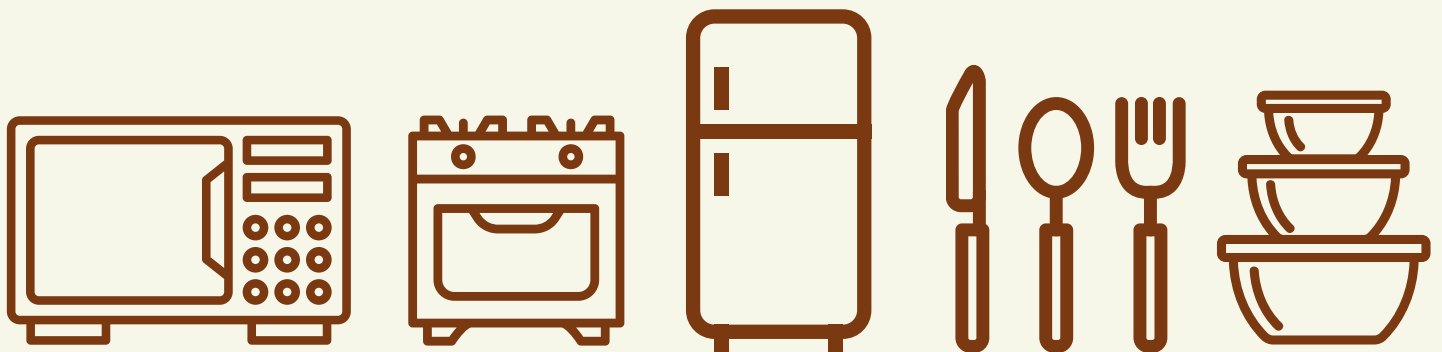




# GRIZZLY CUPBOARD RECIPES



QUICK • EASY • GOOD EATS •

**NEW YORK INSTITUTE  
OF TECHNOLOGY**

Do.  
Make.  
Heal.  
Innovate.  
Reinvent the Future.

# A Bear Bytes Initiative

New York Institute of Technology's Bear Bytes initiative provides food and other health and wellness resources and information to students at our New York campuses. A collaborative effort among campus partners, New York Tech Campus Dining Services, the School of Management Student Advisory Board, and community resources, Bear Bytes promotes and supports proper nutrition and wellness that are essential to academic success.



# Our Mission

## A COOKBOOK MADE WITH THE NEW YORK TECH STUDENT IN MIND

### INGREDIENTS | \$FREE

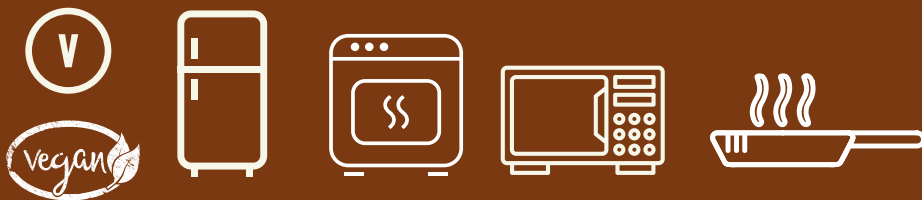
Non-perishable items sourced from the Grizzly Cupboard

### EASY | \$FREE

Quick and beginner-friendly prep for the busy college student

### ACCESSIBLE & INCLUSIVE | \$FREE

Healthy nutritious meal options that meet dietary needs using whatever kitchen appliances you own



### TASTES LIKE FOOD | \$FREE AND YUMMY? YES.

Because everyone should have access to tasty well-cooked food

# What's in our cupboard?

## CANNED GOODS

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Chickpeas

Mixed Vegetables

Beans

Soup

Fruit Cocktail

Crushed Tomatoes



## DRY ITEMS

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Teas

Coffees

Dried Fruits

Peanut Butter

Jelly

## GRAINS

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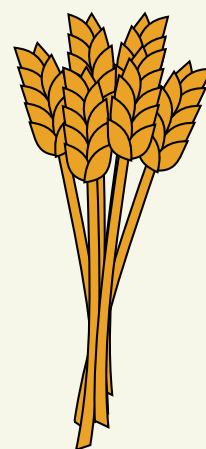
Oats

Brown Rice

White Rice

Quinoa

Pasta

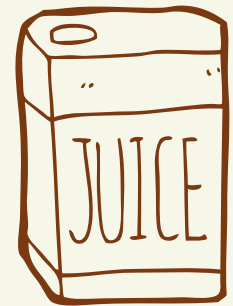




# DAIRY AND DRINKS

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Powdered milk  
Pancake mix  
Condensed milk  
Coconut milk  
Ovaltine  
Hot cocoa  
Water  
Gatorade  
Juice



# SPICES & SWEETENERS

---

Honey  
Salt & Pepper  
Chili powder  
Onion powder  
Ginger powder  
Mixed spice  
Hot sauce packets  
Ketchup packets  
Salsa  
Soy sauce  
Oil

# SNACKS

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Nuts and seeds  
Crackers  
Popcorn  
Chips

# Table of Contents

A New Beginning	7
Breakfast Bars	8
Overnight Oats	9-10
Oatmeal	11
DIY Granola	12
Pancakes	13
Baked Beans	14
Veggie Fried Rice	15
Lentil Curry	16
Chickpea Curry	17
Soups	18
Pastas & Noodles	19
Chickpea Patty	20
Black Bean Patty	21

# Breakfast Lunch Dinner

The times of the day when your body gets its fuel. Yet, college students often skip these meals because they are running late to class, don't have access, or don't know what to make.

Let's change that.

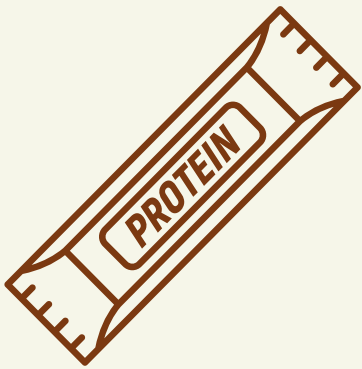
*Cheers to a new beginning!*

# On the Go



Late to class again?

We get it, it's 8 a.m. Honestly, even a 9 a.m. lecture can be rough when you were up studying all night.



Grab a Belvita or Kind Bar that is packed with protein to keep you going through your morning lecture.



# Overnight PB Oats



## Directions

---

Peanut Butter and Jelly:

- Pour 1/2 cup of rolled oats in a jar
- Add a pinch of salt
- Add water or milk (from powdered milk + water)
- Mix, mix, mix!
- Add peanut butter and maple syrup (optional for sweetness) and mix
- Add jelly on top (optional)
- Cover the jar and leave in fridge overnight

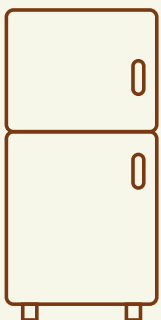


## Pantry List

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- Oats
- Salt
- Water or Condensed Milk
- Peanut Butter
- Jelly (optional)
- Maple Syrup

Now you have a PB or PB&J for breakfast the next morning!





# Traditional Oatmeal



## Pantry List

---

Instant Oats Packet

or

Quaker Rolled Oats

- Oats
- Salt
- Water or Condensed Milk

Toppings (optional):

- Peanut Butter
- Jelly
- Chocolate
- Maple Syrup

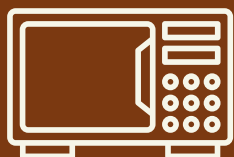
## Directions

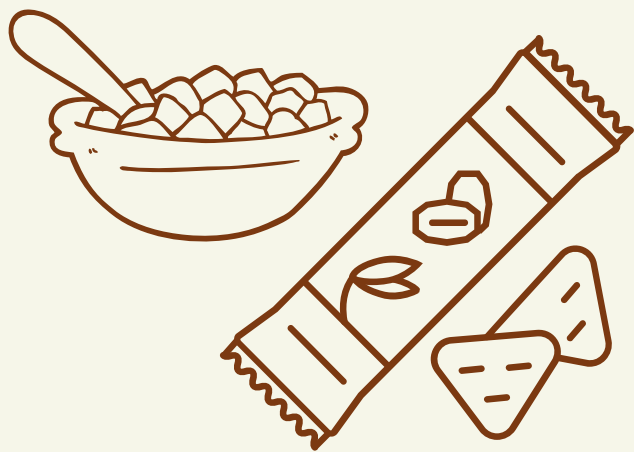
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For Instant oats, follow the instructions on the back of the package.

Quaker Rolled Oats:

1. Combine water or milk, pinch of salt and 1/2 cups oats in a medium microwave-safe bowl.
2. Microwave on HIGH 2 1/2 to 3 minutes; stir before serving
3. Add toppings: peanut butter, jelly, maple syrup, chocolate, anything you like!





# DIY Granola

Make ahead for when you are in a rush!



## Pantry List

- Rolled Oats
- Salt
- Water or Condensed Milk

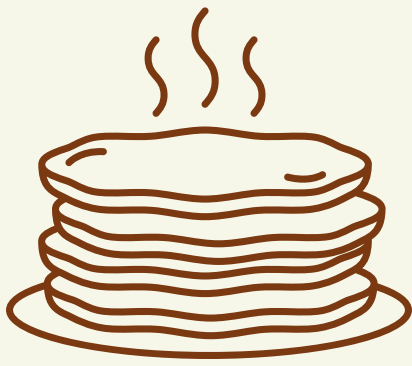
### Flavor Mix (optional):

- Peanut Butter
- Maple Syrup
- Cinnamon
- Dried Fruit (raisins, cranberries, etc.)
- Nuts and Seeds



## Directions

1. Preheat oven to 325°F and line a large baking sheet with parchment paper or a silicone mat. Set aside.
2. In a large bowl, add in all of the ingredients except for the rolled oats. Whisk together until uniform and smooth.
3. Add in the rolled oats and mix together using a spatula until well combined.
4. Spread the mixture onto the prepared baking sheet, trying your best to spread it out evenly and in a single layer.
5. Place the granola into the oven and bake for 15 minutes. Give the granola a good mix and pop it back into the oven for 10-15 minutes more, or until golden and no longer soft.
6. Allow the granola to cool completely before serving, or at least 30 minutes. This will ensure it is crunchy when serving. Store in a container and grab to go whenever! Makes a great snack.



# Pancakes



## Pantry List

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- Pancake Mix
- Water
- Oil

Flavor (optional):

- Peanut Butter
- Jam/Jelly
- Maple Syrup
- Dried Fruit (raisins, cranberries, etc.)

## Directions

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Follow pancake mix directions on the back for measurements.

On a pan, lightly drizzle oil and pour mix on the pan, wait until the top forms a few bubbles and check if it is ready to flip.

Flip once cooked underneath and plate!

Mix and match your toppings for new flavors!



**15 min**







# Baked Beans

Perfect for something relaxing and savory on the weekends



## Pantry List

- Canned Beans
- Canned Tomatoes
- Water
- Spice Mix (onion, garlic powder)
- Oil

## Directions

- Add oil, crushed tomatoes, beans, spices, and salt to a pan. Saute for a few minutes before adding water.
- Once you add the water, cover for 25-30 minutes or until thickened to your liking.
- Remove the lid for the final 5 minutes of cooking.
- Can be served plain or over rice.





# Veggie Fried Rice

Because takeout sounds nice



## Pantry List

- Canned Mixed Vegetables
- Rice or Quinoa
- Onion Powder
- Soy Sauce (optional)
- Salt, Pepper, Spices
- Oil
- Rice

## Directions

- Follow instructions on the rice packets to cook rice.
- In a pan, heat oil over medium high heat.
- Rinse out the liquid from the canned vegetables and pour the vegetables into the pan with spices.
- Cook 3-5 minutes or until vegetables are softened.
- Season to taste with salt and pepper.
- Add the cooked rice to the pan. Stir in the soy sauce and mix gently until everything is thoroughly combined and warmed through, 3-4 minutes. Season to taste with salt and pepper. Add more soy sauce, if desired.



**15 min**





# Lentil Curry over Rice

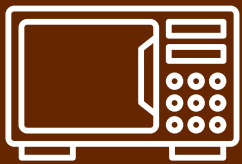


## Pantry List

- Lentils
- Water
- Oil
- Salt

Flavor (optional):

- Crushed red pepper flakes, onion powder, ginger powder, curry powder, lemon juice



**15 min**



## Directions

- Combine the lentils with 1 1/2 cups of water in a large glass microwave-safe bowl (a 2.5 QT/2.4 L bowl is a good size). Cook on high, uncovered, for about 14 minutes. (This should be enough time under a standard setting, but you may need to adjust the recipe by a minute or two, depending on your microwave). If cooking in a pot, 20-30 min or until lentils are softened. Carefully remove the hot bowl from the microwave, stir and set aside.
- In a small pan over medium heat, add the butter and cook for about 1 minute. Stir in a pinch of crushed red pepper flakes, ginger and curry powders (if using). Let the spices simmer and infuse the melted butter for about 30 seconds. Remove from heat before the red pepper flakes burn.
- Add the infused spices, salt, and lemon juice to the cooked lentils and give a good stir. Serve warm. You can eat this as is, with pita, or with rice. For an extra kick, add hot sauce or spicy Indian chutney and drizzle with plain yogurt.



# Chickpea Curry over Rice



## Pantry List

- Canned Chickpeas
- Canned Tomatoes
- Water
- Salt

Flavor (optional):

- Onion powder, lemon juice, pepper, salt, cumin/mixed spices

## Directions

- Rinse and drain chickpeas.
- Follow instructions to cook rice.
- In a pan, heat oil over medium heat.
- Stir in canned chickpeas and tomatoes.
- Add spices
- Add water if you want a more soupy consistency
- Heat to boiling. Reduce heat; simmer uncovered 15 minutes, stirring occasionally. Stir in cilantro, lemon juice, and salt.
- Serve over rice



**15 min**





# Soups



## Pantry List

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- Cans of Soup

### Add-ins (optional):

- Rice
- Canned Veggies  
(cooked)

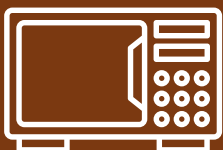
## Directions

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Follow the directions for cooking.

Heat the vegetables in a microwave or a pan until softened and then incorporate into the soup.

Serve over rice to add more carbs.



**15 min**





# Pastas & Noodles



## Pantry List

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- Pasta
- Water
- Olive Oil
- Salt

### Flavor & Add-ins (optional):

- Pasta Sauce
- Canned Tomatoes
- Canned Vegetables



**15 min**



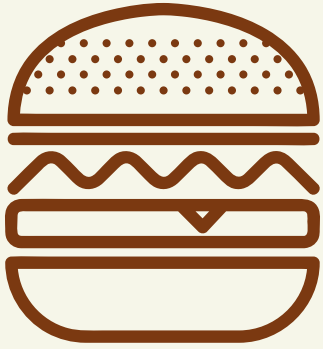
## Directions

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Follow pasta cooking directions on the package.

In a pan, lightly drizzle oil and pour pasta sauce and canned tomatoes (pasta sauce replacement) and vegetables with spices of your choice. Let it cook until the veggies are softened, 1-2 minutes.

Once the pasta is boiled, drain, and add the vegetable sauce mix to the pasta and combine well.



# Chickpea Patty



## Pantry List

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- Canned Chickpeas
- Water
- Oil
- Salt

Flavor (optional):

- Mixed Spices

## Directions

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Drain chickpeas and microwave for 1 min.

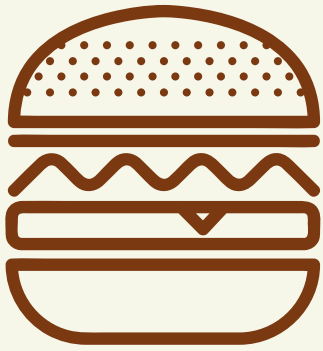
Pour the chickpeas and mixed spices in a bowl. Mix and smash until desired consistency. Add water when needed. Make patty shapes.

Lightly drizzle oil in a pan and cook each patty for 2 minutes on each side or until cooked through.



**15 min**





# Black Bean Patty



## Pantry List

- Beans
- Corn
- Water
- Oil

Flavor (optional):

- Rice or Quinoa
- Mixed Spices



**15 min**

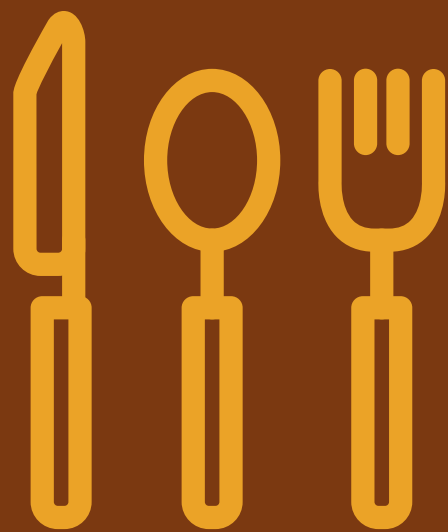


## Directions

- Drain out the beans and microwave for 1 min.
- Cook rice or quinoa according to the package.
- Pour beans, corn, rice or quinoa (or none) and mixed spices in a bowl. Mix and smash until desired consistency. Add water when needed. Make patty shapes.
- Lightly drizzle oil in a pan and cook patty 2 minutes each side or until cooked through.



SIMPLE GOOD EATS  
STRAIGHT FROM  
THE GRIZZLY  
CUPBOARD



*We hope you enjoy these delicious recipes!*