

BEYOND CELIAC DORM COOKBOOK



microwave cooking, dorm snacks
and pantry favorites—
all gluten-free!



GLUTEN-FREE MICROWAVE RECIPES

Microwave Baked Potatoes

Place a cleaned potato on a microwave safe dish and poke several times with a fork. Cook for 5 minutes, or until soft. Slice in half (be careful—it will be hot and a cloud of steam will burst when cut) and load up with fixings like sour cream, cheese and gluten-free bacon bits. You could even try a sweet potato with brown sugar, cinnamon and mini gluten-free marshmallows for something sweeter.



Breakfast Sandwich

Cook 2-3 slices of bacon. Place two layers of paper towels on a plate to absorb the fat from cooking, then add a few slices of bacon on the paper towel and finally top with another paper towel. Microwave for 2-4 minutes, until it is fully cooked. Crack 1-2 eggs into a microwavable mug and stir, microwave the mug with eggs for about 30 seconds. Add cheese shreds to the eggs. Grab your favorite gluten-free bread or bagel and add the bacon and cheesy eggs.



Walking Chili

Heat a can of gluten-free chili in a mug and pour into a bag of gluten-free tortilla chips. Throw in some shredded cheese, chopped jalapeño and sour cream then enjoy on-the-go!



GLUTEN-FREE MICROWAVE RECIPES

French Toast

Mix 2 eggs, a splash of milk and cinnamon together in a bowl. Cut 2-4 slices of your favorite gluten-free bread into quarters and drop into the mixture, making sure that each piece absorbs the mixture. Cook the bowl with mixture and bread for 1-2 minutes, then drizzle with maple syrup before enjoying.



Baked Apples

Baked apples are a warm and sweet treat without being quite as bad for you as cookies or cakes. Core and skin one or more apples, then cut into slices. Place slices into a microwave-safe bowl, sprinkle with sugar and cinnamon, then cook in the microwave for 3-5 minutes. You can add gluten-free granola and maple syrup just before the apples are finished cooking as well. Eat by themselves or with a scoop of ice cream.



Easy Cheesecake

Melt one tablespoon of butter in the microwave. Crush 2-3 gluten-free honey grahams and mix with the butter. Mix the butter and grahams together and press into the bottom of a ramekin or mug to create a crust. Microwave the crust for 1 minute. In another bowl or cup, mix together 4 oz of cream cheese, 1 tablespoon of sugar and 3 drops of gluten-free vanilla extract. Once the crust has cooled, cover with the cream cheese mixture. Chill in your mini fridge then enjoy as is or topped with berries of your choice!



GLUTEN-FREE DORM SHOPPING LIST

- **Bacon**
- **Butter**
- **Cinnamon**
- **Eggs**
- **Fresh fruits**
- **Gluten-free bagels**
- **Gluten-free bread**
- **Gluten-free cereals**
- **Gluten-free honey grahams**
- **Gluten-free microwave mac and cheese**
- **Gluten-Free pretzels**
- **Gluten-free tortillas**
- **Lunch meats**
- **Microwave rice bags**
- **Milk**
- **Peanut Butter**
- **Potato Chips**
- **Potatoes**
- **Protein bars**
- **Shredded cheese**
- **Tortilla chips**
- **Yoghurt**



Visit beyondceliac.org/snacks for some of our favorite gluten-free snacks available on Amazon!

GLUTEN-PROOF YOUR DORM ROOM

By Chynna Foucek, gluten-free college student

From stocking your drawers with the best gluten-free snacks, to letting your new roommate know about your dietary accommodations, I hope this helps you create the ultimate safe space.

Gadgets that will help with the Gluten-Free Diet

There are a few kitchen appliances that should definitely travel with you to college this semester. Certain items are crucial in your quest to prep your dorm room and create a gluten-free haven. I highly recommend bringing a refrigerator in order to keep extra gluten-free food. This will be important for any cravings you have during late night studying, and is also valuable for keeping healthier options like your favorite fruits and vegetables (should they be unavailable in your dining hall). Your own refrigerator, rather than the communal fridge on your floor, keeps your food safe, and minimizes the chance that someone will take your food. Personally, I think it's a good idea to keep the refrigerator in your room specifically gluten-free in order to prevent cross-contact and mix-ups with other students. If your school allows it, I also recommend a microwave and refrigerator combo! It's always a good idea to keep a microwave in your room. In the event that there aren't viable gluten-free options in your cafeteria one night, you can quickly microwave a frozen meal from companies such as Amy's Kitchen or Ian's! You'll also want the ability to microwave a gluten-free pizza if you get an occasional late-night craving for a college staple! As a student with celiac disease, it's crucial to have quick and accessible gluten-free options. You don't want to be stuck in a situation where you're hungry and surrounded only by gluten-containing foods. It's also a good idea to bring your own sponges. If there's a kitchen in your dorm with sponges, you don't want to use these. These can contaminate your utensils and dishes if they were once used to wash a plate that had gluten. My dorm room junior year, my single room was 100% gluten-free!

GLUTEN-PROOF YOUR DORM ROOM, CONTINUED

By Chynna Foucek

Keeping Your Utensils Safe!

Cross-contact can easily occur if utensils and plates are not cleaned properly and have previously been used to serve something that contains gluten. As I mentioned before, it's important to use your own sponge when cleaning your plates and utensils. There are also several other steps you can take to ensure that you keep your dishware safe from gluten. Keep your utensils and plates tucked away in a drawer, or on a shelf in your own room so that no one mistakenly uses them. Label your cutlery, dishes and any containers you store these items in with the word "Gluten-Free" and your name.

Opening Gluten-Free Dialogue with Your Roommate

I think one of the most challenging things for a college student with celiac disease is approaching a roommate about his or her disease. I know I would have rather spend time talking about my hobbies rather than my necessary dietary accommodations. However, it's much easier for a roommate to respect your gluten-free lifestyle if they understand the severity of the disease and the necessity of maintaining the gluten-free diet. When you receive the contact information, don't feel pressured to talk about your gluten-free diet right away but as the semester approaches, explain that you have celiac disease and are required to maintain a gluten-free diet. Explain why you require a gluten-free diet, and explain what happens to your body if you do ingest gluten. Most importantly, talk about cross-contact, which occurs when gluten-containing food (or something that has touched gluten) comes into contact with a gluten-free food. Explain that because of cross-contact, you like to play it safe and tell them you will be bringing a fridge specifically for gluten-free food, (but don't forget to offer to share your gluten-free goodies!) and that you need a special set of utensils and plates so that there's no threat of cross-contact. Let your roommate know that it's okay for them to have gluten in the dorm room, as long as it stays on their side of the room, or in their own fridge. Thank your roommate for their ability to be so accommodating, and offer to tell them more about the disease over a gluten-free meal once school starts. With increasing awareness of celiac disease throughout the country, there's a good chance your roommate might have heard of celiac disease before!