



Nutrition Streak
for the Week



The Ultimate UTM Student Cookbook



PART 1:
Savoury





Tortilla Breakfast Pizza

Ingredients:

- 1 tortilla wrap
- Cream cheese
- Dill
- Arugula
- Smoked salmon
- Lemon juice (to your preference)

Preparation/Cooking

Time: 10 minutes

Serving Size: 1-2

Yield: 1 pizza

Instructions:

1. Mix some dill with cream cheese and spread it on the tortilla.
2. Bake in the oven for a few minutes until the tortilla is crispy. Just be careful since this happens pretty quickly.
3. Add arugula and smoked salmon.
4. Top with some lemon juice (to your preference).

The recipe is really versatile so you can put any toppings you want, as much as you want. It's really good with mushrooms and basil too. You can also warm up the tortilla in the oven before you put anything on it. If you replace the cream cheese and salmon, and add tomato sauce and shredded cheese instead, it becomes like a regular pizza that you can have as a snack or for dinner.



Black Bean Burgers

Ingredients:

- 2 cans of black beans, drained, rinsed and patted dry
- 1 bell pepper, chopped
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 and ½ teaspoon ground cumin
- 1 teaspoon chilli powder
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika (or ¼)
- ½ cup breadcrumbs (or ground oats to make it gluten free)
- Condiments of choice (mayonnaise, mustard, ketchup, BBQ sauce, etc.)
- A pinch of salt and pepper

Preparation time:

30 minutes

Cooking time:

20 minutes

Serving Size: 6-8

Yield: 6-8 burgers

(depending on how big you make them)

Instructions:

1. Preheat the oven to 375°F.
2. Place chopped bell pepper, onion, and minced garlic into a food processor.
3. Optional: add half of your black beans to the food processor, leaving some whole black beans.
4. Place mixture into a large bowl and add ground cumin, chilli powder, smoked paprika, a pinch of salt and pepper and breadcrumbs. Combine together well.
5. Form mixture into patties (of your preferred size).
6. Place patties on a baking sheet lined with parchment paper and bake at 375°F for 20 minutes (10 minutes on each side).
7. Serve with the condiments of your choice and enjoy!
8. Leftovers can be stored in the refrigerator for approximately 5 days.

recipe submitted by:

Gurjap Deol



Vegan Quiche

Ingredients:

- 1 (9 inch) unbaked pie crust (or make one yourself with coconut oil and flour!)
- 1 tablespoon olive oil (alternatives: vegetable oil, sesame oil)
- ½ cup onion, sliced
- ½ cup green bell pepper, chopped
- ½ cup mushrooms, sliced*
- ½ cup zucchini, chopped*
- 1 medium tomato, chopped*
- 2 tablespoons all-purpose flour
- ¾ cups tofu, crumbled*
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons dried basil
- A pinch of garlic powder*
- ¾ cups vegan cheese, shredded*

Preparation Time:
5 minutes
Serving Size: 1
Yield: 1 small bowl

**Feel free to substitute with other options based on your preference.*

Instructions:

1. Preheat oven to 200°C.
2. Bake pie crust in preheated oven until firm (it will take about 8 minutes). Remove crust from oven and set aside. Reduce oven heat to 175°C.

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recipe submitted by:
Arumitha Sasiharani

Vegan Quiche

Preparation Time:

5 minutes

Serving Size: 1

Yield: 1 small bowl

Instructions:

3. Heat olive oil in a large skillet over medium heat. Cook and stir onion, green bell pepper, mushrooms, and zucchini in hot oil until soft. Remove vegetables from skillet and set aside.

4. Sprinkle tomato slices with flour and basil; cook in the skillet for 1 minute per side.

5. Whisk tofu, milk, salt, and other spices together in a small bowl.

6. Alternate layers of vegetable mixture and tofu over the vegan cheese and top with the tomatoes. Sprinkle any remaining vegan cheese on top of the quiche.

Optional: If you've made the crust yourself, use some extra dough saved aside to create a braided pattern, like a pie!

7. Bake in preheated oven for around 40 minutes or until a knife inserted near the center comes out clean. Cool 5 minutes before serving and enjoy!

recipe submitted by:

Arumitha Sasiharani

Ground Turkey Burritos

Preparation/Cooking

*Time: 25-30
minutes*

Serving Size: 4

Yield: 4 burritos

Ingredients:

Whole wheat tortillas

Package of ground turkey

1 red bell pepper

½ yellow onion

2 teaspoon cumin

1 teaspoon chilli powder

1 teaspoon paprika

Salt and pepper to taste

Approx. 1 cup shredded
marble cheese

Salsa (for topping)

Sour cream (for topping)

Instructions:

1. Begin cooking ground turkey according to package.
2. While turkey is cooking, chop up bell pepper and onion.
3. Once the turkey is no longer pink (around 10 minutes), add in vegetables and spices. Stir.
4. Cook together until onion and peppers are soft (5-10 minutes), stirring occasionally.
5. Scoop ¼ of the turkey and vegetable mixture onto tortilla, add cheese, salsa and sour cream to taste.
6. Wrap tortilla up burrito style and enjoy!



Super Simple Avocado Toast

Ingredients:

- 2 pieces of whole wheat bread
- ½ an avocado
- 1 Roma tomato
- Black pepper

Preparation Time:

5 minutes

Serving Size: 1

Instructions:

1. Toast your bread.
2. Cut avocado in half and carefully scoop out half of avocado to split between the pieces of toast. Mash avocado with a fork.
3. Slice tomato and add to toast.
4. Sprinkle some pepper on top and enjoy!



Chicken Tikka

Preparation/Cooking

Time: ~ 1 hour

Serving Size:

*Depends on the
chicken size, but up
to 6 people.*

*Yield: 6 chicken
pieces*

Ingredients:

Chicken
Tikka masala (Asian spice)
Chargha masala (Asian spice)
Salt
Garlic paste
Cardamon
Lemon juice

Toppings:

1. Peel chicken.
2. Wash chicken.
3. Marinate chicken using all the spices, salt, garlic paste, cardamon, and lemon juice.
4. Put the marinated chicken into an air fryer for 30 minutes.

recipe submitted by:

Farah Rana