

Teen Cooking Dorm Room Edition: Lunch/Dinner

Instant Mac & Cheese in a Mug <http://theviewfromgreatisland.com/instant-microwave-macaroni-and-cheese-in-a-mug/>

Ingredients:

- 1/3 cup small macaroni elbow noodles (uncooked)
- a scant 1/2 cup water
- a scant 1/4 cup milk
- 1/2 cup pre-packaged finely shredded cheese (we like a cheddar/jack blend)

Directions

Put the macaroni and the water into a mug. Microwave on full power for 2 minutes. Stir.
(Note: the water will boil over just a bit—that is fine)

Microwave for another minute. Stir.

Microwave for a fourth minute, and then check to see that all the water has been absorbed. If not, microwave a bit more, until it is gone.

Stir in the milk and shredded cheese and microwave for a final 30-60 seconds. Stir well. Enjoy!

Notes: If you are grating your own cheese, try adding a pinch (1/8 tsp) of cornstarch to the milk.

Lasagna <https://www.thepennyhoarder.com/food/cheap-microwave-mug-recipes/>

Ingredients:

- 2 sheets of lasagna noodles, broken into about 12 pieces
- 1/4 cup marinara sauce
- 1/4 tbs dried basil
- 1/4 cup shredded low-fat mozzarella cheese
- 4 tablespoons ricotta or cottage cheese

Put the pasta in a mug or large bowl, and cover it with water.

Microwave on high for 2 minutes, then stir the noodles to keep them from clumping.

Microwave the pasta for another 90 seconds to 2 minutes, depending on how firm you like your noodles.

Drain the pasta.

Stir the dried basil into the marinara sauce, and pour about 2 tablespoons into the bottom of a mug.

Layer in the mug, in order, 1/3 of the noodles, 1/3 of the marinara, 1/3 of the ricotta and then 1/3 of the mozzarella. Repeat the layering process twice. Spread both cheeses well to cover the pasta and keep it from drying out in the microwave.

Place the mug in the microwave, and cook for 2 1/2 to 3 minutes until lasagna is heated through.

Let it cool for 1 minute.

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Creamy Chicken Casserole <https://www.thepennyhoarder.com/food/cheap-microwave-mug-recipes/>

Ingredients:

- 1/2 cup spaghetti noodles, broken into thirds
- 1/4 cup half-and-half
- 1/4 cup shredded cheddar cheese
- 2 ounces chopped chicken
- 2 tablespoons frozen peas, thawed in cool water and drained
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Pinch of salt and pepper

Put the pasta in a mug, and fill it with water until the pasta is covered.

Microwave on high for 2 minutes, then stir the noodles to keep them from clumping.

Microwave pasta for another 1 ½ to 2 minutes, depending on how firm you like your noodles.

Drain the pasta.

Combine the noodles and remaining ingredients in mug. Microwave for 2-3 minutes until heated through.

Let it cool for 1 minute.

Taco Mug of Goodness <https://www.thepennyhoarder.com/food/cheap-microwave-mug-recipes/>

Ingredients:

- 2 tablespoons canned black beans
- 2 ounces cooked chicken (canned is fine)
- 3 tablespoons salsa
- 1 tablespoon shredded cheddar cheese
- 1 tablespoon sour cream
- 2-3 tortilla chips, lightly crumbled

Mix together first three ingredients in a mug.

Microwave on high for 1-2 minutes until heated through.

Top with crumbled chips, cheese and sour cream

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5 Minute Spinach and Cheddar Quiche in a Mug <http://www.bowlofdelicious.com/2015/05/12/5-minute-spinach-and-cheddar-microwave-quiche-in-a-mug/>

Ingredients:

- ½ cup chopped frozen spinach, thawed and drained (or ½ cup packed fresh spinach)
- 1 egg
- ⅓ cup milk
- ⅓ cup shredded cheddar cheese
- 1 slice cooked bacon, chopped (optional)
- salt and pepper, to taste

Directions:

If using fresh spinach, place it in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for one minute. Remove from microwave and drain the water and liquid from spinach thoroughly.

If using frozen spinach, make sure it is completely thawed and drained and add it to the mug.

Crack the egg into the mug with the spinach and add the milk, cheese, bacon (if using), and salt and pepper. Mix until thoroughly combined.

Cover with a paper towel and microwave on high for 3 minutes, or until fully cooked.

5-Minute Vegetarian Burrito Bowl <http://www.healthy-liv.com/5-minute-vegetarian-burrito-bowl/>

Ingredients:

- 1 cup cooked brown rice (I used Trader Joe's frozen pre-cooked brown rice)
- 1/2 cup black beans, drained and rinsed
- 2-3 tablespoons salsa, or to taste
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar or Mexican-blend cheese
- Diced avocado, optional
- Prepare brown rice according to package instructions.

In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds, or until heated through.

Top with diced avocado, diced tomato, guacamole, pico de gallo, crushed tortilla chips, or other desired toppings.

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Healthy Dorm Room Snacks <https://www.society19.com/healthy-dorm-room-snack-recipes/>

Easy fruit dip:

Light Cool Whip & sugar-free pudding mix & grapes, strawberries, apples, bananas or any fruit you can find to dip. This is a light & refreshing snack that won't kill your diet. You can even dip vanilla wafers or graham crackers if you feel like it. So yummy!

Healthy mug cake: Protein powder cake.

1 scoop protein powder, 1 egg & (optional) splash of milk. Mix together and stick in the microwave for about 30 seconds to 1 minute. It doesn't sound that great, but this recipe is so easy and super delicious!

Single serve pizza: English muffin pizzas

1 English muffin, pizza sauce & cheese. You can either eat it plain or stick it in the microwave for melted, gooey, yummy cheese. Or, take your English muffin down to the dining hall and toast it, that way it doesn't come out saucy from the microwave. You can even add toppings like olives, mushrooms or pineapples!

Cucumber cheese "sandwiches":

½ a cucumber cut into slices & 1 slice of cheese.

It's pretty self-explanatory by the name, but it's also so good.

Peanut butter apple "sandwiches":

2 circular apple slices & 2 tablespoons of peanut butter.

Again, self-explanatory.

Frozen yogurt covered fruit:

1 cup of blueberries or strawberries & nonfat vanilla Greek yogurt. Freeze overnight for best results. This is so easy to do, but it's probably the most forgotten. You can buy these in the stores, but they are full of processed sugars. This is the healthy way out!

Banana dog bites:

1 whole wheat tortilla wrap, 2 tablespoons of peanut butter, 1 banana. Roll the banana in the tortilla and cut into miniature wheels. If you're feeling extra sweet and daring, add a chocolate chip to each one.

Peanut butter dip:

1 cup of Greek yogurt, 2 tablespoons of peanut butter, 2 teaspoons of honey & 1 apple. Mix the Greek yogurt, peanut butter and honey together, then dip away! Sweet and healthy.

If you want something super easy, try popping popcorn and adding garlic or taco seasoning to spice things up! Living in a dorm is all about getting creative!