



Program Overview:

Build-A-Meal is a program that will help you create delicious recipes in your very own kitchen. By combining the items in your kit and items that you may already have on hand, you can create new recipe combinations. Feel free to use the recipe ideas in this booklet or get creative and build your own. The possibilities are endless! Additional recipe ideas can be found on FYP365.com.



Let's build nutrition one recipe at a time!

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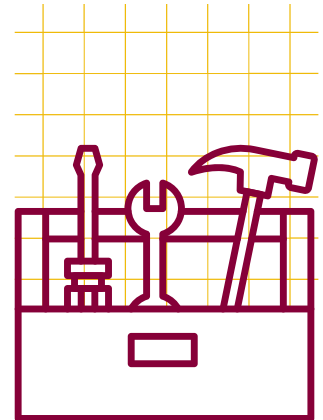
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VISIT THE WEBSITE FOR:

- **Recipes**

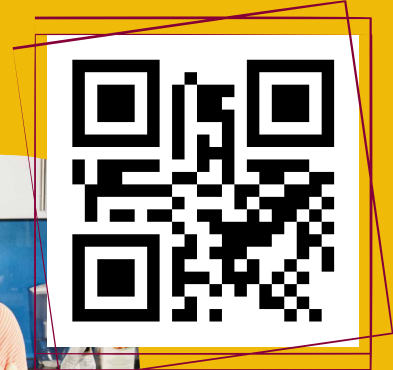
- Search for something specific or browse the categories
- Adjust the serving size
- Nutrition information

- **Blogs**

- Nutrition-related topics from expert dietitians and chefs
- A variety of categories available

- **Podcasts**

- 5 minute topics to help you power your day
- Health and well-being ideas and inspiration





CHEF DEMO VIDEOS

Scan the codes to find cooking demonstrations for the following recipes:

Overnight
Apple N' Oats



*Featuring Chef Ubi Martins &
Regional Registered Dietitian Jenna Brott*



Pumpkin Curry
Vegetable Saute



Butternut & Black Bean
Chili with Quinoa





BLACK BEAN STUFFED PEPPERS

Bell peppers stuffed with a spicy black bean & rice filling topped with spaghetti sauce

*Adjust the
serving size here*



SERVINGS: 6

INSTRUCTIONS

- 1 1/2 tsp extra virgin olive oil
- 1/4 cup yellow onion, diced
- 2 Tbsp celery, trimmed
- 2 Tbsp green bell pepper, diced
- 1/2 Tbsp garlic cloves, minced
- 1 1/8 tsp ground cumin
- 3/4 tsp chili powder
- 1/2 tsp dried oregano leaves
- 1/8 tsp black pepper
- 1 1/4 cup vegetable broth
- 2 cups marinara sauce
- 4 oz white rice
- 4 oz canned black beans, drained
- 3 each green bell pepper, cut in half

1. In stockpot over medium-high heat, heat oil. Add onion, celery, bell pepper & garlic. Saute until onion is translucent 3-5 minutes.
2. Add cumin, chili powder, oregano & black pepper. Saute 2-3 minutes.
3. Add broth, 1/2 cup of marinara sauce & rice. Stir. Bring to a boil. Reduce heat. Cover. Simmer until rice is tender & liquid is absorbed, 20-25 minutes. Stir in beans.
4. Preheat convection oven to 300 F.
5. Fill each pepper half with filling. Top each with 1/4 cup of marinara sauce.
6. Bake until internal temperature reaches 160 F, 30-35 minutes.

VEGETABLE SOUP WITH BROWN RICE

Hearty & homemade soup with fresh vegetables & brown rice in an herbed vegetable broth

- 1 1/2 Tbsp olive or vegetable oil
- 1 cup yellow onion, diced
- 1 cup celery, diced
- 1 cup carrot, peeled & diced
- 1 clove garlic, peeled & minced
- 6 cups vegetable broth
- 2 cups canned diced tomatoes
- 4 oz fresh green cabbage, shredded
- 2/3 cup frozen whole kernel corn
- 2/3 cup frozen green beans
- 2 1/2 tsp coarse kosher salt
- 1/2 tsp ground black pepper
- 1/2 tsp dried thyme
- 1 each dried bay leaf
- 1 1/2 cups brown rice
(cooked according to package)
- 2 Tbsp fresh parsley leaves, minced



*Adjust the
serving size here* →



INSTRUCTIONS

1. In stockpot over medium-high heat, heat oil. Add onion, celery, carrot & garlic. Saute until onion is translucent, 3-5 minutes. Stir in broth.
2. Add tomatoes, cabbage, corn, salt, pepper, thyme & bay leaf. Bring to a boil. Reduce heat. Cover. Simmer 15 minutes.
3. Add frozen beans. Cover. Simmer until vegetables are tender, 5-7 minutes. Discard bay leaf.
4. Stir in brown rice & parsley. Cook until heated. Serve hot.

PUMPKIN-CURRY VEGETABLE SAUTE

Looking for a plant-forward option? This recipe includes butternut squash, cauliflower and chickpeas. It's topped with curried pumpkin sauce for a zesty punch!

SERVINGS: 6

- 1/2 cup canned pumpkin puree
- 1/4 cup vegetable broth
- 1 Tbsp lemon juice
- 3/4 tsp ginger root (peeled & grated)
- 1 1/2 tsp curry powder
- 1/4 tsp chili powder
- 1/4 tsp ground black pepper
- 1/4 tsp ground turmeric
- 1 Tbsp olive or vegetable oil
- 3/4 cup yellow onion (trimmed & diced)
- 3/4 cup cauliflower (chopped)
- 1 cup butternut squash (peeled, seeded & diced)
- 3/4 cup mushrooms (trimmed & sliced)
- 1 clove garlic (peeled & minced)
- 2 Tbsp cilantro (minced)
- 3/4 cup canned garbanzo beans (rinsed & drained)
- 3/4 cup green peas (frozen)
- 1/2 tsp kosher salt
- 3 cups rice (cooked)



Adjust the serving size here

INSTRUCTIONS

1. In a pot over medium-high heat, combine pumpkin, broth, lemon juice, ginger, curry powder, chili powder, pepper & ground turmeric. Cook, stirring constantly, until sauce is hot, 3-5 minutes. Set Aside.
2. In a saute pan over high heat. Add onion, cauliflower, & squash. Stir-fry until tender-crisp, 3-4 minutes.
3. Add mushrooms, garlic & cilantro. Stir-fry 3 minutes more.
4. Add garbanzo beans, frozen peas, salt & pumpkin sauce. Bring to a boil. Reduce heat. Simmer 3-4 minutes.
5. Serve over hot cooked rice.

BUTTERNUT & BLACK BEAN CHILI WITH QUINOA

A hearty plant-forward stew made with squash, black beans & whole grain quinoa

4 SERVINGS

- 2 tsp olive oil
- 1 small onion (trimmed & diced)
- 1 clove garlic (minced)
- 1/2 Tbsp chili powder
- 1/2 tsp ground cumin
- 1/4 tsp ground chipotle pepper
- 1/8 tsp ground black pepper
- 1 1/2 cup vegetable stock
- 1 1/3 cup canned tomatoes (diced in juice)
- 2 cups butternut squash (peeled & diced)
- 1/2 cup red bell pepper (seeded, diced)
- 1 cup canned black beans (rinsed & drained)
- 1/4 cup uncooked quinoa (rinsed & drained)
- 1/2 cup frozen corn kernels
- 1/2 tsp dried oregano
- 1/2 tsp kosher salt



*Adjust the
serving size here*

INSTRUCTIONS

1. In a pot over medium-high heat, heat oil. Add onion, garlic, chili powder, cumin, chipotle & black pepper. Saute until onion is translucent, 3-5 minutes.
2. Stir in vegetable stock. Add remaining ingredients. Cook, stirring until mixture comes to a boil. Reduce heat. Simmer 20 minutes.
3. Serve hot.



OVERNIGHT APPLE N' OATS

Crave a slightly sweet & satisfying breakfast? Prep oats in the evening to help power your morning. No cooking required!

4 SERVINGS

- 1/2 lbs apples (seeded & diced)
- 1/2 cup apple juice
- 2 ounces dried cranberries (diced)
- 1 1/2 Tbsp light brown sugar
- 1/2 tsp ground cinnamon
- 1/2 cup old fashioned oats (dry, uncooked)
- 2 cups plain nonfat Greek yogurt

INSTRUCTIONS

1. In a bowl, combine apples, juice, cranberries, brown sugar, & cinnamon. Mix well.
2. Fold in oats & yogurt. Mix well until combined.
3. Cover & refrigerate overnight. Serve chilled.



Adjust the serving size here

Helpful Tips & Substitutions



Replace apples with pears, berries, bananas or dried fruit.



Brown rice and quinoa can be replaced with any grain such as white rice or barley.



Vegetable broth can be substituted with water.
The water will take on the flavor of the vegetables and spices in the dish.



Butternut squash or pumpkin can be replaced by another variety of squash or substituted with sweet potatoes, potatoes or carrots.



Increase the protein and fiber of your dish by adding beans.
If you're out of black beans, try pinto beans, kidney beans, garbanzo beans or lentils.





The recipes featured in this booklet are examples of Coolfood Meal options. They're not only healthy and delicious, they're also good for the environment!

WHAT ARE COOLFOOD MEALS?

- Coolfood Meals is the World Resources Institute (WRI) certification program that identifies meals that are delicious, nutritious and take positive action for the climate.
- Aramark worked with the WRI to analyze recipes and ingredients that meet the Coolfood Meal criteria.
- Recipes that met both the carbon and nutritional guidelines are credentialed as a Coolfood Meal and can be highlighted with the CFM Badge.
- Coolfood Meals are a simple and delicious way to help the planet.



WHY DO WE OFFER THEM?

- We are committed to achieving a 25% reduction in greenhouse (GHG) emissions from food by 2030 in the U.S.
- The foods that we eat have an impact on the environment which is measured by how it is produced.
- By offering Coolfood Meals which are made with ingredients that have lower environmental impact, we are helping locations to reduce GHG emissions.
- Coolfood Meals also provide our guests with meal options that are delicious, nutritious & take positive action for the climate.

Nutrition Information

BLACK BEAN STUFFED PEPPERS

Nutrition Facts	
Calories	200kcal
Total Fat	6g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	350mg
Total Carb	32g
Dietary Fiber	4g
Sugars	7g
Protein	5g

PUMPKIN-CURRY VEGETABLE SAUTE

Nutrition Facts	
Calories	250kcal
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	230mg
Total Carb	47g
Dietary Fiber	6g
Protein	8g

OVERNIGHT APPLE N' OATS

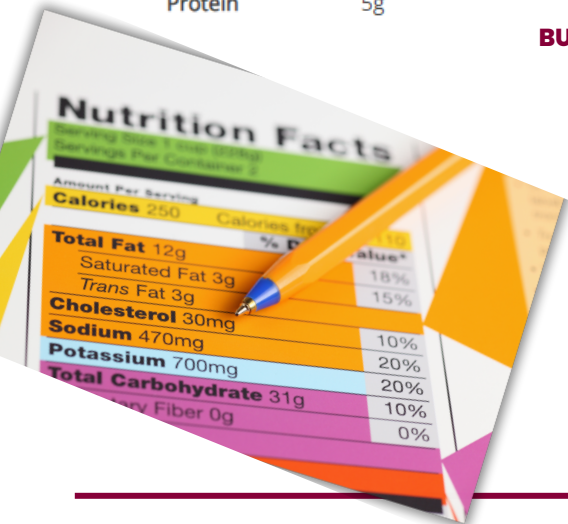
Nutrition Facts	
Calories	250kcal
Total Fat	<1g
Saturated Fat	<1g
Sodium	45mg
Total Carb	35g
Dietary Fiber	3g
Sugars	29g
Protein	12g

BUTTERNUT & BLACK BEAN CHILI WITH QUINOA

Nutrition Facts	
Calories	185kcal
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	410mg
Total Carb	32g
Dietary Fiber	6g
Sugars	5g
Protein	6g

VEGETABLE SOUP WITH BROWN RICE

Nutrition Facts	
Calories	90kcal
Total Fat	2.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	380mg
Total Carb	15g
Dietary Fiber	2g
Sugars	4g
Protein	2g



QUESTIONS? CONTACT US

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Do You Like the Build-A-Meal Kit? Tell Us What You Think!



Complete the survey for a chance to
win bonus Dining Dollars!



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