

College Cuisine 101

College is hard enough. What to eat (and how to avoid gaining the dreaded Freshman 15) shouldn't be part of the challenge.

Even with the best intentions, dining hall food can get boring and serving hours often don't match up with actual student hours. But students needn't be limited to cafeteria food, takeout, or good old PBJ day after day. With a few basic appliances--permitted in most dorm rooms--students can not only pursue higher learning, but also take a crash course in campus cooking.

FOOD

Campus Cooking: the Advanced Course Rise and Shine

Mom was right: breakfast is the most important meal of the day. A carton of yogurt topped with a handful of cereal and dried fruit makes a great breakfast on the go, but for something a little more filling, consider a breakfast burrito made with scrambled eggs, cheese and precooked bacon or sausage. The fillings can be changed to suit any taste, and by using the microwave, a breakfast burrito can be assembled and ready to eat in less than 5 minutes.

How to cook scrambled eggs in the microwave:

- Crack eggs into a microwave-safe bowl.
- Add milk or water and beat well with a fork.
- Cover with plastic wrap and microwave at 70 percent power for 1 1/2 minutes. If eggs are not cooked to desired doneness, continue cooking in 20 second intervals, until done.
- Season with salt and pepper.

Iron Works

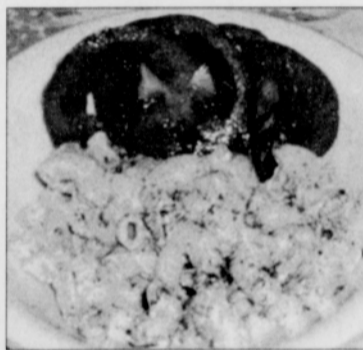
The college student's real secret weapon when it comes to dorm-room dining is the clothes iron. Yes, it's true: this commonplace household appliance can turn out splendid grilled-cheese sandwiches and quesadillas, often in less time than it takes to heat a skillet or griddle. Caution: keep a layer of heavy-duty aluminum foil between the iron, the food and the surface you're ironing on. Ever try to pick melted cheese out of an iron? It's not pretty.

- Heat iron to cotton or linen setting. Turn off steam.
- On your work surface, place a sheet of heavy duty aluminum foil large enough to accommodate bread or tortilla. Place bread or tortilla on foil and top with desired filling. Cover with remaining slice of bread or tortilla. Cover sandwich or quesadilla with another sheet of aluminum foil. Fold foil to seal edges and make a packet.
- Press iron on surface of foil-covered packet, passing iron over entire area for about 30 seconds. Carefully turn entire packet over and iron again for about 30 seconds, taking care not to tear the foil. Unwrap an edge and check to see if it is fully cooked. If contents are not hot or cheese is not melted, rewrap the foil and repeat the ironing step.

Ranch Chicken Macaroni Salad

INGREDIENTS

- 1 cup uncooked elbow macaroni
- 1 stalk celery, chopped
- 1 (2.25 ounce) can chopped green or black olives
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 2 tablespoons milk
- 1 (10 ounce) can chicken chunks, drained
- 1 (1 ounce) package dry Ranch-style dressing mix
- 2 teaspoons paprika



"This is a simple to make recipe with Ranch dressing mix which gives it an extra kick."

DIRECTIONS

1. Bring a pot of water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Drain, and pat dry.
2. In a medium bowl, mix together the celery, olives, mayonnaise, sour cream, milk, chicken and Ranch dressing mix. Stir in macaroni until well blended. Refrigerate for 24 hours. Stir, and sprinkle paprika over the top before serving.

Bagged Baked Potato

"If you want the yummy taste of nice slowly baked potato, but aren't patient enough, or don't have the know-how to bake it in an oven, well, this is for you. Give it seven minutes, and get a mouth watering, taste-bud-tingling treat. Be experimental: try bacon bits, ham, chili, onion or anything else that sounds good!"

INGREDIENTS

- 1 large russet potato
- Cooking spray
- Plastic sack or bag (such as a Wal-Mart sack)
- Butter or margarine, optional
- Shredded Cheddar cheese, optional
- Salt and pepper to taste, optional
- Sour cream, optional



DIRECTIONS

1. Scrub the potato, poking several times with the tines of a fork.
2. Spray with cooking spray.
3. Place in a plastic bag and loosely tie closed.
4. Microwave on high 7 minutes. If the potato feels soft on all sides; CAREFULLY open the bag (STEAM WILL ESCAPE WHEN OPENED).
5. Top with your favorite ingredients.



Inside-Out Pizza

"Part pizza, part quesadilla, this snack sandwiches cheese, sauce and toppings between two flour tortillas."

INGREDIENTS

- 2, six-inch flour tortillas
- 1/4 cup grated Cheddar cheese
- 1/4 cup shredded mozzarella cheese
- 2 (1 ounce) slices cooked deli turkey breast
- 1 tablespoon pizza sauce (optional)
- 1 tablespoon chopped tomato (optional)
- 1 tablespoon sliced black olives (optional)
- 1 tablespoon chopped green bell pepper (optional)

DIRECTIONS

1. Place one tortilla on a sheet of waxed paper sized to fit in your microwave. Spoon 2 tablespoons each of Cheddar and mozzarella cheeses over the tortilla.
2. Cover the cheese with turkey slices.
3. Spread 1 tablespoon of pizza sauce over the turkey, and top with 1 tablespoon each tomatoes, black olives, and green peppers.
4. Sprinkle with remaining Cheddar and mozzarella cheeses, and place second tortilla on top.
5. Place on a microwave-safe plate, and cover with a sheet of waxed paper.
6. Cook on High in microwave until the cheese melts, about 1 1/2 minutes. Allow to cool 2 minutes before cutting into wedges.

One Bowl Chocolate Fudge



"For peanut butter squares, drop peanut butter by spoonfuls into chocolate and cut into fudge with knife before refrigerating. Great for those late-night study sessions!"

INGREDIENTS

- 16 ounces semisweet chocolate
- 1 (14 ounce) can sweetened condensed milk
- 2 teaspoons vanilla extract
- 1 1/2 cups chopped walnuts

DIRECTIONS

1. Line an 8x8 inch square dish with aluminum foil.
2. Chop chocolate and place in a large, microwave safe bowl with condensed milk.
3. Microwave on high, stirring once or twice until chocolate is soft, 2 to 3 minutes.
4. Remove from oven and stir until completely smooth. Stir in vanilla and walnuts.
5. Spread in prepared pan.
6. Refrigerate 2 hours, until firm. Cut into squares.

Ingredients for life..



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1.99 lb CLUB PRICE
Rancher's Reserve Angus Beef Round Tip Roast
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5.99 lb CLUB PRICE
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