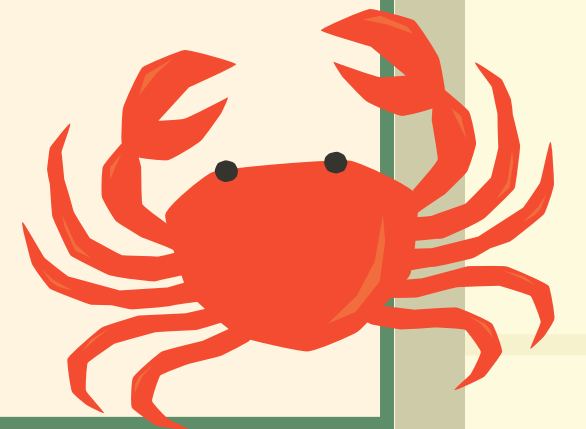


DORM FRIENDLY RECIPES

# CUPBOARD COOKBOOK

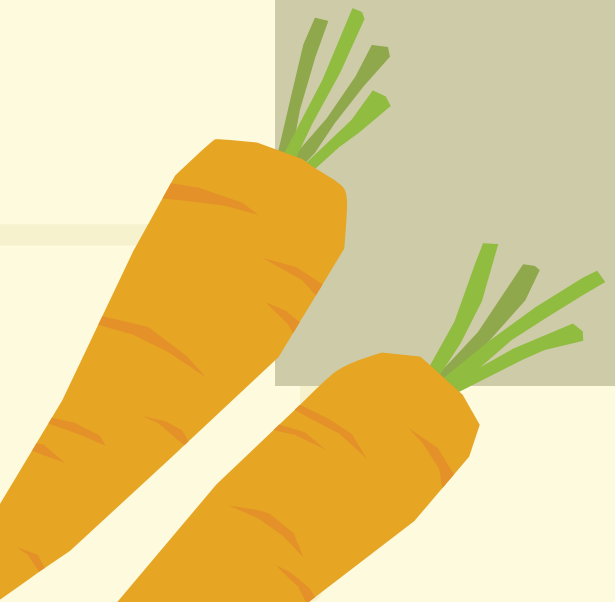
P R E S E N T A T I O N

Ashley Nguyen & Joanne Nguyen



# INTRODUCTION

Food insecurity is a rising issue among many college students. One of the factors that influences food insecurity is the presence of barriers due to living conditions. The Cupboard Cookbook is a recipe book that consists of healthy, dorm-friendly recipes using some ingredients that are commonly found at the Cougar Cupboard.



# POTATO WEDGES

Prep: 10 Mins

Cook: 20 Mins

Soaking Time: 30 Mins

Total Time: 1 Hour

Yield: 4 Servings

Appliances Needed: Air Fryer

Ingredients that can be found at Cougar Cupboard:

- Potatoes
- Seasonings (Salt, Black Pepper, Paprika, and Garlic Powder)





# POTATO WEDGES



## Ingredients:

- 4 Russet Potatoes
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp black pepper

## Instructions:

1. To cut potatoes into wedges, begin by first cutting the potatoes into quarters on a cutting board. Then, cut each quarter potato into wedges.
2. Fill a large mixing bowl with cold water. Add a few ice cubes if necessary. Add the cut wedges to the water, and let them soak for 25-30 minutes. This will remove the starch and makes them crispy potato wedges.
3. After they have soaked, drain water and pat dry with paper towels.
4. Return wedges to the bowl, then add the tablespoon of olive oil, and the seasonings. Toss wedges until coated with the seasonings.
5. Pour the seasoned potato wedges in air fryer basket in a single layer, without stacking or overlapping.
6. Air fry the potatoes at 400 degrees Fahrenheit for 20-25 minutes. During the air frying process, shake the basket at the 10 minute mark.
7. Garnish with fresh parsley and serve alone, or with ketchup, ranch dressing, buffalo sauce, sour cream, parmesan cheese, or with your favorite sauce of choice.

# APPLE CINNAMON OATMEAL



Prep: 5 Mins

Cook: 8 Mins

Total: 13 Mins

Yield: 2 Servings

Appliances Needed: Microwave  
Ingredients that can be found  
at Cougar Cupboard:

- Oatmeal
- Salt

## Ingredients:

- 1 apple, preferably McIntosh, cored and coarsely chopped
- 1 cup rolled oats
- 1/4 teaspoon ground cinnamon
- A pinch of salt
- 2 cups water
- 2 tablespoons pure maple syrup
- 1/4 cup toasted pecans

## Instructions:

1. Combine the apple, oats, cinnamon, and salt in a large microwave-safe bowl with water, and stir in the water. Cover and seal with plastic wrap or a tight fitting lid and heat in the microwave on high until apples are soft and most of the liquid is absorbed, about 8 minutes. Stir in the maple syrup. Divide between 2 bowls and top with the nuts. Serve immediately.



# EGG BITES

## Ingredients:

- 4 large eggs
- 4 tablespoons mayonnaise
- ¼ teaspoon salt
- ¼ teaspoon pepper
- non-stick cooking spray

## Optional add-ins:

frozen spinach  
mixed vegetables  
cheddar cheese (grated)

## Instructions:

1. In a large bowl, beat eggs with mayo, salt, and pepper until combined.
2. Spray a microwave-safe bowl or silicone muffin pan with cooking spray.
3. Evenly divide egg mixture and add desired toppings, pressing gently to submerge.
4. Microwave for 5-6 minutes, or until the eggs are cooked in the center.
5. Cool egg bites for about 5 minutes before enjoying. Can be kept in the fridge for up to 2 days or frozen. Microwave for 30 seconds when ready to eat.



Prep: 5 Mins

Cook: 6 Mins

Total: 11 Mins

Yield: 2 Servings

Appliances Needed: Microwave (700w)

Ingredients that can be found at Cougar Cupboard:

- Pepper
- Mayonnaise
- Salt





# BANANA BREAD MUG CAKE

## Ingredients:

- 1 medium very ripe banana
- 2 tablespoons packed brown sugar
- 1 tablespoon white sugar
- ¼ teaspoon salt
- ¼ teaspoon baking powder
- ⅛ teaspoon baking soda
- 3 tablespoons melted unsalted butter
- 1 tablespoon milk
- ⅛ teaspoon vanilla extract
- ½ cup all-purpose flour

## Instructions:

1. Combine banana, brown sugar, white sugar, salt, baking powder, baking soda, melted butter, milk, and vanilla in a mixing bowl. Add flour and mix until combined.
2. Transfer batter evenly into coffee mugs. Tap a few times to ensure there are no air pockets.
3. Microwave cups for about 1 minute, until toothpick comes out clean
4. Cool before serving.



Prep: 5 Mins

Cook: 2 Mins

Total: 12 Mins

Yield: 2 Servings

Appliances Needed: Microwave

Ingredients that can be found  
at Cougar Cupboard:

- Banana
- Salt
- Milk



# CHICKEN DRUMSTICKS

Appliances Needed: Air Fryer

Ingredients that can be found at Cougar Cupboard:

- Chicken Drumsticks
- Seasonings (Salt, Paprika, Onion Powder, Garlic Powder & Black Pepper)

Suggestions & Tips:

- Don't overcrowd the air fryer basket
- If using frozen drumsticks, thaw them in the fridge overnight before using and then pat them dry with paper towels to remove excess moisture before air frying
- Serving suggestions - Serve with salad, rice, mac and cheese or dipping sauce



Prep: 5 Mins

Cook: 22 Mins

Total: 27 Mins

Yield: 5 pieces





# CHICKEN DRUMSTICKS

## Ingredients:

- 1 tsp smoked paprika
- ½ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp dried oregano
- ½ tsp salt
- ¼ tsp freshly cracked black pepper
- ⅛ tsp cayenne pepper, optional
- 1 ½ Tbsp olive oil
- 2 lbs. chicken drumsticks, about 5-6 pieces

## Instructions:

1. Preheat the air fryer to 400°F. Combine the smoked paprika, garlic powder, onion powder, oregano, salt, and pepper in a bowl.
2. Place the chicken drumsticks in a bowl and drizzle the oil over top. Sprinkle the prepared seasoning over the drumsticks, then toss until they're evenly coated in oil and spices.
3. Place the seasoned drumsticks in the air fryer basket in a single layer, making sure no pieces overlap. Air fry for 12 minutes on the first side. Flip the drumsticks over and air fry for another 10 minutes or until they reach an internal temperature of 175°F. Serve hot with your favorite sides and enjoy!



# TUNA MELT

## Ingredients:

- 5 oz canned tuna
- 3-4 tablespoons mayonnaise
- 2 pickle spears
- 1 squirt mustard
- 2 slices cheddar cheese
- 4 slices of bread

## Instructions:

1. Preheat sandwich maker
2. Combine tuna, mayonnaise, minced pickles, mustard in medium sized bowl
3. Spread mayonnaise on one side of each slice of bread. Evenly divide tuna mixture then add a slice of cheese on top and cover with the other slice of bread.
4. Place sandwiches in the maker and cook until golden brown and cheese has melted.
5. Remove to plates and serve.



Prep: 5 Mins

Cook: 5 Mins

Total: 10 Mins

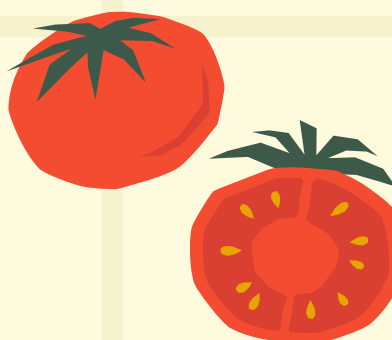
Yield: 2 Servings

Appliances Needed: Sandwich Press

Ingredients that can be found at Cougar

Cupboard:

- Canned Tuna
- Bread



# STRAWBERRY JAM



Prep: 2 Mins

Cook: 10 Mins

Total: 12 Mins

Yield: 24 Servings

Appliances Needed: Stove/Hot plate

Ingredients that can be found at Cougar Cupboard:

- Strawberry
- Lemon

## Ingredients:

- 1 pound fresh strawberries
- 1 ½ cup granulated white sugar
- 2 tablespoons lemon juice
- ½ teaspoons lemon zest

## Instructions:

1. Wash and slice strawberries, removing green tops.
2. Add to saucepan, and mix in sugar.
3. Stir continually over medium heat, and bring the strawberries to a boil.
4. Once boiling, add lemon juice.
5. Boil for 15 minutes, or until jam reaches 220°F.
6. Stir often, making sure jam doesn't burn.
7. Pour into an airtight jar and allow to cool.
8. Cover and refrigerate.

At the Cougar Cupboard there is often fresh produce. Jam is a good way to extend their shelf life and reduce waste.

# SOY HONEY CHICKEN WITH BROCCOLI

Appliances Needed: Stove

Ingredients that can be found at  
Cougar Cupboard:

- Chicken Breast
- Seasonings (Salt, Garlic Powder & Black Pepper)
- Sesame Seeds
- Broccoli



Cook: 15 Mins

Total: 15 Mins

Yield: 2 Servings



# SOY HONEY CHICKEN WITH BROCCOLI



## Ingredients:

- 2 tablespoons olive oil
- 1 pound boneless skinless chicken breasts (cut up into 1 inch pieces)
- Salt and pepper
- 1 teaspoon garlic powder
- 1/4 cup reduced sodium soy sauce
- 3 tablespoons honey
- 2 garlic cloves (minced)
- 2 teaspoons cornstarch
- 12 ounces about 3 cups broccoli florets (or cauliflower, or both)
- 2 teaspoons sesame seeds

## Suggestions:

Can be served with brown rice, noodles, white rice, or quinoa

## Instructions:

1. In a large pan heat the olive oil over medium/high heat. Add the chicken and sprinkle with a large pinch of salt and pepper and add garlic powder. Cook chicken for about 5 minutes until no longer pink and begins to brown.
2. Meanwhile make the sauce. In a bowl whisk the soy sauce, honey, garlic, and cornstarch. Set aside.
3. Once chicken is lightly browned, add the broccoli and cook for about 3-5 minutes until broccoli turns bright green and just begins to soften. If the mixture seems too dry add a little more olive oil. Add the soy sauce mixture and cook for 1 minute until the sauce thickens. Garnish with sesame seeds and serve immediately.

# TORTILLA PIZZA

## Ingredients:

- 1 (8 inch) soft flour tortilla
- 1 teaspoon olive oil
- 1 pinch garlic powder
- salt and ground black pepper to taste
- 3 tablespoons tomato sauce
- ⅓ cup shredded mozzarella cheese
- 1 pinch dried oregano



## Instructions:

1. Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C).
  2. Place tortilla on a baking sheet. Brush with olive oil; sprinkle garlic powder, salt, and pepper on top.
  3. Bake in the preheated oven until golden, 3 to 5 minutes.
  4. Remove from the oven and spread tomato sauce on top; Sprinkle with mozzarella cheese.
  5. Bake in the preheated oven until cheese is melted, about 5 minutes. Sprinkle oregano over cheese. Slice pizza into wedges using a pizza cutter.
- If using an Air Fryer: Cook at 400 degrees F for 3 to 5 minutes, or until the cheese is bubbly. Check the pizza every minute to make sure it doesn't burn.



## Suggestions:

Add any extra toppings

Ex: Pepperoni, Onion, Chicken,  
or Bell Pepper

## Appliances Needed:

Oven/Air Fryer

Ingredients that can be  
found at Cougar

Cupboard:

- Tortilla
- Tomato Sauce
- Salt, Black Pepper,  
& Garlic Powder

Prep: 10 Mins

Cook: 10 Mins

Total: 20 Mins

Yield: 1 Pizza

# MICROWAVED “BAKED” POTATO

## Ingredients:

- 1 russet potato
- olive oil
- salt
- pepper

## Recommended Topping:

- sour cream
- cheese
- bacon
- butter

## Instructions:

1. Clean the potato, trimming away any blemishes, and pat dry.
2. Prick the potato with a fork four to five times on each side.
3. Rub potato all over with olive oil and sprinkle with salt and pepper.
4. Place in a microwave-safe dish and microwave for 5 minutes.
5. Flip and microwave for an additional 3 minutes.
6. Potato should be easily pierced with a fork all the way to the center. If not, microwave in 1-minute increments until cooked through.
7. Add toppings of your choice and enjoy!



Prep: 2 Mins

Cook: 8 Mins

Total: 10 Mins

Yield: 1 Serving

Appliances Needed: Microwave

Ingredients that can be found  
at Cougar Cupboard:

- Potato
- Salt
- Pepper

# SPRING ROLLS



Prep: 15 Mins  
Cook: 15 Mins  
Total: 30 Mins  
Yield: 8 Servings

Appliances Needed: Stove

Ingredients that can be found at Cougar Cupboard:

- Carrots
- Cucumber

## Ingredients:

### Spring Rolls

- 1 ½ cups julienned vegetables (carrots, cucumber, and red pepper)
- 1 bunch fresh mint
- 1 cup torn lettuce
- 4 ounces vermicelli noodles
- 8 ounces extra-firm tofu
- 2 tablespoons sesame oil
- 8 rice papers

### Peanut Sauce

- ⅓ cup creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 1 tablespoon sesame oil
- 2 cloves minced garlic
- 2 tablespoons water



# SPRING ROLLS

## Instructions:

1. Bring a pot of water to a boil and cook noodles according to the package. Set aside once it is done.
2. Open the tofu and cut it into rectangles. Preheat a large skillet over medium heat. Add sesame oil to the pan and add the tofu to the pan. Cook on all sides for about 5 minutes until golden brown. Once done, remove and set aside.
3. To assemble spring rolls, pour hot water into a shallow dish and dip the rice paper for about 10-15 seconds.
4. Place on a plate and on the edge of the rice paper add a small handful of vermicelli noodles, herbs, carrots, cucumber, bell pepper, and 3 pieces of tofu.
5. Fold the rice paper over once, tuck in the ends, and continue rolling.
6. Repeat until you have used up all the filling.
7. For the peanut sauce, whisk together in a small bowl the peanut butter, rice vinegar, soy sauce, honey, sesame oil, and garlic. Whisk in water as needed if the sauce is too thick. And serve with the spring rolls.



# OVERNIGHT OATS

## Ingredients:

- 1 instant oatmeal packet
- $\frac{1}{3}$  cup milk of choice

## Instructions:

1. Pour the oatmeal packet into a small jar or bowl. Add the milk to it and stir until well combined.
2. Add mix-ins of choice.
3. Refrigerate for at least 4 hours or overnight. Add toppings of your choice and enjoy!



Prep: 5 Mins

Chill: 4 Hrs

Total: 4 Hrs 5 Mins

Yield: 1 Serving

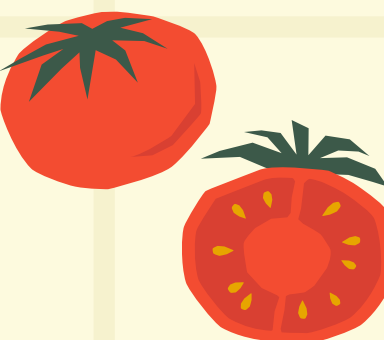
## Appliances Needed:

Refrigerator

Ingredients that can be found at

Cougar Cupboard:

- Instant Oatmeal
- Milk



# DENSE BEAN SALAD

## Ingredients:

### Salad

- 1 can garbanzo beans, drained, rinsed and dried
- 1 can cannellini beans, drained, rinsed and dried
- 1 small red onion, diced
- 2 small bell peppers, diced
- ½ cucumber, diced
- 1.2 cup olives, pitted and sliced
- 6 ounces vegan feta cheese, crumbled
- fresh parsley, stems removed, finely diced

### Instructions:

1. Chop red onion, bell peppers, and cucumber into bite-sized pieces.
2. Drain, rinse, and dry beans.
3. Add all salad ingredients to a large mixing bowl.
4. Whisk dressing ingredients together and pour on the salad. Toss well to combine.

### Dressing

- ¼ cup extra virgin olive oil
- 3 tablespoons lemon juice
- 1 tablespoon maple syrup
- 1 teaspoon dijon mustard
- 3 garlic cloves, minced
- ½ teaspoon salt
- 1/2 teaspoon dried oregano



Prep: 10 Mins

Cook: 10 Mins

Total: 20 Mins

Yield: 4 Servings

Appliances Needed: None

Ingredients that can be found at

Cougar Cupboard:

- Garbanzo Beans
- Cannellini Beans
- Cucumber
- Lemon
- Salt
- Oregano



# MAC AND CHEESE



Prep: 2 Mins  
Cook: 5 Mins  
Total: 7 Mins  
Yield: 1 Serving

## Ingredients:

- ½ cup dry macaroni pasta
- ½ cup water
- ½ cup shredded cheddar cheese
- ¼ cup milk of choice
- ¼ teaspoon salt
- 1 tablespoon unsalted butter (optional)
- 1 tablespoon cream cheese (optional)

## Instructions :

1. Combine the pasta and water in a large microwave-safe bowl. You need a large bowl (not a mug or small serving bowl) to cook this in prevent your water from foaming and spilling over in the microwave.
2. Microwave for 4-5 minutes, until the pasta is just al dente. You can start with 4 minutes and add an additional minute if needed.
3. Drain any excess water from the bowl. Add the milk, cheese and salt to the pasta, as well as the butter and cream cheese, if using. Stir to combine.
4. Microwave for another 1 ½ minutes, until the pasta is tender and everything is melted and well combined.
5. Stir, taste and adjust seasonings, and serve hot.

## Tip:

Use a large, deep bowl to make microwave macaroni and cheese. Do not try to make it in a mug or a bowl that you would serve it in. Your water will heat and foam and spill over into the microwave instead of staying in the bowl to cook the pasta.

Appliances Needed: Microwave

Ingredients that can be found at Cougar Cupboard:

- Macaroni Pasta
- Salt
- Milk

# CHICKEN SOUP

## Ingredients:

- 1 pound (about 2 small) boneless skinless chicken breasts cubed
- 1 small onion diced
- 4 medium red potatoes cubed
- 4 medium carrots peeled and sliced
- 2 cloves garlic minced
- 4 cups chicken broth
- 1/2 teaspoon oregano
- 1/4 teaspoon thyme
- 1 bay leaf optional
- Salt and pepper



## Instructions :

1. Coat a large saucepan with cooking spray or a little bit of oil and heat over medium-high heat. Salt and pepper chicken and cook until well-browned.
2. Add the rest of your ingredients to the pot and bring to a boil.
3. Lower to medium heat and simmer for 20 to 25 minutes, until the vegetables are fork tender. Salt and pepper to taste. Remove the bay leaf, serve, and enjoy!

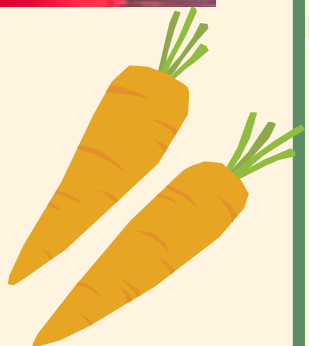


Prep: 10 Mins

Cook: 25 Mins

Total: 35 Mins

Yield: 4 Servings



Appliances Needed: Stove

Ingredients that can be found at Cougar

Cupboard:

- Chicken Breast
- Potato
- Carrots
- Seasonings (Salt, Black Pepper, & Thyme)



# CAESAR CHICKEN NUGGET WRAP

## Ingredients:

- 1 cup romaine lettuce, finely chopped
- 2 tablespoons croutons
- 1 tablespoon parmesan cheese
- 2 tablespoons Caesar dressing
- Juice of ½ a lemon
- ¼ teaspoon black pepper
- 4 chicken nuggets, homemade or store-bought
- 1 12-inch tortilla

## Instructions:

1. In a medium bowl, combine romaine lettuce, croutons, parmesan cheese, and Caesar dressing. Drizzle with lemon juice and add black pepper. Toss to combine.
2. If chicken nuggets are frozen, cook as instructed on the package. Once cooked, slice nuggets in half lengthwise.
3. To assemble, add nuggets into the center of your wrap. Top with Caesar salad.
4. Wrap your tortilla by folding the outer edge towards the center and bringing the bottom end up, continuing to roll and gently pressing down to ensure it is tight. Slice width-wise and serve.



Prep: 5 Mins

Cook: 5 Mins

Total: 10 Mins

Yield: 1 Serving

Appliances Needed: Airfryer

Ingredients that can be found at Cougar Cupboard:

- Lemon
- Black pepper
- Tortilla



# TUNA MAYO RICE BALLS



Prep: 15 Mins

Cook: 15 Mins

Total: 30 Mins

Yield: 8 Servings

Appliances Needed: None

Ingredients that can be

found at Cougar Cupboard:

- Rice

- Canned Tuna

## Ingredients:

- 2 cups cooked rice
- 1 canned tuna
- 1 tablespoon sesame oil
- 2-3 tablespoons Japanese mayo
- 1-1 ½ cup shredded roasted seaweed

## Instructions

1. In a large bowl, add the rice, sesame oil, mayo, tuna, and seaweed.
2. Mix until well combined. If needed, add more mayo.
3. Divide the mixture into 8 even portions.
4. Roll each portion into a ball and enjoy!



# CRISPY CHICKEN SMASH TACOS

## Ingredients:

- 1 tbsp olive oil
- 2 small flour tortillas
- 1/2 cup ground chicken (divided)
- Onion powder to liking
- Garlic powder to liking
- Chili pepper flakes to liking
- Salt/pepper to liking
- 1/2 cup of shredded cheese of choice (divided per taco)
- Chopped parsley to liking

## Instructions :

1. To one side of the flour tortillas, smash the ground chicken & season with onion powder, garlic powder, chili pepper flakes, salt, & pepper.
2. Turn on a rice cooker & add the oil to the pan. Then add the taco (chicken side down) & cook until the chicken is crispy.
3. Once cooked, flip, add the cheese, & cover for 3 minutes to let the cheese melt & the other side of the taco crisp up.
4. Once melted, add parsley & fold into a taco.
5. Take out, garnish with more parsley, & enjoy with the sauce if you made it!

Sauce (optional) - 3 tbsp spicy mayo, 1 1/2 tsp white vinegar, 1 1/2 tsp sriracha, 1 tsp olive oil



Appliances Needed: Rice Cooker/Stove  
Ingredients that can be found at Cougar Cupboard:

- Minced/Ground Chicken
- Tortillas
- Seasoning (Salt, Black Pepper, Garlic Powder, and Onion Powder)

The Crispy Chicken Smash Taco can also be cooked on the stove.

# FRENCH TOAST

## Ingredients:

- 1 tsp butter
- 3 TBSP milk
- 1-2 tsp maple syrup plus more for topping
- 1/2 tsp cinnamon
- 1/2 tsp vanilla—optional
- 1 egg
- 1 cup bread (2 slices of bread)

## Ingredients:

1. Dice bread into cubes
2. Microwave the butter in the mug for 15-20 seconds until melted, slowly tilt the mug in a circle to “grease” the mug
3. Add the milk, maple syrup, cinnamon, vanilla, and the egg to the mug and whisk until everything is well mixed
4. Mix in the bread gently, to make it easier add the bread in sections if the mug is too small
5. Microwave for 60-90 seconds
6. Top with your favorite toppings and enjoy!

Appliances Needed:

Microwave

Ingredients that can be found  
at Cougar Cupboard:

- Milk
- Bread



(Optional) - Toppings: chocolate chips, nuts, fruit, maple syrup, or powdered sugar



Prep: 5 Mins

Cook: 15 Mins

Total: 20 Mins

Yield: 3 Servings

Appliances Needed: Air Fryer

Ingredients that can be found at Cougar

Cupboard:

- Carrots
- Broccoli
- Salt and Black Pepper

# ROASTED CARROTS AND BROCCOLI



## Tips and Suggestions:

- For best results, do not overfill the air fryer basket to ensure even cooking.
- Adjust cook time if you are cooking a smaller batch.
- Make sure to toss the vegetables halfway through for an evenly roasted finish.
- Use leftover roasted veggies in salads, wraps, or topping for pizza or pasta dishes.
- Use a cooking spray to add a little oil halfway through the air fry for crunchier air fryer vegetables.
- Substitute Italian seasoning with your favorite herbs and spices for different flavor profiles.
- Sprinkle a little bit of brown sugar on top of the air-fried veggies if you prefer it sweet.

# ROASTED CARROTS AND BROCCOLI



## Ingredients:

- 1 ½ pound broccoli florets
- 2 carrots - sliced
- salt to taste
- 2 tablespoons olive oil
- ½ teaspoon ground black pepper
- 1 teaspoon Italian seasoning

## Instructions:

1. Start by washing and drying the broccoli florets and carrots.
2. Cut the carrots into thick slices to match the size of the broccoli florets.
3. Air fry the carrot slices for 8 minutes at 380 degrees Fahrenheit (single layer), tossing them halfway through.
4. Place the broccoli florets in a large mixing bowl and add all the seasonings, salt, oil, and air-fried carrots. Toss well to fully coat the broccoli with oil and seasoning.
5. 1 ½ pound broccoli florets, salt to taste, 2 tablespoon olive oil, ½ teaspoon ground black pepper, 1 teaspoon Italian seasoning
6. Air fry the broccoli and carrots for 8 minutes at 380 degrees Fahrenheit, tossing halfway through.
7. Check the broccoli and air fry for a few additional minutes if needed to achieve desired crispness.
8. Let the air-fried broccoli and carrots cool down a bit.
9. Serve hot or warm as a side dish or add it to your favorite curry to make it a complete meal.



THANK YOU

