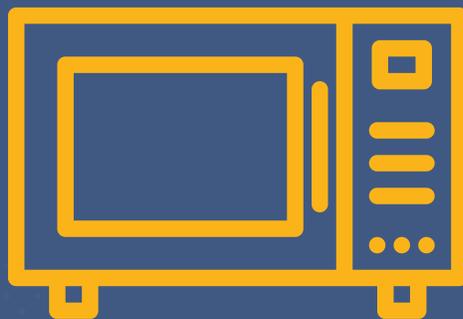




# Budget- Friendly Meals that Can Be Made in a Dorm

A COOKBOOK FOR THE COLLEGE STUDENT



By Ellen Druebbisch & Anni Oranjian



**This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP.  
This institution is an equal opportunity provider.**

# Table of Contents

<b>About This Cookbook.....</b>	<b>4</b>
<b>Food Safety.....</b>	<b>5</b>
<b>What You'll Need.....</b>	<b>6</b>
<b>Budgeting Tips.....</b>	<b>7</b>
<b>Campus Food Pantry.....</b>	<b>8</b>
<b>SNAP.....</b>	<b>9</b>
<b>Seasonal Produce.....</b>	<b>10</b>
<b>Basic Nutrition.....</b>	<b>11</b>
<b>MyPlate.....</b>	<b>13</b>
<b>Dorm Room Staples.....</b>	<b>14</b>
<b>Common Abbreviations &amp; Conversions...</b>	<b>15</b>
<b>Microwave Safety Tips.....</b>	<b>16</b>
<b>Recipes</b>	
<b>Breakfast.....</b>	<b>17</b>
<b>Lunch/Dinner.....</b>	<b>23</b>
<b>Snacks.....</b>	<b>32</b>

# About This Cookbook

Being a college student, balancing academics, sports, clubs, work, maintaining a social life, and sleeping enough can all be very overwhelming and can lead to missed meals. Food preparation can be time-consuming, expensive, and stressful - three things college students do not need more of in their lives. It doesn't have to be that way though!

Cooking and eating can be quick, tasty, budget-friendly, and provide energy for a busy day. Food can be the center of social gatherings and celebrations and have strong cultural meaning for many people.

Our hope is to empower students, with limited kitchen appliances to make nutritious and delicious food, whether that's for everyday meals or fun events with friends or family.

The purpose of this cookbook is to help you, the college students, have more confidence in meal preparation. These recipes are budget-friendly, dorm-friendly, tasty meals that will give you the energy to stay on track with all of the other things in your life.

Enjoy!

# Food Safety

Cooking at home or in a dorm is a great way to save money and time. Practice food safety when cooking to help prevent foodborne illness.



**SAFETY  
FIRST**

Here are a few tips:

## 1. Clean

- Wash hands, food, counters, and cookware before starting to cook.
- Wash hands and cookware with warm to hot soapy water before and after handling food.
- Rinse fruits and vegetables before cooking with or eating them. Do not rinse poultry, meat, fish, or eggs.
- After handling raw eggs, wash hands thoroughly with warm to hot soapy water for 20 seconds.

## 2. Separate

- Separate raw and ready-to-serve foods at all times from purchasing to serving.
- Raw foods should be stored below ready-to-eat foods in the refrigerator.
- Dedicate a cutting board in your cooking space to raw foods only - use a separate one for ready-to-eat foods.

## 3. Cook

- Foods need to reach a minimum internal temperature to kill germs and be safe to eat. This can be measured using a food thermometer.
- Cook eggs completely through. You'll know when an egg is cooked through when both yolk and white are firm. Scrambled eggs should never be runny; they should be firm throughout.

## 4. Chill

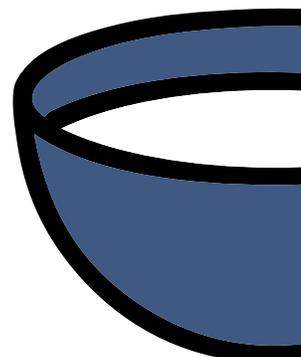
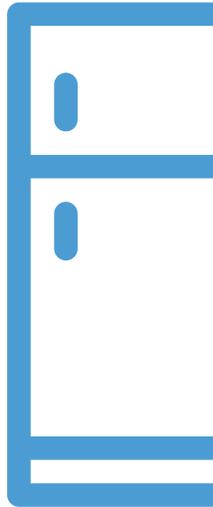
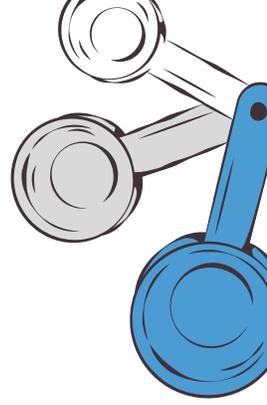
- Put food in the fridge as soon as possible after cooking or eating.
- 2-Hour Rule: Put food in the fridge or freezer within 2 hours after cooking or purchasing from the store.
- Thaw food in the fridge, under cold water, or in the microwave - not by leaving it on the counter.

# What You'll Need

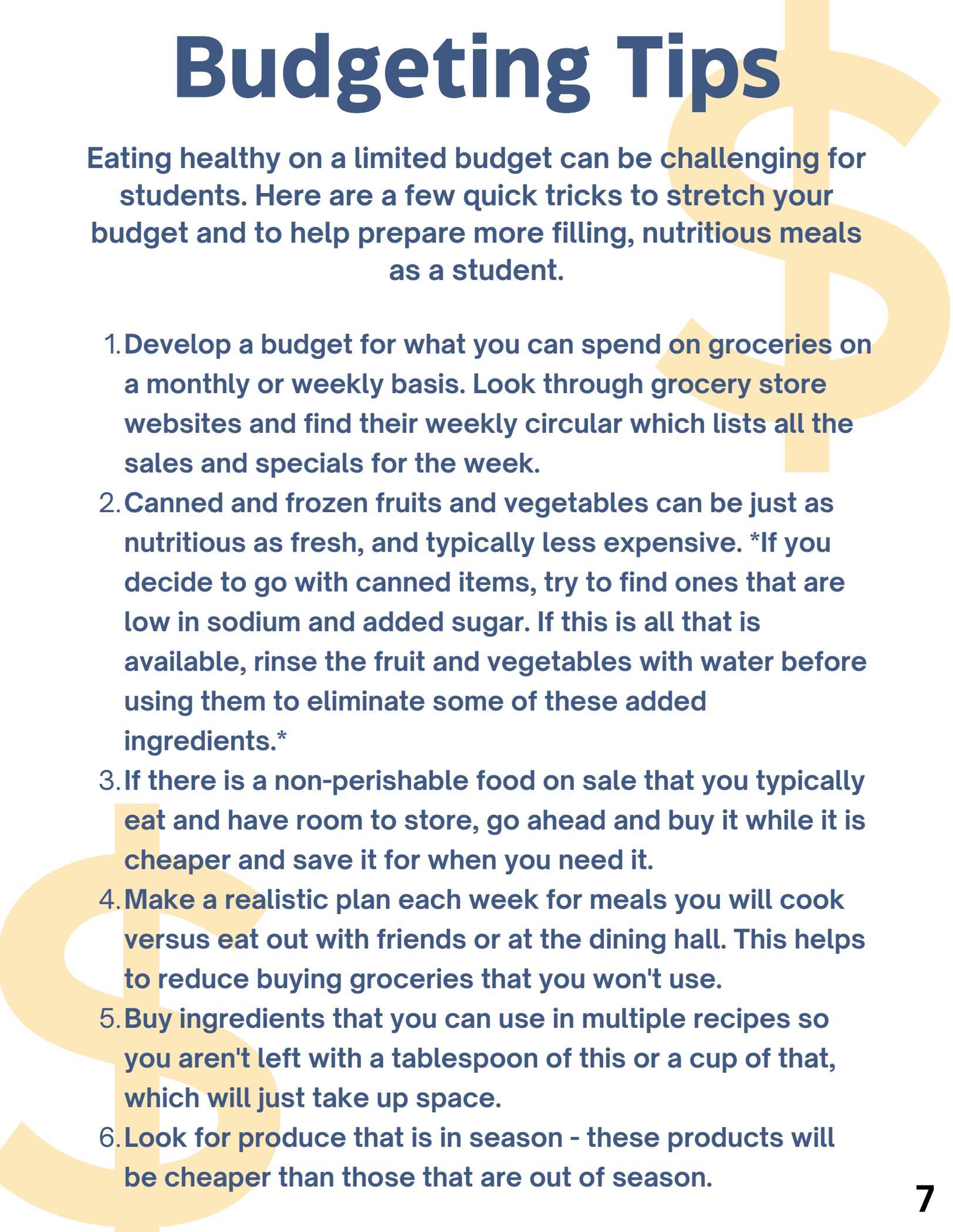
These recipes are designed to be made with limited kitchen access, but assumes there is a microwave and refrigerator/freezer available for use. If you are missing any of the cooking tools, think about asking for them as a holiday or birthday present, looking at availability at local thrift or consignment shops, or visiting a dollar store nearby. These pieces do not need to be fancy, they just need to get the job done!

You'll need:

- Microwave
- Refrigerator/freezer
- Measuring cups and spoons
- A couple microwave-safe mixing bowls/containers
- Paper towels or a dish cloth/towel for clean-up
- One mixing spoon
- A couple plates and plastic containers (for leftovers)
- One spoon, fork, and knife
- Can opener



# Budgeting Tips



Eating healthy on a limited budget can be challenging for students. Here are a few quick tricks to stretch your budget and to help prepare more filling, nutritious meals as a student.

1. Develop a budget for what you can spend on groceries on a monthly or weekly basis. Look through grocery store websites and find their weekly circular which lists all the sales and specials for the week.
2. Canned and frozen fruits and vegetables can be just as nutritious as fresh, and typically less expensive. \*If you decide to go with canned items, try to find ones that are low in sodium and added sugar. If this is all that is available, rinse the fruit and vegetables with water before using them to eliminate some of these added ingredients.\*
3. If there is a non-perishable food on sale that you typically eat and have room to store, go ahead and buy it while it is cheaper and save it for when you need it.
4. Make a realistic plan each week for meals you will cook versus eat out with friends or at the dining hall. This helps to reduce buying groceries that you won't use.
5. Buy ingredients that you can use in multiple recipes so you aren't left with a tablespoon of this or a cup of that, which will just take up space.
6. Look for produce that is in season - these products will be cheaper than those that are out of season.

# Campus Food Pantry



Photo from:

<https://www.brooklyn.cuny.edu/web/about/offices/studentaffairs/student-support-services/food-pantry.php>

Being a college student can get expensive and even with smart budgeting, sometimes other needs take priority over the food budget.

More recently, college campuses have food pantries where students can pick up non-perishable, shelf-stable food items (canned goods, pasta, rice etc.) at no cost with no questions asked. College is hard enough, no student should have to worry about how they're going to get their next meal.

Many of the recipes in this cookbook use food items that can be found in a campus food pantry. Look into your campus resources to see if there is one available to you!



# SNAP

## What is SNAP?

SNAP is a federal program that provides monthly funds for people to buy the food they need through an EBT card.



## What Can SNAP Buy?

- Fruits and vegetables;
- Meat, poultry, and fish;
- Dairy products;
- Breads and cereals;
- Other foods such as snack foods and non-alcoholic beverages; and
- Seeds and plants, which produce food for the household to eat.

## Are Students Eligible?

Students are able to apply to SNAP for assistance if they are enrolled at least half-time in an institution of higher education and meet the eligibility criteria. You can learn more about eligibility criteria and how to apply here: <https://www.fns.usda.gov/snap/students>



Scan here to learn more  
about SNAP benefits

# What Foods Are in Season?

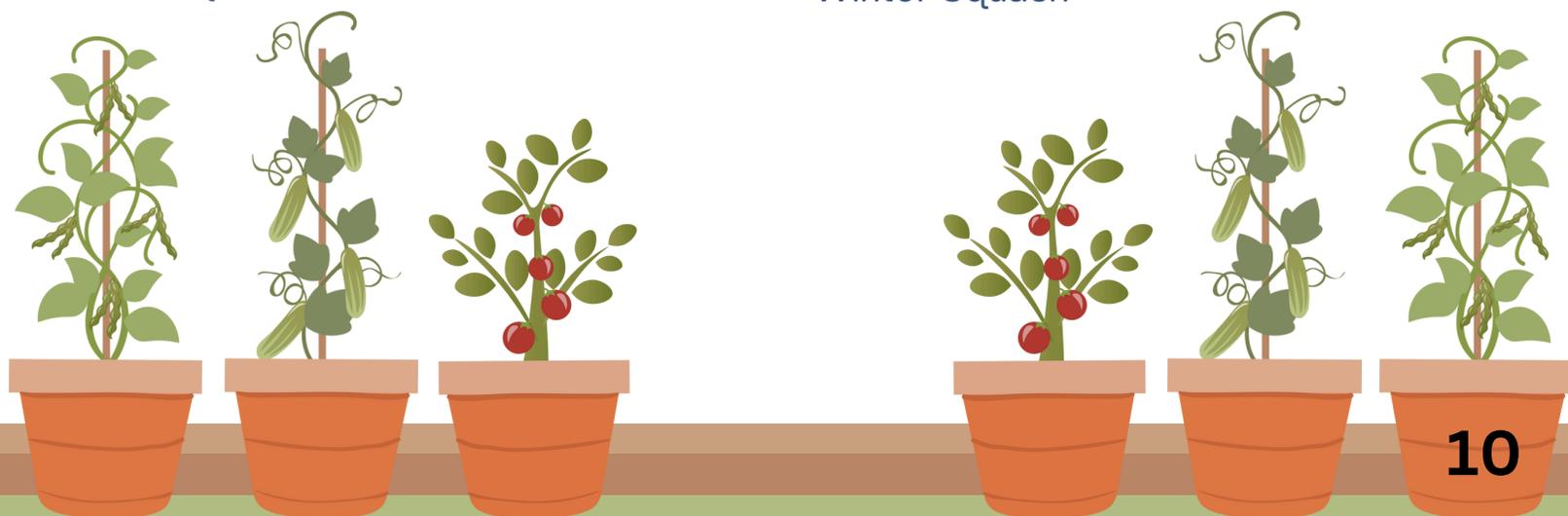
Fruits and vegetables that are in season will be cheaper than ones that are out of season. Don't know what food items are in season, follow the guide below. Look for these the next time you're at the supermarket!

**Spring:** Apples, Apricots, Asparagus, Avocados, Bananas, Broccoli, Cabbage, Carrots, Celery, Collard Greens, Garlic, Herbs, Kale, Kiwi, Lemons, Lettuce, Limes, Mushrooms, Onions, Peas, Pineapple, Radishes, Rhubarb, Spinach, Strawberries, Swiss Chard, Turnips

**Fall:** Apples, Bananas, Beets, Bell Peppers, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cranberries, Garlic, Ginger, Grapes, Green Beans, Herbs, Kale, Kiwi, Lemons, Lettuce, Limes, Mangos, Mushrooms, Onions, Parsnips, Pears, Peas, Pineapples, Potatoes, Pumpkin, Radishes, Raspberries, Rutabagas, Spinach, Sweet Potatoes, Yams, Turnips, Winter Squash

**Summer:** Apples, Apricots, Avocados, Bananas, Beets, Bell Peppers, Blackberries, Blueberries, Cantaloupe, Carrots, Celery, Cherries, Corn, Cucumbers, Eggplant, Garlic, Green Beans, Herbs, Honeydew Melon, Lemons, Lima Beans, Limes, Mangos, Okra, Peaches, Plums, Raspberries, Strawberries, Summer Squash, Tomatillos, Tomatoes, Watermelon, Zucchini

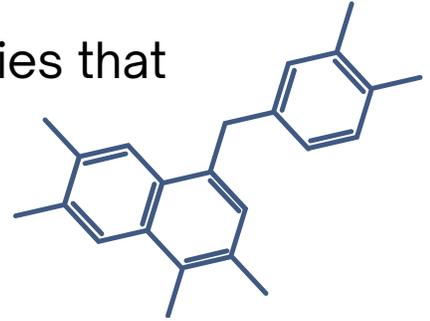
**Winter:** Apples, Avocados, Bananas, Beets, Brussel Sprouts, Cabbage, Carrots, Celery, Collard Greens, Grapefruit, Herbs, Kale, Kiwi, Leeks, Lemons, Limes, Onions, Oranges, Parsnips, Pears, Pineapples, Potatoes, Pumpkin, Rutabagas, Sweet Potatoes, Yams, Swiss Chard, Turnips, Winter Squash



# Basic Nutrition

## Macronutrients

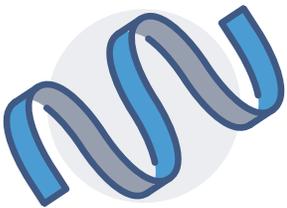
Nutrients are needed in larger quantities that provide energy to the body.



### Carbohydrates

- Made of chains of sugar molecules that the body breaks down for energy.
- The quickest form of energy for the body.
- Needed to support bodily functions and physical activity.
- Sources include: rice, pasta, fruit, popcorn, cookies, bread, potatoes.

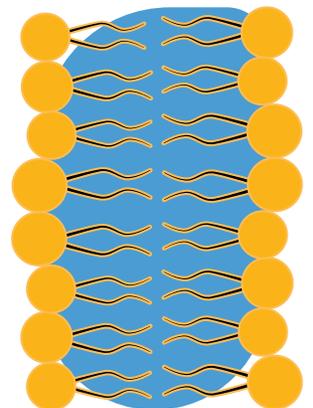
### Protein



- Utilized in muscle growth, wound healing, forming hormones and enzymes, and providing some energy.
- Sources include: meat, fish, beans, tofu, dairy products, eggs, nuts.

### Fats

- Needed to absorb vitamins, protect organs, provide energy, and support cell function and growth.
- Sources include: fish, oils, nuts, seeds, avocado, full-fat dairy products, many baked goods.



# Basic Nutrition

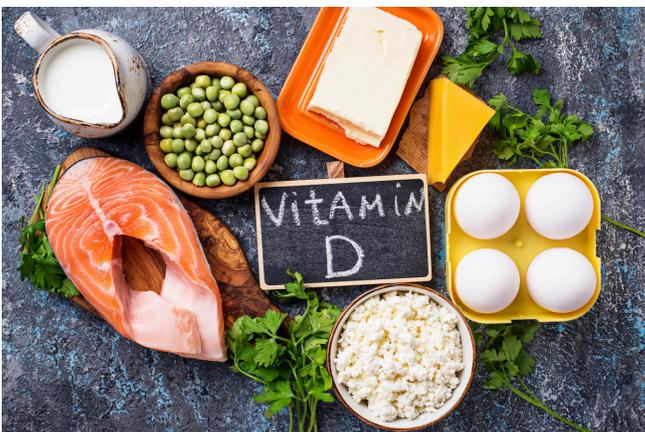
## Micronutrients

Nutrients that are essential for many bodily functions, but do not provide energy and are needed in smaller amounts.



## Vitamins/Minerals

- Important for supporting functions in the body including energy production, immune function, blood clotting, and more.
- Sources: most abundantly found in fruits, vegetables, and legumes, but some can be found in meat, fish, and dairy products.



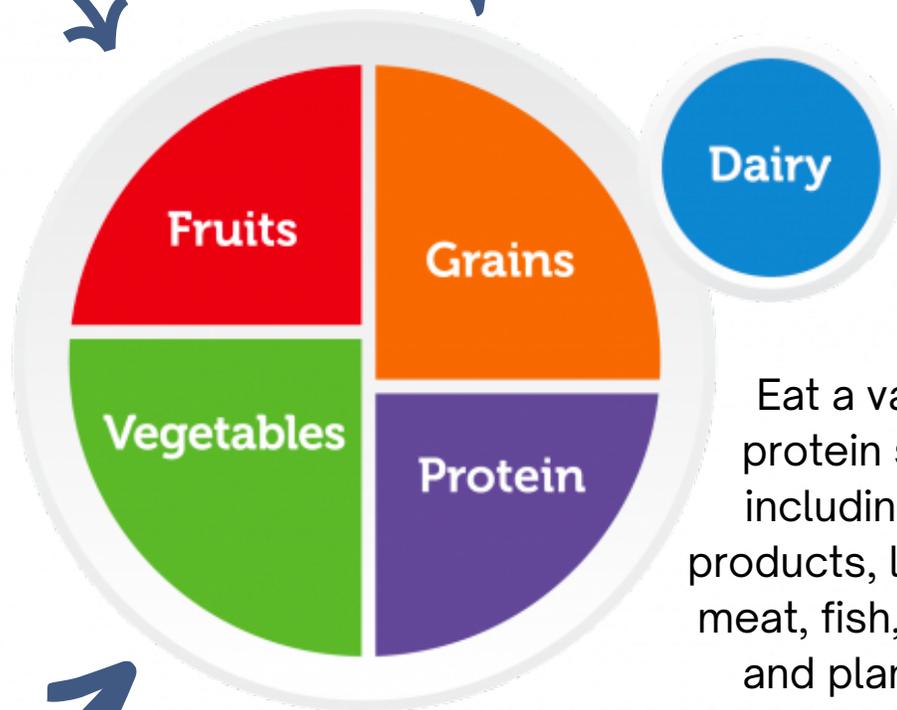
# My Plate

<https://www.myplate.gov/eat-healthy/what-is-myplate>

MyPlate is a visual representation of what a healthy diet can look like. It is important to include foods from each food group in order to consume all needed macronutrients and micronutrients. Some key elements of this eating pattern include:

Strive to make half of your grains whole grains, which contain fiber and other important nutrients.

Make half of your plate fruits and vegetables. Remember, it is important to eat a rainbow of produce to get needed micronutrients



Eat a variety of protein sources, including animal products, like poultry, meat, fish, and eggs, and plant-based protein sources, like soy, nuts, seeds, and beans.

Limiting foods and beverages that have added sugar, saturated fat, and sodium by focusing on choosing whole foods is a great way to limit extra calories.

# Dorm Room Staples

Keep some of your favorite foods stocked to make it easy to make a meal and reduce the urge to skip the meal or find an option that might be less nutritious on a regular basis.

This can also save you money and time! \*Going out and enjoying a meal with friends sometimes is not something to avoid in terms of nutrition, but this will provide ideas for when you are tight on time and are deciding between a quick, home-cooked meal or going to a fast food restaurant\*

## Building a meal for yourself

1

**Pick your protein source.** Easy ideas to keep around are canned beans, chicken, and tuna; peanut butter; tofu; or frozen pre-cooked chicken if you have access to a freezer.

2

**Pick your carbohydrate source.** Easy ideas to keep around are microwavable rice bags, pasta, whole grain bread, or potatoes.

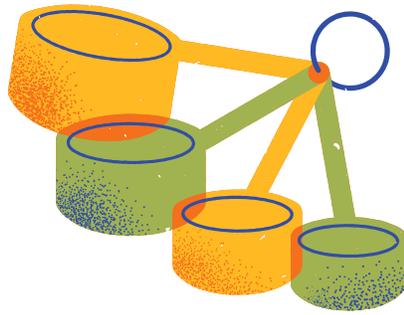
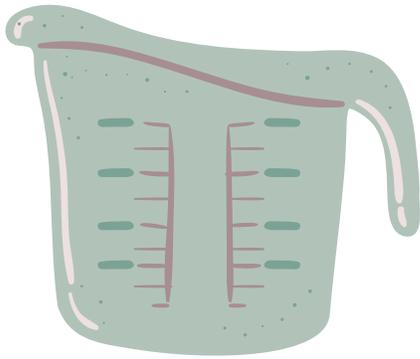
3

**Pick a healthy fat.** This could mean cooking with olive oil, including peanut butter or other nuts, or keeping around frozen or fresh avocado - just as ideas!

4

**Pick a vegetable and/or fruit.** Depending on the meal, try to include one or both of these food groups. Keeping some fresh, frozen, or canned fruits and vegetables makes it easy to not leave these out of your meal.

# Common Abbreviations & Conversions



1 Tbsp. = 3 tsp.

4 Tbsp. = 1/4 c.

1 fl. oz. = 2 Tbsp.

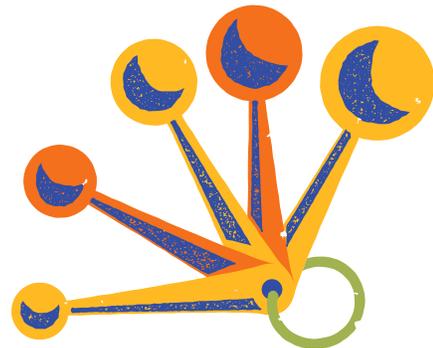
1 c. = 8 fl. oz.

1 pt. = 2 c.

1 qt. = 4 c.

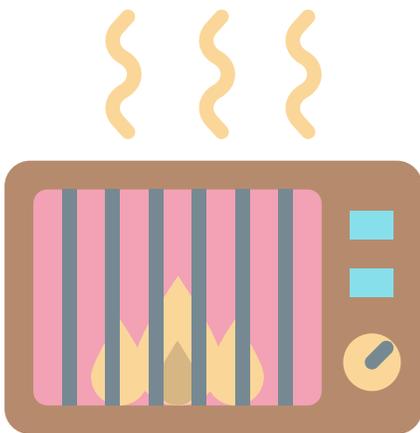
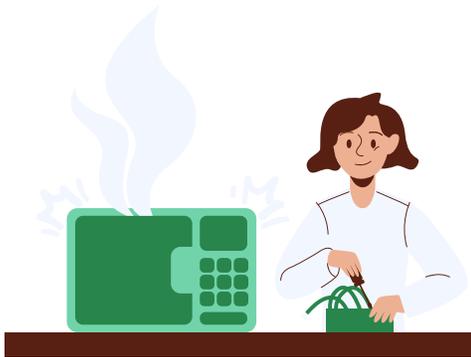
1 gal. = 4 qt.

Name	Abbreviation
Tablespoon	Tbsp.
Teaspoon	tsp.
Cup	c.
Ounce	oz.
Fluid ounce	fl. oz.
Pint	pt.
Quart	qt.
Gallon	gal.

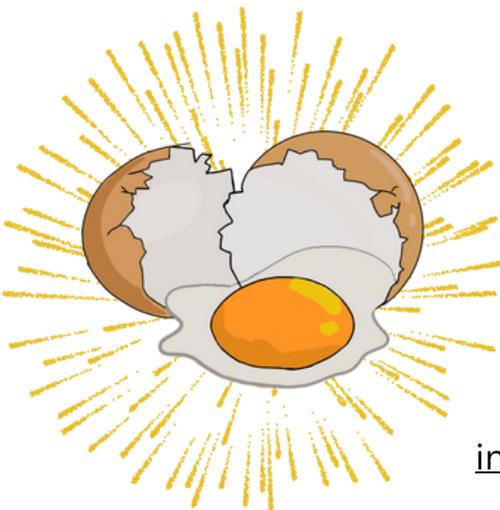


# MICROWAVE SAFETY TIPS

Microwaves are a great appliance to cook and reheat food quickly, but using them incorrectly can lead to serious damages or injury. Here are some tips to use a microwave safely:



- Only use containers that are labeled microwave safe.
- Never place metal into the microwave: this includes metal utensils and aluminum foil. Metals will spark and can cause fires.
- To avoid fires, never leave the microwave unattended once in use.
- Never boil eggs! Eggs that are cooked in their shell will explode.
- When cooking potatoes, squash, or eggs, be sure to puncture with a fork or knife to allow steam to escape to prevent explosions.

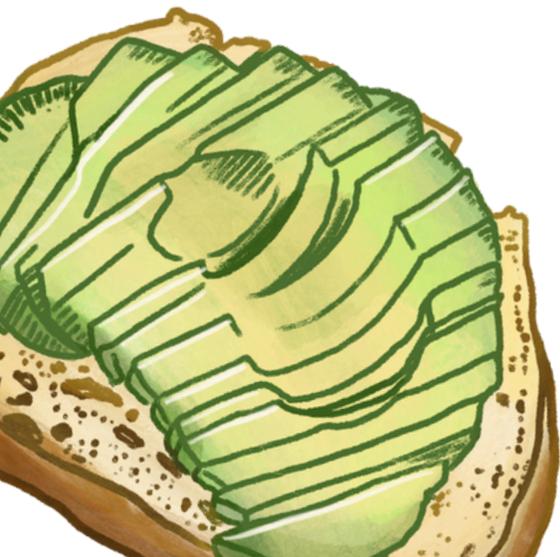


<https://www.statefarm.com/simple-insights/residence/microwave-safety-beware-of-potential-dangers>



# BREAKFAST

Fuel your body for the day ahead!



# AVOCADO TOAST

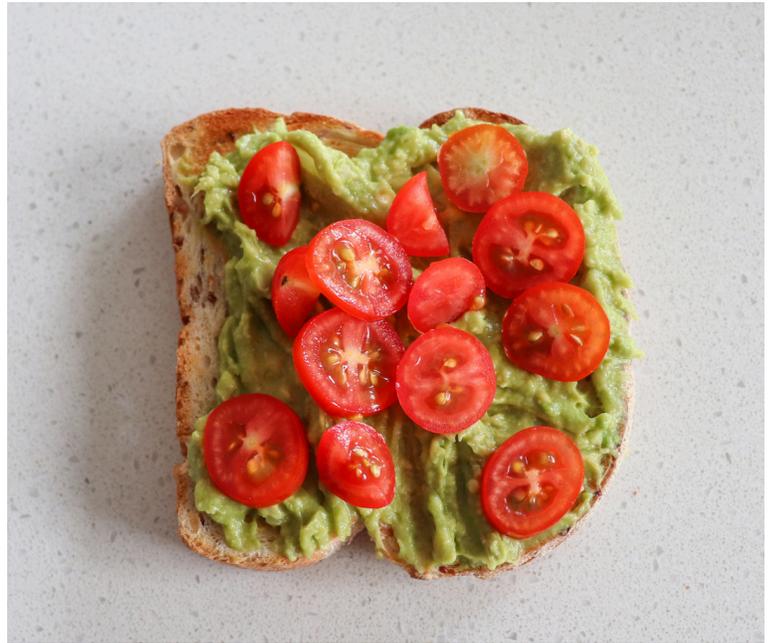
Serves: 1

Prep Time: 5 min.

Cook Time: None

## Ingredients

- 1 slice whole wheat bread
- 1/2 of a ripe avocado
- Juice of 1/2 lemon
- 4-5 cherry tomatoes
- Salt and pepper
- Optional: crushed red pepper flakes to taste



## Directions

- 1) Wash and dry avocado, then slice in half and remove the pit.
- 2) Using a spoon, scoop green flesh from half of the avocado into a bowl. Season avocado with salt, pepper, (crushed red pepper if using) and the juice of 1/2 of a lemon.
- 3) Use a fork to mash the avocado mixture together until smooth.
- 4) Wash and dry cherry tomatoes then slice in half.
- 5) Place piece of whole wheat bread onto a plate and spread avocado mixture over top of the bread.
- 6) Place sliced cherry tomatoes over top of the spread avocado.

[QR TO VIDEO](#)

## Nutrition Tips

- Avocados are a good source omega-3 fatty acids which are great for heart health!
- Squeeze the juice of the remaining 1/2 lemon over the remaining avocado to prevent it from going brown in the fridge.
- To add some extra protein to the avocado mixture, mash 3 tablespoons of cottage cheese or rinsed and dried canned chickpeas together with the avocado.

# BANANA BREAD IN A MUG

Serves: 1

Prep Time: 2 min.

Cook Time: 1-2 min.

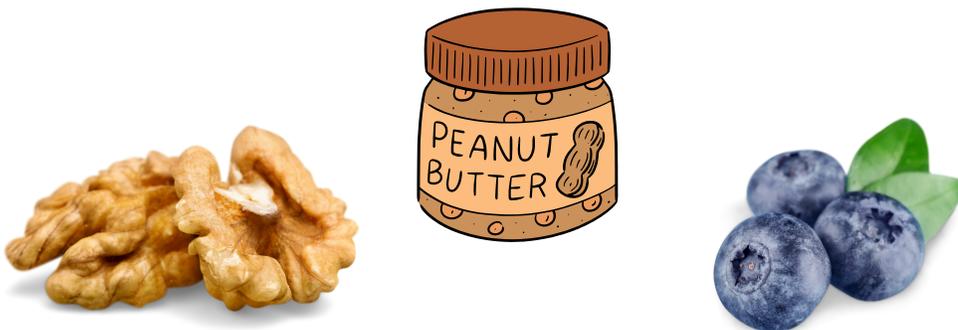


## Ingredients

- 1/4 c. mashed banana (about 1/2 banana)
- 6 Tbsp. flour
- 1 Tbsp. sugar
- 1/2 tsp. baking powder
- 1/4 tsp. cinnamon
- 1/8 tsp. salt
- 1 1/2 Tbsp. oil or added mashed banana

## Directions

- 1) Combine all ingredients in a greased microwave-safe mug.
- 2) Cook in the microwave until fluffy, typically about 60-90 seconds.



QR TO VIDEO

## Nutrition Tips

- You can use peanut butter instead of oil or butter or spread some across the top for added protein.
- Add walnuts or blueberries for added flavor.
- Freeze the other half of the banana if you are only making one at a time.

# SCRAMBLED EGGS IN A MUG

Serves: 1

Prep Time: 2 min.

Cook Time: 90 sec.

## Ingredients

- 1 large egg
- 1 Tbsp. milk or water - optional
- Salt and pepper to taste

## Optional Toppings

- Diced bell pepper and onion
- Pre-cooked turkey bacon or breakfast sausage
- Shredded cheese
- Black beans

## Directions

- 1) Crack an egg into a microwave-safe mug and beat with a fork until even in color.
- 2) Beat in milk or water until completely blended.
- 3) Add in salt, pepper, and other optional toppings
- .4) Put the mug in the microwave and heat on high until fluffy, about 90 seconds.

Recipe adapted from:  
<https://www.allrecipes.com/recipe/257530/scrambled-eggs-in-a-mug/>



## Nutrition Tips

- Feel free to switch up what you add to your eggs to keep it interesting.
- You can dice vegetables or cook breakfast meat at the beginning of the week for easy use throughout the week.
- Adding water or milk helps to make the egg more fluffy, but is not required!

# OVERNIGHT OATS

Serves: 1  
Prep Time: 5 min.  
Cook Time: None

## Ingredients

- 1/2 c. low-fat milk
- 1/4 c. Greek yogurt, fat-free
- 2 tsp. honey (or maple syrup)
- 1/4 tsp. cinnamon
- 1/4 tsp. vanilla extract
- 1/2 c. uncooked rolled oats
- 1/4 c. frozen berries



Recipe adapted from:

<https://www.myplate.gov/recipes/myplate-cnpp/overnight-oatmeal-berries>

## Directions

- 1) Combine milk, Greek yogurt, honey, cinnamon, and vanilla extract in a jar or container with a lid.
- 2) Add oats and mix well.
- 3) Gently fold in berries.
- 4) Cover and refrigerate for 8 hours to overnight.
- 5) Enjoy cold or heat as desired

QR TO VIDEO

## Nutrition Tips

- Can be made the day before or make a few at once to eat over 3-4 days.
- Provides protein and carbohydrates for the day ahead!
- Try switching the flavors of Greek yogurt and berries to make new combinations.

# YOGURT PARFAIT

Serves: 3

Prep Time: 5 min.

Cook Time: None



Recipe adapted from:

<https://cookingmatters.org/recipes/yogurt-parfait/>

## Ingredients

- 1 1/2 c. nonfat Greek yogurt
- 2 c. fresh or frozen fruit of your choice
- 3/4 c. granola

## Directions

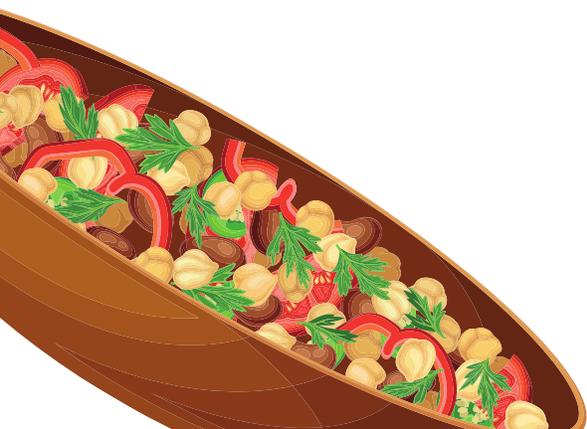
- 1) If using fresh fruit, rinse, dry and slice to desired size. If using frozen fruit, be sure to thaw and drain out any excess liquid. Then slice fruit to desired size.
- 2) Spoon a layer of Greek yogurt at the bottom of three jars or containers that have a lid. Top with a layer of the sliced fruit and a layer of granola.
- 3) Repeat step 2 one more time, ending with a layer of granola.

## Nutrition Tips

- This recipe makes 3 parfaits so you can prep ahead to easily grab and go during the week!
- Buying fruits that are in season will save money (check the seasonal produce guide to see which fruits to buy).
- Frozen fruits have the same nutrient value as fresh, if you can't find fresh fruit, frozen is just as good!



# LUNCH/DINNER



# BLACK BEAN & CORN PITA POCKET

Serves: 2

Prep Time: 15 min.

Cook Time: None

## Ingredients

- 1/2 of 15-oz can low-sodium black beans
- 1/2 c. frozen corn, thawed
- 1/2 c. fresh or no salt added canned tomatoes
- 1/2 avocado, chopped into cubes
- Dash of garlic powder
- 1/4 tsp. dried parsley
- Dash of cayenne pepper
- juice of a 1/4 lemon
- 1/4 tsp. chili powder
- 1 medium whole wheat pita pocket
- 3 Tbsp. shredded part-skim mozzarella cheese



Recipe adapted from:

<https://www.cdph.ca.gov/Programs/CCDPHP/DCD/IC/NEOPB/CDPH%20Document%20Library/300202EverydayHealthyMeals.pdf>

## Directions

- 1) Drain and rinse black beans and add to a bowl.
- 2) Chop tomatoes into bite sized pieces and add to bowl with the beans.
- 3) To the same bowl, add the corn, avocado cubes, all spices and lemon juice.
- 4) Cut pita pockets in half creating 4 pockets. Spoon equal amounts of the bean mixture into each half.
- 5) Top with cheese and enjoy!

## Nutrition Tips

- The whole wheat tortilla provides a whole grain, black beans provide protein and the avocado provides a healthy fat making this a complete meal!
- This is a great meal prep idea as it makes two servings!
- Not a fan of black beans? Substitute with chickpeas, black eyed peas, kidney beans, butter beans or even tofu!



# BUILD-A-SALAD



## Vegetables

Choose 3 or 4

- Bell Pepper
- Broccoli
- Carrot
- Cauliflower
- Celery
- Cucumber
- Green Beans
- Peas
- Tomato
- Zucchini

## Fats

Choose 1

- Avocado
- Olive oil
- Low-fat cheese

## Greens

Choose 1 or 2 as the base

- Butter Lettuce
- Kale
- Romaine Lettuce
- Spinach

## Proteins

Choose 1 or 2

- Black Beans
- Chicken
- Chickpeas
- Hard Boiled Egg
- Hummus
- Turkey
- Tofu
- Canned Tuna

## Grains

Choose 1

- Brown Rice
- Couscous
- Quinoa
- Whole Wheat Pasta

Salads don't have to be boring and leave you unsatisfied! Add some protein and healthy fats to make a balanced and filling salad! Prep salad ahead of time and put it in jar. Keep in the fridge for 2-3 days and have lunch ready to grab and go. Look at the next page for some inspiration!





# BUILD-A-SALAD IDEAS

## Mediterranean

- Tomato
- Cucumber
- Mozzarella cheese
- Romaine lettuce
- Chicken
- Hummus
- Couscous or quinoa

## Bean Salad

- Chickpeas
- Black eyed peas
- Cucumber
- Cherry tomato
- Arugula
- Canned Corn
- Canned green beans
- Feta cheese
- Olive Oil
- Coucous or quinoa

## Chopped Asian Salad

- Bell pepper
- Broccoli
- Carrot
- Avocado
- Kale
- Green cabbage
- Tofu or canned tuna
- Brown rice

## Classic

- Carrot
- Tomato
- Cucumber
- Low-fat cheese
- Romaine
- Turkey
- Hard boiled egg
- Quinoa

# CHICKEN/TUNA SWEET POTATO POCKET

Serves: 1

Prep Time: 5 min.

Cook Time: 5-10 min.

Recipe adapted from:  
<https://www.bbcgoodfood.com/recipes/tuna-sweet-potato-jackets>

## Ingredients

- 1 medium sweet potato
- 1 can chicken or tuna in water, drained
- 1 lime
- 1 small red onion, chopped - optional
- Plain Greek yogurt - optional

Adding black beans can add extra protein and fiber!

## Directions

- 1) Wash sweet potatoes and prick holes all over with a fork - this will let the steam out while cooking.
- 2) Microwave on high until soft, about 5 minutes. If not soft, flip over and microwave again in 1 minute increments until soft.
- 3) Cut in half and place cut side up on plate.
- 4) Flake chicken with a fork and divide over the potato halves.
- 5) Top with red onion, lime, and a dollop of Greek yogurt as desired.

## Nutrition Tips

- Sweet potatoes are an easy source of vitamins A, B6, C, potassium, and fiber, making them a great choice to add to meals.
- Canned chicken and tuna are easy proteins to keep around because they are small, inexpensive, and do not require cold storage.

# PASTA IN A MUG

Serves: 1

Prep Time: 1 min.

Cook Time: 2-3 min.

## Ingredients

- 1/2 c. whole wheat pasta
- 1/2 c. water
- Pinch of salt



## Directions

- 1) Add pasta, water, and salt to a microwave-safe mug and stir together.
- 2) Microwave pasta for 2-3 minutes on high. Take out the mug and stir in the middle. - If not fully cooked after 3 minutes, add a little more water and heat again.
- 3) Add toppings as desired.

## Ideas for Toppings

- Jarred tomato sauce
- Microwave, steamed veggies
- Frozen, pre-cooked grilled chickens strips, Italian sausage, or meatballs
- Diced fresh tomatoes
- Low-fat cheese to make a quick Mac-and-Cheese

**QR TO VIDEO**

## Nutrition Tips

- Using whole wheat pasta adds fiber to the meal which is good for digestive health.
- Trying adding different toppings and combining a sauce, vegetable, and protein for a complete meal.
- You can also use this as a side dish for a meal you are making.

# RANCH CHICKEN

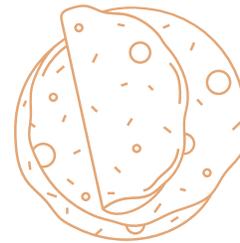
Serves: 4

Prep Time: 20 min.

Cook Time: 5 min.

## Ingredients

- 1/2 c. ranch dressing
- 1/4 c. reduced-fat sour cream or plain Greek yogurt
- 1 packet taco seasoning mix
- 1 Tbsp. chunky salsa
- 2 c. canned chicken
- Flour or corn tortillas or microwavable rice
- Optional toppings: shredded lettuce, tomatoes, avocado, shredded cheese, black beans



Recipe adapted from:

<https://www.allrecipes.com/recipe/217890/ranch-chicken-tacos/>

## Other ideas for this recipe:

- You can also use ranch seasoning powder and use more sour cream or Greek yogurt - this means you don't have to hold onto a whole bottle of ranch dressing.
- To replace salsa, try dicing a small tomato and adding some hot sauce if you like it spicy.
- Feel free to cut this recipe in half if you don't have storage for leftovers, or store extras in a plastic container for easy meals throughout the week!

## Directions

- 1) Combine ranch dressing, sour cream/Greek yogurt, 1 tsp. taco seasoning, and salsa or tomatoes in a small bowl. Refrigerate until serving.
- 2) Toss chicken with remaining taco seasoning. Loosely cover bowl and microwave until chicken is warm throughout - 2-3 minutes.
- 3) Heat tortillas for 10-15 seconds until warm or prepare microwavable rice.
- 4) Put together tacos or rice bowls with preferred toppings. Enjoy.

# SHAKSHUKA

Serves: 1

Prep Time: 5 min

Cook Time: 2-3 min.

## Ingredients

- Cooking spray or olive oil
- 1/4 c. marinara sauce - chunky sauce if available
- 1/4 c. chickpeas
- 1/8 tsp. red pepper flakes or black pepper
- Pinch of salt
- 1 large egg
- Whole wheat toast or pita bread

## Nutrition Tips

- Try adding fresh vegetables to the sauce before cooking. Ideas are fresh tomatoes, peppers, and zucchini.
- If you do not have red pepper flakes, you can also try adding a few drops of hot sauce.
- If available, you can put feta cheese, goat cheese, parmesan, or cilantro on top.
- This is a great way to use up extra marinara sauce from another recipe!

## Directions

- 1) Coat a microwave-safe bowl with cooking spray or olive oil.
- 2) Add marinara sauce, chickpeas, red pepper flakes, and salt. Stir to combine.
- 3) Make a well in the center of the sauce and crack the egg into it. Pierce the yolk with a sharp knife or fork. (You don't want to completely break it open, just one small hole)
- 4) Cover the bowl with a damp paper towel and microwave for 1 minute. Continue microwaving in 20 sec intervals until egg is completely cooked.
- 5) Optional garnish with ideas listed above. Serve with warm whole wheat toast or pita bread.

**QR TO VIDEO**

Recipe adapted from:

<https://www.thekitchn.com/recipe-single-serve-microwave-shakshuka-241991>

# VEGGIE TORTILLA WRAP

Serves: 2

Prep Time: 20 min.

Cook Time: None

## Ingredients

- 2 (7-in) whole wheat tortillas
- 4 Tbsp. (or 2-oz.) nonfat cream cheese
- 1 c. shredded romaine lettuce or spinach
- 1/4 c. chopped tomato
- 1/4 c. chopped bell pepper (any color you choose)
- 1/4 c. chopped cucumber
- 1/2 of 15-oz. can of black beans
- Salt and pepper to taste
- 1/4 tsp. of garlic powder
- 1/4 tsp. of onion powder
  - Optional: crushed red chili flakes



Recipe adapted from:

<https://www.cdph.ca.gov/Programs/CCDPHP/DCD/IC/NEOPB/CDPH%20Document%20Library/300202EverydayHealthyMeals.pdf>

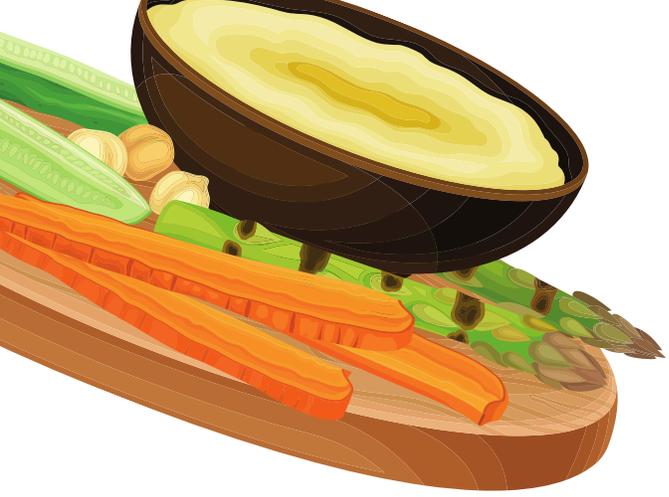
## Directions

- 1) Drain and rinse black beans and add to a bowl.
- 2) Rinse and dry tomato, bell pepper and cucumber. Chop into bite sized pieces. Wash and dry lettuce then cut into shreds. Combine chopped veggies into bowl with black beans.
- 3) Season with garlic powder, onion powder, salt, and pepper.
- 4) Place tortillas into microwave for 10 seconds. Then place onto a plate and spread 2 Tbsp. of cream cheese onto each tortilla.
- 5) Spoon half the veggie mixture into each tortilla. Then roll the tortilla into a wrap.

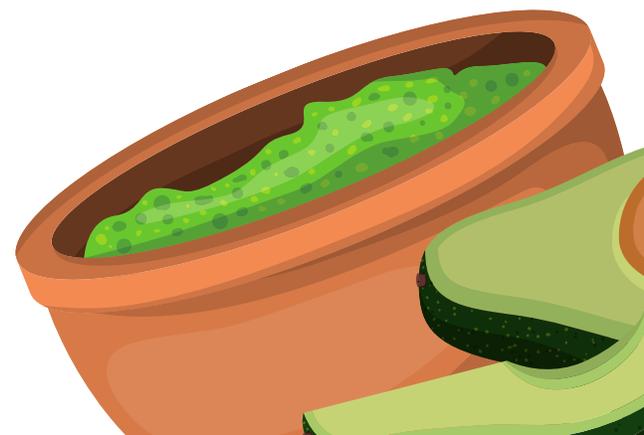
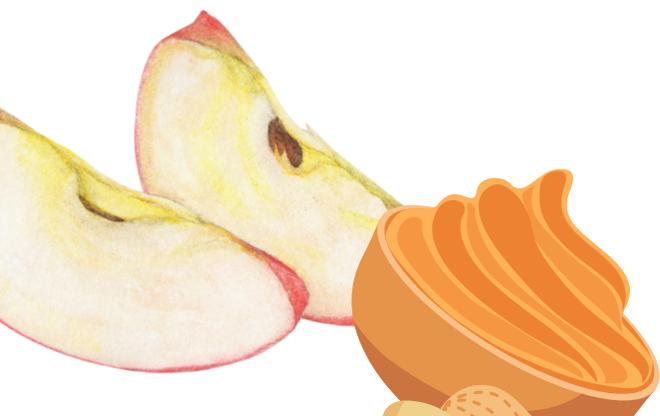
QR TO VIDEO

## Nutrition Tips

- The whole wheat tortilla provides extra fiber and when eaten with black beans creates a complete protein.
- Feel free to swap veggies with your favorites!
- This recipe makes two wraps, perfect for planning meals for the week.



# SNACKS



# APPLE SLICES & PEANUT BUTTER

Serves: 1

Prep Time: 5 min.

Cook Time: None

## Ingredients

- 1 small apple of choice
- 2 Tbsp. peanut butter



## Directions

- 1) Wash and dry apple. Cut up apple into slices of your desired size and place on a plate.
- 2) Scoop peanut butter next to the apples on the plate.
- 3) Dip and enjoy!

## Nutrition Tips

- The fiber from the apple and protein and fat from the peanut butter will help keep you full and satisfied while you study!
- Add some slices of celery with the apple for some added veggie intake.

# ENGLISH MUFFIN PIZZA

Serves: 1  
Prep Time: 15 min.  
Cook Time: 1 min.



Recipe adapted from:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/english-muffin-veggie-pizza>

## Ingredients

- 1 whole wheat English muffin
- 1/4 c. spaghetti or pizza sauce
- 2 Tbsp. part skim mozzarella cheese, shredded

QR TO VIDEO

## Directions

- 1) Break apart English muffin into halves.
- 2) Spoon 2 Tbsp. of sauce over each English muffin half.
- 3) Sprinkle 1 Tbsp. of cheese over each English muffin half.
- 4) Microwave for 1 minute, or until cheese is completely melted.

## Topping Ideas

- Bell peppers
- Cherry tomatoes
- Microwaved steamed broccoli
- Spinach
- Arugula

## Nutrition Tips

- Mix different combinations of veggies on each half to eat a greater variety.
- Store bought pesto also acts a great base and has a great herbal flavor.
- Add sliced low sodium deli meat (turkey, ham) to add some protein!

# GUACAMOLE

Serves: 4

Prep Time: 15 min.

Cook Time: None

## Ingredients

- 1 medium ripe avocado
- 2 Tbsp. red onion
- 1 plum tomatoes
- 1/2 of a medium lime
- 1/4 small jalapeño
- 1/8 tsp. garlic powder
- 1/8 tsp. salt
- Optional:
  - Pinch of ground cumin
  - 2 Tbsp. fresh chopped cilantro



Recipe adapted from:

<https://cookingmatters.org/recipes/guacamole/>

## Directions

- 1) Rinse and dry tomatoes, jalapeño, lime and cilantro if using.
- 2) Cut the red onion into bite sized pieces and dice tomatoes. Place both into a bowl.
- 3) Cut jalapeño into small pieces and place in the bowl.
- 4) Slice avocados in half and remove pit. Scoop green flesh into the bowl.
- 5) Cut the lime in half and squeeze juice into bowl, being careful of falling seeds.
- 6) Season with salt, garlic powder, and cumin if using. Mash mixture together with a fork.
- 7) If using cilantro, tear into pieces and sprinkle over top.

QR TO VIDEO

## Nutrition Tips

- Serve with whole grain tortilla chips, whole grain pita slices, or baby carrots, celery sticks, bell pepper slices to add a serving of veggies.
- This recipe makes 4 servings which is great for a small study session with friends.
- To store any leftovers, place guacamole in an airtight container and squeeze the remaining half of the lime over it to prevent it from turning brown.

# PEANUT BUTTER ENERGY BALLS

Makes 7 balls  
Prep Time: 15 min.  
Cook Time: None

## Ingredients

- 1/2 cup rolled oats
- 1/4 cup peanut butter, or other nut butter
- 2 Tbsp. honey or maple syrup
- 1 Tbsp. mini chocolate chips
- 1 Tbsp. shredded coconut, optional



Recipe adapted from:

<https://www.eatingwell.com/recipe/275207/peanut-butter-energy-balls/>

## Directions

- 1) Combine oats, peanut butter, honey, chocolate chips and coconut in a bowl.
- 2) Divide into 1 tbsp portions and roll into balls.
- 3) Store in an airtight container in the fridge or for longer term storage, place the container in the freezer.

## Other ideas to add:

- Chia seeds or ground flax seeds
- Cinnamon
- Other types of "chips" - butterscotch, white chocolate, dark chocolate
- Chopped nuts

QR TO VIDEO

## Nutrition Tips

- These make an easy on the go snack as they are a great source of energy and protein.
- You can cut this recipe in half or double it if you have more or less space to store them.
- Try switching up what you add to the mixture!

# NUT BUTTER BANANA ROLL-UP

Serves: 1  
Prep Time: 5 min.  
Cook Time: None

## Ingredients

- 1 8-in whole wheat tortilla
- 2 Tbsp. nut butter of your choice (peanut, almond)
- 1 medium banana, peeled
- 2 Tbsp. non-fat Greek yogurt
- Optional: cinnamon to taste



Recipe adapted from:  
<https://www.eatingwell.com/recipe/258642/peanut-butter-banana-roll-ups/>

## Directions

- 1) Place tortilla onto plate.
- 2) Spread nut butter of choice all over tortilla.
- 3) Cut banana into desired size and place on bottom third of the tortilla.
- 4) Starting from the end with banana slices, carefully roll up the tortilla. Once rolled, cut tortilla to create small pinwheels.
- 5) Place Greek yogurt in small bowl and sprinkle with cinnamon (if using) and mix together.
- 6) Dip pinwheels into Greek yogurt and enjoy!

## Nutrition Tips

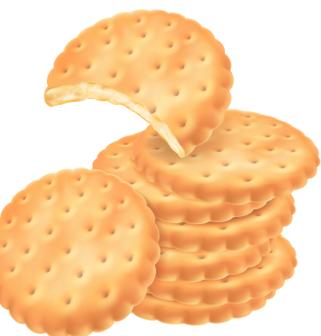
- The whole wheat tortilla adds extra fiber to help regulate our digestive system.
- Dipping the roll-up into Greek yogurt adds some extra protein to help keep you full for longer.
- Not a fan of banana? Try substituting 1/2 a small apple or 1/4 c. of strawberries!



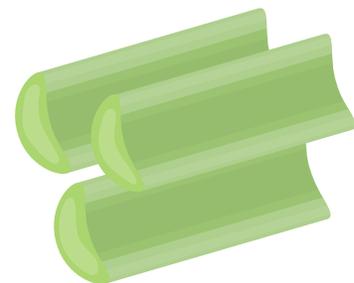
# QUICK SNACKS ON THE GO



Try these easy snacks that are only a couple ingredients and don't require a recipe



- Cheese and crackers
- Crackers or pita and hummus
- Veggies with Greek yogurt ranch or hummus
- A piece of fruit and nuts
- Trail-mix
- Greek yogurt and granola
- Popcorn





**This material was funded by USDA Supplemental Nutrition Assistance Program - SNAP.  
This institution is an equal opportunity provider.**



# Budget- Friendly Meals that Can Be Made in a Dorm

A COOKBOOK FOR THE COLLEGE STUDENT

