



MEALS IN A

Microwave

Perfect for **college** students!

No stove?

No problem!

Diced & Sliced By:

STUDENT WELLNESS EDUCATION
& EMPOWERMENT TEAM

SWEET

The Basics:

Cook Quinoa

Ingredients: 1 cup quinoa, 2 cups water

Prep Time: 5 min | **Cook Time:** 8 min | 4 servings

- Rinse quinoa under warm water
- Place in microwavable bowl, add 2 cups water
- Cover with lid, microwave for 6 minutes
- Remove and stir, microwave for 2 more minutes
- Let sit for 5-10 minutes or until water is absorbed

Steam Broccoli

Ingredients: 1 head broccoli, 3 tablespoons water

Prep Time: 2 min | **Cook Time:** 3 min | 4 servings

- Cut broccoli into bite-size florets
- Place in microwavable bowl, add 3 tbsp. water
- Cover with lid, microwave for 3-4 minutes
- Remove carefully, add butter, salt or pepper to taste

Poach an Egg

Ingredients: 1 egg, 1/3 cup water

Prep Time: 1 min | **Cook Time:** 1-2 min | 1 servings

- Crack egg into microwavable bowl, add 1/3 cup water
- Cover with lid, microwave for 1 minute
- Check egg, if not done, microwave for 20 more seconds
- Remove egg from water with spoon, enjoy!

Snacks:

Nachos

Ingredients: 1 bag tortilla chips, 1 cup refried beans, 1/2 cup salsa, 2 cups cheese, guacamole, sour cream

Prep Time: 5 min | **Cook Time:** 2 min | 1 serving

- Scatter chips onto microwavable plate
- Microwave beans in separate bowl for 30 seconds, add salsa, mix
- Drop spoonfuls of bean and salsa mix onto chips
- Evenly place cheese on top of chips, microwave 1-1.5 minutes
- Top with guacamole and sour cream

Pita Pocket Pizza

Ingredients: 1 pita, 1/2 cup spinach, 1/4 cup sliced mushrooms, 1/2 cup shredded mozzarella cheese, 1/2 cup sliced grape tomatoes

Prep Time: 1 min | **Cook Time:** 1-2 min | 1 serving

- Place pita bread onto microwavable bowl
- Arrange spinach, mushrooms, cheese and tomatoes on pita
- Microwave for 1-2 minute, or until cheese melts
- Top with desired seasoning and enjoy!

Meals (Medium Hard):

Spinach & Feta Mashed Potatoes

Ingredients: 2 potatoes, 2 cups spinach, 1/4 cup milk, 3 tbsp. butter, 1/2 tsp salt, 1/4 tsp garlic powder, 2 oz. feta

Prep Time: 20 min | **Cook Time:** 8 min | 6 servings

- Wash potatoes, prick skin with fork, place onto microwavable plate
- Microwave for 6-8 minutes, test center for doneness, let cool
- Place potatoes in large bowl, mash
- Add butter, garlic powder, salt, milk to taste
- Add spinach, crumble feta cheese over top

Cheesy Broccoli Rice

Ingredients: 1 serving Minute Ready Rice, 4-5 frozen broccoli florets, 2 tbsp. cheddar cheese, 1 tbsp. water

Prep Time: 2 min | **Cook Time:** 3-5 min | 1 serving

- Prepare Minute Ready Rice per package instructions
- Combine water, cheese, broccoli in separate bowl
- Microwave 2-3 minutes, smash with fork
- Combine Minute Ready Rice and broccoli, cheese mix

Cauliflower Mac & Cheese

Ingredients: 3/4 cup frozen cauliflower florets, 1 oz. cheddar cheese, 1 tbsp. heavy cream

Prep Time: 2 min | **Cook Time:** 2 min | 1 servings

- Place washed cauliflower into covered microwavable bowl
- Microwave for 1 minute, remove and chop pieces
- Microwave for additional 1 minute, add shredded cheddar cheese
- Microwave for 10 seconds, stir in melted cheese, add heavy cream

Desserts:

Coffee Cake

Ingredients: 1.5 tbsp. butter softened, 2.5 tbsp. sugar, 2 tbsp. applesauce, 1/8 tsp vanilla, 1/4 cup flour, 1/8 tsp baking powder, 1/8 tsp cinnamon, pinch of salt,

Topping: 1 tbsp. brown sugar, 1/4 tsp cinnamon, 2 tbsp. flour, 1 tbsp. softened butter

Prep Time: 5 min | **Cook Time:** 45-75 seconds | 1 serving

- 16 ounce mug combine butter, sugar, applesauce, flour, baking powder, cinnamon, vanilla and salt. Stir until combined
- For the topping combine flour, brown sugar, and cinnamon in another bowl. Cut in the softened butter and sprinkle over the cake batter
- Microwave for 45-75 seconds. Be careful not to overcook the cake

Fudgy Chocolate

Ingredients: 2 tbsp. unsalted butter, 1/4 cup chocolate chips, 1/4 cup buttermilk, 3 tbsp. sugar, 2 tbsp. cocoa powder, 1 tbsp. brown sugar, 1/2 tsp vanilla, 2 tbsp. self rising flour, 1 egg

Prep Time: 3 min | **Cook Time:** 2-3 min | 1 serving

- In a bowl melt butter in the microwave, stir in the chocolate chips until melted, microwave in 10-15 second intervals
- Add egg, buttermilk, sugar, vanilla, brown sugar, and cocoa powder. Wisk until smooth
- Add flour and stir until blended
- Pour the batter into a mug, do not fill more than halfway microwave for 60-90 seconds

Gluten Free:

Parmesan Herb Spaghetti Squash

Ingredients: 1 spaghetti squash (halved and seeds removed), water, 1 cup of shredded parmesan cheese, 1/2 cup basil thinly sliced, 2 tbsp. olive oil, 1/2 tsp garlic powder, 1/4 tsp ground pepper, pinch of salt

Prep Time: 5 min | **Cook Time:** 10-15 min | 6 serving

- Place prepped spaghetti squash flesh side down in a 13x9 glass dish
- Fill dish with 1" of water
- Place dish in microwave and cook 10-15 min until squash is tender
- Remove squash from dish and scrape the inside of the squash to create spaghetti like pieces
- Put squash in a bowl with parmesan cheese, basil, olive oil, garlic powder, salt and pepper. Combine and serve!

Chocolate Chip Cookie Mug

Ingredients: 1 tbsp. coconut oil (or 1 tbsp. melted butter), 3 tbsp. GF flour, 1 tbsp. sugar, 1 tbsp. packed brown sugar, pinch of salt, 1 tsp vanilla, 1 egg yolk, 1 to 2 tbsp chocolate chips

Prep Time: 5 min | **Cook Time:** 1 min | 1 serving

- In a mug mix together all the ingredients except the chocolate chips until the batter is sticky
- Stir in the chocolate chips
- Put the mug in the microwave and cook on high for 60-90 seconds
- Allow the mug to cool for a bit then dig in!

Vegan:

One-Bite Pizzas

Ingredients: 1 12oz bag vegan beefy crumbles, 1 14oz jar pizza sauce, 1 bag mini bagels, 1 cup shredded vegan mozzarella cheese

Topping: 1 tbsp. brown sugar, 1/4 tsp cinnamon, 2 tbsp. flour, 1 tbsp. softened butter

Prep Time: 3 min | **Cook Time:** 5 min | 6 serving

- Put the vegan crumbles in a bowl and nuke in the microwave for 2-3 minutes or until warm
- Stir in the pizza sauce and place a spoonful on each half bagel
- Top with the vegan cheese and nuke in the microwave for 1 minute or until the cheese is melted

Peanut Butter Mug Cake

Ingredients: 2 tbsp. white whole wheat flour or all purpose flour, 2 tbsp. peanut butter, 2 tbsp. unsweetened almond milk, 1 tbsp pure maple syrup, 1/4 tsp baking powder, 1/2 tsp vanilla, chocolate chips for topping

Prep Time: 3 min | **Cook Time:** 2-3 min | 1 serving

- Add all ingredients except for chocolate chips into mug. Use a fork to stir to combined. It needs to resemble cake batter
- Microwave on high until cake has risen for 45-60 seconds. If it isn't cooked after 60 seconds keep cooking for 15 second intervals
- Top with chocolate chips if desired and enjoy!

Meals In A Mug:

Avocado Mac & Cheese

Ingredients: 1 cup elbow macaroni, 1 cup water, 1 cup shredded white cheddar cheese, ½ of ripe avocado, salt & pepper to taste

Prep Time: 1 min | **Cook Time:** 4 min | 2 servings

- Add water & pasta into mug, microwave for 1 minute then stir
- Microwave for an addition 1 minute & stir again
- Microwave for another minute (should be on minute 3) & stir again
- While macaroni is cooking, place avocado in a small bowl & mash with a large spoon
- Pour out remaining water, add cheese and stir immediately
- Add mashed avocado & enjoy!

Brown Rice w/ Edamame & Pineapple

Ingredients: ½ cup instant brown rice, 2/3 cup of water, 1/3 cup of frozen shelled edamame, ¼ diced fresh or drained canned pineapple, 1 tablespoon teriyaki sauce, 2 tablespoons chopped cashews

Prep Time: 3 min | **Cook Time:** 7 min | 1 serving

- In 16oz mug combine rice and water
- Place edamame on top and cover with a small plate, microwave for 5-6 minutes
- Remove from microwave and let stand covered for 1 minute
- Add pineapple and teriyaki sauce, microwave uncovered for 30 seconds
- Let stand for 30 seconds, add cashews on top & enjoy!

Add Your Own Recipe:

Title:

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A top-down view of a wooden surface with various fresh fruits and vegetables arranged around a central circular graphic. The fruits include bananas, grapes, and a pear. The vegetables include cherry tomatoes, a head of lettuce, a melon, a yellow squash, a cucumber, a fennel bulb, green onions, and radishes. The central graphic is a yellow circle with a dashed black border, containing the text "Happy Cooking!".

Happy
Cooking!