

January 3, 2019

Release Date: January 9, 2019

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“TERPS VS PROS” DORM FOOD CHALLENGE YOUTUBE SERIES

How do you prepare healthy, gourmet meals as a college student with just microwaves and toaster ovens? “**Terps vs. Pros**,” a new YouTube series will teach you just that.

This innovative show was created by Patrick Keenan '19, a dietetics student at University of Maryland College Park (UMD). The college's department of nutrition and food science has launched the series to help inform students on healthy, sustainable eating options and practices across campus.

"I've found that people of all ages want to learn how to cook inexpensive and healthy meals, but it's difficult to find the right information," said Keenan, a former baker who now teaches culinary techniques through a private company. "Throughout our series I hope we can share some of our ideas with the UMD community and inspire them to incorporate healthy cooking into their daily lives."

In the inaugural episode, Keenan roams campus to quiz students about their eating habits and ask: “What do you think about cooking an entire meal in a microwave?”—and then he makes the two contestants actually do that.

The pilot episode pits a student against a professional chef in a battle to prepare a healthy three-course meal. Sounds easy, right? But what if you threw out the commercial-grade cookware and appliances and limited the equipment to dorm fridges and microwaves? And what if the ingredients were the kind that students can find without an excursion to a gourmet market? That might make for more of an even match.

Judges for the challenge were Registered Dietitian Dr. Margaret Udahogora, Dietetics Program Director, Chef Rob Fahey, Dining Services Executive Chef and the other Executive Sous Chef is David Gonzalez who played the competitor against the Dietetics student Emma Slattery who graduated in May 2018.

This novel YouTube series is sponsored by the College of Agriculture and Natural Resources and Dining Services. Watch the 10 minute episode at <https://www.youtube.com/watch?v=-g2jpQj6l8Y>

Here are two recipes from the challenge, you can find more at <http://nfsc.umd.edu/academics/undergraduate/terps-vs-pros-food-challenge>

Yum....yum!

SOUTHWEST LOADED BAKED SWEET POTATO

1 medium sweet potato
1/4 onion diced
1/2 green bell pepper diced
1/2 cup low-sodium canned black beans, drained and rinsed
1/2 teaspoon paprika
1/4 teaspoon garlic powder
1 pinch cumin
Salt and pepper to taste
3 tablespoons salsa (canned or fresh)
1 tablespoon shredded cheddar cheese
2 teaspoons sour cream for garnish
1 teaspoon thinly sliced scallion

Wash sweet potato and use a fork to prick sweet potato skin all over. Microwave on high for 8-10 minutes until tender, making sure to flip once about half way through.

While the potato is cooking, mix the onion, bell pepper, black beans and seasonings in a microwave-safe bowl. Microwave until soft, about 1 minute 30 seconds

Cut sweet potato in half lengthwise, as you would for a loaded baked potato. Put vegetable filling inside potato and top with the shredded cheese, salsa, sour cream, and scallions. Makes 1 baked potato.

WHOLE GRAIN CARROT MUG CAKE WITH YOGURT GLAZE

3 tablespoons canola oil
3 tablespoons sugar
1 egg
1/4 teaspoon fine sea salt
1/4 teaspoon cinnamon
2 pinches ground ginger
1 pinch ground clove
1/2 teaspoon baking soda
1/2 cup whole wheat flour
3/4 cup peeled, finely grated carrot
2 tablespoons chopped pecans
2 tablespoons raisins
1/4 cup plain nonfat Greek yogurt
1 tablespoon powdered sugar
1/2 teaspoon vanilla extract

Beat together canola oil, sugar, and the egg until well combined.

Mix together dry ingredients (salt, cinnamon, ginger, clove, baking soda, and flour) in separate bowl until combined.

Stir dry ingredients into wet ingredients until smooth. Fold in grated carrot, pecans, and raisins.

WHOLE GRAIN CARROT MUG CAKE WITH YOGURT GLAZE (continued)

Divide batter into two oiled microwave-safe mugs. Microwave each mug for approximately 2 minutes or until cake appears fully cooked. If more time is needed, cook for 15-second pulses. Cool and flip out cake.

Mix together the yogurt, powdered sugar, and vanilla extract until smooth. Drizzle on top of the cakes. Makes 2 individual cakes.

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