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

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.