

# **BU** BAYLOR LARIAT

*News for the students by the students*

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## **FOODIE EDITION**



# Diverse restaurants in Waco to explore

**LEXI MASARWEH**

Staff Writer

From food trucks to niche restaurants, Waco has a diverse lineup of establishments.

Taquisa Waco features authentic Mexican food. It has multiple food trucks in operation, but its main location is at 1425 La Salle Ave. at the Route 77 Food Park & Bar.

According to Route 77 Food Park & Bar's website, Taquisa Waco makes authentic street tacos, and its tortillas are hand-dipped in secret spices and grilled fresh right in front of you.

While Taquisa Waco has been in operation for six years, its food trucks have only been around for two years. It caters for parties, weddings, baby showers and more.

It is a family business. Lillianna Gallegos is the owner, with her niece, Ana Amador, working beside her and translating for her. Gallegos' son works in Austin and also comes up to work one of the food trucks for her.

"She's more connected with her family," Amador said.

Gallegos said a lot of Baylor students frequent her main location. Amador said the business has expanded, now ranging from Temple to the Dallas area.

Over on the other side of I-35, Bangkok Royal also offers authentic cuisine, located at 215 S. University Parks Drive. It advertises itself as a contemporary Thai restaurant that provides curries, noodles and fried rice dishes with vegetarian options.

Jacob Kane, a Bangkok Royal employee, said he has been actively working there for only a year, but has been employed there for five years. He also said he has been eating at the restaurant for 20 years.

Kane said that compared to other Thai restaurants he has dined at — such as those in Houston, California and Alaska. Bangkok Royal is very good, he said, but has less of an emphasis



Olivia Martin | Photographer

**TACO TUESDAY** Located on La Salle Avenue at the Route 77 Food Park & Bar, Taquisa Waco has been serving authentic Mexican food for six years.

on seafood.

Kane said the owners, Supranklux and Vichai Anantasomboon, are very nice and have owned the business for between 20 and 22 years.

"My understanding is the owner, Vichai, he was born in China, but he lived in Thailand, and that's where he met Su, and she's from Bangkok," Kane said. "They've lived there for a long time and then moved to Las Vegas with their son, Pom."

Kane said the family has been living in the United States for about 30 years and that they moved to Waco after living in Las Vegas.

"We get a lot more professors than students, I would say," Kane said. "From my experience, we do get a lot of students — but not as many as you might think for being right here, downtown."

These are only a few authentic food places in Waco. Try and explore the diverse restaurants in Waco and see what you think.

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## EDITORIAL



Morgan Dowler | Cartoonist

## You have a lot on your plate — make sure food is on there too

When you get to college, you often get the first glimpse of what true independence looks like. No one here is looking out for you like they did at home. You are responsible for your own grocery shopping, your own cooking and your own eating habits. The routines you create in these four years are often what you will do for life, and skipping meals can easily become one of those habits. Don't let it.

It's hard enough trying to juggle mountains of school work, a demanding social life and a healthy amount of sleep. Add a balanced diet to that, and it can absolutely seem daunting. In order to stay moving, though, you have to give your body the nutrients it needs. And just to be clear, caffeine isn't an appropriate alternative for a meal. You need real food with vitamins and protein.

Notice how many times a week you or someone else talks about how little they have eaten that day — or the classic "All I've had today is my iced coffee." Do

you not have enough time to eat? Make time. Carve out a 20-minute period in your day to grab lunch. Sit down with friends or with some homework that won't require all of your attention and have dinner. Make it a point to eat, whether that means packing a quick meal for yourself or eating at an earlier time because you have a class during your usual lunchtime. If you need to set a reminder in your phone or pencil it into your planner, do that.

Some days are busier than others, and you might need more calories to successfully get through the day. Pack snacks in your bag. Don't ignore your hunger. Listen to what your body is telling you.

Skipping meals is not a habit you want to start in college; the habits you start now will be hard to break later. College has normalized having only one meal a day, when you should really be having two hearty meals a day at the very least. This time is imperative for your growth and education. Eat as such because, if you aren't careful, you may start to blur the line between

a "normal" eating pattern and an unhealthy lifestyle.

Not eating doesn't just create an empty stomach; it can result in an empty brain too. Studies show that a "more favorable dietary intake" results in higher academic success according to Dr. Tracy L. Burrows, professor at The University of Newcastle. The time you think you're saving by skipping a meal to study might actually be less productive than it would have been if you had taken 10 minutes to eat before hitting the books.

If you struggle with meal planning or knowing what a healthy diet looks like, reach out to the resources provided to you. Take advantage of the university's dietitians by visiting their office at the McLane Student Life Center or calling their office at 254-710-2467. Look out for yourself, and pay attention to how your friends are doing — they may need more help than you think.

## POINT OF VIEW

### It's 80% nutrition, 20% exercise

**GIO GENNERO**

Sports Writer

It's said that the key to losing weight and maintaining good health is 80% nutrition and 20% exercise. When you increase the amount you exercise, you increase the number of calories you burn. However, if you consume the wrong things, you could cancel out the progress you make through exercise, which is why your diet is more important.

There are many short- and long-term benefits to having a healthy diet. In the short term, you will see improvements in your physical health and in how your body feels internally. Just like your car after an oil change, everything runs so much more smoothly.

In the long term, you will see plenty of positives, including an increased life span and a lower risk of cancer, diabetes, heart attacks and strokes. According to the Cleveland Clinic, 18% of cancers are related to factors like poor nutrition.

I can keep throwing numbers and studies at you, but I find it more effective to speak from experience. Even if you don't want to eat all the vegetables in the world or cut out meat, you can try not eating fast food. Once I stopped eating fast food for a month, and I felt



Olivia Martin | Photo Editor

amazing, with a lot more energy and an even bigger mood change.

Finding a good balance of nutrition and exercise is important, but your priority should be fixing your diet. Exercise goes a long way and strengthens your body, but what you put inside your body is what makes or breaks your overall health. What good is a nice exterior of a car if it has a faulty engine?

Some tips to maintain a good diet are eating a good breakfast, drinking a lot of water and eating fruits and vegetables. I love Whataburger as much as anyone else, and I understand the difficulty of dieting and the desire for specific foods. If you are really looking to become healthy and maintain it, though, you need to prioritize your diet.



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# TikTok

## KITCHEN CHALLENGE

### These TikTok recipes are worth their viral status

KATELYN PATTERSON  
Reporter

TikTok has around 1 billion users worldwide. Recently, the app has been the vessel for viral trends, including multiple inspirational dishes and recipes.

I picked four viral TikTok meals, some recent and some older, and made them — with a few of my own tweaks. Each dish was relatively easy to make, and I believe that anyone, regardless of their kitchen skills, could make them.

The first recipe I tried went viral on TikTok in late 2020. Gigi Hadid's penne alla vodka is quick, simple and versatile. The original recipe calls for garlic, onion, tomato paste, heavy whipping cream, pasta and whatever seasonings you prefer; I used salt, pepper, garlic and onion powder, Italian seasoning and red pepper flakes. However, many users on TikTok add a protein like chicken or shrimp. This pasta dish is rich and flavorful. It takes less than 15 minutes to complete, with the longest part being cooking the pasta. I think it's one of the best recipes for a college student to have in their back pocket. It's amazing and one of my new favorite things to make for myself.

The second dish that I made was a more recent one: Emily Mariko's salmon rice bowl. Now, I do not like salmon or avocado, so I made a few adjustments like I had seen others do on the app. Instead of salmon, I used imitation crab (I'm not a huge fan of seafood in general, so this was the best option for me). After microwaving the white rice, I combined it with the crab and sriracha mayo. I also added seaweed to each bite that I took. This dish was by far the easiest to make out of the four that I chose, but it was also my least favorite. However, I see the appeal and why it has gone viral; it is the perfect way to make a new

dish out of leftovers — like Emily often does — but it wasn't for me.

The third recipe I tried was also a more recent one. This buffalo chicken stromboli has gained over 9 million views since it was posted in September. All it takes is a pizza crust (I used Pillsbury), two cooked chicken breasts, buffalo sauce, whatever cheese you like (I used mozzarella) and seasoned butter to brush on top. This dish was an absolute hit. My younger brother is a huge fan of all things buffalo, and he ate multiple pieces when it was cooked and ready. Again, this recipe was so simple and efficient. It's the perfect food if you're tired of your usual game day recipes or just need something new to add to your weekly rotation.

The final dish that I made was the feta and tomato pasta that went viral earlier this year. For this recipe, you bake cherry tomatoes, a block of feta cheese, garlic and olive oil in a dish, add your cooked pasta and stir until it's all mixed together. I had never had feta cheese before trying this recipe, and I was a little wary of it. However, I was pleasantly surprised by the outcome. The entire dish was very good; the cheese was mild, and the main flavor came from the garlic and tomatoes. It took a bit longer to cook than the other dishes did, but I think it was worth it. It was fun to try something that I wouldn't normally make.

Overall, these TikTok recipes deserve the hype that they receive.



TikTok's  
version

my attempt



my attempt



TikTok's  
version

COOKIN' P

These delectable  
game day snacks are  
perfect for Baylor  
tailgates and are  
ideal for college  
cooks!

#### Ingredients:

- 1 kielbasa link
- 1 pound thick-sliced  
bacon
- 1 block of cream  
cheese
- 1 jalapeño
- 1 cup shredded  
cheese (your choice)
- smoked paprika
- toothpicks

By Nick Cook | Web Editor



# Make dining hall favorites from home

**MATT KYLE**  
Staff Writer

Many Baylor students rely on Dining Services for their meals. Students who live on campus typically can't make a meal in their dorm rooms, and having dining halls on campus means they can quickly walk over and grab some food without having to leave campus.

At most dining halls, students have a wide selection of breakfast, lunch or dinner foods to choose from, and they can even get vegetarian or allergen-free options. With this variety, many dishes from Baylor's dining halls have become beloved by students.

But what happens when the dining halls are closed? What can you do when you don't have a meal plan and miss the delicious food that turned your freshman 15 into a freshman 35? Have no fear, because many of your favorite dining hall dishes can be easily and cheaply recreated in the comfort of your own home. Follow these recipes to bring the Baylor dining experience into your very own kitchen and learn a thing or two about cooking in the process.

## IG SHOTS WITH COOK



### Directions:

1. Cut the kielbasa link into half-inch slices.
2. Cut the bacon strips in half.
3. Wrap the half strip of bacon around the kielbasa slice. Secure with toothpick and repeat until both ingredients are used up.
4. In a medium bowl, mix cream cheese, diced jalapeño and shredded cheese.
5. Add filling on top of and inside bacon-wrapped kielbasa.
6. Top with smoked paprika.
7. Cook in air fryer at 390 F for 15 minutes. If baking, put on a parchment-lined pan and cook in oven at 400 F for 20 minutes.
8. Serve pig shots immediately and enjoy!

## Memo's Flying Saucer

### Ingredients:

- Extra large burrito tortilla (\$2.20 for a 10-pack)
- Chicken breast (\$10.26 for five breasts)
- Tomatoes (76 cents for two tomatoes)
- Onions (68 cents for one onion)
- Lettuce (\$2.78 for a bag of romaine)
- Minute rice (\$2.04 for a pack)
- Shredded cheese (\$5.14 for 16 ounces)
- Queso (\$2.74 for a 15-ounce jar)
- Salt, pepper, paprika, chili powder, cayenne pepper, onion powder

**Total Price: \$26.60**

### Directions:

1. In a bowl, create a spice mixture of salt, pepper, paprika, chili powder, cayenne pepper and onion powder.
2. Roll chicken breast in spice mixture until evenly coated. Grill in a pan on medium heat and cover with a lid until the chicken is fully cooked.
3. While the chicken is cooking, cook your diced onions and tomatoes in a pan with butter on medium heat until the onions are caramelized and the tomatoes are cooked.
4. In the microwave, heat up a pack of minute rice and a bowl of queso.
5. Prepare your tortilla with rice, onions, tomatoes, lettuce, chicken, cheese and queso. Roll into a burrito and grill in a pan with butter.
6. Press down on the burrito and grill each side until brown.



## Memo's Cookies

### Ingredients:

- Brown and white sugar (\$2.77 for each 2-pound bag)
- Flour (\$5.03 for five pounds)
- Butter (\$3.07 for four sticks)
- Two eggs (\$1.38 for a dozen)
- Baking soda (\$2.29 for 64 ounces)
- Salt (41 cents for 26 ounces)
- Mini chocolate chips (\$2.55 for a bag)

### Directions:

1. Heat up two sticks of butter for 30 seconds in the microwave.
2. Add to a bowl with one cup of white sugar and one cup of brown sugar. Mix until smooth.
3. One at a time, beat two eggs into the bowl. Then add one teaspoon of baking soda.
4. One at a time, mix in three cups of flour. Once combined, add chocolate chips. Mix until cookie dough is blended.
5. Put the dough in a container and put it in the fridge for about an hour.
6. Once the dough is firm, make small dough balls and put on a cookie sheet.
7. Bake at 350 F for about nine minutes. Remove and let cool for two minutes. While cooling, sprinkle a pinch of salt over the cookies.

## Oven-roasted pumpkin seeds

**RACHEL ROYSTER**

News Editor

Instead of throwing away all the guts of the pumpkins you and your friends are carving, save the seeds for a tasty snack to enjoy after all the fall festivities of the night are over. This is a simple, savory recipe that you can customize into your favorite crunchy snack to get more in the autumn mood. I recommend watching a good Halloween movie while you prepare your seeds — I opted for “Halloweentown” (a classic).



### Ingredients:

- Seeds from two or more pumpkins — keep in mind there aren't as many seeds in pumpkins as you think
- Your choice of seasoning — I used a mixture of Tony Chachere's creole seasoning and Lawry's seasoning salt
- Olive oil

### Directions:

- While carving your pumpkins, keep a bowl on the side to separate the seeds from the guts
- Preheat your oven to the lowest temperature it'll go to — mine was set to 170 degrees
- Wash your seeds with water and dry off as much as possible with towels
- Pour about a tablespoon of olive oil over your seeds; pour as much as needed to cover the seeds in a thin layer of oil
- Sprinkle in your choice of seasoning to taste
- Spread the seeds onto a baking tray so that they don't overlap
- Put your trays in the oven and leave overnight for at least eight hours
- Allow your seeds to roast until they reach the right crispiness to your liking



Audrey La | Photographer

**DINE IN** Lula Jane's was found to be a student favorite to spend their weekend mornings at.

## Students look for taste, atmosphere in their ideal Waco breakfast spots

**MARIAH BENNETT**

Staff Writer

Nutritionally, the perfect breakfast is a whole egg omelet with avocado and spinach, says holistic nutritionist Peggy Kostopoulous. However, the “perfect breakfast” for students, specifically in a Waco restaurant, can be a bit more complex; it includes not only taste but also atmosphere.

Willis sophomore Ali McNew said the perfect breakfast has to have both sweet and savory aspects. Locally, she has visited places like World Cup Cafe and Fair Trade Market, Our Breakfast Place, Cafe Cappuccino and Magnolia Table.

McNew said her favorite item at Magnolia Table was Jo's buttermilk biscuits with strawberry butter.

“I thought I wouldn't like it, but it turned out to be my favorite,” McNew said. “Every time we go there, we always order biscuits for the table.”

McNew said she also enjoyed the French toast crunch — French toast coated

with a homemade caramel cornflake crunch.

“It's the perfect amount of sweetness,” McNew said. “It's also super unique. You don't see that at a lot of places.”

McNew said that overall, she likes restaurants that are unique to Waco because of their local feel.

“You just have to have that local feel in order for the breakfast to taste good,” McNew said. “If it feels local and homey and the breakfast is in there, it will taste better. A perfect breakfast for Waco would definitely be more of a classic style. When I'm looking for that homey feel ... I tend to gravitate toward those classic breakfasts.”

Honolulu junior Brianna Tancinco said the perfect breakfast restaurant would feature a friendly community. Locally, she has visited Lula Jane's — the first farm-to-table restaurant in McLennan County.

Tancinco said her favorite item at Lula Jane's is the sweet roll, which is a version of a cinnamon roll. She said it

tasted like it was made with a sweet bread — more hearty, filling and wholesome than a pastry from Pillsbury.

“It definitely has that homemade taste to it,” Tancinco said. “It tastes like it was made with lots of care.”

Tancinco said she enjoys the atmosphere of Lula Jane's because of its separation from the large businesses of downtown Waco.

“They have their own little space,” Tancinco said. “I really liked the vibe there.”

Tancinco said she enjoys establishments that have a similar local feel, describing World Cup Cafe as a hidden gem in Waco. She said that at World Cup Cafe, she built her own omelet — which included ham, spinach and pico de gallo — and ordered a pancake on the side.

“I think both Lula Jane's and World Cup Cafe have that sort of feeling, kind of like it could be someone's house,” Tancinco said. “A very nice, family-owned local business — and I love those in Waco.”

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# Diet-restricted students find ways around struggles



**NO WORRIES** 1845 at Memorial offers a "worry-free" kitchen, designed for students with different dietary restrictions.

Grace Fortier | Photographer

**ANA RUIZ BRITSON**  
Staff Writer

Students with dietary restrictions who are living on campus look to find options to choose from in the dining halls.

Baylor features four dining halls: The Penland Crossroads, 1845 at Memorial, Brooks Great Hall and East Village Dining Commons. Students can choose to purchase a meal plan to have unlimited access to breakfast, lunch and dinner at these options.

Although these meal plans are not the only options students have for food at Baylor, freshmen are required to purchase a traditional meal plan membership because they are required to live on campus their first year.

Wiley sophomore Ava Dryden said that throughout her freshman year, she felt like there were not many options that accommodated her dietary restrictions. She is currently vegetarian and has a cashew allergy. Dryden said that at times, she preferred to cook in her room or in her dorm's kitchen instead of going to the dining hall.

"I feel like they cared for the most part, but it was very limited," Dryden said.

Baylor is partnered with Aramark — a food

service provider that is in charge of the menus and has health and wellness resources for students with special dietary needs.

Dryden said the dining hall staff always did a great job of labeling foods that could contain products that some students could be allergic to or prefer not to consume.

Levelland senior Megan Latham said that for her, dining hall meals were never bad. She said that in the dining halls, there were most likely several gluten-free options at the sandwich station and the pizza station. There is also a Worry Free Kitchen on campus located at 1845 Memorial that cooks without gluten or nuts and uses air filtration and unique prep areas.

Since Latham was used to cooking gluten-free meals back home, she said it was not difficult to cook her own once she moved off campus. She also said H-E-B has many pre-made gluten-free meals, which have made it easy for her to accommodate her dietary restrictions.

"Ever since I was diagnosed, I just accepted it as a part of my life, so I don't get upset about it," Latham said.

Students with dietary restrictions have found ways to find options for what they can eat in the dining halls while living on campus and alternative options like the school's convenience stores, chain restaurants and coffee shops.



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## BAYLOR YEARBOOK PORTRAITS

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