University of Kentucky
Residence Hall Cookbook

Get your P.A.W.S. on

Brought to you by:
University Health Service
Living on campus is a fantastic college experience. Whether you’re new to UK or a returning student, making meals in your residence hall can be challenging. University Health Service wants to help you overcome these challenges so living on campus is a positive part of your college career here at the University of Kentucky.

Appliances usually accepted in the dorms include: *
  - Refrigerator
  - Microwave**
  - Toaster
  - Blender

*verify with your RA and UK Housing Brochure in case of any changes
**check with your Official UK Housing Brochure for the acceptable wattage
# Table of Contents

4  Breakfast
7  Decode the Food Label
8  Lunch and Dinner
14 The How-To Microwave Appendix
16 myGrocery List
Power Up on Breakfast

Breakfast provides you with energy to start your day. It is important to get morning nutrition. Instead of skipping this meal, power up with some of these great ideas!

- Instant Oatmeal with low fat milk. Add dried fruit and nuts.
- Yogurt Parfait- layer low fat yogurt (plain) with granola and fruit.
- Breakfast Smoothie-
  Blend low fat milk, frozen strawberries and a banana.
  Add ground flaxseed for healthy fats!
- Top frozen waffle with low fat yogurt and peaches.
- Stuff whole wheat pita pocket with eggs and low fat shredded cheese.
- Spread 1 Tbsp. of peanut butter on a whole wheat tortilla.
  Top with banana slices and roll it up.
- Spread light cream cheese on whole grain bagel- Top with fruit.

Adapted from eatright.org
Breakfast

Fresh Take on Parfaits......5
Egg Sandwich......5
Whole Wheat Waffles......6
Fresh take on Parfaits
Try these combinations for a fresh and healthy breakfast!

Berry Chocolate
1/2 - 1 cup Vanilla Yogurt
1 Tbsp Chocolate Granola Clusters
1/4 cup Blueberries

Honey Swirl n’ Granola Bits
1/2 - 1 cup Vanilla Yogurt
1 tsp Honey -try it local!
1 Tbsp Honey Nut Granola Clusters

Egg Sandwich
Start your day off right with the protein you need.

Ingredients
1 Egg, Scrambled
1 Slice of Cheddar Cheese
1/2 cup Spinach Leaves
1 Slice of Tomato
1 English Muffin
Salt and Pepper to taste

1. Toast both sides of your English Muffin in a toaster.
2. Scramble the eggs in the microwave according to the instructions on page 14.
3. Once toasted, layer your sandwich with scrambled eggs, the tomato slice, and spinach leaves!
4. Salt and pepper to taste.
Whole Wheat Waffles
It’s all about the toppings! Toast frozen whole wheat waffles in the toaster between setting 1 or 2. Change according to your own personal preference in the future.

**Ingredients**
- 2 tsp. Butter
- 1/3 cup Quick Oats
- 1 tsp. Flour
- 2 Tbsp. Brown Sugar
- 1/2 tsp. Cinnamon
- 1 small Apple, thinly sliced (Recommend Honey Crisp or Granny Smith Apple)

**Sweet Apple Crisp Topping**
1. Melt Butter
2. Add in flour, quick oats, brown sugar, cinnamon. Stir with butter, turning it into a crumbly texture
3. Combine apples with crumble mixture
4. Microwave for a total of 2.5 minutes, in 30 second increments

**Classic**
- 1 Tbsp Vanilla Yogurt
- 1/4 cup Blueberries
- 1/4 cup Strawberry slices
- 1/2 Banana, sliced

**Savory**
- 1 Tbsp Peanut butter
- 1/2 Banana, sliced
- 1/4 cup Raspberries
- 1 Tbsp Walnut or Pecan Pieces
Decide the Food Label

Learning how to decode the food label can help you make healthier food choices in the grocery store! Check out this example below from the American Heart Association.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1 cup (228g)</td>
</tr>
<tr>
<td>Servings Per Container 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 250</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 12g</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 3g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Sodium 470mg</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tips and Tricks

Note the serving size listed - the numbers below are referring to one single serving. Take into account how much you are actually eating.

Calories are a unit of energy. Aim to have less than half of calories from fat.

Go for 0 grams of Trans Fat

Aim for 25 grams of Fiber every day.

Adapted from heart.org
Lunch & Dinner

Salads and a Sandwich......9

Spuds Spread......11
Salads and a Sandwich

Compliment your salad or sandwich with soup. Microwavable, ready-made options are available at your local grocery store. Be sure your soup is in microwave-safe packaging prior to microwaving. Tin cans are not microwavable!

Poached Salmon Salad

Ingredients
1 piece of salmon (frozen or fresh)
1/4 tsp salt
1/8 cup chicken broth
2 cups spinach leaves
1/2 cup peas
1 tsp Olive oil

Directions
1. In an 8-inch microwaveable dish, place salmon. Sprinkle with salt and pour chicken broth. Cover with plastic wrap; folding back one edge or corner to vent steam.
2. Microwave on high 6-8 minutes or until fish flakes easily with fork. Drain off the juices.
3. Break salmon into bite size pieces.
4. Mix spinach leaves and peas with olive oil and vinegar. Add salmon on top.
Compliment your salad or sandwich with soup. Microwavable, ready-made options are available at your local grocery store. Be sure your soup is in microwave-safe packaging prior to microwaving. Tin cans are not microwavable!

**Caprese**

Traditional Caprese Salad

- Bed of Basil
- Tomato Slice (Preferably the Roma Tomato Variety)
- Artisan Mozzarella Cheese
- Balsamic Vinegar Dressing

**Toasted Caprese Sandwich**

This is a very versatile “salad” which could even be place between toasted ciabatta bread.

Tip: use basil pesto as a spread
Spuds Spread

Make it a meal! Compliment your spud with steamed vegetables.
For instructions on baking potatoes without the wrapper, check out page 14!

Traditional Spuds

Mom’s Leftover Chili

INGREDIENTS
- 1 medium white potato
- ½ cup leftover chili
- 2 Tbsp shredded cheese
- ¼ c chopped avocado
- 1 Tbsp reduced fat sour cream
- 1 Tbsp chopped cilantro

DIRECTIONS
1. Bake Potato in the microwave according to the directions on the wrapper.
2. Reheat chili in microwave.
3. Slice potato. Top with chili, shredded cheese, sour cream, avocado, and cilantro.

Sea Salt with Arugula

INGREDIENTS
- 1 medium white potato
- Sprinkle sea salt
- 1 tsp butter
- 1 cup arugula
- ½ cup cherry tomatoes, halved
- 1 Tbsp balsamic vinaigrette dressing

DIRECTIONS
1. Bake Potato in the microwave according to the directions on the wrapper.
2. Melt butter in microwave.
3. Mix salt and butter, spread on the inside of the potato.
4. Top with Arugula, halved cherry tomatoes, and balsamic vinaigrette dressing.

Adapted from 101cookbooks.com
Spuds Spread

Make it a meal! Compliment your spud with steamed vegetables.
For instructions on baking potatoes without the wrapper, check out page 14!

Sweet Spuds

Classic Cheese n' Broccoli Combo

INGREDIENTS
1 medium sweet potato
½ cup frozen broccoli, steamed
2 Tbsp shredded cheese
1 tsp minced garlic

DIRECTIONS
1. Bake Potato in the microwave according to the directions on the wrapper.
2. While the potato is baking, combine shredded cheddar cheese, minced garlic and olive oil in a small bowl.
3. Once the potato is done baking, steam broccoli in the microwave according to the directions on the package.
4. Once finished, stir broccoli into the cheese mixture.
5. Unwrap baked potato, slice it open, and pour veggie and cheese mixture over the top. The cheese will continue to melt. Eat Warm.

Homesick Sweet Potato

INGREDIENTS
1 medium sweet potato
1 tsp butter
2 tsp brown sugar
1/2 tsp cinnamon
½ tsp nutmeg
1 Tbsp pecans, chopped
1 Tbsp marshmallow fluff

DIRECTIONS
1. Bake Potato in the microwave according to the directions on the wrapper.
2. In a microwave safe bowl, melt butter.
3. Add brown sugar, cinnamon, and nutmeg to melted butter, Stir until crumbly.
4. Slice baked potato and top with brown sugar mixture, pecan pieces and finally, marshmallow fluff!
The How-To Microwave Appendix: Get Creative!

Get creative with your meals! Make your own meals using these basic microwave tips.

**Chicken**

**Tyson® Grilled & Ready® Fully Cooked Frozen Chicken Breast**
What makes this product so great is that it is a lean meat option and extremely versatile. There are generic brands available at the grocery store.

For example, you could add chicken to a cup of rice, top it off with steamed vegetables and a well-balanced dinner is made.

- Or add Italian seasoning and minced garlic onto the chicken. Then add it to any pasta dish. Top with spinach. You have an Italian meal with little effort.
- Craving a Mexican dish? Add black beans and rice, top with ready-made guacamole, shredded cheese, iceberg lettuce, and salsa.
- Want a light salad for lunch? Make a classic Chicken Caesar Salad or utilize canned vegetables to make a Southwestern Grilled Chicken Salad.

**Pasta**

Some varieties of pasta can be cooked in the microwave. Bowtie pasta and macaroni pasta are easily prepared in the microwave.

**General Directions**
Pour desired serving portion (typically ½ cup uncooked pasta) into a glass or ceramic microwave safe container. Fill microwave safe container with pasta with water so the water covers the pasta. Place a microwave safe plate underneath the bowl just in case. Take suggested cooking time according to box instructions, add 3-4 minutes, and microwave for that amount of time.

**Rice**

The secret is in the rice to water ratio!
For one person, start with 1/2 cup of rice and 1 cup of water. Adjust according to your microwave. Add a pinch of salt and 1 tsp of olive or vegetable oil. Cover and cook in microwave for 10 minutes. After cooking concludes, let rice stand for 5 minutes. The steam allows for the rice to finish fluffing!

Fluff with fork and serve.

**Steamed Vegetables**

Find Steamable Veggies in the frozen food aisle at your local grocer. Steam veggie packets include a wide variety of vegetables. In addition, steamed veggies better retain vitamins and minerals than other forms of cooking vegetables.

Steamable veggie packages include an assortment of onion, green and red pepper, broccoli, cauliflower, and yellow corn as well. Compliment any dish with this easy and nutrient dense side.
Scrambled Eggs

Ingredients
2 eggs
A dash of milk (2 Tbsp)
Shredded Cheese
Salt n’ Pepper

Crack 2 eggs in a microwave safe bowl. Add a dash of milk to liking (about 2 Tbsp). Wisk with a fork! Microwave on high for 45 seconds. Wisk again! Set the eggs back into the microwave and microwave it for another 30 seconds. Top with shredded cheese of your choice. Salt and pepper to taste. Add a sprig of cilantro or parsley for garnish.

Check out page 5 for an Egg Sandwich recipe.

Potatoes

Baked potatoes are super easy! Additionally, they come individually wrapped at the store! Follow the directions for microwave cooking closely on the wrapper and in about 15 minutes, dinner is served!

For potatoes that are not prewrapped:
Wash 1 (5-to 6-oz.) Russet potato, then cut a wedge out of each potato about 1/8-inch wide and 1-inch deep. Place in a microwave-safe dish. Microwave on HIGH, uncovered, for 10 to 12 minutes*. Use oven mitts to remove dish from microwave. Carefully make a slit in the top of each potato and fluff with a fork. Top with your favorite bake potato toppings.

See pages 11-12 for ideas and recipes for some delicious Spuds.

*Modify baking instructions according to your specific microwave.
Resident Hall Grocery List

Breakfast
- Fruit (fresh, canned or dried)
- Fat-free or low-fat cream cheese
- Bagels
- Yogurt
- Cereal (with at least 3g of fiber per serving)
- Whole grain bread
- Peanut butter
- English muffins
- 100% fruit juice
- Cereal bars
- Fat-free or low-fat milk
- Instant oatmeal
- Granola bars
- Eggs

Lunch/ Dinner
- Salad greens
- Fruit (fresh, canned, or dried)
- Sliced, raw vegetables
- Frozen vegetables or vegetable blends
- Potatoes/sweet potatoes (to bake in microwave)
- Canned tuna or salmon
- Soups (minestrone, tomato, chicken with vegetables)
- Deli Meat
- Cottage cheese
- Whole grain bread
- Bean and rice dinners
- Veggie burgers
- Pita chips with hummus
- Ready-made California Rolls
- Whole wheat tortilla

Snacks
- Fruit (fresh, canned or dried)
- Nuts/Seeds
- Raw vegetables (carrots, celery, broccoli, peppers, cucumbers)
- Low-fat pudding cups
- Applesauce cups
- Low-fat cottage cheese cups
- Cereal
- Low-fat microwave popcorn
- String cheese
- Graham crackers
- Baked tortilla chips with salsa
- Yogurt
- Pretzels
- Peanut butter on low-fat crackers
- Pistachios
Note: This Cookbook is made to compliment University Health Service’s Resident Hall Pantry List. This item and many other dietary resources may be found at ukhealthcare.uky.edu/uhs/