

5 Easy College Recipes Every Student Should Know

1 lb boneless, skinless chicken breast or thighs, diced



TIME
30 min

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INGREDIENTS

1 lb boneless, skinless chicken breast or thighs, diced

1 cup long-grain white rice, rinsed

2 cups chicken broth

1/2 cup frozen peas and carrots

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

Salt and black pepper to taste

Instructions:

In a large skillet, add the diced chicken and season with salt, pepper, garlic powder, and onion powder.

Add the rinsed rice and chicken broth to the skillet. Bring to a boil, then reduce the heat to low.

Cover the skillet with a tight-fitting lid and let it simmer for 15-20 minutes, or until the rice has absorbed all the liquid.

Stir in the frozen peas and carrots and let it sit, covered, for 5 more minutes. Fluff with a fork and serve.

2. The Ultimate Quesadilla:

Ingredients:

2 large flour tortillas

1 cup shredded cheese (cheddar, Monterey Jack, or a blend)

1/2 cup cooked shredded chicken or black beans

1/4 cup diced onion

1 tablespoon vegetable oil

Sour cream, salsa, and guacamole for dipping

In a skillet over medium heat, heat the vegetable oil. Place one tortilla in the skillet.

Sprinkle half of the shredded cheese evenly over the tortilla. Add the cooked chicken or black beans and diced onion.

Sprinkle the remaining cheese over the top and place the second tortilla on top.

Cook for 2-3 minutes per side, or until the tortilla is golden brown and the cheese is melted.

Remove from the skillet, slice, and serve with your favorite toppings.

3. Quick & Easy Tuna Salad:

1 (5-ounce) can of tuna, packed in water, drained

1/4 cup plain Greek yogurt

1/4 cup finely chopped celery

1 tablespoon fresh lemon juice

Your favorite bread or crackers for serving

In a medium bowl, combine the drained tuna, Greek yogurt, and chopped celery.

Stir in the fresh lemon juice, salt, and black pepper.

Mix everything together until it's well combined.

Serve immediately in a sandwich, on a bed of lettuce, or with crackers.

DIRECTIONS

1. In a large skillet, add the diced chicken and season with salt, pepper, garlic powder, and onion powder.
2. Add the rinsed rice and chicken broth to the skillet. Bring to a boil, then reduce the heat to low.
3. Cover the skillet with a tight-fitting lid and let it simmer for 15-20 minutes, or until the rice has absorbed all the liquid.
4. Stir in the frozen peas and carrots and let it sit, covered, for 5 more minutes. Fluff with a fork and serve.
5. This recipe is so simple and delicious, you'll be making it on repeat. If you want to check out a similar recipe, try my Mexican Chicken and Rice Casserole for a fun twist!
6. The Ultimate Quesadilla: A quesadilla is the ultimate fast food, and it's so much better when you make it yourself. It's cheap, easy, and endlessly customizable.
7. Ingredients: 2 large flour tortillas
8. 1 cup shredded cheese (cheddar, Monterey Jack, or a blend)
9. 1/2 cup cooked shredded chicken or black beans
10. 1/4 cup diced onion
11. 1 tablespoon vegetable oil
12. Sour cream, salsa, and guacamole for dipping
13. Instructions: In a skillet over medium heat, heat the vegetable oil. Place one tortilla in the skillet.
14. Sprinkle half of the shredded cheese evenly over the tortilla. Add the cooked chicken or black beans and diced onion.
15. Sprinkle the remaining cheese over the top and place the second tortilla on top.

16. Cook for 2-3 minutes per side, or until the tortilla is golden brown and the cheese is melted.
17. Remove from the skillet, slice, and serve with your favorite toppings.
18. For another easy and cheesy crowd-pleaser, you can check out my recipe for Sheet Pan Quesadillas.
19. Quick & Easy Tuna Salad: This isn't your average tuna salad! By swapping out the mayo for something a little healthier and adding some fresh veggies, you get a light, tangy, and incredibly satisfying meal.
20. Ingredients: 1 (5-ounce) can of tuna, packed in water, drained
21. 1/4 cup plain Greek yogurt
22. 1/4 cup finely chopped celery
23. 1 tablespoon fresh lemon juice
24. Salt and black pepper to taste
25. Your favorite bread or crackers for serving

SWAPS & NOTES

They are incredibly affordable, using pantry staples and fresh ingredients that won't break the bank.

They are fast, with most of them being ready in under 30 minutes, which is perfect for a busy schedule.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/5-easy-college-recipes-every-student-should-know/>

They are also incredibly versatile, so you can easily swap out ingredients and customize them to your liking.

Most importantly, they're truly delicious and will feel like a homemade meal, even when you're miles away from home. 1.