

E-Z Recipes for the Residence Hall

Your residence hall allows some cooking equipment in your room. If you are not sure what is allowed, check with your RA. These recipes use a microwave or blender to prepare the food along with basic utensils.

Creamy Oatmeal

Turn a quiet bowl of oatmeal into a morning energy booster! Follow directions for preparing 1 packet of instant oatmeal, substituting fat free or low fat milk for the water (1/2 cup). After oatmeal has cooked, stir in fruit, such as blueberries, strawberries or peaches

Burritos

You can make them better than Taco Bell. Here's how. Spread a flour tortilla with a thick layer of low-fat refried or black beans. Sprinkle on grated cheddar or jack cheese. Roll into a burrito, tucking in the bottom and top. Cover with a paper towel or napkin. Place in microwave and heat on high until warmed and cheese is melted. Serve with salsa.



Eggs

Use them to add protein to your meals.

Boiled: add to salads (adding just the whites contributes very few calories and no fat).

Scrambled: spray a microwavable bowl with oil. Add eggs and beat. Place in center of microwave and cook on high until eggs bubble up to top. Remove eggs while still slightly runny; let sit for 1-2 minutes until hard.

Breakfast burrito: wrap scrambled eggs in warmed flour tortilla; top with salsa or a bit of grated cheese

To reduce the cholesterol in eggs, substitute 2 egg whites for 1 of the whole eggs or use egg substitutes like Egg Beaters® or Better 'N Eggs®.

Homemade Trail Mix

In a large bowl, mix 1 cup each peanuts or soy nuts, raisins or other chopped dried fruits with 2 cups low sugar/high fiber cereal like Cheerios® and a handful of M&Ms®. Store in a tightly sealed plastic bowl. Serve yourself just the amount you need at the moment. Store the rest in the pantry or cabinet. Enjoy with a glass of skim or fat free milk.

Sweet Potato Delight

Wash a sweet potato and poke a few holes in it. Wrap in a paper towel and microwave for 5-7 minutes, until soft. Remove the paper towel, place on a paper plate and cut open.

Sweet potatoes are delicious plain or add some cinnamon for a hint of spice. Eat alone or serve with a slice of whole grain toast and fruit. Enjoy the vitamin A packed delight!



Protein Smoothie

Perk up your morning with a protein smoothie or have it with lunch. Put into blender:

- 1 scoop of soy protein powder
- 1 ripe banana or 1 cup fresh/frozen fruit
- 1 cup soy or cow's milk (fat free or 1%)
- 1-2 cubes ice if desired

Sweeten to taste. Blend at high speed until smooth and creamy.

Cold Pasta Salad & Dessert

- 1/2 box pasta, cooked and rinsed under cold water
- 1 can chick peas or kidney beans, rinsed under cold water for 1 minute and drained
- 1 cup chopped, fresh or leftover vegetables (onion, peppers, tomatoes, broccoli, etc.)
- 1 small can sliced black olives
- salad dressing of your choice, preferably olive oil based or lite creamy version

Empty the cooked pasta into a large mixing bowl. Add beans, chopped vegetables and the olives. Pour 1/4 to 1/2 cup dressing over mixture. Stir gently in large bowl until well coated. Enjoy vanilla yogurt and fresh fruit for dessert.

