



HALF YOUR PLATE  
**AMBASSADOR  
COOKBOOK**



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# SO WHAT IS HALF YOUR PLATE?

Half Your Plate is a healthy living initiative whose goal is to get Canadians of all ages to eat more fruits and veggies! A simple message, Half Your Plate is meant to be fun, practical and informative while providing tips on how to prepare fruits and veggies using different colours, flavours and textures. The recipes section of [www.halfyourplate.ca](http://www.halfyourplate.ca) has tons of ideas on how to incorporate fruits and veggies into every meal!

This cookbook is packed with easy campus-friendly breakfast, lunch, dinner, and snack recipes created by our amazing on-Campus University Ambassadors. These students have taken up the Half Your Plate mandate and are encouraging their peers to add more fruits and veggies to their meals. Interested in becoming a University Ambassador? Visit [www.halfyourplate.ca/ambassador-program](http://www.halfyourplate.ca/ambassador-program) for all the details!

## THANK YOU TO OUR STUDENT CONTRIBUTORS:

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This on-the-go oatmeal requires no cooking time, is prepared in advance, and is portable. All you need to do is grab a jar or other reusable container and follow this simple ratio. Mix equal parts rolled oats and milk of choice and 1 tsp of chia seeds, then cover and let sit in the fridge overnight.

SERVES 1 | PREP TIME: 5 MINUTES | PASSIVE TIME: 8-12 HRS

### INGREDIENTS

- 1/3 cup rolled oats
- 1/3 cup of milk of choice (almond, dairy, soy etc.)
- 1 tsp. chia seeds
- 1/4 tsp. cinnamon
- 1/8 tsp. vanilla extract
- 1/2-1 cup of fruit
- 1 tbsp. chopped nuts, seeds, coconut for topping (optional)

### DIRECTIONS

1. In an 8-16 oz jar/container with a lid, whisk together the oats, chia seeds, and cinnamon.
2. Add the almond milk and vanilla and stir to combine. Cover the container and place in the fridge overnight.
3. Top oat mixture with fruit and nuts/seeds.

#### DON'T FORGET BREAKFAST!

*A lot of people are not hungry first thing in the morning, but you can pack this with you in your bag and have it on the bus on your way to school or in class.*



**Recipe by Laura Jeha**  
Student at Acadia University



This recipe can be eaten as a healthy breakfast, snack or dessert.

SERVES 1 | TIME: 5 MINUTES

#### INGREDIENTS

- 3/4 cup 1% or 2% plain Greek yogurt
- 1/4 cup diced pineapple
- 1/4 cup diced mango
- 1/4 cup cooked whole grain (brown) rice
- 1/8 cup toasted shredded coconut
- 2 tsp honey
- 1 pinch salt

#### DIRECTIONS

1. Mix the rice with 1 tsp of the honey and salt then place it at the bottom of a clear mason jar or short glass.
2. Divide the Greek yogurt into three roughly equal portions and add one of them to the jar on top of the rice.
3. Add the diced pineapple on top of the yogurt and then top with another layer of yogurt.
4. Place the diced mango on top as another layer before placing the rest of the yogurt on top.
5. Top the yogurt with the toasted coconut and drizzle with the remaining honey.

**IF YOU GRAB A WHOLE PINEAPPLE** be sure to turn it upside down a couple hours before slicing so that the sweet juices flow through the entire fruit.



**Recipe by Hana Baig**

*Student at the University of Guelph*



This chickpea salad is easy, healthy, filling, and requires no cooking at all!

SERVES 41 | TIME: 10 MINUTES

### INGREDIENTS

#### Salad

- 1 can chickpeas
- 1/2 cup cherry tomatoes
- 1/2 cup red bell pepper
- 1/2 cup carrot, julienned
- 1/2 cucumber
- 1/2 avocado
- Salt and pepper to taste
- 2 tbsp. hemp seeds (Optional)

#### Dressing

- 2 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1-2 tsp. Dijon mustard

### DIRECTIONS

1. Drain and rinse the chickpeas under cold water. Pour into bowl. If desired, season with pepper and salt.
2. Whisk the olive oil, lemon juice, and Dijon mustard together and drizzle over chickpeas.
3. Dice the red bell pepper, cherry tomatoes, cucumber, and avocado. Julienne the carrot. Add to bowl and mix together.
4. Sprinkle the hemp seeds on top of the salad for an extra source of protein, healthy fats, fibre, and crunch!
5. ENJOY!

**DON'T KNOW WHAT TO DO WITH THE REST OF THAT AVOCADO?** *Serve it on toast! A quick and easy breakfast, just slice and spread over hot toast and sprinkle with a bit of salt, pepper, and lemon juice.*



**Recipe by Kelly Chen**  
Student at Ryerson University



This pasta salad recipe is delicious and full of healthy veggies that are brimming with vitamins, antioxidants, and fibre. It also features baby clams, a versatile protein that is high in iron. Iron helps our brains function at their best, so here's an easy and delicious way to get lots of it this school year! This pasta can be served warm or cold, and stores well for up to 2 days in the refrigerator.

SERVES 4-5 | TIME: 15 MINUTES

### INGREDIENTS

- 3 cups whole wheat rotini or penne pasta (will make about 4 cups cooked)
- 2 cups broccoli florets, rinsed and chopped into bite sized pieces
- 2 cups baby kale, chopped
- 1 cup grape tomatoes, rinsed and sliced lengthwise into quarters
- 4 tbsp. sundried tomatoes, drained and sliced thinly
- 1/3 cup feta cheese, crumbled
- 1 small red onion, peeled and diced
- 3-4 medium garlic cloves, pressed or finely chopped
- 1/4 cup black olives, chopped (optional)
- 1/4 cup olive oil
- 1 can (142 g) baby clams, drained
- Black pepper to taste

### DIRECTIONS

1. Boil water in a medium pot and cook the pasta as per the directions on the box. Drain, mix in 1 tbsp. of olive oil, and set aside in large bowl.
2. In the same pot, add remaining olive oil and warm on medium low heat.
3. Add onion, broccoli, sundried tomatoes, and sauté for 3 minutes, until broccoli turns a bright green colour.
4. Add grape tomatoes, kale, baby clams, and sauté for another 2 minutes.
5. Add garlic, let it sauté for 30 seconds, and remove from heat.
6. Add contents to the pasta bowl and mix together.
7. Add feta, black olives, and black pepper. Serve warm or cold.



**Recipe by Pauline Bakowski**  
Student at Ryerson University

**WASH BROCCOLI WELL**, cut off the florets and trim the stem. Peel the stems for the best results, and slice them thinly so that they cook in the same amount of time as the florets. The leaves can also be cooked with the broccoli or saved for soups or stocks.



This hearty vegetarian meal is ready in under 10 minutes. Cook a double batch and have leftovers for tomorrow's lunch!

SERVES 1 | TIME: 10 MINUTES

### INGREDIENTS

- 1/4 package of firm tofu, sliced
- 1 tbsp. extra virgin olive oil
- 1/3 package of 3-minute chow mein noodles
- 1 cup of water
- 1/2 cup broccoli, cut into small florets
- 1/2 large carrots, grated
- 1/4 cup white mushrooms, diced
- 1/8 cup green onion, sliced
- soy sauce, to taste

### DIRECTIONS

1. Begin by placing tofu and olive oil in a medium pot over medium heat. Cook until tofu becomes slightly crispy, about 2 minutes on each side. Once cooked, remove tofu and place in a bowl.
2. Place the Chow Mein noodles and water in the same pot over high heat. Wash all vegetables and then cut the broccoli into florets and grate the carrot. Place both vegetables in the pot to soften.
3. When the pot begins to boil, reduce heat and set timer for three minutes. Slice the green onion and the mushrooms and place in the pot.
4. When the timer goes off, strain the pot of any excess water and place in the bowl that has the tofu. Serve with a dash of soy sauce and enjoy!

**DID YOU KNOW THERE ARE 7 VARIETIES OF CANADIAN MUSHROOMS?** *The most popular is the white button mushroom, which varies in size from small to jumbo and is white or off- white.*



**Recipe by Nicole Forget**  
Student at Ryerson University



You can purchase pre-cooked beets but the raw ones are more affordable and super easy to cook! This salad is great to pack and bring to class for a quick lunch. Toss some tuna in for added protein.

SERVES 2 | TIME: 30 MINUTES

### INGREDIENTS

- 4 medium beets
- 2 medium onions
- 1 large yellow bell pepper
- 1 medium fresh lemon
- 4 garlic cloves
- 1/2 cup extra-virgin olive oil
- 6 leaves of fresh mint
- 3 tbsp. red wine vinegar
- small amount of salt and pepper

### DIRECTIONS

1. Place beets into a pot and fill with water to cover. Bring to a boil and cook for 20 minutes. Drain, cool, peel, and cut into cubes.
2. Slice onions and bell pepper, and chop garlic and mint leaves while boiling the beets.
3. In a small bowl, whisk together the lemon juice, olive oil, red wine vinegar and olive oil to make the dressing.
4. Put all the ingredients into a large bowl, drizzle the dressing and mix well.

#### VISIT YOUR CAFETERIA SALAD BAR –

*The cafeteria salad bar can be either an asset or a detriment depending on how you choose from it. Of course, leafy greens, raw vegetables, and fresh fruits are beneficial.*



**Recipe by Shanshan Gao**  
Student at Ryerson University



University life equals ordering a not so healthy pizza on stressful nights that leaves you feeling sick. Pizza can be hard on the digestive system causing dehydration, fatigue, bloating and even more side effects for certain individuals. Here is an easy crust alternative that will help your digestion instead of harming it!

SERVES 2 | TIME: 20 MINUTES

#### BROCCOLI CRUST INGREDIENTS

- 1 cup chopped broccoli
- 1 egg
- 1/4 cup ground flax seeds
- 2 tbsp. chia seeds
- 1/2 tsp. salt

#### TOPPING

- 1/4 cup cherry tomatoes, halved
- 1 tbsp. Parmesan cheese
- 1/4 cup Goat cheese
- Pinch oregano
- Pinch Italian seasoning
- Salt and pepper to taste

#### DIRECTIONS

1. Add all ingredients to a blender or food processor, blend just until mixture is the same throughout and broccoli is broken down.
2. Smooth mixture out on a piece of parchment paper on top of a cookie sheet and bake for 10 minutes at 350°F.
3. Take crust out of the oven and add toppings.
4. Bake pizza again for about 5 minutes just until parmesan cheese is melted.



**Recipe by Jenessa Clark**  
Student at Ryerson University

**IF YOU HAVE TO CHOOSE FAST FOODS, CHOOSE WISELY.** Try ordering pizza with half the cheese and double the vegetables, order your sandwich on whole wheat bread and add lots of veggies, or grab a meal-sized salad.



En papillote simply means cooking in parchment. By creating a pocket, all the delicious juices are held inside which cooks your vegetables and fish until tender. This simple super-healthy dish is versatile, quick, and delicious. Simply substitute any vegetables you would like or have on hand.

SERVES 1 | TIME: 25 MINUTES

### INGREDIENTS

- 1 fillet of salmon (if you don't have salmon, you can use trout or substitute for other white fish as well)
- 3/4 cup Kale
- 1/2 zucchini
- 4-5 cherry tomatoes
- 1/2 lemon
- Olive oil
- Salt and pepper

### DIRECTIONS

1. Preheat oven to 400°F.
2. Lay a 12x12-in. sheet of parchment on the counter. If you do not have parchment paper, aluminum foil works as well.
3. Clean vegetables. Remove kale leaves from stem and discard.
4. Stack cleaned and sliced kale, zucchini, cherry tomatoes, or any other vegetable you like, in the middle of the parchment paper.
5. Lay a fish fillet in the middle of each piece of parchment. Season with salt and pepper, and any other herb seasoning you wish.
6. Top with either a knob of butter or a drizzle of olive oil.
7. Squeeze half a lemon over and slice remaining lemon to place on top.
8. Fold parchment in half over the fish. Double-fold around edges tightly in a half-moon shape, crimping packets well so steam doesn't escape.
9. Arrange packet on a baking sheet.
10. Bake 15 to 17 min. It is done when fish is easily flaked.



**Recipe by Diana Nguyen**  
Student at University of Alberta

**LIVING ON A TIGHT BUDGET?** Try looking through flyers for the best deals before grocery shopping – you may have to commute a bit but it can really be worth it! Also consider buying old or ugly produce – it is often cheaper and can make a great addition to soups or stews.



These are such an easy snack you'll wonder why you ever grabbed a bag of chips!

TIME: 8 MINUTES

#### INGREDIENTS

- 1/2 bunch of flat leaf kale, ribs trimmed & discarded
- 1 1/2 tsp. olive oil
- Dash of Sea salt to taste
- Hot sauce to taste (optional)
- Salt-free garlic powder to taste (optional)

#### DIRECTIONS

1. Wash kale and cut kale leaves into 2-inch pieces.
2. Arrange kale pieces on a microwave safe plate. Make sure the kale leaves do not overlap.
3. Drizzle olive oil over kale pieces. Sprinkle with sea salt.
4. Cook each plate of kale in microwave for 2 to 2 1/2 minutes.
5. Drizzle hot sauce or sprinkle garlic powder on top if desired!
6. Eat!

#### KEEP HEALTHY SNACKS NEARBY FOR THOSE LATE NIGHT STUDY SESSIONS!

Fresh or dried fruit can be stored easily and are packed with nutrients. If your dorm has a fridge, consider pre-cut veggies and hummus or yogurt dip from your local grocery store for a healthy treat!



**Recipe by Colleen Farrell**

Student at the University of Guelph

# Strawberry Basil Salsa



This salsa can be paired with fish, served with crackers or tortilla chips, or even replace other toppings in a wrap or sandwich. A great way to add colour to your plate!

SERVES 4 | TIME: 5 MINUTES

## INGREDIENTS

- 1 pint (about 2 cups) of strawberries
- 4 Italian tomatoes
- 1 Avocado
- 2 Green Onions
- 1 Lime
- 8 Sprigs of Chives
- 8 Fresh Basil Leaves
- 1 tbsp Olive Oil
- 1 tbsp Maple Syrup
- Salt and Pepper to taste

## DIRECTIONS

1. Dice the strawberries, tomatoes and avocados and put them in a big bowl.
2. Cut up the chives and basil into small pieces and add them to the bowl.
3. Squeeze the lime over the bowl, add olive oil and maple syrup.
4. Season to taste.

**THIS RECIPE WOULD ALSO WORK WELL WITH** peaches, pineapple, or any other seasonal fruit you desire!



**Recipe by Marie-Ève Caplette**  
Student at Université de Laval

## Sweet Potato Energy Balls



You can't taste ANY vegetables in these - a great recipe for those trying to increase their veggie intake!

SERVES 2 | PREP TIME: 15 MINUTES

### INGREDIENTS

- 1 medium sweet potato
- 1/2 cup + 2 tbsp oats
- 2 tbsp peanut butter
- 3 tbsp maple syrup
- 1 1/2 tbsp cocoa powder
- 3 tbsp chocolate chips

### DIRECTIONS

1. Puncture holes in the sweet potato. Microwave on high for 5-6 minutes.
2. In a large bowl, mash the sweet potato.
3. In a separate bowl, mix together peanut butter, maple syrup, and cocoa powder. When thoroughly mixed, fold in oats.
4. Add this mixture to the mashed sweet potato and mix well. Fold in chocolate chips.
5. Roll into 12 balls and chill.

\* **Tip:** Roll in cinnamon and cocoa powder or coconut for added flavour.

- Nuts or dates would work great in these too!

**STUCK ON SNACKS?** Try simple combos like an apple and cheddar, carrots and hummus, or almonds and grapes - the combination of produce and protein will keep you feeling fuller longer!



**Recipe by MacKenzie Harris**  
Student at the University of Guelph