



Good Food for Your Room

Vegetables:

Bags of salad greens/ salad “kits”
Cherry tomatoes
Baby carrots
Pre-cut broccoli and cauliflower florets
Sweet potatoes
Spinach
Mini bell peppers
Frozen veggies
Vegetable soups (Amy’s, Pacific, Trader Joe’s, Healthy Choice)
Tomato juice and sauce
Salsa
Marinara sauce

Fruits:

Apples
Oranges
Grapefruit
Bananas
Strawberries, raspberries, and black berries (Fresh or Frozen)
Plums
Peaches
Dried unsweetened fruit
Avocado

Cereals:

Oatmeal (Plain Quaker Old Fashioned or Quick- 1 minute, Kashi, Nature’s Path, Trader Joe’s)
Shredded Wheat
Raisin Bran
Kashi Autumn Harvest
Kashi Go Lean
Cheerios

Grains:

Uncle Ben’s Ready Rice Brown Rice, or Instant Quinoa
100% whole grain bread, tortillas and crackers
Popcorn
Unsalted pretzels
Brown rice cakes

Dairy and Dairy-free:

Low fat or fat free milk
yogurt or cottage cheese
Low fat string cheese
Baby Bell low fat mozzarella cheese
Unsweetened almond, soy or rice milk

Protein:

Eggs
Egg whites
Frozen edamame
Canned wild salmon or tuna, or chicken
Canned beans (all types)
Bean soups

Nuts and seeds:

Any type of nuts or seeds
Natural peanut butter or almond butter
Justin’s or Barney Butter peanut butter packets

Other:

Honey
Cinnamon
Garlic powder, pepper, salt
All fruit jam or fruit preserves
Olive Oil
Hummus
Coffee/tea

Recipes

Here are some recipes to try out in your dorm. For more ideas check out Cooking on Campus at www.cookingoncampus.arizona.edu

Scrambled Eggs

Ingredients:

- 2 eggs
- 1 splash of water or milk
- ¼ cup (1 oz.) deli meat, chopped

Instructions:

1. Crack eggs into a microwave safe-mug or small bowl.
2. Add a small bit of water or milk.
3. Use a fork and beat the eggs until mixed.
4. Add deli meat into egg mixture.
5. Cooks eggs on high in microwave for one minute.
6. Take eggs out and stir them once more.
7. Then stick them back in the microwave for another 30 – 60 seconds.



Gourmet Microwave Popcorn

Ingredients:

- ¼ cup popcorn kernels
- Olive oil spray
- ½ Tbsp. Italian seasoning
- ½ tsp. pepper
- ¼ tsp. garlic salt

Instructions:

1. Take a brown paper bag and put kernels inside and roll the top down. Seal with a piece of tape.
2. Put the bag in the microwave for about two minutes (listen: when the popping sound slows down open the microwave).
3. Mix together the basil, parsley, and garlic salt.
4. Pour the mixture into the bag with the hot popcorn and shake around.
5. Spritz or drizzle olive oil over the top. Serves 4.

“Baked” Potato

Ingredients:

- 1 small or medium potato
- ¼ cup (1 oz.) shredded cheddar cheese
- ¼ cup salsa
- 2 tbsp. plain, nonfat Greek yogurt
- 1 tbsp. diced green onion or chives, optional
- salt and pepper, to taste

Instructions:

1. Wash the potato well and stick a fork in it a few times to create holes for steam to exit.
2. Place it in the microwave on a paper towel or microwave-safe plate and, depending on the size of the potato, cook from 3-6 minutes
3. Stick a fork in it to check if the potato is done. There should be no resistance as you pull out the fork. Cook for another minute or so and repeat as needed until done.
4. Once the potato is cooked, personalize/improvise your baked potato however you like! Try topping it with cheddar cheese, salsa, green onions and Greek yogurt.



Pizzadilla

Ingredients:

- 1 whole grain tortilla
- A handful of pepperoni
- ½ cup low fat, shredded cheese
- ¼ cup shredded Parmesan cheese
- ¼ cup pizza or spaghetti sauce
- Veggies, optional

Instructions:

1. Heat a medium skillet to med-low on the stove top.
2. Heat up pepperoni on skillet, about 2 minutes.
3. Remove pepperoni, assemble quesadilla (place ½ the cheese and pepperoni on half of the tortilla along with veggies and fold over) then cook on skillet.
4. Cook until edges get crisp and cheese is melted, about 4 minutes per side.
5. Remove from skillet, add remaining cheese and pepperoni on top, microwave until cheese on top is melted.

Reference: “Ultimate Pizza Quesadilla.” *Life A Little Brighter*. <http://www.lifealittlebrighter.com/2014/11/ultimate-pizza-quesadilla/>

COUNSELING - CAMPUS HEALTH SERVICE - HEALTH PROMOTION

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