

## Cooking without a kitchen

If you do not have a kitchen, this handout offers meal options that require little to no preparation. It also includes recipes you can make in a microwave.

### Dry goods/grocery list

- Instant oatmeal packets
- Nuts/trail mix
- Dried fruit
- Jerky
- Crackers
- Bread/bagels/English muffins
- Breakfast cereal
- Peanut or other nut butters
- Canned beans
- Canned tuna/Tuna pouches
- Canned chicken
- Minute rice
- Shelf stable milks (soy, almond, cow, etc.)
- Shelf stable nutrition drinks
- Canned coconut milk

**If you have a refrigerator, the following items may be added to your grocery list:**

- Yogurt
- Cottage cheese
- String cheese
- Eggs
- Guacamole
- Fresh fruits and vegetables
- Hummus
- Lunchmeats

### Ideas for daily meals

#### Breakfast:

- Instant oatmeal
- Yogurt with fruit
- Cottage cheese with fruit
- Dry cereal with milk
- Eggs
- Bread and nut butter

## **Lunch and dinner:**

- Canned soups
- Frozen meals
- Quesadilla
- Sandwich (tuna, egg, lunch meat\*)

\*Follow guidelines if you are on an immunosuppressed diet

## **Snacks:**

- Nuts
- Hummus and vegetables/crackers
- Cottage cheese
- Yogurt
- String cheese
- Guacamole and chips
- Nut butters with fruit
- Dried fruit

## **Microwave recipes**

Your microwave can be used to make quick and delicious meals. For example, you can make eggs, cook breakfast meats (bacon, sausage links, sausage patties), potatoes, macaroni and cheese, vegetables, quesadillas, and frozen or instant meals (instant rice, frozen dinners, frozen burritos, etc.).

### **Omelet in a mug**

- 1 egg
- 2 egg whites
- 2 Tbsp milk
- Pinch of salt and pepper
- 2 Tbsp tomato
- 2 Tbsp shredded cheese

Optional mix-ins: 2 Tbsp turkey, 1 slice bacon, 1/4 cup spinach, 2 tbsp of favorite dried herbs

### **Instructions**

1. Spray a microwave safe mug with cooking spray. Beat together eggs, milk, seasoning, tomatoes, and cheese in the mug.
2. Microwave, uncovered, on high for 1 minute. Remove mug and stir. Cook for an additional 1 minute, or until eggs are completely set! Remove from microwave and top with a sprinkle of additional cheese if desired. Let sit for a few minutes.

## **Macaroni and cheese**

- 1/2 cup dried macaroni or shell pasta
- 1/2 cup water
- 1/4 teaspoon salt
- 1/4 cup milk, any percent
- 1/4 to 1/2 cup shredded cheese, such as cheddar, Monterey Jack, or provolone

Optional mix-ins: diced vegetables, shredded or cubed cooked meat, salsa, dried mustard, chilipowder

### **Instructions**

1. Combine the pasta, water, and salt in a deep, microwave-safe bowl and stir to combine.
2. Microwave on high power for 2 minutes, then stir. Watch to see if the water is foaming over the side of the bowl and stir earlier if needed. Use oven mitts or a kitchen towel if you need to move the bowl out of the microwave to do this.
3. Use oven mitts or a kitchen towel to remove the bowl from the microwave. Stir in the milk, cheese, and extra add-ins.
4. Microwave on high power for 30 seconds, then stir. Continue microwaving in 30-second intervals, stirring between each interval, until the cheese has melted and forms a creamy sauce, 1 to 1 1/2 minutes total. For a creamier sauce, add an extra tablespoon or two of milk and cheese.
5. Eat immediately. This recipe is best when piping hot from the microwave. If you need to reheat, add an extra splash of milk.

## **Boiled eggs**

1. Microwave a bowl of water (deep enough to submerge the egg) for 3 minutes until hot.
2. Lightly prick the bottom of the egg with a safety pin or thumbtack to prevent the egg from exploding.
3. Place the egg into the bowl of hot water, cover with a plate, and microwave at 50% power for 4 minutes.
4. To fully cook, leave the egg in the water for 2 minutes before peeling.

## **Potatoes**

1. Scrub the potato and prick several times with the tines of a fork. Place on a plate.
2. Cook on full power in the microwave for 5 minutes. Turn potatoes over and continue to cook for 5 more minutes.

## **Steamed vegetables**

1. Wash and trim fresh vegetables. Cut veggies in small, even pieces. Add to microwave-safe bowl. Frozen veggies can be placed directly into bowl (washed, if on an immunosuppressed diet).
2. Add 2 Tbsp water. No water is needed if you are steaming leafy greens that have just been washed.
3. Cover with wax paper with one corner folded up to allow steam to escape.
4. Cook for 3-5 minutes on HIGH. Check for doneness. Time varies depending on strength of microwave

## **Tips for increasing calories and protein**

- Add nut butter and/or nuts to your instant oatmeal
- Use milk instead of water with oatmeal
- Add avocado and beans to quesadillas
- Add olive oil to vegetables, soups and/or pasta
- Use full fat dairy products such as whole milk yogurt