

LAURIER GRADUATE STUDENT
WELLNESS COMMITTEE

COOKBOOK



HEALTHY, EASY RECIPES FOR BUSY STUDENTS!



While the recipes here use ingredients like salt and oil, be sure not to over-use them, or your healthy meal can easily become high in sodium and extra calories. For instance, just 1 tsp of salt equals your entire daily recommended sodium intake, and just 1 tbsp of olive oil has 120 calories! Here are some tips:

- Choose low or no-sodium options (e.g., broth with no added salt, low-sodium canned beans and vegetables [or even better- dried beans and frozen or fresh vegetables])
- Use less oil by steaming veggies with water, roasting without oil, and using oil in a spray can instead of a bottle (e.g., PAM).
- Check serving sizes and nutrition labels when you add extras like cheese to your meal to ensure you are not adding too much extra sodium, trans fats and so on.
- Add veggies wherever you can- for instance in pasta sauce.

Ingredients:

- 500g / 2 cups Greek yogurt
- 2 tbsp honey
- 1 tbsp cranberries
- 1 tbsp raisins
- Vanilla or chocolate protein powder (optional)

Toppings:

- 5 fresh strawberries, chopped
- 1 tbsp dark chocolate chips
- 1 tbsp unsweetened shredded coconut

Other topping options include cinnamon, dried apple chunks, and almond butter

Directions:

1. Mix the yogurt and honey together until well combined. Add the cranberries and raisins and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be.
3. Sprinkle the strawberries, chocolate chips and unsweetened coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags.

Ingredients:

- ¼ cup chopped red onion
- ½ cup chopped celery
- ½ cup chopped red, yellow, or orange bell pepper
- ½ cup chopped carrot
- 1 can of mix beans
- ½ tsp dried oregano
- ½ tsp garlic powder
- Dressing: olive oil and red wine vinegar

Directions:

1. Combine onion, celery, carrot, beans, oregano, garlic powder
2. Add olive oil, red wine vinegar, and salt to taste (about 2 tsp of olive oil, 2 tsp of vinegar) and combine

Ingredients:

- ½ tbsp olive oil
- 1 small chopped onion
- ¾ cup chopped celery
- ¾ cup chopped carrot
- ¾ cup chopped potato
- ¼ tsp dried thyme (it's a really strong taste, so start off with this small amount and add more if you prefer)
- ¼ cup pearl barley
- 4 cups low-sodium vegetable broth
- 1 can lentils

Directions:

1. Heat olive oil in a large pot over medium heat
2. Add onion and cook until onions are softened
3. Add carrot, celery, and potato, stir and cook for a few minutes
4. Add thyme and stir
5. Add broth and pearl barley
6. Bring to a boil, and then reduce heat and simmer until the barley is cooked (usually about half an hour- check the package of the barley you buy)
7. Add lentils, and cook until lentils are heated (if you are using dried lentils, cook them separately and then add to the soup once the barley is cooked)
8. Adjust seasonings to taste

Ingredients:

- ½ cup quinoa
- Low-sodium vegetable broth
- 1 cup fresh or frozen corn
- 1 tsp dried dill (or fresh)
- Feta cheese

Directions:

1. Cook the quinoa according the directions but replace the water with vegetable broth.
2. In the last few minutes of cooking, add the corn
3. Once the quinoa and corn are cooked, add in dill and feta cheese
4. Serve hot or cold (if served cold, you can make it like a pasta salad by adding a little red wine vinegar dressing)

Variation: Add chickpeas for protein!

Ingredients:

- 1 sweet potato, peeled and chopped into bite sized pieces
- 1 can black beans (or about half a cup dried)
- Cayenne pepper, cumin, salt to taste (you can get creative with the spice mix)
- Corn tortillas

Directions:

1. Toss sweet potato in a little olive oil, and roast at 425C until fork-tender (about 20-30 minutes)
2. In a frying pan, combine black beans and sweet potato, add seasoning to taste and cook until beans are heated through
3. Warm the tortillas in the oven
4. Top however you like! Topping suggestions: lime juice, low fat sour cream, hot sauce, cilantro, avocado

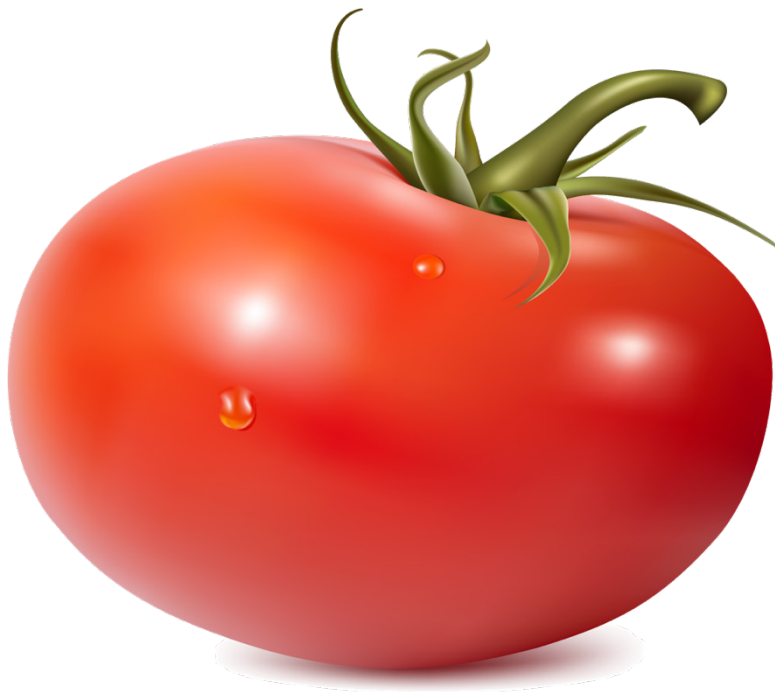


Ingredients:

- Package of penne pasta (best to use whole wheat or a fortified white pasta such as Catelli)
- ½ a white onion, chopped
- 1 clove garlic, minced (or more if you really like garlic!)
- Small package of cherry tomatoes, each sliced in half
- Approximately 3 cups spinach

Directions:

1. Cook pasta according to the directions on the package
2. Meanwhile, heat a little olive oil in a pan
3. Cook onion until softened
4. Add garlic and cook for 1 minute, being careful to stir and not let the garlic burn
5. Add tomatoes and cook for a few minutes
6. Add spinach and cook until wilted
7. Add salt, to taste
8. Combine the cooked pasta and tomato spinach mixture
9. Serve as is or top with some chili flakes or a little parmesan



Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- 1 can chopped tomatoes
- 1 can or jar strained tomatoes
- 1 Tbsp tomato paste
- 1 can red kidney beans
- 1 tsp oregano
- 1 Tbsp chili powder

Directions:

1. Heat a little olive oil over medium heat in a large pan
2. Add onion and cook until softened
3. Add garlic and cook for a minute, being careful to stir and not burn the garlic
4. Add bell pepper and cook for a few minutes
5. Add all of the tomato products, beans, spices, and stir
6. Simmer for at least half an hour, longer is better to let the flavours get stronger
7. Adjust seasoning to taste

Variations:

1. Add celery or mushrooms
2. Add lentils or other protein
3. Other spice combinations you might want to try include chili powder and a little ground cumin (about a tsp) or chili powder and little cinnamon (again about a tsp)
4. Add whatever healthy protein you like

Ingredients:

- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp minced ginger
- 2 tsp curry powder
- ½ tsp ground cumin
- ½ tsp cinnamon
- 1 can of chickpeas
- 1 can of chopped tomatoes
- 1 tsp vegetable bouillon

Directions:

1. Heat some oil in a deep pan or a pot, and cook onions until soft
2. Add garlic and cook for a minute, being careful not to burn
3. Add ginger and spices
4. Stir and cook for a minute
5. Add chickpeas, tomatoes, and vegetable bouillon
6. Add a splash of water and simmer until the ingredients are softened and combined (about 20 minutes)- adjust seasonings to taste
7. Serve with basmati rice

Variations: add some bell pepper or other vegetables, you can also use lentils instead of chickpeas

Ingredients:

- ½ a carrot, ½ a bell pepper, ½ an English cucumber, all julienned
- ¼ of a red onion, sliced
- Chopped cilantro, to taste
- Rice paper

Directions:

1. Soak a sheet of rice paper according to the directions on the package
2. Place some vegetables in the middle, and fold the top and bottom of the rice paper over the vegetables, and then the right and left sides

Serve with your choice of dipping sauce. One option is a mix of sodium reduced soy sauce (although it is still high in sodium so keep track of how much you use), a dash of sesame oil, minced garlic, and ginger, and a dash of chili sauce like sracha

Ingredients:

- 4 zucchini
- 2 tbsp olive oil
- 2 cups cherry tomatoes, halved
- 1 cup fresh mozzarella
- fresh basil leaves
- 2 tbsp balsamic vinegar

Directions:

1. Using a spiralizer, create zoodles out of zucchini.
2. Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.
3. Add tomatoes, mozzarella and basil to zoodles and toss until combined.
4. Put this mixture in a pan and heat
5. Drizzle with balsamic and serve.

Ingredients:

- 1 1/2 cups ricotta
- 1 cup finely grated Parmesan, divided
- 1 large egg, lightly beaten
- 1 clove garlic, minced
- 1/2 tsp Italian seasoning
- 4 medium zucchinis, sliced 1/4" thick
- 1 cup tomato sauce
- 1/2 cup shredded mozzarella
- 2 tbsp thinly sliced fresh basil

Directions:

1. Preheat oven to 350° and spray a large baking dish with cooking spray.
2. In a medium bowl, combine ricotta, 1/2 cup Parmesan, egg, garlic, and Italian seasoning. Season with salt and pepper and mix until well combined.
3. On a clean working surface, lay out three slices of zucchini so they are slightly overlapping and place a spoonful of the ricotta mixture on top. Roll up and transfer to the prepared baking dish. Repeat with remaining zucchini and ricotta mixture.
4. Spoon marinara on top of the zucchini then sprinkle all over with the remaining 1/2 cup Parmesan and mozzarella.
5. Bake until the zucchini is tender and the cheese has melted, about 30 minutes.
Top with fresh basil

PITA BREAD PIZZAS

Ingredients:

- Pita bread as the crust
- Suggestions for toppings: Pesto sauce, mozzarella, and sliced tomatoes
- Tomato sauce, mozzarella, and cooked spinach and/or roasted vegetables
- Can also add protein of choice

Cook at 425 until bread is crispy and cheese is melted

Ingredients:

- ½ an onion, chopped
- 1 or 2 cloves of garlic, minced
- 1 chopped bell pepper (red, orange, or yellow)
- 1 can of chopped tomatoes
- Paprika, cayenne pepper, and salt, to taste
- 4 eggs
- Feta or mozzarella cheese

Directions:

1. Heat some olive oil over medium-low heat in a large pan and add onion. Cook until softened
2. Add garlic and cook for 1 minute
3. Add bell peppers and cook for a few minutes
4. Add tomatoes and spices (start with a small amount)
5. Simmer until most of the liquid from the tomatoes is evaporated
6. Crack an egg into a bowl
7. Push some tomato mixture out of the way and pour the egg into the pan
8. Repeat for the rest of the eggs
9. Cover the pan and cook until the eggs are cooked to your preference
10. Top with crumbled feta cheese or shredded mozzarella cheese

Fresh torn basil is also a nice topping

Ingredients:

- Vegetables of choice, chopped (suggestions: zucchini, bell peppers, onion, corn) about 2 cups
- 1/2 tsp dried oregano
- 1 cup cooked quinoa
- 1/2 tsp dried basil
- Red wine vinegar, to taste

Directions:

1. Toss the veggies in olive oil and oregano, add salt and pepper to taste
2. Roast veggies at 400C until tender
3. Combine the veggies and quinoa
4. Add red wine vinegar to taste (start with small amount) and toss
5. Serve hot or cold

Add whatever protein you like

Ingredients:

- 1 zucchini
- 1 bell pepper
- 1 medium onion
- 8-10 mushrooms
- 1 package of cherry tomatoes
- 1 package of tortellini

Directions:

1. Preheat oven to 425 degrees. Slice zucchini, bell pepper, onion, and mushrooms and place on a baking sheet. Drizzle with olive oil, season with salt and pepper, mix to coat evenly and roast for 10 minutes.
2. Cut tomatoes in half and chop garlic finely. Add tomatoes and garlic to sheet and mix.
3. Roast 10 minutes longer or until vegetables are tender. Mix spinach in and roast 1 minute longer.
4. While vegetables are roasting cook tortellini according to directions on the package and drain.
5. Pour drained tortellini into a bowl and add roasted veggies and pesto.
6. Top servings with parmesan cheese if desired.

Ingredients:

- 12 large eggs
- Salt and pepper

Suggested fillings

- Spinach
- Cherry tomatoes
- Onion
- Mushrooms
- Red pepper
- Garlic
- Kale
- Zucchini
- Cheese

Directions:

1. Pre-heat oven to 350C. Lightly grease a 12-cup muffin tin.
2. Whisk together eggs in a large bowl and season with salt and pepper.
3. Add egg mixture halfway into each muffin cup.
4. Chop vegetables finely and add desired combinations to each tin – mix and match different ingredients for variety.
5. Bake for 20 minutes.
6. Let cool for 10 minutes before removing

Cooked egg muffins can be stored in an airtight container in the fridge for up to 4 days or allowed to cool completely, wrapped individually in plastic wrap and frozen.

Ingredients:

- 1 cup couscous
- 1 ¼ cups of low-sodium vegetable or chicken broth (or water)
- 3 tablespoons olive oil
- 2 tablespoons lime juice
- 1 tablespoon red wine vinegar
- 1 can black beans, drained
- 1 bell pepper, chopped
- 1 cup frozen corn, thawed
- 8 green onions, chopped
- Salt and pepper

Directions:

1. Bring broth to a boil in a large sauce. Once boiling remove from heat, stir in couscous and cover the pot. Let stand for 5 minutes.
2. In a bowl mix together oil, lime juice, and vinegar. Add pepper, corn and onions and stir.
3. Fluff the couscous well and add to the vegetables, mixing well. Season with salt and pepper.



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