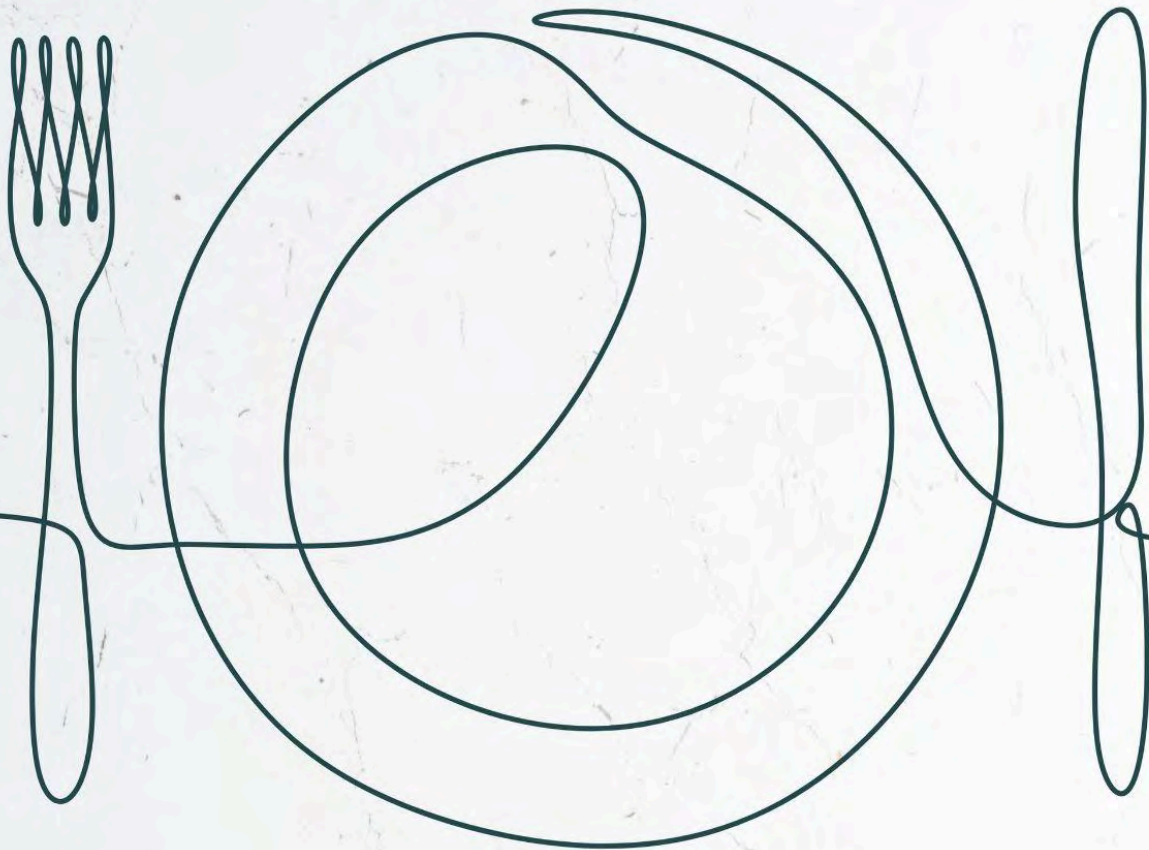




REBEL**WELL**

Recipe Corner



Recipe #1: Blueberry Overnight Oats

These blueberry overnight oats are a healthy, convenient breakfast with no cooking required—just soak oats in milk overnight for a creamy, ready-to-eat meal by morning. The fiber-rich oats and antioxidant-loaded blueberries will keep you full while supporting heart health. Made with wholesome ingredients and naturally sweetened with frozen blueberries and maple syrup, it's an easy and satisfying choice to start the day.

Prep Time: **5 minutes**

Chill Time: **8 hours**

Total Time: **8 hours 5 minutes**

Servings: **1**

Ingredients

- ½ cup old fashioned rolled oats
- ¼ cup frozen blueberries
- ½ cup milk (dairy or plant-based of your choice)
- 2 Tbsp maple syrup
- ¼ cup plain Greek yogurt
- 1 tsp chia seeds
- ¼ tsp vanilla extract
- **Optional toppings:** extra blueberries and chia seeds



Directions

1. In a jar or airtight container, mix together milk, Greek yogurt, chia seeds, sweetener, and vanilla extract until well combined.
2. Add oats and blueberries to the mixture then stir so ingredients are evenly distributed.
3. Seal container with lid and refrigerate for at least 8 hours or overnight.
4. Stir oats the next morning. Add extra blueberries or chia seeds if desired. Serve cold or hot and enjoy.

Course: Breakfast

Cuisine: American

Adapted from Mullins, Brittany. "Blueberry Overnight Oats." Eating Bird Food, www.eatingbirdfood.com

Recipe #2: Banana Oat Protein Pancakes

These pancakes are a quick, kid-friendly breakfast option made with just 6 main ingredients—oats, mashed banana, egg, Greek yogurt, vanilla extract, and nutmeg. Naturally sweetened with banana and packed with protein and fiber from greek yogurt and oats, it's a nourishing and energizing alternative to traditional pancakes.

Prep Time: **5–10 minutes**

Cook Time: **5 minutes**

Total Time: **10–15 minutes**

Servings: **1**

Ingredients

- ½ cup old fashioned rolled oats
- ½ banana, mashed
- 1 egg, lightly beaten
- ¼ cup plain Greek yogurt
- ¼ tsp nutmeg
- ¼ tsp vanilla extract
- Non-stick cooking spray
- **Optional toppings:** sliced bananas or berries, and maple syrup



Directions

1. Combine oats, banana, egg, Greek yogurt, nutmeg, and vanilla extract together in a small bowl then mix with a blender or food processor.
2. Lightly coat a non-stick skillet or griddle with cooking spray then heat over medium heat.
3. Pour the batter onto the skillet to form 2–3 small pancakes. Cook until bubbles form on the surface and edges begin to set (approx. 3 minutes).
4. Flip and cook until golden brown and batter is cooked through (1–2 minutes).
5. Transfer onto a plate and top with sliced bananas, berries, or a drizzle of maple syrup if desired.

Course: Breakfast

Cuisine: American

Adapted from Fagan, Julie. "Banana Bread Protein Pancakes." Peanut Butter Fingers, 27 Dec. 2023, www.pbffingers.com

Recipe #3: Small-batch Chocolate Zucchini Brownies

Are you craving a chocolatey sweet treat while wanting to sneak in more vegetables into your diet? Then this recipe is for you! The shredded zucchini blends seamlessly into the batter, making the brownies so soft and delicious, you (and your kids) would not guess that it's in there. Fudgy, filled with fiber, and naturally sweetened with maple syrup, this decadent dessert is sure to satisfy your sweet tooth while eating healthy.

Prep Time: **10 minutes**

Bake Time: **18–22 minutes**

Cool Time: **15–20 minutes**

Total Time: **45 minutes**

Servings: **4**

Ingredients

- ⅓ cup zucchini, shredded
- ¼ cup oat flour
- 2 tbsp cocoa powder
- ½ ripe avocado, mashed
- 1 large egg
- ½ cup granulated sugar
- ½ tsp vanilla extract
- 2 tbsp dark or bittersweet chocolate chips (70% or higher)



Directions

1. Preheat the oven to 350 °F (175 °C) and grease a 8x4 inch baking pan or line with parchment paper.
2. In a medium bowl, mix shredded zucchini together with the egg.
3. Combine cocoa powder, oat flour, mashed avocado, sugar, and vanilla extract until a uniform batter is formed.
4. Pour batter evenly into the prepared pan and stir in chocolate chips. Bake for 18–22 minutes and let it entirely cool in the pan.
5. Serve and enjoy warm or at room temperature.

Course: Dessert

Cuisine: American

Adapted from Randazzo, Lilie. "Chocolate Zucchini Brownies." Have A Plant, fruitsandveggies.org

Recipe #4: Colorful Mini Fruit Pizzas

Want to try an eye-catching sweet treat that is easy to make while providing a boost of nutrition? Made with whole wheat cookie crust and bursting with antioxidants from the colorful medley of fruit, this fruit pizza is a refreshing and fun dessert the whole family can enjoy.

Prep Time: **15 minutes**

Bake Time: **10-20 minutes**

Total Time: **25-35 minutes**

Servings: **4**

Ingredients

Pizza Crust

- ½ cup whole wheat flour
- 2 tbsp unsalted butter
- 1 large egg
- 2 tbsp brown sugar
- ¼ tsp vanilla extract
- ½ tsp baking powder

Cream Cheese Spread

- 4 oz light or fat-free cream cheese, softened
- 1 tsp lemon juice
- 1-2 tsp honey
- ¼ tsp vanilla extract

Toppings

- Any assorted fresh fruit—halved strawberries, sliced kiwi, blueberries, raspberries, blackberries, sliced banana



Directions

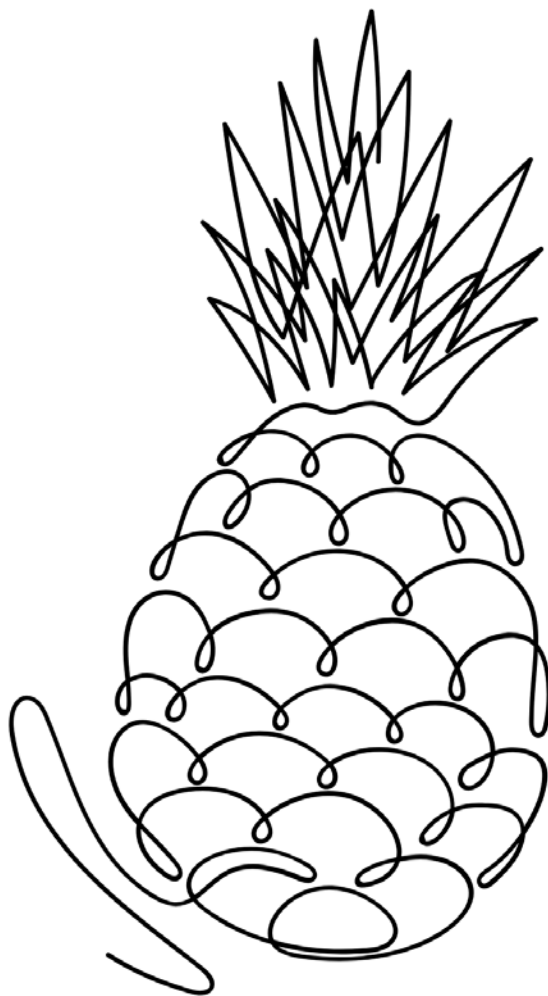
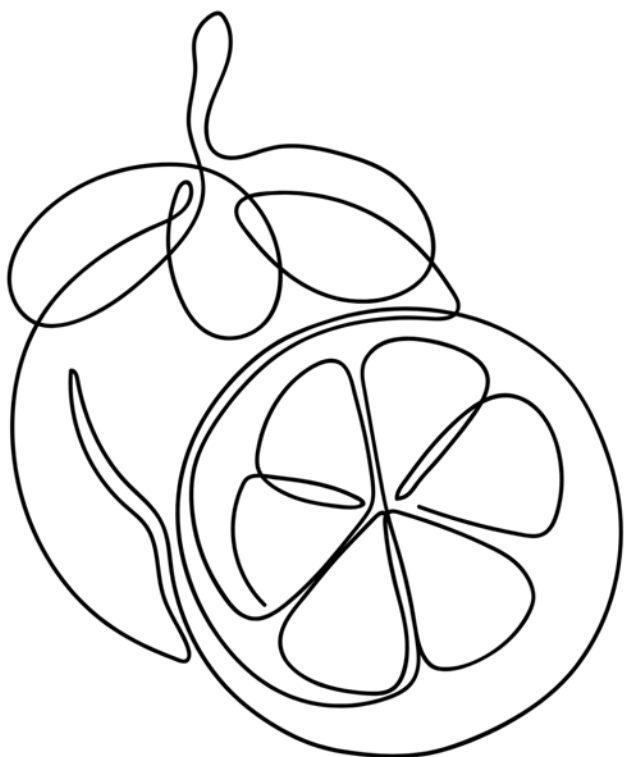
1. Preheat the oven to 375 °F (190 °C).
2. Meanwhile, whisk together butter, egg, brown sugar, and vanilla extract until fluffy and incorporated. Stir in baking powder and flour until a soft dough forms, making the crust.

3. Spread the dough about $\frac{1}{8}$ inch thick onto a prepared 8" round pizza pan or 9x13 quarter sheet pan.
4. Bake for 10–20 minutes or until golden brown. Rinse and prepare fruit while pizzas are baking. Set aside. Let the crust cool after it's done baking.
5. In a small bowl, combine cream cheese, lemon juice, honey, and vanilla extract to make the spread.
6. Once the cookie crusts have cooled down, spread a spoonful of the cream cheese mixture on each pizza. Decorate the top with fresh fruit of your choice.

Course: Dessert

Cuisine: American

Adapted from "Fruit Pizza." MyPlate, www.myplate.gov



Recipe #5: Yogurt Dipping Sauce with Herbs

This creamy yogurt sauce is a quick, healthy option for adding flavor to any meal. Packed with protein-rich Greek yogurt and fresh herbs, it's a great way to give snacks and meals a healthy boost on busy days—ready to eat in just 5 minutes!

Prep Time: **5 minutes**

Servings: **1**

Ingredients

- ½ cup plain Greek yogurt
- 1 tbsp fresh dill leaves, chopped
- ½ scallion, thinly sliced
- ½ tsp dijon mustard
- ¼ tsp lemon juice
- 1 tsp olive oil (optional)
- ⅛ tsp garlic powder
- Pinch of salt and freshly ground lemon pepper (to taste)



Directions

1. In a small bowl, add all ingredients (including optional ingredients if using) and stir together until fully combined and smooth. Adjust seasoning if needed.
2. Serve as a dip for whole-grain crackers and raw veggies, or as a spread for grilled meats, sandwiches, or wraps.

Course: Appetizer

Cuisine: American

Adapted from Hannaford Supermarkets. "Herbed Yogurt Sauce Recipe." Have A Plant, fruitsandveggies.org

Recipe #6: Baked Chicken Taquitos

Try these baked chicken taquitos for a lighter twist on a beloved Mexican-inspired staple. With a crisp exterior and flavorful, veggie-packed filling, they make for a quick and satisfying appetizer or dinner. Greek yogurt replaces sour cream for a boost of protein, while added vegetables bring extra nutrition without compromising taste.

Prep Time: **15 minutes**

Cook Time: **15 minutes**

Total Time: **30 minutes**

Servings: **4**

Ingredients

- ¾ cup pre-cooked, shredded chicken (skinless)
- 8 (6 inch) whole wheat or corn tortillas
- ½ cup bell pepper, finely diced
- ¼ cup yellow onion, finely diced
- ½ tsp cumin
- ¼ tsp garlic powder
- ¾ tsp chili powder
- Non-stick cooking spray
- Pinch of salt and black pepper (to taste)



Optional Additions

- Mild red salsa or Salsa Verde
- 1 ripe avocado
- ⅓ cup shredded cheese of your choice
- ¼ cup plain Greek yogurt

Directions

1. In a small skillet, lightly sauté the diced bell pepper and yellow onion over medium heat for 2–3 minutes until soft.
2. Add in chicken, cumin, garlic powder, chili powder, and pinch of salt and pepper to the skillet. Stir well and cook for another 2–3 minutes until everything is evenly heated. Remove from heat.
3. Warm a non-stick griddle over medium-high heat. Heat each tortilla for 15–30 seconds per side until soft. Transfer the warmed tortillas to a plate and cover with foil so they remain flexible and warm.

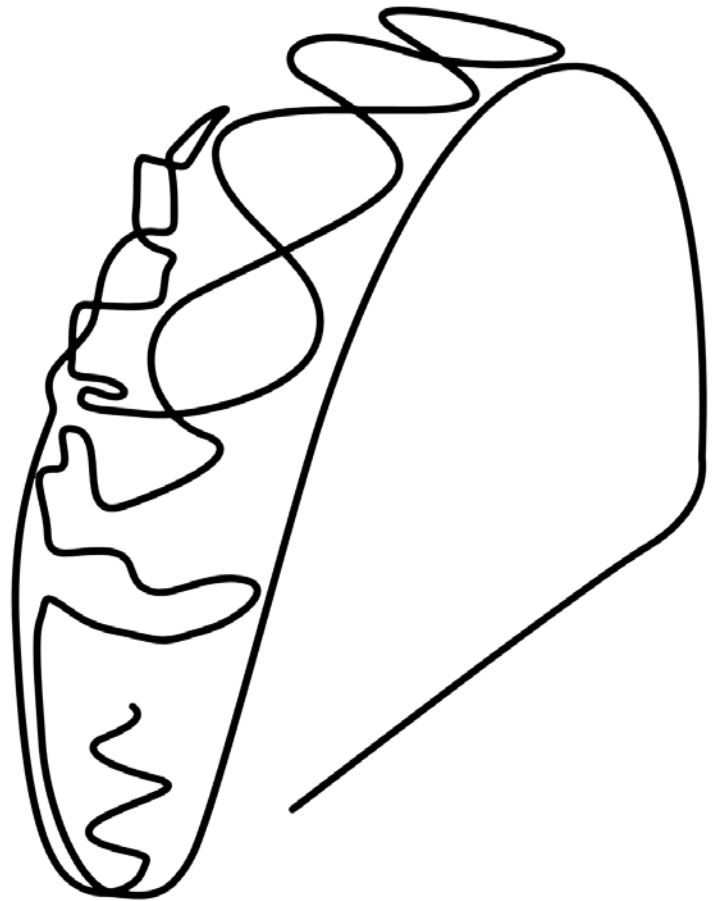
4. Spread about 2 Tbsp. of the mixture onto one end of each tortilla. Roll tightly and place seam-side down* on a baking sheet lined with parchment paper.
5. Lightly spray the tops of the taquitos with cooking spray. Bake at 425°F (220°C) for 15–20 minutes or until golden and crispy.
6. Serve taquitos warm and top with salsa, greek yogurt, avocado, and/or shredded cheese if desired.

*Note: *Seam-side down: This is so they hold their shape and to seal the filling inside while cooking.*

Course: Appetizer

Cuisine: American, Mexican

Adapted from Allen, Lauren. "The Best Homemade Taquitos." Tastes Better From Scratch. 17 Nov. 2019, tastesbetterfromscratch.com



Recipe #7: Peanut Butter Banana Smoothie

This creamy peanut butter banana smoothie is naturally sweetened with frozen banana, Medijool dates, and cocoa powder (if desired), making it a satisfying sweet beverage perfect for a quick on-the-go breakfast or an afternoon snack.

Prep Time: **5 minutes**

Total Time: **5 minutes**

Cook Time: **0 minutes**

Servings: **1**

Ingredients

- 1 ripe banana, frozen, sliced into small pieces
- 1 cup whole or 2% milk
- 1 Tbsp peanut butter
- 2 dates, pitted
- $\frac{1}{8}$ tsp ground cinnamon
- $\frac{1}{2}$ Tbsp unsweetened cocoa powder (optional)

Directions

1. Add all ingredients to a blender and blend until smooth and creamy. Scrape down the sides of the blender if necessary.
2. Adjust sweetness or thickness as desired by adding more dates or a splash of milk to thin it out.
3. Pour into a glass or stainless steel tumbler and serve.



Course: Breakfast

Cuisine: American

Adapted from "Peanut Butter Banana Smoothie." MyPlate. myplate.gov

Recipe #8: Hummus Pasta Salad

This simple single serving of hummus pasta salad is packed with fresh chopped vegetables, whole grain pasta, and creamy hummus for a quick and delicious lunch in between classes or meetings.

Prep Time: **10 minutes**

Cook Time: **10 minutes**

Total Time: **20 minutes**

Servings: **1**

Ingredients

- ½ cup whole grain pasta (farfalle, rotini, fuselle, or pasta of choice)
- 2 Tbsp hummus (plain, roasted red pepper, or garlic)
- 1 tsp water
- 2 Tbsp halved cherry or grape tomatoes
- 2 Tbsp cucumber, diced
- 1 Tbsp black olives
- 2 Tbsp feta cheese
- Pinch of salt and black pepper (to taste)



Directions

1. Bring a small pot of water to a boil and cook pasta according to package directions.
2. Chop tomatoes, cucumber, and olives while pasta is cooking.
3. In a small bowl, whisk together hummus and water until slightly thinned or desired consistency is reached.
4. Drain and cool pasta after it is done cooking. Transfer to a mixing bowl and combine pasta with chopped vegetables, feta cheese, and salt and pepper until everything is evenly coated.
5. Serve immediately or cool in the fridge for a few minutes before serving.

Course: Main Course

Cuisine: American, Mediterranean

Adapted from Schlichter, Sarah. "Hummus Pasta Salad Recipe." Have A Plant. fruitsandveggies.org

Recipe #9: Black Bean & Corn Salsa

Do you need a quick and nutritious option to fuel for your busy day on campus? This black bean and corn salsa is a quick to prepare, budget-friendly option that is made in minutes using pantry staples and fresh ingredients. As a great source of plant-based protein and fiber, it's the perfect addition to your lunches or as a light, refreshing snack.

Prep Time: **10 minutes**

Total Time: **40 minutes**

Cool Time: **30 minutes**

Servings: **4**

Ingredients

- 1 can (10 oz) of low-sodium black beans, drained and rinsed
- $\frac{3}{4}$ cup corn (fresh, frozen, or canned)
- $\frac{1}{2}$ cup canned tomatoes, diced and drained
- $\frac{1}{4}$ cup red onion, finely chopped
- $\frac{1}{2}$ cup jalapeño, diced and seeded (optional)
- $\frac{1}{2}$ avocado (optional)
- $\frac{1}{8}$ tsp salt (to taste)
- Ground black pepper (to taste)



Directions

1. Prepare all ingredients. Drain canned foods to limit excess liquid. If using frozen corn, thaw it before use. If using avocado, dice right before mixing to prevent browning.
2. In a medium bowl, combine black beans, corn, tomatoes, red onion, jalapeño (if using), and avocado (if using) and mix together.
3. Add in lime juice, salt, and pepper. Stir until all ingredients are evenly distributed.
4. **Optional:** For best results, refrigerate for at least 30 minutes before serving to allow salsa to develop a more pronounced flavor (letting the ingredients meld).
5. Serve as a dip for tortilla chips, or as a topping for foods such as quesadillas, tacos, burritos, salads, grain bowls, and grilled chicken or fish.

Course: Appetizer

Cuisine: American, Mexican

Adapted from Pisula, Molly. "Black Bean and Corn Salsa." Vanilla Bean Cuisine. 26 May 2023, vanillabeancuisine.com

Recipe #10: Stuffed Zucchini Boats with Lentils

These stuffed zucchini boats are a convenient, healthy make-ahead option that is both satisfying and nutritious. Lentils provide plant-based protein and fiber, while zucchini keeps the dish low in calories. Easy to prepare and highly customizable, they can be adapted to suit a variety of tastes and dietary needs.

Prep Time: **25 minutes**

Total Time: **1 hour**

Cook Time: **35 minutes**

Servings: **4**

Ingredients

- 4 medium zucchini, halved lengthwise and scooped out
- ½ cup cooked brown lentils
- 1 Tbsp cooking oil
- 1 small onion, diced
- ½ cup shredded mozzarella
- ¼ cup Panko breadcrumbs
- ¼ tsp garlic powder
- Pinch of salt and black pepper (to taste)



Directions

1. Wash zucchini, then slice each one in half lengthwise. Use a spoon to carefully scoop out the center flesh, leaving about a ¼-inch border to create a “boat.” Chop the scooped-out centers roughly and set aside.
2. Warm a medium skillet with 1 Tbsp. of oil over medium-high heat. Add diced onion and zucchini flesh. Sauté for 3–4 minutes until softened. Add lentils to the pan and cook to remove excess moisture.
3. In a bowl, mix lentils, Panko breadcrumbs, ¼ of the mozzarella, garlic powder, and salt and pepper. Stir until well combined.
4. Preheat a grill to medium-high. Meanwhile, spoon the mixture into each zucchini boat, pressing down gently, before adding boats to the grill. Top with the remaining ¼ cup mozzarella.

5. Cook for about 10 minutes with the lid closed, adjusting the positions of the stuffed zucchini if needed to avoid touching hot areas. Continue cooking until soft with a slightly browned exterior. Serve and enjoy.

Course: Main Course

Cuisine: Mediterranean

Adapted from "Grilled Stuffed Zucchini." Lentils. lentils.org



Recipe #11: No-Bake Coconut Energy Bites

Sweetened naturally with pitted dates and shredded coconut, these truffles are a wholesome treat to enjoy on the go. Made in minutes with just 5 simple ingredients, they are perfect for packing in your lunch bag for a mid-day boost or to share with your colleagues.

Prep Time: **5 minutes**

Total Time: **15 minutes**

Cook Time: **10 minutes**

Servings: **4 (8 balls)**

Ingredients

- ⅔ cup oats
- 12 Medijool dates, pitted
- 2 Tbsp. unsweetened cocoa powder
- ½ cup shredded unsweetened coconut
- 1 Tbsp. water (as needed)



Directions

1. In a food processor or blender, combine oats and dates with 1 Tbsp. of water until mixture is sticky. Add cocoa powder and blend until a dough forms.
2. Scoop a Tbsp. of the mixture and roll to form a ball. Repeat until all of the mixture is used up.
3. Lightly coat each ball with coconut.
4. Transfer to a plate or store in an airtight container in the fridge until ready to eat.

Course: Dessert

Cuisine: American

Adapted from Blatner, Dawn. "No Bake Coconut Truffles Recipe." Academy of Nutrition and Dietetics. 24 Jan. 2018, eatright.org

Recipe #12: Microwave Scrambled Eggs

These fluffy microwave scrambled eggs are ready in minutes without the stovetop mess. Packed with protein and easily customizable with mix-ins of your choice, they make a quick, satisfying breakfast. Adjust the cooking time if needed as microwave cooking settings can vary.

Prep Time: **5 minutes**

Total Time: **7 minutes**

Cook Time: **2 minutes**

Servings: **1**

Ingredients

- 2 eggs
- 1 Tbsp. milk
- 1 Tbsp. shredded cheese (optional)
- Pinch of salt and black pepper (to taste)

Directions

1. Crack and whisk eggs in a microwave-safe bowl. Stir all ingredients together except cheese until well combined and no white streaks remain.
2. Cover bowl with a small plate or microwave-safe lid and heat on high for 30 seconds. Take the bowl out and stir well, scraping around the sides of the bowl. Place back into the microwave for another 30 seconds.
3. Stir and repeat the process until eggs are of your desired consistency. Sprinkle in cheese if using for the final 30-second interval to melt. Transfer to a plate and add salt and black pepper if desired,



Course: Breakfast

Cuisine: American

Adapted from Catalano, Patty. "Microwave Scrambled Eggs (So Fluffy & Perfect)." The Kitchn. 1 Mar. 2025, thekitchn.com

Recipe #13: BBQ Beans and Kale Skillet

This hearty, vegetarian skillet meal is a smoky, tangy, and budget-friendly option. Easy to make ahead of time with pantry staples and kale, it's a perfect way to get your greens.

Prep Time: **5 minutes**

Total Time: **35 minutes**

Cook Time: **30 minutes**

Servings: **4**

Ingredients

- 1 can pinto beans, drained and rinsed
- 1 can cannellini beans, drained and rinsed
- 2 cups cooked brown rice
- 1 $\frac{1}{3}$ cup chopped kale
- $\frac{1}{4}$ medium onion, diced
- 1 can (10 oz) diced tomatoes
- $\frac{1}{2}$ cup corn, frozen (optional)
- 2 Tbsp. reduced-sodium BBQ sauce
- $\frac{2}{3}$ cup low-sodium vegetable broth
- 1 Tbsp. olive oil
- Pinch of salt and black pepper (to taste)



Directions

1. Cook rice according to the package.
2. In a large skillet, coat with oil then add diced onion, salt and pepper, cook over medium-high heat for around 5 minutes until softened.
3. Lower to medium heat, then add beans, diced tomatoes, and corn if using. Stir for an additional 5 minutes to incorporate ingredients.
4. Bring to a simmer on medium-low heat. Add and mix together vegetable broth, kale, and BBQ sauce. Cover and simmer for another 20 minutes until ingredients are blended and harmonized.
5. Serve with steamed brown rice.

Course: Main Course

Cuisine: American

Adapted from Rice, Jess. "BBQ Beans and Greens." Budget Bytes. 16 May 2015, budgetbytes.com

Recipe #14: Veggie Quesadillas

This cheesy and colorful dish is packed with fiber, plant-based protein, and Vitamin C thanks to the veggies and black beans. Whip together in less than 25 minutes for a satisfying on the go snack that reheats well.

Prep Time: **10 minutes**

Cook Time: **10 minutes**

Total Time: **20 minutes**

Servings: **4**

Ingredients

- 4 (6-inch) whole wheat tortillas
- 1 cup red bell peppers, chopped
- 1 can black beans, drained
- 1 can corn
- 1 medium zucchini, chopped
- ½ cup shredded low-fat mozzarella
- Non-stick cooking spray



Directions

1. Drain black beans and corn, then chop bell peppers and zucchini. Set aside.
2. Lightly coat a medium skillet with cooking spray and saute bell pepper and zucchini over medium heat for around 5 minutes or until slightly tender. Stir in and cook black beans and corn until heated through. Remove from heat.
3. Place tortillas on the skillet over high heat. Sprinkle an even amount of cheese and veggies on each tortilla and fold in halves.
4. Cook for 2–3 minutes on each side until golden and cheese is melted.
5. Slice into wedges and serve warm.

Course: Appetizer

Cuisine: American

Adapted from “Vegetable Quesadillas Recipe.” Have A Plant. fruitsandveggies.org

Recipe #15: Lemon Vanilla Cottage Cheese Fruit Dip

This creamy and lightly sweetened dip is made in 5 minutes with 5 simple ingredients for a protein-packed dessert or snack that pairs perfectly with your favorite fresh fruits.

Prep Time: **5 minutes**

Total Time: **5 minutes**

Cook Time: **0 minutes**

Servings: **4**

Ingredients

- 1 cup cottage cheese
- 2 tbsp. Maple syrup (or honey)
- 1 tsp lemon juice
- ½ tsp vanilla extract
- ¼ tsp cinnamon (optional)

Directions

1. Add all ingredients to a blender until smooth and creamy.
2. Transfer to a bowl and place in the fridge until ready to serve or serve immediately.
Pair with fruits such as berries, apples, melon, grapes, or pineapple.



Course: Dessert

Cuisine: American

Adapted from Moncel, Beth. "Honey Vanilla Cottage Cheese Fruit Dip." Budget Bytes. 20 May 2020, budgetbytes.com



REBELWELL

Resources:

[RebelWell Website](#)

RebelWell is UNLV's wellness program for faculty and staff. It focuses on promoting a healthy, balanced lifestyle through resources and activities that support nine dimensions of wellness: emotional, intellectual, environmental, financial, occupational, spiritual, physical, social, and sexual.

[UNLV Nutrition Center](#)

The UNLV Nutrition Center provides a positive environment for faculty, staff, students, and members of the community to receive evidence-based nutrition education. Classes and workshops highlight the prevention and management of chronic illness, address common myths related to nutrition, discuss ways to optimize athletic performance, and illustrate how to maintain a healthy, active lifestyle on a budget.

[UNLV Food Pantry](#)

The UNLV Food Pantry is a year-round resource that provides perishable and non-perishable food items to students, staff, and faculty who need additional support.

Recipes compiled by Hailey Hanson.

For more information on this recipe book or wellness overall, contact UNLV's wellness coordinator, [Sonja Rogers](#).