

*easy*

DORM

FRIENDLY

RECIPES

## Welcome to WVU!

While staying in the residence halls, you are required to have a meal plan. Depending on the meal plan you choose, you may need to prepare some meals on your own. There are many options that you can prepare in your dorm room.

While this book is not all inclusive of the recipes available on-line, it helps to give you a starting point. Please feel free to experiment and create your own recipes.

*Remember that a healthy diet is very important to maintain your energy and do well in school.*

The following are some ideas to keep healthy options available in your room:

- Fresh, frozen, or canned fruits (look for canned fruits in juice or water)
- Fresh, frozen, or canned vegetables
- Nut butters or nuts/seeds (make a healthy protein item- watch portions)
- String Cheese
- Whole grain crackers or breads
- Hummus
- Whole grain pretzels or tortillas
- Trail Mix (practice portion control)
- Popcorn (watch for popcorns loaded with butter)
- Yogurts and low-fat milk

WVU Dining has a Registered Dietitian on staff that offers free nutritional counseling to all WVU students. If you would like to schedule an appointment, contact **Cami Haught** at [ccmcmillen@mail.wvu.edu](mailto:ccmcmillen@mail.wvu.edu) or 304-293-4053.

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# Chocolate Banana OVERNIGHT OATS

## INGREDIENTS

- 1/2 Cup Oats
- 1/2 Cup Low-Fat Chocolate Milk
- 1/2 Banana, sliced
- 3 Strawberries, chopped
- 1/2 tbsp. Walnuts, chopped

## INSTRUCTIONS

1. Add oats to your container of choice and pour in low-fat chocolate milk.
2. Layer bananas, and strawberries, and sprinkle with walnuts.
3. Refrigerate overnight and enjoy in the morning. (Let steep for at least 8 hours in a refrigerator 40° F or colder.)

*Best to eat within 24 hours.*

# Apple Cinnamon OVERNIGHT OATS

## INGREDIENTS

- 1/2 Cup Oats
- 1/2 Cup Nonfat Milk
- 1/4 Cup Plain, Nonfat Yogurt
- 1/2 Cup Apple, chopped
- 1/8 tsp. Ground Cinnamon
- 1 tsp. Chia Seeds

## INSTRUCTIONS

1. Add oats to your container of choice and pour in milk and yogurt.
2. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds.
3. Refrigerate overnight and enjoy in the morning. (Let steep for at least 8 hours in a refrigerator 40° F or colder.)

*Best to eat within 24 hours.*

# Cherry Vanilla OVERNIGHT OATS

## INGREDIENTS

- 1/2 Cup Oats
- 1/2 Cup Nonfat Milk
- 1/4 Cup Plain, Nonfat Yogurt
- 1/2 Cup Cherries, pitted
- 1 tsp. Cinnamon
- 1 tsp. Flax Seed

## INSTRUCTIONS

1. Add oats to your container of choice and pour in milk.
2. Alternate between layers of pitted cherries and layers of low-fat yogurt. Add a layer of pitted cherries. Top off with cinnamon and flax seeds.
3. Refrigerate overnight and enjoy in the morning. (Let steep for at least 8 hours in a refrigerator 40° F or colder.)

*Best to eat within 24 hours.*

# PB&J OATMEAL

## INGREDIENTS

- 1/2 Cup Oats
- 1/2 Cup Lowfat Milk
- 1/2 Cup Strawberries
- 2 tbsp. Peanut Butter
- 2 tbsp. Jelly

## INSTRUCTIONS

1. Add oats to your container of choice and pour in milk.
2. Layer in strawberries, jelly and peanut butter.
3. Refrigerate overnight and enjoy in the morning.  
(Let steep for at least 8 hours in a refrigerator 40° F or colder.)

*Best to eat within 24 hours.*

# Microwave PANCAKE

## INGREDIENTS

- 2 Eggs
- 1 Ripe Banana
- 1/4 tsp. Baking Powder

## INSTRUCTIONS

1. Mash banana and eggs together in bowl.
2. Add baking powder in with banana and egg
3. Grease up a plate with oil or butter.
4. Pour mixture on plate.
5. Use microwave for 1 minute on each individual pancake.
6. Top with any desired toppings.

# *Cauliflower Rice* BREAKFAST BOWL

## INGREDIENTS

- Steamable Bag of Cauliflower Rice
- 1/2 Cup Sweet Potato, diced
- 1 Egg
- 1/4 Cup Kale
- 1/4 Cup Cherry Tomatoes
- Optional: Favorite Condiment (Avocado, Dressing, Ketchup, Hot Sauce, etc.) and Add-Ins (Mushrooms, Breakfast Meat, etc.)

## INSTRUCTIONS

1. Scramble egg in a bowl and microwave for 1-2 minutes or until fluffy.
2. Place 1/2 cup of steamable cauliflower rice, small diced sweet potato, cherry tomatoes, cooked eggs, and kale in bowl and microwave 4-5 minutes or until potatoes are fork tender.
3. Add on desired toppings and condiments.
4. Sprinkle with salt and pepper.
5. Enjoy!

# 10-Minute ENCHILADAS

## INGREDIENTS

- 1 (15 oz) Can Enchilada Sauce
- 12 Corn Tortillas
- 2 Cups Cooked Chicken, shredded or diced
- 1 Cup Cheese, shredded (Cheddar, Colby, etc.)
- Optional: Cilantro, Beans, Corn, or any other favorite toppings

## INSTRUCTIONS

1. Wrap tortillas in a paper towel and microwave for 30 seconds.
2. Spread about 1/2 cup of enchilada sauce over the bottom of a microwave safe rectangle casserole dish.
3. Mix the chicken with any desired filling ingredients and about 1 cup of enchilada sauce.
4. Dip each tortilla in the remaining sauce. Fill each tortilla with 2 1/2 - 3 tablespoons of filling and roll up. Place each in the pan, seam side down.
5. Spread any remaining enchilada sauce over the top of the enchiladas. Sprinkle with shredded cheese.
6. Microwave for 5-7 minutes.

# Microwave PIZZA

## INGREDIENTS

- 4 Tbsp. All-Purpose Flour
- 1/8 tsp. Baking Powder
- 1/16 tsp. Baking Soda
- 1/8 tsp. Salt
- 3 Tbsp. Milk
- 1 Tbsp. Olive Oil
- 1 Tbsp. Marinara Sauce
- 1 Generous Tbsp. Shredded Mozzarella Cheese
- 5 Mini Pepperoni
- 1/2 tsp. dried Italian Herbs

## INSTRUCTIONS

1. Mix the flour, baking powder, baking soda and salt together in a microwavable mug.
2. Add in the milk and oil then mix together. There might be some lumps but that is ok.
3. Spoon on the marinara sauce and spread it around the surface of the batter.
4. Sprinkle on the cheese, pepperoni, and dried herbs.
5. Microwave for 1 minute to - 1 minute 20 seconds, or until it rises up and the toppings are bubbling.

# English Muffin PIZZA

## INGREDIENTS

- 1 English Muffin
- 1 Tbsp. Tomato Sauce
- 2 Tbsp. Cheese
- 1-2 Cherry Tomato(es)
- 1 tsp. Basil

## INSTRUCTIONS

1. Cut English muffin in half and spread tomato sauce on each half.
2. Sprinkle cheese on top.
3. Cut cherry tomatoes in half and add to each half.
4. Place each half in the microwave for about 30 seconds to one minute or until cheese is melted.
5. Sprinkle dried basil on top.

# Summer SANDWICHES

## INGREDIENTS

- 1 Wheat Pita Pocket
- 2 Tbsp. Cream Cheese
- 3 Tbsp. Tomato (a few slices)
- 3 Tbsp. Cucumer (a few slices)
- 2 Tbsp. Hummus
- 2 oz. Pepperoni (a few slices)
- 1 tsp. hot sauce

## INSTRUCTIONS

1. Cut tomato, cucumber, and pepperoni into thin slices.
2. Spread cream cheese and hummus on pita.
3. Add tomato, cumber, and pepperoni to pita.
4. Drizzle on sriracha topping.
5. Enjoy!

# Microwave MAC & CHEESE

## INGREDIENTS

- 1/3 Cup Pasta
- 3/4 Cup Water, cold
- 4 Tbsp. Milk
- 1/4 tsp. Cornstarch
- 4 Tbsp. Cheddar Cheese, grated
- Salt and Pepper

## INSTRUCTIONS

1. In a large microwavable mug or large bowl add in the macaroni and the water. *You need a large mug as the water will boil up.*
2. Microwave for roughly 3 ½ minutes. You want the pasta to be fully cooked.
3. Pour off the remaining cooking water.
4. Stir in the milk, cornstarch and shredded cheese and microwave for a final 60 seconds to create your sauce.
5. Stir well, season with salt and pepper, and enjoy.

# Veggie PASTA SALAD

## INGREDIENTS

- 1 Medium Zucchini
- 1/2 Tbsp. Extra Virgin Olive Oil
- 1/2 Cup Cherry Tomatoes, halved
- 2 oz. Fat-Free Mozzarella Cheese, shredded
- 1/8 Cup Basil Leaves, chopped
- 1/2 Tbsp. Balsamic Vinegar

## INSTRUCTIONS

1. Using a vegetable spiralizer, create zoodles out of zucchini.
2. Add zoodles, tomatoes, mozzarella, and basil to a bowl.
3. Toss with olive oil. Add salt and pepper to taste
4. Drizzle with balsamic vinegar.
5. Serve immediately or store in air tight container in refrigerator.

# DIY RAMEN

## INGREDIENTS

- 1 Package (3 oz) Ramen Noodles
- 1 Tbsp Reduced-Sodium Chicken Base
- 1-2 tsp. Chili Sauce
- 1 tsp. Minced Fresh Gingerroot
- 1/2 Cup Shredded Carrots
- 1/2 Cup Shredded Cabbage
- 2 Radishes, halved and sliced
- 1/2 Cup Shitake Mushrooms, sliced
- 1 Cup Cooked Chicken Breast, shredded
- 1/4 Cup Fresh Cilantro Leaves
- 1 Hard-Boiled Egg, halved
- 1 Lime Wedges
- 4 Cups Boiling Water

## INSTRUCTIONS

1. Cook ramen according to package directions; cool.
2. In each of two 1-qt. wide-mouth canning jars, divide and layer ingredients in the following order: ramen noodles, chicken base, chili sauce, ginger, carrots, cabbage, radishes, mushrooms, chicken and cilantro.
3. Place egg and lime wedge in 4-oz. glass jars or other airtight containers. Cover all 4 containers and refrigerate until serving.
4. To serve, pour 2 cups boiling water into each 1-qt. glass jar. Let stand until warmed through or until chicken base has dissolved.
5. Stir to combine seasonings.
6. Squeeze lime juice over soup and place egg on top.

# *Parmesan Herb* SPAGHETTI SQUASH

## INGREDIENTS

- 1 Spaghetti Squash, halved and seeds removed
- Water
- 1 Cup Shredded Parmesan Cheese
- 1/2 Cup Fresh Basil, thinly sliced
- 2 Tbsp. Olive Oil
- 1/2 tsp. Garlic Powder
- 1/4 tsp. Ground Pepper
- Salt to Taste

## INSTRUCTIONS

1. Place the prepared spaghetti squash flesh side down in a 13×9 glass baking dish.
2. Fill the dish with about 1" of water.
3. Place baking dish in the microwave and cook for 10-15 minutes, until squash is tender.
4. Remove the spaghetti squash from the pan. Using a fork, gently scrap the inside of the squash to create spaghetti like pieces of squash.
5. Place spaghetti squash in a bowl with parmesan cheese, fresh basil, olive oil, garlic powder, ground pepper, and salt to taste.
6. Toss to combine and serve!

# Egg Fried Rice IN A MUG

## INGREDIENTS

- 1 Cup Cooked Jasmine Rice
- 1 Tbsp. Frozen Peas
- 2 Tbsp. Red Pepper, chopped
- 1/2 Stalk of Green Onion, sliced
- Small Pinch of Mung Bean Sprouts
- Small Pinch of Shredded Purple Cabbage
- 1 Large Egg
- 1 Tbsp. Low-Sodium Soy Sauce
- 1/2 tsp. Sesame Oil
- 1/2 tsp. Onion Powder
- 1/4 tsp. Five-Spice Powder

## INSTRUCTIONS

1. Place rice into a large mug. Lay the peas, red pepper, green onion, mung bean sprouts and cabbage on top.
2. Cover the mug with cling film. Using a knife, puncture one or two small holes through the film. This step is important! You don't want to scald yourself.
3. Microwave on high for 1 minute, 15 seconds.
4. Beat the egg and mix in the seasonings (soy sauce, sesame oil, onion powder and five-spice powder). Pour the egg mixture into the mug, and stir with the vegetables and rice.
5. Cover the mug with cling film again, and microwave for 1 minute, 15 seconds to 1 minute, 30 seconds.
6. Take the mug out of the microwave, and give everything a good stir. Let the fried rice stand for a minute to finish cooking.

# Vegetarian BURRITO BOWL

## INGREDIENTS

- 1 Cup Cooked Brown Rice
- 1/2 Cup Black Beans, drained and rinsed
- 2-3 Tbsp. Salsa
- 1 Tbsp. Plain Greek Yogurt
- 1 Tbsp. Shredded Cheese (Cheddar or Mexican Blend)
- Optional Toppings: Diced Avocado, Guacamole, Pico de Gallo, etc.

## INSTRUCTIONS

1. Prepare brown rice according to package instructions.
2. In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese.
3. Microwave on high for 30-60 seconds, or until heated through.
4. Top with diced avocado, diced tomato, guacamole, pico de gallo, or other desired toppings.

# Vegetarian BURRITO BOWL

## INGREDIENTS

- 1 Large Egg
- 1 1/2 Tbsp. Whole Milk
- 1 tsp. Unsalted Butter, melted
- 4 Grape Tomatoes, halved
- 1/4 Slice of Fresh Bread
- 1 Tbsp. Cheddar Cheese, grated
- 1 tsp. Chives
- Pinch of Salt and Pepper

## INSTRUCTIONS

1. In a microwavable mug, add egg, milk, melted butter, salt, and pepper and whisk until thoroughly mixed and egg whites are completely broken up.
2. Add halved grape tomatoes, torn bread, grated cheese, and chives on top of egg mixture, making sure ingredients are evenly dispersed and have not settled to bottom of mug. Ingredients will stay settled within the quiche mixture better if you do not whisk ingredients into egg mixture.
3. Place mug in microwave, and cook on high for 1 minute, just until egg is completely cooked and quiche is slightly puffed.
4. Garnish with extra chives.

# *Cheesy* BROCCOLI RICE

## INGREDIENTS

- 1 Serving Ready Rice to Serve
- 1 Tbsp. Cheddar Cheese, shredded
- 4-5 Frozen Broccoli Florets
- 1 Tbsp. Water

## INSTRUCTIONS

1. Prepare the Ready Rice to serve as instructed on the package.
2. In a separate bowl, add water, cheese, and broccoli.
3. After rice is done cooking, heat the broccoli/cheese mixture for 2 minutes.
4. Remove from microwave and smash broccoli with fork.
5. Pour in the rice, mix together, and serve.

# Microwave SALMON

## INGREDIENTS

- 1 Single Portion Salmon Filet
- 2 Tbsp. Mayonnaise
- 1-2 Tbsp. Hot Sauce
- 2-3 Fresh Cut Lemon Slices
- 1 Tbsp. Parsley
- Salt and Pepper

## INSTRUCTIONS

1. Rinse salmon filet with cold water and pat dry.
2. Place the salmon skin side down in a microwave safe container. Season the salmon with salt and pepper to taste. Set aside.
3. In a small bowl, combine mayonnaise and sriracha sauce. Generously spread the mayonnaise mixture on top of the fillet. Add lemon slices and parsley.
4. Cover the dish tightly with microwave safe plastic wrap. Microwave the fish for 3.5 minutes.
5. Check the center of the fillet for doneness with a fork. If there is any uncooked fish, microwave for another 30-45 seconds. Garnish with additional parsley and lemon wedges.

# Microwave CHICKEN BREAST

## INGREDIENTS

- 1 1/2 Lbs. Boneless, Skinless Chicken Breast Halves

## INSTRUCTIONS

1. Arrange chicken, thickest parts to outside edges in glass pie plate (sides of chicken will touch).
2. Cover dish with plastic wrap, folding back one corner or edge 1/4 inch to vent steam. Microwave on Medium (50%) 14-16 minutes or until juice of chicken is no longer pink when center of thickest pieces are cut and temperature reaches 170°. Let stand 5 minutes.
3. Let stand 5 minutes.
4. Cool slightly; cut into desired size of pieces.

# TUNA SALAD

## INGREDIENTS

- 1 Can of Canned Tuna in Water, drained
- 2 Tbsp. Mayonnaise
- 2 Finely Chopped Spring Onions
- 1 Tbsp. Vinegar
- 1/2 Cup Chopped Romain Lettuce
- 1/4 Cup Canned Corn, drained
- 5 Large Black Olives (without pits)

## INSTRUCTIONS

1. Mix all the ingredients together, and serve cold, could be eaten with toasts, pita bread or by itself.
2. Enjoy!

# CHICKEN SALAD

## INGREDIENTS

- 3 Cups Cooked Chicken, shredded
- 1 Ripe Avocado, mashed
- 2-3 Tbsp. Plain Greek yogurt
- 1 Tbsp. Lime Juice
- 1 Tbsp. Red Onion, finely diced
- 3/4 tsp. black pepper
- 1/4 tsp. salt
- 1/2 tsp. garlic powder
- 1 Tbsp. Fresh Cilantro, chopped

## INSTRUCTIONS

1. Stir together shredded chicken, mashed avocado, plain Greek yogurt, and lime juice. If mixture seems dry, add another spoonful of Greek yogurt.
2. Add diced red onion, salt, pepper, garlic powder, and cilantro, and stir to combine.
3. Taste to adjust spices to your preference.
4. Serve on wheat bread or a sandwich thin, with crackers, or enjoy by itself.

# SMOOTHIE RECIPES

**The following recipes require a small blender. You can find many more recipes online or get creative and make your own.**

**To make, combine the ingredients listed for each recipe in a blender and blend until smooth.**

## STRAWBERRY BANANA

- 2 Small Bananas, broken into chunks
- 1 Cup Frozen, Unsweetened Strawberries
- 1 (8 oz.) Container Vanilla Low-Fat Yogurt
- 3/4 Cup Milk

## GLOOMY DAY

- 1 Mango, peeled, seeded, and cut into chunks
- 1 Banana, peeled and chopped
- 1 Cup Orange Juice
- 1 Cup Vanilla Non-Fat Yogurt

## COOL KALE

- 2 Cups Green Grapes
- 2 Cups Kale
- 1 Cup Ice Cubes

# Fruity 3-Step ACAI BOWL

## INGREDIENTS

- 1 Banana, broken into chunks
- 1/2 Cup Almond Milk
- 6 Fresh Blackberries, divided
- 6 Hulled Strawberries, divided
- 2 Ice Cubes
- 1 Tbsp. Coconut Yogurt
- 1 1/2 tsp. Acai Powder
- 1/2 Mango, peeled and chopped
- 1/2 Cup Granola
- 2 Tbsp. Shredded Coconut
- 2 Tbsp. Blueberries
- 1 Tbsp. Almond Butter
- 1 tsp. Honey

## INSTRUCTIONS

1. Blend banana, almond milk, 3 blackberries, 4 strawberries, ice cubes, coconut yogurt, and acai powder in a blender until smooth. Pour into a bowl.
2. Top mixture with mango, granola, coconut, remaining blackberries, strawberries, and blueberries, almond butter, and honey.

# Apples with Warm NUT BUTTER

## INGREDIENTS

- 2 Apples of Choice
- 1/4 Cup Natural Nut Butter
- 2 Tbsp. Chocolate Chips
- 1 Tbsp. Shredded Coconut
- 2 Tbsp. Slivered Almonds
- 1 Tsp Cinnamon
- 1 Tbsp. Lemon Juice
- 1 Tbsp. Honey

## INSTRUCTIONS

1. Wash, core, and cut your apples into 1/4-inch slices.
2. Place apple slices in a small bowl with the lemon juice, toss to coat.
3. Heat nut butter in microwave until just warmed and somewhat runny.
4. On a serving plate, lay out apple slices and drizzle the nut butter.
5. Heat honey to warm it up. Drizzle over apples.
6. Top apple slices with chocolate chips, coconut flakes, almonds, and a sprinkle of cinnamon.

# *Peanut Butter Banana* MUG CAKE

## INGREDIENTS

- 1 Whole Banana
- 1 Egg White
- 1 tsp. Vanilla Extract
- 1/3 Cup Old-Fashioned Oats
- 1/4 Tbsp. Baking Powder
- 1 Tbsp. Peanut Butter
- Dash of Ground Cinnamon

## INSTRUCTIONS

1. In a microwavable mug, mash the banana with a fork and mix in the egg. Whip it well.
2. Stir in the vanilla extract.
3. Add oats, baking powder and dash of cinnamon. Stir until fully incorporated.
4. Microwave for 1 minute, 45 seconds.
5. Spread the peanut butter on top and enjoy while warm.

# Berry CRUMBLE

## INGREDIENTS

- 2 Tbsp. Quick-Cooking Oats
- 2 Tbsp. Brown Sugar
- 1 Tbsp. All-Purpose Flour
- 1/8 tsp. Ground Cinnamon
- 1 Tbsp Unsalted Butter, cold
- 3/4 Cup Berries, fresh or frozen

## INSTRUCTIONS

1. Combine the oatmeal, sugar, flour and cinnamon in a large mug.
2. Using a fork, cut in the butter until the texture becomes crumbly.
3. Place the berries on top of the crumble mixture and microwave on high power for about 2 minutes, until the fruit starts to bubble and slightly thicken
4. Stir to bring the crumble to the surface and serve.