



Kalamazoo De-stress

Low cost or free non-school wellness activities in and near Kalamazoo

Check [links](#) for details!

Free! Trails

- [Kal Haven](#) and [KRT](#)- 4143 10th St N
- [Wolf Tree](#) - 8794 W KI Ave
- [Asylum Lake](#) - 3836 S Drake Rd
- [Al Sabo](#) - 6310 Texas Dr
- [Fort Custer](#) - 5163 Fort Custer Dr



Food

- [Lunchtime Live](#) - Bronson Park
 - Food trucks and live music on Fridays
- [Farmer's Market](#) - 1204 Banks St
- [Oak Street Garden](#) - 425 Oak St
 - Community Garden in Vine Neighborhood
- [Havirmill Cafe](#) - 418 E Walnut St
 - Culinary School restaurant

Free plots!

Community

- [This is a Bookstore & Bookbug](#)
 - 3019 Oakland Dr.
- [OutFront Kalamazoo](#)
 - check events page for locations
- [Free Good News Paper](#)
 - events, recipes, and good news
- [Other things to do in Kalamazoo](#)

Keep an eye out for free game nights or events!



Keep an eye out for free shows or events!

Arts

- [Jerico Art Center](#)
 - 1501 Fulford St
- [Kalamazoo Makers' Guild](#)
 - 1102 E Michigan Ave
- [Park Trades Center](#)
 - 326 W Kalamazoo Ave

Athletics

- [Hot Girls Walk KZoo](#) **Free!**
- [Climb Kalamazoo](#) **Student discount**
 - 136 S Kalamazoo Mall
- [Kalamazoo Walking and Running Group](#) **Free!**
 - 214 S Kalamazoo Mall





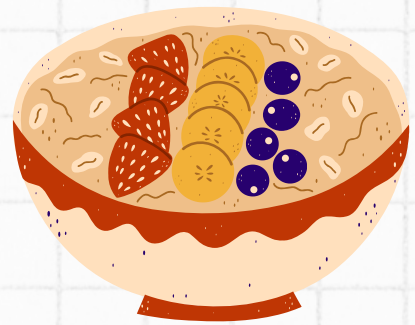
Kalamazoo

De-stress

Low cost, low time, nutritious meals
Check [links](#) for details!

Breakfast

- [Quiche](#)
 - Works well with GF pie crust!
- [Breakfast casserole](#) (GF)
- [Overnight oats](#) (GF, V, VG)



Lunch

- [Steve's mini naan pizzas](#) (V)
- [Chicken salad](#)
 - Lots of options! (GF, V, VG)
- [3-Ingredient Salad](#) (GF, V)

Dinner

- [Crockpot chili](#) (GF, V, VG)
- [Salmon with green beans](#) (GF)
- [Protein, vegetables, rice](#)
 - Lots of options! (GF, V, VG)
- [Tacos](#)
 - Lots of options! (GF, V, VG)



Desserts

- [Blueberry bread](#) (V)
 - Works well with GF flour!
- [No bake cookies](#)
- [Strawberry pie](#) (V)
 - Works well with GF pie crust!

Snacks

- [Brazi bites](#) (GF, V)
- [Chips and guacamole](#) (GF, V, VG)
- [Veggie spreads](#) (V, GF, some VG)
- [Yogurt bowls](#)





Quiche

Ingredients

- 1 frozen pie crust
 - GF option
- 3 eggs
- 4 pieces of bacon
- 1/4 tsp pepper
- 1/2 cup of milk
- 1 tbsp flour
- 1/2 cup cheddar cheese

Try precooked bacon for easier prep!

Mix it up by adding in ham, spinach, peppers, or onion!



Instructions

1. Preheat oven to 350F
2. Cook bacon in pan until cooked through and cut into bite-size pieces
3. Whisk eggs and milk together and add 1/4 tsp of pepper
4. Mix cheese and flour
5. Scatter bacon pieces on bottom of crust, then add the cheese
6. Pour egg mixture over top
7. Cook for 45-55 minutes or until toothpick inserted in center comes out clean



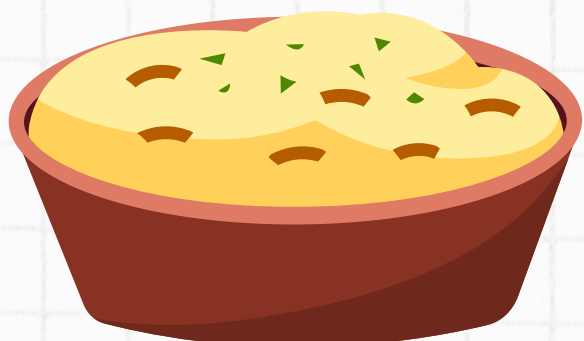
Breakfast Casserole

Ingredients

- 8-16 oz grated swiss cheese
- 1/2 - 3/4 lb of cubed ham
- 4 eggs
- 3 cups of milk
- 1/2 tsp dry mustard
- Dash of salt
- 12 slices of bread with crust removed
- 3 cups of crushed cornflakes
- 1/2 cup of melted margarine

This recipe takes a little time to cook but makes enough for brunch with friends or breakfast for a whole week!

You can prep the night before and let it sit in the fridge overnight before cooking!

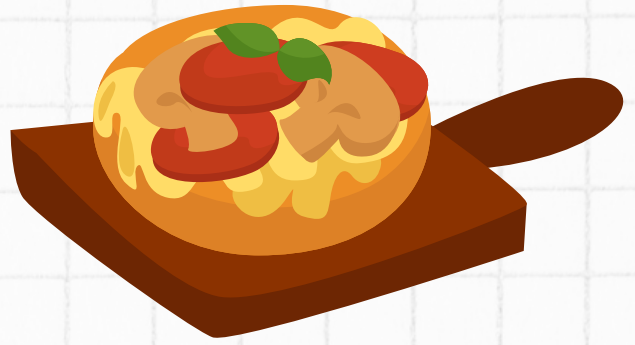


Instructions

- Preheat oven to 325F
- Grease a 9x13 pan
- Cover bottom of pan with 6 slices of bread
- Sprinkle with ham and cheese
- Beat together eggs, milk, mustard, and salt
- Pour mixture into pan
- Cover with remaining 6 slices of bread
- Mix cornflakes and margarine and sprinkle over top
- Cover and let stand for 30 minutes (or overnight!)
- Bake uncovered for 60- 90 minutes



Steve's Mini Naan Pizzas



Ingredients

- Naan bread
- Pizza sauce
- Mozzarella cheese
- Your favorite pizza toppings!

Eat some vegetables! Try spinach, peppers, mushrooms, or tomatoes!

Try making a BBQ pizza with BBQ sauce, chicken, red onion, and cheddar!

Instructions

1. Preheat oven to 400F
2. Put naan bread on baking sheet
3. Add sauce, cheese, and toppings
4. Cook for 10 minutes



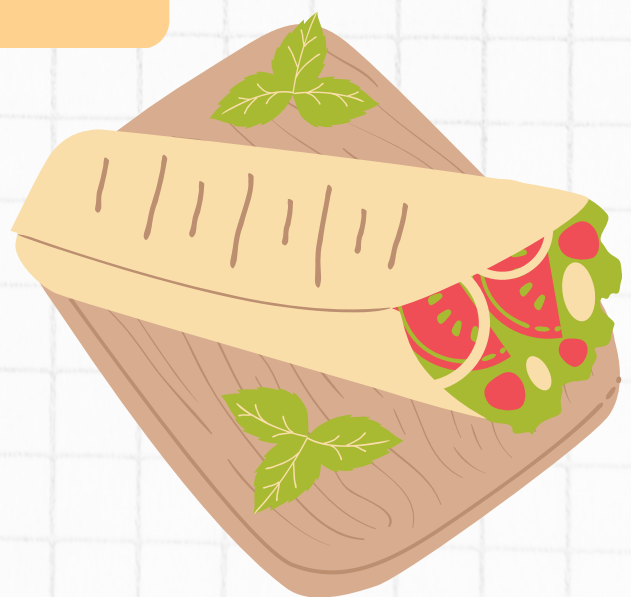
Leftover Chicken Salad

Combine:

- Cooked chicken
 - canned, leftover, grocery store rotisserie
 - or replace with firm tofu chunks
- Chopped red pepper
 - or try radishes, celery, carrot, apple, grapes
- Walnuts (optional)
 - or almonds, pistachios
- Chopped olives
 - or try feta crumbles, pickles, pomegranate
- Mayo
 - or your preferred alternative
 - try mixing some sour cream or yogurt into the mayo for a tangier alternative

Serve with toast, in a tortilla or pita, or in a lettuce wrap

Adjust amounts to your preference, and try different combinations!



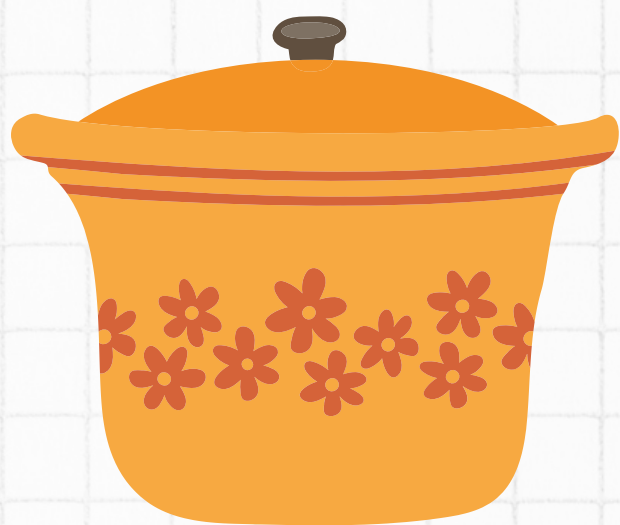


Crockpot Chili

Ingredients

- 1 can/bottle of tomato juice
- 1/4 lb of lean beef
- 3 cans of chili with beans
- 1 can of diced tomatoes
- Chili powder

For stronger flavor, try: cayenne, cumin, paprika, onion powder, garlic powder, or your favorite peppers



Instructions

1. Cook beef on stove until there is no more pink
2. Drain grease from meat
3. Put chili, tomatoes, and beef into crockpot
4. Pour in tomato juice until you get desired consistency
5. Add chili powder and spices to taste
6. Put on low and cook overnight or put on high and cook until hot



Salmon with Lemon Green Beans

Instructions: Salmon

1. Preheat oven to 400F
2. Put salmon filet on baking sheet
3. Brush with olive oil and add salt, pepper, and dill to taste
4. Cook for 12-15 minutes or until internal thermometer reads 145F



Try cooking the salmon and green beans together in an air fryer to save time!

Instructions: Sauce

In a small dish mix together: mayonnaise, dijon mustard, lemon juice, and dill

Try starting with a tbsp of mayonnaise and dijon mustard, 1 tsp of lemon juice and dill and adjust to taste!

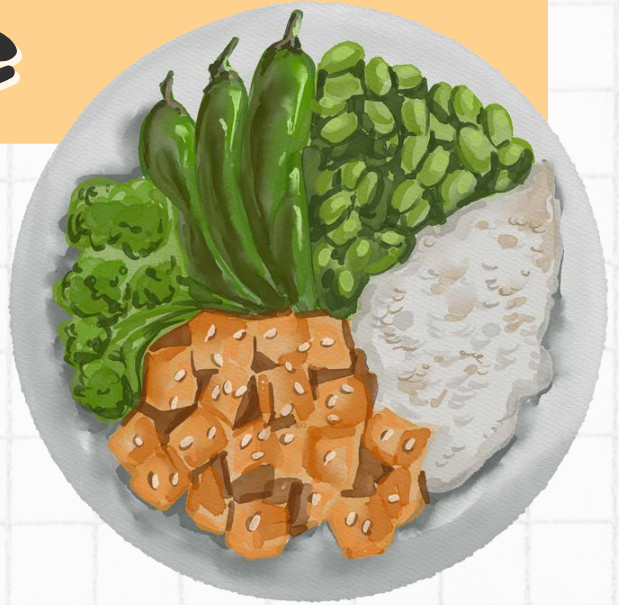
Instructions: Lemon Green Beans

1. In a frying pan, heat 1 tbsp olive oil
2. Add green beans, 1 tbsp lemon juice, salt, and pepper
3. Cook until tender, about 4-5 minutes

Check out [page 6](#) for some other vegetable ideas!



Protein + Veggie + Rice



Protein

Pick one and sauté

- Tofu
- Chicken
 - For faster options, try frozen, canned, or rotisserie
- Beef tips
- Shrimp
- Beans: red, black, lentils, chickpeas
- Sausage: turkey, pork, tofu, chorizo

Tofu is great in the air fryer!

Pre-made seasoning mixes are an easy option

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Veggie

Pick a few and sauté or bake

- Peppers
- Zucchini
- Mushrooms
- Brussels sprouts
- Broccoli
- Squash
- Carrots
- Asparagus
- Spinach
- Cabbage
- Beets
- Peas

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Rice

Stovetop or rice cooker

- White
- Brown
- Red
- Wild
- Blends
- Other grains: couscous, quinoa, barley

Microwaveable rice packets are an inexpensive way to try new varieties!

Combine, add your favorite sauce or seasoning, and enjoy!



Tacos



Shell

- Hard shell
- Soft shell: flour or corn
- Lettuce wrap
- Corn chips
- Or skip the shell and have a taco salad!



Veggie

For a fun twist try mango or pineapple!

- Peppers
- Lettuce
- Tomato
- Onion
- Avocado
- Corn
- Squash
- Pickled jalapenos
- Roasted sweet potatoes
- Air-fried cauliflower



Protein

- Tofu
- Chicken
- Ground beef
- Steak
- Shrimp
- Beans
- Fish
- Carnitas
- Barbacoa
- Jackfruit
- Ground turkey
- Tempeh

Tofu is great in the air fryer!



Extras

- Guacamole
- Salsa
- Lime
- Queso
- Rice
- Cilantro
- Sour cream

Pre-made seasoning mixes are an easy option

Check [here](#) for salsa recipes!

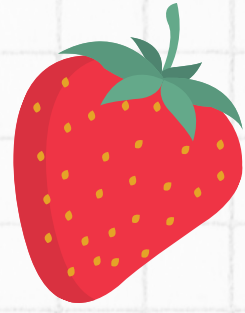


Strawberry Pie

Ingredients

- Frozen pie crust
 - GF option
- 1 1/2 cups sugar
- 1 1/2 cups water
- 3 tbsp of corn starch
- Pinch of salt
- 2 tbsp strawberry jello mix
- Whipped cream

Check out the farmer's market for fresh strawberries!



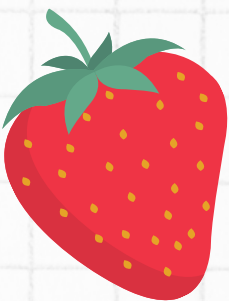
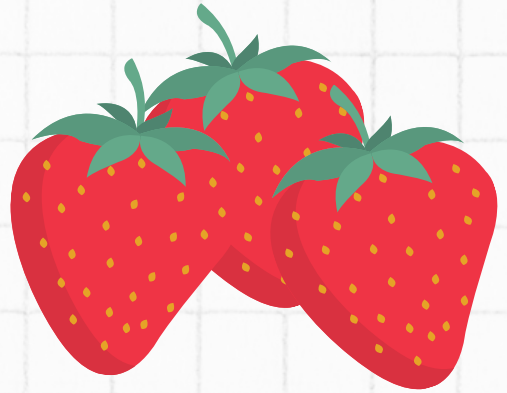
Have extra time? Make the pie crust from scratch!

Instructions: Crust

1. Preheat oven to 350F
2. Cook for 10-15 minutes or until crust looks golden brown

Instructions: Filling

1. In a saucepan: add sugar, water, corn starch, and salt
2. Bring to a boil and cook for 1 minute
3. Remove from heat and stir in jello mix
4. Cool



Instructions: Strawberries

1. While filling is cooling, wash strawberries
2. Remove the stems and cut into quarters
3. Place on paper towels to remove excess moisture

Instructions: Finish it up!

1. Once filling is warm but not hot, and crust has cooled, add strawberries to crust
2. Carefully pour filling mixture over strawberries
3. Put in fridge to chill
4. Top with whipped cream to serve!

Use the rest of the jello to make...jello (or save it for your next pie)

