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11-5-2015

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Recommended Citation

Benfield, Elizabeth, "The Caf Cookbook: Seniors Share Their Favorite Recipes" (2015). GWU-Today. 233.

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The Caf Cookbook: Seniors share their favorite recipes



Photo by Elizabeth Banfield.

By Elizabeth Banfield

It's getting to be that time of year again, where the temperatures are dropping as is the excitement over Caf food. Freshmen are realizing the downfalls of mass produced food, and upperclassmen are dreaming of the day when they can have their own kitchen and a budget for groceries.

GWU-Today reached out to some seniors who were willing to shed some light on how to find new excitement in the Caf by sharing their favorite Caf recipes, tips and tricks.

When in the Caf, Erick Hooker suggests going to the sandwich line to ask for Panini bread, provolone, pepper jack and American cheese and then toasting it. "Grilled cheese on panini bread... literally perfect," said Hooker.



According to Adam White, using the microwave to heat up Caf food can improve a meal and add to the food combinations possible. "For example: bacon cheese fries, warm cookies with milk, or ice cream with hot apple pie," said White.

Ruth Anna Housand has become friends with Randy Jones at the grill in order to get some variety. "Get grilled chicken from Randy, cut it up and make a salad or ask Randy for a

veggie burger,” Housand suggested.

When it comes to Caf tips and tricks, Sam Vining had lots of recommendations. Vining explained how he likes to steam broccoli and mushrooms, make a toasted peanut butter sandwich, create Cheerwine floats and use milk instead of yogurt with his granola.

“I make my own creamy salads too. Take a dollop of chicken salad and mix it with broccoli, chopped up celery and carrots to get a nice medley of raw veggies. Good for anyone’s pallet,” said Vining. “Finally my personal favorite for all to try—whenever spaghetti is cooked, make a plate of salad without the dressing and put the spaghetti right on top. The crunch of the lettuce and veggies is a wonderful complement to the sliminess and tartness of the spaghetti dish. It will not disappoint.”



Photo by Elizabeth Banfield.

Even if these new recipes can’t stave off your hunger for a home cooked meal, at least the community in the Caf can keep you company. “Friends make it bearable,” said Meredith Byl. “You just get caught up in great conversation and forget what you’re eating.”

Don’t let the Caf let you down this semester. All you need is a little creativity and willingness to experiment in order to find your new favorite Caf meal.