



COFFEE BREAK

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How to Spice Up (or Create) Your Typical College Meals:

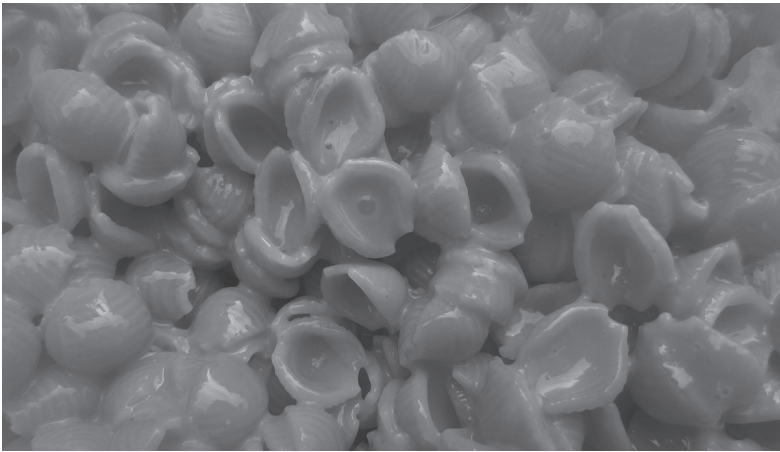
The Coffee Break Team has put together some tips and tricks to make your college favorites just a little bit tastier!

Better-Boxed Mac and Cheese:

Take your favorite Mac n Cheese and make it as you typically would (Annie’s Shells and Cheddar is highly recommended). Then add the following:

- A splash of heavy cream
- Extra shredded cheddar cheese, mozzarella, and a pinch of parmesan
- A pinch of red pepper flakes mixed in (for a little spice)

To make it even better, when finished, add an extra layer of cheese on top and a layer of italian bed crumbs, then put it in the oven until the top layer is slightly crispy.



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Fried Rice Ramen Noodles:

For this recipe, grab your favorite ramen noodle brand (Yakisoba Chicken Teriyaki is the way to go for this one):

- Take the ramen noodles crushed up, and the seasoning, but do not cook them separately!
 - Make a cup of white rice (jasmine rice preferably, but this is still college so whatever you have)
 - Add the cooked rice and ramen contents into a stir fry pan. Combine with slightly more water than suggested in the ramen pack.
 - Make a pour hole in the middle of the rice and ramen, and crack an egg into the hole. Stir and fold repeatedly until the egg is evenly cooked and distributed within the pan.
- *For extra protein, add some grilled chicken cubes on top. Add a touch of soy sauce and teriyaki for flavor and enjoy!**

Tomato Quick Rice and Poppin’ Dino Nugs:

This is a great quick dinner that can feed a bunch of roommates!

Tomato Quick Rice:

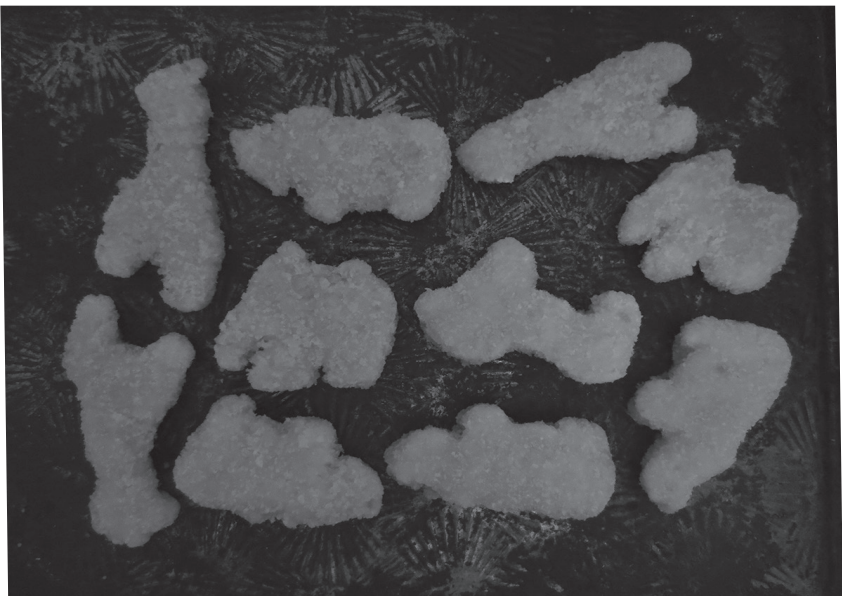
- For this one, take your favorite brand of rice (Uncle Ben’s is recommended), and add 1.5 cups of water for every cup of rice.
- Combine the dry rice, a dash of garlic powder, a teaspoon of olive oil, and a pinch of salt, then pour in your water.
- Add a heaping tablespoon of tomato paste and a dash of onion powder to change it up!
- Put it in the microwave for 10 minutes, stirring halfway through. Let it rest for 1-2 minutes afterwards and enjoy!

Dino Nugs:

- Grab your favorite brand of Dino Nugs (Tyson Fun Nuggets are recommended).
- Using an air fryer is a life hack, but the oven does just as good a job!
- Mix a little bit of mayo and ketchup together for dipping sauce and enjoy!



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