

3 Easy Recipes Students Can Make in Their Dorm Rooms



Dorm living doesn't have to mean you can't cook for yourself!

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Living in a dorm can be quite limiting in terms of food options that you can cook for yourself. While home-cooked options may be limited, there are still many simple and easy dorm-friendly recipes that you can utilize! Trust us, you might get bored of your school's cafeteria food pretty quickly, so it will be good to learn a few easy and healthy recipes that you can put together in your own dorm room! In addition to arming yourself with a few simple recipes for nourishing meals, we recommend a few additional kitchen items to the standard dorm room arsenal. Beyond the standard microwave and mini-fridge, bring a tea

Luckily we had some help from [Mountain Roots](#), to come up with 3 easy dorm-friendly recipes. Located in the mountains of southwest Colorado, Mountain Roots is a community-driven, grassroots food systems initiative founded in 2010. Mountain Roots cultivates the local food system in Gunnison Valley and the surrounding areas by creating and coordinating local food programs like community farms and gardens, food distribution programs for those experiencing food insecurity, CSAs, agricultural and outdoor-focused kids camps, cooking classes, beginning farmer training, and more.

Today, Mountain Roots is considered the leading local food and sustainable agriculture initiative in Gunnison County, committed to increasing local food in schools, supporting food security for all, teaching lifelong food self-sufficiency skills, and building awareness and availability of locally produced, nutritious foods. Mountain Roots actually offers in-person dorm room cooking 101 classes twice a year: Once in the spring for graduating high school seniors and once again in the fall for incoming college freshmen. You can visit the [Mountain Roots](#) website for more information!

Easy Dorm-Room Recipes



Chickpea, Avocado, & Feta Salad

Ingredients:

- ½ 15 ounce-can chickpeas, rinsed and drained
- 1 avocados, pitted, and chopped
- 2 tablespoons chopped cilantro
- 1 tablespoons green onion
- 2 tablespoons feta cheese
- Juice of 1/2 lime
- Salt and black pepper, to taste

Steps:

- In a medium bowl, combine chickpeas, avocado, cilantro, green onion, feta cheese, and lime juice.
- Stir until mixed well. Season with salt and pepper. Serve.



Microwave Blueberry Oatmeal Muffin

Ingredients:

- 1/3 cup unsweetened almond milk (or any milk of choice)
- 1/3 cup mashed banana (or unsweetened applesauce)
- 1 egg white
- 2 tsp maple syrup (or honey, Stevia, brown sugar)
- 1/8 tsp vanilla extract
- 1/2 cup old fashioned oats
- 1/2 tbsp ground flaxseed
- 1/4 tsp cinnamon
- 1/3 cup blueberries

Steps:

- Mix together the milk, mashed banana, egg, maple syrup, and vanilla extract.
- Once combined, add the oats, flaxseed meal, and cinnamon. Fold in fruit and toppings.

- Check to see if it is cooked through. If not, continue cooking in 30-second increments.



5-Minute Veggie Burrito Bowl

Ingredients:

- 1 cup cooked brown rice (I used Trader Joe's frozen pre-cooked brown rice)
- 1/2 cup black beans, drained and rinsed
- 2-3 tablespoons salsa, or to taste
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar or Mexican-blend cheese

Toppings: - Diced avocado, diced tomato, guacamole, pico de gallo, etc.

Steps:

- Prepare brown rice according to package instructions.

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- Top with diced avocado, diced tomato, guacamole, pico de gallo, or other desired toppings.

We Want to Hear From You

Have you tried any of these recipes? Tell us how it went!

Message us on Instagram [@womendotcom](#) or [Facebook](#) to tell us!
