



MINERVA'S MARKET PRESENTS

# Dorm Friendly Cooking

By: Alexandra Mack

# Note From Creator

IN THIS COOKBOOK YOU WILL FIND A COMPILATION OF RECIPES INSPIRED BY MINERVA'S MARKET AND DORM LIFE ON THE TWU DENTON CAMPUS. LEARNING TO COOK WITH A MICROWAVE CAN BE CHALLENGING BUT NEVER FEAR! THIS COOKBOOK IS FULL OF HEALTHY AND APPROACHABLE RECIPES FROM BREAKFAST TO LUNCH TO DINNER AND DESSERT TO KEEP YOU GOING DURING YOUR TIME AT TWU. I HOPE THIS GIVES STUDENTS A GOOD STARTING POINT IN THEIR COOKING JOURNEY WITHOUT HAVING TO BREAK THE BANK. ENJOY!

Disclaimer: Not all of these recipes are my own and are instead a compilation of what I found on the internet. Small changes have been made to better accommodate dorm life and Minerva's Market's inventory.

# Microwave Cooking Tips



Use these rules for all recipes that use the microwave to ensure the best food quality with limited mess:

- 1) **Always** watch the microwave as it cooks the food to prevent burning or overflowing.
- 2) Make sure to use a **wide, deep, and microwave-safe mug** for all of these recipes to ensure you have adequate space and minimize overflowing.
- 3) Watch the wattage of the microwave as this could **increase or decrease the time** needed for each recipe.

Each recipe has a section of code words highlighting the nutritional benefits of the recipe and if it accommodates for different dietary restrictions. This can make it easier to find recipes that work well for your needs.

**Healthy Fats:** This indicates recipes that are high in unsaturated fats like omega-6 or omega-3. Omega 3s are known to help maintain heart and brain health and lower inflammation. They can be found in fatty fish such as salmon or tuna or nuts and seed like walnuts and flax seeds.

**High Protein:** This indicates a recipe that includes high protein sources such as eggs, tuna, salmon, or chicken. Protein is known to maintain our body structures and immune function while keeping you feeling fuller longer.

**Whole Grains:** This indicates a recipe high in whole grains. Whole grains have more plant based protein, nutrients, vitamins, and fiber than refined grains.

**High Fiber:** This indicates recipes higher in fiber. Fiber aids in digestion, lowers the risk of some cancers, helps maintain cholesterol, and keeps you feeling fuller longer.

**Vegan:** This means that the recipe is made with no eggs, meat, dairy products, or honey.

**Vegetarian:** This means the recipe uses no meat except eggs.

**Gluten Free:** This means the recipe contains no products with gluten. Recipes with oats can be gluten free if the oats are certified gluten free.

Code Words



## INGREDIENTS

- 1 large 9 inch tortilla
- 2 eggs
- 4 tablespoons beans, canned
- 2 tablespoons cheese, shredded (optional)
- 4 tablespoons corn, canned
- Salt and pepper



## DIRECTIONS

- In a large microwavable mug press in a fresh tortilla. It will naturally fold into the shape of the mug.
- Crack in your eggs and beat with a fork, taking care not to tear the tortilla.
- Add in your favorite burrito mixins, beans, corn, and season with salt and pepper. Mix until combined.
- Microwave for 1 minute 20 seconds. If the eggs are still liquid, cook for another 15 -20 seconds. Keep an eye during cooking so the eggs don't explode.
- Once done, let it sit for 3 minutes to cool and serve with some sour cream and salsa on top.

**SERVES: 1**

**Vegetarian-High Protein-High Fiber**

Adapted from: Bigger Bolder Baking

# Mugrito

# On-the-Go Granola

## INGREDIENTS

- 1 teaspoon to 1 tablespoon maple/pancake syrup, honey, or agave
- 2 teaspoons water
- 2 teaspoons vegetable oil
- $\frac{1}{8}$  teaspoons salt (optional)
- 4  $\frac{1}{2}$  tablespoons rolled oats
- 2 tablespoons mix ins (coconut, nuts), chopped
- 1 tablespoon dried fruit



## DIRECTIONS

- In the large microwave safe mug, mix the, water, oil, salt, oats, nuts and your preferred amount of sweetener until blended.
- Microwave for 1 minutes 30 seconds and stir, making sure to stir up any syrup on the bottom of the mug.
- Microwave for 1 minutes longer or until oats are golden brown. You will see them getting golden in color and starting to toast up. Be careful it doesn't get too hot as it can burn.
- Let it stand for 2 to 3 minutes to cool before eating (the mug can get very hot). Mix in dried fruit. If you have extra store in an airtight container for 5 days.

**SERVES: 1**

**Vegan-Vegetarian-Whole Grain-  
Healthy Fats-High Fiber**

Adapted from: Bigger Bolder Baking

# Banana Oat Muffin

## INGREDIENTS

- 1/2 medium banana
- 1 1/2 tablespoons peanut butter
- 1/2 tablespoon honey, agave, or maple/pancake syrup
- 1 tablespoon milk or water
- 4 tablespoons oats (rolled or quick)
- 1 tablespoon chopped dried fruit, rasins,seeds, or nuts



## DIRECTIONS

- In the large microwavable mug, mash the banana thoroughly with a fork.
- Stir in peanut butter, milk, and sweetener.
- Stir in oats and chosen mixins
- Microwave 45 seconds to 1 minute until it is firm when touched on top.

\*\*You can mix this muffin in the cup the night before and store in the fridge. Cook it off in the microwave the next morning.\*\*

**SERVES: 1**

Vegan-Vegetarian-Whole Grain-  
Healthy Fats-High Fiber

Adapted from: Bigger Bolder Baking

# PB&J Oatmeal

## INGREDIENTS

- 3 tablespoons rolled oats
- 6 tablespoons water
- 1/4 teaspoon (optional)
- 2 tablespoons regular or plant based milk
- 2 teaspoons smooth peanut butter
- 2 teaspoons strawberry jelly



## DIRECTIONS

- Mix together all ingredients in a large microwave safe mug.
- Cook for 1 minute, then stop to stir. Cook again for another minute and stir. Continue cooking until done. (Stirring will prevent overheating and spilling over) It will take roughly 3 minutes to cook in total.
- Take out and add in some extra milk if it's a bit thick.
- Top with jelly or fruit.

\*\*You can combine ingredients the night before and store in the fridge. Then you can warm it up in the morning.\*\*

**SERVES: 1**

Vegan-Vegetarian-Whole Grain-  
Healthy Fats-High Fiber

Adapted from: Bigger Bolder Baking

# Overnight Oats

## INGREDIENTS

- 1/2 cup rolled oats
- 3/4 cup of plant based or dairy milk
- 1 tablespoon honey, agave, or maple syrup
- 1/8 teaspoon of cinnamon
- 1/2 teaspoon of vanilla extract
- 1/4 cup of dried or canned fruit
- 2 tablespoons chopped nuts or nut butter



## DIRECTIONS

- In a mug, jar, cup. or container add oats, milk, syrup, and cinnamon.
- Mix until combined
- Seal/cover and let it set for 3 hours or overnight.
- Stir before eating and top with fruit and nuts, if desired.

**SERVES: 1**

**Vegan-Vegetarian-Whole Grain-  
Healthy Fats-High Fiber**

Created by: Alexandra Mack



# Quick Omelet



## INGREDIENTS

- 2 eggs
- 2 tablespoons milk
- 1/2 teaspoon onion powder or 1 green onion, chopped
- 1/2 teaspoon dried herbs
- A pinch of salt and pepper

## DIRECTIONS

- Add eggs to large mug and beat together with a fork.
- Add dried herbs, onion powder, milk, salt, and pepper. Mix until all ingredients are combined.
- Microwave for one minute. Stir and break up any large chunks of egg.
- Cook for another 45 to 60 seconds or until eggs are set.
- Top with hot sauce, cheese, salsa or other favorite omelet toppings.

**SERVES: 1**

**Vegetarian-High Protein-Gluten Free**

Adapted from: Bigger Bolder Baking

# Mac and Cheese



## INGREDIENTS

- 1/3 cup pasta
- 3/4 cup water, cold
- 4 tablespoons milk
- 1/2 teaspoon cornstarch
- 4 tablespoons cheddar cheese, shredded
- 4 tablespoons mixed vegetables, canned
- Salt and pepper

## DIRECTIONS

- In a large microwavable mug add macaroni and the water.
- Microwave for 3 1/2 minutes. You want the pasta to be fully cooked.
- Pour off the remaining cooking water.
- Stir in the milk, cornstarch, shredded cheese, and vegetables. Microwave for a final 60 seconds to create your sauce. Stir well, season with salt and pepper.

**SERVES: 1**

**Vegetarian-High Protein**

Adapted from: Bigger Bolder Baking

# Bean & Corn Chili

## INGREDIENTS

- 3 tablespoons red kidney beans, pinto or black beans, canned
- 3 tablespoons corn, canned
- 4 tablespoons mixed vegetables, canned
- 6 tablespoons canned tomato or tomato sauce
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1 teaspoon Worcestershire sauce (optional)
- 1/2 teaspoon tabasco sauce



## DIRECTIONS

- Combine all of your ingredients in a large mug.
- Microwave for 2 to 2 1/2 minutes to heat all ingredients.
- Serve topped with sour cream, cheese or chopped green onion.

\*\*This can be made the night before and stored in the fridge. Heat in microwave when ready to eat.\*\*

**SERVES: 1**

Vegan-Vegetarian-High Fiber-Gluten Free

Adapted from: Bigger Bolder Baking



# Refried Bean Tostadas

## INGREDIENTS

### Base

- 1 can refried beans (15 oz)
- 2 tablespoons lime juice
- 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons oil
- Corn Tortillas



### Toppings

- Tomato, Lettuce, bell pepper, and/or onion
- Cheese, Sour Cream and/or Greek yogurt

## DIRECTIONS

- In a microwavable bowl, add refried beans, lime juice and spices. Stir to combine. Cook in 2 minute intervals in microwave until heated through.
- Line a plate with parchment paper and rub corn tortillas with a little bit of oil on both sides.
- Cook tortillas for 30 seconds in the microwave. Take them out and flip them. Cook another 30 seconds. Continue until golden and very crisp.
- Spread beans on the corn tortilla, top with desired toppings.

**\*\*Microwave canned chicken with refried bean spices for a higher protein option for topping the tostadas.\*\***

**SERVES: 5 (2 TOSTADAS PER SERVING)**

**Vegan-Vegetarian-High Protein-High Fiber**

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# Better Than the Cup Ramen

## INGREDIENTS

- 1 cup chicken or vegetable stock
- 1/4 cup (50 g/1.8 oz) noodles
- 2 tablespoons mixed vegetables, canned
- 2 teaspoons soy sauce
- 1/2 teaspoons chili sauce
- 1 teaspoon rice vinegar (optional)
- 1 teaspoon sesame oil (optional)
- 1 tablespoon green onions, sliced (optional)



## DIRECTIONS

- Add in all of your ingredients to your large mug. Break the noodles so they fit in the mug.
- Microwave for 2-2 ½ minutes or until the noodles are tender.
- Serve hot from the microwave. With your favorite ramen toppings.

**SERVES: 1**

**Vegan-Vegetarian**

Adapted from: Bigger Bolder Baking

# Cheesy Veggie Potato Soup



## INGREDIENTS

- 1/2 cup vegetable stock
- 1/4 cup milk
- 1/2 cup mixed vegetables, canned
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon Italian herb seasoning
- Pinch of black pepper
- 2 teaspoons cornstarch
- 1/4 cup cheddar cheese, shredded

## DIRECTIONS

- Add all ingredients into a large microwavable mug.
- Stir to combine.
- Microwave for 3 1/2 to 4 minutes until broth is slightly thickened and the cheese has melted.
- Enjoy warm.

\*\*Add bacon, chives, and/or sour cream as garnish if desired.\*\*

**SERVES: 1**

**Vegetarian-Gluten Free**

Created by: Alexandra Mack

# Classic Tomato Cheese Pasta

## INGREDIENTS

- 1/2 cup pasta (3.5 oz)
- 3/4 cup water
- 1/8 tsp salt
- 1/4 tsp pepper
- 1 tsp olive or vegetable oil
- 1/2 tsp dried basil or Italian herb seasoning
- 2 tbsp pasta sauce or crushed tomatoes, canned
- 1/2 cup mozzarella cheese, shredded
- 1/8 tsp chili flakes (optional)



## DIRECTIONS

- In a large microwave safe stir in pasta, water, salt, pepper, and oil together.
- Microwave for 2 minutes and then stir. Microwave for 1 minute and stir again. microwave for 1 more minute.
- Add dried herbs, pasta sauce, chili flakes, and 1/4 cup shredded cheese. Mix it well.
- Add the remaining shredded cheese to the pasta. Microwave it for 30 seconds to 1 minute.

**SERVES: 1**

**Vegetarian-High Protein**

Adapted from: Memoir Mug

# Scrumptious Salmon Salad

## INGREDIENTS

- 2 cans salmon (8 oz), drained
- 1/2 cup Greek yogurt
- 4 tablespoons mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tsp dried herbs
- 2 tablespoons lemon juice or 1/2 teaspoon lemon pepper seasoning



## DIRECTIONS

- Mix salmon in large bowl with greek yogurt and mayonnaise.
- Mix in spices, herbs, lemon juice, salt and pepper.
- Keep refrigerated and serve on whole grain crackers, bread, bagels or chopped vegetables.

**SERVES: 6**

**High Protein- Healthy Fats-Gluten Free**

**\*\*If you do not have canned salmon swap it out for canned tuna or canned chicken.\*\***

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# No Bake PB Cookies

## INGREDIENTS

- 3 cups rolled or quick oats
- 1/2 teaspoon salt
- 3/4 cup peanut butter
- 1 teaspoon vanilla extract
- 1/2 cup honey or maple syrup



## DIRECTIONS

- In a large microwave-safe bowl melt together the peanut butter and honey for 1 minute. Add the vanilla and whisk until evenly combined and smooth.
- Next add the oats and salt and mix until a sticky dough is formed. (If your dough is too wet add more oats or if too dry more honey.)
- Using a spoon, measure 2 tablespoons of the dough and roll into balls. Gently press the ball of dough between your palms to form a flat disc about 1/2 inch thick.
- Place the cookie onto the lined plate.
- Using a fork press into the top of the cookie to form that classic peanut butter crosshatch pattern.
- Place in the fridge to set for 10-20 minutes.
- These can be kept covered and stored in the fridge for up to 10 days.

**\*\*You can add chocolate chips or dried fruit as mixins if desired.\*\***

**SERVES: 12**

**Vegan-Vegetarian-High Protein- Whole Grains-  
Healthy Fats**

Adapted from: Bigger Bolder Baking

# Fruit Crisp

## INGREDIENTS

- 3 tablespoons vegetable oil or butter
- 4 tablespoons oats
- 2 tablespoons chopped nuts
- 2 teaspoons honey, agave, syrup, brown, or granulated sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon salt
- 1/4 teaspoon vanilla extract (optional)
- 1/2 cup canned pears or peaches in syrup
- 1/2 tsp cornstarch
- 1/4 tsp cinnamon



## DIRECTIONS

- In a separate small bowl stir in the oats, pecans, sugar, cinnamon, oil or melted butter and the salt.
- Add canned fruit with syrup, cinnamon, vanilla extract, and cornstarch to large microwavable mug
- Spoon the crisp mixture over the top.
- Microwave for 2- 2 ½ minutes. The fruit should be bubbling.
- Carefully remove from the microwave and let stand until cool enough to eat.

**SERVES: 1**

**Vegan-Vegetarian-Whole Grain**

Adapted from: Bigger Bolder Baking