



## Good Food for Your Room

### Vegetables:

Bags of salad greens/ salad “kits”  
Cherry tomatoes  
Baby carrots  
Pre-cut broccoli and cauliflower florets  
Sweet potatoes  
Spinach  
Mini bell peppers  
Frozen veggies  
Vegetable soups (Amy’s, Pacific, Trader Joe’s, Healthy Choice)  
Tomato juice and sauce  
Salsa  
Marinara sauce

### Fruits:

Apples  
Oranges  
Grapefruit  
Bananas  
Strawberries, raspberries, and black berries  
(Fresh or Frozen)  
Plums  
Peaches  
Dried unsweetened fruit  
Avocado

### Cereals:

Oatmeal (Plain Quaker Old Fashioned or Quick- 1 minute, Kashi, Nature’s Path, Trader Joe’s)  
Shredded Wheat  
Raisin Bran  
Kashi Autumn Harvest  
Kashi Go Lean  
Cheerios

### Grains:

Uncle Ben’s Ready Rice Brown Rice, or Instant Quinoa  
100% whole grain bread, tortillas and crackers  
Popcorn  
Unsalted pretzels  
Brown rice cakes

### Dairy and Dairy-free:

Low fat or fat free milk  
yogurt or cottage cheese  
Low fat string cheese  
Baby Bell low fat mozzarella cheese  
Unsweetened almond, soy or rice milk

### Protein:

Eggs  
Egg whites  
Frozen edamame  
Canned wild salmon or tuna, or chicken  
Canned beans (all types)  
Bean soups

### Nuts and seeds:

Any type of nuts or seeds  
Natural peanut butter or almond butter  
Justin’s or Barney Butter peanut butter packets

### Other:

Honey  
Cinnamon  
Garlic powder, pepper, salt  
All fruit jam or fruit preserves  
Olive Oil  
Hummus  
Coffee/tea

## Recipes

Here are some recipes to try out in your dorm. For more ideas check out Cooking on Campus at

[www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu)

### Scrambled Eggs

#### Ingredients:

2 eggs  
1 splash of water or milk  
¼ cup (1 oz.) deli meat, chopped

#### Instructions:

1. Crack eggs into a microwave safe-mug or small bowl.
2. Add a small bit of water or milk.
3. Use a fork and beat the eggs until mixed.
4. Add deli meat into egg mixture.
5. Cooks eggs on high in microwave for one minute.
6. Take eggs out and stir them once more.
7. Then stick them back in the microwave for another 30 – 60 seconds.



### Gourmet Microwave Popcorn

#### Ingredients:

¼ cup popcorn kernels  
Olive oil spray  
½ Tbsp. Italian seasoning  
½ tsp. pepper  
¼ tsp. garlic salt

#### Instructions:

1. Take a brown paper bag and put kernels inside and roll the top down. Seal with a piece of tape.
2. Put the bag in the microwave for about two minutes (listen: when the popping sound slows down open the microwave).
3. Mix together the basil, parsley, and garlic salt.
4. Pour the mixture into the bag with the hot popcorn and shake around.
5. Spritz or drizzle olive oil over the top. Serves 4.

### “Baked” Potato

#### Ingredients:

1 small or medium potato  
¼ cup (1 oz.) shredded cheddar cheese  
¼ cup salsa  
2 tbsp. plain, nonfat Greek yogurt  
1 tbsp. diced green onion or chives, optional  
salt and pepper, to taste

#### Instructions:

1. Wash the potato well and stick a fork in it a few times to create holes for steam to exit.
2. Place it in the microwave on a paper towel or microwave-safe plate and, depending on the size of the potato, cook from 3-6 minutes
3. Stick a fork in it to check if the potato is done. There should be no resistance as you pull out the fork. Cook for another minute or so and repeat as needed until done.
4. Once the potato is cooked, personalize/improvise your baked potato however you like! Try topping it with cheddar cheese, salsa, green onions and Greek yogurt.



### Pizzadilla

#### Ingredients:

1 whole grain tortilla  
A handful of pepperoni  
½ cup low fat, shredded cheese  
¼ cup shredded Parmesan cheese  
¼ cup pizza or spaghetti sauce  
Veggies, optional

#### Instructions:

1. Heat a medium skillet to med-low on the stove top.
2. Heat up pepperoni on skillet, about 2 minutes.
3. Remove pepperoni, assemble quesadilla (place ½ the cheese and pepperoni on half of the tortilla along with veggies and fold over) then cook on skillet.
4. Cook until edges get crisp and cheese is melted, about 4 minutes per side.
5. Remove from skillet, add remaining cheese and pepperoni on top, microwave until cheese on top is melted.



Reference: “Ultimate Pizza Quesadilla.” *Life A Little Brighter*. <http://www.lifealittlebrighter.com/2014/11/ultimate-pizza-quesadilla/>

**COUNSELING - CAMPUS HEALTH SERVICE - HEALTH PROMOTION**

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