

College cooking for the dorm-room savvy

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When dining hall food seems redundant and you just don't feel like spending the money to go out, home cooking can be your best option. However, restrictions make dorm cooking a challenge. With creativity and a little instruction, there is a variety of appetizers, entrees and desserts you can whip up quickly using limited supplies. Remember, if all else fails, Mom's kitchen is only a phone call and a UPS shipment away.

Dish: NO-BAKE CHOCOLATE OATMEAL COOKIES

Source: www.ivillage.com

Ingredients:

1/2 cup milk
1/2 cup margarine
2 cups sugar
6 tablespoons cocoa powder
3 cups oatmeal
1 cup coarse coconut, optional

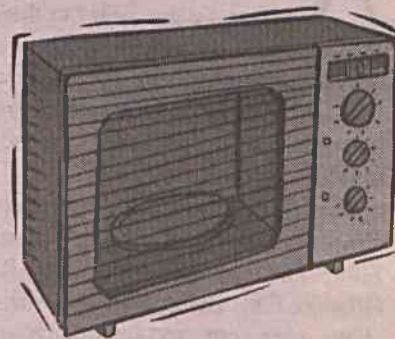


Directions:

Mix milk, margarine, sugar and cocoa powder and bring to a boil in microwave. Add oatmeal and coconut; mix well. Drop onto cookie sheets lined with wax paper. Put in fridge or freezer and let set.

Dish: MICROWAVE SNACK MIX

Source: www.allrecipes.com



Ingredients:

1/2 cup butter or margarine
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon garlic powder
5 cups oyster crackers
3 cups mini pretzels
2 1/2 cups salted peanuts
2 tablespoons Parmesan cheese

Directions:

In a small, microwave-safe bowl, combine butter, chili powder, cumin and garlic powder. Cover and microwave on high for 45-60 seconds or until butter is melted. In a three-quart Microwave-safe dish, combine crackers, pretzels and peanuts. Add butter mixture and mix lightly. Sprinkle with Parmesan cheese; toss to coat. Microwave, uncovered, on high for 7-8 minutes or until mixture begins to toast, carefully stirring every two minutes. Cool. Store in an airtight container.

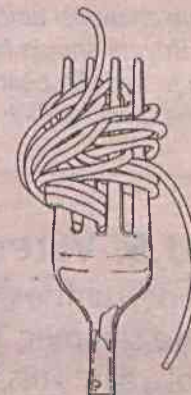
Dish: DEV'S DORM ROOM CASSEROLE

Source: www.allrecipes.com

Makes two servings

Ingredients:

4 cups water
4 ounces spaghetti
1 can reduced-fat, sodium-condensed can of mushroom soup
1 (10 ounces) package frozen-broccoli florets
1/2 cup French-fried onions

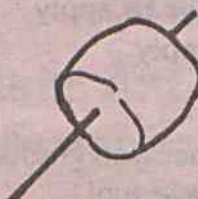


Directions:

Place 4 cups of water in a 2-quart microwave-safe dish. Heat on high until bubbling, about 15 minutes. Break pasta in half and drop into heated water. Microwave on high for 10 to 15 minutes or until tender. Drain and set aside (keep warm). Cook broccoli according to microwave directions. Add cooked broccoli to noodles, reserving liquid. Stir in 1/4 cup fried onions and mushroom soup. Add reserved broccoli liquid. Toss thoroughly and top with remaining onions. Cover and microwave on high about 15 minutes or until top is crunchy. Let stand for a few minutes.

Dish: KRISPIE MARSHMALLOW TREATS

Source: www.allrecipes.com



Ingredients:

1/2 cup butter or margarine
5 cups miniature or 40 large marshmallows
5 cups crispy rice cereal

Directions:

Place butter or margarine in 12x7 inch glass baking dish. Microwave for 1 to 1 1/2 minutes on medium high or until melted. Stir in marshmallows. Microwave 1 minute on medium high. Stir and continue cooking for about 1 1/2 to 2 minutes on medium high or until marshmallows are softened. Stir until smooth. Mix in cereal. Press into baking dish. Cool until set. Cut into squares.

To find more ideal recipes for dorm life, check out "You're Not in Mom's Kitchen Anymore! College Cooking for the Dorming Gourmet" by Garry Pastore, available at Amazon.com.

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- Katie Townsend
SGA Executive
Vice President



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- Brian O'Shea
SGA Executive Treasurer

The "We Don't Drink as Much as You Think" advertisements are part of a campaign created by Dr. Jessica Gisclair's spring 2002 JCM 333 classes.