


MIDTERM MUNCHIES
AND MEALS

Recipes from
the Counseling Center
and Wellness Services
at Hudson Valley
Community College

*Connecting our kitchen
to yours!*



The State University
of New York



As the weather starts to bring in the Fall air and we find ourselves halfway through the Fall semester, the staff at the Wellness Center want to encourage you all to check-in with yourselves and engage in self-care, as we all continue to adjust to the seasonal and semester changes that are upon us.

*“Food brings people together,
on many different levels.
It’s the nourishment for
the soul and body;
It’s truly love.”*

~ Giada De Laurentis,
Food Network’s Giada at Home

Whether you are trying out a new hobby or challenging your current cooking skills, or broadening your taste bud’s horizons through new dishes, we hope that these recipes can help you to take some time to slow down to nourish and love yourself. We wish you all well as we enter the second half of the semester with full stomachs and a connection between our kitchen and yours.

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MUNCHIES



DIPS

BBQ Chicken Pizza Dip

Recipe Courtesy of Carl's Bad Cravings

Ingredients

2 ½ C Shredded Rotisserie Chicken
2- 8 oz. Blocks Cream Cheese, softened
1/3 C Ranch Dressing
½ C Sour Cream
½ tsp Cumin
¾ C BBQ Sauce (use your favorite!)
2-4 tsp Hot Sauce, or more to taste
1 C Freshly Grated Sharp Cheddar Cheese, divided
½ C Freshly Grated Mozzarella Cheese
1 Green Pepper, thinly sliced then halved
½ Red Onion, thinly sliced then halved
Salt and Pepper to taste
Garlic Salt
Cilantro
6 Slices Cooked Bacon, crumbled
French Baguette slices, Chips or Crackers for dipping



Directions

1. Add cream cheese to a mixing bowl and beat until smooth. Add sour cream, ¾ cup BBQ sauce, ranch, cumin and hot sauce to taste and beat until smooth. Stir in ½ C sharp cheddar cheese.
2. Add mixture to a lightly greased oven proof 10" skillet or baking dish that is at least 8x8" and 4" deep and spread out evenly. Top with remaining ½ C sharp cheddar cheese, followed by the red onion, green peppers, chicken, and mozzarella cheese (you can save a few red onions and green peppers to throw on top of the chicken layer, purely for looks). Season with garlic salt.
3. Bake at 350 degrees for 20 minutes or until hot in the center.
4. Optional: Drizzle with extra BBQ sauce, top with bacon and cilantro.
5. Serve as a dip with crackers/chips or as a spread with a French baguette sliced, brushed lightly with olive oil and lightly toasted (Bake at 400 degrees for up to 10 minutes or to desired crispness). Best served warm.

Notes

- Can be stored for 4-5 days in the refrigerator.
- To reheat, put back in oven safe dish. Bake at 350 degrees for 25 minutes or smaller portions in a microwave for 30 second intervals until heated through.

Mexican Street Corn Dip

Recipe Courtesy of Pure Wow

Ingredients

- 2 TBSP Unsalted Butter
- 1 White Onion, minced
- 3 Garlic Cloves, minced
- 3 C Corn Kernels, fresh or thawed
- 2 TBSP All-Purpose Flour
- ½ C Whole Milk
- ¼ C Heavy Cream
- 1 ½ C Shredded Monterey Jack Cheese
- Tortilla Chips
- ½ C Chopped Fresh Cilantro
- ½ C Crumbled Cotija Cheese
- ½ C Sour Cream
- ½ tsp Cayenne Pepper (or more as needed)
- 2 Limes, cut into wedges



Directions

1. In a medium pot, melt the butter over medium heat. Add the onion and sauté until tender, 4 to 5 minutes. Add the garlic and sauté until fragrant. 1 minute more.
2. Add the corn and sauté for 2 to 3 minutes. Add the flour and cook, stirring constantly for 1 minute.
3. Add the milk and cream and bring to a simmer. Simmer for 3 to 4 minutes. Stir in the Monterey Jack cheese until it's fully melted.
4. Arrange the tortilla chips in an even layer on a platter, and pour the corn mixture evenly over it.
5. Sprinkle the cilantro and cotija cheese evenly over the dip, and drizzle the sour cream across it. Sprinkle with cayenne pepper, then serve immediately with lime wedges.

Grilled Mango Salsa

Recipe Courtesy of Pure Wow

Ingredients

- 2 Mangoes, peeled and sliced
- 3 lg Tomatoes, sliced
- 1 Red Onion, sliced
- 1 Jalapeno, halved and seeded
- 2 Limes, halved
- 1 Garlic Clove, minced
- 1 C Cilantro, roughly chopped
- Pinch Cayenne Pepper
- Salt and Freshly Ground Black Pepper



Directions

1. Set the grill to high heat (or heat a grill pan over high heat). Clean and lightly oil the grates.
2. Working in batches, cook the mangoes, tomatoes, red onion, jalapenos, and limes on the grill until nicely charred, 3 to 4 minutes.
3. Remove the ingredients from the grill and let cool slightly. Dice the mangoes, tomatoes and red onion. Mince the jalapeno.
4. In a medium bowl, toss all the diced fruit and veggies together, then add the garlic and cilantro and toss well to combine. Squeeze the grilled limes over the mixture and season with cayenne pepper, salt and pepper. Give it a final toss, and serve with tortilla chips.



FRIES

Zucchini Fries

Recipe Courtesy of Pure Wow

Ingredients

4 Medium Zucchini

$\frac{3}{4}$ C All-purpose Flour

1 tsp Salt, plus more to finish

$\frac{3}{4}$ tsp Freshly Ground Black Pepper

2 Eggs

2 $\frac{1}{2}$ C Panko Bread Crumbs

$\frac{1}{3}$ C Grated Parmesan Cheese

$\frac{1}{2}$ tsp Garlic Powder

$\frac{1}{2}$ tsp Cayenne Pepper



Directions

1. Preheat the oven to 375 degrees. Grease a baking sheet with nonstick spray.
2. Trim the ends from the zucchini, then cut in half widthwise. Cut in half again, then cut each piece into 4 fat wedges, (you'll get about 16 wedges per zucchini).
3. In a large, shallow bowl, mix the flour with the salt and pepper to combine. In a second large, shallow bowl, whisk the eggs. In a third large, shallow bowl, mix the bread crumbs with Parmesan, garlic powder and cayenne pepper to combine.
4. Working in batches, dip each piece of zucchini first into the flour mixture, then into the egg, then into the bread crumbs. Transfer the breaded zucchini to the prepared baking sheet.
5. Bake until the breading is golden brown and crisp, 25 to 30 minutes. Season with additional salt to taste; serve immediately.

Parmesan Baked Sweet Potato Fries

Recipe Courtesy of Gimme Some Oven

Ingredients

2 lbs Sweet Potatoes (about 2 medium-sized sweet potatoes), peeled if desired
2 Tbsp Vegetable Oil (or any high-heat oil)
2 tsp Sea Salt
1 tsp Garlic Powder
1 tsp Freshly-cracked Black Pepper
½ tsp Ground Cayenne Pepper
½ C Freshly-grated Parmesan Cheese
Optional: ¼ C Fresh Parsley, finely-chopped

Directions

1. Preheat the oven to 425 degrees.
2. Carefully cut the potatoes into 1/4" thin matchsticks, or to your desired thickness and length. Place potatoes in a large bowl, and toss with the oil, salt, garlic powder, pepper and cayenne until the potatoes are evenly coated. Spread out the potatoes out in a single layer on a parchment-covered baking sheet. (If your baking sheet is small, you may need to use two).
3. Cook for 15-20 minutes, flipping the fries once or twice during that time so that they cook evenly. (Cooking times will vary based on size and thickness of your fries). Remove once the edges slightly begin to brown and fries begin to crisp. Immediately sprinkle with Parmesan cheese and parsley and toss briefly to combine. Serve warm.





BREADS

Honey Jalapeno Cornbread Biscuits

Recipe Courtesy of Real House Moms and Carl's Bad Cravings

Ingredients

¼ C Honey
½ C Sour Cream
½ C Buttermilk*
1 Large Egg
1 C Fine Cornmeal
1 TBSP Sugar
1-2 Jalapenos chopped, seeds separated
1 TBSP Baking Powder
½ tsp Salt
2 C All-Purpose Flour
1 ½ Sticks (12 TBSP) Cold Unsalted Butter, cut into cubes

Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, whisk together honey, sour cream, buttermilk, egg, cornmeal, sugar and jalapenos. Add a few jalapeno seeds for more heat, if desired.
3. Add baking powder, baking soda, salt and flour to your food processor and pulse 3-4 times to combine.**
4. Scatter the butter over the flour mixture and pulse until the mixture resembles coarse crumbs, about 8-12 pulses then pour into honey/cornmeal mixture. Stir until just combined, don't overmix! (Better to under mix than overmix). Chill dough for 20 minutes (may chill for up to 2 hours).
5. Drop dough by ¼ C balls onto a baking sheet lined with parchment paper or a nonstick mat. (Chill do that is not currently being baked). Bake for 9-11 minutes, or until biscuits are lightly golden. Immediately remove biscuits to a cooling rack. Serve with softened butter.

Notes

*Do not use any buttermilk substitutes or the biscuits will spread when baking.

**If you don't have a food processor, instead add to a medium bowl and cut in butter using two forks or a pastry cutter.



Easy Cheesy Breadsticks

Recipe Courtesy of Damn Delicious

Ingredients

- ¼ C Yellow Cornmeal
- 1 (13.8 oz) Refrigerated Classic Pizza Crust
- 2 Tbsp Unsalted Butter, melted
- 4 Cloves Garlic, minced
- 1 tsp Italian Seasoning
- 2 C Mozzarella Cheese, shredded

Directions

1. Preheat oven to 450 degrees. Lightly coat a backing sheet or pizza pan with olive oil.
2. Working on a surface that has been sprinkled with cornmeal, roll out the pizza into a 12 inch rectangle. Transfer to prepared baking sheet or pizza pan.
3. In a small bowl, whisk together butter, garlic, and Italian seasoning.
4. Brush butter mixture over the surface of the dough in an even layer, leaving an ½ inch border; sprinkle with mozzarella.
5. Place into oven and bake for 10-12 minutes, or until the crust is golden brown and the cheese has melted.
6. Serve immediately.



Savory Monkey Bread

Recipe Courtesy of Pure Wow

Ingredients

- 1 Loaf Unsliced Bread
- 1 C Pesto
- 12 oz. Mozzarella Cheese, thinly sliced
- Kosher Salt
- Freshly Ground Black Pepper

Directions

1. Preheat the oven to 350 degrees. Line a baking sheet with parchment paper.
2. Prepare the bread: Score the bread lengthwise. To do this, slice the bread as you would for toast but don't cut all the way down to the base of the loaf. The idea is to keep the bread in a loaf shape and fully intact. Repeat this scoring across the width of the loaf. You will end up with what looks like little squares of bread.
3. Use a spatula or butter knife to spread pesto into the crevices of the bread. No need to be precise, just get a good slathering in there.
4. Next, place mozzarella slices inside the crevices, wedging them in so that they don't stick out too far at the top (you want all that gooeyness inside the bread and off your pan).
5. Transfer the loaf to the prepared baking sheet, and bake until the pesto is bubbly and the mozzarella is melted, 15 to 17 minutes. Serve warm.



Irish Soda Bread

Recipe from the kitchen of Rosemary Kelley, Per Diem College Nurse

Ingredients

8 cups flour
6 teaspoons baking powder
2 teaspoons baking soda
1 quart buttermilk
4 eggs
2 1/2 cups sugar
4 Tablespoons caraway seeds
2 cups raisins



Directions:

- Mix all ingredients together in a large bowl.
- Fill greased loaf pans 1/2 full.
- Bake at 350 degrees 50-60 minutes or until golden brown on top and toothpick tester comes out clean and dry!
 - It makes a lot, and be sure and only fill pans 1/2 full as the loaves rise quite a bit!
 - Loaves freeze well.



DESSERTS & SNACKS

Carrot Cake

Recipe from the Kitchen of Rosemary Kelley, Per Diem College Nurse

Ingredients

1 1/2 cups corn oil
1 1/2 cups sugar (I mix both brown and white sugar)
3 eggs
2 cups flour
2 teaspoons cinnamon
2 teaspoons baking soda
1 teaspoon salt
2 teaspoons vanilla
2 cups shredded carrots
1 cup chopped walnuts
1/2 cup crushed pineapple (8 oz can drained)



Directions

- Mix oil with sugars, eggs and vanilla.
- Sift together flour, cinnamon, baking soda and salt.
- Add dry ingredients to wet, then add carrots, pineapple and walnuts.
- Bake at 350 degrees for about 60 minutes depending on oven.
 - Will take less time if using a glass pan.

Cream Cheese Icing

Ingredients

1/3 Cup softened butter
1 1/3 Cups softened cream cheese
2 1/2 cups powdered sugar
1/3 C flour

Directions

- Cream together 1/3 cup softened butter with 1 1/3 cups softened cream cheese.
- Work in 2 1/2 cups powdered sugar and 1/3 cup flour until smooth.
- Add icing to carrot cake, once the cake has cooled.

No-Bake Energy Protein Bites

Recipe from the Kitchen of Katie Weeks, LMHC, Courtesy of Gimme Some Oven

Ingredients

1 C Old-Fashioned Oats
2/3 C Toasted Shredded Coconut (sweetened or unsweetened)
½ C Creamy Peanut Butter
½ C Ground Flaxseed
½ C Semisweet Chocolate Chips (or vegan chocolate chips)
1/3 C Honey
1 TBSP Chia Seeds (optional)
1 tsp Vanilla extract

Directions

- Stir everything together in a large mixing bowl until thoroughly combined.
- Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily).
- Roll into mixture into 1- inch balls.
- Enjoy immediately or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.



Possible Variations

- Make energy bars: Press the mixture firmly into a parchment-lined 8x8- inch baking pan, chill and then slice into energy bars (instead of rolling mixture into balls).
- Use a different nut or seed butter: Use almond butter, cashew butter, sunflower seed butter, or any other nut/seed butters that you prefer in place of peanut butter.
- Omit the coconut. If you don't love coconut, just omit it and add in an extra shake of oats instead.
- Add spices: If you would like to give these energy bites some extra flavor, feel free to add in a few pinches of ground cinnamon or some pumpkin pie spice.

Nut Granola

Recipe from the Kitchen of Katie Weeks, LMHC

Ingredients

1 C Almonds
1 C Hazelnuts (or sub with any other nut you like)
1 C Pecans
1/3 C Pumpkin Seeds
1/3 C Sunflower Seeds
1/2 C Flaxmeal
6 TBSP Confectioners' Sugar (or Swerve for diabetic cooking)
1 lg Egg
1/4 C Butter
1 tsp vanilla
1 C Semi-sweet Chocolate Chips (use Lily's Brand for diabetic cooking) *Optional Ingredient*

Directions

- Preheat oven to 325 degrees.
- In a blender or food processor add almonds and hazelnuts. Pulse chop to start breaking them up. DO NOT turn nuts into a fine powder. You want them in smaller chunks.
- Add pecans. Pulse Chop again.
- Add pumpkin seeds, sunflower seeds, flaxmeal and confectioners' sugar. Pulse chop again.
- In a separate bowl, whisk together egg, butter, vanilla, and optional chocolate chips.
- Add to nut mixture.
- Put parchment paper on a large cookie sheet, add the granola mixture and make it the same thickness all around the pan.
- Bake for 15-18 minutes
- Let cool and break up into bite sized pieces.
- Enjoy!





MEALS



VEGETARIAN

Grilled Cheese Crostini

Recipe from Pure Wow

Ingredients

- 2 C Sliced Strawberries
- 2 TBSP Olive Oil
- 2 TBSP Balsamic Vinegar
- Pinch of Sugar
- Pinch of Salt
- 1 Loaf Crusty Bread, thickly sliced
- 1/3 C Olive Oil, for brushing
- 10 oz. Brie Cheese
- 4 TBSP Fresh Mint, chopped
- Freshly Ground Black Pepper



Directions

1. Preheat the grill. In a large bowl, toss the strawberries with 2 TBSP of the olive oil, the balsamic vinegar, sugar, and salt to combine. Set aside to macerate for 15 to 20 minutes.
2. Once the grill is hot, brush each piece of bread generously on both sides with the remaining olive oil. Grill the bread until nicely charred on both sides, about 2 to 3 minutes per side. Cool slightly.
3. To serve, top each piece of bread with 3 mounded TBSP of Brie cheese and 2 to 3 TBSP of the strawberry mixture. Finish with a sprinkle of mint and black pepper. Serve immediately and enjoy!

Rainbow Collard Wraps with Peanut Butter Dipping Sauce

Recipe Courtesy of Pure Wow

Ingredients

Wraps

4 lg. Collard Green Leaves
½ C Hummus
4 Carrots, peeled and cut into matchsticks
1 English Cucumber, cut into matchsticks
2 Avocados, thickly sliced
½ Red Cabbage, shredded
½ C Basil Leaves
½ C Mint Leaves

Dipping Sauce

½ C Peanut Butter
2 TBSP Sweet Chili Sauce
2 TBSP Soy Sauce
¼ C Rice Vinegar
1 tsp Garlic Powder



Directions

1. Make the wraps: Bring a large pot of salted water to a boil and blanch the collard leaves in it for about 30 seconds. Pat dry with paper towels.
2. Working with one collard leaf at a time, trim away the thick, tough part of the stem.
3. Spread 2 tablespoons of the hummus down the center of one leaf. Top with a quarter of the carrots, cucumbers, avocado slices and cabbage, and 2 tablespoons each of the basil and mint.
4. Fold the leaf in toward the filling (like you're rolling a burrito or wrap) and then tightly roll the filling inside the leaf.
5. Repeat with the remaining leaves and filling. Cut each wrap in half.
6. Make the dipping sauce: In a medium bowl, stir together the peanut butter, sweet chili sauce, soy sauce, rice vinegar and garlic powder.
7. Serve the wraps immediately with the dipping sauce or cover them tightly and store in the refrigerator for up to two days.

15 Minute Gazpacho with Cucumber, Red Pepper & Basil

Recipe from Pure Wow

Ingredients

- 2 ¼ lbs Tomatoes, diced
- 1 Red Bell Pepper, diced
- 1 European Cucumber, peeled and diced
- 1 Garlic Clove
- 1 Red Onion, minced and divided
- 4 TBSP Basil, chopped and divided
- Kosher Salt and Freshly Ground Black Pepper
- 2 C Cherry Tomatoes, chopped
- 2 TBSP Extra-Virgin Olive Oil



Directions

1. In a blender or the bowl of a food processor, combining the tomatoes, red bell pepper, cucumber, garlic, half of the red onion and half of the basil. Puree the mixture until smooth.
2. Season the gazpacho with salt and pepper to taste and blend to combine.
3. Ladle the gazpacho into serving bowls and garnish with the remaining onion and basil, the cherry tomatoes and a small drizzle of olive oil and serve immediately.

Roasted Cauliflower Macaroni and Cheese

Recipe Courtesy of Pure Wow

Ingredients

Roasted Cauliflower

1 Medium Head Cauliflower, cut into bite-size florets
2 TBSP Extra-Virgin Olive Oil
Kosher Salt and Freshly Ground Black Pepper

Macaroni and Cheese

3 TBSP Unsalted Butter
½ Sweet Onion, diced
2 Garlic Cloves, diced
3 TBSP All-Purpose Flour
2 ½ C Whole Milk
1 lb Dry, Bite-Sized Pasta (such as Gemelli)
2 ½ C Shredded White Cheddar Cheese
¼ tsp Ground Nutmeg
Kosher Salt and Freshly Ground Black Pepper

Topping

½ C Panko Bread Crumbs
¼ C Grated Parmesan Cheese
2 TBSP Unsalted Butter, melted

Directions

1. Make the Roasted Cauliflower: Preheat the oven to 375 degrees. Line a baking sheet with parchment paper and lightly grease a 9 x 13 inch casserole dish with nonstick cooking spray.
2. In a large bowl, toss the cauliflower with the olive oil and season with salt and pepper. Arrange in an even layer onto the prepared baking sheet and roast until tender and golden brown, 20-25 minutes.
3. Make the Macaroni and Cheese: In a large saucepan, melt the butter over medium heat. Add the onion and sauté until translucent, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute more.
4. Add the flour to the saucepan and cook, stirring constantly, for about 3 minutes. Add the milk gradually, whisking to incorporate. Bring the sauce to a simmer and cook until it thickens, about 3 minutes. Remove the saucepan from the heat.
5. Bring a large pot of generously salted water to a boil. Add the pasta and cook until very al dente, or according to the package's instructions. Drain well.
6. Return the sauce to medium-low heat. Stir in the cheese until it melts, then add the nutmeg and season with salt and pepper. Stir in the pasta and cauliflower, tossing well to coat. Pour the mixture into the prepared baking dish. (The recipe can be made up to this point and refrigerated until ready to bake and serve or up to 1 day).
7. Make the Topping: In a medium bowl, combine the bread crumbs with the Parmesan and melted butter. Sprinkle the topping in an even layer over the pasta.
8. Bake until the sauce is bubble and has thickened slightly, 25 to 30 minutes (or 40 to 50 minutes if baking after refrigerating). Serve immediately.



15 Minute Lo Mein

Recipe Courtesy of Pinch of Yum.com

Ingredients

Sauce:

- 2 Tbsp Dark Soy Sauce (sub regular soy sauce if needed)
- 1 Tbsp Light Soy Sauce (sub regular soy sauce if needed)
- 1 tsp Sesame Oil
- 1 tsp Sugar

Lo Mein:

- 4-6 oz. Uncooked Ramen Noodles
- 1 Tbsp Sesame Oil
- 3 Green Onions, chopped (separate green parts from white parts, you'll use both separately)
- 2-3 C Julienne Cut or Chopped Vegetables (Carrots, Red Peppers, Cabbage, Bok Choy, Mushrooms, Broccoli)
- 1-2 Tbsp Mirin



Directions

1. Sauce- Shake all the sauce ingredients together in a jar.
2. Noodles- Cook the noodles according to package directions. Drain and set aside.
3. Lo Mein- Heat the sesame oil in a large wok or skillet. Add the green onions (white parts only) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to loosen the browned up bits off the bottom of the pan. Add the cooked noodles and about half of the sauce. Toss around the hot pan to combine. Add more sauce as desired. Serve topped with remaining green onions (green parts). Enjoy!

One-Pot, 15-Minute Pasta Limone

Recipe Courtesy of Pure Wow

Ingredients

- 12 oz Spaghetti, Linguine, or Bucatini
- 2 Leeks, thinly sliced
- 2 Garlic Cloves
- 1 Lemon, Zest and Juice, plus more Zest for serving
- 3 Sprigs Basil, plus more for serving
- 1 tsp Kosher Salt
- ¾ tsp Freshly Ground Black Pepper, plus more for serving
- 1 C Grated Parmesan Cheese



Directions

1. Combine the pasta, 4 ½ cups of water, leeks, garlic, lemon zest, basil, salt and pepper in a large skillet with 2 in sides.
2. Bring the water to a boil and cook, stirring occasionally, until the water is nearly gone and the pasta is fully cooked, about 8-10 minutes.
3. Add the lemon juice and parmesan and toss to combine. Season with salt and pepper to taste. Add to plates and garnish with basil leaves and lemon zest.
4. Serve and Enjoy!



CHICKEN

Marinated Baked Chicken Drumsticks

Recipe from Sandra's Easy Cooking

Ingredients

8-10 Chicken Drumsticks

1 TBSP Oil

Kick N Chicken Seasoning for Chicken by Weber (or your preferred chicken seasoning to sprinkle on drumsticks)

Marinade Ingredients

1 C Soy Sauce light

3 Garlic Cloves, crushed

¼ Onion

½ C Low Sodium Chicken stock (broth would work fine as well)

Juice of 1-2 Oranges

Directions

- In a large Ziploc bag or large mixing bowl, place chicken drumsticks.
- You can take the skin off the chicken if desired
- Add soy sauce, crushed garlic, onion and for a little kick and sweetness, balance it with the juice of 1 orange.
- Massage the chicken drumsticks with all the marinade for a few seconds to coat everything.
- Seal the bag or cover the mixing bowl with plastic wrap. Let it marinate for about an hour or so in the fridge.
- Do not leave it on the countertop if you will marinate the chicken for 30 minutes or more.
- When ready, heat oven to 425 degrees. Lightly oil a large baking dish, use roasting grills which work amazingly when you bake chicken. Take the drumsticks out of the marinade, pour a bit of oil, and massage the chicken, then season with desired seasoning. Arrange drumsticks on a single layer.
- Sprinkle a little more seasoning on chicken and bake for 40-45 minutes or until golden brown.
- Serve immediately and enjoy with a salad, roasted potatoes or with steamed rice and broccoli.



Greek Lemon Chicken Skewers with Tzatziki Sauce

Recipe Courtesy of Pure Wow

Ingredients

Tzatziki Sauce

1 C Greek Yogurt
½ European Cucumber, diced
1 TBSP Extra-Virgin Olive Oil
2 TBSP Lemon Juice
Pinch of Garlic Powder
Salt and Freshly Ground Black Pepper
¼ C Fresh Chopped Dill

Skewers

¼ C Greek Yogurt
1 Lemon for Zest and Juice
1 tsp dried oregano
1 tsp garlic powder
Pinch cayenne pepper
1 ½ lbs boneless skinless chicken breast, cut into
½ - inch strips
Extra Virgin Olive Oil, as needed
Salt and Freshly Ground Black Pepper
¼ C Fresh Parsley, chopped



Directions

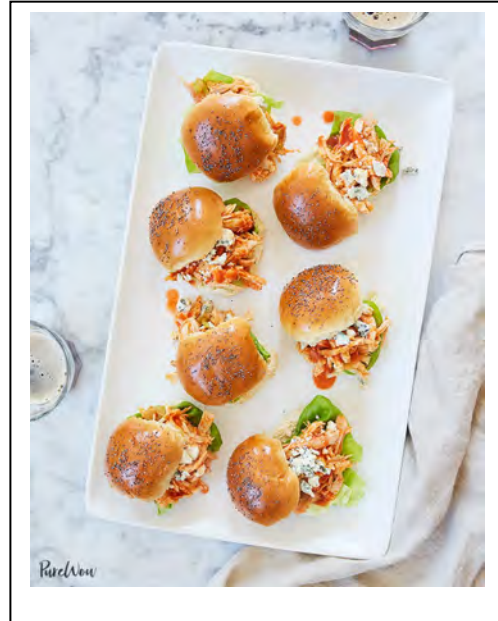
1. Make the Tzatziki: In a medium bowl, mix the yogurt with the cucumber, olive oil, lemon juice and garlic powder to combine. Season with salt and pepper to taste and then stir in the dill.
2. Make the Skewers: In a small bowl, whisk the yogurt with the lemon zest, lemon juice, oregano, garlic powder and cayenne.
3. In a separate bowl, rub the chicken with the yogurt-lemon mixture to coat well.
4. Place one piece of chicken on each skewer, weaving the strip back and forth as you thread it onto the skewer to secure it.
5. Brush the skewers on both sides with olive oil and then season with salt and pepper. Working in batches, cook on a preheated grill or grill pan until nicely charred on both sides, 4 to 5 minutes per side.
6. Serve immediately, garnished with parsley and tzatziki sauce on the side.

15- Minute Buffalo Chicken Sliders

Recipe Courtesy of Pure Wow

Ingredients

- 2 Tbsp Unsalted Butter
- 2/3 C Buffalo Sauce
- 1 Rotisserie Chicken, shredded
- 2 Celery Stalks, thinly sliced
- 16 Slider Rolls
- 3/4 C Blue Cheese, crumbled
- 6 Leave Butter Lettuce, roughly torn



Directions

1. In a small skillet, melt the butter over medium heat. Stir in the buffalo sauce. Remove from heat.
2. In a large bowl, toss the chicken and celery to combine. Add the sauce. Toss to coat.
3. Build sliders with the chicken mixture, blue cheese and lettuce.
4. Serve and Enjoy!

Instant Pot 20 Minute Chicken Burrito Bowls

Recipe Courtesy of Damn Delicious

Ingredients

- 1 lb Boneless, Skinless Chicken Breasts, cut into 1-inch chunks
- 1 (1.25 oz) pkg. Taco Seasoning
- 1 C Low Sodium Chicken Broth
- 1 (15 oz) can Corn Kernels, drained
- 1 (15oz) can Black Beans, drained and rinsed
- 1 C Salsa, store-bought or homemade
- 1 (4.5 oz) can Chopped Green Chilies
- 1 C Long-grain rice
- 1 C Shredded Mexican Blend Cheese
- 2 Tbsp Fresh Cilantro, chopped



Directions

1. Add chicken, taco seasoning and chicken broth to a 6-qt Instant Pot and gently toss to combine.
2. Stir in corn, black beans, salsa and green chilies. Without stirring, add rice.
3. Select manual setting; adjust pressure to high, and set time for 10 minutes. When finished cooking, quick-release pressure according to manufacturer's directions. Stir in cheese until melted, about 1 minute.
4. Serve immediately, garnished with cilantro if desired.



SEAFOOD

Crispy Baked Fish Tacos with Cabbage Slaw

Recipe Courtesy of Pure Wow

Ingredients

Crispy Baked Fish

2 Eggs
1 C All-Purpose Flour
2 TBSP Store-bought Taco Seasoning
1 ¾ lbs Tilapia cut into 1 ½ inch wide strips

Cabbage Slaw

2 C Shredded Red Cabbage
2 C Shredded Green Cabbage
2 Carrots, peeled and shredded
1 Red Onion, thinly sliced
1 Jalapeno, minced
1 Lime, Zest and Juice
¼ C Rice Vinegar
2 TBSP Extra- Virgin Olive Oil
Salt and Freshly Ground Black Pepper

Tacos

¾ C Sour Cream
1 Lime, Zest and Juice
12 Tortillas
¼ C Fresh Cilantro, roughly chopped for garnish



Directions

1. Make the Crispy Baked Fish: Preheat the oven to 400 degrees. Line a baking sheet with parchment paper and spray it generously with nonstick cooking spray.
2. In a wide, shallow bowl, whisk the eggs. In another wide, shallow bowl, whisk the flour with the taco seasoning to combine.
3. Working in batches, dip the fish into the egg and then into the flour mixture, tossing well to coat. Place the breaded fish on the baking sheet. Repeat until all the strips are breaded. Spray the top of the fish with nonstick cooking spray.
4. Bake the fish until they are golden brown and very crisp, 20 to 25 minutes. Flip the fish with a spatula halfway through cooking to brown both sides. Remove from the oven and set aside.
5. Make the cabbage slaw: In a large bowl, toss the red cabbage with the green cabbage, carrots, red onion, jalapeno, lime zest, lime juice, rice vinegar and olive oil to combine. Season with salt and pepper. Set aside.
6. Make the tacos: In a small bowl, whisk the sour cream with lime zest and lime juice to combine. Set aside. Heat a large skillet over medium heat. Working in batches, place 2 or 3 tortillas in the pan and heat until lightly browned on both sides, 1 minutes per side. Repeat until all tortillas are toasted.
7. To serve, place 3 tortillas on each plate, and fill each tortilla with 1 or 2 pieces of fish. Place 2 to 3 tablespoons of slaw on top of each taco and drizzle each taco with 1 to 2 teaspoons of the sour cream. Garnish each plate with 1 tablespoon of cilantro leaf.

Seared Lemon Garlic Butter Scallops

Recipe Courtesy of Café Delights

Ingredients

2 TBSP Olive Oil

1 ¼ lb Scallops

3 TBSP unsalted butter, divided

4-5 Lg. Garlic Cloves, minced (or 1 ½ TBSP minced garlic)

Salt and Fresh Ground Black Pepper to Taste

¼ C Dry White Cooking Wine or Broth

2 TBSP Lemon Juice

¼ C Chopped Parsley



Directions

1. If scallops are frozen, thaw in cold water (about 10-20 minutes). Remove the side muscle from the scallops if attached. Thoroughly pat dry with paper towels.
2. Heat olive oil in a large pan or skillet over medium-high heat until hot and sizzling. Add the scallops in a single layer without overcrowding the pan (work in batches if needed).
3. Season with salt and pepper to taste and fry for 2-3 minutes on one side (until a golden crust forms underneath), then flip and fry again for 2 minutes until crisp, lightly browned and cooked through (opaque). Remove from skillet and transfer to a plate.
4. Melt 2 TBSP of butter in the same pan scraping up any browned bits left over from the scallops. Add in the garlic and cook until fragrant (1 minute).
5. Pour in the cooking wine (or broth) and bring to a simmer for 2 minutes or until cooking wine reduces by about half. Stir in the remaining tablespoon of butter and lemon juice.
6. Remove pan or skillet from the heat; add the scallops back into the pan to warm through slightly and garnish with parsley.
7. Serve over rice, pasta, garlic bread or steamed vegetables (cauliflower, broccoli, zucchini noodles).



The Counseling Center and Wellness Services

Hudson Valley Community College
80 Vandenberg Avenue, Troy, NY
Campus Center, Suite 270

Phone:

(518) 629-7320 - Counseling Services
(518) 629-7468 - Health Services

Hours:

Monday - Thursday, 8 a.m. - 5 p.m.
Friday 8 a.m. - 4:30 p.m.

The Wellness Center is a comprehensive health and counseling center, providing outreach services to students through a holistic model of student development and preventive wellness. We are committed to maintaining an environment that fosters academic success and personal well-being for all students.