Cooking Real Food *In the College Dorm*

Your Cookbook of Recipes for Cooking in the College Dorm

by DishDish.US

Even if you have a meal plan on campus, there will be times when you are yearning for some real food and would like to whip up something quick and easy in your dorm room
(even if your only cooking method is a microwave).

We hope you enjoy these real food ideas.

Find many more recipes for easy meals and snacks in the free ***College Cooking cookbook*** on Dish Dish.

Baked Potato with Chili & Cheese

Ingredients:

1 potato (washed)

1 can of chili

grated cheese

butter (optional)

salt and pepper

Directions:

1. Prick the potato with a fork several times (to allow steam to escape while cooking).
2. Cook potato 4-5 minutes on high heat in microwave until potato is cooked through (fork is easily inserted into center).
3. Meanwhile, open can of chili and place in microwave-safe bowl for heating. Cover lightly and heat for 60 seconds.
4. Cut open potato, season with a little butter, salt and pepper (if desired); top with chili and grated cheese.
5. Enjoy!

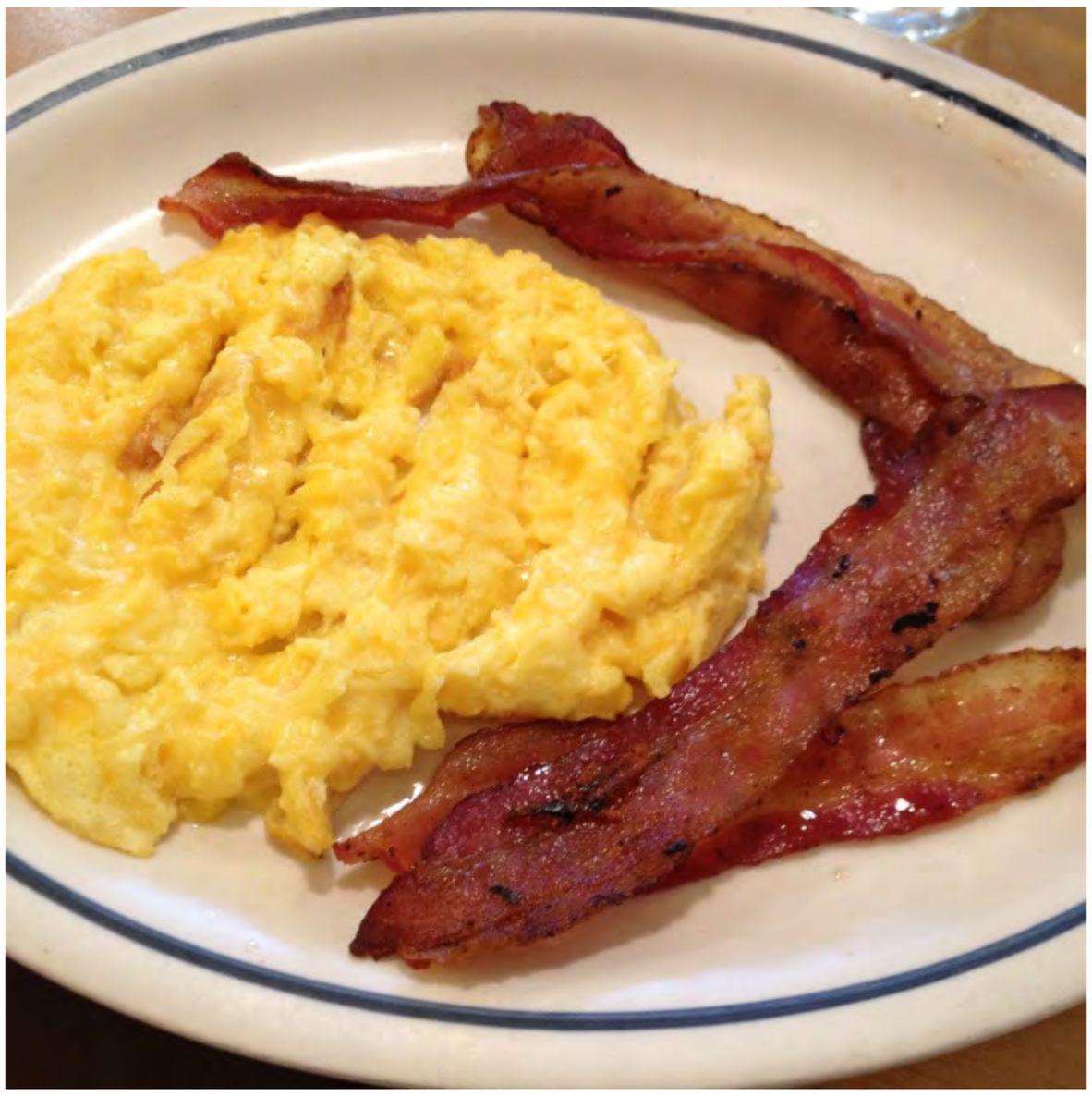
Caprese Wraps with Chicken

Ingredients:

1 Tbsp. olive oil
1 Tbsp. white wine vinegar
salt & pepper, to taste
2 c. romaine lettuce, chopped
2 c. cooked chicken
1/2 c. fresh mozzarella
1/4 c. fresh basil leaves
1 c. cherry tomatoes
4 multigrain flatbreads

Directions:

1.To cook chicken, season well, place in microwave-safe dish, cover lightly, and cook for 5-7 minutes until cooked through; dice or slice.
2. Combine oil, vinegar, salt and pepper, stirring briskly until blended.
3. Stir in lettuce, chicken, cheese, basil & halved tomatoes, tossing to cover.
4. Heat flatbreads in microwave for 15-20 seconds.
5. Arrange 1/2 cup chicken mixture in center of each flatbread; roll up and enjoy!



Crispy Bacon with Scrambled Eggs

Ingredients;

Bacon slices

Eggs

Optional: cheese, herbs, veggies

Directions:

1. Set a bowl on a plate and drape bacon slices over bowl; cover with paper towel and cook in microwave on high heat 2-4 minutes, until cooked through and crispy.

2. Meanwhile, in a bowl, beat eggs lightly with a fork; cook in microwave in 30 second intervals, stirring each time, until cooked through. (If adding any chopped veggies or herbs, mix in with eggs before cooking). Stir in cheese, if using, after cooking eggs.

Microwave Mac and Cheese

Ingredients:

1/2 c. macaroni pasta

1/2 c. water

1/4 tsp. salt

1/4 cup milk

1/4 to 1/2 cup shredded cheese

optional add-ins: diced veggies, tuna,
cooked chicken or sausage

Directions:

1. Place pasta, water and salt in microwave-safe bowl (a tall one so water won't over-flow when cooking).
2. Microwave pasta for 2 minutes, then stir (watching to make sure water doesn't bubble over side of bowl).
Microwave in 2 minute increments, stirring each time, until cooked through, about 5-8 minutes. If needed, add a little more water.
3. Stir milk and cheese into pasta (using towel to remove bowl from microwave) along with any extra add-ins.
4. Microwave for 30 seconds at a time until cheese is melted, stirring each time, for about 1-1/2 or 2 minutes. Add extra milk and cheese, if needed, for desired consistency.

Chicken Fajitas

Ingredients:

1/2 onion, sliced

1/2 green or red pepper, sliced

4 chicken tenderloins

taco or fajita seasoning

tortillas

optional toppings: cheese, salsa, sour cream, avocado

Directions:

1. Place sliced onions and peppers into bottom of microwave-safe casserole dish (with lid).
2. Sprinkle taco or fajita seasoning generously over vegetables.
3. Lay chicken tenderloins over top of peppers and onions, and sprinkle generously with seasoning.
4. Cover and cook in microwave on high for 10 minutes.
5. Warm tortillas in microwave for 15-20 seconds, and top with chicken and veggies mixture.
6. Add desired toppings - salsa, grated cheese, sour cream, avocado, etc., and enjoy.

Cup of Noodles - Simple Soup

Ingredients:

1 tsp. fresh minced ginger

dash of crushed red pepper

1 green onion, chopped fine

1/4 cup yellow pepper, finely chopped

2 handfuls of spinach

2 oz. vermicelli rice noodles

1 chicken or vegetable stock bouillon cube

1 lime, halved

1 handful fresh cilantro and basil, chopped

Directions:

1. In large heatproof bowl, combine all ingredients except lime.

2. Boil fresh water in another container in microwave or kettle. Pour hot water over ingredients in bowl until water just covers everything. With a fork, stir until bouillon cube has dissolved.

3. Let soup rest for a minute, then squeeze lime over top, and enjoy!

Black Bean and Rice Burrito Bowl

Ingredients:

1 package Ready Rice (microwaveable rice)

1 can black beans

1/2 cup shredded cheese

1/4 cup salsa

1/2 avocado - diced or sliced

optional: diced tomatoes, green onion, sour cream, diced cooked chicken

Directions:

1. Cook rice according to package directions.

2. In large microwave-safe bowl, combine rice, beans, cheese, salsa, (and chicken, if using); heat in 30 second intervals and stir until cheese is melted and all is heated through.

3. Top with avocado and any other desired toppings.

Farmers Market Pasta Salad

Ingredients:

2 c. rotini pasta, cooked

1 c. broccoli florets

1 c. carrot slices

1 c. halved cherry tomatoes

2 green onions, sliced

16 oz. cottage cheese

1/2 c. Ranch salad dressing

Directions:

1. Cook pasta in microwave - in large bowl with enough water to cover, cooking 2 minutes at a time, stirring each time, for 6-8 minutes until pasta is cooked through. Drain.

2. Combine pasta with vegetables in a large bowl. Stir in cottage cheese and dressing; mix lightly.

3. Refrigerate until ready to serve.

Photo cred: www.biggerbolderbaking.com

Pizza in a Mug

Ingredients:

1/2 c. all purpose flour

1/4 tsp. baking powder

1/8 tsp. baking soda

1/4 tsp. salt

6 Tbsp. milk

2 Tbsp. olive oil

2 Tbsp. marinara sauce

2 Tbsp. shredded mozzarella cheese

1/3 c. pepperoni slices

1/2 tsp. dried Italian herbs (basil or oregano, etc.)

Directions:

In a microwavable 10 oz. mug, mix together flour, baking powder, baking soda & salt. Add in milk & oil and mix well (it's okay for it to have some lumps).

Spoon marinara sauce into mug and spread around surface of batter.

Sprinkle the cheese, pepperoni & dried herbs over top.

Microwave for about 90 seconds, until it rises up & toppings are bubbling (timing may vary by microwave).

Enjoy!

Photo: Sugar Stiletto Style

French Toast in a Mug

Ingredients:

2 slices of bread, cubed

1 egg

1 Tbsp. melted butter

1/2 tsp. sugar

2 Tbsp. milk

1 tsp. cinnamon

1/4 tsp. vanilla

powdered sugar & syrup

Directions:

Melt butter in microwave, then coat sides of the mug with it to prevent sticking. Whisk the egg in the mug; then add milk, sugar, cinnamon and vanilla, mixing well.

Add the cubed bread, allowing to soak for 1 minute (gently stir bread around to make sure all pieces are coated evenly).

Microwave on High for about 90 seconds, checking every 30 seconds until egg is completely cooked. Top with powdered sugar and syrup, if desired, and enjoy.

Photo: Brooklyn Farmgirl

Blueberry Maple Oatmeal (Overnight)

Ingredients:

1/2 c. old fashioned oats

1/2 c. milk + splash in morning

1/4 tsp. cinnamon

1 tsp. maple syrup

1/2 c. fresh blueberries

Directions:

Combine all ingredients in a jar or bowl. Stir until everything is combined.

Cover and refrigerate overnight.

In the morning, splash a little milk on top and stir around again. Enjoy!

Photo: Nugglemama

Microwave Popcorn (Healthy)

Ingredients:

1 brown paper lunch bag
1/4 c. popcorn kernels
salt or popcorn seasoning salt

Directions:

Place unpopped kernels in the paper bag and fold firmly shut.

Cook on high in microwave for 70-100 seconds, or until there is 3 seconds between pops.

Pull out and season with salt, or other desired flavorings, and enjoy!

Keep the recipes easy at hand

along with your grocery shopping list, with the Dish Dish Online Cookbook App for iOS.

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