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

Brought to you by: Prevention & Wellness, Wellness Center, right-hand side
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

*Brought to you by: Prevention & Wellness, Wellness Center, right-hand side  
All recipes are Nutritionist-approved!*

---

**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

*Brought to you by: Prevention & Wellness, Wellness Center, right-hand side  
All recipes are Nutritionist-approved!*
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

---

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

---

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

Layered Spinach Cake

Prep Time: 5 minutes
Cook Time: 25 minutes

Ingredients:
- 1 lb turkey (breast; ground)
- 10 oz spinach (frozen, chopped, drained)
- 1 tbsp dried onion
- 1/8 tsp garlic powder
- 15 1/2 oz spaghetti sauce
- 1/4 cup bread crumbs (seasoned)
- 1 cup low-fat cottage cheese
- 1/4 cup egg substitute
- 1/8 tsp pepper
- 3 oz low-fat mozzarella cheese
- 2 tbsp parmesan cheese (low-fat/fat-free)

Preparation:
1. Microwave spinach covered 4-6 minutes on high
2. Drain, pressing to remove excess moisture
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!

Brought to you by: Prevention & Wellness, Wellness Center, right-hand side
All recipes are Nutritionist-approved!

---

SoVi-licious

Microwave Tacos

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
- 1/4 cup finely chopped onion
- 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.

Brought to you by: Prevention & Wellness, Wellness Center, right-hand side
All recipes are Nutritionist-approved!
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://www.fastfoodfacts.info/

This awesome info is brought to you by:

Prevention & Wellness

Located on the first floor of Howard Hall