

**RESIDENCE
HALL
COOKBOOK**

Residence Hall Cookbook

This cookbook was created by the
POWER Peer Health Educators and
the Office of Health Promotion.



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Residence Hall Cookbook

We all know that eating smart in college can be challenging, especially when you're constantly on the go.

Now, with the help of POWER Peer Educators, the Office of Health Promotion, and these nutritious and easy-to-follow recipes, balanced eating is easier! These recipes are all healthy, nutritious, delicious and maintain the needed balance of carbohydrates and protein necessary to eating smart and living a healthy lifestyle.

We hope you enjoy the recipes and use them often!

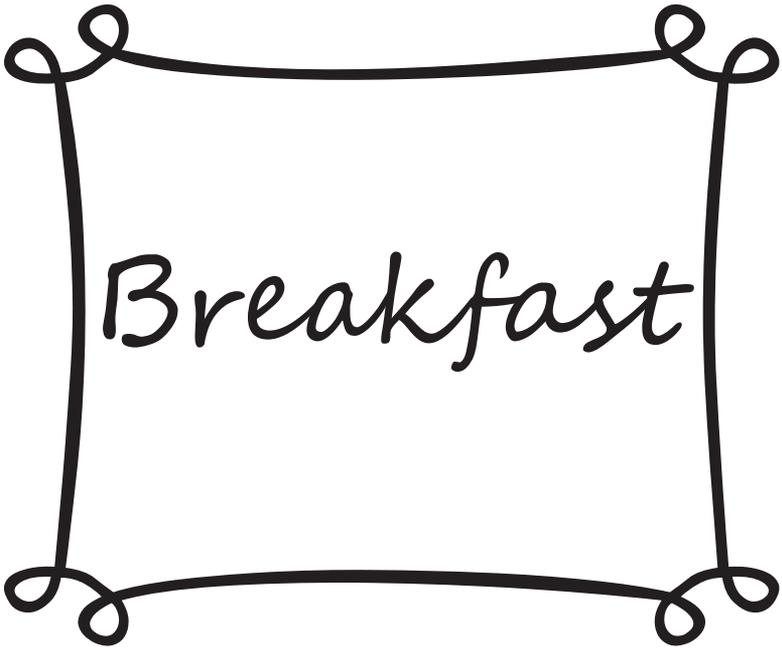
Happy Eating!

 POWER

The word "POWER" is written in a large, dark blue, serif font. The letter "O" is replaced by a stylized graphic of a red apple with a green leaf and a brown stem.

WHERE IS THE
LOVE?

The phrase "WHERE IS THE LOVE?" is written in a dark blue, sans-serif font. The word "LOVE" is significantly larger than the other words. The letter "O" in "LOVE" is replaced by a dark blue outline of a heart.



Happy Wrap

Ingredients

- 1 whole grain tortilla
- 1-2 tbsp. nut or seed butter
- 1/2 medium banana, mashed
- 1/4 c. low-fat yogurt
- 1/4 c. crunchy cereal
- 1 tsp. honey

Directions

1. Spread nut butter on tortilla.
2. Add mashed banana; then top with crunchy cereal, yogurt and honey.
3. Roll tortilla and enjoy!

Easy Alterations

- Don't like bananas? Try another fruit!
- Make it non-dairy with soy yogurt.
- No tortilla? Try it on a whole wheat bagel.

Breakfast Sandwich

Ingredients

- 2 slices of whole grain bread/English muffin
- 2 slices of ham
- 1 slice low-fat cheese
- 1/4 c. spinach

Directions

1. Toast bread or English Muffin in a toaster or microwave for 20 seconds.
2. Place ham, cheese and spinach on bread and enjoy!

Easy Alterations

- Try Canadian bacon instead of ham.
- For a meatless version try vegetarian sausage.
- Swap spinach for another veggie like bell peppers.

Breakfast Burrito

Ingredients

- 2 eggs or 1/4 c. Egg Beaters
- 2 tbsp. water
- 1/4 c. shredded low-fat cheese
- 3 tbsp. salsa
- 1 whole wheat tortilla

Directions

1. Lightly beat together eggs and water in a microwave safe bowl.
2. Place egg mixture into microwave and cook on high for 30 seconds.
3. Stir from outside to inside and continue to cook for about 40 seconds.
4. Add cheese and cook for 90 seconds.
5. Allow egg mixture to sit for 2 minutes, it will continue to cook.
6. Heat tortilla in microwave for 15–30 seconds; put omelet or scramble in tortilla, wrap and pour salsa on top. Enjoy!

Easy Alterations

- Add veggies like spinach or bell peppers.
- Try it on whole wheat toast.
- Looking for a vegan option? Use tofu instead of eggs.

Apricot Oatmeal

Ingredients

- 1/4 c. dry old fashioned oats
- 1 c. fat free milk
- 4 dried apricot halves, cut into quarters
- 2 tbsp. peanut butter
- 1/4 tsp. ground cinnamon

Directions

1. In a microwave safe bowl, stir together dry oats, milk and apricots.
2. Microwave the mixture for 2 minutes on high.
3. Add peanut butter and enjoy!

Easy Alterations

- Try sunflower seed butter instead of peanut butter.
- Use fresh fruit like bananas!
- Flavor with vanilla extract.



Lunch
&
Dinner

Bean Tacos

Ingredients

- Corn tortillas
- 1 c. of corn kernels
- 1 c. of black beans
- 1 c. of grape tomatoes, halved
- 2 tsp. of olive oil
- Juice of 1 lime

Directions

1. Combine corn, black beans, tomatoes, oil, lime juice and optional ingredients in a medium bowl.
2. Fill tortilla with 1/4 c. of the mixture.
3. Microwave the taco for 30 seconds to serve warm or eat cold.

Easy Alterations

- Spice it up with hot sauce, jalapeno peppers or cumin.
- Try it with low-fat cheese or plain Greek yogurt (use as sour cream).
- Add vegetables (e.g., green or red peppers, onions).
- Add a starch such as quinoa.

Citrus Chicken Wrap

Ingredients

- 1 tbsp. honey mustard
- 1 whole wheat tortilla
- 1 tbsp. Craisins®
- 3 oz. sliced grilled chicken strips (ex. Perdue precooked strips)
- 1/2 clementine
- 2 tsp. sunflower seeds

Directions

1. Microwave chicken strips for 2–3 minutes.
2. Spread honey mustard onto tortilla and place chicken, Craisins®, clementine and sunflower seeds.
3. Roll up the tortilla and enjoy!

Easy Alterations

- Make it meatless with tofu or edamame.
- No tortilla? No problem! Try it as a salad with romaine or spinach.

Mini Pizza

Ingredients

- 1 whole wheat English muffin
- 1 oz. grated or sliced low-fat mozzarella cheese
- 2 tbsp. tomato sauce
- 1 tsp. Italian seasoning

Directions

1. Spread tomato sauce on both sides of the English muffin.
2. Sprinkle Italian seasoning and cheese onto the English muffin halves.
3. Microwave for 1 minute or until cheese is melted.

Easy Alterations

- Make it Hawaiian with pineapple and ham.
- Add veggies like peppers or mushrooms.
- Make it a tomato pie - omit the cheese.

Vegetarian Burrito Bowl

Ingredients

- 1 pouch of frozen pre-cooked brown rice
- 1 c. black beans (drained and rinsed)
- 1/2 c. corn kernels (drained and rinsed)
- 1/4 c. salsa

Directions

1. Prepare frozen brown rice according to the pouch directions.
2. In a medium microwave safe bowl, combine black beans, corn and salsa.
3. Microwave for 3-5 minutes, stirring halfway through.
4. In a large bowl, serve warm black bean mixture over rice.

Easy Alterations

- Try quinoa instead of brown rice.
- Garnish with diced avocado and shredded cheese.
- Add extra protein with Greek yogurt, chicken or tofu.

Easy Broccoli and Cheese Pasta

Ingredients

- 1 packet of Annie's microwaveable Mac and Cheese
- 1 c. frozen broccoli
- 2 tbsp. water

Directions

1. Prepare Mac and Cheese according to the packet directions.
2. Place frozen broccoli in a small microwave safe bowl with 2 tbsp. of water.
3. Microwave on high for 1-2 minutes.
4. Drain broccoli and add it to the Mac and Cheese.

Easy Alterations

- Add 1 tbsp. of blue cheese for a tangy flavor.
- No broccoli? No problem! Try it with 1 tbsp. of buffalo wing sauce and serve with carrots and celery.
- Protein packed-make it with Greek yogurt instead of milk and add frozen chicken strips or edamame.

Ramen Soup

Ingredients

- 1/2 c. vegetable soup
- 1 individual serving of Ramen Noodles (discard seasoning packet)
- 1/2 c. canned beans, rinsed and drained

Directions

1. Place soup and beans in a microwave safe bowl with 3 tbsp. water. Then microwave for 2 minutes.
2. Place Ramen Noodles in a separate bowl and cover with water.
3. Microwave for 3-5 minutes. Let sit for 2-3 minutes.
5. Combine noodles with soup and bean mixture.

Easy Alterations

- Try it with tomato or cream of chicken soup.
- Use pinto beans with hot sauce for a Tex-Mex flare.
- Spice it up with black pepper, Italian seasonings or garlic.

Quinoa Fried Rice

Ingredients

- 1/4 c. quinoa
- 1/2 c. water
- 1/4 c. edamame, shelled
- 1/2 c. frozen mixed vegetables
- 1 tsp. canola oil
- 1 tbsp. sweet chili sauce
- 1 tsp. soy sauce
- Salt, to taste

Directions

1. Place quinoa in a bowl and rinse twice. Discard excess water.
2. Combine rinsed quinoa, 1/2 c. water and salt in a microwave safe bowl and cover with a paper towel.
3. Microwave for 6 minutes, stir, then cook for another 6 minutes.
4. In another microwave safe bowl, combine oil, vegetables, soy sauce and sweet chili sauce.

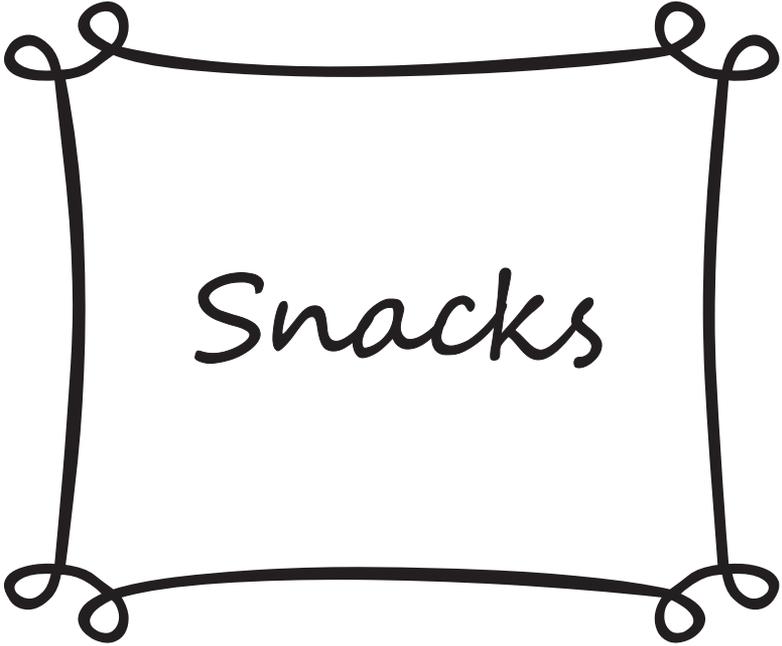
Quinoa Fried Rice

Directions

5. Cook in microwave for 3 minutes stirring halfway through.
6. Combine quinoa and vegetable mixture. Stir in any additional ingredients (easy alterations).
Serve immediately and enjoy!

Easy Alterations

- Add scallions and cilantro for a fresh flavor.
- For a nuttier flavor, try toasted sesame seeds.
- For a crunch, add chopped peanuts or sunflower seeds.



No-Bake Energy Bars

Ingredients

- 1 1/4 c. crisp rice cereal
- 1 c. uncooked quick-cooking oats
- 2 tbsp. ground flaxseed
- 1/4 c. finely chopped dried fruit
- 1/4 c. finely chopped nuts or seeds
- 1/3 c. honey, maple syrup or brown rice syrup
- 1/2 c. nut or seed butter of your choice
- 1 tsp. vanilla extract

Directions

1. Combine the rice cereal, oats, flaxseed meal, dried fruit, and nuts in a large bowl.
2. Combine the syrup and nut butter in a small saucepan over medium heat, stirring until melted and well-blended (alternatively microwave in a small microwave safe bowl 30-60 seconds until melted). Stir in vanilla until blended.

3. Pour nut butter mixture over cereal mixture, stirring until coated. Use a wooden spoon at first, and then get your hands in it. It will be sticky, but this way you can really coat every thing. Just scrape off your hands when you are done.
4. Press mixture firmly into an 8-inch square pan (sprayed with nonstick cooking spray) using a large square of wax paper.
5. Cool in pan on a wire rack, and then chill at least 30 minutes to help set.
6. Cut into 12 bars. Wrap bars tightly in plastic wrap and store in the refrigerator.

Easy Alterations

- Add 1/4 c. of cocoa powder for a chocolate version.
- Try chia seeds instead of flaxseeds.
- Use almond extract for a slightly nuttier flavor.

Steamed Edamame

Ingredients

- 1 pound edamame, fresh or frozen, in or out of shell
- 1/4 c. water
- Kosher salt, optional

Directions

1. Place the edamame and water into a large microwave safe bowl.
2. Microwave for 4-6 minutes.
3. Drain any excess water and serve as is or with salt.

Easy Alterations

- Try seasoning with:
 - Olive Oil, Lemon Juice & Salt
 - Salt & Pepper
 - Olive Oil, Garlic, Red Pepper Flakes, Salt
 - Salt & Sugar
 - Sesame Oil, Soy Sauce & Sriracha

Energy-Boosting Greek Yogurt Parfait

Ingredients

- 1 c. plain Greek yogurt
- 1/4 c. blueberries
- 1/2 banana, sliced
- 1/4 c. almonds
- 1 tsp. honey

Directions

1. Combine plain Greek yogurt, blueberries, sliced banana, almonds and honey in a bowl.
2. Enjoy this energy-boosting breakfast!

Easy Alterations

- Use any fresh or dried fruits.
- Try seeds instead of nuts.
- If using sweetened yogurt, omit honey.

“Baked” Sweet Potato

Ingredients

- 1 sweet potato

Directions

1. Puncture the sweet potato several times with a fork.
2. Place it on a microwave safe plate and microwave for 6 minutes.
3. Cook for an additional minute or until sweet potato is soft all the way through.
4. Cut sweet potato open at the top and fill with favorite ingredients.

Easy Alterations

- Sweet version: Greek yogurt with honey and cinnamon.
- Protein packed: Greek yogurt, black beans and avocado.
- Savory version: Black beans, cumin and cilantro.

Sweet Baked Apple

Ingredients

- 1 apple
- 1 tbsp. brown sugar
- 1/2 tsp. cinnamon
- 1 tbsp. raisins
- 1 tsp. canola oil

Directions

1. Core the apple, ensuring that all of the seeds are removed.
2. Combine canola oil, brown sugar, cinnamon, and raisins in a separate bowl and place in the center of the cored apple.
3. Heat the apple on a microwave safe plate for 1-2 minutes.

Easy Alterations

- Sprinkle the apple with pecans or walnuts.
- Omit brown sugar and cinnamon and add a piece of dark chocolate.
- For breakfast, add yogurt and granola.



Beverages

Infused Water

Ingredients

- Water
- Assorted fruits, vegetables, or herbs

Directions

1. Combine water and fruit/vegetable/herb mixture.
2. Infuse mixture by refrigerating the beverage for 30 minutes-1 day.

Easy Alterations

- Lime, Raspberry & Mint
- Lemon & Cucumber
- Orange, Cranberries & Rosemary
- Melon & Basil

Warm Apple Cider

Ingredients

- 3/4 c. apple cider or apple juice
- 1 or 2 whole cloves
- 1 cinnamon stick
- Orange slices

Directions

1. Combine apple juice or apple cider with cloves and cinnamon in a microwave safe mug, cup, or glass.
2. Heat in the microwave, uncovered, for 2-3 minutes.
3. Garnish with an orange slice.

Easy Alterations

- Make a spritzer - chill cider and mix with club soda.
- Too sweet? Try diluting the juice with water or decaffeinated tea.
- No cloves? Add an extra orange slice!

The following cookbooks are available and can be borrowed from the Office of Health Promotion's Resource Center.

American Dietetic Association Complete Food and Nutrition Guide

American Heart Association Cookbook

Cooking Light Way to Cook Vegetarian

Diabetic Cooking

Eating for I.B.S.

Eating on the Run

The Everything Healthy College Cookbook

A Healthier You

The Healthy College Cookbook

How to Boil Water-Life Beyond Takeout

Lickety-Split Meals

Low-fat Living

Meal Solutions for Busy People

Quick & Healthy Cookbook

Saving Dinner

POWER

POWER stands for Peers Offering Wellness Education and Resources. POWER is a group of Peer Educators who share information with other students to promote awareness about alcohol and other drugs, sexual assault, sexual health, nutrition and fitness. POWER provides resources to the Villanova Community while promoting healthy choices and community support in order to create a healthy campus culture.

For more information please visit our website at www.villanova.edu/POWER

The Office of Health Promotion offers free nutrition consultations with a Registered Dietitian (RD). The RD can help you figure out how to incorporate nutrition and fitness into a hectic college lifestyle. Consultation topics may include, but are not limited to: improving dietary habits, plant-based diets, sports nutrition, dietary intolerances and food allergies, and weight maintenance. The Office of Health Promotion also offers additional resources related to nutrition and fitness including the Challenge Course, nutrition programs, grocery shopping tours, cooking demonstrations, recipes, and tons of online resources and materials. For more information, or to schedule an appointment with the Registered Dietitian, please visit our web site (www.villanova.edu/healthpromotion) or call (610)519-7407.

go to health 



Office of Health Promotion

Health Services Building, First Floor

610.519.7407

www.villanova.edu/healthpromotion



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Easy Ramen Soup

*Too cold to leave your dorm room but looking for a cheap, easy meal?
Try this healthy yet hearty meal that takes less than 5 minutes to prepare!*

Ingredients:

- ½ packet ramen noodles
- ½ can kidney beans, drained and rinsed
- ½ can vegetable soup
- ½ cup water

Directions:

1. Combine ingredients in a microwave safe bowl.
2. Cook in microwave on high for 2 minutes.
3. Stir and cook for an additional 1-2 minutes.
4. Allow 2 minutes to cool – then enjoy!



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Homemade Popcorn

Ingredients

½ cup unpopped corn
Canola, vegetable, or grapeseed oil

Directions

Find a large, heavy pot with a lid. Generously coat the bottom of the pan with oil and dump in about 1/2 cup of unpopped corn.

Stay near the pot until the corn begins to pop. Shake it every thirty seconds or so.

When it's done popping, season it with your favorite ingredients!



Topping Ideas:
Cajun Seasoning
Old Bay Seasoning
Sea Salt & Pepper
Salt & Vinegar
Sugar & Cinnamon
Parmesan Cheese

Not only is home-popped corn delicious, it's cheap too! A bag of popcorn kernels in the grocery store is just 4 cents per ounce, while microwave brands cost three to six times as much.

Americans consume about 17 billion quarts of this whole grain, healthy treat. That's 54 quarts per person! Compared to most snack foods, popcorn is low in calories. Air-popped popcorn has only 31 calories per cup. Oil-popped is only 55 per cup.

Peanut Butter Oatmeal

Enjoy this meatless breakfast, anytime of the day. It's packed with whole grain, protein, and fiber that will keep you fueled and, even better yet, can be made easily in the microwave!

Ingredients:

- ½ cup old fashioned oats
- ½ cup water
- 1 tbsp peanut butter
- 2 tbsp raisins



Directions:

1. Combine oats and water in microwave safe bowl.
2. Cook for 1½-2 minutes.
3. Immediately after removing from microwave, add peanut butter to oatmeal and stir until mixed in well.
4. Top with raisins.

Pumpkin Bisque

Ingredients:

- 1 Tbsp. canola oil
- 1 apple (any kind), peeled, cored, seeded and coarsely chopped
- 1 leek, white part only, finely chopped
- 4 cups fat-free, reduced-sodium chicken or vegetable broth
- 1 sweet potato, peeled, halved lengthwise and cut in 1/2-inch slices
- 1 (15 oz.) can puréed pumpkin
- 1/4 teaspoon dried thyme leaves
- 1 Tbsp. curry powder
- Salt and freshly ground pepper, to taste
- 4 tsp. finely minced chives, for garnish



Directions:

1. In a large, heavy saucepan, heat oil over medium-high heat. Sauté apple and leek until the leek softens, about 4 minutes.
2. Add the broth, sweet potato, pumpkin, curry and thyme. Bring the soup to a boil over high heat, then reduce the heat and simmer uncovered until the potato and apple are soft when pierced with a knife, about 20 to 25 minutes.
3. Transfer soup to a blender or food processor and purée. Add salt and pepper to taste. Divide among 6 bowls. Garnish with the chives and serve. Makes 6 cups.

Pumpkin Muffins Recipe

Ingredients:

1 Box of Vanilla Cake Mix
15 oz. can of pumpkin

Nutrient Dense Add-Ins:

- Nuts (walnuts, pecans)
- Fruits (mashed banana, raisins, craisins)
- Spices (cinnamon, all-spice, cloves)

Directions:

Mix the powder and pumpkin together, put into a muffin pan and bake at 350 degrees for 20-25 minutes. For microwave bakers, fill a mug with the mix and microwave on high for three and a half minutes. Let cool, and enjoy.

Revamped Peanut Butter & Jelly

Looking to get more out of your standard Peanut Butter and Jelly? Make one of the easiest go-to meals even heartier (and tastier)! Adding a few extra calories to a peanut butter and jelly sandwich will help give your body more energy to use throughout the day.

Ingredients:

- 100% Whole wheat bread
- Peanut Butter
- Jelly



Revamp Your Sandwich:

- For extra crunch and sweetness, sprinkle some **honey roasted peanuts** around the inside of the sandwich. (This can also be done with any other type of nut.)
- To get some extra fiber, protein, and heartiness in your sandwich sprinkle some **plain instant oats** on the inside of your sandwich.
- To add potassium and fruit flavor to your sandwich, add slices of **banana** to the sandwich.
- To make a complete breakfast, after making the sandwich, dunk it in a bowl containing beaten **eggs** until the sandwich is covered in egg, and then cook in a frying pan until all of the egg is cooked. Enjoy your PBJ French Toast with a little syrup and a nice glass of OJ!

Warm Apple Cider

Ingredients:

- 3/4 cup apple cider or apple juice
- 1 or 2 whole cloves
- 1 cinnamon stick
- Orange slices

Directions:

1. Combine apple juice or apple cider with cloves and cinnamon in a microwaveable mug, cup or glass.
2. Heat in the microwave oven, uncovered, for 2 to 3 minutes.
3. Garnish with an orange slice.
4. Makes one cup.

