



College Student Cookbook:

Simple and Affordable Recipes for Common Appliances

Created By: Sable Altvater, Kalee Tinker, and Natalie VandenAkker M.S.

Why we created this

Problem:

- 60% of college students have lack of financial resources for food
- College students, generally, have poor skills in the kitchen
- College students have lack of access to certain cooking appliances

Solution:

Our recipes are inexpensive, require little to no kitchen skills, and use appliances that can be found in college student's living areas or can be purchased and used in student living areas.



Local and
Alternative
Food
Resources for
Students

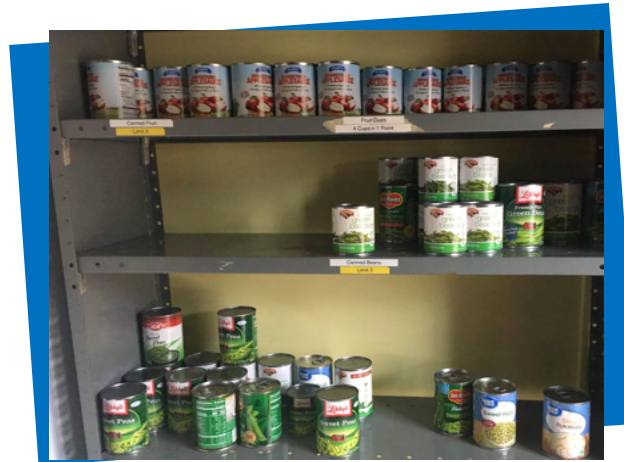


What you will find:

- Bacon
- Eggs
- Steak and Short Rib
- Potatoes
- Bread
- Jam
- Peas
- Carrots
- Corn
- Squash
- Strawberries
- Rhubarb
- Lettuce
- Tomatoes
- Pork
- Beans
- Greens
- Peppers
- Onions
- Chicken
- Turkey
- Fish
- Maple Syrup
- Honey
- Blueberries
- Apples
- Butter
- Cheese
- Coffee
- Milk
- Eggplant
- Lobster
- Salmon
- Shellfish
- Mushroom
- Blackberries

And more...

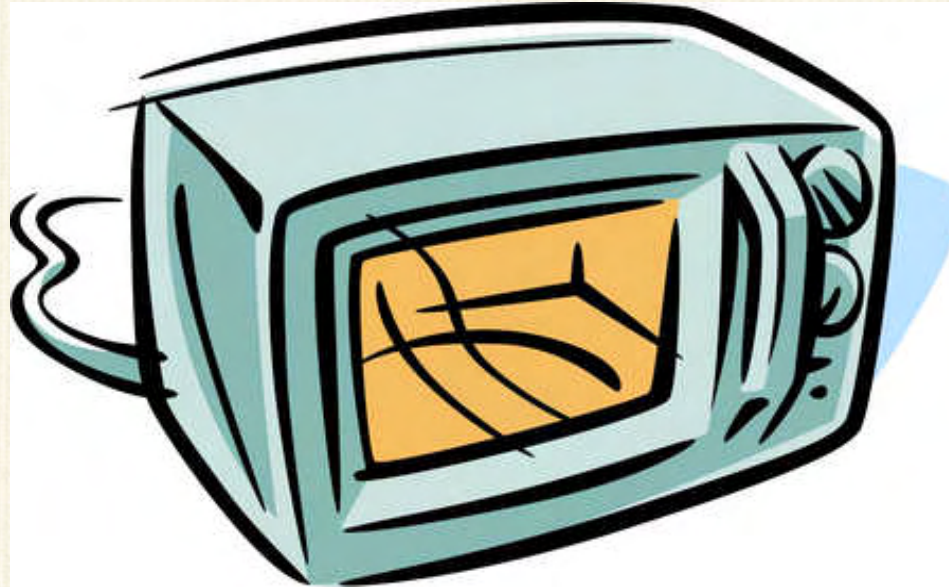
University of Maine Food Pantry



What you will find:

- Canned Tuna
- Pasta
- Canned Vegetables
- Soups
- Cereals
- Ramen Noodles
- Canned fruit
- Tomato sauce
- Mac and Cheese
- Oatmeal

And More...



Microwave

PROS

- Minimal Nutrient Loss
- Convenient
- Rapid Cooking

CONS

- Requires Microwave-Safe Dish
- Limit Capacity
- Uneven Heat



Egg Bowl

Estimated Time: <5 minutes

Ingredients

- 1 Egg
- 1 Tablespoon Water
- 1 Tablespoon Red Peppers
- 1 Tablespoon Green Peppers
- 1 Tablespoon Onion
- 1 Tablespoon Tomatoes (fresh or canned)
- 1 Tablespoon Shredded Cheese

Directions

1. In a **microwave safe** mug beat egg and water with fork.
2. Microwave for 30 seconds on *high*.
3. Combine peppers, onions, tomatoes and cheese.
4. Stir and microwave for additional 30-45 seconds on *high*.
5. Top with cheese.

Modified From: <https://kirbi cravings.com/pancake-mug-cake/>



Chicken Fajitas

Estimated Time: 15 minutes

Ingredients:

¼ Onion

½ Green Pepper

½ Red Pepper

4 Tablespoons Southwest Seasoning Spice Mix

1 Package Raw Chicken Tenders

1 Package Ready Rice

Directions:

1. Slice onion, green and red peppers into strips. Place in microwave safe dish with cover.
2. Place chicken tenders into dish.
3. Sprinkle onions, peppers and chicken with spice mix.
4. Cover dish and microwave for 10 minutes on *high*.
5. Let Fajitas cool.
6. Microwave ready rice (follow package instructions)
7. Serve Fajitas over rice.

Modified From: <https://momspotted.com/2009/08/chicken-fajitas-recipe-in-less-than-15-minutes.html>



Tuna Casserole

Estimated Time: 5 minutes

Ingredients

1 Can Tuna

1 Individual Box Microwave Mac and Cheese

½ Cup Chopped Tomato (fresh or canned)

Directions

1. In a **microwave safe** bowl combine tuna, tomato, pasta and water. (For pasta and water: follow mac and cheese instructions).
2. Microwave uncovered for 3-4 minutes on *high*.
3. Stir in cheese sauce.



Ice Cream Cake

Estimated Time: <5 minutes

Ingredients:

2 Scoops of Ice Cream

2 Tablespoons Cake Flour

¼ Teaspoon Baking Powder

1 Tablespoon Mini Chocolate Chips

1 Tablespoon Whipped Cream

Directions:

1. Melt ice cream in bowl.
2. Combine ice cream, flour, and baking powder and in a **microwave safe mug**.
3. Stir above ingredients thoroughly.
4. Microwave for 90-seconds on *high*, until top appears dry.
5. Top with whipped cream and mini chocolate chips.
6. Power melted mixture over popcorn

Modified From: <https://www.allrecipes.com/recipe/74363/peanut-butter-popcorn/>



Instant Pot

Pros	Cons
<ul style="list-style-type: none">• Fast pace• Multiple functions• Delay start time	<ul style="list-style-type: none">• Initial expense• Hard to clean<ul style="list-style-type: none">• Bulky



Spicy Garlic Salmon

Estimated Time: 15 minutes

Ingredients

- ¾ Tablespoon** minced garlic
- 1** Salmon filet halved
- 1 Teaspoon** honey
- ¼ Teaspoon** red pepper flakes
- ½ Lemon** sliced
- 1 Tablespoon** butter

Directions

1. Rub garlic onto salmon halves
2. Transfer salmon halves onto aluminum foil
3. Drizzle halves with honey and red pepper flakes
4. Top salmon with thin lemon slices
5. Dot with butter
6. Crimp foil shut and cook on high pressure for 8-10 minutes

Modified from: <https://cookingtv-channel.com/instant-pot-spicy-garlic-salmon-and-asparagus/>



Instant Pot Baked Ziti

Estimated Time: 15 minutes

Ingredients

- 2 Cups chicken broth
- 2 Cups heavy whipping cream
- $\frac{3}{4}$ Teaspoon salt
- 2 Cloves minced garlic
- 1, 16 oz. Box ziti
- 1, 15 oz. Can crushed tomatoes

Directions

1. Pour chicken broth into instant pot followed by heavy whipping cream
2. Add salt and garlic to liquid
3. Add pasta to mixture, but do not stir
4. Evenly pour crushed tomatoes over pasta and liquid
5. Cook for 5 minutes, and allow pressure to release naturally after the 5 minutes has ended instead of using release valve.
6. After 10 minutes, use the release valve to release the remaining pressure.
7. **Optional:** top with parmesan cheese

Modified from: <https://togetherasfamily.com/perfect-instant-pot-baked-ziti/>



Instant Pot Apple Crisp

Estimated Time: 15 minutes

Ingredients

Apple filling:

2 small granny smith apples cut into 1 inch chunks

1 Tablespoon butter

¼ Teaspoon vanilla extract

1/8 Cup light brown sugar

1 Cup water

Crumb topping:

¼ Cup all purpose flour

¼ Cup rolled oats

¼ Cup light brown sugar

3 tablespoons Unsalted butter cut up

Directions

1. Add butter, vanilla extract, and brown sugar to instant pot
2. Add apples and toss to coat
3. Add water
4. Add all crumb topping ingredients in a bowl and mix using a fork
5. Add crumb topping onto of apples in instant pot
6. Cook on high pressure for 1 to 2 minutes

Modified from: <https://tastesbetterfromscratch.com/instant-pot-apple-crisp/>



Crock Pot

Pros	Cons
<ul style="list-style-type: none">• Convenience• Simple to learn and cook recipes• Time saving	<ul style="list-style-type: none">• Slow pace• Some time needed for prepping• Uneven results



Apple Oats

Ingredients

1 Cup Steel Cut Oats

1 ½ Cup Water

1 Cup Milk

2 diced Apples

Pinch of salt

Maple Syrup

1 Tablespoon Nutmeg (optional)

Directions

1. Add all ingredients to the crockpot and stir to combine.
2. Cook on low for 5-6 hours.

Tip: you can add additional toppings such as nuts or replace the apples with any frozen fruit!



Simple Chili

Ingredients

- 1 Can Diced Tomatoes
- 1 Can Tomato Sauce
- 2 Cans Kidney Beans
- 1 Can Corn
- 1 ½ Cups Water
- 2 Tablespoon Garlic Powder
- 4 Tablespoon Chili Powder

Directions

1. Combine all ingredients into the crockpot, stirring until combined.
2. Cook two hours on high or 3-4 hours on low.

Modified from: <https://www.allrecipes.com/recipe/14021/grandmas-slow-cooker-vegetarian-chili/>



Creamy Chicken

Ingredients

- 3-4 Chicken Breast
- 1 Can Cream of Chicken Soup
- 1 Pint Mushrooms, sliced

Directions

1. Place thawed chicken breast into crockpot
2. Place the sliced mushrooms on top of chicken
3. Pour in cream of chicken soup.
4. Cover and cook on low for 6 hours or high for 4 hours.

Modified from <https://listotic.com/mind-blowing-ways-cook-meat-crockpot/6/>



Natalie VandenAkker M.S.

Natalie is a current Ph.D. candidate and a junior dietetic Intern in the School of Food and Agriculture at the University of Maine (2017-present), where she researches the role of red raspberries on vascular function and obesity-induced inflammation under the tutelage of Dr. Dorothy Klimis-Zacas.

Natalie's goal is to be the doctor who recommends food/nutrients to prevent and/or reverse chronic disease rather than a drug that only hinders it and usually masks symptoms.

Natalie attended Worcester State University where she graduated in 2013 with a Bachelor's Degree in Biology with minors in Chemistry and Business and in 2015 received a master's degree in Biotechnology where she researched regenerated parsnip and carrot plants from cultured callus cells.

Her professional experience in research began in 2014 at Sanofi-Genzyme a pharmaceutical company as an animal research technician and continued at TetraGenetics as a research associate where she gained experience with *Tetrahymena thermophila* to produce recombinant proteins.



Sable Altvater

Sable Altvater is currently a junior dietetic intern and graduate student at the University of Maine, where she also received her B.S. in food science and human nutrition in 2018. Sable is interested in food security and has a goal to become a registered dietitian with a heavy focus on community settings. Sable has public health experience, where she worked to promote and implement nutrition education among tribal communities in Maine. Sable's passion and love for nutrition stems from her interest in sustainability and food system. In her spare time, Sable enjoys exploring the vast landscapes in Maine and reading short stories.



Kalee Tinker

Kalee is a current Junior Dietetic Intern in the Food Science and Human Nutrition Combined Master's Program. She will be starting her internship at multiple sites in Augusta starting in May of 2020. Her internship sites include Inland Hospital in Waterville, Maine General Medical Center, the Department of Education, and the Maine Dairy and Nutrition Council.

Kalee grew up in central New Hampshire. She started at the University of Maine in 2015, and received her Bachelor's Degree in Food Science and Human Nutrition, with a Concentration in Dietetics, in 2019. Her career goals include becoming a Registered Dietitian and working within a community setting, like WIC or SnapEd, or in Private Practice.