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Student Recipe  
**COOKBOOK**

SARDP

# Introduction

Welcome to the Student Recipe Cookbook!

Thank you to all the students who generously shared their favourite healthy recipes, and who will continue to submit their delicious recipes! Your creativity, culture, and passion for good food make this collection truly awesome. We love seeing what nourishes you, and we're excited to keep growing this cookbook together.

If you'd like to add your own recipe or update a previous submission, simply scan the QR code below to contribute to our ever-evolving collection.

Enjoy exploring, cooking, and connecting through food!



[Submit your  
recipe here!](#)



# Hummus

## Ingredients

- 1 can of strained and rinsed chickpeas
- ¼ cup tahini
- 1 tbs fresh lemon juice
- 1 tsp minced garlic
- 2 tbsp olive oil
- Salt, pepper, and cumin to taste

## Instruction

1. Blend all ingredients in a food processor until smooth.



**Recipe Submitted By:**  
Alexis Williams

# Sweet Potato White Bean Dip

## Ingredients

- 2 peeled and chopped large sweet potatoes
- 1 can of drained and rinsed cannellini beans
- ¼ cup olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 tsp cumin
- 1 tsp paprika
- Salt & pepper to taste
- ¼ cup chopped cilantro
- 1 seeded and finely chopped jalapeno (optional)

## Instruction

1. Preheat your oven to 400°F.
2. Place the chopped sweet potatoes on a baking sheet, toss with 2 tablespoons of olive oil, and sprinkle with salt and pepper.
3. Roast for about 45 minutes, or until the sweet potatoes are tender when pierced with a fork.
4. While the sweet potatoes are roasting, heat the remaining 2 tablespoons of olive oil in a large skillet over medium heat.
5. Add the chopped onion and sauté for about 5 minutes, or until softened and translucent.
6. Add the minced garlic and cook for an additional minute, stirring constantly to prevent burning.
7. Once the sweet potatoes are done, let them cool slightly, then transfer them to a blender or food processor.
8. Add the cooked onion mixture, cannellini beans, ground cumin, smoked paprika, salt, and pepper.
9. Blend until smooth and creamy.
10. Taste and adjust the seasoning as needed.
11. If the dip needs a kick, add the chopped jalapeño pepper and blend until well combined.
12. Transfer the dip to a serving bowl and garnish with chopped fresh cilantro.

**Recipe Submitted By:**  
Candice Brown

# Pretzels & Cream Cheese Dip

## Ingredients

- Pretzels
- ½ block of cream cheese
- ½ tub of cottage cheese
- Desired seasonings

## Instruction

1. Mix the cream cheese and cottage cheese until smooth.
2. Add your desired seasonings , example: salt, pepper, garlic powder, herbs, etc.
3. Dip pretzels in the dip.

**Recipe Submitted By:**  
Roseline Lano



# Protein Yogurt

## Ingredients

- ½ cup Plain or vanilla greek yogurt
- ½ scoop of protein powder
- Honey to taste
- 1 banana

## Instruction

1. Mix yogurt and protein powder well. If it's too thick, add a splash of water.
2. Add honey to taste.
3. Top with sliced banana.

For recipe variations, change fruit, or greek yogurt and protein powder flavor.



**Recipe Submitted By:**  
Ashlyn Ord

# Protein Bagel

## Ingredients

- $\frac{3}{4}$  cup flour
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  cup plain greek yogurt
- A pinch of salt

## Instruction

1. Preheat oven at 350 F.
2. Mix flour and greek yogurt.
3. Add baking powder and salt and mix.  
Note: It'll be a bit clumpy!
4. Bake for 25-30 minutes, or until golden brown.
5. Let cool for 15 minutes.



**Recipe Submitted By:**  
Lily Alexander

# Overnight Oats

## Ingredients

- $\frac{1}{3}$  cup of your milk of choice
- $\frac{1}{4}$  cup of yogurt
- $\frac{1}{4}$  cup of rolled oats
- 2 tsp honey
- 2 tsp chia seed
- $\frac{1}{4}$  tsp cinnamon

## Instruction

1. Combine all ingredients and top with your favorite fruit, nuts, or nut butters.
2. Chill overnight.

**Recipe Submitted By:**  
Prabhnoor Kaur



# Granola Bars

## Ingredients

- 1 ½ cups of rolled oats
- 1 ½ cup of rice crispys
- ½ cup of honey
- ½ cup peanut butter
- ⅔ cups of chocolate chips

## Instruction

1. Combine rolled oats, rice crispys, honey, and peanut butter.
2. Melt chocolate chips in the microwave or on the stove.
3. Add the oat mixture to a baking sheet.
4. Pour melted chocolate on top.
5. Let sit until the chocolate hardens.
6. Cut into bars and enjoy!



**Recipe Submitted By:**  
Bridget Anderson

# Chia Seed Fruit Salad

## Ingredients

- 1 apple
- 1 kiwi
- Handful of grapes
- 1 tbsp of greek yogurt
- 2 tbs chia seeds
- ½ milk of your choice

## Instruction

1. Cut fruit to your preferred size and set aside.
2. In a separate bowl, mix chia seeds, milk, and greek yogurt.
3. Chill overnight or a minimum of 2 hours.
4. Once chilled, top with your fresh fruit.

For recipe variations, change fruit, milk type, or add protein powder.



**Recipe Submitted By:**  
Ann Mariya Abraham

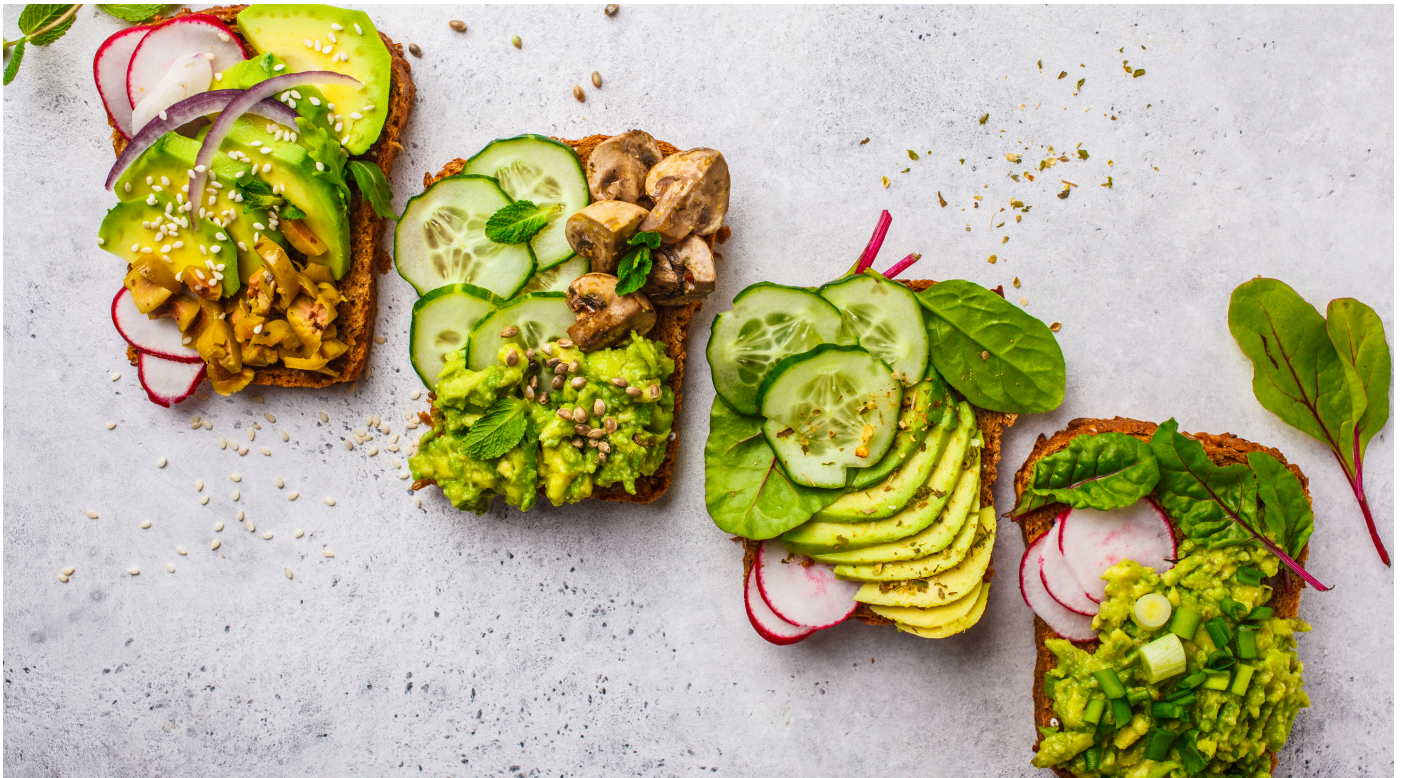
# Avocado Toast

## Ingredients

- 2 slices of multigrain bread
- 1 Avocado
- 1 small container of fresh mushrooms
- Chili flakes
- Salt

## Instruction

1. Smash avocado and add salt and chili flakes.
2. Slice and grill mushrooms.
3. Toast bread.
4. Top toast with avocado and grilled mushrooms.



**Recipe Submitted By:**  
Fathima Zakeer

# Healthier Beef & Pasta

## Ingredients

- 1lb ground beef
- Pasta of your choice
- 1 jar of pasta sauce
- Half an onion
- Handful of mushrooms
- 1 zucchini
- 1 bell pepper
- Handful of spinach

## Instruction

1. Cut the onion, mushrooms, zucchini, and bell pepper. Set aside.
2. Bowl pasta as per the directions on the package.
3. Fry the ground beef.
4. When the ground beef is half-cooked, add vegetables and cook until the beef is fully cooked.
5. Pour in your jar of pasta sauce and let it simmer for 10 minutes, stirring frequently.

For recipe variations, change ground meat or try a meatless option, change pasta sauce, and vegetables.



**Recipe Submitted By:**  
Melody Newell



# Aloo Paratha

## Ingredients

### Aloo Paratha Dough

- 2 ¼ cups whole wheat flour
- 2 tbsp melted ghee
- Salt to taste

### Aloo Paratha Stuffing

- 2 ½ cups of peeled, boiled, and mashed potatoes
- 2 tsp ghee
- 1 tsp cumin seeds
- ½ cup finely chopped onion
- 1/s tbsp finely chopped green chilies
- Salt to taste
- ½ tsp chili powder
- 2 tbsp finely chopped coriander
- 2 tsp dried mango powder

### Other Ingredients

- Whole wheat flour for rolling
- 12 tsp ghee for cooking

**Recipe Submitted By:**  
**Sharnveer Kaur Sandhu &**  
**Sumanpreet Kaur Chahil**

## Instruction

### Aloo Paratha Dough

1. Combine the whole wheat flour, ghee, and salt in a bowl and mix well.
2. Add enough water and knead into a semi-stiff dough. Set aside.

### Aloo Paratha Stuffing

1. Heat the ghee in a large non-stick pan and add cumin seeds.
2. When the seeds crackle, add the onions, and saute for 1-2 minutes.
3. Add the green chilies, mix well, and saute for 1 minute.
4. Add the potatoes, salt, chili powder, coriander, dry mango powder, and mix well for 1-2 minutes while stirring continuously.
5. Divide the stuffing into 12 equal portions and set aside.

### Combining Aloo Paratha Dough & Stuffing

1. Divide dough into 12 equal portions and roll into a circle of approximately 4"
2. Place one portion of stuffing in the centre of the circle.
3. Bring together all the sides of the centre and seal tightly.
4. Roll again into a circle, approximately 6". Use flour if dough is sticking.
5. Heat a non-stick pan and cook using 1 tsp of ghee until golden brown on both sides.
6. Serve warm with fresh ghee, butter, or curds.

# Adobo

## Ingredients

- 2lbs pork belly
- 2 tbsp garlic
- 5 dried bay leaves
- 4 tbsp vinegar
- ½ cup soy sauce
- 1 tbsp peppercorn
- 2 cups water
- Salt to taste

## Instruction

1. Combine pork belly, soy sauce, and garlic. Marinate for a minimum of 1 hour.
2. Heat a large pot and sear the edges of the pork belly.
3. Pour in the remaining marinade.
4. Add water, peppercorn, and dried bay leaves. Bring to a boil. Once boiled, decrease heat and simmer for 1 hour.
5. Add vinegar and simmer for 12 to 15 minutes.
6. Add salt to taste.
7. Serve hot.

## Recipe Submitted By:

Frelyn Anog





# Chicken & Tzatzki Pitas

## Ingredients

- 1 cucumber
- ¼ cup greek yogurt
- Chicken breast
- 2 tbsp olive oil
- Pitas
- 4 large tomatoes

## Instruction

1. Grate cucumbers and drain excess liquid.
2. Mix the cucumber, greek yogurt, and mix with with your desired seasonings.
3. Season chicken with salt and pepper, and rub with 1 tbsp olive oil.
4. Heat remaining olive oil in a pan on medium heat and cook.
5. While the chicken is cooking, chop tomatoes.
6. Warm the pitas in the microwave or by pan frying.
7. Spread 2 tbsp of tzatziki on the pita, top with chicken, tomatoes.

**Recipe Submitted By:**  
Rose Miller

# Taco Potato Skillet

## Ingredients

- 1 ½lbs peeled and diced russet potatoes
- 1 tbsp olive oil
- 1lb ground beef
- 1 small diced yellow onion
- 2 minced garlic cloves
- 1 diced bell pepper
- 2 tbsp taco seasoning
- ½ cup of water
- 1 can of drained diced tomatoes
- 1 cup of corn kernels
- 1 cup shredded cheddar cheese
- Salt & pepper to taste
- 2 tbsp chopped fresh cilantro (optional)

## Instruction

1. Heat the olive oil in a large oven-proof skillet over medium heat. Add the diced potatoes and cook, stirring occasionally, until they begin to brown and soften, about 10 minutes. Adjust heat as needed to prevent burning.
2. Push the potatoes to one side of the skillet. Add the ground beef to the empty side and break it up with a spoon. Cook until no longer pink. Season the beef with salt and pepper as it cooks.
3. Stir the onion, garlic, and bell pepper into the beef and potatoes. Cook for 3–4 minutes more, until the vegetables start to soften.
4. Add taco seasoning over the mixture, pour in the water, and stir well to coat everything. Let it simmer for 2 minutes to thicken slightly.
5. Add the drained diced tomatoes and corn, stirring to combine. Taste and adjust seasoning with more salt, pepper, or taco seasoning if desired.
6. Sprinkle the shredded cheddar evenly over the top. Transfer the skillet to a preheated oven (or under a broiler) and cook until the cheese is melted and bubbly, about 3–5 minutes

**Recipe Submitted By:**  
Stephanie Schaerer



# Four Ingredient Tossed Salad

## Ingredients

- 2 cups fresh spinach
- ½ cup shredded or sliced carrots
- ½ cup cucumbers
- Salad dressing of choice

## Instruction

1. Chop carrots and cucumbers.
2. Mix carrots, cucumbers, and spinach.
3. Top with your dressing of choice.



**Recipe Submitted By:**  
Alfonso Jose Go



# Brownies

## Ingredients

- ½ cup of cocoa powder
- ½ cup white sugar
- ½ cup brown sugar
- ½ cup flour
- ½ tsp baking powder
- 2 large eggs
- ½ melted butter

## Instruction

1. Preheat oven at 350 F.
2. Mix dry and wet ingredients together.
3. Pour into a greased 8x8 pan.
4. Bake for 10-25 minutes.



**Recipe Submitted By:**  
Crisan Bangcot