When you go to college all it ever is are macaroni bowls, Ramón noodles, and raviolis. It’s really whatever are the cheapest, the easiest and the fastest to make or even fast food places like McDonalds’ or Taco Bell. This lifestyle might be the cheapest but it surely isn’t the healthiest. At my apartment I try to cook as much as I can to avoid the unhealthy lifestyle route. I’ve been cooking ever since I was a little girl, always helping my mom in the kitchen and even cooking up meals for my three younger sisters. What I have made is seasoned pork chops, brown rice topped with butter, salt and pepper, some cut up potatoes and slices of avocado. This meal is fairly easy to make.
1. Pork Chops- the pork chops you can get at your local HEB, they come in a package already seasoned. You place them in a medium sized skillet and on medium heat cook them for about 20–30 min, or until they are well-done.

2. Brown rice- The brown rice I have made was prepared from a box where you just boil it in a bag. You place the bag of rice in a pot of boiling water, let boil uncovered for ten minutes then remove rice from bag and place it in a serving bowl. Then add the butter, salt and pepper and mix till well blended.

3. Potatoes- Cut the potatoes whatever size and boil them in a pot till they have become tender.

4. Avocado- For a side cut up half of an avocado.

Total cook time, 1 hour

And there is the recipe for a delicious and healthy meal. 😊