

# Eating Well

A Student Guide to Healthy Eating  
from Campus Wellness



UNIVERSITY OF  
WATERLOO



Even if you haven't cooked before, this toolkit will help you with what you need to know, from kitchen set up to storing leftovers, including recipes and other good-to-know stuff. Just add a kitchen and sense of adventure!

### **Why should you learn to cook?**

- > You can better control food quality and portion sizes
- > You can include more locally grown foods
- > Eating at home will save you money
- > Preparing your own food can be fun and relaxing

### **What will you learn from Eating Well?**

- > Ideas for stocking your kitchen
- > Healthy meal planning made easy
- > Tips for shopping and reading labels
- > How to keep your food safe
- > Ways to use leftovers
- > Cooking terms
- > Measurement conversions
- > Easy recipes for busy and beginning cooks

Produced by  
University of Waterloo  
Campus Wellness,  
Nutrition Services.  
Find more nutrition  
information on our  
website:

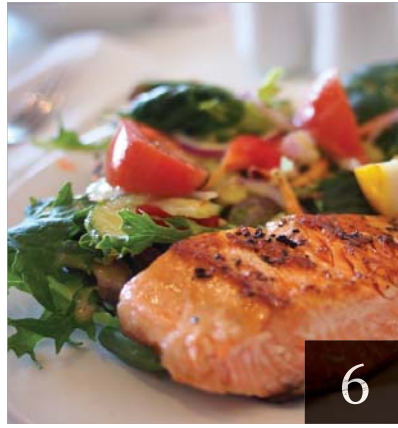
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## Stock your kitchen

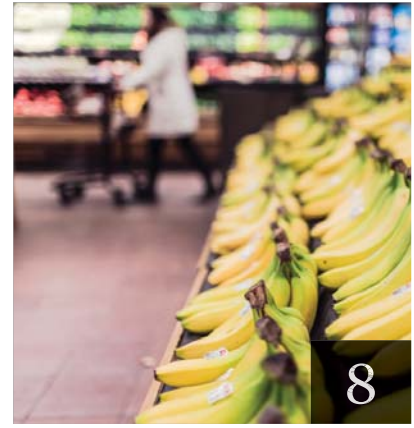
*You don't need a gourmet kitchen to prepare tasty, healthy meals: but you should invest in more than a microwave and some paper plates. Find out what's a need to have and a nice to have.*



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## How to plan healthy meals

*Juggling the demands of school, social life, jobs, volunteer work, etc.? Planning ahead will make it easier to eat healthy meals while also saving you money and time.*



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## How to navigate the supermarket

*When you keep your kitchen stocked with healthy food, you're more likely to eat better, so shop for groceries regularly.*



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## Food safety

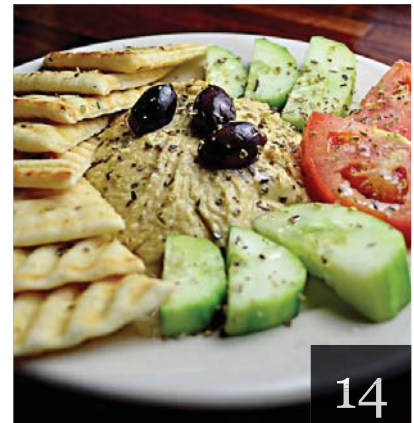
*If you have ever been sick with nausea, vomiting, fever, cramps or diarrhea, you may have been one of the many Canadians who get sick from food poisoning every year.*



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## Basic cooking terms

*Here are some common cooking terms and what they mean and helpful standard-metric conversions for commonly used measurements.*



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## Recipes

*Quick and easy recipes for breakfast, lunch, and dinner.*

# Ideas for stocking your kitchen

## Equipment

*You don't need a gourmet kitchen to prepare tasty, healthy meals: but you should invest in more than a microwave and some paper plates. What you buy and how much you spend is a personal choice. The **need to haves** will be adequate for preparing most things. The **nice to haves** will make kitchen chores easier or quicker, but you can do without them.*



### Need to haves

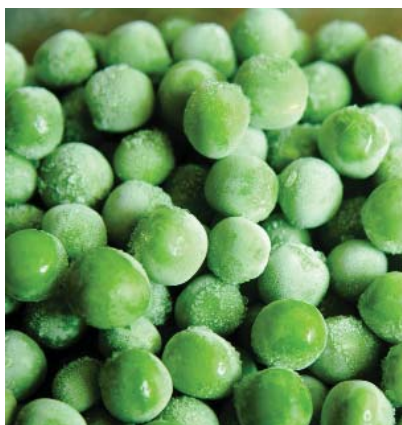
- > Medium or large frying pan, medium size pot with lid, and a larger pot for pasta
- > Can opener
- > Baking sheet, pizza pan, and two oven mitts
- > Oven proof casserole dish
- > Toaster
- > Mixing bowls and mixing spoon
- > Measuring cups and spoons
- > Spatula or flipper
- > Vegetable peeler and cheese grater
- > Ladle, potato masher, wire whisk
- > Colander
- > Cutting board and 3 sharp knives (paring, serrated, chef's knife)

### Nice to haves

- > Garlic press
- > Blender or Magic Bullet
- > Personal size grill (Ex. George Foreman etc.)
- > Slow cooker
- > Rice cooker
- > Microwave oven
- > Salad spinner to dry lettuce and greens
- > A second cutting board to use for raw meat
- > Muffin tins
- > Loaf pan
- > Kettle

## Food

*Preparing a quick and balanced meal is easier when your kitchen is stocked with basic, wholesome ingredients. This will help you to pull together an easy, satisfying lunch or dinner or grab an energizing snack. Keep an ongoing grocery list handy so you can add foods as you need them. Here is a list of suggested ingredients to keep on hand.*



### Basics for your freezer

- > Frozen veggies
- > Frozen fruit
- > Meat, poultry, and fish
- > Orange juice concentrate
- > Extra loaf of bread
- > Ice cubes

### Canned and dry goods

- > Tomatoes, tomato sauce
- > Tuna or salmon
- > Beans, lentils, canned soup
- > Pasta and rice (Whole grain)
- > Oatmeal (Regular and instant)
- > 100% whole grain bread
- > Flour, cornstarch, baking soda and powder

### Seasonings, and oil

- > Salt, pepper, basil, oregano, parsley, garlic, cinnamon
- > Brown/white sugar, honey
- > Vinegar - white, balsamic
- > Mustard, ketchup, soy sauce
- > Vegetable or chicken bouillon
- > Oil (Canola or olive)

### Refrigerator basics

- > Eggs
- > Hummus
- > Milk or fortified soy milk
- > Yogurt
- > Cheese
- > Lettuce, spinach, or ready-to-eat greens
- > Seasonal fruits and vegetables
- > Orange juice
- > Lean sandwich meat (Look for nitrate-free)
- > Non-hydrogenated margarine or butter
- > Salsa, salad dressing, and low-fat mayonnaise
- > Lower sugar jame
- > Lemon juice or lemons

# How to plan healthy meals

*Juggling the demands of school, social life, jobs, volunteer work, etc.? Planning ahead will make it easier to eat healthy meals while also saving you money and time. The few minutes it takes to plan your meals for the coming week are well worth the effort. Keeping your kitchen stocked with the basics will make it easy to prepare a quick, energy-packed meal. Meal planning is easy when you follow the simple steps below.*

**1. Open your cupboards, refrigerator and freezer.** Decide what needs to be used up soon then look for recipes that use those ingredients.

**2. Check the online flyer at the supermarket.**

Buying seasonal fruits and vegetables and sale foods helps to lower your grocery bill.

**3. Look online if you need ideas.** Check the box for some places to start. Write down the shopping list for each recipe if you don't have the ingredients on hand.

**4. Use [Canada's Food Guide](#) to find out how much food you need to eat from the four food groups each day.** In general, meals should include veggies and/or fruit, grains, a lower fat milk product or alternative and a meat or protein-rich alternative. Most snacks should include foods from 2 Food Guide food groups.

**5. Write out a menu plan for the week.** Each day should include 3 meals and 1 to 3 healthy snacks. Keep in a visible spot like on the fridge.

**6. Make a shopping list to take with you.** Shopping is easier and faster if you list things together according to where they are found in the store (produce, frozen food, etc.).



## Want more ideas?

- > [EatRight Ontario ontario.ca/eatright](http://EatRightOntario.ontario.ca/eatright)
- > [Cooking Light cookinglight.com](http://CookingLight.cookinglight.com)
- > [Food Network foodnetwork.com](http://FoodNetwork.foodnetwork.com)
- > [Kraft Canada kraftcanada.com](http://KraftCanada.kraftcanada.com)
- > [Foodland Ontario foodland.gov.on.ca](http://FoodlandOntario.foodland.gov.on.ca)

### Healthy eating goals

- Serve vegetables and/or fruit with each meal and eat these often as a snack.
- Include an orange and a darkgreen veggie daily.
- Use more whole grain choices like brown rice, oats and quinoa. Buy 100% wholegrain pasta, breads, cereals, crackers and tortillas.
- Limit added fat, salt, sugar.
- Use fewer packaged, ready-to-eat and take-out foods.
- Buy lower-fat dairy products with 2% fat or less.
- Eat fish at least twice a week.
- Look for lean, unseasoned meat and take the skin off chicken.
- Choose oils such as canola, olive, low fat-mayonnaise and margarines low in saturated and trans fats.
- Limit less nutritious foods and drinks like candy, chips and pop and watch your portions.
- Drink more water.



### Timesavers

- Cook extra. It doesn't take much longer to make a larger pot of spaghetti sauce, soup or stir-fry.
- Portion leftovers and freeze in individual servings to use when you're really busy.
- Cut up raw veggies for snacks or prepare salad for 3 or 4 days at a time.
- Use frozen fruit in smoothies or on yogurt.
- Use frozen vegetables.
- Invest in a slow cooker.
- Clean up as you go.

### Money savers

- Grains such as rice, pasta and barley are inexpensive and can be used in soups, stews and salads.
- Eat more meatless meals. Legumes like beans, chick peas or lentils, eggs, tofu, peanut butter and canned fish contain a lot of protein at a lower cost per serving than meat, fish or poultry.
- Look for seasonal recipes; veggies and fruit are cheaper and taste better when they're in season.
- Re-invent your leftovers by using in soups, sandwiches, omelettes or casseroles.
- Buy spices and foods you only need in small quantities in the the bulk section.



# The shopping trip

***When you keep your kitchen stocked with healthy food, you're more likely to eat better, so shop for groceries regularly. Before you go, have your menu planned and shopping list written out. One more thing: don't shop with an empty stomach!***



## Good to know...

- Most of the foods recommended in Canada's Food Guide - produce, bread, dairy products, meat, eggs, etc. - are found in the outside aisles of the grocery store. Spend more time here.
- Feature displays are there so you will spend more. Avoid impulse buys: stick to your list!
- The unit pricing sticker on the shelf allows you to compare the unit price of different brands or sizes of foods to figure out which costs less.
- While larger packages usually cost less "per unit," only buy them if you will use up the food.
- Generic or store brands are often similar in quality to name brands but cost less.
- Most local supermarkets have a student discount day if you show your WatCard.

## Read the ingredient list: 5 easy steps

The ingredient list always appears on the food label unless it contains only one ingredient. The ingredients are listed by weight from most to least. People with food allergies should always read the ingredient list.

### 1. Serving size

Compare the serving size on the package to the amount you eat.

### 2. Calories, protein, fat, etc.

This tells you how much energy and other nutrients you get from 1 serving.

### 3. % Daily Value

This tells you if there is a little or a lot of a nutrient based on how much an average person needs in a day.

### 4. Choose foods with less of these:

Fat, saturated and trans fats, cholesterol, sodium & sugar

### 5. Choose foods with more of these:

Fibre, vitamins A & C, calcium, iron



# How long can I store it?

**Knowing how long to store food will help to keep it flavourful and safe.  
Want to know more? Visit: [befoodsafe.ca](http://befoodsafe.ca)**

Food	Fridge	Freezer	Food	Fridge	Freezer
<b>Eggs</b>		Don't freeze	<b>Fresh meat</b>		
> Fresh	3 weeks		> Steaks, roasts	3 to 5 days	6 to 12 months
> Hard-cooked	1 week		> Pork chops	3 to 5 days	4 to 6 months
<b>Mayonnaise - opened</b>	2 months	Don't freeze	<b>Bacon and sausage</b>		
<b>Salad dressings - opened</b>	or see best before date		> Bacon	1 week	1 month
			> Sausage	1 to 2 days	1 to 2 months
			> Pepperoni	2 weeks	1 to 2 months
<b>Frozen dinners</b>		3 to 4 months	<b>Ham / corned beef</b>	3 to 5 days	1 to 2 months
<b>Deli foods</b>		Don't freeze	<b>Meat leftovers</b>		
> Store prepared salads	2 to 3 days		> Cooked meat	3 to 4 days	2 to 3 months
> Store prepared meal	1 to 2 days		> Gravy	1 to 2 days	2 to 3 months
<b>Soups and stews</b>	3 to 4 days	2 to 3 months	<b>Seafood and fish</b>	1 to 2 days	4 to 6 months
<b>Hamburger and ground meats</b>	1 to 2 days	3 to 4 months	<b>Fresh chicken and turkey</b>	1 to 2 days	9 to 12 months
<b>Hot dogs and deli meats</b>			<b>Cooked chicken and turkey</b>		
> Hot dogs opened	1 week	1 to 2 months	> Cooked pieces	3 to 4 days	4 months
> Unopened	2 weeks		> Chicken nuggets or strips	1 to 2 days	1 to 3 months
> Deli meats, opened	3 to 5 days				
> Unopened	See best before date				

# Keep your food safe

***If you have ever been sick with nausea, vomiting, fever, cramps or diarrhea, you may have been one of the many Canadians who get sick from food poisoning every year. Following these simple rules will help you to lower your risk of getting sick.***

- Wash your hands. Use soap and warm water and wash for 20 seconds before preparing food and after handling raw meat, fish or poultry.
- Keep everything clean. Use hot, soapy water to wash preparation surfaces and cooking utensils. Change dish cloths and towels often and air dry. Wash fresh produce, even those that you peel, in cool, running water before using.
- Be careful with raw meat, poultry and fish. Use a separate cutting board when preparing these foods and don't let their juices touch cooked foods or raw fruits and vegetables.
- Store your food properly. Keep eggs, dairy products, meats, fruit, vegetables, sauces, salad dressings and other foods that can spoil in the fridge or freezer.



- Thaw foods safely. Always thaw meat, fish or poultry on a tray on the bottom shelf of the fridge or use the defrost setting in the microwave. Cook defrosted foods soon after thawing.
- Cook food thoroughly. Ground meats and chicken should always be cooked to well done. When raw or under-cooked, they may contain bacteria that can make you sick, or worse...
  - Use a meat thermometer to check the temperature of cooked meat and leftovers (74 oC or 165 o F).
- Refrigerate leftovers promptly. Put leftovers in shallow containers for quick cooling and refrigerate right away. Don't eat cooked food or dairy products that have been left out for more than 2 hours. When in doubt, throw it out!

# What can I do with leftovers?

***Nobody likes to waste money. Here are ten ideas for using food up.***

1. Use overripe fruit like peaches or mangoes in a smoothie or crumble-topped fruit crisp. Ripe bananas you can't use up can be peeled, sliced and frozen. Use in banana bread or smoothies.
2. Keep a container in the freezer for leftover cooked veggies and their cooking liquids until you have enough to make vegetable soup.
3. Add leftover cooked veggies or small pieces of leftover cheese to scrambled eggs or omelettes.
4. Simmer the leftovers (including bones) from a rotisserie chicken in water with celery, onion and carrot to make a flavorful chicken soup stock.
5. Make a cold salad with leftover cooked pasta by adding Italian or vinaigrette dressing and diced raw veggies like tomato, peppers, broccoli, etc. For more protein, add chickpeas, tuna or a hard boiled egg.
6. Bruised or soft apples can be made into applesauce by peeling, cutting into pieces and simmering in a saucepan with a small amount of water. When tender, mash with a fork or potato masher and season to taste with a little white or brown sugar and cinnamon. Don't add the sugar until the end or apples won't turn into sauce.
7. Turn leftover rice into a tasty new meal of fried rice by heating a little oil in a frying pan or wok. Add garlic, green onion, soy sauce, a lightly beaten egg or handful of slivered almonds, leftover rice, and whatever leftover or frozen veggies you have on hand. Heat, stirring occasionally for 4 or 5 minutes until the eggs are cooked.
8. Bread that you can't use up before the expiry date should be stored in the freezer. Leftover bread, rolls or similar baked products will dry out and become stale much faster than when stored at room temperature in or in the freezer.
9. Bags of milk can be frozen for up to 3 weeks. Thaw it in the fridge for a full day and when thawed, shake the bag well to redistribute the protein, which settles out in the freezing process.
10. Leftover chicken or beans can be made into a quesadilla. Mix with a little salsa, diced green pepper and shredded cheese; place on one half of a medium tortilla, fold and toast on both sides in an ungreased frying pan until lightly browned.



# Basic cooking terms

*Here are some common cooking terms and what they mean.*

- Bake - to cook in an oven
- Beat - to quickly mix ingredients in a circular motion using a spoon, fork, whisk or electric mixer
- Blend - to gently mix ingredients together
- Boil - to heat a food so that the liquid gets hot enough for bubbles to rise
- Broil - to cook under direct heat
- Brown - to cook over medium or high heat until surface of food darkens
- Chop - to cut into small pieces of similar size
- Dice - to cut into very small cubes
- Drain - to remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container
- Fry - to cook food in oil or other fat (be careful of hot oil as it can cause burns and fires!)
- Grate or Shred - to scrape food against the holes of a grater in order to make thin pieces
- Grease - to lightly coat with oil, butter, margarine, or non-stick spray so food does not stick
- Julienne - to cut vegetables into long, fine strips
- Knead - to press, fold and stretch dough until it is smooth, usually using the heels of the hands
- Marinate - to soak food in a seasoned liquid to add flavor or tenderize meat (the liquid is a “marinade”)
- Mash - to squash food with a fork or masher until it isn’t lumpy
- Mince - to cut into very small pieces, smaller than chopped or diced pieces
- Mix - to stir ingredients together with a spoon, fork, or electric mixer until well combined
- Pare - to peel the skin from a vegetable or fruit
- Poach - to gently cooking food (such as eggs or fish) is water that is not quite boiling
- Preheat - to turn oven on ahead of time so that it is at the right temperature when you start baking (usually takes about 5 to 10 minutes)
- Sauté - to cook quickly in a little oil, butter, or margarine
- Simmer - to cook in liquid over low heat so that bubbles just begin to break the surface
- Steam - to cook food over steam without putting the food directly in water (usually done with a steamer)
- Stir Fry -to quickly cook small pieces of food over high heat while constantly stirring the food until it is crisply tender (often done in a wok)



# Measurements

*Helpful standard-metric conversions for commonly used measurements*

## Volume

1/2 teaspoon (tsp) = 2.5 ml

1 teaspoon = 5 ml

1 tablespoon (tbsp) = 15 ml

1 fluid ounce = 30 ml

1/2 cup = 60 ml

1/3 cup = 80 ml

1 cup = 250 ml

## Weight

1 ounce (oz) = 28.5 grams (g)

1/4 pound (lb) = 110 grams

1/2 pound = 225 grams

1 pound = 450 grams

## Good to know

When a recipe calls for a teaspoon, tablespoon or a cup, use an actual measuring spoon or cup, not the kind you would use to eat or drink with.





## Power-Up Smoothie

An easy grab-and-go breakfast or power snack. Add a few tablespoons of yogurt or 1/2 scoop of protein powder if you want to increase the protein.

**Prep time:** > 5 minutes **Cook time:** none

### Ingredients | Makes 1 serving

- 250 ml / 1 cup** Milk
  - 1** Very ripe banana
- 15ml / 1 tbsp** Peanut butter
- 15 ml/ 1 tbsp** Bran cereal
- 4** Ice cubes

1. Put ingredients in blender and blend until smooth.

**Per Serving** - Calories: 324 • Carbohydrates: 48g • Protein: 14 g • Fat: 11g • Fibre: 5g • Sodium: 170 mg

### Did you know?

Most students fall short of the 2 daily servings of milk or calcium - rich alternatives (like yogurt or fortified soy milk) that Canada's Food Guide recommends. These recipes are a tasty way to keep your bones strong and healthy!

**Quick & Easy**



## Effortless Yogurt Parfait

Greek yogurt is a strained, thick, and creamy yogurt that is very high in protein. If using frozen fruit, take out a portion beforehand and thaw on the counter for about 15 minutes.

**Prep time:** > 5 minutes **Cook time:** none

### Ingredients | Makes 1 serving

- 175 ml / 3/4 cup** 0% fat Greek yogurt
- 125 ml / 1/2 cup** Fresh or thawed frozen fruit
- 80 ml / 1/3 cup** Lower fat granola

1. Put 1/2 of the yogurt in a bowl, add the granola.
2. Top with fruit and remaining granola.

**Per Serving** - Calories: 310 • Carbohydrates: 50g •

Protein: 21 g Fat: 4 g • Fibre: 6g • Sodium: 132

\*Frozen mixed berries and PC Blue Menu Omega-3 Granola used in nutrition analysis

**Make it at home rather than buy it out and save money! Provides 50% of your daily requirement of calcium and vitamin C!**



### Do I have to follow a recipe exactly?

It depends on what you're making. The first time through, follow it exactly. The next time you make the recipe you can make adjustments in seasonings (i.e. nutmeg instead of cinnamon) or substitute a similar ingredient for another (i.e. whole wheat flour instead of white flour).

Baking, however, is a lot like a chemistry lab - with better tasting results! Baked goods such as bread, muffins and cookies depend on chemical reactions so the steps and ingredient amounts should be followed closely for best results.

## Easiest-Ever Banana Bread

This is a great way to use up overripe bananas. The fruit, whole grain and nut combination tastes great but also provides long lasting energy. Toss in a handful of chocolate chips for a special treat.

**Prep time:** 10 minutes **Cook time:** 50-60 minutes

Preheat oven to 350 °

- 1** Using a whisk or large spoon, beat the mashed bananas, egg and mayonnaise.
- 2** Mix the rest of the dry ingredients together in another bowl.
- 3** Mix the rest of the dry ingredients together in another bowl.
- 4** Pour into a loaf pan\* that has been sprayed with non-stick spray and bake in preheated oven for 50 to 60 minutes, until a toothpick inserted in the middle of the loaf comes out clean.
- 5** Cool in pan for 10 minutes, then remove from pan. Wait until bread is cool to slice.

### Ingredients | Makes 16 servings

- 3** Ripe bananas, mashed
- 1** Egg
- 125 ml / 1/2 cup** Reduced-fat mayonnaise
- 375 ml / 1 1/2 cup** Flour (use half whole wheat)
- 175 ml / 3/4 cup** Sugar
- 125 ml / 1/2 cup** Chopped walnuts
- 5 ml / 1 tsp** Baking soda
- 2.5 ml / 1.2 tsp** Salt

**Per Serving** - Calories: 155 • Carbohydrates: 23g • Protein: 3g • Fat: 6g • Fibre: 1.5g • Sodium: 213 mg



**About salad greens**  
 Darker leafy greens like spinach, kale, arugula and mesclun (a salad mix of assorted young, brightly coloured salad leaves) contain much more vitamin A and other nutrients than iceberg lettuce. Pre-washed, ready to serve greens are more convenient but they also cost more.

## Super Spinach Salad

Spinach is rich in nutrients and low in cost year round. Nuts and fruit add even more flavour, nutrition and crunch to this easily prepared salad. Add a small crumble of feta or goat cheese for even more flavour.

**Prep time:** 15 minutes

**Cook time:** 5 minutes

- 1** Put topping ingredients in frying pan over medium heat, stirring constantly until sugar melts and almonds are crunchy. Remove from pan and let cool.
- 2** Shake dressing ingredients in covered jar.
- 3** In large bowl, toss spinach with dressing. Top with fruit and crunchy almonds.

**Per Serving** - Calories: 230 • Carbohydrates: 22g • Protein: 3 g • Fat: 15g • Fibre: 4g • Sodium: 60 mg

### About salad dressings

Bottled dressings save time, but they are also higher in sodium and more expensive than making your own.

### Ingredients | Makes 2 servings

#### Topping:

- 30 ml / 2 tbsp** Sliced or slivered almonds
- 15 ml / 1 tbsp** Sugar
- 2.5 ml / 1 tsp** Water

#### Dressing:

- 15 ml / 1 tbsp** Sugar
- 30 ml / 2 tbsp** oil
- 15 ml / 1 tbsp** Balsamic vinegar
- 5 ml / 1 tsp** Dijon mustard

**Pinch** Salt

#### Salad:

- 4 cups** Spinach, washed and trimmed
- 250 ml / 1 cup** Fruit- try sliced strawberries, apples or oranges, raspberries, or canned mandarins





### Do you eat too fast?

It takes about 20 minutes for your stomach to let your brain know that you're full. When you eat quickly it's easy to overeat. So relax, eat slowly and enjoy your delicious creations!

## Hearty Minestrone

Make a meal out of this traditional, hearty Italian soup by adding crusty whole grain bread and a salad. You can add whatever seasonal vegetables you have on hand. For a vegetarian version, omit the ground beef or substitute veggie "ground beef" or VP, texturized vegetable protein. This makes a large pot but you can freeze some to use later.

**Prep time:** 15 minutes **Cook time:** 45 minutes

- 1** Cook beef or veggie ground round in a large pot (if using veggie variety add a little oil to the pot first) until brown.
- 2** Drain any fat, then add onion, carrot, celery, garlic, salt and pepper. Cook until veggies start to soften, about 5 minutes.
- 3** Stir in tomatoes and their juice, broth and water. Bring to a boil then reduce heat to low and simmer for 10 minutes.
- 4** Add the zucchini, potato, pasta and beans. Cover and simmer for another 20 minutes or until the pasta is cooked.

**Per Serving** - Calories: 155 • Carbohydrates: 23g • Protein: 3g • Fat: 6g • Fibre: 1.5g • Sodium: 213 mg

### Ingredients | Makes 4 servings

- 250 g / 8 oz** Lean ground beef
- 1** Carrot, diced
- 1** Onion, diced
- 1** Stalk celery, diced
- 1 or 2** Cloves minced garlic
- 5 ml / 1 tsp** Dried basil
- 1.5 ml / 1/4 tsp** Salt and pepper
- 540 ml / 19 oz** Canned diced tomatoes
- 284 ml / 10 oz** Beef or vegetable broth
- 500 ml / 2 cups** Water
- 1** Small zucchini chopped
- 1** Medium potato, cut into small cubes (skin on)
- 125 ml** Small pasta
- 250 ml / 1 cup** Canned white kidney beans



# Stovetop Broccoli Mac & Cheese

*So much healthier and better tasting than the boxed variety! If you don't have broccoli or want to save time use any variety of frozen vegetable instead.*

- 1 Bring a large pot of water to a boil, add macaroni and cook for about 8 minutes, until almost tender.
- 2 Add the broccoli to the pot and cook for another 2 or 3 minutes and drain the entire mixture.
- 3 Pour 375 ml of the milk in the pot and heat over medium heat, just until it simmers. Meanwhile, use a whisk to mix the rest of the milk with the flour, garlic powder, salt and pepper.
- 4 Add this to the hot milk, stirring constantly with the whisk until it thickens.
- 5 Turn the burner to low heat and add the cheeses and Dijon mustard, stirring until the cheese melts.
- 6 Add in the drained macaroni and broccoli and heat through, about a minute.

Note: This recipe has been adapted from WebMD

Link: <http://www.webmd.com/food-recipes/no-bake-macaroni-and-cheese>

Per serving - Calories: 375 • Carbohydrates: 48g • Protein: 20g • Fat: 13g • Fibre: 4g • Sodium: 630 mg

## A note about cheese

Cheese is packed with calcium and protein, but it also contains a lot of fat. When you use a more strongly flavoured cheese in a recipe you can use less with the same great taste.

**Prep time:** 10 minutes

**Cook time:** 20 minutes

## Ingredients | Makes 4 servings

- 1 1/2 cups** Whole wheat macaroni
- 1000 ml / 4 cups** Chopped fresh broccoli
- 425 ml / 1 3/4 cup** Milk (divided)
- 45 ml / 3 tbsp** Flour
- 2.5 ml / 1/2 tsp** Garlic powder
- 2.5 ml / 1/2 tsp** Salt
- Pinch** Ground pepper to taste
- 250 ml / 1 cup** Extra-sharp cheddar cheese
- 30 ml / 2 tbsp** Parmesan cheese
- 5 ml / 1 tsp** Dijon mustard



## Pita Pizzas

**Prep time:** 5 minutes  
**Cook time:** 5 to 7 minutes

### Ingredients | Makes 1 serving

- 1 Pita
- Small can pizza or pasta sauce
- Chopped ham or turkey
- Shredded cheese
- Chopped veggies

1. Top a whole grain pita with canned pasta sauce, shredded low-fat mozzarella, chopped deli ham or smoked turkey and your choice of veggies.
2. Bake on pan in oven (375°) until cheese melts, 5 - 7 minutes.



## Gourmet Kraft Dinner

**Prep time:** 5 minutes  
**Cook time:** 8 to 10 minutes

### Ingredients | Makes 3 servings

- 1 box Kraft Dinner
- 2 cups frozen vegetables
- 1/2 cup milk
- 1 can of tuna

1. Add 2 cups of frozen vegetables (try broccoli or mixed veggies) to the boiling pasta during the last two or three minutes of cooking.
2. Drain mixture, return to pan and stir in contents of cheese sauce packet, 1/2 cup milk and a drained can of tuna.

### Tips

- Check your cupboards and try to use ingredients on hand, then make a list of other foods you need and take it with you to the grocery store.
- Include vegetables and fruit (especially the colorful ones!) and low-fat milk products to your meals for balance and variety.



## Quick Quesadillas

**Prep time:** 5 to 10 minutes

**Cook time:** 4 minutes

### Ingredients | Makes 1 serving

Salsa

1 tortilla

Low-fat refried or black beans

Chopped veggies (peppers, tomatoes, green onions)

Shredded cheese

1. Mix some salsa with canned low-fat refried or black beans and spread on one side of a tortilla.
2. Top with veggies (chopped green and red peppers, tomatoes, green onions, etc.) and shredded cheese.
3. Fold tortilla in half and toast in ungreased frying pan until cheese melts and tortilla is lightly browned (about 2 minutes each side). You could also replace the beans with sliced chicken.



## Tuna or Salmon Melt

**Prep time:** 5 minutes

**Cook time:** 5 to 10 minutes

### Ingredients | Makes 1 serving

1 can tuna or salmon

1 tbsp light mayo

Chopped celery, onion, pickle

Bagel or English muffin

1. Mix drained canned tuna or salmon with a spoonful of light mayo.
2. Add chopped celery, onion and a little pickle relish if desired.
3. Spread on a sliced bagel or English muffin half.
4. Top with shredded cheese
5. slice and bake in oven (375°) for 5 – 10 minutes or until cheese melts.



## Pronto Pasta

**Prep time:** 10 minutes  
**Cook time:** 20 minutes

### Ingredients | Makes 4 servings

500 g lean ground beef, chicken or turkey

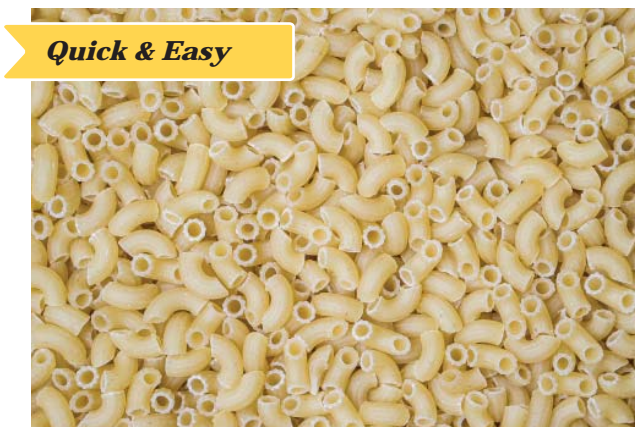
Chopped onion, garlic, mushrooms, and green peppers

1 can of pasta sauce

1 package pasta

1. Brown lean ground beef, chicken or turkey in a pan with chopped onion, garlic, mushrooms and green pepper.
2. Add a can of pasta sauce and cook on low heat.
3. Meanwhile, cook pasta according to package directions, drain, and top with sauce.

For vegetarian version, add red lentils with an equal amount of water to sauce or try soy ground “meat” or texturized vegetable protein (TVP) from the bulk store.



## Tex-Mex Kraft Dinner

**Prep time:** 5 minutes  
**Cook time:** 20 minutes

### Ingredients | Makes 3 servings

1 box Kraft Dinner

500 g lean ground beef

1 cup water

28 ounce can chili-style stewed tomatoes

1 can of corn

Shredded cheese

1. Brown lean ground beef in a large pan.
2. Stir in raw macaroni, 1 cup water and an un-drained can of chili-style stewed tomatoes.
3. Let boil, turn down heat to medium-low, cover and cook for 15 minutes.
4. Stir in corn (or 1-2 cups frozen corn) and cheese sauce packet. For flavor and extra nutrition, top with chili powder and shredded cheese.

For a vegetarian version, substitute a drained can of kidney beans or black beans for the ground beef.



## Omelette

**Prep time:** 5 to 10 minutes

**Cook time:** 4 minutes

### Ingredients | Makes 1 serving

2 eggs

Margarine

Filling: Such as mushrooms, onion, green pepper, cooked broccoli, tomatoes, asparagus, salsa, diced ham or cheese

1. Beat 2 eggs with 2 tablespoons of water. Heat a medium size non-stick frying pan until just hot enough to sizzle a drop of water. Add a little margarine if desired.
2. Pour in egg mixture - it should start to set immediately. Cook, lifting sides of omelet with a pancake turner to let the uncooked egg flow underneath, until almost set (about 1 minute).
3. Add desired filling on one half of omelet and fold plain side over top. Cook for another minute and invert onto plate.



## Terrific Tacos

**Prep time:** 5 minutes

**Cook time:** 10 to 15 minutes

### Ingredients | Makes 4 servings

500 g lean ground beef, chicken, or turkey

Tortillas or taco shells

Chopped lettuce, tomato, onion, green or red pepper

Shredded cheese

Salsa

Taco seasoning

1. Brown lean ground beef, chicken or turkey in frying pan. Add packaged taco seasoning and cook well.
2. Spoon meat into tortilla or taco shell. Add chopped lettuce, tomato, onion and green/red pepper, shredded cheese and salsa.

For vegetarian version, substitute drained, rinsed canned black or pinto beans, rehydrated texturized vegetable protein (TVP) or crumbled firm tofu.



**About tofu**

Tofu is a meat alternative made from pressed soybeans and is usually found in the produce section. While it is bland if eaten alone, it soaks up the flavour of other foods it is cooked with and contains high quality protein at a low cost.

## Sweet Chili Stir Fry

Stir-frying is a quick way to make a veggie-packed meal and uses only a small amount of oil. This recipe calls for tofu, and if you haven't tried this before, it's an easy way to learn to love it. You can also substitute shrimp or thin strips of chicken or beef. To save time, use a frozen, stir-fry blend instead of the fresh veggies. Best served with brown rice.

**Prep time:** 15 minutes **Cook time:** 12 minutes

- 1** Heat a large frying pan or wok over medium-high heat. Add 10 ml/2 tsp of the oil and the garlic.
- 2** Add tofu and brown lightly then remove from pan.
- 3** Add the remaining 5 ml/1 tsp oil, then add onion and cook for 1 minute.
- 4** Add broccoli, carrots, peas and red pepper. Stir-fry until tender-crisp, about 4 minutes.
- 5** Return tofu to wok. Add sweet chili sauce and orange zest and heat just until boiling.

### Ingredients | Makes 4 servings

- 15 ml / 3 tsp** Canola or other vegetable oil
- 1 clove** Garlic, crushed or chopped
- 300 g / 10 oz** Firm tofu, cut into cubes or thin strips
- 175 ml / 3/4 cup** Sliced onion (1 medium)
- 250 ml / 1 cup** Broccoli florets
- 250 ml / 1 cup** Baby carrots, cut in half lengthwise
- 175 ml / 3/4 cups** Sugar snap or snow peas, tips trimmed
- 125 ml / 1/2 cup** Thinly sliced red bell pepper
- 50 ml / 1/4 cup** Sweet chili sauce
- 5 ml / 1 tsp** Grated orange zest

**Per Serving** - Calories: 163 • Carbohydrates: 20g • Protein: 10 g • Fat: 7g • Fibre: 5g • Sodium: 244 mg





**Would you like more practical information on food and nutrition?**

To find additional student friendly resources on a wide variety of topics, visit UW Health Services or go to [uwaterloo.ca/campus-wellness/](http://uwaterloo.ca/campus-wellness/)

## Chana Masala

This is a flavourful south Asian main dish made of spices and chickpeas, an inexpensive source of protein, iron and fibre. Using a prepared curry paste, which you can find in the international section of the grocery store, is a quick alternative to buying the spices individually. Indian curry paste comes in many varieties, but if you are less adventurous, stick with the mild variety. Serve along with a salad or steamed spinach and basmati rice or naan.

**Prep time:** 10 minutes **Cook time:** 15 - 20 minutes

- 1** In large frying pan, heat oil on medium high heat and sauté onions lightly browned.
- 2** Reduce heat to medium and stir in garlic, curry, and tomato paste or diced tomato. Stir and simmer about 2 minutes.
- 3** Add chick peas, reserved liquid, lemon juice, salt and pepper and simmer 5-6 minutes, stirring occasionally.
- 4** Add margarine or butter, stirring through to melt it. Stir and simmer for 5 minutes more or until chickpeas are softened and dish is hot.

### Ingredients | Makes 4 servings

- 30 ml / 2 tbsp** Canola or other vegetable oil
- 1** Medium onion, chopped
- 1** Large clove of garlic, crushed or minced
- 15 ml / 1 tbsp** Indian curry paste
- 1** Large diced tomato
- 1 can (540 ml)** Chickpeas, drained and rinsed, reserving 45 ml / 3 tbsp of the liquid
- 15 ml / 1 tbsp** Lemon juice
- 2.5 ml / 1/2 tsp** Salt and pepper to taste

**Per Serving** - Calories: 218 • Carbohydrates: 27g • Protein: 9g • Fat: 9g • Fibre: 5g • Sodium: 240 mg

Note: This recipe has been adapted from [Recipe Cottage](#).



### Better-for-you chips

Cut a 100% whole wheat tortilla or pita into 8 wedges. Sprinkle with garlic powder and bake in 375 o oven for 8 to 12 minutes or until lightly brown and crisp.

## So Simple Hummus

This inexpensive spread is a source of both fibre and protein. It costs less to make your own than to buy it but you'll need a small blender (or Magic Bullet), a hand blender, a food processor or a potato masher in order to make it smooth. Tahini is ground sesame seed paste and is what gives hummus its characteristic flavour. You usually find it in the international aisle of the supermarket. You can also substitute olive oil or peanut butter. Serve hummus with raw veggies or whole grain flatbread or crackers.

**Prep time:** 10 minutes **Cook time:** None

- 1 Put all ingredients in blender and blend until smooth, adding a little more water if needed. If you use a potato masher the hummus won't be as creamy but it will still taste great.

**Per Serving** - Calories: 80 • Carbohydrates: 11g • Protein: 4 g • Fat: 2.5g • Fibre: .5g • Sodium: 400 mg

### Ingredients | Makes 4 servings

- 250 ml / 1 cup** Drained, rinsed, chickpeas
- 15 ml / 1 tbsp** Tahini
- 2.5 ml / 1/2 tsp** Salt
- 15 ml / 1 tbsp** Lemon juice
- 45 - 60 ml / 3 - 4 tbsp** Water
- 1** Small clove garlic, crushed or minced
- A few drops** Hot pepper sauce or pinch of cayenne

### More uses for canned beans

- Top a garden or pasta salad
- Add to vegetable soup
- Mix in with salsa and use for nachos
- Add to cooked pasta with tomato sauce or pesto

Canned beans are high in sodium so drain and rinse them before using



### Should I buy organic?

Both organic and non-organic foods are nutritious and safe to eat and, like any food purchase, which to use is a personal choice. Since they are often significantly more expensive, if buying organic means you will buy less produce, then stick to regular. Remember to rinse all vegetables and fruit thoroughly.

## Apple Crisp

This easy but nutritious dessert can also be made with peaches, pears, blueberries or other fruit. Look for seasonal, local fruit at the UW Farm Market in the fall. Frozen fruit works in this recipe (don't thaw it all the way) but stir in 15 ml/1 tbsp cornstarch into the fruit so it's not too runny. Delicious warm or cold.

**Prep time:** 20 minutes **Cook time:** 45 minutes

- 1 Preheat oven to 350F. Lightly grease an 8 x 8 inch baking pan or casserole dish or spray with non-stick spray.
- 2 Mix sugar with cinnamon in a mixing bowl (if using frozen fruit or berries also add 15 ml/1 tbsp cornstarch). Add apples and toss to mix.
- 3 Pour apple mixture into prepared pan.
- 4 For the topping, add the flour, oatmeal and brown sugar to the mixing bowl. Add the butter or margarine and use 2 knives to cut it into the mixture until it resembles small crumbs.
- 5 Bake until fruit is tender (check it with a fork) and the crisp is bubbling and browned, about 45 minutes (the time depends on the fruit you are using).

### Ingredients | Makes 9 servings

**1000 ml / 4 cups** Peeled, sliced apples

**30 ml / 2 tbsp** Sugar

**5 ml / 1 tsp** Cinnamon

#### Topping:

**125 ml / 1/2 cup** Whole wheat flour

**125 ml / 1/2 cup** Oatmeal (not instant)

**125 ml / 1/2 cup** Lightly packed brown sugar

**125 ml / 1/2 cup** Non-hydrogenated margarine or butter

**Per Serving** - Calories: 211 • Carbohydrates: 27g • Protein: 2g • Fat: 11g • Fibre: 2g • Sodium: 96 mg

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