juice
- 1 tbsp sunflower nuts

**Preparation:**
1. In a 4 cup class container combine carrots and water
2. Cover with vented plastic food wrap
3. Microwave on high until hot (3-4 min)
4. Meanwhile, in a small bowl stir together Smart Balance, honey & lemon juice
5. Spoon over carrots; sprinkle with sunflower nuts
6. Makes one serving

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All recipes are Nutritionist-approved!_
**SoVi-licious**

**Basic Baked Apple**

**Prep Time:** 5 minutes  
**Cook Time:** 10-14 minutes

**Ingredients:**
- 4 Apples  
- 1 tsp cinnamon  
- 1/2 cup juice  
- 1 tablespoon sugar  
- 4 tsp Smart Balance  
- 1/2 cup water

**Preparation:**
1. Wash apples and core from stem end to within 1/2 inch from bottom of apples  
2. Peel skin around apple rather than up and down  
3. Place apples in microwave safe dish peeled ends up & add water and apple juice  
4. Mix Smart Balance, sugar and cinnamon together; then pour evenly between the four apples  
5. Cover with plastic wrap allowing one corner to vent  
6. Microwave 10-14 minutes until apples are tender  
7. Optional: before microwaving fill cavity with crushed or chunked pineapple, ripe banana, whole blueberries or raspberries, sliced strawberries, peanut butter, chopped walnuts and raisin. Can also place a small amount of whipped cream and/or 1/2 cup of frozen yogurt  
8. Sprinkle with cinnamon

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**SoVi-licious**

**Microwave Corn on the Cob**

**Prep Time:** 2 minutes  
**Cook Time:** 5 minutes

**Ingredients:**
- 1 ear of corn, husked & cleaned  
- Salt & pepper to taste

**Preparation:**
1. Wet a paper towel and wring out  
2. Wrap the ear of corn in the moist towel and place on a dinner plate  
3. Cook in microwave for 5 minutes  
4. Remove paper towel, add salt and pepper to taste.  
5. Makes 1 serving

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SoVi-licious
Rice and Mixed Vegetables

Prep Time: 5 minutes
Cook Time: 2-3 minutes

Ingredients:
• 1 cup rice (cooked)
• 1/2 cup beans (cooked)
• 1 cup frozen mixed vegetables
• 1 tsp Smart Balance
• Soy sauce or salsa to taste

Preparation:
1. Follow directions for preparing frozen vegetables.
2. Stir in rice and beans (drain canned beans first)
3. Top with Smart Balance, soy sauce and/or salsa
4. You can also try diced tomatoes and/or fat free sour cream on top
5. Store in refrigerator
6. Reheat by microwaving 1-2 minutes; Makes 1 serving

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SoVi-licious
Autumn Pear Dessert

Prep Time: 5 minutes
Cook Time: 2-3 minutes

Ingredients:
• 1 med firm pear
• 1/4 cup whipped topping
• 3 tbsp raisins
• 2 tbsp toasted, chopped pecans

Preparation:
1. Peel the top third of the pear; core from bottom, leaving the stem intact
2. Place on microwaveable plate, cover and cook on high for 2-3 minutes or until tender
3. Immediately transfer to serving plate
4. Serve warm with whipped topping, raisins and pecans

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**Preparation:**
1. Microwave spinach covered 4-6 minutes on high
2. Drain, pressing to remove excess moisture
3. Chop and set aside. Combine ground turkey, onion and garlic powder. Cook until no longer pink. Drain, stir in spaghetti sauce
4. Cover, microwave on high 2-4 min, until bubbly. Stir in 2 tbsp of bread crumbs. Set aside
5. In med bowl, combine spinach, remaining 2 tbsp bread crumbs, cottage cheese, egg and pepper. Spread half of meat mixture in bottom of 9 in square microwaveable dish. Top with spinach mixture and sprinkle with mozzarella cheese.
6. Top with remaining meat mixture and sprinkle with parmesan cheese. Microwave on high for 11-15 min and let stand for 5 min.

Makes 6 servings. Freezes well!

**Prep Time:** 2 minutes  
**Cook Time:** 8-12 minutes

**Ingredients:**
- 1 lb ground beef
- 1 1/2 tsp chili powder
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/8 tsp cayenne pepper
- 1/4 cup water
- 8 taco shells
- 2 cups shredded cheddar cheese
- 2 cups shredded lettuce
- 1 medium tomato, chopped
- Taco sauce

**Preparation:**
1. Crumble the ground beef into a 1 1/2 quart casserole dish. Cover with glass lid.
2. Cook in microwave for 5 minutes on high. Drain, and stir in chili powder, cayenne pepper and water.
3. Cover and return to microwave. Cook for another 3 to 4 minutes on high.
4. Fill each taco with about 2 tbsp of the ground beef, then top with desired amounts of cheese, lettuce, onion, tomato and taco sauce.
Nutrition info from Prevention & Wellness

Stop by P&W for brochures
5 Ways To Eat Healthy On The Go
Losing Weight: Healthy Eating
Getting Fit with No Time and No Money
Eating Well with No Time and No Money
100 Calories Healthy Snacks Pocket Guide

Check out these sites
www.fgcu.edu/wellness
http://www.choosemyplate.gov/
http://www.intuitiveeating.org/
http://fnic.nal.usda.gov/
http://www.fastfoodfacts.info/

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Located on the first floor of Howard Hall