



Lake Sumter
State College

LAKEHAWKS' HARVEST
FOOD PANTRY

RECIPE CARD COLLECTION



MORNING





RECIPE: OMELETTE

INGREDIENTS

- 2 eggs
- Shredded cheese to your liking
- ¼ cup chopped vegetables
- Milk (optional: 1-2 tablespoons)



DIRECTIONS

- Crack two eggs into a bowl and mix until yellow.
- Add milk, cheese, and chopped vegetables.
- Place butter in a frying pan on medium heat.
- Pour the mix into the frying pan. Cook three minutes on each side. Then fold over and enjoy!





RECIPE: CORN MUFFINS WITH HONEY BUTTER

INGREDIENTS

- 1 bag corn muffin mix
- ¼ cup butter
- 2 tablespoons (tbsp) brown sugar or honey



DIRECTIONS

- Prepare corn muffin mix as directed.
- Mix butter with a bit of brown sugar or honey for a sweet spread.





RECIPE: CINNAMON OATMEAL WITH BANANA

INGREDIENTS

- Instant oatmeal
- 1 teaspoon (tsp) brown sugar
- ¼ teaspoon (tsp) cinnamon
- ½ cup oat milk or coconut milk
- 2-3 tablespoons (tbsp) freeze dried bananas



DIRECTIONS

- Cook oatmeal in oat or coconut milk following the instructions on the package.
- Stir in brown sugar and cinnamon.
- Top with bananas.





RECIPE: PEANUT BUTTER OAT COOKIES (NO BAKE)

INGREDIENTS

- 2 cups toasted oats
- ½ cup peanut butter
- ½ cup brown sugar
- A small amount of oat milk



DIRECTIONS

- Mix oats, peanut butter, and brown sugar together.
- Add oat milk a little at a time until it holds shape.
- Roll into balls or flatten into cookies. Chill 15 minutes.





RECIPE: FRUIT SALAD

INGREDIENTS

- Three fruit cups
- Optional: Mexican crema



DIRECTIONS

- Mix all of the fruit cups in a bowl.
- If using crema, mix in and enjoy!





RECIPE: FRUIT CUP PARFAIT

INGREDIENTS

- Fruit cups or canned pears
- 2-3 tablespoons (tbsp) whipped cream cheese spread
- ¼ teaspoon (tsp) cinnamon



DIRECTIONS

- Layer fruit, whipped cream cheese, and a sprinkle of cinnamon.
- Chill before serving.





AFTERNOON/EVENING





RECIPE: SPAM SANDWICH

INGREDIENTS

- 1 can spam
- 2 slices bread
- Desired condiments



DIRECTIONS

- Cut spam to desired length for bread. Cook spam in frying pan for 3-5 minutes.
- Put desired condiments on bread
- And then place spam on bread.
- Enjoy!





RECIPE: HUMMUS (CHICKPEAS)

INGREDIENTS

- 1 can chickpeas
- 6 tablespoons (tbsp) tahini
- 6 tablespoons (tbsp) fresh lemon juice
- ½ teaspoon (tsp) minced garlic
- ¼ teaspoon (tsp) cumin
- Salt to taste
- ¼ cup olive oil



DIRECTIONS

- Whip tahini and lemon juice in a food processor for one minute. Scrape the sides and the bottom of the bowl. Process for 30 seconds.
- Add olive oil and spices. Follow the same process as above.
- Drain the chickpeas. Add half to the food processor and process for one minute. Scrape the sides and bottom of the bowl. Add the remaining chickpeas and process until thickened.
- Place into bowl and enjoy!





RECIPE: CHICKEN SALAD

INGREDIENTS

- 1 can chicken
- Mayonnaise
- Parmesan cheese freshly grated
- Pepper
- Salt



DIRECTIONS

- Open can of chicken and drain.
- Add mayonnaise.
- Grate the parmesan cheese into a bowl using a zester.
- Stir together with a fork and separate the chunks of canned chicken for the flavors to be mixed throughout.
- Add salt and pepper to season.





RECIPE: TUNA SALAD

INGREDIENTS

- 1 can tuna
- Mayonnaise
- Celery and red onion (chopped)
- Parsley



DIRECTIONS

- Open can of tuna and drain.
- Add rest of the ingredients to the tuna in a mixing bowl.
- Stir together with a fork and separate the chunks of canned tuna for the flavors to be mixed throughout.
- Season with salt and pepper and mix again.





RECIPE: TUNA, BEAN, CORN MIX

INGREDIENTS

- 1 can tuna
- 1 can beans (black, pinto, or kidney) drained and rinsed
- ½ cup can corn
- 1 teaspoon (tsp) chili powder
- ½ teaspoon (tsp) garlic powder
- Salt and pepper



DIRECTIONS

- Open can of tuna and drain.
- Combine tuna, beans, and corn in a bowl.
- Season to taste with chili powder, garlic powder, salt, and pepper.
- Warm in a skillet for 5 minutes.
- Serve on top of grits, rice, or inside a tortilla.





RECIPE: TUNA, BEAN, GRITS CASSEROLE

INGREDIENTS

- 1 cup cooked grits
- 1 can tuna
- 1 cup beans (black, pinto, or kidney)
- ½ cup can corn
- ¼ cup shredded cheese
- ½ teaspoon (tsp) onion powder
- Salt and pepper



DIRECTIONS

- Preheat oven to 375 degrees fahrenheit (f).
- Open can of tuna and drain.
- Mix cooked grits, tuna, beans, corn, and seasonings in a bowl.
- Pour in a small baking dish and top with cheese.
- Bake for 15-20 minutes until bubbly and slightly golden brown.





RECIPE: TUNA PASTA TOSS

INGREDIENTS

- Half a box of pasta
- 1 can tuna
- 2 tablespoons (tbsp) butter
- 1 can cream of mushroom soup
- Diced tomatoes (optional: 1 cup)
- Seasonings of your choice



DIRECTIONS

- Boil pasta per the package instructions and drain.
- Stir in tuna, butter, and cream of mushroom soup.
- Heat until creamy.
- Add tomatoes and seasonings for more flavor.





RECIPE: BUTTER NOODLES

INGREDIENTS

- Half stick of butter
- Pan of water filled halfway
- 1 package ramen noodles



DIRECTIONS

- Place the ramen noodles in a pan and cover with water. Place the pan on the stove.
- Add the butter to the pan.
- When the noodles are softened, add the ramen seasoning packet with a bit of water to the pan.





RECIPE: GROUND TURKEY SPAGHETTI

INGREDIENTS

- 1 tablespoon (tbsp) olive oil
- 1 small onion diced
- 1 pound ground turkey
- 1 teaspoon (tsp) salt
- 1 teaspoon (tsp) powdered garlic
- 1 teaspoon (tsp) Italian seasoning
- 1 jar marinara sauce
- 1 pound pasta



DIRECTIONS

- Heat olive oil in a skillet over medium heat on the stove. Add diced onion and cook for 3-5 minutes or until softened.
- Brown the ground turkey. Season with salt, garlic, and Italian seasoning. Cook for 5-7 minutes.
- Pour marinara sauce into pan combined with ground turkey and onions. Bring mixture to a rapid simmer. Reduce to a low heat and cover for 20 minutes.
- Cook pasta in a separate pot with salted water.
- Follow the directions on the package al dente.
- Drain pasta water. Then combine pasta with sauce and enjoy!





RECIPE: GROUND TURKEY & GRITS CASSEROLE

INGREDIENTS

- 1 pound ground turkey
- 3-4 tablespoons (tbsp) butter
- 1 package grits
- Salt and pepper to taste
- 1 teaspoon (tsp) garlic powder
- 1 teaspoon (tsp) onion powder
- ½ teaspoon (tsp) paprika
- ½ teaspoon (tsp) cumin



DIRECTIONS

- Cook grits following instructions on the package.
- In a skillet, cook ground turkey with butter and seasonings until browned.
- Layer grits and add ground turkey.





RECIPE: GROUND TURKEY & GREEN BEAN STIRFRY

INGREDIENTS

- 1 pound ground turkey
- 1 can green beans
- 1-2 tablespoons (tbsp) butter
- 2 tablespoons (tbsp) soy sauce
- ½ teaspoon (tsp) garlic powder
- ½ teaspoon (tsp) onion powder



DIRECTIONS

- Saute green beans in butter.
- Add ground turkey and cook until browned.
- Season with garlic powder, onion powder, and a splash of soy sauce or salt.
- Optional: serve with brown rice or over mashed potatoes.





RECIPE: GROUND TURKEY STUFFING SKILLET

INGREDIENTS

- 1 pound ground turkey
- 1 can cream of celery or mushroom soup
- ½ cup diced carrots
- ½ cup diced celery
- ½ cup diced onion
- ½ cup frozen peas
- 1-2 cloves minced garlic
- 1 box stuffing mix

DIRECTIONS

- Cook ground turkey until browned and season.
- Stir in soup and mixed vegetables.
- Prepare stuffing mix separately.
- Then layer on top.
- Bake at 375 degrees fahrenheit (f) for 15 minutes or until bubbly.





RECIPE: VEGETABLE SOUP WITH GROUND TURKEY

INGREDIENTS

- 1 pound ground turkey
- 1 can vegetable soup or vegetable beef soup
- 1 can diced tomatoes
- Seasonings of choice
- Follow instructions on the corn muffin mix to make cornbread.



DIRECTIONS

- Cook ground turkey until browned and drain.
- Add soup and diced tomatoes.
- Simmer 10-15 minutes.
- Serve with cornbread made from the corn muffin mix.





RECIPE: MASHED POTATOES SHEPARD'S PIE

INGREDIENTS

- 1 pound ground turkey or package of beef stew
- 1 can mixed vegetables
- 1 package mashed potatoes



DIRECTIONS

- Cook ground turkey until browned.
- Spread cooked ground turkey or stew on the bottom of a baking dish.
- Add mixed vegetables.
- Top with mashed potatoes and bake at 375 degrees fahrenheit (f) for 25 minutes.





RECIPE: GROUND TURKEY CHILI

INGREDIENTS

- 1 pound ground turkey
- Freshly chopped onions
- 1 can crushed tomatoes
- 1 can kidney beans
- 1-2 tablespoons (tbsp) chili powder
- 1 teaspoon (tsp) paprika
- 1 tablespoon (tbsp) chopped oregano
- 1/8-1/4 tablespoon (tbsp) cayenne pepper
- 1-2 teaspoons (tsp) cumin
- Salt and pepper to taste



DIRECTIONS

- Brown the ground turkey.
- Add onions; cook until tender.
- Stir in the remaining ingredients.
- Bring to a boil, reduce the heat, and simmer for 30 minutes.





RECIPE: CHILI MAC

INGREDIENTS

- Mac n cheese
- 1 can chili with beans
- 2 tablespoons (tbsp) butter

DIRECTIONS

- Make mac n cheese per box instructions.
- Stir in canned chili with beans.
- Heat together for 5 minutes.





RECIPE: MAC N CHEESE WITH VIENNA SAUSAGES

INGREDIENTS

- 1 box mac n cheese
- 1 can Vienna sausage



DIRECTIONS

- Cut the vienna sausages into bite sized pieces. Brown them and cook for three minutes.
- Follow the instructions on the box to cook the mac n cheese.
- When the mac n cheese is done, mix it with the vienna sausage pieces.





RECIPE: SWEET CINNAMON YAMS

INGREDIENTS

- Canned yams
- 3-4 tablespoons (tbsp) butter
- ¼ cup brown sugar or honey
- 1 teaspoon (tsp) cinnamon



DIRECTIONS

- Heat yams in a pan.
- Add butter, brown sugar, and cinnamon to taste.
- Simmer until syrupy.





RECIPE: CANDY CARROTS

INGREDIENTS

- 1 can sliced carrots
- 2 tablespoons (tbsp) brown sugar
- Salt and pepper to taste
- 2 tablespoons (tbsp) butter



DIRECTIONS

- Drain carrots and set aside.
- Melt butter in a small skillet and place on medium heat.
- Stir in brown sugar, butter, salt and pepper.
- Stir in carrots and let cook for 5-6 minutes until sauce has reduced to a glaze.





RECIPE: CREAMY CHICKEN AND RICE

INGREDIENTS

- 1 can of white chicken
- 1 can of cream of mushroom or celery soup
- 1 cup brown rice
- 2-3 tablespoons (tbsp) butter



DIRECTIONS

- Cook rice per package directions.
- Heat soup with a little water or broth.
- Add canned chicken and cooked brown rice.
- Stir in butter for creaminess.





RECIPE: BLACK BEANS WITH RICE

INGREDIENTS

- 1 tablespoon (tbsp) olive oil
- 1 cup chopped onion
- ½ cup chopped green pepper
- 2-3 cloves minced garlic
- 1 can black beans
- 1 ½ cups of water
- 1 teaspoon (tsp) oregano
- ½ teaspoon (tsp) sugar
- 1 package sazón goya
- 1 cup of white rice

DIRECTIONS

- Heat oil in a medium sauté pan.
- Sauté onion, green pepper, and garlic until tender for 8-10 minutes.
- Add in the beans, water, oregano, sugar, and sazón goya and stir until boiling.
- Reduce the heat and simmer until sauce is reduced for 20 minutes.
- Cook rice as instructed on the package.





RECIPE: RED BEANS & RICE

INGREDIENTS

- 1 package red beans and rice mix
- Vienna sausage or luncheon meat
- Seasonings of your choice



DIRECTIONS

- Cook red beans and rice per package directions.
- Slice sausage or luncheon meat and brown in a pan. Mix in with the red beans and rice.
- Add extra spices if desired.





RECIPE: REFRIED BEANS

INGREDIENTS

- 1 can black beans
- ½ cup white onion
- 3 cloves minced garlic
- 3 tablespoons (tbsp) olive oil
- ½ teaspoon (tsp) cumin
- ⅛-¼ teaspoon (tsp) garlic powder
- ¼ teaspoon (tsp) onion powder
- Salt and pepper to taste
- ¾ cup any type of broth
- 2 tablespoons (tbsp) chopped cilantro



DIRECTIONS

- Heat olive oil on a skillet on medium heat. Add diced onion and garlic and cook until softened.
- Stir in spices of your choice (cumin, chili powder) and cook for a minute.
- Drain and rinse black beans. Add ¼ cup of water to the can and fill the rest with broth. Mix with the beans.
- Use a potato masher or back of wooden spoon to smash the beans on the side of the pan or until they reach your desired texture.
- Add more water if needed. Simmer for a few minutes so the flavor can come together and thicken.
- Cut fresh cilantro or lime juice and enjoy!





RECIPE: DUMP AND BAKE BEAN CASSEROLE

INGREDIENTS

- 1 can baked beans
- 1 can kidney beans
- 1 can black-eyed peas
- 1 can mixed veggies or green beans
- 1 can condensed vegetable soup
- Optional: shredded cheese or crushed crackers on top



DIRECTIONS

- Preheat oven to 375 degrees Fahrenheit (f).
- Drain the beans and veggies.
- In a baking dish, combine all ingredients and stir well.
- Top with cheese or crushed crackers if desired.
- Bake 25-30 minutes until bubbly.





RECIPE: SOUTHWEST BEAN SKILLET

INGREDIENTS

- 1 can pinto beans
- 1 can kidney beans
- 1 can black eyed peas
- 1 can corn or mixed veggies
- 1 cup salsa or diced tomatoes
- 1 teaspoon (tsp) chili powder
- ½ teaspoon (tsp) cumin



DIRECTIONS

- Drain the beans and veggies.
- In a skillet, heat a little oil and add all beans and veggies.
- Stir in salsa or diced tomatoes and seasonings.
- Cook 10-15 minutes until thickened. Serve in tortillas or over rice.





RECIPE: BEAN AND VEGGIE STEW

INGREDIENTS

- 1 can pinto beans
- 1 can black eyed peas
- 1 can kidney beans
- 1 can mixed veggies
- 1 can condensed vegetable soup
- 1-2 cups broth or water
- 1 teaspoon (tsp) paprika
- 1 teaspoon (tsp) garlic powder
- ½ teaspoon (tsp) thyme or Italian seasoning



DIRECTIONS

- Drain the beans, peas and mixed veggies.
- Combine everything in a slow cooker or pot.
- Cook on low 4-6 hours (or simmer on the stove for 45 minutes).
- Serve with cornbread or rice.





RECIPE: HEARTY BEAN & VEGGIE SOUP

INGREDIENTS

- 1 can condensed vegetable soup
- 1 can kidney beans
- 1 can pinto beans
- 1 cup canned green beans
- ½ cup canned peas
- 1 small can mixed veggies (optional)
- 2 cups broth or water
- 1 teaspoon (tsp) garlic powder
- 1 teaspoon (tsp) onion powder
- Salt and pepper to taste



DIRECTIONS

- Drain the beans, peas and mixed veggies.
- In a pot, combine condensed soup, broth or water, and all beans and veggies.
- Bring to a simmer over medium heat on the stove for 15-20 minutes.
- Adjust seasoning and serve with crackers or bread.





RECIPE: COLD BEAN AND VEGGIE SALAD

INGREDIENTS

- 1 can peas
- 1 can green beans
- 1 can kidney beans
- 1 can black-eyed peas
- 1 can pinto beans
- ½ cup Italian dressing
- Salt, pepper, and onion powder to taste



DIRECTIONS

- Drain the beans and veggies.
- Mix all ingredients in a large bowl.
- Chill at least 1 hour before serving.





RECIPE: CORN SALAD

INGREDIENTS

- 1 can corn
- ½ cup red bell pepper diced
- ½ cup cucumber diced
- 2-3 tablespoons (tbsp) red onion diced
- 2 tablespoons (tbsp) chopped cilantro
- 2 tablespoons (tbsp) chopped parsley
- 2 tablespoons (tbsp) chopped basil
- 1 tablespoon (tbsp) chives
- 1 cup of mayonnaise



DIRECTIONS

- Drain the corn.
- Cut vegetables into bite sized pieces.
- Combine all vegetables in a bowl.
- Mix in one cup of mayonnaise.
- Refrigerate for 30 minutes and enjoy!





SPIRITUAL



SOCIAL



INTELLECTUAL



FINANCIAL



PHYSICAL



OCCUPATIONAL



ENVIRONMENTAL



EMOTIONAL

Student Wellness at LSSC is dedicated to fostering student success by promoting holistic well-being through initiatives grounded in our values of Vision, Strength, and Spirit. **We encourage students to thrive by engaging with all eight interconnected dimensions of wellness—physical, intellectual, financial, environmental, social, emotional, occupational, and spiritual.** Through small, intentional steps, students are empowered to build healthy habits and make meaningful lifestyle changes. Our mission is to support the personal, academic, and social development of every Lakehawk by nurturing resilience, self-awareness, and a vibrant sense of community.



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