

12 Dorm Room Meals

easy

Tools you need for these recipes: a mug, a microwave, and a waffle iron

mac in a mug

Ingredients: 1 cup water, 1/2 cup elbow macaroni, 1/2 cup cheese of choice
Directions: Put macaroni in mug and pour in water. It should cover the noodles. Microwave on HIGH for 8 min. Stop at 5 and 2 min mark to ensure water still covers noodles. Cook until just done. Add cheese to pasta and mix with small amount of water left. Heat for 30-60 more sec if cheese is not melted. Stir and enjoy!

waffle pizza

Ingredients: 1 pack crescents, 1.3 cup mozzarella, pepperoni, pizza sauce
Directions: Preheat waffle iron; spray with cooking oil. Unroll crescents (8 triangles). Pinch 2 together to form 4 rectangles. Place 1/3 C mozzarella and pepperoni on each rectangle. Fold over and pinch to seal. Repeat until all are done. Place all pieces on preheated waffle iron. Close and cook for 5 min or until browned. Serve warm with pizza sauce for dipping.

taco in a bag

Ingredients: 1/4 C taco sauce with seasoned ground beef (from 18-oz container, 1 bag (1 oz) nacho-flavored tortilla chips, 2 tbs shredded mexican cheese, 2 tbs shredded lettuce, salsa
Directions: Microwave ground beef on HIGH for 30 seconds. Squeeze bag of chips to crush slightly. Cut open bag of chips. Top chips with warm ground beef and mix. Top with cheese, lettuce, salsa, and other toppings if desired.

cold thai ramen

Ingredients: 1 pack ramen noodles, 1-2 tbs peanut butter, half of seasoning pack, 1 tsp soy sauce, 1 tbs chili-garlic sauce (or sriracha), chopped cilantro, chopped scallion, peanuts, coconut flakes.
Directions: Boil noodles as directed. Meanwhile, mix together the PB, seasoning pack, and sauces. Add just enough water to make saucy consistency. Toss remaining ingredients with noodles to coat and serve.

mediterranean waffles

Ingredients: Mediterranean style meatballs or falafel, pita bread, olive oil, cucumbers, onions, or tomatoes (optional), Greek yogurt
Directions: Preheat waffle iron. Add meatballs to pita and coat with oil. Cook until crisp. Serve with cucumbers, onions, tomatoes, or other vegetables of your choice, and also Greek yogurt.

waffle iron grilled cheese

Ingredients: 2 slices bread, cheddar cheese, 2 tbsp butter at room temp
Directions: Preheat waffle iron while you assemble sandwiches. Spread butter on one side of both bread slices (the side that will have contact with the waffle iron). Assemble cheese slices. Put entire sandwich on waffle iron. Close iron but do not press down much. Cook 3-5 min until browned and melted. Enjoy!

omlette in a mug

Ingredients: 2 large eggs, 1 tbsp milk, 1 tbsp shredded cheese, 2 tbsp diced bell pepper (optional), 2 tbsp diced onion (optional), 2 slices deli ham, turkey, or chicken. Salt/pepper.
Directions: Crack eggs into a small bowl or cup and beat with a fork. Stir in milk, cheese, and diced vegetables. Chop meat into small pieces and add to egg mixture. Add salt and pepper. Pour mix into mug. Microwave for 1.5-2 min. Check every 15 sec after the first minute. Enjoy right away!

microwave potato

Ingredients: 1-4 russet potatoes, olive oil, salt, pepper
Directions: Wash potato(es) with running water and pat dry. Pierce 4-5 times on each side so that steam will be able to escape. Rub with olive oil. Add salt and pepper. Microwave for 5 minutes on a microwave-safe dish. Flip Potato(es) using a fork or tongs. If microwaving one potato, give it an additional 3 minutes. If cooking two or more potatoes, microwave an additional 5 minutes.

english muffin pizzas

Ingredients: English muffins, pizza sauce, shredded cheese, your favorite toppings (pepperoni, bacon, veggies, etc)
Directions: Separate English muffin using a fork. Spread sauce on divided muffin with a spoon. Sprinkle with a small amount of cheese. Top off with your desired toppings. Microwave until warm and melted, about 1 minute.

zesty italian wrap

Ingredients: flour tortillas, Italian salami, pepperoni, ham, provolone cheese, banana peppers, lettuce, zesty Italian dressing
Directions: Lay the ingredients on the tortilla and roll it up!

ham & pineapple wraps

Ingredients: cream cheese, 1/2 cup fresh pineapple or drained, canned pineapple, flour tortilla wraps, fresh sliced deli ham, romaine lettuce, and tomatoes sliced thin (optional)
Directions: Mix together cream cheese and pineapple. Spread this mixture on half of the wrap. Top with ham, lettuce, and tomato. Fold the edges of the wrap and roll from the end that the toppings are on. Be sure to leave half of the wrap empty, as this helps it stay together better.

ham & pickle roll-ups

Ingredients: Sliced ham, cream cheese, and large pickle spears
Directions: Lay slice of ham on a hard surface. Spread about 1 tbsp of cream cheese over the slice of ham. Lay pickle directly in the center of the ham slice and roll up. Slice into equal parts. Store in fridge.