

# DORM DIGEST

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# DIY tips for keeping food fresh in dorm rooms

by Lorraine Savage  
February 26, 2014

Many factors of college life conspire to make eating in college dorms a whole lot nastier than eating Mom's pot roast. Too many fatty foods, costly fresh fruits and vegetables, crazy work and study hours, difficulty storing and cooking good food, and the dreaded weight gain. Food can easily get stale and who really knows whether apples should go in the fridge or on the shelf. Here are some food storage do-it-yourself dorm tips for college students.

## Think smart when snacking.

"Do the exact opposite of what I did," says Corrine Fischer, Registered Dietician. "As a college freshman, my dorm room was always stocked with lots and lots of cheap refined carbs...crackers, cookies, ramen noodles, pizza, cereal, granola bars, chips, etc. Don't do that. Fill your mini fridge with some fresh foods like yogurt, cheese, fruits, raw veggies, hummus, etc. Keep nuts, seeds, nut butters and other whole grain crackers and cereals on hand for a quick meal or snack."

## Food storage tips.

- ➲ One rotten apple can indeed spoil the whole bunch. Remove any apples showing signs of spoilage from your pile.
- ➲ Wrap the tip of a bunch of bananas with plastic wrap. The wrap allows bananas to keep 3-5 days longer. Never put bananas in the fridge.
- ➲ Put a piece of paper towel in your salad leftovers. The paper absorbs moisture preventing leaves from wilting quickly.
- ➲ As an alternative to plastic Tupperware, store perishable items in mason jars, which keeps food fresher longer.



Many healthy foods don't need refrigeration. According to dietitian Erin Coleman, "Bananas, apples, oranges, dried fruit, applesauce, canned fruits with no added sugar, tomatoes and low-sodium canned vegetables are examples of fruits and vegetables that can be kept in a dorm room without refrigeration." More room-temperature fruits: avocado, pineapple, potato, nectarines. Also not needing refrigeration: peanut butter or almond butter, breakfast cereal, nuts and raisins, low-fat microwavable popcorn, whole-grain crackers, instant oatmeal packets, can tuna, can soup (get low-salt varieties).

## Healthy snacks you can keep in the fridge.

Make room in your mini fridge for fruits and veggies: grapes, strawberries, melon, cucumber, celery, carrot sticks, cherries, mushrooms. Also keep on hand low-fat yogurt, low-fat cottage cheese and soy milk. And try some hummus on pita bread as a late-night study snack.

## Make your own trail mix.

Store-bought trail mix is very expensive and comes in tiny packages of a few ounces each. Make and mix your own for a lot less money. Combine a can of mixed nuts, bag of M&Ms, and box of raisins into a large bowl and separate into Ziploc bags. This healthy snack on the go will help keep you energized. For more ingredients, add pretzels, Chex cereal, craisins, and chocolate chips.

<http://www.cengagebrain.com/blog/2014/02/diy-tips-keeping-food-fresh-dorm-rooms/>

## A Note from the Editors

As students who are tired of constantly eating the same meals repeatedly (thanks Chartwells), we decided to create a newsletter centered around the microwave and benefits of cooking in your own room. Whether you are just tired of eating the same foods over and over again or if you are tired of being fearful of getting food poisoning, or you just don't want to walk in zero degree weather, we want to give you some substantial options. Instead of just making instant mac and cheese or microwave ramen noodles all the time, we found recipes that satisfy your urge for homemade cooking under a college student's confinements. All of the recipes use a microwave or a fridge so that they can be made by anyone living anywhere. If you live in a converted triple with just a micro fridge, you can make these; if you live in an apartment and don't feel like cooking or can't cook, the recipes are so easy, you'll be proud of the results. These are some easy ways of satisfying your craving for mom's cooking. This newsletter also includes various tips on how to keep your fridge stocked and clean. Everybody knows the typical TV dinner as an unhealthy frozen meal; we found healthier alternatives. We know most people don't have a TV at college, but most people have a laptop, so we chose to give Netflix suggestions. You are free to clip, cut, or tear apart this newsletter for your convenience.

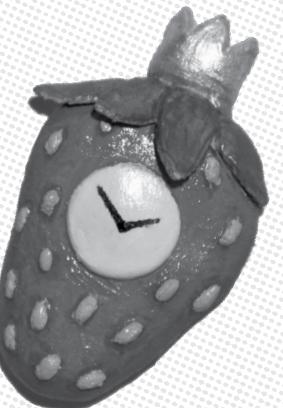
- Jess DeAngelis & Emily Seto

# Items for a College Grocery List

Knowing What to Buy in Advance Can Save You Time, Effort, and Money

By Kelci Lynn Lucier  
College Life Expert

If you live in the residence halls, you likely have a small refrigerator that you can use to store a couple of things. And if you live off campus, you likely have a larger refrigerator—but not much time to cook. So how can you craft a grocery list that will help curb late-night munchies while also providing value for your money and food for your tummy? With a little pre-planning, making a college grocery list is much easier than it seems. Just make sure to include each of the following:



## 1. Things for breakfast that can be taken to go.

Of course, it would be dreamy to have the time, energy, money, and ability to make a delicious breakfast every morning made of pancakes, bacon, eggs, and some fruit. But breakfast in college—when and if it happens—often looks much different, even though nearly everyone knows how important breakfast is. When grocery shopping, look for things that you like that can easily be taken to go. Consider buying granola bars, breakfast bars, yogurt, instant breakfasts, cereal that you can put in a bag, and other items that don't expire right away. Having breakfast may be a pain sometimes, but it can make all the difference in your energy level for the day. Having things that are tasty and easy to grab on your way out the door (and eat as you walk/bike/drive/ride the bus to class) will make it more likely that you'll at least get something in your stomach before the day begins.

## 2. Quick things that are easy to make for small meals or a snack.

Things don't have to be fancy to fill you up, provide nutrition, and taste good. Think about what you like to eat for comfort food—i.e., what makes you feel good emotionally—as well as what you like to eat when it comes to taste. Items like macaroni and cheese (either made on the stove top or in the microwave), ramen noodles, and soup are college staples for a reason. They're cheap, easy to make, and fill you up. But there are lots of options within these seemingly boring categories to help prevent you from getting bored with your options. For ramen, for example, remember that you don't always have to use the little seasoning pack that comes with them; you can sprinkle raw ramen noodles on a salad for some extra pep, cook them up with some butter and parmesan cheese, or add them to your favorite soup.

## 3. Healthy snacks that won't expire for a while.

Wouldn't it be awesome to have fresh strawberries and cookies always available for snacks? Of course. Unfortunately, however, these kinds of products go bad pretty quickly—meaning that you'll lose your afternoon munch while also losing the money you spent on it. When buying snacks, go for items that pack a punch nutritionally without expiring too soon. Consider things like whole wheat crackers, cheese, nuts, trail mix, healthy chips, and natural popcorn. After all, eating a non-nutritious snack that leaves you hungry 20 minutes later is just a waste of time, money, and calories.

<http://collegelife.about.com/od/fooddining/a/Items-For-A-College-Grocery-List.htm>

## Meat Loaf in a Mug Recipe

Total Time: 15 min  
Makes: 1 servings

### Ingredients

- 2 tablespoons 2% milk
- 1 tablespoon ketchup
- 2 tablespoons quick-cooking oats
- 1 teaspoon onion soup mix
- 1/4 pound lean ground beef
- Additional ketchup, optional

### Directions

In a small bowl, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well. Pat into a microwave-safe mug or custard cup coated with cooking spray. Cover and microwave on high for 3 minutes or until meat is no longer pink and a thermometer reads 160°; drain. Let stand for 3 minutes. Serve with additional ketchup if desired.

<http://www.tasteofhome.com/recipes/meat-loaf-in-a-mug>

## Crunchy, Spicy Hummus Wrap

Makes 6 sandwiches.

### Ingredients

- 1 avocado, mashed
- 1/2 lemon, juiced
- 1 cup chipotle hummus
- 6 medium tortillas
- 2 cups sliced radishes
- 3 medium carrots, peeled, and cut into 4-inch match sticks
- 1/4 lb baby arugula

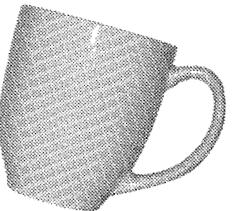
### Directions

In a small mixing bowl, gently mash the avocado with ¼ of the lemon juice and ¼ teaspoon of salt.

On a work surface, spread a large spoonful of hummus over half of a tortilla. Spread a spoonful of the avocado mixture over the other half. Place a handful of carrot sticks in the center, top with a sprinkle of radishes, and ¼ cup of arugula leaves.

Fold in the top and bottom sides of the tortilla. Fold in one of the sides length-wise and roll the tortilla, making sure the top and bottom stay tucked. Repeat with the remaining tortillas.

<http://laurenconrad.com/blog/2013/08/good-eats-3-perfect-brown-bag-lunches/3>



## Blueberry Flax Microwave Muffin

Minutes to Prepare: 1  
Minutes to Cook: 1  
Number of Servings: 1

### Ingredients

- 1 ounce frozen blueberries
- 1/4 cup ground flaxseed
- 1/2 tsp baking powder
- 2 Tbsp sugar free pancake syrup
- 1/2 tsp orange zest
- 1 egg white
- 1/2 tsp nutmeg

### Directions

Mix dry ingredients together thoroughly (I use a large measuring cup and just add other ingredients to the flax once I have measured it) and then add egg, syrup & zest. Pour into oversized coffee cup that you have sprayed (I use organic coconut oil spray) and put in microwave for 90 seconds. This will make a tall muffin. If you prefer a flatter muffin (more like a muffin top) use a small, shallow cereal bowl. Top with a little more sugar free pancake syrup if desired, and butter if you can spare the calories. For a really decadent version put a tablespoon of melted butter into the batter before cooking. Please comment if you make this recipe! Enjoy.

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=975928>

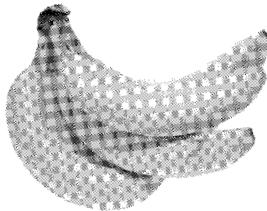


## Chocolate Banana Cake In A Mug

Recipe makes 2 servings

### Ingredients

- 1 medium banana
- 1 egg
- 2 tablespoons cocoa powder
- 2 teaspoons sugar



### Directions

Mash banana in a small bowl until it turns into liquid. Mix in egg, cocoa powder, and sugar. Divide into two coffee mugs. Cook in a microwave, one at a time, for 1 minute until firm on the top. Eat immediately or store in the fridge for later consumption.

<http://www.snack-girl.com/snack/chocolate-banana-cake-mug/>

## Two Minute Scrambled Eggs

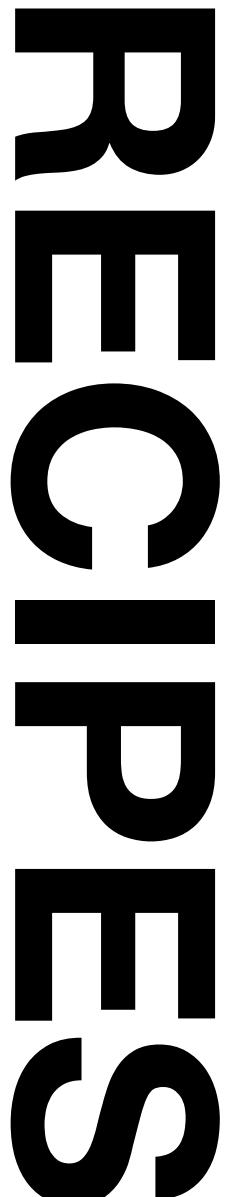
### Ingredients

- 2 eggs
- 2 tablespoons milk
- 2 tablespoons shredded cheese
- salt, pepper, and any other herbs you choose to use

### Directions

Coat a 12 oz. microwave safe coffee mug or other dish with cooking spray. Add eggs and milk and beat till blended. Microwave on HIGH for 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer. Top with cheese and season with salt, pepper, and herbs.

<http://www.wherethecookiesare.com/2012/02/03/2-minute-scrambled-eggs/>



## Perfect Microwaved "Baked" Sweet Potato

Yield: 2 servings-1/2 sweet potato

### Ingredients

- 1 medium-large sweet potato, washed & dried
- 4-6 slices turkey deli meat, chopped (optional)
- 2 wedges laughing cow light soft cheese, french onion flavor
- 1 teaspoon coconut oil
- salt & pepper, to taste
- pinch garlic powder
- chipotle chili powder, to taste

### Directions

Stab the sweet potato all over with a fork. Place in the microwave and bake on HIGH for 8-10 minutes, until the sweet potato is very soft. Cut the sweet potato in half and carefully scoop out the flesh of each half into a small bowl. Add in the rest of the ingredients and stir it up with your fork, fluffing as you go, to melt the cheese and coconut oil. Taste for seasoning, add more salt or chipotle and scoop back into the sweet potato peels to serve!

<http://sweetannas.com/2014/02/perfect-microwaved-baked-sweet-potato.html>

## Kale Chef's Salad

Makes 1 salad

### Ingredients

- 2 cups torn lacinato kale leaves (from about half a bunch)
- Coarse salt
- 1 medium carrot, peeled and coarsely grated
- 1 hardboiled egg (for instructions, go here), chopped
- 2 teaspoons grated Parmesan
- 2 tablespoons walnuts, coarsely chopped
- 1/4 ripe avocado, cubed
- 1 tablespoon cider vinegar
- 1 teaspoon Dijon mustard
- 2 1/2 tablespoons olive oil
- 1/4 teaspoon honey (it's easier to just drizzle a tad in than actually measure)

### Directions

Place the kale in a bowl. Massage a few pinches of salt into the greens. Set aside while you do everything else. Once you've grated the carrots, boiled and peeled and chopped the egg, grated the Parm, chopped the walnuts, and diced the avocado, add all these ingredients to the bowl. In a second bowl, whisk together the vinegar and mustard. Slowly drizzle in the olive oil, whisking as you go to emulsify the dressing. Add the honey and a pinch of salt. Pour most of the dressing over the salad and toss to mix it in with all the ingredients. Taste for salt. Add more dressing if you like. Eat now or pack up and eat later.

<http://laurenconrad.com/blog/2013/08/good-eats-3-perfect-brown-bag-lunches/>

## How to Poach an Egg in the Microwave

### Ingredients

- 1 egg
- 1/3 cup water
- Approximately 1/2 teaspoon vinegar (optional)

### Instructions

Gather your ingredients. The vinegar is optional, but it will help the egg coalesce a little better. Crack the egg into a microwave-safe bowl or mug. Pour in about 1/3 cup water. Add a bit of vinegar. (You can also add this directly to the water before pouring it in.) Cover the bowl or mug with a microwave-safe plate. Place in the microwave and cook on 50% to 80% POWER for 60 seconds. Carefully remove the plate and check the egg. If it is not done yet, return to microwave and cook on 50% POWER in 20 second bursts. (I usually cook mine for a total of 80 seconds.) Remove from the water with a slotted spoon, and enjoy!

### Additional Notes

This method will give a rather wobbly egg. If you like a more hardboiled-style egg, microwave on HIGH for 60 seconds. Do note that, unlike when poaching eggs on the stovetop, the microwave tends to cook the yolk even faster than the white. So if you like gooey yolks, it's best to take the egg out when the white is still a little wobbly.

<http://www.thekitchn.com/how-to-poach-an-egg-in-the-microwave-cooking-lessons-from-the-kitchn-125453>



## Super Clean Peanut Butter & Jelly Smoothie

### Ingredients

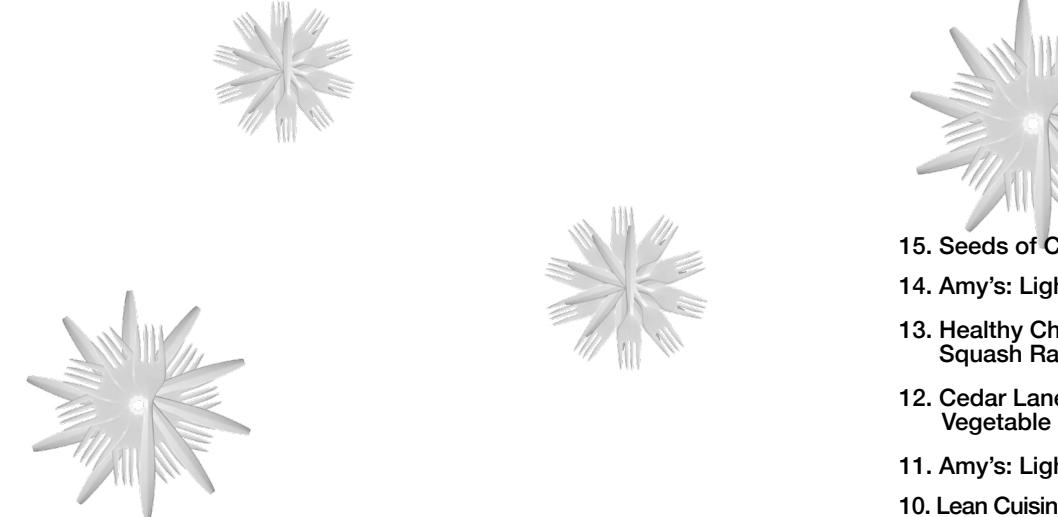
- 1/3 cup Almond Milk
- 1/4 cup Dates
- 1/2 cup Strawberries
- 3 tablespoons Creamy Peanut Butter
- 3-4 Ice Cubes

### Directions

Mix all ingredients in blender until smooth.

<http://lorimerkitchen.com/2014/02/19/super-clean-peanut-butter-jelly-smoothie/>





## The 15 healthiest frozen dinners

*These frozen meals aren't just convenient, they're healthy*

By Rani Long, Special Contributor

There's no arguing the convenience of a frozen dinner; it doesn't get much easier than opening a box and poking a fork into the plastic film covering the food tray. But the downside is that we often trade quality for convenience. When hungry and in a rush, we're not always inclined to read the nutritional small print on a box, but as evidenced by our recent list of the 10 Unhealthiest Frozen Dinners, sodium levels are oftentimes through the roof in frozen dinners, and sky-high fat levels and crazy calorie amounts can quickly negate any convenience.

With sales declining recently, largely due to an increasingly health-conscious public's perception that frozen entrées aren't healthy, the frozen food industry is working to get the word out that frozen food can be tasty and good for you. A "Frozen Food Round-table" with the American Frozen Food Institute and companies like General Mills and Heinz is planning an advertising campaign to try and change the way consumers think about frozen foods, and hopefully increase sales.

But while plenty of freezer meals still aren't good for you, there are many choices that actually are. With good ingredients and low levels of sodium and fat, frozen meals can be the great idea they're meant to be, combining convenience with nutrition. You can find organic frozen dinners without preservatives, entrées with no artificial ingredients, and meals that actually have vegetables with nutrients (and some snap) left in them.

No longer are we stuck with a three-compartment tray of mystery meat, potatoes, and a vegetable. Ethnic foods, organic dinners, vegetarian, and even gluten-free entrées are just some of the options available now. From samosa wraps to wild salmon, frozen meals allow you variety at a fraction of the cost of eating out. Keep an eye out for meals with whole grains and at least one serving of vegetables, as well as fiber and protein to fill you up. Fried dinners or those with gravy or cream sauces are not good bets, and avoid chemical preservatives like polysorbate, propylene glycol, and BHT.

15. Seeds of Change: Venetian Penne Marinara
14. Amy's: Light in Sodium Indian Mattar Paneer
13. Healthy Choice: Café Steamers Pumpkin Squash Ravioli
12. Cedar Lane: Cedar Lean All Natural Lentil Vegetable Soup and Samosa Wrap
11. Amy's: Light & Lean Cheese Pizza
10. Lean Cuisine: Szechuan-Style Stir Fry with Shrimp
9. Kashi: 7-Grain Waffles
8. Smart Ones: Sesame Noodles with Vegetables
7. Amy's: Bistro Veggie Burger
6. Healthy Choice: Baked Lasagna With Meat Sauce
5. Lean Cuisine: Honestly Good Plum Ginger Grain-Crusted Fish

The fish (Alaska pollock) is served on brown rice with edamame, snap peas, wax beans, carrots, and a separate packet of plum ginger sauce, letting you add the amount you like. A lot of protein (15 grams) and not a lot of calories (350), with 9 grams of fat and just 290 milligrams of sodium.

### 4. Cedar Lane: Cedar Lean Spinach and Roasted Tomato Egg White Frittata

This high-protein (10 grams) frittata with potatoes and sautéed spinach is a solid way to kick off the day; with Parmesan and feta cheeses, it has only 160 calories, 6 grams of fat, and 300 milligrams of sodium.

### 3. Artisan Bistro: Spiced Chicken Morocco

The chicken (raised without antibiotics and vegetarian-fed, according to the company) has a cinnamon apricot sauce, along with green beans and chick-pea-almond pilaf. The complete meal has good stats: 17 grams of protein and only 270 calories with 8 grams of fat and 360 milligrams of sodium.

### 2. Kashi: Sweet & Sour Chicken

Served along with brown rice pilaf and whole grains, and a vegetable medley of green beans, peppers, mushrooms, onions, and edamame, this has a whopping 18 grams of protein and 6 grams of fiber... yet are just 320 calories. It also has only 3.5 grams of fat and 380 milligrams of sodium.

### 1. Artisan Bistro: Wild Alaskan Salmon

The salmon, with a rosemary-orange glaze, is accompanied by a cranberry pilaf with organic whole-grain rice, walnuts, and a side of broccoli; not bad for just 280 calories and 6 grams of fat... and a commendably low amount — 135 milligrams — of sodium. Even better, the dish has 18 grams of protein. The company notes that Responsible Fishing practices were used in catching the salmon. When it comes to frozen dinner options, it doesn't get much healthier than this.

<http://www.thedailymeal.com/15-healthiest-frozen-dinners>

# The 25 best things to watch on Netflix right now

<http://www.stuff.tv/features/25-best-things-watch-netflix-us-right-now>

### Berberian Sound Studio

Toby Jones stars as meek British sound engineer Gilderoy, who thinks he's been hired by an Italian director to work on a film about horses. In fact, *The Equestrian Vortex* is a giallo film – an Italian exploitation horror pic with intellectual overtones – and as it weaves its spell on Gilderoy, his tenuous grip on reality starts to break down.

Appropriately enough, director Peter Strickland makes sound the focus of the film. We never get to see the events of the giallo film playing out on-screen; instead, as Gilderoy's Foley team smash fruit with hammers in the recording booth, the soundtrack of *The Equestrian Vortex* syncs with the action to unsettling effect. Eerie and oblique, it doesn't offer any easy answers.

### Oldboy

To describe *Oldboy* as intense would be like saying Piers Morgan is unpalatable – ie an enormous understatement. To watch it is to be visually assaulted for 120 mins, your emotions squeezed and stamped on and flung around the room until you're left thinking that maybe you ought to go for a bit of a lie down.

A South Korean thriller about a man who's locked in a room for 15 years with no idea why – before being released to seek vengeance on his captors – it's never exactly fun viewing, but it is absolutely essential nonetheless. Story-wise it's sharp and packed with action, some of the acting is outstanding and at the end you'll be left battered and bruised but still wanting more. Brilliant. – Marc McLaren

### The Trip

On paper, *The Trip* shouldn't work. It stars Brit comedians Steve 'Alan Partridge' Coogan and Rob 'him out of Gavin & Stacey' Brydon as themselves, taking a culinary tour around some of northern England's finest restaurants.

There's no real plot beyond that, but if you think that sounds dull you're reckoning without the pair's natural charm and repartee; whether goading each other into Michael Caine impersonations or riffing on one another's foibles, the laughs just keep coming. A word of warning though: don't watch it on an empty stomach. – Marc McLaren

