

# ARTS & ENTERTAINMENT

## A Quick, Fast and Healthy Dinner: All within a College Student's Budget and Schedule

Christina Davis, Contributing Writer

Let's be honest, by the time we are done with class, part-jobs and homework, the last thing we college students want to do is cook dinner, let alone a healthy dinner. On top of busy college students' schedules, we usually are broke. But as crazy as our schedules can be, it is possible to eat a fast, healthy meal on a college student budget. This pantry staple chili can be prepared days in advanced and reheat as needed; I like to cook this chili on a Sunday afternoon. This chili (though I think it is more like a soup) is not too spicy, just well seasoned. Also, don't be afraid to make this chili your own. If you like things a little spicier, try putting in a pinch of crush red pepper flakes, or for add protein, brown a pound of ground turkey with the onions. And if your budget is a bit tighter than usually, extend the life of your chili by turning it into a "gumbo" by serving it over a bowl of rice. If you want to invite your friends, this chili can easily be doubled. Another frugal tip is if you do not have all these spices you need, or the money, some grocery stores allow you to buy spices by quantity. I like to buy my spices at Whole Foods across the street from campus. This tip ensures I get the freshest spices, and I can buy the required amounts for this recipe for under \$2. So don't be afraid of your stove, or think you don't have the time or money to eat a healthy dinner. If you follow my steps, you can have a hot, delicious meal ready in minutes.

### Spicy Three-Bean Chili

Adapted from Williams-Sonoma Eat Well, by Charity Ferreira (Oxmoor House, 2008)

#### Ingredients:

- \* 1 small can (7 oz.) chipotle chilies in adobo (this can be found in the Hispanic aisle)
- \* 2 Tbs. olive oil or canola oil
- \* 1 yellow onion, diced
- \* 2 garlic cloves, minced
- \* 1 Tbs. chili powder

- \* 1 tsp. dried oregano
- \* 1 Tbs. ground cumin
- \* 1/4 tsp. salt
- \* 1 can (28 oz.) diced tomatoes
- \* 1 can (14 1/2 oz.) pinto beans, drained and rinsed
- \* 1 can (14 1/2 oz.) white beans, drained and rinsed
- \* 1 can (14 1/2 oz.) black beans, drained and rinsed
- \* 2 cups water
- \* 2 tsp. rice vinegar (apple cider or any vinegar in your pantry)
- \* 1/4 cup chopped fresh cilantro

#### Directions:

Puree the chipotle chilies in adobo in a blender (or crush with a fork). Measure out 1 to 2 tsp. and store the rest for another use. The puree will keep in the refrigerator for 1 month.

In a large pot over medium-high heat, warm the oil. Add the onion and sauté, stirring frequently, until the onion softens, about 5 minutes. Stir in the garlic, chili powder, oregano, cumin and salt and cook for 1 minute.

Add the tomatoes, beans and water and bring to a boil. Cover; reduce the heat and simmer, stirring occasionally; for 20 minutes. Stir in the vinegar, cilantro and chipotle puree to taste.

Garnish with a dollop of sour cream, a sprinkle of cheese or fresh cilantro. Serve with warm flour tortillas or cornbread.

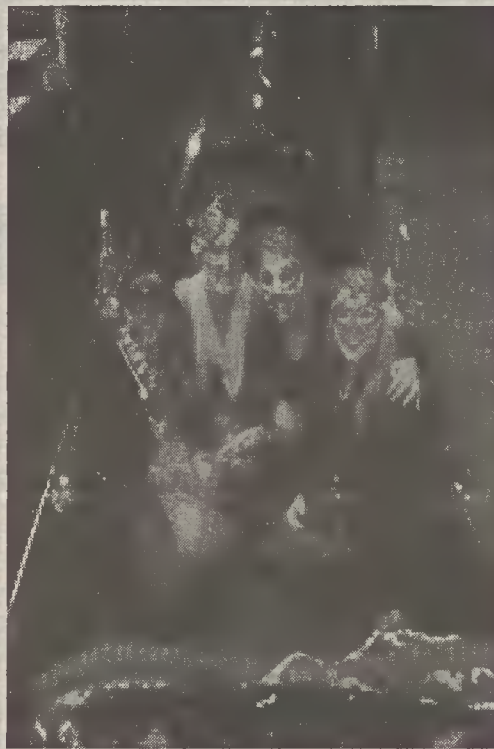
Serves 6 to 8



image via williams-sonoma.com

## Carnevale and Local Culture in Venice, Italy

Colleen Gibbons, Contributing Writer



The girls on the gondola in Venice. image via Colleen Gibbons

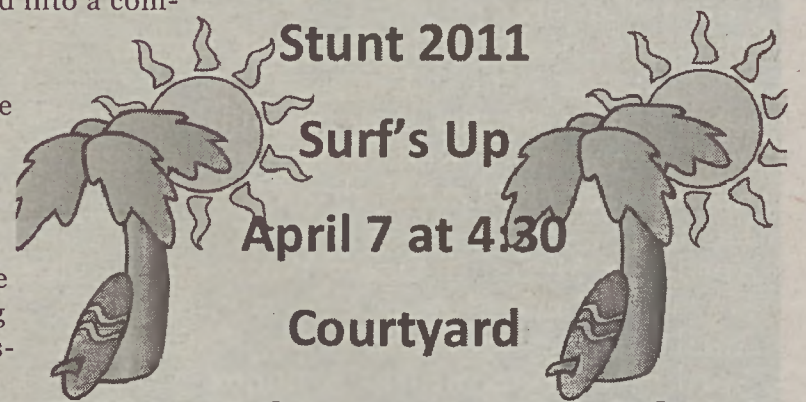
This weekend was unforgettable! It was Carnevale in Venice, and it was unlike any other event I have ever attended. Carnevale is a famous festival that began as a celebration of when the Republic defeated Ulrico in 1162; the slaughtering of animals was the main event at this historic celebration, which traditionally occurred close to Shrove Tuesday. However, over the centuries Carnevale has grown and evolved into a completely different celebration.

Now, Carnevale is a festival that involves masks and elaborate costumes, and it lasts for the entire two weeks leading up to Ash Wednesday. The masks were originally used to hide one's social status; now

they are symbolic of both Carnevale and Venice. It is easy to find keepsakes such as charms, key chains, shirts, and more that have this symbol on them. To join in on the big celebration Saturday, I bought a black and red mask from a store that was filled with all types of masks. What a hard decision that was!

Since we anticipated dense crowds on Saturday, the girls and I decided to float on over to Murano Island to watch glass blowing demonstrations. It was amazing to see such art take form in front of my eyes; it's hard to imagine how this type of art originated. Glassmakers were moved from the main land-mass of Venice to Murano Island in 1291, when their craft was seen as too much of a fire hazard to the town. It is wonderful that there was land available that allowed this art to continue in a safe environment. Watching this display of art was unlike anything I have seen in Italy, which made it all the more interesting.

This weekend I felt as if I was living in a part of history, and knowing the motives for wearing masks and the different reasons for celebration made the experience even more meaningful. I had a wonderful time in Venice and hope to get back another time to explore other aspects of the city.



**Stunt 2011**  
**Surf's Up**  
**April 7 at 4:30**  
**Courtyard**  
**T-Shirt Sales are April 4-7 from**  
**10am to 2pm in Cate**