

Health Bites: Back to School

Video: [Easy Mini Quiche Muffins](#)

Setting Up for Simple Student Meals

Easy Mini Quiche Muffins are a great way to cook something healthy — especially if you're a student heading off to university or living on your own for the first time. With just a few tools and ingredients, you can have a hot, tasty meal ready in minutes. No oven? No problem — a toaster oven or air fryer may also work. They are surprisingly versatile, whether you're roasting vegetables, reheating leftovers, or baking small batches of muffins.

If you're stocking your kitchen for the first time, here's a guide you can adapt to your space, budget, and cooking setup:

- Medium-sized pot with a lid
- Non-stick frying pan
- Cutting boards — at least two (one for raw meat, one for vegetables and fruit)
- Knife (for chopping)
- Spatula and tongs — silicone helps protect your pans
- Can opener
- Measuring cups and spoons
- Mixing bowl
- Food thermometer, to use when cooking meat. Check out [Health Canada Safe Cooking Temperatures](#) (canada.ca/FoodSafety) for details.
- Microwave-safe containers for storing leftovers or packing meals to go
- Muffin tin or silicone muffin cups/muffin tin that fits your toaster oven or air fryer
- For small appliances: tongs and spatula (silicone or wood) that fit your appliance's size

When you're planning meals, [Canada's Food Guide](#) plate is a helpful guide:

- ½ vegetables and fruits
- ¼ whole grain foods
- ¼ protein foods

Staying hydrated is just as important as eating well. Keep a reusable water bottle with you and sip throughout the day — make water your drink of choice.

Other quick meal ideas:

- Greek or Icelandic yogurt topped with whole grain cereal, fruit (fresh or frozen), and a drizzle of nut or seed butter.
- Breakfast burritos with eggs, cheese, tomatoes, and green onions wrapped in a whole wheat tortilla — add salsa for extra flavour.
- Boost the protein in a store-bought salad by adding canned tuna, beans, or cooked chicken.

Whether it's mini quiche muffins, a breakfast burrito, or a quick salad, recipes and the tools can help you eat well — even on a student budget and schedule.

