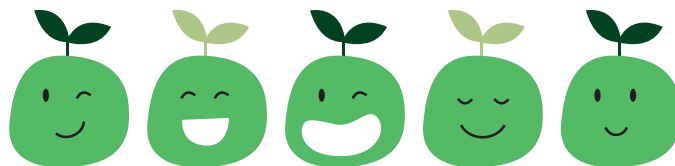




THE GREAT CONESTOGA COOKBOOK

THE GREAT CONESTOGA COOKBOOK

Healthy and cost-effective recipes
to inspire Conestoga students.



STUDENT
SUCCESS
Every Step

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INTRODUCTION



We're excited to launch the first Conestoga College Cookbook to help you eat healthy on a budget!

Combining recipes from student and staff submissions and recipes from Be-Dah-Bin Gamik, Chartwell Foods, and Conestoga Students Inc., we hope to set you up for success on your cooking journey as a student. We have also made sure that all recipes included are cost-effective, so you can get the most out of your food experience.

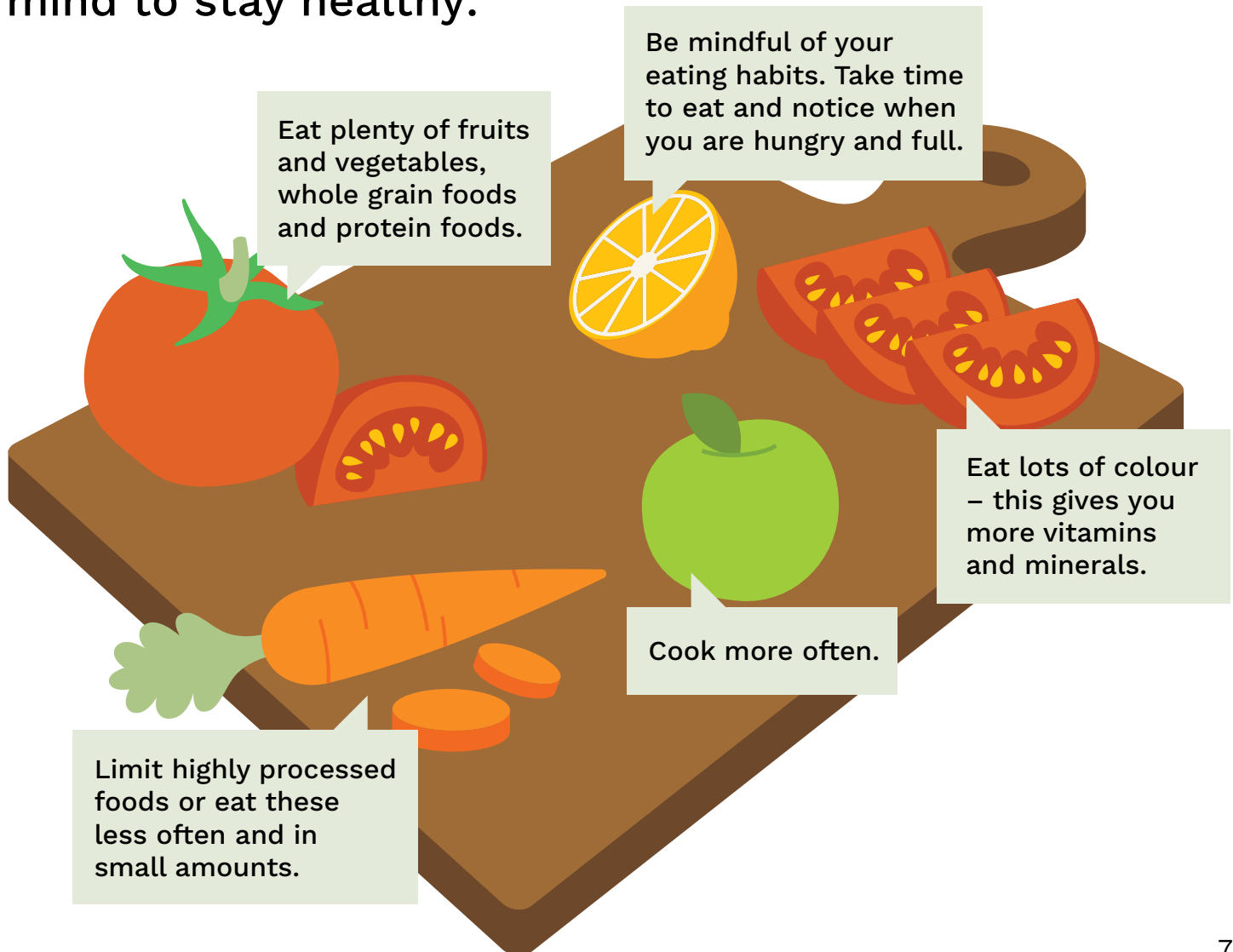
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HEALTHY EATING TIPS

Nutrition is all about eating the right foods in the right amounts. Macronutrients (carbohydrates, proteins, and fats) are the building blocks of our diet and are crucial for energy and growth.

Micronutrients (vitamins and minerals) work to boost your immune system and keep your body strong. The most important ingredient is water! Make water your drink of choice to ensure you stay hydrated.

Some other tips to keep in mind to stay healthy:



TIPS FOR EATING ON A BUDGET

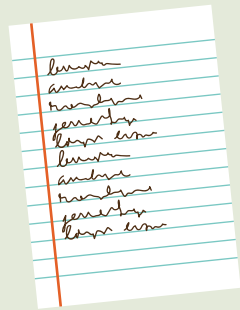
As a student, your focus should be on your studies, not your next meal. Balancing eating a healthy diet without overspending is a true art form, but we've got you covered with some tips to help achieve this:



Know your budget before you go.



Shop the sales.



Make a grocery list and stick to it.



Use coupons or coupon apps like Flipp.



Avoid shopping when you're hungry.



Buy produce when it's in season.



Buy frozen or canned.



Stock up on the basics.



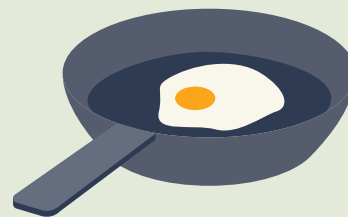
Look at the 'best before' and expiry dates.



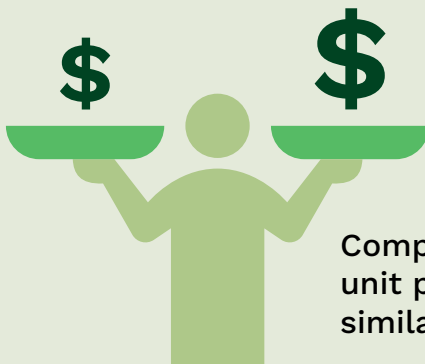
Store food properly at home.



Choose store brands over name brand items.



Make your own meals instead of eating out.



Compare the unit price for similar items.



Grow your own food!

PRODUCE IN SEASON IN ONTARIO

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Apples	★	★	★	★	★	★		★	★	★	★	★
Apricots							★	★				
Blueberries							★	★	★			
Cherries							★	★				
Cranberries								★	★	★		
Currants							★	★				
Gooseberries							★	★				
Grapes								★	★	★		
Haskap Berries						★	★					
Muskmelon								★	★			
Nectarines								★	★			
Peaches							★	★	★			
Pears	★	★						★	★	★	★	★
Plums							★	★	★	★		
Raspberries							★	★	★	★		
Rhubarb				★	★	★						
Strawberries (Field)						★	★	★	★	★		
Strawberries (Greenhouse)	★	★	★	★	★	★	★	★	★	★	★	★
Watermelon							★	★	★			

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Artichoke								✦	✦	✦		
Asparagus					✦	✦						
Beans (Green/Yellow)						✦	✦	✦	✦	✦		
Beets	✦	✦	✦	✦			✦	✦	✦	✦	✦	✦
Bitter Melon								✦	✦	✦		
Bok Choy						✦	✦	✦	✦	✦	✦	
Broccoli						✦	✦	✦	✦	✦		
Brussel Sprouts									✦	✦	✦	
Cabbage	✦	✦	✦	✦		✦	✦	✦	✦	✦	✦	✦
Carrots	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Cauliflower						✦	✦	✦	✦	✦	✦	
Celery							✦	✦	✦	✦		
Chinese Broccoli						✦	✦	✦	✦	✦	✦	
Corn							✦	✦	✦	✦		
Cucumber (Field)						✦	✦	✦	✦	✦		
Cucumber (Greenhouse)	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Daikon Radish						✦	✦	✦	✦	✦	✦	
Eggplant								✦	✦	✦		

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Garlic	✦	✦					✦	✦	✦	✦	✦	✦
Garlic Scapes						✦	✦					
Kale						✦	✦	✦	✦	✦	✦	
Leeks	✦	✦						✦	✦	✦	✦	✦
Lettuce (Assorted)						✦	✦	✦	✦	✦		
Lettuce (Greenhouse)	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Mushrooms	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Mustard Greens						✦	✦	✦	✦	✦		
Nappa Cabbage						✦	✦	✦	✦	✦	✦	
Onions	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Green Onions						✦	✦	✦	✦	✦	✦	
Red Onions	✦	✦	✦	✦					✦	✦	✦	✦
Parsnips	✦	✦	✦	✦				✦	✦	✦	✦	✦
Peas						✦	✦	✦	✦	✦		
Peppers (Field)							✦	✦	✦	✦		
Peppers (Greenhouse)	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Potatoes	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Pumpkin									✦	✦		
Radicchio						✦	✦	✦				
Radishes					✦	✦	✦	✦	✦	✦	✦	
Rapini							✦	✦	✦	✦		
Rutabaga	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Snow Peas						✦	✦	✦	✦			
Snow Pea Shoots					✦	✦	✦	✦	✦	✦	✦	
Spinach					✦	✦	✦	✦	✦	✦	✦	
Sprouts	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Winter Squash	✦							✦	✦	✦	✦	✦
Summer Squash						✦	✦	✦	✦	✦		
Sweet Potatoes	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Tomatoes (Field)							✦	✦	✦	✦		
Tomatoes (Greenhouse)	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦	✦
Water Spinach (Tung Choy)						✦	✦	✦	✦	✦	✦	
Yow Choy (Yellow Flower)						✦	✦	✦	✦	✦	✦	
Zucchini							✦	✦	✦	✦		

A FEW FOOD SAFETY TIPS

1 WASH HANDS AND SURFACES OFTEN

Always wash your hands with soap and water before and after handling food. Clean kitchen surfaces and utensils regularly to prevent contamination.

2 SEPARATE RAW AND COOKED FOODS

Use separate cutting boards and utensils for raw meat, poultry, and seafood to avoid cross-contamination. Separate raw meat, poultry and seafood from other foods. Store food in containers to avoid contact between raw and prepared foods.

3 COOK FOODS THOROUGHLY

Cook food thoroughly, especially protein-rich food, including meat, poultry, eggs and seafood. Bring foods like soups and stews to boiling to make sure they have reached 70°C. Reheat leftovers to their original cooking temperature before serving. Use a food probe or a food thermometer to ensure that foods are cooked to the right temperature.

4 REFRIGERATE PROMPTLY

Store perishable foods in the refrigerator within two hours. Keep your fridge at 40°F (4°C) or below.

5

THAW SAFELY

Thaw frozen foods in the refrigerator, under cold running water, or the microwave, not on the counter.

6

AVOID THE DANGER ZONE

Keep hot foods hot (above 140°F or 60°C) and cold foods cold (below 40°F or 4°C) to prevent bacterial growth.

7

STORE LEFTOVERS PROPERLY

Store leftovers in airtight containers and consume them within a few days.

8

CLEAN FRUITS AND VEGETABLES

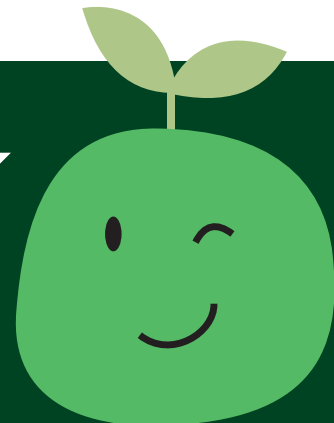
Rinse fruits and vegetables under running water before eating or cooking them.

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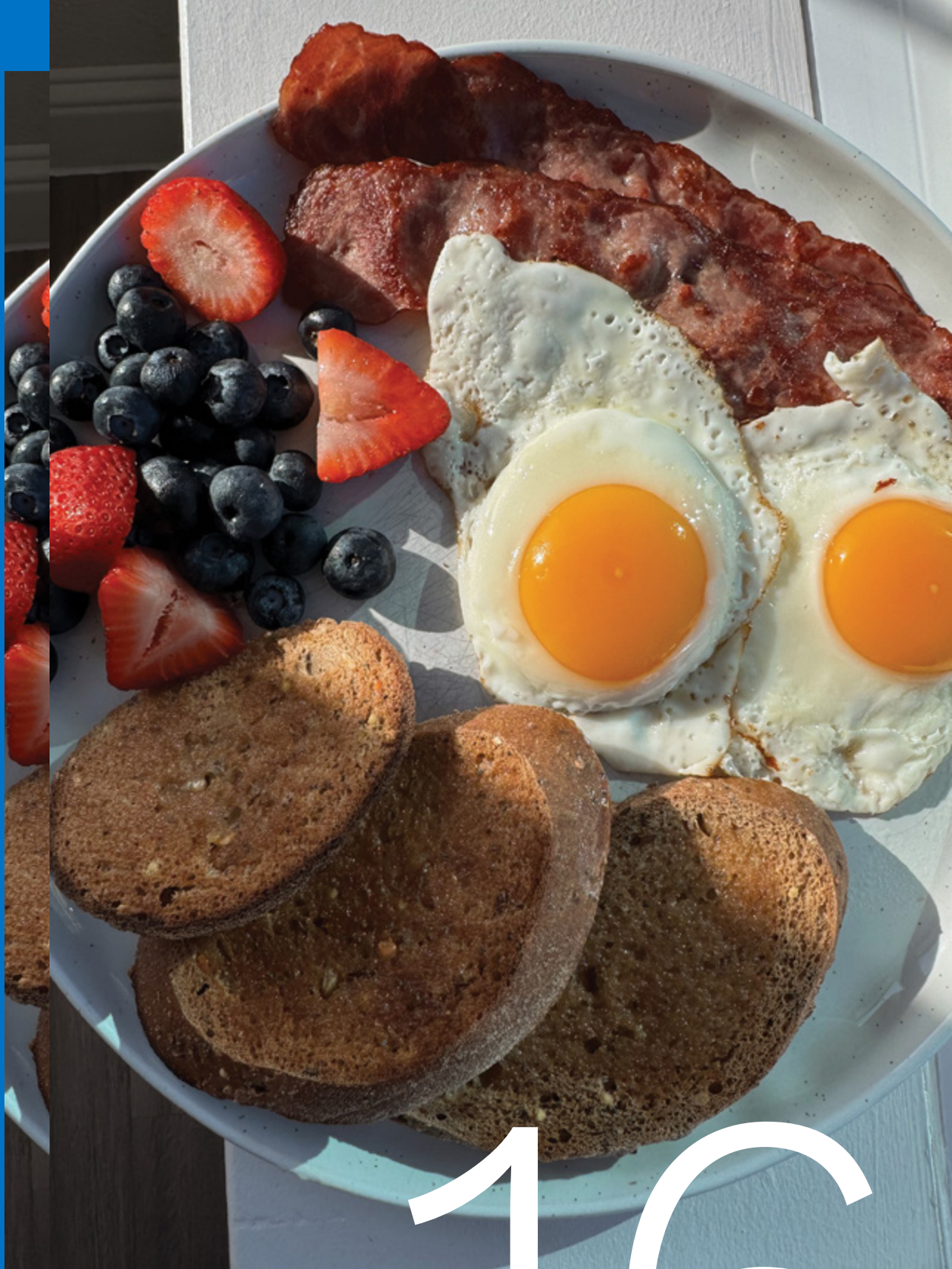
USE SAFE WATER AND RAW MATERIALS

Use safe water or treat it to make it safe (Region of Waterloo water is safe!). Choose foods processed for safety, such as pasteurized milk.

Did you know? Buying discounted foods and freezing them is a great way to reduce costs. The freezing process helps with food safety, even past its best before date.



BREAKFAST



16

Kawaljeet's Spinach & Mushroom Omelette •
Tim's Chocolate Oatmeal Muffins • Dilpreet's
Poha • Brown Sugar & Banana Oatmeal •
Pallabi's Savoury Oat Pancakes • Apple Pie
Overnight Oats • Quick Protein Pancakes •

Kawaljeet's

15 min ⌚

1 serving 🍴

Vegetarian 🌱

SPINACH & MUSHROOM OMELETTE

INGREDIENTS

- 2 large eggs
- 1 cup spinach, chopped
- ½ cup mushrooms, sliced
- ¼ cup onions, diced
- ¼ cup cheese, shredded
- Salt and pepper to taste
- Cooking spray or a small amount of oil

DIRECTIONS

1. In a bowl, whisk the eggs together until well beaten. Season with salt and pepper.
2. Heat a non-stick pan over medium heat and lightly coat with cooking spray or oil.
3. Add the diced onions and sliced mushrooms to the pan. Sauté until they are tender and slightly browned.
4. Add the chopped spinach to the pan and cook until it wilts.
5. Pour the beaten eggs over the vegetables in the pan. Allow the eggs to cook for a few minutes until they start to set.
6. Sprinkle the shredded cheese evenly over the omelette.
7. Carefully fold the omelette in half and continue cooking until the cheese is melted and the eggs are fully cooked.
8. Remove the omelette from the pan and transfer it to a plate.
9. Serve hot and enjoy!

CHOCOLATE OATMEAL MUFFINS



INGREDIENTS

- 2 cups ground oats or oat flour
- 1 tsp baking soda
- Pinch of salt
- ½ cup cocoa powder
- 2 eggs
- ¼ cup oil/coconut oil
- ½ cup honey
- ⅔ cup Greek yogurt
- 1 tsp vanilla extract

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix the dry ingredients (ground oats or oat flour, baking soda, salt, cocoa powder) in a bowl.
3. In a separate bowl, mix the wet ingredients (eggs, oil, honey, Greek yogurt, vanilla).
4. Add the wet ingredients to the dry ingredients.
5. Whisk until combined.
6. Scoop evenly into a lined 12-muffin tin.
7. Bake for 20 minutes or until an inserted toothpick comes out clean.
8. Allow to cool and enjoy!

PRO TIP

Add some milk if the batter is too thick!



30 min ⌚

Dilpreet's

3 servings 🍴

Vegetarian 🌱

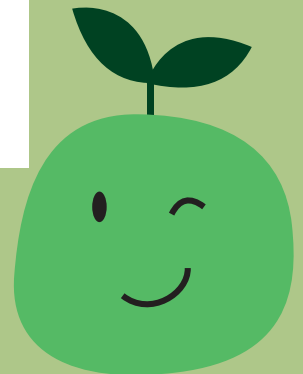
POHA

INGREDIENTS

- 1 cup poha (flattened rice)
- Oil
- ½ tbsp cumin seeds
- ½ tbsp mustard seeds
- 1/3 peanuts
- 1 onion, diced
- Curry leaves
- ½ lemon
- Coriander leaves, chopped
- 1 or 2 boiled potatoes, diced
- ½ tbsp turmeric powder
- Salt to taste

PRO TIP

Add aloo bhujia for added flavour and texture!



DIRECTIONS

1. Take 1 cup of poha, rinse and wash with water. After rinsing and
2. straining, set aside for 10-15 minutes.
3. Add enough oil to coat the bottom of a pan and heat on medium heat.
4. Add the cumin and mustard seeds and let cook for 2-3 minutes then add the peanuts and cook until aromatic.
5. Add the chopped onions, diced potatoes and cook for 3-4 minutes. Season with the curry leaves, salt and turmeric powder. Cook until combined.
6. Remove from heat and add the washed poha and mix gently. Sprinkle with drops of water and chopped coriander and continue to mix until combined.
7. Cover the pan for 3-5 minutes.
8. Remove lid and squeeze lemon on top as a finisher.

BROWN SUGAR & BANANA OATMEAL



INGREDIENTS

- 1 ripe banana, sliced
- One pack of plain instant oatmeal (or half a cup of quick oats)
- Water (the amount will be on the oatmeal packet)
- 1 tsp honey
- 2 tsp brown sugar
- ½ tsp ground cinnamon
- Milk

DIRECTIONS

1. Place the oats into a microwavable bowl and follow the directions on the oatmeal package.
2. Once the oats have finished cooking, stir in the banana, honey, brown sugar, and ground cinnamon. Serve with additional milk if desired.

PRO TIP

Add nuts or seeds for healthy fats and an extra crunch.



SAVOURY OAT PANCAKES



INGREDIENTS

- 1 cup oats
- ½ cup whole wheat flour
- 1 cup milk
- 1 egg
- ¼ cup cheese, grated
- ¼ cup vegetables (bell peppers, onion, spinach), diced
- ½ tsp baking powder
- Salt and pepper to taste
- Cooking oil or butter

DIRECTIONS

1. In a blender, pulse the oats until they form a fine flour-like consistency.
2. In a mixing bowl, combine the blended oats, whole wheat flour, baking powder, salt and pepper.
3. In a separate bowl, beat the eggs and milk together, then pour into the mixing bowl with the dry ingredients. Stir well until combined.
4. Add the grated cheese and diced vegetables to the batter. Mix gently until evenly distributed.
5. Heat a non-stick pan over medium heat and lightly grease with oil or butter.
6. Pour a ladleful of batter onto the pan and spread it into a circle using the back of the ladle.
7. Cook for 2-3 minutes on one side until bubbles form on the surface, then flip and cook for another 1-2 minutes until golden brown.
8. Repeat the process with the remaining batter, greasing the pan as needed.
9. Serve warm with your favourite toppings or dipping sauce.

10 min ⌚

1 serving 🍴

Vegetarian 🌱

APPLE PIE OVERNIGHT OATS



INGREDIENTS

- ½ large apple, chopped
- 3 tsp maple syrup
- Pinch of cinnamon
- ½ cup quick oats
- 2/3 cup milk
- ¼ cup plain Greek yogurt
- ½ tsp vanilla extract
- ½ tsp apple pie spice

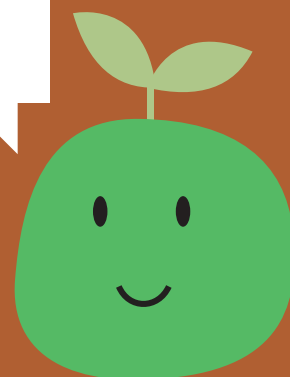
PRO TIP

Swap the milk for any non-dairy alternative.

Add additional flavours and textures like walnuts, peanut butter, chia seeds and almonds.

DIRECTIONS

1. Add the chopped apple, 1 tsp maple syrup, and a pinch of cinnamon to a small bowl and stir. Heat in the microwave for 30-60 seconds to soften the apples.
2. In a small bowl or cup with a lid, add the oats, milk, yogurt, 2 tsp maple syrup, and apple pie spice. Add the warm apples to the mixture and stir to combine.
3. Cover and refrigerate for at least 45-60 minutes (or overnight).
4. When you are ready, remove from the fridge and enjoy!



10 min ⌚

1 serving 🍴

Gluten-Free 🌾

QUICK PROTEIN PANCAKES

INGREDIENTS

- 1 scoop protein powder
- 1 egg
- 2 tbsp gluten free flour
- ½ tbsp water
- Pinch of salt

DIRECTIONS

1. Add the protein powder and salt to a bowl.
2. Add the water and mix thoroughly with a fork or whisk to try to remove any lumps.
3. Add in the egg and whisk until combined.
4. Preheat a pan on medium heat and add your cooking oil of choice.
5. Add roughly ¼ cup of batter per pancake and cook on one side until bubbles form. Flip and cook the other side until lightly browned.
6. Serve with syrup or your topping of choice.

MORNING SNACK



Blueberry, Coconut & Peanut Butter
Smoothie • Chocolate Peanut Butter Energy
Balls • No Bake Toasted Oat Granola Bars •
Fruit Salad • Apple Sandwiches •

24

5 min ⌚
1 serving 🍴
Vegan 🌱

BLUEBERRY, COCONUT & PEANUT BUTTER SMOOTHIE

INGREDIENTS

- ½ cup coconut milk
- ½ cup cold water
- 1 tbsp natural peanut butter or WOW butter
- 1 cup frozen blueberries

DIRECTIONS

1. Put all ingredients into a blender and blend until smooth.
2. Enjoy immediately!

10 min ⌚

12 balls 🍴

Vegetarian 🌱

CHOCOLATE PEANUT BUTTER ENERGY BALLS



INGREDIENTS

- $\frac{2}{3}$ cup natural peanut butter or WOW butter
- $\frac{1}{2}$ cup dark chocolate chips
- 1 cup quick oats
- $\frac{1}{2}$ cup flax seeds, ground
- 2 tbsp honey (or other sweetener)

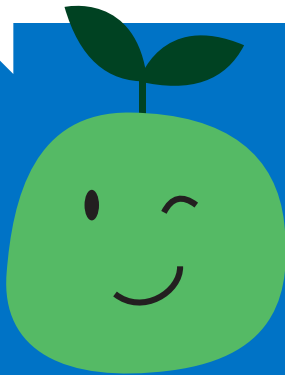
DIRECTIONS

1. Mix all ingredients together in a bowl.
2. Once evenly combined, refrigerate for 15-30 minutes.
3. Remove from the fridge and roll into 12 bite-sized balls.
4. Enjoy immediately, store in the fridge for up to a week, or freeze for a later date!

NO BAKE TOASTED OAT GRANOLA BARS

PRO TIP

Try sprinkling 2 tbsp chopped dried cranberries or apricots on top of granola bars and press gently into the top before refrigerating.



DIRECTIONS

1. In a large nonstick pan, toast the oats and almonds (if using) over medium heat, stirring often for about 8 minutes or until light golden and fragrant.
2. Pour into a large bowl and let cool slightly.
3. Stir in the bran flakes.
4. In a food processor or blender, pulse the dates until finely chopped.
5. In a small saucepan, heat together the honey and almond butter over medium-low heat until melted and smooth.
6. Add the dates and stir to combine.
7. Pour into the oat mixture and stir together until the dates are distributed evenly throughout and the oats are coated well.
8. Press the mixture into a 9-inch parchment paper-lined baking pan and press to flatten evenly.
9. Cover and refrigerate for at least an hour or until firm.
10. Cut into bars and wrap individually with plastic wrap and store in the refrigerator for up to 1 week.

INGREDIENTS

- 1 ½ cups large flake oats
- ½ cup chopped almonds (optional)
- 1 cup bran flakes
- 1 cup Medjool dates, pitted (about 12 dates)
- ¼ cup liquid honey
- ¼ cup natural almond or peanut butter or non-nut alternative

15 min ⌚

8 servings 🍴

Vegan 🌱

Gluten-Free 🌾

FRUIT SALAD



INGREDIENTS

- 2 apples, cored and chopped
- 2 oranges, peeled and chopped
- ½ cantaloupe, seeded and chopped
- 2 pears, cored and chopped
- 2 tbsp lime juice (roughly 1 lime)

DIRECTIONS

1. Add the apples, oranges, cantaloupe, and pears to a bowl.
2. Squeeze lime juice over fruit.
3. Toss together and serve immediately or chill until ready to eat.

PRO TIP

Switch up the types of fruits you use by checking out what's in season and using those fruits.



APPLE SANDWICHES



INGREDIENTS

- ¼ cup natural almond, peanut butter or non-nut alternative
- 1/3 cup 0% plain Greek yogurt
- Sprinkle of cinnamon
- 2 apples, cored and thinly sliced horizontally
- Optional toppings: sliced almonds, dried fruits, unsweetened shredded coconut, seeds

DIRECTIONS

1. In a small bowl, combine the nut or non-nut butter with Greek yogurt and cinnamon.
2. Stir until combined.
3. On a clean cutting board, lay down the apple slices and spread about 2 tsp of the yogurt/nut butter mixture on each.
4. Add your toppings of choice and enjoy!

LUNCH



Chicken Salad • Classic Cold Cut Subs •
Spinach & Clementine Salad • Bean Salad •
Quinoa Tabouleh Salad • Summer Barley
Salad • Turkey & Bean Chili •

30

10 min ⌚

3 servings 🍴

Gluten-Free 🌾

CHICKEN SALAD



INGREDIENTS

- 12.5 ounce can of chunk chicken breast in water, drained
- 1 small onion, finely diced
- 2 celery stalks, diced
- ½ cup Greek yogurt
- ¼ cup mayonnaise
- ¼ tsp seasoned salt
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ⅛ tsp pepper

DIRECTIONS

1. Add all ingredients to a medium bowl and stir together.
2. Enjoy immediately or cover and refrigerate for up to 3 days.
3. Use this on top of salad greens, in a sandwich or pita, or spread on crackers.

CLASSIC COLD CUT SUBS



INGREDIENTS

- 1 sub bun
- 4 slices of tomato
- ½ onion, chopped
- Half a pepper cut into slices
- Half a cucumber cut into slices
- Mixed cold cuts (ham, turkey bologna) OR veggie burger patty
- 1 cup iceberg lettuce, shredded
- 2 slices of mozzarella
- ¼ cup of mayonnaise
- 2 tbsp vegetable oil
- 1 tbsp red wine vinegar
- 1/8 tsp dried oregano

DIRECTIONS

1. Cut the sub bun in half horizontally without cutting all the way through. Spread the bun with mayonnaise.
2. Add the cheese, followed by cold cuts (or veggie burger patty), tomato slices, sliced cucumbers, pepper slices, chopped onion, and shredded iceberg lettuce.
3. In a small bowl, whisk together oil, vinegar, and oregano to create a vinaigrette.
4. Drizzle the vinaigrette over the vegetables and cold cuts.
5. Enjoy!

SPINACH & CLEMENTINE SALAD



INGREDIENTS

- 3 clementines, peeled
- 2 tbsp onions, finely chopped
- ½ cup carrots, sliced
- 2 cups baby spinach
- 2 tbsp unsalted almonds, toasted
- 2 tbsp goat cheese
- 3 tbsp extra virgin olive oil
- 1 tbsp apple cider vinegar
- 2 tsp honey
- Pinch of salt
- Pinch of ground pepper

DIRECTIONS

1. In a large bowl, add the baby spinach and top with the peeled clementines, sliced carrots, toasted almonds, chopped onions, and goat cheese.
2. In a small bowl, whisk together the extra virgin olive oil, apple cider vinegar, honey, salt and pepper.
3. Drizzle the dressing over the salad.
4. Enjoy immediately!

⌚ 10 min

🍴 4 servings

🌱 Vegan

🌾 Gluten-Free

BEAN SALAD



INGREDIENTS

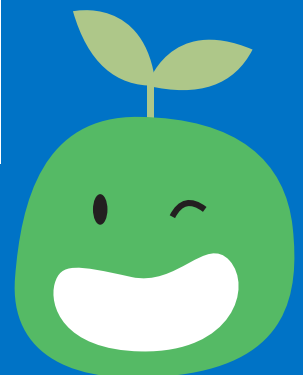
- 1 can cannellini beans, drained and rinsed
- 1 can kidney beans, drained and rinsed
- 1 can chickpeas, drained and rinsed
- ½ red onion, chopped
- 2 celery stalks, chopped
- ½ cup flat-leaf parsley, chopped
- 1/3 cup apple cider vinegar
- 2 tbsp sugar
- 3 tbsp olive oil
- 1 ½ tsp salt
- Pinch of pepper

DIRECTIONS

1. Mix the cannellini beans, kidney beans, chickpeas, onion, celery, and parsley together in a large bowl.
2. In a separate small bowl, whisk the vinegar, sugar, olive oil, salt, and pepper to create the dressing.
3. Pour over the bean mixture and stir to coat.
4. For maximum flavour, refrigerate for a few hours before serving.

PRO TIP

Reduce the sodium in your beans by close to half if you rinse and drain each can or buy no sodium added beans.



25 min ⌚

4 servings 🍴

Vegan 🌱

Gluten-Free 🌾

QUINOA TABOULEH SALAD



INGREDIENTS

- ½ cup uncooked quinoa
- 1 cup tomatoes, chopped
- 1 cup cucumber, chopped
- ½ bunch of green onion, chopped
- 1 cup parsley, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Cook the quinoa as per package instructions and let cool in the fridge.
2. Add the cooled quinoa, tomatoes, cucumber, green onion, and parsley to a bowl.
3. In a separate bowl, whisk together the olive oil, lemon juice, salt, and pepper to make a dressing.
4. Pour the dressing over the salad ingredients and toss to combine.
5. Enjoy immediately or store in the fridge for 4-5 days. You can eat this as a side dish or add some additional protein (chickpeas, salmon, chicken) to make it a full meal.

SUMMER BARLEY SALAD



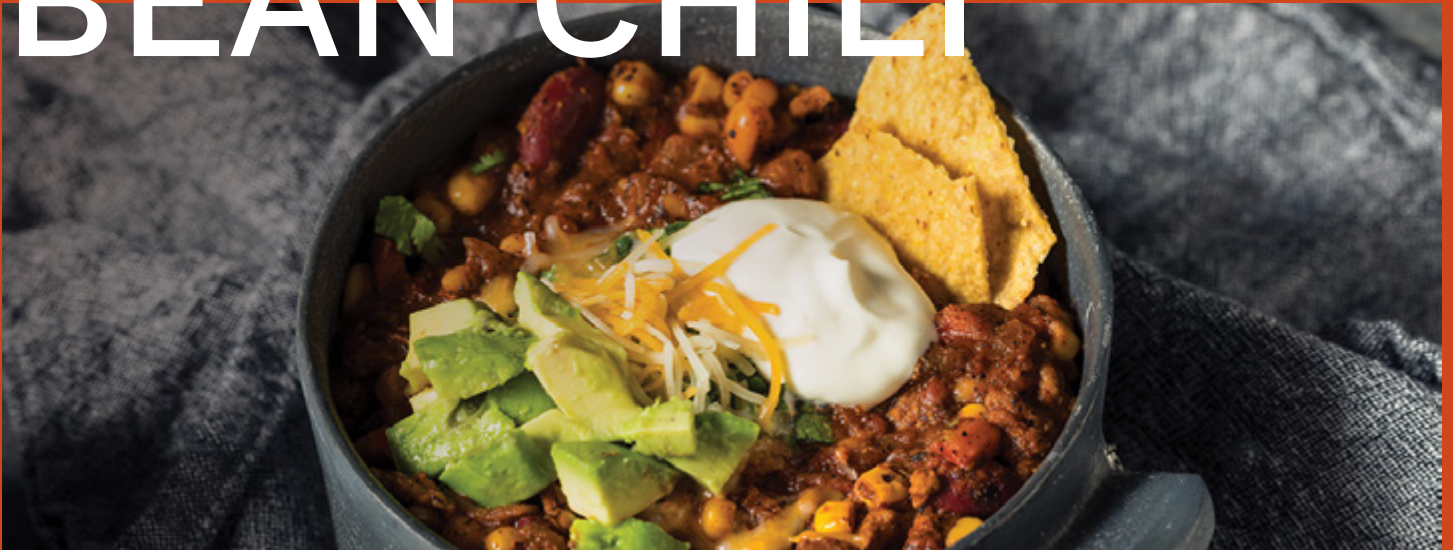
INGREDIENTS

- 1 cup uncooked pearl barley
- 1 cup canned chickpeas, drained and rinsed
- 1 cup canned pears, thinly sliced
- ½ cup sundried tomatoes, chopped
- ½ cup feta cheese, crumbled
- 1 cup spinach
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 2 tbsp Dijon mustard
- 1 tbsp honey
- Salt and pepper to taste

DIRECTIONS

1. Cook the barley as per package ingredients and let cool in the fridge.
2. Add the cooled barley, chickpeas, pears, sundried tomatoes, feta, and spinach to a bowl.
3. In a separate bowl, whisk the lemon juice, olive oil, Dijon mustard, honey, salt, and pepper together to make the dressing.
4. Pour the dressing over the salad ingredients. Toss salad and enjoy!

TURKEY & BEAN CHILI



INGREDIENTS

- 1 lb lean ground turkey
- 1 onion, finely chopped
- 1 clove garlic, minced
- ½ cup celery, chopped
- 1 can (28 oz) tomatoes
- 1 can (5 ½ oz) tomato paste
- 1 tbsp Worcestershire sauce
- 1 tbsp chili powder
- 1 tsp paprika
- 1 tsp cumin
- 1 can (19oz) red kidney beans

DIRECTIONS

1. Heat a large pan over medium-high heat.
2. Add the ground turkey, onion and garlic.
3. Break up the turkey with a spoon and cook until no longer pink (8-10 minutes).
4. Add the celery, tomatoes, tomato paste, Worcestershire sauce, chili paste, paprika and cumin.
5. Bring to a boil and then reduce heat and simmer for 20-25 minutes. Stir occasionally.
6. Add the kidney beans and continue cooking for another 5 minutes.
7. Enjoy!

AFTERNOON SNACK



Sruthy's Rice Flakes Mixture • Crispy
Roasted Chickpeas • Lightened-Up
Guacamole & Chips • Cauliflower &
Bean Dip • Creamy Hummus •

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RICE FLAKES MIXTURE



INGREDIENTS

- 3 tbsp cooking oil
- 5-6 cloves of garlic, crushed
- 2 dried red chilies (optional)
- ¼ cup peanuts
- 3 tbsp cashews (optional)
- 3 tbsp raisins (optional)
- ¼ cup roasted gram
- A few curry leaves
- ¼ tsp turmeric powder
- ½ tsp red chili powder
- ¼ tsp asafoetida powder
- 2 cups thin rice flakes
- 1 tsp salt
- 2 tsp sugar

DIRECTIONS

1. Roast the rice flakes in a pan on medium heat until they become aromatic and crispy.
2. Add oil to the pan, then the crushed garlic and dried red chili and stir for about 1 minute.
3. Add the peanuts and stir continuously until the peanuts are roasted. After that, add the cashews, raisins, roasted gram and cook for 5 minutes.
4. Add the curry leaves, turmeric, chili, asafoetida powder, and salt. Combine everything by stirring for 3 minutes.
5. Turn the temperature to low heat, add the rice flakes and sugar, and then stir. Let cook for 3-5 minutes. Do not overmix, as this will break down the rice flakes.
6. Remove from heat and enjoy!

25 min ⌚
3 servings 🍴
Vegan 🌱

CRISPY ROASTED CHICKPEAS



INGREDIENTS

- 1 can (19oz) chickpeas, drained and rinsed
- 2 tsp salt
- 2 tbsp olive oil

SPICE BLENDS

Turmeric Lime

- ½ tsp ginger
- 2 tsp turmeric
- Juice of 1 lime

Ranch

- ½ tsp dried thyme
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp pepper

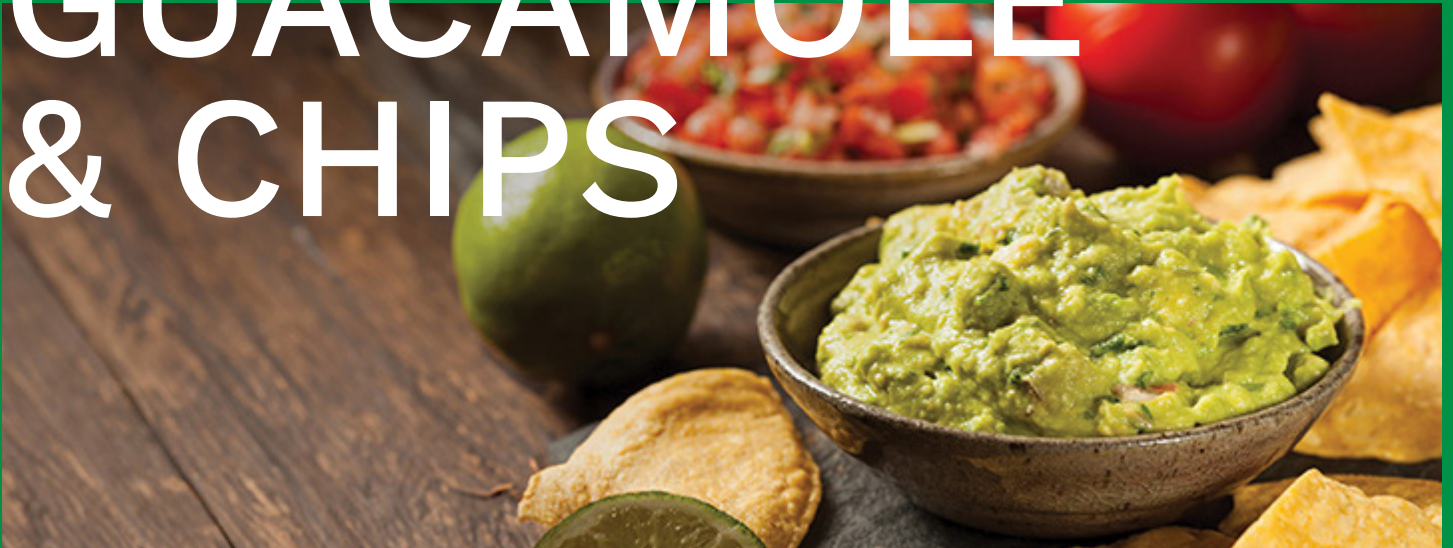
Spiced Maple

- 1 tsp paprika
- ¼ tsp cayenne
- 1 tsp chili powder
- 2 tbsp maple syrup

DIRECTIONS

1. Preheat oven to 450°F.
2. Place the chickpeas in a bowl. Add salt and olive oil. Stir to coat chickpeas.
3. Pour the chickpeas onto a baking tray and bake for 20 minutes (or until crispy), shaking the tray halfway through.
4. Remove from the oven. Boost the flavour with a spice blend and enjoy as a snack, salad topper, or in a wrap!

LIGHTENED-UP GUACAMOLE & CHIPS



INGREDIENTS

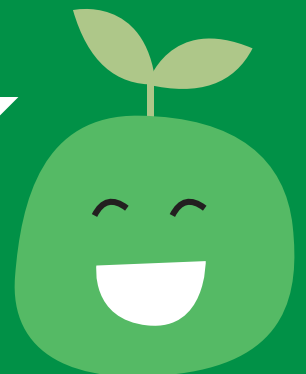
- 2 ripe avocados
- 1 tomato, chopped (optional)
- 1 clove garlic, minced
- ½ cup fat-free plain yogurt
- 1/3 cup tomato salsa
- 2 tbsp green onion, chopped (optional)
- 2 tsp freshly squeezed lemon juice
- 1 tsp ground cumin
- 2 tsp chili powder
- 8-10 multigrain or whole wheat tortillas

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large bowl, combine the avocados, tomato (if using), garlic, yogurt, salsa, green onion (if using), lemon juice, cumin, and chili powder.
3. In batches, place the tortillas directly on the middle rack of the oven and toast, turning once. Toast for 10-15 minutes or until golden brown and starting to brown.
4. Let cool on a wire rack, then break into pieces.
5. Serve guacamole in a dish, surrounded by toasted tortilla chips.

PRO TIP

If stored in an airtight container at room temperature, tortillas will keep for up to 2 weeks.



CAULIFLOWER & BEAN DIP



INGREDIENTS

- 1 head cauliflower, cut into smaller florets
- 2 tbsp olive oil
- 1 can (19oz) white kidney beans, drained and rinsed
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp lemon juice
- ½ cup water
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. In a large bowl, toss the cauliflower florets with 1 tbsp oil until well coated.
3. Spread the cauliflower on a non-stick baking sheet and roast for 45 minutes or until soft, turning over halfway to keep from burning. Let cool.
4. In a blender or food processor, blend the cauliflower, beans, garlic powder, lemon juice, water, remaining olive oil and salt. Mix until smooth.
5. Transfer to a serving bowl and serve with fresh veggies or your favourite crackers!

5 min ⌚
2 cups worth 🍴
Vegetarian 🌱

CREAMY HUMMUS



INGREDIENTS

- 1 can (19oz) chickpeas, drained and rinsed
- ½ cup tahini
- 1 tsp ground cumin
- ¼ cup vegetable broth
- ½ tsp grated lemon zest
- 1 tbsp lemon juice
- 2 tbsp water
- 1 clove garlic, minced

DIRECTIONS

1. In a food processor, combine the chickpeas, tahini, and cumin. Pulse until coarse.
2. Add the broth, lemon zest, lemon juice, and water. Pulse until smooth. Add more water as needed for a creamy texture. Stir in garlic.
3. Enjoy as a dip with your favourite veggies or as a spread on sandwiches or wraps!

DINNER



Dishaben's Khichdi • Dhru's Vegetable Biryani
• Vikrant's Sesame-Ginger Quinoa Stir-Fry •
Pesto Spinach Mac & Cheese • Mac & Cheese
Tuna Bake • Black Bean Burgers • Couscous
Pilaf • Lentil Bolognese • Nutrient-Dense
Ramen Noodles • Tuscan-Inspired Bean Pasta
• Shrimp Sushi Bowls with Cauliflower Rice •

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KHICHDI



INGREDIENTS

- ¾ cup basmati rice
- ¾ cup mung beans
- 1 onion, diced
- 2 chilies, chopped
- 1 tbsp ginger, grated
- 1 clove garlic, minced
- 5 cups water
- 1 ½ tsp salt
- 1 tbsp ghee
- 2 tsp cumin seeds
- ¼ tsp turmeric powder
- coriander leaves, chopped

DIRECTIONS

1. Rinse the rice and mung beans together until the water runs clear.
2. Soak them in water for 15-10 minutes, then drain.
3. Heat the ghee or oil in a pressure cooker. Add the cumin seeds and let them splutter.
4. Add the chopped onions and sauté until they turn golden brown.
5. Stir in the grated ginger, minced garlic, and green chilies.
6. Sauté for 1 minute.
7. Add the drained rice and mung beans to the pressure cooker.
8. Sprinkle with turmeric powder and salt and mix well.
9. Pour in the water and stir.
10. Close the lid of the pressure cooker and cook for 3 whistles on medium heat. If you don't have a pressure cooker, you can cook it in a pot until the rice and mung beans are soft and mushy.
11. Once the pressure is released, open the lid and gently mix the khichdi.
12. Garnish with fresh coriander leaves and serve hot with a dollop of ghee.

VEGETABLE BIRYANI



INGREDIENTS

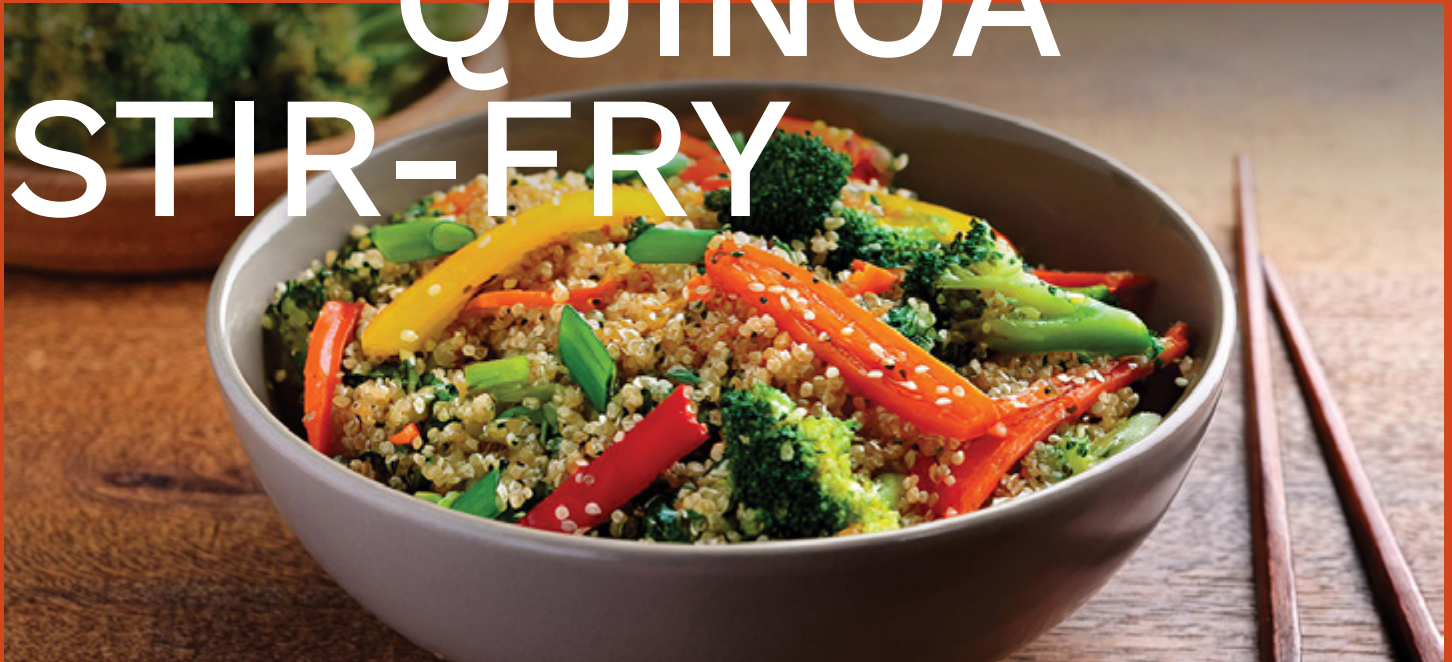
- 1 cup basmati rice
- 2 cups mixed vegetables (carrots, peas, potatoes, beans)
- 1 large onion, thinly sliced
- 2 tomatoes, chopped
- ½ cup plain yogurt
- ¼ cup mint leaves, chopped
- ¼ cup coriander leaves, chopped
- 2 tbsp ghee or oil
- 1 cinnamon stick
- 2-3 green cardamom pods
- 4-5 cloves
- 1 tsp cumin seeds
- 1 tsp ginger-garlic paste
- 1 tsp red chili powder
- ½ tsp turmeric powder
- ½ tsp garam masala
- Salt to taste
- 2 cups water



DIRECTIONS

1. Rinse the basmati rice thoroughly and soak in water for 30 minutes. Drain the water and set aside.
2. Heat the ghee or oil in a large pot. Add the cinnamon, cardamom, cloves, and cumin seeds. Sauté for 1 minute until they become aromatic.
3. Add the sliced onions and cook until golden brown.
4. Stir in the ginger-garlic paste and cook for another minute.
5. Add the chopped tomatoes, red chili powder, turmeric powder and salt. Cook until tomatoes are soft.
6. Add the mixed vegetables and cook for 5-7 minutes until they are partially cooked.
7. Mix in the yogurt, mint leaves, and half of the coriander leaves. Cook for 2-3 minutes.
8. In a separate pot, bring 2 cups of water to a boil. Add the soaked and drained rice. Cook until rice is 70-80% cooked. Drain the excess water.
9. Layer the partially cooked rice over the vegetable mixture in the pot. Sprinkle with garam masala, and the remaining coriander leaves on top.
10. Cover the pot with a tight-fitting lid and cook on low heat for 15-20 minutes, allowing the flavours to meld and the rice to cook completely.
11. Once done, gently fluff with a fork. Serve hot with raita or yogurt on the side.

SESAME GINGER QUINOA STIR-FRY



INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 2 tbsp olive oil
- 1 medium-sized onion, thinly sliced
- 2 bell peppers, thinly sliced
- 1 medium zucchini, diced
- 1 cup broccoli florets
- 2 carrots, julienned
- 3 cloves of garlic, minced
- 1 tbsp grated ginger
- ¼ cup low-sodium soy sauce
- 1 tbsp sesame oil
- 2 tbsp rice vinegar
- 1 tbsp honey or maple syrup
- 1 tsp red pepper flakes (optional)
- Salt and pepper to taste
- 2 green onions, chopped (for garnish)
- Sesame seeds (for garnish)



DIRECTIONS

1. Rinse 1 cup of quinoa under cold water. Combine the quinoa with 2 cups of water in a medium saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes or until the quinoa has cooked and all the water is absorbed. Fluff with a fork and set aside.
2. Heat 1 tbsp olive oil in a large skillet or wok over medium-high heat.
3. Add the onion, bell pepper, zucchini, broccoli, and carrots to the pan. Stir-fry for 5-7 minutes or until the vegetables are tender-crisp.
4. Add the garlic and ginger and stir for an additional 1-2 minutes.
5. In a small bowl, whisk together the soy sauce, sesame oil, rice vinegar, honey (or maple syrup) and red pepper flakes.
6. Push the vegetables to one side of the skillet and add the remaining oil to the pan. Add the cooked quinoa to the skillet and pour the sauce over the quinoa and vegetables.
7. Stir everything together, ensuring quinoa and vegetables are well coated.
8. Cook for an additional 3-5 minutes.
9. Season with salt and pepper to taste.
10. Garnish with chopped green onions and sesame seeds, and enjoy!

PESTO SPINACH MAC & CHEESE



INGREDIENTS

- ½ pound frozen spinach
- 2 cups macaroni pasta, uncooked
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 2 cups whole milk
- ½ cup parmesan cheese, grated
- ¼ cup basil pesto
- Pinch of salt & pepper

DIRECTIONS

1. Thaw the spinach, squeeze out the excess water, and set aside.
2. Cook the macaroni pasta as per package instructions.
3. While the pasta is boiling, prepare the sauce by adding the butter and flour to a small saucepan and stir constantly over medium heat. You'll know it's ready when a paste forms and starts to bubble. At this point, stir for 1 more minute.
4. Whisk the milk into the butter and flour paste until the sauce simmers and begins to thicken. Remove from heat.
5. Add the parmesan cheese and pesto to the sauce and whisk until smooth.
6. Season with a pinch of salt and pepper.
7. Add the thawed spinach and sauce to the cooked and drained pasta and stir until well combined. Enjoy immediately!

30 min ⌚

3 servings 🍴

MAC & CHEESE TUNA BAKE



INGREDIENTS

- 1 box mac & cheese
- ½ cup milk
- 2 tbsp butter
- 1 can (14oz) vegetables (choose your favourite!)
- 1 can tuna, drained and flaked
- 1 cup cheddar cheese, shredded
- ½ cup Ritz crackers, crushed

DIRECTIONS

1. Preheat oven to 375°F.
2. Prepare mac & cheese as directed on the package.
3. Add the vegetables, tuna, and cheese to the prepared mac & cheese. Spoon into a greased baking dish.
4. Toss the cracker crumbs with 1 tbsp melted butter. Sprinkle on top of the mac & cheese.
5. Bake for 20 minutes.
6. Enjoy!

20 min ⌚
6 servings 🍴
Vegan 🌱

BLACK BEAN BURGERS



INGREDIENTS

- 1 tbsp olive oil or canola oil
- 1 red onion, chopped
- 2 garlic cloves, minced
- 1 large carrot, grated
- ½ green pepper, chopped
- ½ tsp chili powder
- 2 cans (19oz) black beans, drained and rinsed
- 1 tbsp soy sauce
- ½ cup quick oats
- Pinch of salt and pepper

DIRECTIONS

1. Heat oil in a pan over medium heat, add the onion and garlic, and sauté for about 3 minutes. Add the carrot, green pepper, and chili powder and sauté until vegetables are tender.
2. In a large bowl, add the vegetable mixture, black beans, soy sauce, oats, and a pinch of salt and pepper. Mash together well.
3. Using your hands, form the mixture into 6 evenly sized burger patties.
4. Cook the patties on a greased pan over medium heat until heated all the way through.
5. Load your burger up with all your favourite toppings, and don't be afraid to pile on the veggies!

20 min ⌚

4 servings 🍴

Vegetarian 🥕

COUSCOUS PILAF



INGREDIENTS

- 2 tbsp olive oil
- 1 clove garlic, minced
- ½ cup onion, chopped
- ½ cup red bell pepper, chopped
- 1 cup low-sodium chicken or vegetable broth
- 1 cup couscous, uncooked
- Salt & pepper to taste

DIRECTIONS

1. In a pan, heat the olive oil over medium heat. Add the garlic, onion, and red pepper, and sauté for 5 minutes.
2. In a separate pot, bring the broth to a boil and stir in the couscous. Remove the pot with the couscous from the heat. Cover and let sit for 5 minutes.
3. Fluff the couscous with a fork. Mix in the garlic, onions, and peppers. Add salt & pepper to taste.
4. Serve and enjoy!

LENTIL BOLOGNESE



INGREDIENTS

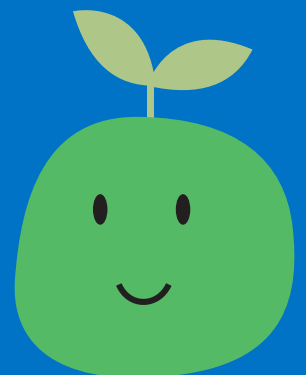
- 1 tbsp olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery stalk, chopped
- 3 garlic cloves, minced
- 2 tbsp Italian seasoning
- $\frac{3}{4}$ cup dry green lentils
- 1 can (28oz) crushed tomatoes
- 1 $\frac{1}{2}$ cups water
- 1 tsp salt

DIRECTIONS

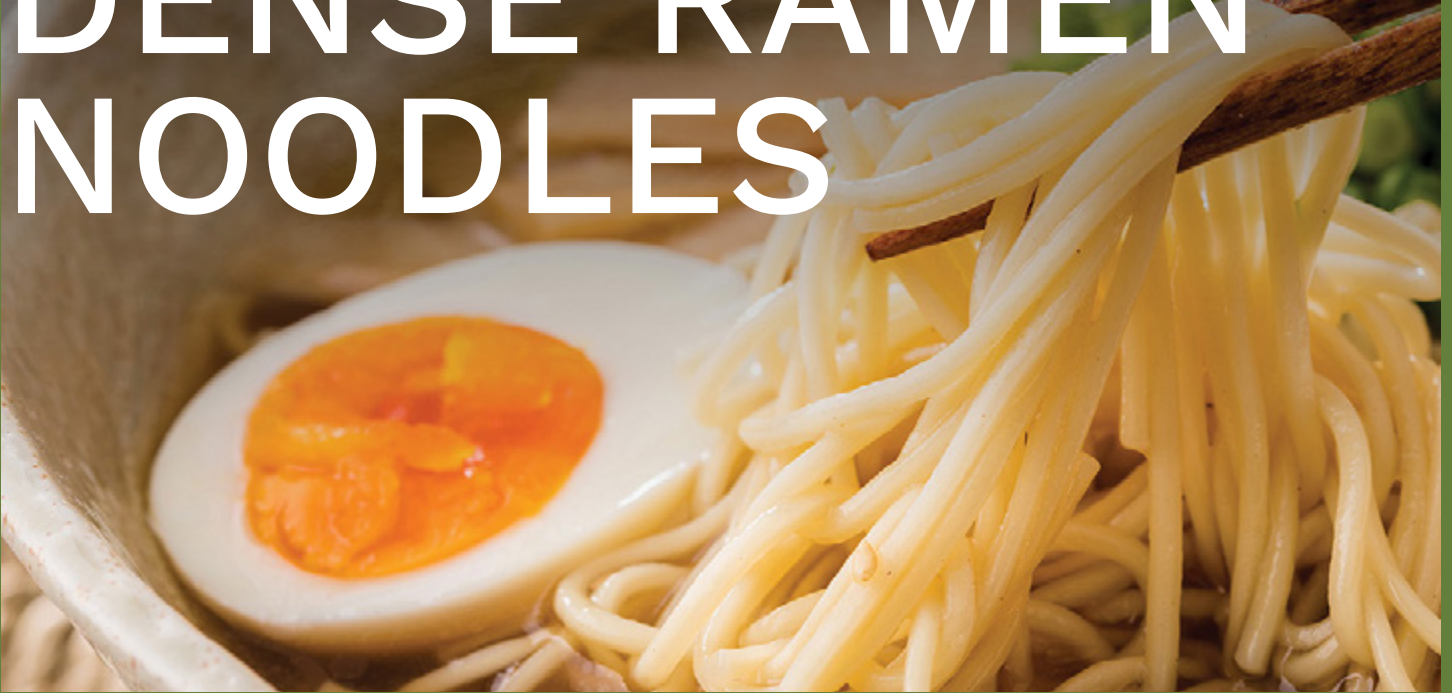
1. In a large pot, heat the olive oil over medium heat and then sauté the onion, carrot, and celery until tender.
2. Stir in the garlic and Italian seasoning, then add lentils, crushed tomatoes, water and salt.
3. Bring to a boil. Once boiling, lower the heat and simmer uncovered until the lentils are tender or can be easily mashed to the side with a fork (this will take 40-45 minutes). Remember to stir occasionally.
4. Finally, serve warm over your favourite pasta.

PRO TIP

Whole grain is recommended for more fibre!



NUTRIENT-DENSE RAMEN NOODLES



INGREDIENTS

- 1 large egg
- ½ cup frozen broccoli
- ½ cup frozen shelled edamame
- 1 single serving package ramen noodles
- ¼ cup carrots, shredded
- 1 tbsp green onions, chopped
- 1 tbsp green onions, chopped
- 1 tbsp hemp hearts

DIRECTIONS

1. Boil the egg to your desired doneness (soft-boiled recommended). Cool, peel, and set aside.
2. Add the frozen broccoli and shelled edamame to a bowl with 2 tbsp water. Cover and microwave for about 2 minutes or until hot.
3. Cook the ramen noodles as per package instructions. Stir in the broccoli and edamame. Top with the shredded carrots, boiled egg (sliced in half), green onions and hemp hearts.

TUSCAN-INSPIRED BEAN PASTA



INGREDIENTS

- 1 can cannellini beans, drained and rinsed
- 2 cups rigatoni pasta
- 1 lemon, zested and juiced
- 1 ¼ cups baby tomatoes
- 2 cloves garlic, minced
- 2 cups baby spinach, chopped
- ¼ cup parmesan cheese, shredded basil leaves
- 1 leek stalk, peeled and sliced
- ½ cup sundried tomato pesto
- 1 tbsp butter
- 1 tbsp oil
- Salt & pepper to taste

PRO TIP

For a kick, sprinkle chili flakes over the dish.

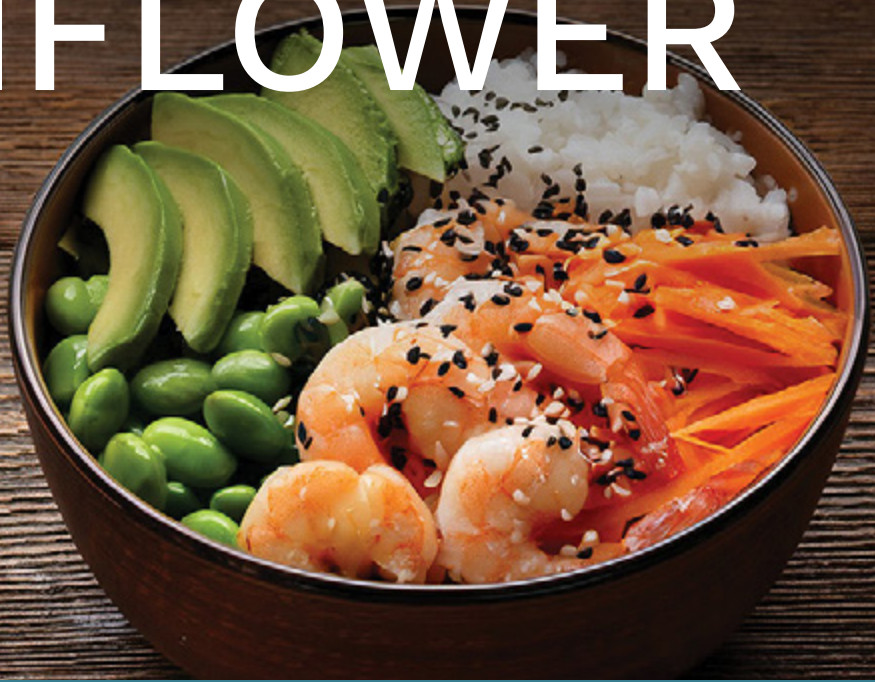




DIRECTIONS

1. Preheat oven to 450°F.
2. Fill up a pot with water and salt well. Cover and bring to a boil over high heat.
3. Add the tomatoes, ¼ tsp lemon zest, and oil to a parchment-lined baking sheet. Season with salt & pepper and toss to coat.
4. Roast in the oven until the tomatoes burst, 12-15 minutes.
5. Once the water in the pot has boiled, add the rigatoni and cook based on package instructions. Reserve ½ cup pasta water, then drain noodles and set aside.
6. In a large non-stick pan, melt the butter over medium heat, then add the leeks, garlic, and ½ tsp lemon zest. Cook, stirring occasionally, for 5 minutes.
7. Remove pan from heat and add half the basil and ½ tbsp lemon juice. Season with salt and pepper, then stir to combine.
8. Add the reserved pasta water, beans, sundried tomato pesto, leek mixture, and spinach to the pot with the rigatoni. Toss until the spinach wilts and everything is coated, 1-2 minutes. Season with salt & pepper if needed.
9. Divide the pasta between plates. Top with roasted tomatoes.
10. Sprinkle the parmesan and remaining basil leaved over top.

SHRIMP SUSHI BOWLS WITH CAULIFLOWER RICE



INGREDIENTS

- 3 tbsp seasoned rice vinegar
- 2 tbsp olive/avocado oil
- 1 bag cauliflower rice or substitute 1 cup cooked rice
- 8 oz shrimp, deveined and tails removed
- 1 avocado, thinly sliced or chopped into cubes
- ½ cup cucumber, sliced
- ½ cup carrots, shredded
- ½ cup edamame, shelled
- Salt and pepper to taste
- 2 green onions, sliced for topping
- Sesame seeds for garnish

SPICY MAYONNAISE

If making your own

- 4 tbsp mayonnaise
- 2 tbsp sriracha
- 1 tbsp lemon juice
- Salt, to taste



DIRECTIONS

1. Pat the shrimp dry and season with salt and pepper. Set aside.
2. Heat a skillet over medium-high heat and add 1 tbsp olive or avocado oil, then the cauliflower rice. Allow to cook for 5-7 minutes (or until cauliflower is tender), stirring occasionally. Add the cauliflower rice to bowls and toss with rice vinegar.
3. Add the other tbsp of oil to the pan at medium heat. Add the shrimp in a single layer and cook for 1-2 minutes per side or until they're cooked through.
4. Arrange your bowls, top the cauliflower rice with shrimp, then arrange your avocado slices, cucumber, carrots and edamame.
5. Combine your mayonnaise, sriracha, lemon juice, salt, and whisk together. Drizzle your spicy mayo over your sushi bowls.
6. Top with sesame seeds and sliced green onion. Serve immediately and enjoy!

DESSERTS



Peach Crisp • Banana Bread • Lois, Elder in
Residence's Scones & Berries • Peach Crisp
• Banana Bread • Elder in Residence, Lois,
Elder in Residence's Scones & Berries •
Peach Crisp • Banana Bread •

60

45 min ⌚

8 servings 🍴

Vegetarian 🌱

PEACH CRISP



INGREDIENTS

- 2 cans (14oz) sliced peaches, drained
- ½ cup whole grain flour
- ½ cup brown sugar
- ½ cup margarine or butter
- 1 cup quick oats
- 1 tsp cinnamon
- ¼ tsp salt

DIRECTIONS

1. Preheat oven to 350°F.
2. Evenly spread the canned peaches in an 8x8-inch baking dish.
3. In a large bowl, mix the flour, brown sugar, margarine or butter, oats, cinnamon and salt together until crumbly.
4. Sprinkle the mixture evenly over the peaches.
5. Bake for about 30 minutes or until golden brown on top. Let it cool, and enjoy!

BANANA BREAD



INGREDIENTS

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 2 ripe bananas
- 2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp lemon juice
- 1 cup milk
- ½ cup chocolate chip cookies, dried cranberries or walnuts (optional)

DIRECTIONS

1. Preheat the oven to 350°F and grease a loaf pan and set aside.
2. Add the lemon juice to the milk and let sit.
3. Cream the butter and sugar together.
4. Add the eggs and beat well.
5. Mix in the banana.
6. In a separate bowl, mix the flour, baking soda and salt.
7. Alternate adding the milk and dry mixture to the wet ingredients. It will be lumpy!
8. Gently stir in ½ cup of chocolate chips, dried cranberries or walnuts if using.
9. Pour the mixture into the loaf pan and place in the oven for 1 hour or until a toothpick placed down the centre comes out clean (no crumbs stuck to the toothpick).
10. Let cool for a few minutes and then place on a wire rack to completely cool.
11. Enjoy!

SCONES & BERRIES



INGREDIENTS

Scones

- 1 cup flour
- 1½ tsp baking powder
- ¼ tsp salt
- ½ cup milk
- 2 cups lard or oil

Berry Sauce

- 5 cups of berries (frozen or fresh)
- 1 cup honey
- 1 orange, juiced (optional)
- Pinch of cinnamon (optional)
- 1 tbsp cornstarch (optional)
- ¼ cup water (optional)

DIRECTIONS

Scones

1. Combine the flour, baking powder, salt and milk until it forms a dough ball.
2. Roll out the mixture to a ¾ inch thickness.
3. Cut the dough out into circles using a cookie cutter or a glass.
4. Heat the oil or lard on medium-high heat and fry the dough for 1-2 minutes per side or until golden brown.

Berry Sauce

1. Combine all ingredients in a saucepan and cook on medium-low heat for 8-10 minutes.
2. Heat stirring until the mixture reaches your desired thickness.
3. To thicken the mixture, add the cornstarch and water.

Serve the scones with the berry sauce drizzled overtop and enjoy!

RESOURCES

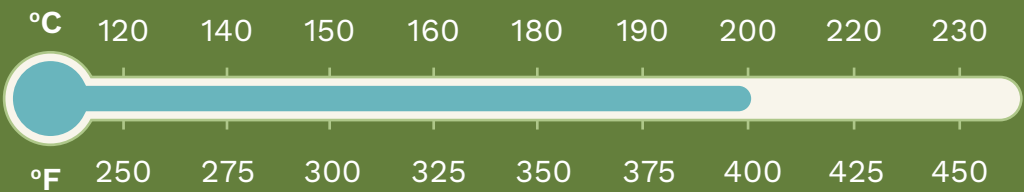


Conversion Charts & Abbreviations •
Student Health & Wellness • Food
Security at Conestoga • SNAP & Other
Conestoga College Resources •

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METRIC CONVERSION CHART

fl. oz	oz	tsp	tbsp	cup	g	mL	lb	pt	qt
½	½	3	1	⅙	15	15	-	-	-
1	1	6	2	⅛	30	30	-	-	-
2	2	12	4	¼	60	60	-	-	-
2 ⅔	2 ⅔	16	5 ½	⅓	80	80	-	-	-
4	4	24	8	½	120	120	¼	-	-
6	6	36	12	¾	180	180	-	-	-
8	oz	48	16	1	240	240	½	½	¼
12	12	72	24	1 ½	340	340	¾	¾	½
16	16	96	32	2	455	455	1	1	½
32	32	192	64	4	910	910	2	2	1



MEASUREMENT ABBREVIATIONS					
tbsp	tablespoon	c	cup	lb	pound
tsp	teaspoon	qt	quart	mL	millilitre
oz	ounce	pt	pint	g	gram
fl. oz	fluid ounce	gal	gallon	kg	kilogram
				L	litre

STUDENT HEALTH & WELLNESS

Physical and mental health can have a big impact on your college experience. Conestoga offers a variety of services to support your well-being!

MEDICAL CLINIC

Healthcare providers are here to help with:

- Diagnosis and treatment of medical conditions
- Sexual health care
- Mental health care
- Prescription medication
- Referrals to specialists
- And more!



COUNSELLING SERVICES

Counsellors are here to help work through issues affecting your mental health such as:

- Anxiety, depression and stress
- Relationship issues
- Transition challenges
- Referrals to other service areas
- Other mental health concerns



PEER WELLNESS SERVICES

We offer INFORMAL supportive listening and wellness activities to help support your mental wellness, encourage connection, and learn about resources available to you.

Conestoga's Peer Wellness Services are:

- Completely FREE
- Inclusive, engaging, and accessible for all!
- Drop-in based (meaning you don't have to book an appointment)
- Confidential and non-judgemental



For more information or to connect with these services, visit the [Student Success Portal](#).

FOOD SECURITY AT CONESTOGA

The Food Security Collective is a collaborative group at Conestoga working to develop a series of evidence-informed initiatives and recommendations that will support:

- Increasing access to sustainable and nutritious food options.
- Decreasing demand on community resources external to Conestoga College.
- Developing centralized communications for internal and external food supports.
- Building and maintaining meaningful collaborative partnerships.



Visit the
[Food Security at Conestoga SWAY document](#)
for more information and resources.

Additional Nutritional Support and Resources



SNAP (Student Nutrition Access Program)

The SNAP Emergency Food Fund is available for current Conestoga College students who are in need of emergency food assistance. It aims to provide access to nutritious food and meals for those experiencing or at risk of food insecurity.

Affordable Produce Program

Fresh and healthy discounted produce is available for purchase through on-campus markets. Students are encouraged to visit these markets for on-the-spot purchase, where they offered a \$5.00 discount on orders of \$10.00 or more.

Nourish & Go Program

This program provides students access to grab and go fruit and snacks at no additional cost. These options can be found in the CSI Service area of their respective campus' on a weekly basis.

Emergency Food Funding

The Nutritional Access Program is available to students who have found themselves in extreme financial distress. This program provides currently enrolled Conestoga Students access to Nutritional Programming. To discover all supports available to you, please complete the questionnaire.

Questionnaire are audited on a case by case basis and approval is not guaranteed.

Good Food and Gratitude

CSI works to bring students to the table for fun and unique free food experiences. Our Good Food & Gratitude series features themed dinners that include community building, entertainment, and food options that can support any dietary restrictions. This unique opportunity is a great way to get students to try new types of cuisine at zero cost to them.



CSI Health and Dental Plan

We have partnered with Studentcare to provide you with an extended health and dental coverage plan. The plan fills gaps in provincial healthcare plans or other basic healthcare programs. The Health and Dental Plan covers students for medical services including prescription medication, vision care and dental care.

CSI Wellness Programming

Conestoga Students Inc provides year-round wellness programming to provide knowledge and assistance around all things wellness related. The goal of this programming is to offer our students seminars, events, and hands-on opportunities to develop a well-rounded approach to health which would extend through all facets of life. Such wellness programming topics can include, but are not limited to:

- Nutritional Wellness
- Mental Wellness
- Financial Wellness

CSI Employment Opportunities

CSI has always been thrilled to be able to offer a variety of Part Time and Co-Op positions across our departments.

- CSI will only announce available roles through our official channels (Official CSI social media, our bi-weekly direct emails, the CSI app, www.conestogastudents.com, Indeed, etc).
- CSI only accepts applications through Bamboo HR, myCareer, or www.conestogastudents.com.
- At no point in the hiring process will we ask you to apply, interview, or reach out to us for more details through WhatsApp or any other messaging platform.
- CSI will never ask for a deposit or fee to apply or interview with us.

CSI Emergency Bursaries

Conestoga Students Inc offers emergency bursaries to students who require financial assistance. For more details, email csi@conestogac.on.ca

Student Financial Support Resources

Awards & Scholarships

To be eligible for awards, submit a General Awards Application through the Student Portal each term.

How to apply for awards:

1. Log in to the Student Portal
2. Select the Services tab
3. Select My Forms
4. Select the General Awards Application
5. Complete the information in each tab
6. Review your application and submit

For more information or any questions, please email:

awards@conestoga.on.ca

Conestoga College Work-Study Program

The Conestoga College Work-Study program provides on-campus, program-related employment to current students. Work-Study positions allow students the opportunity to help meet the costs of attending college, while providing a valuable work experience with flexible scheduling that work around class times.

To apply for Work-Study opportunities:

1. Log in to MyCareer
2. Click Job Postings
3. Click Search Job Posting
4. Under the Job Posting Information box, select On Campus (Work-Study Program only)

More info:

[Student Financial Services | Work Study](#)

Once you have found a position you are interested in, apply according to the posting.

Emergency Bursary

Available to students who are experiencing a financial crisis that could not have reasonably been budgeted for during the current study period.

Eligible examples include:

- sudden breakdown of mental, physical, sexual, and/or emotional abuse or drug or alcohol addiction
- emergency medical event or conditions
- fire, theft, or accident
- other extreme circumstances not foreseen by the student

Ineligible examples include:

- poor budgeting resulting in a financial shortfall for routine costs such as rent, transportation, food, etc.
- Regular medical expenses not covered by your health insurance (i.e. over-the-counter medications, replacement glasses or contacts, etc.)

Available to both domestic and international students. Students must contact the Awards Office and will be provided with the application:

awards@conestoga.on.ca



CONESTOGA
Connect Life and Learning

STUDENT SUCCESS

Health & Wellness