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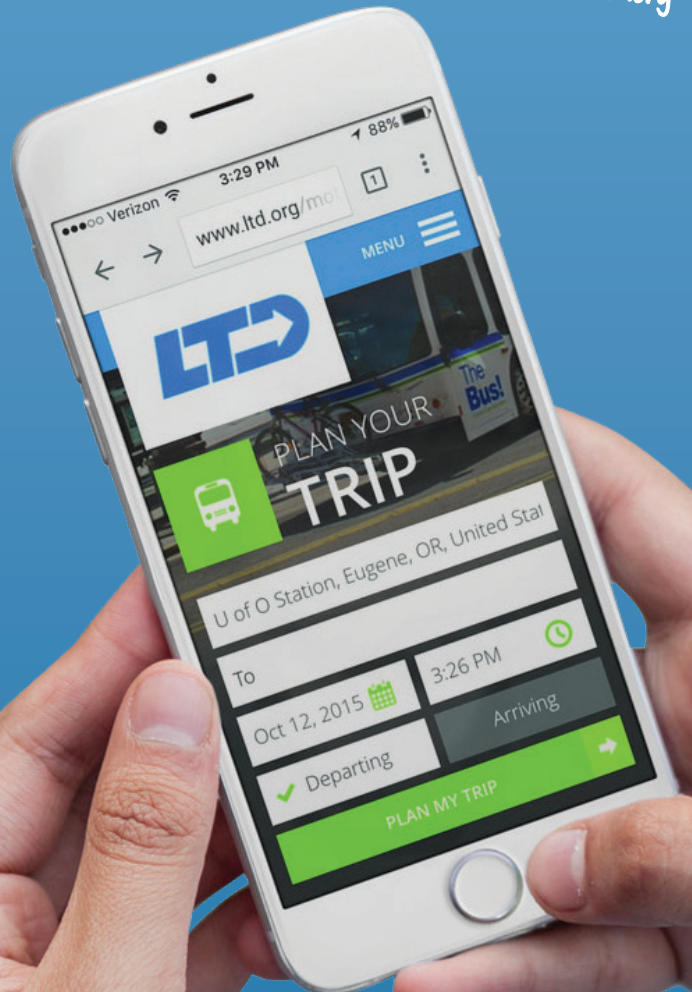


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WHAT'S IN YOUR

HERS

STAPLE GROCERIES

- Almond Milk
- Apples
- Eggs
- Green Tea
- Spinach
- Yogurt



GO-TO DINNER: SALMON OVER SPINACH WITH AVOCADO

INGREDIENTS:

- 2 cups of spinach
- 4 oz. Salmon
- 1 medium avocado
- Olive oil
- Salt/ Pepper
- Lemon

INSTRUCTIONS:

Preheat Oven to 350 degrees. Prep salmon with a little olive oil, juice of a lemon and salt and pepper to taste. Cook for 12-15 minutes or until inside of salmon is light pink. Prepare spinach and avocado salad. Feel free to add any extra veggies. Place cooked salmon over bed of spinach and avocado.

FRIDGE?

A LOOK INSIDE THE NUTRITION OF TWO ATHLETIC DUCKS

BY GRETCHEN HENDERSON —○

HIS



STAPLE GROCERIES

- Berries
- Coconut milk
- Eggs
- Greek yogurt
- Nuts
- Veggies

GO-TO DINNER: TILAPIA SALAD

INGREDIENTS:

- 4 oz. tilapia
- Olive oil
- Salt/ Pepper

INSTRUCTIONS:

Preheat oven to 350 Degrees. Prep tilapia with olive oil and salt and pepper to taste. Cook for 10 minutes or until done. Serve with veggies of choice.

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DO'S AND A DON'T OF COOKING FOR ONE

BY ERIN WEAVER —○

Cooking for yourself can be difficult - and before you disagree, no, reheating week-old Thai food is not cooking. We buy bushels of produce with the best intentions, but our crisper drawers have basically just become places where vegetables go to rot. Fear not, solitary collegiate chefs: we've compiled some handy tips to help you navigate those daunting grocery store aisles with ease.

DON'T GET OVERZEALOUS IN THE PRODUCE AISLE.

We know, we know: those tomatoes are especially red today, and boy does that spinach look tasty. But this luscious-looking produce generally gets forgotten about in our fridge, and that whole bunch of celery usually can't be eaten by the time it goes bad. While this isn't a warning against all fresh vegetables ("Down with kale!"), always be wary of how much you purchase.

DO BUY FROZEN VEGETABLES.

Frozen peas and their other frozen brethren may not be as pretty, but they can live in your freezer for huge stretches of time without going bad (just don't forget about them while they're in there).

DO HAVE STAPLE RECIPES YOU CAN FALL BACK ON.

Odds are you're going to return from class and have absolutely no motivation to cook. If you have staple recipes - recipes with few ingredients that you can cook in just a few minutes - you don't have to eat Chipotle for the fifth time this week (and no, don't take that as a challenge).



DO SINGLE PORTION RECIPES. - or make sure the finished product makes good leftovers

Don't let the size of a recipe stop you from making it. Either divide the ingredients by half (or more) or keep the rest of your finished product as leftovers, which are perfect for those nights when cooking is the last thing on your mind.

DO LOVE THE EGG, DON'T DIG THE BREAD.

Eggs are versatile, good for your health, and typically don't spoil for about three weeks when they're in the fridge. On the other hand, some breads mold within a week, and as much as we all love it, a loaf can be difficult to finish all by yourself within that time-frame. Either shy away from buying whole loaves or work out a system to split them with a roommate.

DO SHARE.

Have friends or roommates that love the same quinoa recipes that you do? Go in on the ingredients and split the reward. Similarly, if you're eyeing that bushel of apples but can't eat them all by yourself, figure out a system to divvy them up with an apple-adoring friend. This leads to less food waste (and a happier pocket!).

MEAL PREP LIKE A BOSS

BY GRETCHEN HENDERSON —○

Between 16 credits, working, getting an acceptable amount of sleep and being social, cooking takes the backseat to many college students' priorities. If you've been on Instagram lately you've probably stumbled upon the hashtag #MEALPREPSUNDAY accompanied with a picture of perfectly aligned tupperware filled with food for the week. You may be thinking that this new trend is only for fitness junkies, but you're wrong. Although time consuming, meal prep saves you from having to resort to that Qdoba burrito or settling for your fifth cup of ramen this week. It also can save you big bucks by not wasting valuable food.

When I think of food prep, overwhelming is the word that comes to mind. How am I supposed to plan out and cook every meal for the week? Well, it's actually easier than you think. In the beginning of the week you will prepare 1-2 main meals in larger quantities and portion them out for each day of the week. You can finally use that Pinterest recipe that serves five and not feel wasteful or guilty when you "accidentally" eat the entire thing in one sitting. This probably still sounds overwhelming but, trust me, coming home after a long day and seeing that sparkling tupperware, filled with cooked chicken can bring a tear to your eye.

1. CONTAINERS

Between backpacks and questionable items in the fridge, you want your food to be kept in a durable container. Cheap ones break in the dishwasher and can cause leaks. Durable containers ensure your food will last longer, which is essentially the point of tupperware.

2. PLAN!

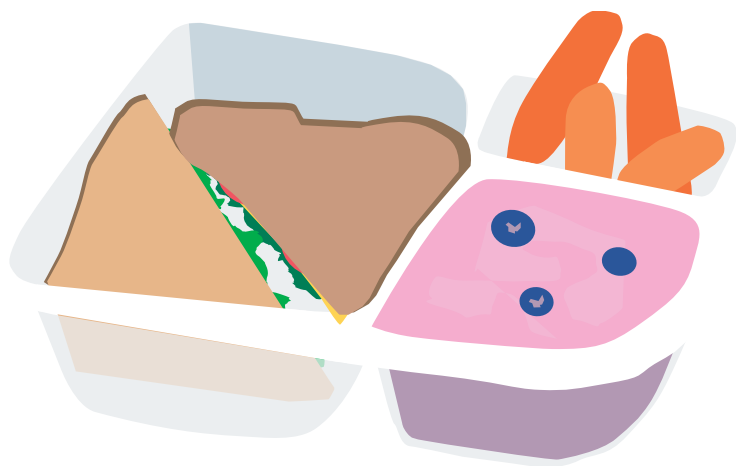
Ever walk into Safeway and have absolutely no idea what to buy? You end up buying five packs of Oreos and three bags of kale and you don't even eat kale. Make a list. It will save you money and help fight indulgences! When making the list, write out the meals you will prepare so you have all ingredients ready when needed. Also, plan some time to actually go grocery shopping and prepare the food. I would take at least three-hour chunk out of your Sunday to complete this.

3. TAKE YOUR TIME

Multitasking is a skill many people think they have, but really do not. You might be cooking the broccoli while prepping the chicken, but then forget about the potatoes and overcook them. You just wasted the \$3-\$5 you spent on the potatoes. Take your time, it will make your food taste better and ensure that all your groceries go to good use.

4. REPURPOSED RECIPES

A major idea that deters people from meal prep is the notion that you will be eating the same meal for five days. How boring! Instead you could create a simple recipe like shredded chicken or chicken chili and refurbish it throughout the week. One day could be chicken chili over rice and another day could be chili tacos. There are a million combinations to try with a single recipe.



5. CHOP AHEAD

When hunger strikes, we reach for convenient snacks. This often means eating a bag of chips or whatever catches our eye first in the fridge. Imagine if you opened the fridge and saw a container of veggies hiding the container of cookie dough; you'd probably end up making healthier choices.

6. START SMALL

Does this still seem overwhelming? Then start small. This week, focus on packaging up snacks like trail mix, carrots and hard-boiled eggs for easy access. Next week, you could make a few lunches, like turkey and hummus sandwiches. Then move on to the big leagues once you're comfortable, like throwing some chicken breasts on the grill. Meal prepping is about convenience and takes time to master, so start small and practice. Don't end up wasting food.

7. GET THE ROOMIES INVOLVED

Why would you eat your pre-prepared chicken when you could have a chicken pesto calzone? When beginning to meal prep, try to get the roommates involved. It can serve as a strong support system and add a little friendly competition. See who can stick to the meal plan the whole week or who can have the most creative meals! It can also make the food prep process more fun when you have a friend by your side. Play some music, and make it a food prep party.

8. GET TO IT!

Now you have your tupperware, meal plan and some time to cook. Get started! Remember it's not going to be perfect or even edible the first time around, but keep trying and you will be a meal prep champion!



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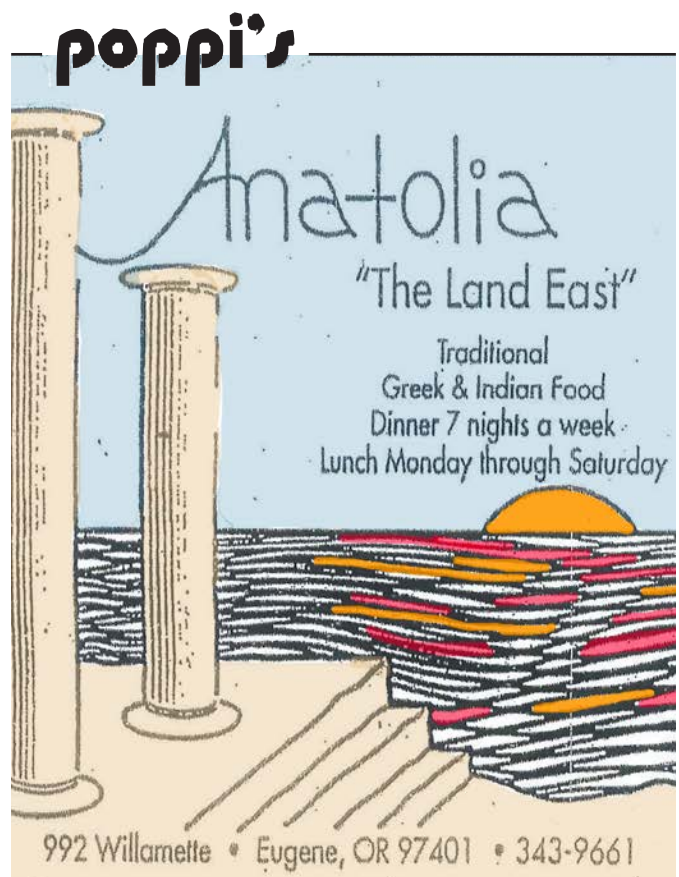
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ESCAPE TO LATIN BLISS AT CHULA'S

Chef Daniel Viorato doesn't just occupy his kitchen; he dances in it.

Perfectly at home in the space between grilltop and counter, Viorato crafts four dishes all at once, making casual conversation and tasting everything along the way. At the moment, every space in the kitchen is occupied with simmering pork or freshly-cut carrots, but Viorato seems unphased. With cilantro stems and the green wedges of avocados strewn across his cutting board, the cook arranges lime atop tacos that are delicately nested in their baskets. "He's back [here] smiling all the time," Chula's owner Erin Pelayo says as she watches him deftly build a towering sope.

Beside him, kitchen-mate Linda

Galvin makes perfectly round tortillas by tossing the masa between her hands and pressing it just so, a feat Pelayo says "she makes look easy." These tortillas get thrown onto a steaming cast iron skillet and immediately the kitchen smells like Mexico City taco stands and coastal cantinas all at once. If the aromas in the kitchen are any indication, dinner is going to be delicious.

Outside of Viorato's workspace, Chula's is small, warm, and welcoming, with beautifully stained tabletops that invite you to lean over them as you share a pitcher of margaritas with friends. From the aloe vera plants to the radish garnishes, the restaurant's every detail is alluring; everything from the

"THIS IS A WHOLE

NEW RESTAURANT.

THE MISSION

IS GONE."

salt shakers to the soft salsa music lends Chula's a cheerful, glowing atmosphere that invites you to relish its food and linger as long as possible. With glass-paned garage doors newly installed, Chula's light seeps out into Eugene's dreary evenings, the cantina gleaming against the rain. "We want it to feel cozy," says Pelayo. "We want it to be your first stop of the night."

If Chula's brilliant blue paintjob doesn't make it clear, whatever ghost of The Mission that remained after the restaurant's closing has fled the scene entirely. "I knew that if we were going to take over the location, we'd have to do something drastic," says Pelayo. "This is a whole new restaurant. The Mission is gone." And she means that literally - everything from the drains in the kitchen to every layer of paint has been fully replaced, with the restaurant even boasting an entirely new water line and electrical setup. "We pretty much gutted the whole place,"

Pelayo says, and they certainly couldn't have done it alone.

Renovating the underloved building meant calling on contacts from across the community. At its heart, Chula's was acquired, renovated and improved by people invested in its success, and everything from the painting to the staining to the plumbing was a group effort. As Pelayo points out, "The only thing we didn't make was the sign and the parking lot!" Over the span of just six weeks, they created an entirely new cantina; Chula's has effectively ended the days of dimly-lit booths and questionably-clean plates, and instead ushers in a refreshing light and inventiveness into its interior - and its dishes.

Upon arriving from Viorato's kitchen, the steaming plates of food are so pretty that - depending on how starved you are - you'll want to take in as much as possible before devouring



them. Tortilla strips and toasted pumpkin seeds artfully top one of the salads, but Chula's also offers colorful tacos that are reminiscent of the classic cuisine of Mexico's Nayarit coast. Almost every meal is sure to feature excellent homemade tortillas, salsa, and guacamole, and each table is well stocked with Viorato's special cilantro-avocado sauce if you're feeling adventurous.

Chula's food will make you forget everything else except what's in front of you; take one bite of one of their tamales, and suddenly it's the only thing that exists in this world. It's the kind of restaurant where any time a server exits the kitchen with a tray of tempting food, you'll chant, "Please be for me, please be for me..." In our experience, there wasn't much conversation after the food arrived, with the occasional requests to pass the salsa as the only exceptions.

Gorgeous street-style tacos, enchiladas, and nachos are just some of the items that grace a packed menu - and this lively lineup changes, too. With such a creative chef behind them, the specials and featured dishes shift depending on what day you stop by. "I go into the kitchen and ask what the special is and he says, 'Let me think,'" says recent UO graduate and Chula's HR manager Anna Kovach. Chula's is a dynamic mix of traditional and out-of-the-box, with flavor profiles that will remind you of traditional cuisine and some that will leave you surprised - and wanting more.

Viorato cites the menu as a result of what's been brewing in his own head: "I never really copy anything. For the most part, I do my own stuff. I taste it, I like it, and if not..." At Chula's, he has the freedom to cook up whatever's on his

mind, but it hasn't always been like this: before running his own kitchen, Viorato was washing dishes.

Originally from Chacalilla, Mexico - where he recounts having to drive 20 miles just to buy any supplies - Viorato knew he wanted to cook. Upon coming to America, he worked as a dishwasher, watching and learning from the chefs he worked under. His mantra? "Try your best." On his journey from washing dishes to running Chula's kitchen, Viorato says, "I wanted to be a cook, so I tried my best. I got to the kitchen and I didn't even know how to do anything. So I tried my best." Starting when he was just seventeen, Viorato watched and studied the

cooks in the kitchens he worked at, asking them questions and perfecting his own craft when he could. Before Chula's, he was a cook at Eugene's famed restaurant Chapala, but it wasn't enough; Pelayo says, "He was just dying, he had so much creativity." Now, Viorato feels right at home among his savory creations

in Chula's kitchen, and has lovingly crafted a menu that captures authentic Mexican flavors that are also unique, playful and inventive.

With a gifted cook in the kitchen, Pelayo is hoping that Chula's will become a new campus Mexican food staple - one that the area was sorely missing. The cantina's vibrant exterior matches the whimsy of its food, and with reasonably priced - and delectable - cuisine, Chula's is sure to become a UO favorite. As their Twitter account puts it, "We are open, we are cookin', and we are happy!"

BY ERIN WEAVER —○

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AND WE ARE

HAPPY!"



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FEARLESS FOODIE: JUST MARTHA, ME & MACARONS

To be fair, Martha has good intentions. She uses the words “sift” and “fold” as if I know what they mean, and she mercifully offers the option of using jam instead of Swiss Meringue Buttercream, whatever that is. That being said, I guess my first mistake was trusting somebody who assumes I have vanilla beans lying around my kitchen.

Martha Stewart’s French Macarons Recipe probably isn’t made for college students, but I went for it anyway. Maybe I wanted to prove that any modestly-good cook could make a Martha Stewart recipe (or maybe I’m just a masochist, who knows). Plus, in theory, I would produce 35 beautiful little macarons, although my end result was anything but. What follows is decidedly *not* how to follow Martha’s macaron recipe - and some tips for those that want to.

“Pulse confectioners’ sugar and almond flour in a food processor. Sift mixture 2 times.”

— First of all, I don’t have a food processor, so I stuck the ingredients in a blender and ended up with practically the same result. Here, tossing the flour around with a fork was the best I could do in lieu of a sieve.

“Preheat oven to 375 degrees. Whisk whites on medium speed until foamy. Add cream of tartar, and whisk until soft peaks form. Reduce speed to low, then add superfine sugar. Increase speed to high, and whisk until stiff peaks form, about 8 minutes. Sift flour mixture over whites, and fold until mixture is smooth and shiny.”

— There are technical ways to separate egg whites from the yolks, but I just used



“Macarons look harmless, but when I tried to recreate these iconic confections, I made lumpy, hollow cookies and created the biggest mess my kitchen has ever seen.”

because of this, the jam in the middles leaked all over the cookie sheet, my counter and me.

my hands. My sugar was decidedly not “superfine” and limited-baking-experience me didn’t think this would be an issue, but in the end, my apparently gigantic granules were visible in the cookies and got stuck in my teeth. To avoid this sugar sizing issue (a sentence I’d never thought I’d write), you can apparently grind your granules with a mortar and pestle - and if you don’t have an ancient-era spice crusher, you can also use a salt grinder.

“Transfer batter to a pastry bag fitted with a 1/2-inch plain round tip, and pipe 3/4-inch rounds 1 inch apart on parchment-lined baking sheets. Tap bottom of each sheet on work surface to release trapped air. Let stand at room temperature for 15 minutes. Reduce oven temperature to 325 degrees. Bake 1 sheet at a time, rotating halfway through, until macarons are crisp

and firm, about 10 minutes.”

— My round tip broke after delicately creating just one macaron, so I was basically using a glorified Ziplock with cut corners as my pastry bag - and you can too! 15 minutes is a long time to look at dough balls that don’t have any visible change, but hang in there, champ: soon you might (might) have decent-looking macarons.

“Let macarons cool on sheets for 2 to 3 minutes, then transfer to a wire rack. Sandwich 2 same-size macarons with 1 teaspoon filling. Serve immediately.”

— If you really are piping out of a ziplock bag, good luck finding any two macarons of the same size. My cookies ended up looking like the least-aerodynamic UFOs in the universe. Huge tops and tiny bottoms meant that the cookies fell over, and

Macarons look harmless, but when I tried to recreate these iconic confections, I made lumpy, hollow cookies and created the biggest mess my kitchen has ever seen.

Martha assumes we can use tools like sieves and pastry bags that many college students simply don’t have access to, making the recipe somewhat impractical. However, I don’t think Martha’s to blame here - macarons are notoriously finicky, and somebody with more baking prowess than I could probably create confections that look at least somewhat similar to Martha’s desired result. For the rest of us mere mortals, there are easier cookies to execute.

ERIN WEAVER —

GRADUATING FROM JUNGLE JUICE



BY HUNTER SHANNON —

Unfortunately, the inevitable staple at every college party is jungle juice. It's inexpensive, incredibly potent and easy to make. However, it is also predictable, far from appetizing and incredibly uncreative. While there are so many options for livening up your party, why is it that we subject ourselves to this misfortune? Is it possible to have a good time while drinking something that is actually delicious? With a new wave of artisan cocktail recipes floating down from cities like Portland, one would think that the hip and trendy college crowd would be on board. However, when I get a drink at places like Taylor's or Rennie's, it seems that most of us are downing Redbull vodkas, Fireball and beer. Rarely do I see a Taylor's bartender

reach for Crème de Casiss (a currant liquor), let alone a martini glass. I understand that we do not have disposable income for purchasing craft cocktails, but I also know we can amp it up when it comes to making drinks at home.

College is a place where many of us first come into contact with drinking. Because of this, most students don't have much experience with allowing their creativity to show through their liquored beverage. It seems to be the remedial unifier that brings out the redundancy in the way we party. So please, let's all do ourselves a favor: back away from the Hawaiian Punch and HRD, and let's make something tasty while still getting wastey.

TRY THIS

APPLE VODKA SPRITZER

INGREDIENTS:

- 1 SHOT VODKA
- 2 SHOTS CHAMPAGNE (EXTRA DRY OR BRUT)
- 3 SHOTS APPLE JUICE
- 1/2 SHOT LEMON JUICE
- DASH OF BITTERS



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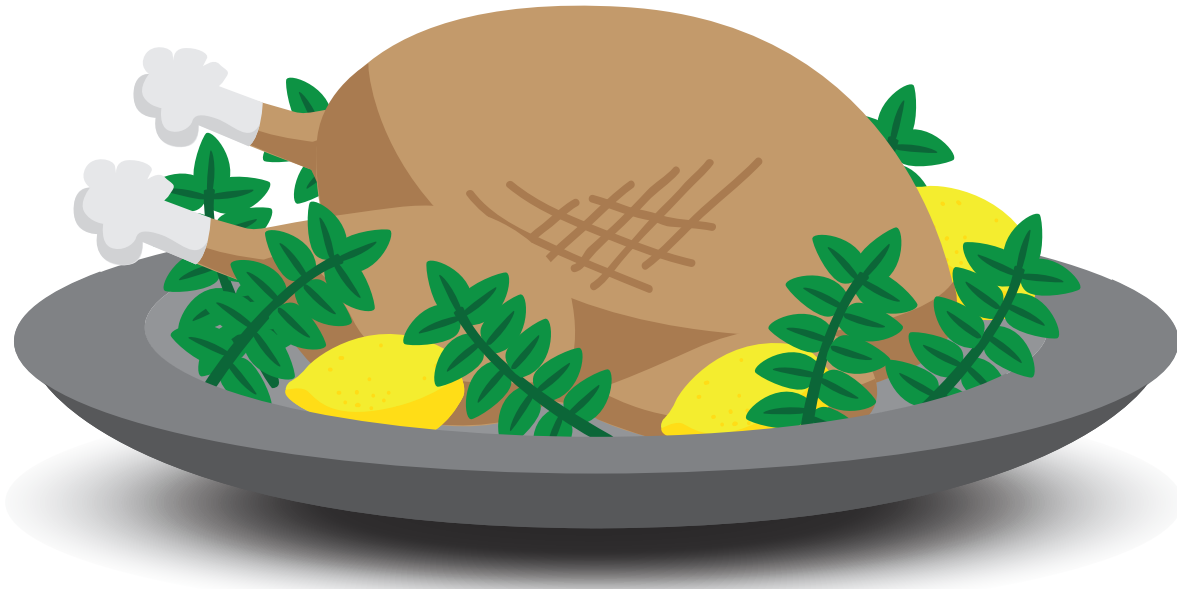
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POTLUCK THANKSGIVING

BY GRETCHEN HENDERSON —○



Many people associate Thanksgiving with family, food, and Pumpkin Spice Lattes from Starbucks. For those that are not venturing home for the long weekend, missing out on the family festivities can be disheartening. Even though you are missing out on mom's cooking, inviting the castaways from your group of friends and putting on a Thanksgiving potluck is the perfect way to incorporate that holiday spirit without missing the festivities. Though you may not be Rachael Ray, you can still try your hand at a Thanksgiving feast. If everyone pitches in to help, the evening will run a lot smoother and the burden of the entire meal will not land on your shoulders.

If you're the host, just focus on the turkey; it is the most time-consuming task and it relies on a certain attention to detail. It may be hard to navigate how to perfect the turkey your mom makes, so check out a few different recipes to

find one that fits your skill set. Let those that you invited worry about the sides.

For your friends that don't enjoy cooking (or the cooking from your friends that you don't enjoy), give them specific tasks like setting the table or bringing flowers and drinks. Have everyone essentially "sing for their supper." Thanksgiving is always a big ordeal and the more you delegate, the happier you'll be.

For those of you who have the opportunity to go over to someone's home for Thanksgiving, do not show up empty handed! Today is not the day where showing up with just your charming self works. Even if your host tells you not to bring something, bring something anyway. We are coming into adulthood and making an excuse for not bringing something to the gathering does not cut it.

The options are endless, so choose something that suits you!

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	2 PINCHES OF CINNAMON
1 PREMADE PILLSBURY FROZEN CRUST	1 PINCH OF GROUND ALLSPICE
1 TBSP. UNFLAVORED POWDERED GELATIN	1/2 TSP. PURE VANILLA EXTRACT
3 1/2 OZ. WHITE CHOCOLATE FINELY CHOPPED	1 1/2 CUPS PUMPKIN PUREE
2 LARGE EGG YOLKS	1/2 TSP. KOSHER SALT

PREHEAT OVEN TO 325 DEGREES. IN A BOWL SPRINKLE THE GELATIN OVER 1/3 CUP OF WATER. LET STAND FOR 5 MINUTES. PLACE WHITE CHOCOLATE IN A LARGE BOWL. IN THE BOWL WHISK THE EGG YOLKS WITH GRANULATED SUGAR. IN A SMALL SAUCEPAN SIMMER 1/4 CUP OF HEAVY CREAM WITH THE BAY LEAF, CINNAMON STICK, ALLSPICE, NUTMEG, AND VANILLA FOR 1 MINUTE. DISCARD THE CINNAMON STICK AND BAY LEAF. SLOWLY POUR THE HEAVY CREAM MIXTURE INTO THE EGG MIXTURE. WHISK IN THE GELATIN MIXTURE. IMMEDIATELY POUR HOT EGG MIXTURE OVER THE WHITE CHOCOLATE. LET STAND FOR 1 MINUTE THEN WHISK UNTIL SMOOTH. WHISK IN THE PUMPKIN PUREE AND SALT UNTIL INCORPORATED. REFRIGERATE ABOUT 1 HOUR.

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KUNG FU BISTRO —○

Nothing makes me happier than being the first to discover a hidden gem. However, I am the queen of eating the exact same thing everyday, so dining out into uncharted territories is a rarity for me. Though, after one meal too many from Panda Express, I decided to ditch the fast food chinese imitation and find the authentic alternative.

After a recommendation from a friend, I ventured away from the campus bubble and landed in food lover's paradise. Tucked away inside a small strip mall on Willamette St. is where I had my first encounter with the tantalizing Szechuan cuisine.

Kung Fu Bistro is home to a variety of delectable chinese dishes. The sesame noodle bowl is a perfect first course. Savory sesame, ginger and garlic beautifully balance the dish and fire up the tastebuds for the next courses.

Even though I don't usually choose seafood, I decided to step out on a limb and order the Cumin Pepper Fish. It came highly recommended from our server, and I have to say his opinion was spot on. The fish was fried in a flaky, spiced crust that melted in my mouth. The serving is more than enough for two people and I ended up bringing home quite a bit.

For the less adventuresome eaters, the Kung Pao chicken is a great choice. I have had the dumbed down rendition of this from a plethora of restaurants, but this chinese restaurant staple does not match up to Kung Fu Bistro's version. If Kung Fu Bistro was a poker player, this dish would be their royal flush. The crispiness of the chicken is entirely on point with the sweet and spicy sauce. It comes with a heaping mound

of dried chili peppers that gives the dish a nicely spiced bite.

With reasonable prices ranging from \$11-\$30, Kung Fu Bistro is already a hot spot for Eugene locals and in-the-know college students. I know that as long as students venture out of the campus area, this restaurant will become packed with college sized appetites.

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