

# Swift Simplicity

Recipes so easy and affordable they can be made in your dorm room

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Are you tired of eating the same cafeteria food all the time? Fed up with spending all your hard earned money buying expensive mediocre microwaveable food that is tasteless and just leaves you feeling empty and unsatisfied? Look no more, because there is a solution to your food problem. Just because you are away from home, doesn't mean you have to rely on eating food with no flavor. Believe it or not, you can make delicious food using a few simple food items. It's so easy that it can be made in your dorm room. It's also easy on your budget. Just about all the ingredients can be found in your local dollar tree or dollar general store.

## Pizza in a jiffy

### Ingredients

- Choice of plain English muffin, tortilla, biscuit, or rolls.
- Spaghetti sauce
- Cheese
- Pepperoni
- Olive oil
- Salt, pepper
- Italian seasoning.



If you decide to use a muffin, biscuit, or roll cut in half. Spread your favorite spaghetti sauce, cheese, pepperoni, drizzle a little olive oil, a dash of salt, pepper, and a pinch of Italian seasoning powder. Heat the pizza in the microwave just until the cheese begins to brown and melt. Eat & Go

## Simply Fudge

Got this one from Carroll Pellegrinelli.

### Ingredients

- One 12-ounce package (2 C.) semi-sweet chocolate chips
  - One 14-ounce can sweetened condensed milk
  - 1-1/4 Cup chopped, toasted nuts\*(optional)
  - 1 teaspoon of vanilla extract
- Melt chips with milk on 50 percent power, 3 to 5 minutes. Stirring once while cooking. Stir in nuts and vanilla. Pour into pan and chill until set.



## Chicken taquitos

### Ingredients

- 1 can of Swanson's premium white chunk chicken breast in water, drained
- 2 tablespoons of salsa
- 1/4 cup of shredded cheese or Velveeta Cheese
- Garlic powder, onion powder, salt, pepper, dash crush red pepper flakes
- 2 tablespoons of cream cheese



Mix all of these ingredients together in a bowl. Heat in the microwave for about two minutes or until it's nicely warmed all the way. Then take your already prepared filling and place them into corn tortillas, roll them up and place them in a microwave safe plate or bowl and reheat with a wet paper towel over the plate to keep moisture in for 2 to three minutes. Top with a little sour cream and or more salsa and there you have it, dinner! Yum

## Zesty Lo Mein Noodles

### Ingredients

- Garlic powder
- Ground ginger
- Salt & pepper
- Cayenne pepper or hot sauce (optional)
- Soy sauce
- Brown sugar
- Lemon juice
- Orange jelly

Read and follow the instructions of making ramen noodles. You can make one or two bags of ramen noodles.

**\*\* (Please do not use the season packet that is inside otherwise it will be too salty.)**

After boiling your noodles, set aside while making your sauce.

In a microwave-safe bowl, mix together the following: one third cup of water, two tablespoons of soy sauce, and lemon juice. Dash of garlic powder, ginger powder, salt, pepper, cayenne pepper (or hot sauce) two teaspoon of brown sugar, and 1 1/2 teaspoon of orange jelly.

Microwave this mixture for about one minute. Then add your noodles to the bowl with the sauce and drizzle a little olive oil toss and put it back in the microwave for a minute or two just to reheat noodles.

Then sit back and enjoy.