Cooking for a College Resident

KATELYN’S BITCHIN’ DORM KITCHEN

by Katelyn Waara
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Volume I

A cookbook meant to coach the college student through their first culinary adventure, including a crash course in kitchen equipment, countertop appliances and knives.

This book also includes recipes for:
Power Blueberry Muffins
Mango Salsa
Zucchini Chicken Parmesan
Keilbasa Sausage Spaghetti
Kick-Ass Chicken Chili
Bitchin’ Banana Bread and more!

Many recipes are accompanied with #hashtags!

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ABOUT THE AUTHOR

Hi!

My name is Katelyn Waara. Thanks for picking up my cookbook!

Hi! This is Henry, my kitchen’s “Clocker Spaniel”...

...my recipe box and ladybug timer...

...my favorite zebra mug and...

...my collection of salt and pepper shakers.

SO, WHAT IS THIS THING?

What you’re holding in your hands is the cookbook I’ve compiled to help college students reach near-perfect and easy culinary awesomeness.

Inside each section of this book are my favorite recipes, some of which have come from family members over the years.

I’ve tried to make it easy for you to achieve them on your own, whether you live in a dorm, a single bedroom apartment or a house full of rowdy roommates.

Basic, everyday ingredients, your average cooking utensils and supplies and oh-so good food.

So, put on your apron, grab your wisk and wooden spoon and let’s create something together!

So good, your friends will Instagram it! Think about all of the creative hashtags!

#katelynsbitchindormkitchen

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# TABLE OF CONTENTS

**DORM PANTRY MUST-HAVES**...........................7
Simple foods to keep in your dorm room for those days when you're too lazy to go to the dining hall. We all have those days.

**LEARN SOME BASICS**.................................9
Get to know your way around the average kitchen.

- Utensils, pots and pans........................................11
- Knives........................................................................12
- Special countertop appliances................................14

**GRAB-WORTHY MINI-MEALS**..........................17
These little suckers will fill you up in between class.

- Hardboiled eggs (with or without Tobasco)..................18
- Mini make ahead omelets.........................................19
- Power blueberry muffins.........................................20

**SIDES AND SALSAS**....................................23
For the fancier stuff, like steak and lobster (yeah right).

- Mango Salsa............................................................25
- Bacon Green Beans................................................26
- Taragon Corn.........................................................27

**DIE-FOR DINNERS**......................................29
Again, gettin' fancy is ok. Serve these when Mom comes to visit.

- Zucchini Chicken Parmesan....................................30
- Keilbasa Sausage Spaghetti....................................32
- Chicken Chili..........................................................34
- Tantilizing Tacos.....................................................36
- Shrimp and asparagus pasta....................................37

**BAKE YOUR HEART OUT**............................39
Don't ever, ever, EVER forget dessert!

- Bitchin’ Banana Bread...........................................40
- The BEST Oatmeal Cookies....................................42
- No-Bake Cookies....................................................44
- Chocolate Chip Cookies........................................45
DORM PANTRY MUST-HAVES

Foods to keep on-hand in your dorm. Stock your mini-fridge!

THE EVERYDAYS:

Salt and pepper  
Non-stick spray  
Peanut butter and jelly or jam  
Milk  
Eggs  
Bread  
Instant oatmeal  
Your favorite cereal  
Microwave popcorn  
Trail mix  
Granola bars  
Yogurt  
Assorted fruit  
Macaroni and cheese  
Canned goods, like soup

BAKERS! HAVE THESE ITEMS:

Vegetable Oil  
Flour  
Sugar  
Baking powder and baking soda
LEARN SOME BASICS

Pots, pans, skillets... butcher’s cleavers, steak knives, throwing knives...

Knowing the names and types of each piece of kitchen equipment you have will ensure you are using them for their intended purpose. Granted, I have used a plate to cover a pan of sauce because I didn’t have the correct lid. That’s ok! As long as you have the sauce pan! The next pages will give you a general idea of what to have on hand.
UTENSILS, POTS AND PANS

These are the most basic kitchen utensils, pots and pans which I have in my kitchen. Because I am a baker, I also have cake and pie pans, and cupcake tins.

A. Large sauce pot  G. Pizza cutter
B. Medium sauce pot  H. Can opener
C. Large/small skillet  I. Ice cream scoop
D. Plastic slotted spatula  J. Measuring cups
E. Plastic spoon  K. Measuring spoons
F. Wooden spoon  L. Cutting boards

Don't forget to be sure you have some lids that fit your sauce pots! A kitchen timer is also nice to have.
Advanced knowledge of kitchen knives is not necessary! When I moved into my apartment out of the dorms, I bought a very basic set of knives. They have served me well.

My set includes:

- 6 small steak knives (which I use for everyday purposes)
- 2 large steak knives (which honestly I’ve never used...)
- 1 chopping knife
- 1 serrated knife (works very well with bread) and....
- 2 other knives that I don’t know what they’re intendent purposes are.

In reality, since we aren’t going for gourmet-worthy cuts, all you need is a good chopping knife.
A toaster, coffeemaker and microwave are no-brainers. But have you ever thought about having a blender, food processor or similar countertop appliance? I didn't, until I received this as a gift.

SPECIAL COUNTERTOP APPLIANCES

Multi-talented kitchen gadgets to ease your pain.

A toaster, coffeemaker and microwave are no-brainers. But have you ever thought about having a blender, food processor or similar countertop appliance? I didn’t, until I received this as a gift.

TA-DA! I introduce to you, the NINJA!

WHAT CAN I MAKE WITH THIS MAGICAL DEVICE?

Dice, blend, and chop things with the special mini-food processor, equipped with a four-blade spinning tool!

Throw in the veggies for the Mango Salsa recipe (page 25)

#chipsandsalsa #mangoes

Chop onions (without weeping) for the Keilbasa Spaghetti recipe (page 32)

#savemyeyes

Blend ice and other smoothie ingredients for a single-serve smoothie! Or, blend ice, alcohol and your favorite flavors to make margeritas, daiquiris, etc!

#blenditup #drinks #drunk

If you love the Ninja, let them know on Facebook, Twitter and Instagram!

#ninja
Everyone is late for class. You oversleep, unintentionally or not, and miss the opportunity to get a good breakfast in your system before the long day ahead. Or, maybe you didn’t get a chance to make lunch for yourself. Don’t get stuck eating granola bars all day.

Something as simple as a hardboiled egg can fill you up longer than a Chewy bar can. Bring both, and you’ll be satisfied enough to get you through your 3:00 p.m. class until dinner time.
EASY HARD BOILED EGGS

Instructions:

1. Place your eggs in a sauce pot.
2. Add enough cold water to the pot to cover the eggs by one or two inches.
3. Bring the water to a boil. Once you’ve reached boiling, turn the heat to low. Leave the pot on the burner for one minute.
4. Remove the pot from the burner and cover it. Set a kitchen timer to 12 minutes.
5. After the timer goes off, carefully remove the eggs from the pot with a spoon and place them in a bowl of cold water.
6. Neatly place them back in your egg carton and slap em’ in the fridge. You’ve got grabable snacks for the rest of the week!

Hard-boiled eggs are also used to make Egg Salad! Peel eggs, chop ‘em up (yellows included) and mix with a few tablespoons of mayo for a sandwich or cracker spread!

Try them with Tobasco for an extra kick, otherwise a sprinkling of salt is a typical alternative.

HELPFUL TIP

If you aren’t sure if they are done, sacrifice an egg by cutting it open to see if its cooked inside!

MINI MAKE AHEAD OMELETS

Ingredients to make 12 mini-omelets:

1 dozen eggs
1 cup milk
Veggies, meats, cheeses or whatever you like in your omelet!

HELPFUL TIP

Precooked veggies are always best, unless you like them crunchy. Try those microwavable bags of veggie medleys!

Instructions:

1. Preheat oven to 350°.
2. Coat muffin tin with cooking spray.
3. Whisk eggs and milk together in a bowl.
4. Add egg mixture to individual cups of the muffin tin.
5. Spoon 2 tablespoons of your favorites into each cup.
6. Sprinkle tops with cheese of your choice!
7. Bake until top and edges are puffy and golden, about 20-25 minutes.

HELPFUL TIP

Run a butter knife around the edges of each muffin cup to release those little things from their prison!
POWER BLUEBERRY MUFFINS

PROTEIN-PACKED TO FILL YOU UP. ALMOST LIKE GRANDMA'S.

Ingredients:

- 2 cups all-purpose flour
- 1 cup quick oats
- 2/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups greek yogurt
- 2 large eggs, lightly beaten
- 4 tablespoons butter, melted and cooled
- 1 teaspoon vanilla extract
- 1 cup (or more!) fresh or frozen blueberries

Instructions:

1. Preheat oven to 350°.
2. Coat muffin tin with cooking spray or liners.
3. Combine flour, sugar, oats, baking powder, baking soda and salt in a bowl.
4. Combine yogurt, eggs, butter, and vanilla in a second bowl.
5. Fold yogurt mixture into dry mixture; stir to combine.
6. Gently fold in blueberries.
7. Spoon into muffin tins.
8. Bake until top is golden and springs back when you gently touch it, 20-25 minutes.

#blueberrymuffinsrock

HELPFUL TIP

The batter will be VERY thick, but don't worry. They bake just fine!
SIDES AND SALSA

Craving a fresh salsa? Want something sweet and tangy, or do you want to go bold and spicy?

Wondering what to bring to your significant other’s parent’s house for Thanksgiving? Need a quick sidedish that you won’t find in the dining hall?

These next three recipes are very versatile. Both the Bacon Green Beans and the Taragon Corn can be paired with a variety of foods and the Mango salsa, besides with tortilla chips, can be used to top fish, chicken or even the occasional steak (if you’re into that).

Bring chips AND homemade salsa! What goes good with anything? Try these!
Mango Salsa

Ingredients to make one large bowl of salsa:

- 3 large tomatoes
- 1 large white or red onion
- 2 large mangoes
- 1/2 cup cilantro
- 1 fresh lime

Instructions:

1. Roughly chop veggies, fruit and cilantro.
2. Add what you’ve chopped in a bowl.
3. Mix chopped ingredients together.
4. Squeeze 1 teaspoon of fresh lime juice into the bowl.
5. Mix to incorporate lime juice.

This fruity salsa is best with salty tortilla chips!

Got tortilla chips? Good. This stuff will be gone before you know it. Its addicting.

HELPFUL TIP

Try this as a salsa on top of chicken or fish!
**BACON GREEN BEANS**

Ingredients to serve 4:

- 3 cans of French-cut green beans, drained
- 1 pound (more or less) of bacon, cooked and chopped

Instructions:

1. Cook the bacon. After cooking, put it on paper towel to absorb some of the grease.
2. Heat the green beans in the microwave or on the stovetop.
3. Chopped cooled bacon into strips, chunks or triangles... just chop it up.
4. Drained heated green beans and put them in a bowl with the bacon, mix together and serve!

**TARAGON CORN**

Ingredients to serve 4:

- 3 cans of corn, drained
  (Could also use one bag of frozen corn, thawed.)
- 2 tablespoons dried Taragon flakes.

Instructions:

1. Heat corn in the microwave or on the stovetop. Drain.
2. Add Taragon to the corn. Stir to incorporate and serve!

**HELPFUL TIP**

Serve these bacon green beans along side a juicy steak with corn bread or salad... hmmmmm.

**HELPFUL TIP**

Fresh taragon will be more potent than dried, so if you want the fresh stuff, use only one tablespoon.
Cooking for Mom, your boyfriend/girlfriend or just want to do something special? Try these eye and tastebud pleasers!

Cooking for your hall or another special gathering? Is your class having a potluck to celebrate the end of the semester? Although these recipes are meant to serve 2-4 people, I don’t see why you couldn’t accommodate and adapt them to serve more than that!

Whether you are making something for your Mom and Dad to showcase what you’ve culinary skills you’ve learned (from this book, I hope!) or you’re looking to have something delicious waiting when you’re boyfriend, girlfriend or roommates come home from class, these dinners are sure to please.
ZUCCHINI CHICKEN PARMESAN

I've adapted this Chicken Parmesan recipe to have an extra veggie: zucchini! Soft and succulent.

Ingredients to serve 4:

2 tablespoons Olive Oil
4 medium boneless, skinless chicken breasts, thawed
1 12 oz. jar of spaghetti sauce (or homemade!)
1 medium size zucchini
Sliced REAL mozzarella cheese
Pasta
Salt and pepper

Instructions:

1. Heat Olive Oil in a large skillet on medium-high heat
2. Put the pasta cooking, according to directions on the box.
3. Add chicken breasts to the skillet. Sprinkle with salt and pepper.
4. Brown one side of the chicken, about 10 minutes. Turn, and brown other side.
5. Once chicken is browned, turn the heat down to low. Add the jar of sauce. Simmer for 5 minutes.
6. Lay the slices of zucchini on the sauce amongst the chicken. Cover the skillet and simmer for 5 minutes.
7. Top each chicken breast with a slice of mozzarella cheese. Cover and simmer for 5 more minutes, or until the cheese is melted.

Layer chicken, zucchini and sauce over pasta. Serve with garlic bread and a side salad. OMG YUM.

HELPFUL TIP

Chicken needs to be cooked to an internal temperature, or until the inside is no longer pink. Cut the largest one open to check it.
**KEILBASA SAUSAGE SPAGHETTI**

This is definitely a go-to meal if you’re *really* hungry.

**Ingredients to serve 4:**

2 tablespoons Olive Oil  
1 ring of Kielbasa Sausage (any variety)  
1 12 oz. jar of spaghetti sauce (or homemade!)  
1 medium onion  
2 cloves of garlic  
Pasta  
Salt and pepper

**Instructions:**

1. Heat Olive Oil in a large skillet on medium heat.  
2. Put the pasta cooking, according to directions on the box.  
3. Roughly chop the onion. Mince the garlic. Add to the oil.  
4. Put your sauce heating up.  
5. Saute the onions until they are soft and translucent. Be careful not to burn the garlic.  
6. Cut the sausage into medallions, cubes, whatever you feel like. Season with salt and pepper.  
7. Add the sausage to the onion, garlic and oil.  
8. Saute all of the ingredients together until the flavors are released and the sausage is beginning to brown.

Scoop pasta onto plate. Spoon sauce over pasta. Scatter onions and beautiful sausage over top of all of it!

**HELPFUL TIP**

Since the sausage is already cooked, all you really need to do is release the flavors from it. I like mine browned and crispy on the edges. It takes about 10-15 mins to get there.
KICK-ASS CHICKEN CHILI

Thank you, Krysten Cooper, for the recipe!
“Its warmth for the college student's soul!”

Ingredients

2 tablespoons Olive Oil
4 cooked boneless, skinless chicken breasts, diced or shredded
2 16 oz. jars of Salsa (I use Pace)
1 c. chicken broth
1 teaspoon chili powder
1 can white beans, drained
1 can black beans, drained
1 white onion, chopped
1 yellow pepper, chopped
1 red pepper, chopped
1 green pepper, chopped
1 can corn, drained
Salt and pepper

Instructions:

1. Saute the garlic, onion and peppers in olive oil over medium heat.
2. While those are cooking, add all other ingredients to a large pot, medium-low heat.
3. Add peppers and onions when they are done. Stir and reduce heat to a simmer.
4. Simmer mixture on low heat for 20 minutes, or until heated through. The longer you simmer, the more flavor-melding is happening.

#chickenchili
#cheapeats
#food
#ilovechili
TANTILIZING TACOS

Don't get indigestion from Taco Bell. Try these homemade tacos!

Ingredients

1 lb. ground beef
1 taco spice packet, your preference
Crunchy or soft taco shells
Your favorite taco toppings
• Various cheeses
• Onions
• Tomatoes
• Lettuce or cabbage
• Sour cream, taco sauce, salsa, etc!

Instructions:

Though it may seem like a cop out, following the directions on the spice packet you choose is the way to go. Adding your favorite fix-ins and taco toppings is what makes them tantilizing.

1. Brown the beef. Drain the fat.
2. Following the directions on the spice packet, season the beef.
3. Build your tacos!

SHRIMP AND ASPARAGUS PASTA

Krysten also provided me with this recipe. Yield: a helluva lot of food.

Ingredients

4 tablespoons Olive Oil
2 cloves of garlic
6 oz. of shimp, fresh or thawed (I use medium or tiny ones!)
Pasta
Asparagus or broccoli, cut into bite-size pieces
Parmesan cheese
Salt and pepper

Instructions:

1. Saute the garlic in the Olive Oil.
2. Add the asparagus (or broccoli). Salt and pepper to taste.
3. Put the pasta cooking, according to directions on the box.
4. Saute on medium-low heat, about 10 minutes (enough to cook the asparagus).
5. Add shrimp and continue to saute, just until shrimp is heated and browning.
6. Pour shrimp, asparagus and garlic mixture over pasta. Stir.
7. Add parmesan cheese to your liking!

HELPFUL TIP

Its even better after marinating in the fridge for a day!
BAKE YOUR OUT!

STRESSED spelled backwards is DESSERTS.

I hope that I’ve enticed your tastebuds enough for you to be inspired to get into the kitchen and cook something awesome.

As a baker at heart, I’ve saved the best for last...

In the following pages are my favorite recipes for baked goods, including my Bitchin’ Banana Bread, No-Bake Cookies, the BEST Oatmeal Cookies (with or without raisins) and more...
BITCHIN’ BANANA BREAD

This title is totally appropriate and completely necessary.

Ingredients for two 9” large loaves:

1 1/4 c. sugar
1/2 c. butter, softened
2 eggs
1 1/2 c. mashed bananas
1 teaspoon vanilla
2 1/2 c. flour
1 teaspoon baking soda
1 teaspoon salt
1 c. chopped nuts (optional)

Instructions:

1. Preheat oven to 350°
2. Grease bottoms of 9” loaf pans.
3. Combine the sugar and butter in a large bowl.
4. Add the eggs and bananas. Stir to combine.
5. Add the vanilla. Combine.
6. Combine the flour, baking soda and salt in a small bowl.
7. Slowly add the dry ingredients to the wet ingredients. Stir until combined. No big lumps!
8. Add the nuts last.
9. Evenly pour into loaf pans.
10. Bake for 45-50 minutes, or until a knife inserted into the center comes out clean.
THE BEST OATMEAL COOKIES

Literally, THE BEST oatmeal cookies you will ever eat.
Dammit, I mean it.

These cookies seriously need an introduction. I’ll be honest, anyone can make these cookies! The recipe wasn’t passed down from my grandma, to my mom, to me, or anything like that...

It's under the lid of the Quaker Rolled Oats. C'mon people.

#quaker   #noshame
#thebestoatmealcookies

Instructions:

1. Preheat oven to 350°
2. Combine butter and sugars in large bowl.
3. Add eggs and vanilla. Mix well.
4. Combine flour, baking soda, cinnamon and salt in a small bowl.
5. Add dry ingredients to wet ingredients. Mix well.
6. Add oats (and the evil raisins if you want.) Mix well.
7. Spoon in heaping tablespoons onto ungreased cookie sheet.

Bake those beauties for 8-10 minutes, or until they are light golden brown. Cool them on a wire rack.

HELPFUL TIP

My boyfriend doesn’t like raisins. So, if you’re like him, try adding another dried fruit, like Cranberries. M&M’s or chocolate chips are also good alternatives to add sweetness.

HELPFUL TIP

If you don't have a wire cooling rack, I've cut a paper bag and spread it out “inside up” on the countertop. By doing this, not only is some of the oil from the cookies absorbed, your cleanup is SO easy!

Ingredients:

1/2 c. plus 6 tablespoons butter, softened
3/4 c. firmly packed brown sugar
1/2 c. sugar
2 eggs
1 teaspoon vanilla
1 1/2 c. flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon salt
3 c. oats (quick or rolled, old fashioned)
1 c. raisins (optional)
NO-BAKE COOKIES

So easy. So good. So... peanut-butter-chocolatey!

**Ingredients:**
- 1 stick butter
- 2 c. sugar
- 1/2 c. milk
- 5 tablespoons cocoa powder
- 1 c. creamy peanut butter
- 1 teaspoon vanilla
- 3 cups oats, rolled or old fashioned

**Instructions:**
1. In a large saucepan, melt the butter.
2. Add the sugar and milk. Stir to dissolve.
3. Add the cocoa powder. Stir to dissolve all clumps o’ cocoa!
4. Bring the mixture just to a boil, then remove from heat.
5. Add peanut butter. Mix.
7. Add oats. Mix well.

**HELPFUL TIP**
Lay wax paper down on the counter and drop your No-Bakes onto that instead of a plate. They won’t stick while they’re cooling and it’s an easy cleanup.

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CHOCOLATE CHIP COOKIES

Honestly speaking, you’re gonna eat some dough. Salmonella isn’t a real thing, right?

**Ingredients:**
- 3/4 c. sugar
- 3/4 c. firmly packed brown sugar
- 1 c. butter, softened
- 1 teaspoon vanilla
- 1 egg
- 2 1/4 c. flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 12 oz. package semisweet chocolate chips

**#freshfromtheoven**
**#iburnedmymouth**

**Instructions:**
1. Preheat the oven to 375°
2. Mix sugars, butter, vanill and egg in large bowl.
3. Stir in flour, baking soda and salt.
4. Add chocolate chips.
5. Drop rounded spoonfulls onto ungreased cookie sheet.

Bake ‘em for 8-10 minutes or until they are golden brown. The centers will be soft, which is the best thing EVER. Cool them slightly on the cookie sheet, then remove them to a wire rack.

You could cool them completely, but you won’t be able to keep your hands off ‘em.