



Cooking Classes. Community. Fun.



Health Center
at AURARIA



Eat

WELL FEEL

good



Cooking Classes.
Community.
Fun.

Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and come find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Auraria's Registered Dietitian



Hearty Tabouleh

SERVES: 4-6

This refreshing summer grain salad makes a hearty meal on a warm day. Rich in citrus flavor, and made with a complete protein, this dish is a delicious way to help you achieve your daily fiber intake! Regularly eating insoluble fiber is great a way to maintain a healthy weight, and stay satiated until your next meal.

TABOULEH

- 1 cup quinoa, rinsed well
- ½ medium red onion, chopped
- ¾ cup medium tomatoes, chopped
- 2 cups minced parsley (1 large bunch)
- 1 cucumber
- ½ cup minced mint (1 small bunch)
- 2 cloves garlic, minced
- ½ cup extra-virgin olive oil
- 2 tablespoons lemon juice, plus extra to taste
- Salt and pepper

HUMMUS

- 1½ cups cooked chickpeas, drained and rinsed
- ⅓ cup smooth tahini
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice, to taste
- 1 garlic clove
- ½ teaspoon sea salt
- 5 tablespoons water, or as needed to blend
- Paprika, red pepper flakes, or parsley, for garnish



PRO TIP

Try adding beans, crunchy bits of tempeh, or feta to make this dish extra protein rich and filling!

DIRECTIONS

1. Rinse quinoa under cool water, then combine with 2 cups of water and 1/2 teaspoon salt in a medium saucepan. Bring to a rapid simmer, then turn down the heat to medium-low, cover, and cook until the quinoa is fluffy and chewy, about 20 minutes.
2. While the quinoa is cooking, soak the onion in a bowl of cold water. This softens its bite and makes it more pleasant to eat when raw.
3. Empty the cooked quinoa into a large bowl and allow it to cool almost to room temperature. The quinoa should feel just barely warm to the touch.
4. Drain the red onions. Stir the onions, tomatoes, cucumber, parsley, mint, and garlic into the warm quinoa. Whisk together the olive oil and lemon juice with 1/2 teaspoon of salt. Pour this over the salad and stir to combine. Taste a spoonful of the salad and add more salt or pepper to taste.
5. In a high-speed blender, place the chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Blend until very smooth, adding water as needed to blend, and/or to reach your desired consistency. Drizzle over quinoa bowl.



Are you in need of food assistance?

There are a variety of campus and community resources available to keep you and your family healthy. If you, or someone you know is needing some additional assistance, please reach out to your institution's CARE Team. They offer wraparound services to students. You will be assigned a case manager who will connect you to the resources that best fit your needs, and life circumstances.

CAMPUS RESOURCES

Rowdy's Corner

Tivoli 271
rowdyscorner@msudenver.edu
303-615-0423

CU Food Pantry

Wellness Suite, 3rd Floor
Lynxbasicneeds@ucdenver.edu
303-315-9355

CCD SPARC Food Pantry

Tivoli 260
sparc@ccd.edu
303-352-3243

MSU Denver Student Care Center

Tivoli 311
studentcarecenter@
msudenver.edu
303-615-0006

University of Colorado Denver CARE Team

Tivoli 311
shareaconcern@ucdenver.edu
303-352-3205

Community College of Denver Student Programming, Activities & Resource Center (SPARC)

Tivoli 260
sparc@ccd.edu
303-556-2597

COMMUNITY RESOURCES

Denver Inner City Parish

303-629-0636

Metro Caring

303-860-7200

Hunger Free Colorado

855-855-4626