

A
better
tomorrow
starts
today.

HEALTHY DORM COOKING

A Guide for Preparing Simple,
Healthy and Affordable Foods
in the Residence Halls



FOR YOUR
HEALTH

sodexo
QUALITY OF LIFE SERVICES

DORM STAPLES

- Fresh fruit
- Fresh vegetables
- Dried fruit
- Nuts
- Nut butter
- Cereal (whole grain, low sugar)
- Oatmeal (quick cooking or old fashioned)
- Fat free milk
- Salsa
- Fat free yogurt
- Shredded cheese
- Butter or buttery spread
- Hummus
- Canned tuna
- Eggs (1/2 dozen)
- Whole grain bread
- Whole grain tortillas
- Whole grain crackers
- Popcorn
- Cinnamon
- Salt
- Pepper
- Other spices and condiments as desired

SUPPLIES

- Sharp knife
- Spoon
- Microwave safe bowl
- Microwave safe plate
- Food storage containers
- Plastic wrap
- Dish towels & dishwashing soap (for clean up)

Granola Apple Crisp

2 cooking apples

1 teaspoon butter

1 tablespoon sugar

1/4 cup granola

1/4 teaspoon ground
cinnamon

- Peel, core, and dice apples into one inch pieces. Place in microwave safe bowl
- Sprinkle sugar and cinnamon over apples
- Top with butter
- Cover tightly and microwave on high until tender when pierced with a fork, 3 to 4 minutes
- Serve warm topped with granola and frozen yogurt, if desired



Cereal Trail Mix

2 cups sweetened cereal

1 cup dried fruit (pineapple, raisins, cranberries or apricots)

1 cup add-ins (coconut and toasted slivered almonds, dry roasted peanuts, mixed toasted pumpkin seeds and walnut pieces, mixed banana chips or sunflower kernels)

1 Tbsp Honey (optional)

Mix ingredients in a large bowl. Store in an air tight container.



Frozen Fruit Bites

3 cups fresh fruit (Strawberries, bananas, blueberries, raspberries, or grapes)

1 cup vanilla non-fat yogurt

Dip berries or sliced bananas in yogurt. Place fruit on cookie sheet so they are not touching. Freeze until solid. You may need to turn down the temperature in a mini fridge. Serve and store frozen. Bites can be stored tightly.

Taste the Fall Harvest

- Applesauce: peel and core apples; add sugar and cinnamon; cover and heat in microwave, stirring occasionally, until mushy
- Caramel Apples: melt caramel in microwave and coat whole apples or slices
- Squash or Pumpkin: poke holes in skin, heat in microwave until soft; let cool; remove skin and seeds; add brown sugar and butter (optional)
- Add cooked pumpkin or squash to oatmeal or pudding
- Peel and chop potatoes and beets; microwave covered until soft; add balsamic vinegar, olive oil, marjoram, salt, and pepper
- No Bake Pie: Mix cooked pumpkin or squash, vanilla or pumpkin pudding, cinnamon, and nutmeg; spread into prepared graham cracker crust; top with whipped topping





Microwave Oatmeal

1/2 cup quick cooking rolled oats or old fashioned oats

1 cup water or milk

A LARGE microwave-safe bowl (oatmeal expands and can boil over small bowls)

- Put the oats and the liquid together in the bowl. Add any “mix-ins” you’d like– nuts, dried, fresh, or frozen fruit, coconut, nut butter, jelly, brown sugar, maple syrup, honey, cinnamon. Bananas, maple syrup, and cinnamon is a great combination!
- Microwave, uncovered, on high for 1 1/2 to 2 minutes, or until oatmeal begins to thicken. Old fashioned oats may take longer. If the oatmeal is about to boil over, it’s ready.

Microwave Baked Potato



1 Large russet potato

Toppings of choice: butter, olive oil, cheese, cottage cheese, fat free sour cream, plain Greek yogurt, veggies (broccoli, chives, bell pepper), salsa, chili, and/or tuna

Seasonings of choice: salt, pepper, dill, chili powder, lemon juice, balsamic vinegar, hot sauce

- Scrub the potato, and prick several times with the tines of a fork. Place on a microwave-safe plate.
- Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
- Add desired seasonings and toppings.

Healthy tip: Don't be afraid of substituting plain Greek yogurt for sour cream. It adds the same creaminess and similar taste, but with extra protein and probiotics.

Microwave Scrambled Eggs

- In a microwave-safe bowl whisk an egg. Add salt and pepper if desired.
- Microwave on high about 1 minute until almost set. Stir. If necessary, cover with plastic wrap and let stand until eggs are thickened and no visible liquid egg remains.

Breakfast Burrito

1 whole grain tortilla

1 scrambled egg

1 tablespoon cheese

1 tablespoon salsa

- Wrap ingredients in flour tortilla.
- Possible additions: beans, avocado, lettuce, diced onions, tomatoes, and peppers



Curry Tuna Salad

3 5-oz cans tuna in water,
drained

1/4 cup slivered almonds

2 tablespoons minced red
onion

2 tablespoons raisins

1 tablespoon jarred hoisin
sauce

2 teaspoons mild curry powder

1/4 cup reduced-fat
mayonnaise



Wasabi Tuna Salad

1 6 oz can chunk light tuna

1/4 cup diced water chestnuts

1/4 cup shredded (matchstick)
carrots

1/4 cup reduced-fat
mayonnaise

1 teaspoon wasabi paste (or to
taste)

- In a bowl, combine all ingredients and mix well to combine, breaking up any large chunks of tuna with a fork. Season with salt and pepper.
- Serve on whole grain bread or a whole grain tortilla with lettuce. Or top whole grain crackers or cucumber slices.

Quesadillas



Basic Quesadilla

- Place a tortilla on a microwave-safe plate. Cover half the tortilla with shredded or thinly sliced cheese.
- Microwave for 15-20 seconds.
- Fold the non-cheese half of the tortilla over the cheese half. Turn over.
- Microwave for another 15-20 seconds. Cut into triangles

Variations

- Add salsa, refried beans, and/or chicken with cheddar cheese or pepper jack cheese for a Mexican treat.
- Use marinara or pizza sauce with mozzarella for a pizza-dilla.
- Sharp cheddar and thinly sliced apple makes a delicious sweet and savory option.
- Try cheese and loading on fresh veggies for extra nutrition.

Healthy tip: Tortillas are a versatile alternative to bread. If you keep it in the refrigerator, it stays fresh longer. Try the whole grain ones– they taste great and pack a nutritional punch!

Healthy Snack Ideas

- Fresh fruit
- Fresh vegetables
- String cheese
- Hummus and vegetables or pita wedges
- Low fat cottage cheese
- Whole grain crackers and low fat cheese
- Low fat yogurt
- Whole grain cereal
- Rice cake topped with nut butter
- $\frac{1}{4}$ c Dried fruit
- Canned fruit
- $\frac{1}{4}$ c Nuts
- Granola bars with protein and fiber
- Pretzels and peanut butter
- Apples and peanut butter
- Unsweetened applesauce
- Peanut butter and a banana on whole wheat bread
- Light or air-popped popcorn
- Chocolate milk
- $\frac{1}{2}$ Turkey sandwich on whole wheat bread
- Hard boiled egg
- Frozen yogurt
- Fruit smoothie
- Frozen grapes
- Salsa and baked tortilla chips or vegetables
- Ants on a log

Healthy Snack Ideas Continued

- Peanut butter and a banana
- Cherry tomatoes
- Guacamole and vegetables
- Veggie chips
- Steamed veggies
- Laughing Cow light cheese
- Bean salad
- Fruit popsicle
- Edamame
- Roasted vegetables
- Oatmeal
- ½ c sherbet with fruit
- Apple chips
- Fruit bark
- ½ Wheat bagel
- Fruit or vegetable pizza
- ½ Turkey wrap with a whole grain tortilla
- Fruit Kabob
- English muffin pizza
- Whole grain muffin
- Berry salad (berries tossed with orange juice or honey and mint)
- ¼ c Sunflower, pumpkin or other seeds



Microwave Breakfast Cookie

1 ripe banana

1 tablespoon coconut

1/2 cup rolled oats

1 tablespoon mini chocolate

2 tablespoons raisins

chips

2 tablespoon honey

1 teaspoon ground cinnamon

- In a bowl, mash banana. Add the rest of the ingredients to mashed banana and mix well.
- Grease a clean, microwave safe bowl. Pour banana oat mixture into greased bowl.
- Microwave on high for about 3 minutes.
- Remove from microwave and let stand for a minute or two to cool.
- Invert onto plate and enjoy. Or eat as is in bowl. Or remove from bowl, wrap in napkin, and take with you for later.

These are great and can be eaten plain or drizzled with maple syrup or honey. Or smear them with almond butter or jam or anything else that sounds good. Add for endless varieties of cookies: nuts, cocoa, peanut butter, dried fruit, maple syrup, powdered coffee, pumpkin puree

Thai Peanut Dip



½ cup creamy or chunky peanut butter, preferably natural

1 clove garlic, minced

1 teaspoon brown sugar

½ cup water

1 Tablespoon reduced-sodium soy sauce

1 Tablespoon lime juice

Cayenne pepper to taste

- Stir together peanut butter, garlic, brown sugar, water, soy sauce, lime juice, and cayenne pepper until smooth. Refrigerate 2 hours before serving for best flavor.
- Serve with raw vegetables or pita bread. Add extra water to make a delicious stir-fry sauce or salad dressing.



Apple Sandwiches

Core an apple and slice into 1/4 inch slices. Spread peanut butter on an apple slice. Top with granola and chocolate chips.

Fruit Wraps

1 whole wheat tortilla	sliced
1 Tbs softened fat free cream cheese	2 Tbs blueberries
1 tsp brown sugar	2 Tbs low fat granola
2 strawberries, hulled and	1 Tbs chopped pecans or walnuts

Mix together cream cheese and sugar. Spread mixture over entire tortilla. On one rounded end, layer strawberries, blueberries, granola and pecans. Roll, cut and enjoy!

Peanut Butter & Jelly

Sushi Rolls

From allrecipes.com

- 2 slices bread
- 2 tablespoons peanut butter
- 2 tablespoons jelly



- Remove crusts from bread. With a rolling pin or large soup can, completely flatten bread.
- Spread 1 tablespoon of peanut butter and 1 tablespoon of jelly on each slice of bread.
- Roll each slice into a tight spiral. Cut each spiral into 4 pieces.

THE
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