

Light meals you can make at university

By Ritah Imanishimwe

At a hostel, one does not need much to enjoy healthy meals.

"Practical and light meals, can help a student live a healthy life," says Alice Ajuna, a medical officer in Kyenjojo.

Sarah Ageno one of the students in a hostel says, after a long day at campus, most of her friends rush to Wandegaya, near Makerere University, to buy snacks

"With the busy schedule, I still find time to make delicious meals which never take long to get ready. I make porridge which takes about 10 minutes, spaghetti or Irish potatoes which take only 30 minutes," Ageno explains.

To make easy meals at a hostel, one needs a saucepan, jerrycan of water, clean containers, utensils, a flask and percolator.

Scrambled eggs

Scrambled eggs are one of the easiest dishes for breakfast and can easily be cooked on a stove. Within 10 minutes, you would have a ready meal.

To make scrambled eggs,

one needs eggs, cooking oil, onions, green pepper and tomatoes. Stir the eggs, onions, tomatoes, salt and pepper in one bowl.

Light the stove then heat butter or cooking oil on a large non-stick frying pan over medium heat until hot. Pour in the egg mixture.

Do not overcook. As eggs set, gently pull the eggs across the

than 10 minutes. A kilogramme of millet flour costs sh2,000.

Boil water in a percolator for six minutes, as the water boils, put three spoonfuls of flour, pour it in a medium cup then add little cold water and stir the mixture until it is a smooth paste.

After the water has boiled, pour it in the cup with the flour you mixed in cold water as you stir until it is a thick paste.

Add two or one tea spoonfuls of sugar to the porridge and serve.

HEALTHY AND CHEAP

Preparing your own meals helps you save and keeps you away from eating junk food

pan with an inverted turner, forming large soft curds. Continue cooking – pulling, lifting and folding eggs – until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat and serve stove top scrambled eggs.

Millet flour porridge

Porridge is another easy healthy breakfast one can make in less

Noodles

Noodles made from unleavened dough. They are usually cooked in boiling water, sometimes with cooking oil or just boiled with salt. Cooked noodles can be refrigerated for short-term storage.

To prepare noodles, boil water in a percolator for approximately six minutes.

Get a container depending on the quantity of the noodles you want to make, unwrap the noodles and place them in the empty container.

After the water has boiled, pour it in the container in



Cooking at university should never stress you. Fix simple and fast meals

which you placed the noodles, the noodles should be soaked in hot water.

Pour out the water after five minutes and add the spices that come packed with the noodles.

Stir until the white noodles get a brownish colour then serve.

Spaghetti

With spaghetti, you can have dinner on the table in under a half hour. To make spaghetti you need: a packet of spaghetti, two medium pots, one for boiling the spaghetti and the other for making the sauce,

serving utensils, salt and water.

For this meal, you start by placing a small pot on the stove with high heat, pour in cooking oil. When it boils, you start frying the onions until they turn golden brown. Add green pepper then tomatoes, currypowder and salt to make a sauce.

After making the sauce, you then put it aside and fill a medium sized pot with cold water, place it on the stove on high heat too.

Carefully place the spaghetti into the boiling water, making sure the spaghetti is immersed in the water. You may need to

break the spaghetti in half, stir the pasta lightly to keep it from sticking and reduce the heat so it does not boil over then allow the water to return to a boil.

Cook for 7-15 minutes. Ready spaghetti should be tender, but not mushy. Taste a strand of pasta to make sure it is ready before turning off the stove. If it is still hard, allow them to cook for an additional minute or two and taste again.

When the spaghetti is ready, pour out the excess water then add sauce you made and stir until all the spaghetti is coated with in the sauce. It is then ready for serving.