

CAN
eat well
in a dorm. ♥

DORM ROOM DELICIOUS

8 Easy Eats for Life Away From Home

BIG FLAVOR • SMALL SPACE • ZERO DRAMA

Real recipes
for real life —
even when your
kitchen is basically
a microwave and
twelve inches of
counter space.

good
vibes
only

FOCUS
FUEL
FUN ♥

DON'T
OVERTHINK
IT. JUST
EAT! ♥

MAKE
TODAY
AWESOME

coffee
fuels
dreams ♥

- TO DO:
- ☒ class
 - ☒ study
 - ☒ eat well
 - ☒ be awesome

GOOD FOOD
GREAT MEMORIES
NO REGRETS ♥

COLLEGE
SURVIVAL
FUELED BY
GOOD FOOD ⚡



YOUR DORM. YOUR RULES.

Before You Cook



Before using any appliance or cooking tool in your room, check your school's housing rules. Some residence halls allow microwaves but restrict other cooking appliances. Microwave wattage also varies, so start with the suggested time and add short intervals as needed.

MICROWAVE SMARTS

Use microwave-safe cookware, watch for hot steam when uncovering food, and use a food thermometer for meat and poultry. Chicken should reach 165°F; ground beef should reach 160°F; ground turkey should reach 165°F.

TINY-SPACE RULE

If a tool doesn't earn its space, it doesn't make the list. Every Dorm Room MVP in this book was chosen because it helps solve a real small-space cooking problem.

THE DORM ROOM STARTER PANTRY

A few inexpensive staples can become a surprising number of meals.

FRIDGE

Eggs
Milk
Shredded cheese
Greek yogurt
Cream cheese
Rotisserie or cooked chicken
Fruit

PANTRY

Bread & tortillas
Quick oats
Peanut butter
Honey
Microwave rice
Canned beans
Canned chili
Popcorn kernels

FLAVOR

Salsa
Buffalo sauce
Ranch dressing
Pizza sauce
Taco seasoning
Cinnamon & vanilla
Garlic Parmesan Seasoning



Microwave French Toast

Makes 1 serving | About 5 minutes

INGREDIENTS

- 1 egg
- 2 tbsp milk
- 1/4 tsp cinnamon
- 1/4 tsp vanilla
- 2 slices bread, cut or torn into bite-size pieces
- 1 tsp butter, optional
- Maple syrup and berries or banana for serving

DIRECTIONS

1. Whisk the egg in the Ceramic Egg Cooker. Add the milk, cinnamon, and vanilla and stir with the Skinny Scraper.
2. Add the bread and gently stir until coated. Let sit for about 30 seconds so the bread can soak up the mixture.
3. Microwave for 1 minute. Stir gently with the Skinny Scraper, then continue microwaving in 20-30 second intervals until the egg is completely cooked.
4. Top with maple syrup and your favorite fruit.

DORM ROOM MVPs



Ceramic Egg Cooker



Skinny Scraper

DORM HACK

Slightly stale bread is perfect for French toast. Keep extra slices in the freezer so bread doesn't go to waste.

Loaded Breakfast Quesadilla

Makes 1 serving | About 6 minutes

INGREDIENTS

- 1 egg
- 1 tbsp milk
- Salt & pepper
- 1 large flour tortilla
- 1/3 cup shredded cheese
- 2 tbsp cooked bacon bits or chopped cooked sausage, optional
- 2 tbsp salsa

DIRECTIONS

1. Whisk the egg, milk, salt, and pepper in the Ceramic Egg Cooker.
2. Microwave for 30 seconds; stir. Continue microwaving in 15-20 second intervals until the egg is completely cooked.
3. Warm the tortilla in the Tortilla Warmer according to its directions.
4. Add the egg, cheese, meat if using, and salsa to one half of the tortilla. Fold and warm briefly until the cheese is melty.

DORM ROOM MVPs



Ceramic Egg Cooker



Tortilla Warmer

DORM HACK

Skip the meat and add canned black beans for a cheap, filling breakfast with extra protein.

Buffalo Chicken Ranch Wrap

Makes 1 hearty wrap | About 5 minutes with cooked chicken

INGREDIENTS

- 3/4 cup cooked chicken
- 1-2 tbsp buffalo sauce
- 1 tbsp ranch dressing
- 1/4 cup shredded cheese
- 1 large flour tortilla
- Shredded lettuce
- Diced tomato, optional

DIRECTIONS

1. Use the Kitchen Shears to cut cooked chicken into bite-size pieces directly in the 2-qt. Micro-Cooker.
2. Add buffalo sauce and stir. Cover and microwave for 30-45 seconds, or until hot.
3. Add the chicken, ranch, cheese, lettuce, and tomato to the tortilla and roll tightly.

NO COOKED CHICKEN? NO PROBLEM!

Place a boneless chicken breast in the 2-qt. Micro-Cooker with 2 tbsp water. Cover and microwave at 50% power for 8-11 minutes, or until it reaches 165°F in the thickest part. Time varies by breast size and microwave wattage. Let rest 2 minutes before cutting.

DORM ROOM MVPs



Kitchen Shears



2-qt. Micro-Cooker

DORM HACK

A grocery-store rotisserie chicken is dorm-room gold. Portion the meat when you get home and use it for wraps, quesadillas, salads, rice bowls, and more.

Pizza Melt Mug

Makes 1 serving | About 5 minutes

INGREDIENTS

- 1/2 cup refrigerated pizza dough, biscuit dough, or prepared baking mix
- 2 tbsp pizza sauce
- 1/4 cup shredded mozzarella
- 6-8 mini pepperoni
- 1/4 tsp Italian seasoning, optional

DIRECTIONS

1. Place the dough in the Ceramic Egg Cooker.
2. Spoon pizza sauce over the dough and top with mozzarella, pepperoni, and seasoning.
3. Microwave in 30-second intervals until the dough is fully cooked and the cheese is melted, about 1 1/2-2 1/2 minutes depending on the microwave and dough.

DORM ROOM MVPs



Ceramic Egg Cooker



Stainless Steel Measuring Scoops

DORM HACK

Keep mini pepperoni in the fridge and pizza sauce in a squeeze bottle. Instant pizza emergencies handled.

5-Minute Loaded Chili Bowl

Makes 1 generous serving | About 5 minutes

INGREDIENTS

- 1 cup canned chili
- 1/4 cup canned black beans, drained and rinsed
- 1/4 cup frozen corn
- 1/4 cup shredded cheese
- 1 tbsp sour cream
- Crushed tortilla chips
- Sliced green onion, optional

DIRECTIONS

1. Combine the chili, black beans, and corn in the 2-qt. Micro-Cooker.
2. Cover and microwave 1 1/2-2 minutes, stirring halfway through, until piping hot.
3. Top with cheese, sour cream, tortilla chips, and green onion.

DORM ROOM MVPs



2-qt. Micro-Cooker



Stainless Steel Measuring Scoops

DORM HACK

Drain leftover beans and corn and refrigerate them together in a covered container. Tomorrow they're ready for a quesadilla or taco rice.

One-Bowl Cheesy Taco Rice

Makes 2 servings | About 20 minutes

INGREDIENTS

- 1/2 lb ground beef or turkey
- 1 tbsp taco seasoning
- 1/2 cup uncooked long-grain white rice
- 1 cup water or broth
- 1/2 cup salsa
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup shredded Mexican-blend cheese

DIRECTIONS

1. Brown the meat in the 2-qt. Brilliance Nonstick Sauce Pan over medium heat, breaking it into crumbles as it cooks. Carefully drain excess fat, if needed, using the draining lid.
2. Stir in taco seasoning, rice, water or broth, salsa, and beans. Bring to a boil.
3. Reduce heat, cover, and simmer according to the rice package directions until the rice is tender and the liquid is absorbed.
4. Remove from heat, sprinkle with cheese, cover for about 2 minutes, and let the cheese melt.

NO STOVE? NO PROBLEM!

Use the 2-qt. Micro-Cooker. Microwave ground meat covered for 3-5 minutes, break it apart, then cook in 1 1/2-2 minute intervals until done (160°F beef; 165°F turkey). Drain and set aside. Add rice, 1/2 tsp salt, and 1 cup water; cover and microwave HIGH 11-15 minutes. Let stand covered 10 minutes, fluff, then return meat and stir in taco seasoning, salsa, beans, and cheese.

DORM ROOM MVPs



2-qt. Brilliance Nonstick Sauce Pan



Stainless Steel Measuring Scoops

DORM HACK

If you have leftovers, spoon them into a tortilla tomorrow for an instant burrito.

No-Bake Energy Bites

Makes about 12 bites | 10 minutes + chill time

INGREDIENTS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1/3 cup honey
- 1/3 cup mini chocolate chips
- 1/2 tsp vanilla
- Pinch of salt

DIRECTIONS

1. Combine everything in the 4-qt. Mixing Bowl and stir until thoroughly mixed.
2. Chill for 15-20 minutes if the mixture feels sticky.
3. Roll into tablespoon-size bites and refrigerate in a covered container.

DORM ROOM MVPs



4-qt. Mixing Bowl



Adjustable Measuring
Spoons

DORM HACK

Make these on Sunday and you've got grab-and-go snacks for class all week. Swap sunflower-seed butter for peanut butter when needed.

Strawberry Cheesecake Dip for One

Makes 1 serving | About 3 minutes

INGREDIENTS

- 2 oz cream cheese, softened
- 2 tbsp vanilla Greek yogurt
- 1 tbsp powdered sugar
- 1/4 tsp vanilla
- 2 strawberries, finely chopped
- Graham crackers for dipping

DIRECTIONS

1. Add cream cheese, yogurt, powdered sugar, and vanilla to the 4-qt. Mixing Bowl.
2. Whisk with the Stainless Steel Mini Whisk until smooth and creamy.
3. Fold in the strawberries. Grab the graham crackers and commence dipping.

DORM ROOM MVPs



Stainless Steel Mini Whisk



4-qt. Mixing Bowl

DORM HACK

Buy single-serving Greek yogurt cups. No giant container taking over the mini fridge - and the rest of the cup becomes breakfast.



BONUS: DORM ROOM MOVIE NIGHT

Garlic Parmesan Microwave Popcorn

Makes 1 movie-night bowl | About 4 minutes

INGREDIENTS

- 1/4 cup popcorn kernels
- 1 tsp oil or melted butter, optional
- Garlic Parmesan Seasoning, to taste

DIRECTIONS

1. Add the popcorn kernels, oil or butter, and Garlic Parmesan Seasoning to the Microwave Popcorn Maker.
2. Use the Popcorn Maker according to its directions and microwave until the popping slows. Watch carefully so it doesn't burn.
3. Carefully remove it from the microwave - watch for hot steam when opening.
4. Want even more flavor? Add a little additional melted butter or oil, sprinkle with more Garlic Parmesan Seasoning, cover, and gently toss.

DORM ROOM MVPs



Microwave Popcorn Maker



Garlic Parmesan Seasoning

DORM HACK

Popcorn kernels take up almost no pantry space and cost much less per serving than individual microwave bags. Keep a couple of favorite seasonings nearby and movie night never has to taste the same twice.





**You don't need a big kitchen
to make something good.**

A microwave. A few hardworking tools.
A handful of simple ingredients.
And suddenly, dorm food looks a whole lot better.

CLUB BMG

Real Life. Real Connection. Real Good.

Welcome Home.

Created for the Dorm Essentials Super Sale



A Club BMG and Table Time Memories Collection

Brought to you by

**Lissa Ballard, Independent Consultant
Pampered Chef**

757-699-7585

pamperedchefwithlissa@gmail.com

