

AggieLife

THE BATTALION

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Students find alternatives to fast food and find themselves with ...

Busy hands

By Lindsay Leifeste
THE BATTALION

Jessie Fitzgerald, a senior history major, said she was cooking in her apartment with a friend when she ran into a problem. We preheated the oven so that we could put something in to bake, but we forgot that we had a pizza box in there from the night before that had put in there to keep warm while we ate," Fitzgerald said. Needless to say, a fire started and all of the smoke detectors in the house went off. It was raining and windy out, so we couldn't open the windows and air the place out, and the smoke detectors wouldn't stop. We had to climb on chairs and take the batteries out of all the smoke detectors. I don't think that my neighbors were too excited about the whole thing because it was almost midnight on a weekday. Some Aggies prepare their own meals because of health, money or convenience and be creative with their meals. This health-conscious alternative satisfies the palates of a friendly budding chefs. Fitzgerald said she makes her own meals rather than order fast food because she can bring leftovers to school for lunch the next day. "I make a lot of stir-fry because take-out these food scares me," Fitzgerald said. "I also make a lot of chicken and ground beef. I think it's a lot healthier to cook at home, and I know exactly what is going into it," Fitzgerald said. "It's cheaper to cook at home and I particularly like fast food or the variety that chain restaurants offer. Everything tastes the same." Chain restaurants offer a choice of low fat, alternative tastes on their menus, but these foods can be high in saturated fat because high levels prolong their freshness. Natalie Neiss, a senior environmental design major, said home cooked meals may be high in fat, but the saturated fat is considerably lower. Neiss said she cooks her own meals because her family sat down together for dinner every night, and it is something that she likes to do, though it takes her longer to prepare her meals. She prefers preparing meals to ordering out. "Last week, I made manicotti from scratch," Neiss said. "To make the sauce, you basically have

to baby-sit it for five hours. From start to finish, the preparation takes about seven hours."

Neiss said she likes to make Italian food because of her Italian heritage, and enjoys experimenting with different foods.

"I will watch food TV to get a recipe and then change it," Neiss said.

Neiss said satisfaction comes from making her own meals, regardless of the time it takes.

"I make my own meals so that I can watch what goes into it and make sure that there are no leftovers," Neiss said.

Nicole Carlson, a senior history major, said she likes to make simple and healthy meals such as soups or chicken and rice dishes.

"I like to cook, and I feel like by cooking I eat healthier and it saves money," Carlson said.

"When you make your own food you know what is going into it, and you don't have to worry about grease and fat."

Combining different ingredients over a burning stove may sound simple, but the kitchen can provide funny stories.

Carlson said she was making dinner for her fish camp when she accidentally burned the chicken spaghetti she was preparing.

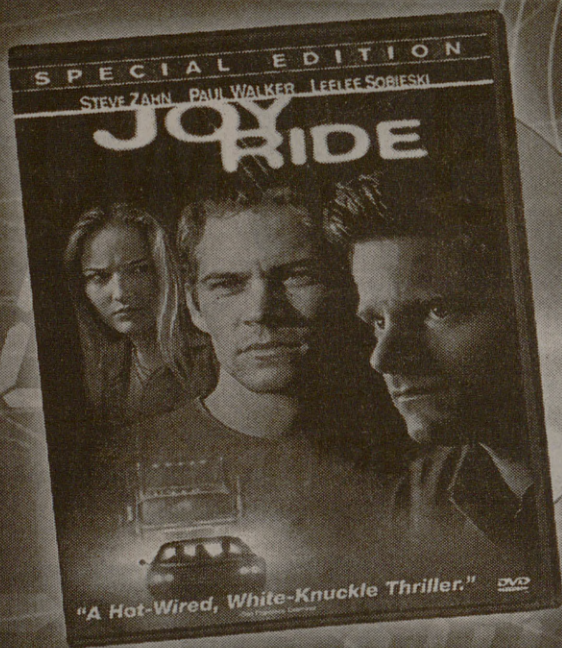
"I was using a gas stove, and I wasn't used to it because I had always cooked on an electric stove," Carlson said.

"I burned the bottom of the pot, so I served my Fish Camp burned spaghetti. Everyone still ate it even though it tasted burnt, and no one said anything."



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