

Dorm Room Meals

breakfast

French Toast

Ingredients:

- 1 or 2 slices of bread, cubed
(just fill your cup to overflowing a bit)
- 1 tbsp butter
- 1 egg
- 3 tbsp milk
- Dash cinnamon
- Drop of vanilla extract (optional)

Instructions:

1. Cube bread.
2. Melt butter in cup for a few seconds in your microwave. Swoosh it around the cup.
3. Add bread to the cup.
4. In a separate cup, combine the egg, milk, cinnamon, and vanilla. Stir.
5. Pour the liquid over the bread. Smoosh it a little and allow the liquid to soak into the bread.
6. Microwave. Start with one minute, then add ten seconds at a time until it's cooked to your liking (no runny eggs).
7. Add syrup as desired.



Dorm Room Meals

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Egg & Cheese Burrito

Ingredients:

- 2 large eggs
- 2 flour tortillas
- 2 slices Cheddar or American cheese
- Salsa (optional)

Instructions:

1. Spray a microwave-safe bowl with cooking spray.
2. Beat the eggs in the bowl, pop into microwave and cook for about 90, until eggs are done. (For best results, stir the eggs after every 30 seconds).
3. Cut the cooked egg patty in half. Place a piece of egg and a slice of cheese on each tortilla. Fold or roll up the tortillas to make burritos. Put into microwave for 20 seconds to melt the cheese.
4. Enjoy with salsa if desired.



Dorm Room Meals

lunch

Mason Jar Greek Salad

Ingredients:

- 2 tbsp hummus
- 1/2 lemon (juiced)
- 1/4 tsp garlic (minced)
- 1/8 tsp salt
- 1 Tbsp water (if needed)
- 1/2 cup chickpeas (drained)
- 1/2 cup cucumbers (diced)
- 1/2 cup vine ripe tomatoes (diced)
- 2 tbsp black olives (sliced)
- 2 tbsp feta cheese (crumbled)
- 1-2 cups romaine lettuce (chopped)

Instructions:

1. In a small bowl, whisk together hummus, lemon juice, minced garlic, and salt. Add water, if needed, to thin out the dressing.
2. Pour dressing in the bottom of the mason jar then begin to layer your salad.
3. Start with the chickpeas, then the cucumber, tomatoes, olives, feta cheese, and lettuce.
4. Place the lid on the mason jar and store in the fridge.
5. Salads will keep for about 3 days.

Dorm Room Meals

lunch

Cheesy Broccoli Rice Casserole

Ingredients:

- 1 serving of Minute® Ready to Serve Rice
- 2 tbs cheddar cheese - shredded
- 4-5 frozen broccoli florets
- 1 tbs water

Instructions:

1. Prepare the Minute® Ready to Serve Rice 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.



Dorm Room Meals

snacks

BBQ Chicken Nachos

Ingredients:

- 1 cup rotisserie chicken, shredded
- 3 tbsp BBQ sauce
- 2 large handfuls tortilla chips
- 1/4 cup pico de gallo
- 1 cup shredded cheddar cheese
- 1/4 cup green onion, thinly sliced
- guacamole, to serve
- sour cream, to serve

Instructions:

1. Mix the chicken with the barbecue sauce, then spread evenly over a bed of tortilla chips.
2. Spread the pico de gallo, cheese, and green onions evenly on top, then microwave for about 1-3 minutes until the cheese is melted and bubbly.
3. Dollop with some guacamole and sour cream, then serve.



Dorm Room Meals

snacks

Queso Blanco Dip

Ingredients:

- 1/2 pound White American Cheese roughly chopped into 1" pieces
- 2 tbsp chopped green chiles frozen or canned will work fine
- 1 tbsp pickled jalapeno slices diced fine
- 1 tbsp juice from the pickled jalapenos
- 1/3 cup milk
- 1/4 cup water
- Dash of cumin

Instructions:

1. Combine all ingredients in a medium size glass bowl.
2. Microwave for five minutes, pausing to stir after every minute. (The dip will be very watery at first, but it will thicken as it finishes cooking).
3. Serve hot, with chips or poured over just about anything that you want to make more delicious.



Dorm Room Meals

dinner

Easy Ramen

Ingredients:

- Ramen noodles
- Desired spices

Instructions:

1. Break up noodles and place in a large mug.
2. Place mug under Keurig machine.
3. Press the hot water button without inserting any pods.
4. Add in any desired spices.
5. Cover and leave for 3-4 minutes.



For different variations, check out our Easy Ramen blog!



Dorm Room Meals

dinner

Mug 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 mozzarella cheese, shredded
- 5 mini pepperoni
- 1/2 tsp dried Italian herbs (basil or oregano will work)

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 min - 1 min 20 sec or until it rises up and the toppings are bubbling (timing might vary).
6. Enjoy straight away!



Dorm Room Meals

dessert

Skinny Brownie

Ingredients:

- 2 tbsp whole-wheat flour
- 2 tbsp granulated sugar
- 1 1/2 tbsp unsweetened cocoa powder
- pinch of baking powder
- 1/4 tsp vanilla
- 3 tbsp plain yogurt

Instructions:

1. In a microwave safe bowl or coffee mug, combine the flour, sugar, cocoa, and baking powder.
2. Add in the yogurt and vanilla and stir until smooth.
3. Microwave for about 1 minute. Depending on how gooey you like your brownie, you could microwave it for more or less since there's no egg in it.



Dorm Room Meals

dessert

Cinnamon Apples

Ingredients:

- 1 large green apple
- 2 tbsp of butter
- Cinnamon and sugar to taste (about 1 tbsp of sugar and 1 tsp of cinnamon)
- Granola or ice cream for topping (optional)

Instructions:

1. Chop up a green apple into bite-sized pieces, then place them in a microwave-safe bowl or mug.
2. Top the apples with about 2 tbsp of diced butter. Don't worry if your bowl or mug is really full, because the apples will shrink quite a bit.
3. Add the cinnamon and sugar (you can also use the sweetener of your choice in place of sugar).
4. Microwave for approximately 2 minutes.
5. Once cooked, stir and top with granola or vanilla ice cream.

