

WHITTLESEA MEN'S SHED

A Beginner's Kitchen:

A manual for shopping and cooking healthy meals on a budget



A Beginner's Kitchen.

Introduction.

This manual has been created with the assistance of a community grant from the City of Whittlesea and the collaboration of staff and volunteers of Plenty Valley Community Health; especially Angela Robinson and Meaghan van Loenen, without their assistance and advice the manual would not have become a reality.

The book is directed at mature men who live alone, have lost a partner or are required to assume the role of planning, shopping and cooking meals due to their partner's inability. It is not intended to make a chef of the user, its purpose is to encourage confidence and ability to prepare healthy meals on a limited budget rather than take the easy options of expensive convenience food.

To facilitate this aspect, the manual is divided into four seasons, each season having breakfast, lunch and dinner menus for fourteen days, this being the period between government pension payments.

The menus are set out in this manner for convenience and meals should be selected as the user sees fit. The criteria for the inclusion of these recipes were that the preparation and the cooking time be short.

I hope that this manual will make your life easier, healthier and longer.

A.J (Sandy) Norton
Melbourne, Australia
November 2010

Note:

Every recipe in this book has been written to serve one person.

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This book is available electronically at www.pvch.org.au and www.mensshed.org



“I’ve had a review of this ‘Cookbook’ and think that it is GREAT! As a matter of fact I will probably use some of the recipes myself. It has some clever ideas to get us all eating healthily but importantly tastefully! Being approved by the Plenty Valley Community Health dietician means that the AMSA can recommend this with confidence and I strongly encourage it’s inclusion on the Australian Men’s Shed Association website or include the link.”

Gary Green
Community Engagement Coordinator
Australian Men’s Shed Association

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Some of the men cooking

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What should a man eat? - Seasonal Cooking:

Everything is at the lowest price when in season and plentiful, so to keep within a budget, this manual is worked around what is most available in each of the four seasons.

As well as the recipes in this manual, the Melbourne Wholesale Fruit, Vegetable and Flower Market website includes a recipe finder where you can search for recipes that feature seasonal produce:

http://www.marketfresh.com.au/produce_guide/seasons.asp

Another website where you can find out what vegetables and fruit are in season is:

<http://www.vnv.org.au/site/files/seasonalfoodcalendar>

You can also join a community garden in your local area and grow some of your own food. This will allow you to have fresh, nutritious food that supports your health and budget.

Quick Tip: When fresh fruit and vegetables are not available or convenient, frozen options are an inexpensive and easy alternative.

Healthy eating on a budget

Before you visit the supermarket sit down and write a shopping list. This will stop you impulse buying items you may not need. Work out which recipes you are making for the week to help you make up your list and don't forget you can always cook more than you need and freeze the rest for another time.

If you wish to cut down on the amount you spend on food, take a good look at the items you purchase; sometimes processed foods are more expensive. Shop for fresh foods where possible, or in the case of fruit and vegetables, see if frozen varieties are cheaper. This will help you lower your grocery bill yet still have a trolley full of healthy foods.

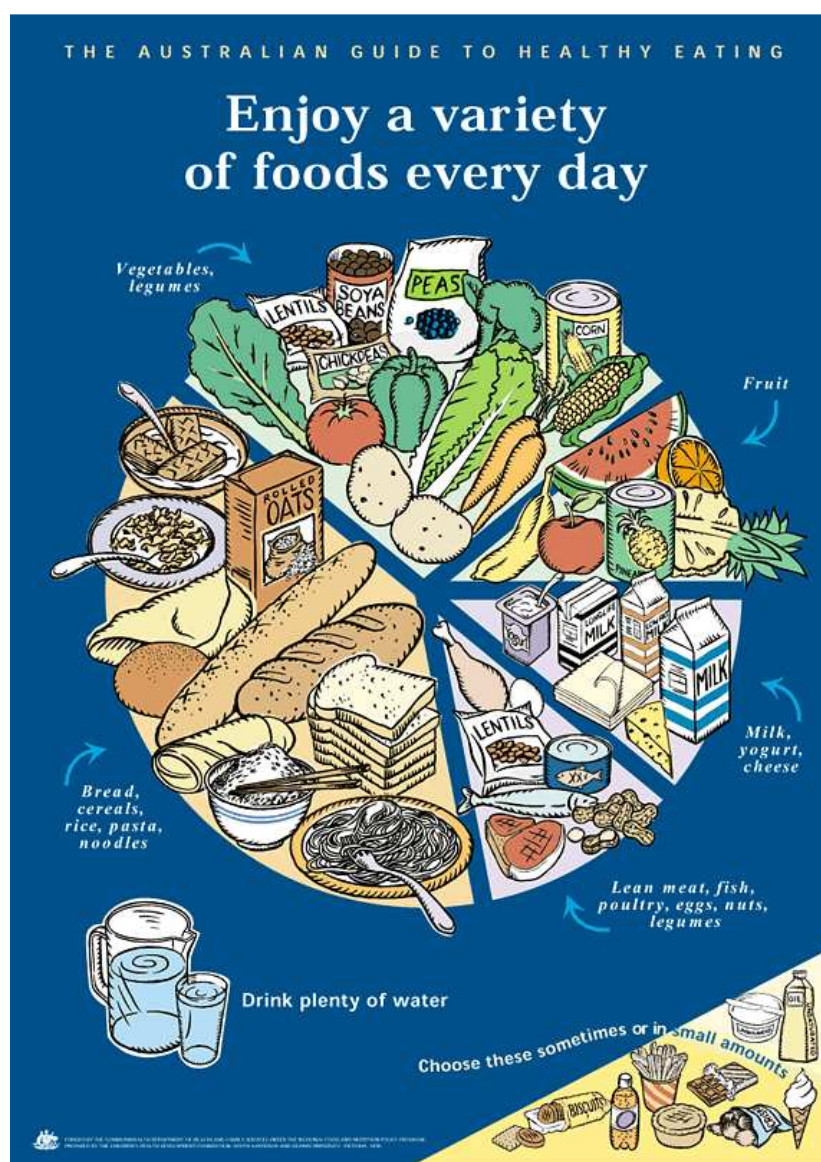
To avoid wastage and stretch meals further, make sure you try to use up any leftover cut fruits, vegetables or cooked refrigerated meats every few days by adding extra ingredients like small chunks of vegetables or meat while cooking or a small side salad or serve of vegetables to your dinners. Also, once you've learned a few basic techniques, don't be afraid to experiment and create new flavour combinations or add your own touch to favourite meals by swapping ingredients in and out to your taste.

More tips for saving money:

1. Buy 'no name' brands where possible.
2. Add some canned beans or lentils to meat dishes to make the meal go further.
3. Buy bulk items that will last such as breakfast cereals, rice, pasta, baked beans etc.
4. If you don't need the containers then try to pick foods in plain paper packaging, cellophane and plastic bags.

5. Don't shop when you are hungry, as you are more likely to buy things you don't need.
6. Watch out for items on "special" as sometimes the price isn't reduced.
7. Check supermarket catalogues for specials on food items you need before you go shopping.
8. Shop for bargains nearer to a shop's or market's closing time – prices on fresh produce are often discounted.
9. Buy block cheese and grate it yourself.
10. Buy all the basic foods such as breads, dairy, fruit, vegetables, cereals and meats first before considering snack foods, lollies, sweetened drinks or other treats.

How much should a man eat? Dietary Guidelines for Men



So that we can maintain the best possible health throughout our lives, the Australian Government through the Department of Health and Ageing urge us to eat nutritious food and lead an active lifestyle. It is recommended: ***Enjoy a wide variety of nutritious foods and drink plenty of water.***

The amount of nutritious food that a man aged between 51-70 years should eat on average each day varies depending on his body size and the level of his activity but he should aim for the following:

6-12 serves of cereals (4-9 serves for 60+ year olds).

One serve of cereal would be

- 2 slices of bread,
- 1 roll,
- 1 cup of cooked rice, pasta or noodles,
- 1 cup of porridge,
- 1 cup of breakfast cereal flakes,
- ½ cup of muesli.

5 serves of vegetables and legumes.

One serve of vegetables is

- ½ cup of cooked vegetables,
- 1 medium potato
- 1 cup of salad vegetables.

One serving of legumes is

- ½ cup of cooked legumes (dried beans, peas or lentils).

2 serves of fruit.

One serve of fruit is:

- 1 medium-size piece (e.g. apple)
- 2 smaller pieces (e.g. apricots)
- 1 cup canned or chopped fruit
- 1 ½ tablespoons dried fruit (e.g. Sultanas or 4 dried apricot halves)

2 serves of milk, yoghurt or cheese or alternatives.

One serve is:

- 250 ml glass or one cup of milk
- ½ cup of evaporated milk
- 40 g (2 slices) cheese
- 250 ml (1 cup) of custard
- 200 g of yoghurt or soy
- 1 cup of calcium-fortified soy milk
- 1 cup almonds
- ½ cup of pink salmon with bones

1 serve of lean meat, fish, poultry, nuts and legumes or alternatives

One serve is:

- 65-100 gm cooked meat or chicken (e.g. ½ cup cooked mince/2 small chops/2 slices roast meat)
- 80-120g cooked fish fillet or as an alternative a soy product e.g. tofu
- 2 small eggs
- ½ cup cooked dried beans, lentils, chick peas, split peas or canned beans
- 1/3 cup of peanuts/almonds

Extras:

Pies and pastries, fried and battered foods and snack foods such as chips and chocolate have a high fat content and should be kept for occasional use.

Weight Gain:

Being overweight places a strain on the body and increases the risk of type 2 diabetes, heart disease, back problems and some cancers. To prevent weight gain we are advised to be physically active and eat according to our energy needs so that we do not consume more energy than is needed. Include plenty of whole grains, vegetables and fruits in your diet. Pay particular attention to fats, alcohol and sugar. Cutting back on these will limit your fuel intake. Sugary and alcoholic drinks are sometimes called empty kilojoules – they provide plenty of fuel without essential nutrients to go with them. Keep food portions moderate in size and leave excess food on your plate. For more information on energy requirements see your local dietitian. You can see a dietitian at low cost at Plenty Valley Community Health, telephone 9409 8724 for an appointment.

Other Considerations on Healthy Eating for Men aged 51-70 years

As people tend to eat less as they age, it is often harder to get all the necessary nutrients for good health. Some nutrients are actually required more with ageing so it is important that you eat lots of nutritious foods. The body's ability to absorb nutrients becomes less efficient with age. Taking medications, smoking and alcohol consumption can also influence nutrient intake and increase the need for certain nutrients.

Ageing often reduces the senses of taste and smell. To maintain your interest in food and obtain all necessary nutrients it is really important that you make your meals colorful and vary the food on your plate. Try not to repeat the same easy meals all the time.

Besides eating a wide variety of nutritious food and drinking plenty of water, older men should take care to:

- Limit saturated fat and moderate total fat intake
- Choose foods low in salt (see below)
- Limit alcohol intake if you choose to drink and ensure that the majority of your week is alcohol-free days.
- Consume only moderate amounts of sugars and foods containing added sugars.
- Care for your food: prepare and store it safely.

For healthy, independent Australians aged over 65, the dietary guidelines are:

- Enjoy a wide variety of nutritious foods
- Keep active to maintain muscle strength and a healthy body weight
- Eat at least 3 meals every day
- Care for your food and store it correctly
- Eat plenty of vegetables (including legumes and fruit)
- Eat plenty of cereals, breads and pastas
- Eat a diet low in saturated fat
- Drink adequate amounts of water/and or other fluids
- If you drink alcohol limit your intake
- Choose foods low in salt and use salt sparingly (see below)
- Include foods high in calcium
- Use added sugars in moderation.

Use less salt:

Table salt is sodium chloride. We need some salt in our diet, but we get enough from the salt that occurs naturally in our foods such as meat, eggs and vegetables. Most of the salt in the Australian diet comes from the salt added by food manufacturers and caterers. Our high salt diet increases the risk of developing high blood pressure which is common in Australia. About half the Australian population over the age of 60 years suffers from high blood pressure.

Use herbs and spices instead of salt to flavour your food and buy reduced salt and low-salt manufactured foods. Avoid the use of highly salted foods, such as corned beef, bacon and luncheon meats and snack foods such as potato chips.

Herbs

Herbs are plants that are commonly used for cooking. They bring out the flavour of food, especially low-kilojoule and salt-reduced meals. The more commonly used herbs are easily grown in the garden or in pots and ensure a supply of fresh herbs for the kitchen. They may be preserved by chopping and freezing in ice cubes. Dried herbs are stored in jars.

The most commonly used herbs are

Basil: Excellent for flavouring tomato dishes but also good with egg dishes, mushrooms, pasta and meat dishes.

Bay Leaf: used for stocks, soups, fish, lamb and beef dishes. Also good for placing in lids of storage jars to keep weevils out.

Chives: Onion-like flavour and garnish for soups, savouries, salads and sandwiches.

Coriander: resembles parsley but has pungent flavour used in Asian cooking, curries and salads. Seeds may also be used.

Garlic: Strong odour and flavour and used in meat dishes, chutneys and sauces and in salads. If a cut clove of garlic is rubbed around a salad bowl sufficient flavour is imparted for a subtle taste, especially in a lettuce salad.

Mint: Leaves and sprigs are from spearmint family are used in mint sauce for roast lamb and are also used to flavour new potatoes, green peas, fruit drinks, pea and lentil soups.

Oregano: Used in Italian cookery, omelettes, pilafs and meat dishes.

Parsley: Leaves are used to flavour and garnish most savoury dishes, soups, sauces etc. It is very easily grown in the garden and is much better if fresh.

Rosemary: A small evergreen bush easily grown in the garden. It is better if fresh when used for meat, chicken, egg dishes. Use as sprigs or chopped.

For individual advice about your diet and healthy eating plans, contact a dietitian.

Conversion Tables

1 cup of liquid	=	250 ml
1 cup of flour	=	125 g
1 teaspoon of liquid	=	5 ml
1 dessertspoon of liquid	=	10 ml
1 tablespoon of liquid	=	20 ml

Oven temperatures

Temperatures vary according to the manufacture of the oven, but these are the broad temperature ranges sufficient for most recipes:

<i>Description</i>	<i>Approximate Thermostat setting (Celsius)</i>	
	<i>Gas</i>	<i>Electricity</i>
Plate warming	60	60
Keep warm	80	80
Cool	100	110
Very slow	120	120
Slow	150	150
Moderately slow	160	170
Moderate	180	200
Moderately hot	190	220
Hot	200	230
Very hot	230	250

If you have a fan-forced oven, set your oven at a temperature 10° *lower* than the temperatures recommended in the recipes.

Pantry Items

Keep a store of basic items of tinned and packaged food in the cupboard to create quick meals. Some items you can have in the cupboard are:

Soup – always buy salt-reduced.

Rice

Pasta e.g. spaghetti

Tinned Fish- avoid those in oil.

Rolled oats

Baked beans – always buy salt-reduced.

Noodles e.g. hokkien,

Tinned vegetables e.g. tomatoes, green beans, corn – again, buy salt-reduced varieties.

Dried fruit e.g. apricots, sultanas

Milk powder

Long life milk

Pasta sauce – buy salt-reduced kinds and avoid adding extra salt while cooking.

Breakfast cereal – always check the sugar content and consider the specified Recommended Daily Intake amount (RDI) for you.

Biscuits – again, watch the sugar content as well as the amount of salt. Alternately, make your own for greater control.

Soup Mix or **Tinned Soup** – buy salt-reduced varieties.

Processed Cheese – buy reduced fat and salt-reduced varieties.

Olive Oil

Tomato Paste – always buy salt-reduced.

Stock Powder or cubes – look for salt-reduced varieties.

Two week menu plan for Autumn - Meals for One Person

Day No.	Breakfast	Lunch	Dinner
1	Baked beans on grainy toast Page 16	Pumpkin Soup Page 23	Oriental mince and rice Page 30
2	Weetbix and grated apple Page 16	Salad and cheese roll Page 23	Fish parcels with mixed salad Page 30
3	Tomato on whole grain toast Page 17	Tuna salad and wholegrain biscuits Page 24	Meat and bean casserole Page 31
4	Weetbix topped with sliced fruit Page 17	Beans with bacon and nuts Page 24	Tuna with tomato and garlic Page 31
5	Crumpets with fruit and honey Page 18	Cheese and salad sandwich Page 25	Macaroni cheese with mixed salad Page 32
6	Porridge and fruit Page 18	Curried lentil patties Page 25	Chunky tuna and tomato pasta Page 32
7	Poached eggs on English muffins Page 19	Minestrone soup Page 26	Chicken fillets Page 33
8	French toast, berries and yoghurt Page 19	Ham and asparagus parcels Page 26	Egg and bacon pie Page 33
9	Quick rolled oats Page 20	Vegetable frittata with salad Page 27	Spaghetti Bolognese Page 34
10	Scrambled eggs, parsley and toast Page 20	Grilled fish Page 27	Mexican hot pot Page 34
11	Breakfast beans Page 21	Combination rice salad Page 28	Creamy polenta Page 35
12	Apple and cinnamon porridge Page 21	Curried egg sandwich Page 28	Spaghetti and meatballs Page 35
13	Tomatoes and mushrooms on toast Page 22	Bean and artichoke salad Page 29	Beef patties with onion Page 36
14	Boiled eggs on toast Page 22	Quick pizza Page 29	Smoked haddock with tomato Page 36

Two week menu plan for Winter - Meals for One Person

Day No.	Breakfast	Lunch	Dinner
1	Refer Suggestions in Spring, Summer, Autumn Sections	Satay beef patties Page 38	Roast lamb Page 45
2		Tuna and corn patties Page 38	Old fashioned shepherds pie Page 45
3		Spaghetti Bianca Page 39	Beef stew Page 46
4		Barbecue chicken kebabs Page 39	Vegetable hot pot Page 46
5		Potato and herb damper Page 40	Beef and okra curry Page 47
6		Cheese and cucumber sandwich Page 40	Mixed bean casserole Page 47
7		Scalloped potatoes Page 41	Savoury mince Page 48
8		Cheese and lettuce sandwich Page 41	Vegetable curry Page 48
9		Pasta Spirals with tuna Page 42	Potato and chickpea casserole Page 49
10		Burritos with beans Page 42	New Orleans Creole pork kebabs Page 49
11		Vegetable hot pot with barley Page 43	Chicken and mushroom pasta Page 50
12		Hungarian goulash Page 43	Jambalaya Page 50
13		Vegetarian pizza Page 44	Barbecue meat loaf Page 51
14		Thick vegetable soup Page 44	Teriyaki chicken and noodles Page 51

Two week menu plan for Spring - Meals for One Person

Day No.	Breakfast	Lunch	Dinner
1	Creamy scrambled eggs Page 54	Garlic potatoes Page 61	Satay chicken Page 68
2	Cornmeal pancakes Page 54	Vegetable burrito Page 61	Tuna with tomato and chickpeas Page 68
3	Open mushroom and thyme omelette Page 55	Bean roll Page 62	Sweet Chilli pasta Page 69
4	Corncakes with rocket and parmesan Page 55	Steamed rice Page 62	Swiss Steak or Chicken Page 69
5	French eggs Page 56	Chicken and asparagus roll Page 63	Fried rice Page 70
6	Fruity porridge Page 56	Dressed French bean salad Page 63	Potato and bacon soup Page 70
7	Banana smoothie Page 57	Frittata with vegetables Page 64	Beef burger Page 71
8	Bubble and squeak Page 57	French onion soup Page 64	Thai beef salad Page 71
9	Spanish omelette Page 58	Potato skins Page 65	Chicken and lettuce rolls Page 72
10	Scones Page 58	Pea and ham soup Page 65	Grilled veal Page 72
11	Natural muesli Page 59	Cabbage and corn fritters Page 66	Chicken and vegetable patties Page 73
12	Potato pancake Page 59	Mexican stew Page 66	Tomato and meatball soup Page 73
13	Sautéed vegetables on toast Page 60	Korma chow mein Page 67	Pork stir fry with vegetables Page 74
14	Bran pancakes with fruit Page 60	Thai fish cakes Page 67	Quick pasta casserole Page 74

Two week menu plan for Summer - Meals for One Person

Day No.	Breakfast	Lunch	Dinner
1	Tomato and basil omelette Page 76	Vichyssoise Page 83	Bolognaise baked potato Page 90
2	Mushrooms and bacon Page 76	Tuna bean salad Page 83	Roasted Vegetable slice Page 90
3	Wholemeal pikelets Page 77	Fish cakes Page 84	Beef curry Page 91
4	Baked cheese omelette Page 77	Stir fry vegetables Page 84	Chicken and mushrooms Page 91
5	Cheesy fruit toast Page 78	Pumpkin, potato and parsley soup Page 85	Cheesy mushroom risotto Page 92
6	Griddle scones Page 78	Cucumber, lime and tuna salad Page 85	Tomato and chickpea fettuccine Page 92
7	Spinach / cheese pancakes Page 79	Hot potatoes Page 86	Vegetable casserole with fish fillets Page 93
8	Best baked beans Page 79	Vegetable soup with parmesan melts Page 86	Golden chicken Page 93
9	Grilled cheese and tomato on toast Page 80	Bruschetta Page 87	Tuna and macaroni bake Page 94
10	Semolina Page 80	Sweet Potato and zucchini fritters Page 87	Rissoles Page 94
11	Bubble and squeak fritters Page 81	Green pea soup Page 88	Pork and vegetable stir fry Page 95
12	Tofu omelette Page 81	Risotto with leek and pumpkin Page 88	Special macaroni cheese Page 95
13	Fruit smoothie Page 82	Crunchy rice salad Page 89	Honey, soy, vegetable and chicken Page 96
14	Mushrooms in garlic butter Page 82	Pizza rolls Page 89	Soy bean casserole Page 96

Autumn

March, April, May

The following fruit and vegetables are in season:

Apples

Beans

Brussels sprouts

Capsicum

Cauliflower

Celeriac

Cucumber

Lime

Parsnip

Passionfruit

Pears

Spinach

Sweet potato



Pumpkin Soup - recipe page 23

Autumn Breakfast, Day 1: **Tinned baked beans on grainy toast**

Best served immediately
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients:

1 small tin of low-salt baked beans
1-2 slices of multigrain bread for toast
1 tablespoon of reduced fat margarine to butter the toast
1 tablespoon of reduced fat grated cheese
Cooking spray

Method:

1. Lightly oil a tray with cooking spray, add the bread and toast under the grill.
2. Heat the baked beans either by warming in a saucepan over a moderate heat until just beginning to boil or place in a covered microwave dish and heat for 2 minutes.
3. Remove the tray from the grill, pour over the baked beans and top with cheese.
4. Return the tray to the grill and heat until the cheese has melted.
5. Serve hot.



Autumn Breakfast, Day 2: **Weetbix and grated apple**

Best served immediately
Preparation time: 5 minutes

Ingredients:

2 Weetbix
1 cup of skim milk
1 medium apple, grated

Method:

1. Heat milk in a saucepan over a low heat until hot to the touch, but not boiling.
2. If desired, peel apple before grating.
3. Lay Weetbix in a shallow bowl, top with apple and pour over the milk.
4. Serve hot.

Autumn Breakfast, Day 3: **Tomato on grainy toast**

Best served immediately

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

1 tablespoon of reduced salt tomato paste

2 slices of multigrain bread for toast

1 tablespoon of low fat cottage cheese

Small bunch of spinach leaves, washed and with the stems removed

½ capsicum, seeded and chopped into strips (optional)

Freshly ground black pepper to taste

Method:

1. Make toast and spread with tomato paste.
2. Layer with spinach leaves, capsicum (if desired) and top with the cottage cheese.
3. Season to serve



Autumn Breakfast, Day 4: **Weetbix with sliced pear**

Best served immediately

Preparation time: 10 minutes

Ingredients:

1 ripe pear, peeled and cut into slices lengthways

2 Weetbix

1 cup of skim milk

Honey to taste

Method:

1. Layer pear slices in a shallow microwave-safe dish, top with Weetbix and pour over the milk.
2. Cook on HIGH in a microwave for 2 minutes and allow to stand for 1 minute.
3. Drizzle over honey and serve.

Autumn Breakfast, Day 5: **Crumpets with fruit, cheese and honey**

Best served immediately
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients:

2 crumpets
1 tablespoon of low fat cottage cheese or the same of low-fat cream cheese
Fruit of your choice (seasonal options include the pulp of 1 passionfruit, slices of fresh apple and pear or small chunks of peach or mango tinned in juice.
Honey to taste

Method:

1. Toast the crumpets and spread with cream or cottage cheese.
2. Top with fruit of your choice and drizzle with honey to serve.



Autumn Breakfast, Day 6: **Porridge with fruit and nuts**

Best served immediately
Preparation time: 10 minutes

Ingredients:

1 cup of rolled oats
1 cup of water
 $\frac{3}{4}$ cup of skim milk
1 tablespoon of crushed or chopped walnuts
2 stewed chestnuts (optional)
1 small apple, peeled, cored and cut into rings
Honey to taste

Method:

1. Place apple rings and chestnuts in the bottom of a deep microwave-safe dish and pour over the oats and water.
2. Cook on HIGH for 2 minutes and 30 seconds in microwave, allow to stand for 1 minute and stir.
3. Add the milk to the bowl and cook for another 2 minutes and 30 seconds.
4. Allow to stand for 2 minutes and stir through.
5. Top with walnut and honey to serve.

Autumn Breakfast, Day 7: **Poached eggs on English muffins**

Best served immediately
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients:

2 eggs
1 multigrain English muffin
1 tablespoon of reduced-salt butter or margarine for the muffins
Cooking spray

Method:

1. Toast the muffins, butter them and set aside.
2. Lightly oil a small microwave-safe ceramic bowl with the cooking spray and crack in one egg, being careful not to break it.
3. Prick the egg yolk with a skewer or sharp knife.
4. Lightly wet a paper towel or tissue and wring it out gently, being careful not to tear it.
5. Sit a microwave-safe saucer in the middle of your microwave, place the egg bowl on top and cover the bowl with the wet paper towel.
6. Microwave for 30-45 seconds before checking that the egg white is solid and white and the yolk is cooked through. Microwave for another 10 seconds if needed.
7. Slide cooked egg onto a toasted muffin and repeat the cooking process with the other egg, re-oiling the bowl and re-wetting the paper towel if needed.
8. Serve the eggs and muffins while hot.



Autumn Breakfast, Day 8: **French toast with berries and yoghurt**

Best served immediately
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients:

1 egg, lightly beaten
¼ cup of skim milk
1 tablespoon honey
2 slices of grainy soy and linseed or multigrain bread
100ml of no-fat, no-added sugar yoghurt
100g mixed fresh or frozen berries
Cooking spray

Method:

1. Whisk together the egg, milk and honey and dip the bread, one slice at a time, in the egg mixture.
2. Lightly spray a frying pan and bring to medium heat. Cook bread a slice at a time until the egg is set and both sides are golden brown.
3. Serve hot, topped with yoghurt and berries.

Autumn Breakfast, Day 9: **Quick Rolled Oats**

Best served immediately

Preparation time: 5 minutes plus soaking oats overnight

Ingredients:

1/2 cup of rolled oats

1 ½ cups of water

Method:

1. Soak rolled oats overnight in water.
2. In the morning bring to boil and simmer for 5 minutes stirring constantly.
3. If you would like to use dried fruit or nuts in this recipe soak them with the rolled oats at night.



Autumn Breakfast, Day 10: **Scrambled egg**

Best served immediately

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

1 egg

¼ teaspoon chopped parsley

Freshly ground black pepper to taste

2 tablespoons of skim milk

1 slice of bread and reduced fat and salt margarine to butter it.

Method:

1. Make toast.
2. Boil the milk in a saucepan and lightly beat the egg in a separate bowl while you wait for the milk.
3. Pour milk slowly on to the egg and add pepper to taste, then return to the saucepan over a gentle heat.
4. Stir with a wooden spoon until thick, but do not allow the egg mixture to become hard.
5. Remove from heat, pile on to the waiting toast and garnish with the parsley to serve.

Autumn Breakfast, Day 11: **Breakfast beans**

Best served immediately but will keep for 1-2 days

Preparation time: 5 minutes

Cooking time: 30 minutes

Ingredients:

½ teaspoon of polyunsaturated oil
1 small onion, chopped
2 small tomatoes (or 1 large), chopped
Pinch of dried basil
1 bay leaf
Pinch of paprika
1 ½ cups of cooked kidney beans
2 teaspoon of parsley, chopped

Method:

1. Heat oil in a non-stick frying pan.
2. Add the onion and fry until soft and golden.
3. Add the tomatoes and cook, stirring occasionally, until the mixture is a smooth puree.
4. Add the bay leaf, basil and paprika.
5. Stir in the drained beans, cover and simmer for 20 minutes.
6. Remove the bay leaf before serving, hot or cold, with fresh bread or toast, garnish with parsley.



Autumn Breakfast, Day 12: **Apple and cinnamon porridge**

Best served immediately

Preparation time: 5 minutes

Cooking time: 5-10 minutes

Ingredients:

¾ cup of rolled oats
2 cups of reduced fat or skim milk
½ canned pie apple
½ teaspoon of cinnamon
Honey to taste

Method:

1. Combine the oats, milk and apple in a saucepan and stirring, bring to the boil.
2. Simmer for 5 minutes, stirring occasionally, then remove from heat.
3. Spoon into serving bowl and sprinkle with cinnamon and drizzle with honey.

Autumn Breakfast, Day 13: Tomatoes and mushrooms on grainy toast

Best served immediately
Preparation time: 5 minutes
Cooking time: 5-10 minutes

Ingredients:

1 tablespoon water
100g mushrooms, thinly sliced
1 tablespoon of spring onions or chives, chopped
2 tomatoes washed and cut in half.
Pepper to taste
½ teaspoon of polyunsaturated oil or cooking spray
1-2 slices of multigrain bread for toast.

Method:

1. Make toast and set aside
2. Splash a tablespoon of water into a heating frying pan and fry mushrooms and spring onions or chives for 2-3 minutes or until soft. Cover and set aside.
3. Lightly oil grill tray with oil or cooking spray and place the tomatoes on the tray, heating under the grill until hot and just soft.
4. Top the toast with the tomatoes and then mushrooms to serve, seasoned with pepper.



Autumn Breakfast, Day 14: Hard-boiled eggs and grainy toast

Best served immediately but keeps well for 1 day
Preparation time: 5 minutes
Cooking time: 10 minutes

Ingredients:

1-2 eggs
1-2 slices of multigrain bread and 1 teaspoon of polyunsaturated margarine to butter them.

Method:

1. Place room temperature eggs in boiling water and cook for 3 minutes.
2. Alternately, place eggs in cold water, bring to the boil and cook for 1 minute.
3. Alternately, boil a saucepan of water, add the eggs and then remove from heat and allow to cool slightly for 6 minutes.
4. Serve on toast.

Autumn Lunch, Day 1: **Pumpkin soup**

Will keep well for 1-2 days or indefinitely if frozen

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

½ medium pumpkin, chopped
2 large potatoes, chopped
1 onion, diced
4 low salt chicken stock cubes and 4 cups of water
Freshly ground black pepper
Cooking spray
3 tablespoons no fat natural yoghurt to serve (optional)

Method:

1. Lightly oil saucepan with cooking spray and add onion, cooking until soft.
2. Add pumpkin and potato, stirring.
3. Mix water with stock cubes and add to saucepan, bringing to the boil.
4. Simmer until pumpkin and potato are soft.
5. Blend soup with a hand blender or mash until smooth with a vegetable masher.
6. Season with pepper and serve with yoghurt if desired.



Autumn Lunch, Day 2: **Salad and cheese roll**

Preparation time: 5 minutes

Ingredients:

1 roll
2 small cos or iceberg lettuce leaves
½ a small tomato, sliced
¼ avocado, sliced
1 small tin of corn, drained
Sliced onion, zucchini or mushrooms
1 slice of low fat and reduced salt cheese or 1 tablespoon of cottage cheese.
Pepper to taste

Method:

1. Prepare salad ingredients and layer inside sliced roll with cheese.

Autumn Lunch, Day 3: **Tuna salad on wholegrain biscuits**

Preparation time: 5 minutes

Ingredients:

1 small tin of tuna in salt water, drained and flaked
2 lettuce leaves
½ a small tomato, sliced
¼ avocado, sliced (optional)
1 small tin of corn (optional)
Sliced onion, zucchini or mushrooms (optional)
1-2 large salt reduced wholegrain biscuits or a small handful of wholegrain crackers
Pepper to taste

Method:

1. Prepare salad ingredients and layer on biscuits or crackers.



Autumn Lunch, Day 4: **Beans with bacon and nuts**

Best served immediately

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients:

1 rasher lean bacon
¼ small onion, chopped
½ clove of garlic, crushed
100g stringless green beans cut into 2cm lengths
1 tablespoon slivered almonds, roasted

Method:

1. Spread nuts on an oven tray and bake in a preheated oven at 180°C for about 3 minutes until brown.
2. Pan fry bacon and onion for 2 to 3 minutes over medium heat until soft.
3. Add garlic and green beans and cook, stirring constantly, until cooked but crisp.
4. Serve sprinkled with roasted slivered almonds.

Autumn Lunch, Day 5: **Cheese and salad sandwich**

Preparation time: 5 minutes

Ingredients:

2 slices of multigrain bread

2 lettuce leaves

½ a small tomato, sliced

¼ avocado, sliced (optional)

1 small tin of corn (optional)

Bean sprouts (optional)

Sliced onion, zucchini or mushrooms (optional)

1 slice of low fat and reduced salt cheese or 1 tablespoon of cottage cheese.

Pepper to taste

Method:

1. Prepare salad ingredients and layer inside bread with cheese.



Autumn Lunch, Day 6: **Curried lentil patties**

Best served immediately

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients:

¼ cup red lentils

½ cup of water

¼ teaspoon of curry paste

¼ packet salt-reduced vegetable based soup mix

1 tablespoon of chopped parsley

1 tablespoon wholemeal plain flour

1 tablespoon canola oil

Method:

1. Wash lentils in strainer and place in saucepan with water. Bring to boil and simmer for 15 minutes or until all the water is absorbed.
2. Add curry paste, soup mix and parsley to lentils and refrigerate for at least 30 minutes, overnight if possible
3. Shape into 8 patties and roll in flour
4. Heat oil in non-stick frying pan and fry 4 to 5 minutes on each side.
5. Serve hot with a side salad.

Autumn Lunch, Day 7: **Minestrone soup**

Best served immediately but will keep for 1-2 days

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients:

1 cup of canned lima or kidney beans, drained
1 litre of beef or chicken stock (instructions on stock cube packets, salt-reduced)
1 stick of celery, chopped roughly
1 cup of fresh or frozen peas
1 large onion, chopped
425g tin of low-salt tomatoes

1 cup cauliflower, roughly chopped
1 cup of uncooked macaroni
1 clove of garlic, crushed
½ teaspoon of mixed herbs
1 carrot, chopped roughly
1 tablespoon of tomato paste
¼ teaspoon of polyunsaturated oil or cooking spray

Method:

1. Heat oil in a large saucepan and saute onion, add garlic, herbs and vegetables to sauté.
2. Cover with stock and bring to the boil. Reduce heat and simmer for 20 minutes.
3. Add macaroni and beans, cook for a further 15 minutes
4. Serve hot.



Autumn Lunch, Day 8: **Ham and asparagus parcels**

Best served immediately

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients:

2 slices of low salt leg ham
6 spears of fresh asparagus
¼ cup of skim milk
¼ cup of grated reduced fat tasty cheese
Paprika to taste
3 lettuce leaves
½ a small tomato, sliced.
¼ avocado, sliced.
1 small tin of corn, drained
2 slices of crusty bread or 1 crusty roll

Method:

1. Steam asparagus until tender.
2. Place two spears on each slice of ham and roll up.
3. Place rolls with the open side of the ham face down in an oven-proof dish and pour the milk over.
4. Sprinkle with cheese and paprika and grill until brown.
5. Combine salad ingredients and serve with parcels and bread.

Autumn Lunch, Day 9: **Vegetable frittata with salad and bread**

Best served immediately but will keep well for 1 day

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

2 teaspoons of polyunsaturated oil
or spray oil
½ small zucchini, finely diced.
½ medium capsicum, finely sliced.
Small handful of mushrooms, sliced.
2 lettuce leaves
1 tablespoon of tinned corn kernels,
drained
½ small tomato, sliced

¼ avocado, sliced
2 eggs
1 teaspoon of freshly chopped
parsley
Pepper to taste
2 tablespoons of grated reduced fat
tasty cheese
1-2 slices of multigrain bread.

Method:

1. Heat oil in a non-stick frying pan and sauté half of the zucchini, capsicum and mushroom until tender and add half the corn to heat through.
2. Beat together eggs, parsley, and pepper and pour over vegetables.
3. Reduce heat and allow egg mixture to set fully. Frittata should be firm underneath and moist on top.
4. Sprinkle with cheese and place the frittata under a hot grill until golden.
5. Combine the leftover vegetables with tomato, avocado and lettuce to make a salad and add a wedge of frittata and bread to plate to serve.



Autumn Lunch, Day 10: **Grilled fish**

Best served immediately

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients:

1 small fish or 2 fillets of fish
½ lemon
1 tablespoon parsley, chopped.
½ tablespoon of polyunsaturated oil.

Method:

1. Clean and dry fish.
2. Grease grill rack and preheat grill for 2-3 minutes
3. Use a pastry brush to brush over oil onto fish.
4. Grill fish on both sides for 2 minutes and then half heat until fish is cooked enough for the flesh to leave the bones easily when tested with a skewer.
5. Garnish with lemon and parsley and serve with a salad or coleslaw.

Autumn Lunch, Day 11: **Rice combination salad**

Best served immediately but will keep well for 1 day

Preparation time: 10 minutes

Ingredients:

½ cup cooked brown rice (1 uncooked)
2 tablespoons of celery, thinly sliced
2 tablespoons thinly sliced shallots
¼ carrot, grated
¼ firm tomato, diced
2 tablespoons of corn kernels
Pinch of curry powder
Freshly ground black pepper
2 teaspoons fat free French dressing

Method:

1. Combine ingredients.

Notes:

Possible garnishes and additions include toasted pine nuts, sunflower seeds, raisins, sardines, salmon, chopped chicken or other meats, mussels, sliced capsicum and cucumber or chopped parsley.



Autumn Lunch, Day 12: **Curried egg and lettuce sandwich**

Best served immediately

Preparation time: 5 minutes

Serves: 5 minutes

Ingredients:

2 slices of multigrain bread
1-2 eggs
Curry powder to taste
2 lettuce leaves
½ tablespoon of polyunsaturated margarine or low fat mayonnaise
Pepper to taste

Method:

1. Boil eggs (follow methods in Autumn Breakfast Recipe 14)
2. Allow eggs to cool and mash with curry powder and margarine or mayonnaise.
3. Spread slices of bread with the egg mixture and add lettuce to serve.

Autumn Lunch, Day 13: **Bean and Artichoke Salad**

Preparation time: 5 minutes

Ingredients:

240g can of mixed beans, drained
2 artichoke hearts, canned in brine and drained
1 medium tomato, chopped
1 tablespoon toasted pine nuts
20 g low-fat cheese cut into 1cm cubes
2 teaspoons fresh parsley, chopped
2 teaspoons lemon juice
½ teaspoon reduced-salt soy sauce
Black pepper to taste

Method:

1. Combine ingredients.
- 2.



Autumn Lunch, Day 14: **Quick pizza**

Best served immediately

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

2 slices of multigrain bread
¼ cup of grated reduced fat tasty cheese
1 tablespoon of salt reduced tomato puree
¼ medium capsicum, sliced
¼ onion, sliced
¼ teaspoon basil, oregano, parsley or mixed herbs to taste
A small handful of mushrooms, sliced.
Cooking spray

Method:

1. Preheat oven to 180°
2. Oil a baking tray with cooking spray and place bread on tray.
3. Spread with tomato puree, sprinkle with herbs and layer with onions and mushrooms.
4. Sprinkle half of cheese over bread, layer with the remaining vegetables and finish with the last of the cheese.
5. Bake for 20 minutes or until golden and serve hot.

Autumn Dinner, Day 1: **Oriental mince and rice**

Best served immediately but will keep well for 1 day

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

½ teaspoon peanut oil	2 cups of low salt chicken or vegetable stock
250g lean mince	1 cup of cabbage, shredded
1 onion, finely chopped	½ zucchini, chopped
1 clove of garlic, crushed	1 tablespoon of low salt soy sauce
1 capsicum, sliced into strips	½ teaspoon of sugar
1 cup of brown rice, washed	

Method:

1. Heat oil in a saucepan over medium heat..
2. Add mince, onion, garlic, zucchini and capsicum and cook until mince is browned.
3. Add the rice and stock and bring to the boil, reducing heat when boiling. Let the mixture simmer for 12 minutes or until the rice is tender.
4. Add cabbage and simmer for another 3 minutes.
5. Combine soy sauce and sugar and stir through the mince, rice and vegetables.
6. Serve hot.



Autumn Dinner, Day 2: **Fish parcels with mixed salad**

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

2X160g fish fillets
2 tomatoes, sliced
1 onion, thinly sliced
2 teaspoons of fresh or dried dill, parsley or chives
Freshly ground black pepper to taste
Juice from a wedge of lemon
½ small lettuce
½ cucumber, sliced
½ capsicum, sliced

Method:

1. Preheat oven to 180°. Lightly wet 2X30cm squares of tin foil with lemon juice and lay fish in the centre, layering half the onion and tomato on top and seasoning well, with herbs and pepper.
2. Fold foil into a parcel and bake for 10-12 minutes or until fish is firm.
3. Add the remaining onion and tomato to lettuce, capsicum and cucumber and serve with the fish parcels.

Autumn Dinner, Day 3: **Meat and bean casserole**

Best served immediately but will keep well for 1 day

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

Cooking spray	½ teaspoon of dried rosemary
200g lean beef or lamb, diced	½ cup of water
1 440g can of low salt Lima or butter beans, drained	1 orange, juiced
1 onion, sliced	1 tablespoon of wholemeal flour
1 medium carrot, sliced	1 teaspoon of mustard

Method:

1. Preheat oven to 180°
2. Spray a non-stick frying pan with cooking spray and brown meat over medium heat and drain off any fat.
3. Place meat, beans, onion, carrot, rosemary and water in a casserole dish and cook in the oven for 20 minutes until meat is cooked.
4. Combine orange juice, flour and mustard, mix into the casserole and cook a further 5 minutes.



Autumn Dinner, Day 4: **Tuna in tomato with garlic**

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

½ onion, finely chopped
1 teaspoon olive oil
1/2 clove of garlic, crushed
1 cup tomato puree
185g can of tuna in spring water, drained
1 teaspoon oregano, dried
1 cup of water

Method:

1. Place onion and oil in pan over medium heat and cook for 2-3 minutes, or until is soft.
 2. Add tomato puree and garlic.
 3. Mix in tuna and season with oregano. Cook over medium heat for approximately 5 minutes.
 4. Cool, then blend sauce in food processor until desired consistency
 5. Reheat sauce to serve.
- Serving suggestions : Serve with crusty bread or toast and/or salad.

Autumn Dinner, Day 5: **Macaroni cheese and mixed salad**

Best served immediately

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients:

½ cup of pasta shapes

½ onion, finely chopped

1 tablespoon of wholemeal plain flour

½ cup of skim milk

Ground pepper

½ ground nutmeg

½ cup of low fat cottage cheese

1 cup of cauliflower, chopped

80g of low fat grated cheese.

½ small lettuce

½ cucumber, sliced

½ capsicum, sliced

1 onion, thinly sliced

1 tomato, sliced

Method:

1. Preheat oven to 200° and cook pasta in boiling water for about 10 minutes.
2. Soften onion in a saucepan, stirring in flour until a paste forms.
3. Take off heat and whisk in milk until smooth.
4. Cook over a low heat for 3 minutes or until the mixture thickens. Season with ground pepper and nutmeg to taste. Remove from heat and stir through cooked pasta and cottage cheese.
5. Boil or steam cauliflower until tender and stir through pasta mixture.
6. Spoon into an oven-proof dish and top with grated cheese.
7. Bake for 10-15 or until golden.
8. Assemble salad and serve with pasta.



Autumn Dinner, Day 6: **Chunky tuna and tomato pasta**

Best served immediately

Preparation time: 5 minutes

Serves: 25 minutes

Ingredients:

1 cup of uncooked pasta

½ onion, finely chopped

1 clove of garlic, crushed

1 stick of celery, finely chopped

1 tablespoon of salt reduced tomato paste

½ 400g can of low salt whole, peeled tomatoes

½ cup of low salt vegetable stock (see stock packet for instructions)

185g can of tuna in spring water, drained and flaked

½ cup of frozen peas

80g reduced fat grated cheese

Method:

1. Cook pasta in boiling water for about 10 minutes.
2. Cook onion, garlic and celery in a non-stick frying pan with a little water until soft. Add tomato paste, tomatoes and stock and bring to the boil.
3. Reduce heat and simmer until sauce has reduced and thickened. Stir in peas and tuna until heated through.
4. Serve on top of cooked pasta and top with grated cheese.

Autumn Dinner, Day 7: **Chicken Fillets**

Best served immediately

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients:

150g skinless chicken fillet
1 tablespoon chopped fresh herb
¼ cup chicken stock

Method:

1. Pound the chicken flat to ensure quick and even cooking.
2. Combine the chicken, herbs and stock in a small non-stick frypan, and bring to the boil.
3. Simmer for 6-7 minutes, or until chicken is cooked through.
4. Add salad as desired.



Autumn Dinner, Day 8: **Egg and bacon pie**

Best served immediately but keeps well for 1 day

Preparation time: 10 minutes

Cooking time: 35-40 minutes

Ingredients:

½ slice of short crust pastry
1 rasher of bacon, fat removed
1 egg
Chopped parsley
Ground pepper to taste
Cooking spray
Glaze of egg and milk
Individual pie plate (about 12cm in diameter)

Method:

1. Preheat oven to 210°
2. Line a lightly oiled pie plate with ½ of the short crust pastry.
3. Trim rind from the bacon and chop roughly, spreading evenly across the pastry lined dish. Break egg over the bacon, sprinkle with pepper and parsley.
4. Cover with the remaining pastry and glaze the uncooked pie with egg and milk.
5. Prick well and bake for 10 minutes, before lowering the oven temperature to 180° and then bake for a further 20-25 minutes.
6. Serve with salad or vegetables.

Autumn Dinner, Day 9: **Spaghetti Bolognese**

Best served immediately but keeps well for 1 day

Preparation time: 10 minutes

Cooking time: 30-40 minutes

Ingredients:

150g lean mince	¼ teaspoon of oregano
1 teaspoon of oil	½ teaspoon Worcestershire sauce
½ zucchini, grated	1 teaspoon of chutney
½ carrot, grated	Pepper to taste
2-6 button mushrooms, washed, peeled and chopped	1/3 440g tin of tomatoes
¼ large clove of garlic, crushed	½ cup of salt reduced stock
1 onion, finely chopped	150g of uncooked spaghetti
Pinch of cinnamon	¼ cup of reduced fat grated cheese

Method:

1. Heat oil and brown mince with garlic and onion in a frying pan, then add stock, vegetables, tomato, oregano, cinnamon, chutney and Worcestershire sauce, and pepper and simmer for 30 minutes.
2. Cook spaghetti, then drain and serve immediately with sauce and grated cheese.
3. Serve with salad or vegetables.



Autumn Dinner, Day 10: **Mexican Hot Pot**

Best served immediately but keeps well for 1 day

Preparation time: 10 minutes

Cooking time: 45 minutes

Ingredients:

150g lean mince	1½ tablespoon of salt-reduced tomato paste
½ onion, diced	¼ 440g can of low salt baked beans
2-6 button mushrooms, washed, peeled and chopped	¼ 440g tin of low salt tomato soup
½ can of low salt mixed beans, drained	½ teaspoon of polyunsaturated oil
½ teaspoons of paprika	1 tablespoon cup of carrots, diced and cooked
½ clove of garlic, crushed	1 tablespoon of peas, cooked

Method:

1. Brown mince, garlic and onion in a frying pan, then add tomato paste, paprika, tinned ingredients and vegetables.
2. Stir until boiling, then reduce heat and simmer for 35 minutes.
3. Serve hot with a slice of wholegrain bread.

Autumn Dinner, Day 11: Creamy polenta

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

1 teaspoon of olive oil
½ small onion, chopped
1/3 cup of low salt vegetable stock
¾ cup of skim milk
¼ cup of fine polenta
1 tablespoon of grated parmesan
Black pepper to taste

Method:

1. Heat the oil in a non-stick frying pan and stir-fry onion over a high heat, before removing from the pan.
2. Add the stock and milk and bring to the boil, gradually stirring in the polenta. Cook until the polenta is no longer grainy – about 10 to 15 minutes, before removing from the pan and stirring through the parmesan and seasoning.
3. Set the mixture aside to cool and harden, then cut into chunks and grill until brown.
4. Serve with 125g piece of grilled fish, a grilled skinless chicken breast or a grilled lamb, pork or beef chop with any fat removed.



Autumn Dinner, Day 12: Spaghetti and meatballs

Best served immediately but keeps well for 1 day

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

100g spaghetti	½ teaspoon polyunsaturated oil
100g lean minced beef	½ cloves of garlic, crushed
2 tablespoons fresh wholemeal breadcrumbs	½ onion, finely chopped
2-3 fresh sage leaves, chopped	¼ 400g tin of chopped tomatoes, drained
1 egg, beaten (use only 2 teaspoons)	½ teaspoon of basil pesto
Freshly ground black pepper to taste	1 teaspoon low-salt tomato paste

Method:

1. Cook spaghetti.
2. Combine beef, breadcrumbs, sage, egg and pepper to form evenly sized meatballs.
3. Fry in a non-stick frying pan until brown, turning often.
4. Heat oil, onion and garlic in a frying pan for 2 minutes, then add tomato, pesto, tomato paste and pepper and simmer covered for 10 minutes.
5. Add meatballs and spaghetti, stir through and serve.

Autumn Dinner, Day 13: **Beef patties with onion**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

125g lean beef mince
½ small onion, finely chopped
2 teaspoon oil
pepper

Method:

1. Using the mince beef, make 2 very thin patties of equal dimensions.
2. Cook onion in 1 teaspoon of oil until soft.
3. Cover one of the patties with a thick layer of cooked onion.
4. Heat remaining oil in a heavy frying pan and when very hot cook patties for 4 minutes on each side.
5. Season with pepper.



Autumn Dinner, Day 14: **Smoked haddock with tomato**

Best served immediately but keeps well for 1 day

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

250g of smoked haddock	Pepper
1 tablespoon of dry, white wine	1 tablespoon of fresh breadcrumbs
1 tin of low-salt chopped tomato	Finely chopped parsley
½ teaspoon of sugar	Spray oil

Method:

1. Preheat oven to 180°
2. Poach haddock in simmering water until tender. Remove from pan and flake into a lightly greased oven dish, picking out any bones and skin.
3. Pour wine over haddock.
4. Arrange tomato over fish. Season with pepper and parsley to taste and then sprinkle over breadcrumbs.
5. Bake for 15 minutes, or until the breadcrumbs are crisp and golden.
6. Serve with bread and salad or vegetables.

Winter

June, July, August

The following fruit and vegetables are in season:

Apples	Orange
Avocado	Parsnip
Beans	Passionfruit
Broccoli	Peas
Brussels sprouts	Pears
Cabbage	Potatoes
Capsicum	Spinach
Cauliflower	Strawberries
Celeriac	Swede
Cucumber	Sweet corn
Grapefruit	Sweet potato
Kiwi fruit	Tangelo
Leek	Turnip
Lime	Watermelon
Mandarins	Zucchini



Vegetarian Pizza – recipe page 44

Winter Lunch, Day 1: **Beef satay patties**

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

60g lean beef mince	1 tablespoon of smooth reduced salt peanut butter
¼ teaspoon of gluten free corn flour	Pinch of sugar
½ teaspoon of mirin	1 square of multigrain mountain bread
½ teaspoon of sesame oil	1 tablespoon of natural yoghurt (optional)
½ teaspoon of tamari	Cooking spray
1 clove of garlic, crushed	
½ teaspoon of grated ginger	

Method

1. Preheat oven to 180° and lightly grease a baking tray with cooking spray.
2. Combine all the other ingredients, except the mountain bread and yoghurt, in a bowl and mix well.
3. Place tablespoons of the mixture on the baking tray.
4. Cover the tray with aluminum foil and bake for 15 minutes.
5. Serve with mountain bread, salad and yoghurt.



Winter Lunch, Day 2: **Tuna and corn patties**

Best served immediately but will keep 1 day refrigerated

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients:

1 tablespoon of grated reduced fat cheddar cheese
1 95g of tuna in spring water, drained and flaked
1 ½ tablespoon of corn kernels
¼ cup of mashed boiled potato (1 medium potato)
1 egg, lightly beaten (use only 1 tablespoon)
2 tablespoons rolled oats
1 spring onion, chopped.

Method:

1. Combine all ingredients in a bowl, mixing well until combined.
2. Divide mixture into 6 equal portions and form patties.
3. Cook in a non-stick frying pan on medium heat for 3-5 minutes, or until golden brown on both sides.
4. Serve with a garden salad and crusty bread.

Winter Lunch, Day 3: **Spaghetti Bianca**

Best served immediately but will keep 1 day if refrigerated

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients:

375g packet of wholemeal spaghetti
½ small onion, sliced.
½ garlic clove, crushed.
¼ green capsicum, finely chopped.
2 tablespoons chopped celery with tops
1/3 375g can of "no added salt" tomatoes

1½ tablespoon of salt reduced tomato paste
¼ cup of water
2 teaspoon of chopped parsley
Pinch of oregano
1 teaspoon of salt reduced soy sauce or tamari
Black pepper to taste

Method:

1. Boil water in a large saucepan and add the spaghetti unbroken, cooking until tender. Drain well.
2. Cook remaining ingredients together for 20 minutes.
3. Put spaghetti in a serving dish and cover with cooked vegetables.
4. Sprinkle with parsley and serve with hot garlic bread and salad.



Winter Lunch, Day 4: **Chicken kebabs**

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

1 skinless chicken breast cut into small pieces
200g of non-fat natural yoghurt
½ teaspoons of turmeric
½ teaspoons of grated fresh or ground ginger
½ clove of crushed garlic
¼ teaspoon of cinnamon
Freshly ground black pepper
¼ small rock melon or ½ banana
½ tablespoon of polyunsaturated oil

Method:

1. Mix all ingredients together except chicken and fruit
2. Add chicken and coat well.
3. Cut fruit into chunks and alternately thread meat and fruit onto skewers.
4. Brush with oil and grill or barbeque for 5 minutes each side.
5. Serve with garden salad or Rice Combination salad from Autumn Lunch.

Winter Lunch, Day 5: **Potato and herb damper**

Best served immediately but will keep 1 day

Preparation time: 5 minutes

Cooking time: 40 minutes

Ingredients:

¼ cup of boiled potato mashed with 2 teaspoons of skim milk (use 1 small potato)

¾ cup wholemeal self raising flour

1 teaspoons of reduced fat margarine

2 teaspoons of dried Italian herbs

Pinch of salt

Pinch of pepper

3 tablespoons of skim milk

Cooking spray

Method:

1. Preheat oven to 220°C and lightly spray a baking tray with cooking spray.
2. Sift flour, salt and pepper into a bowl and mix in the herbs.
3. Stir in the mashed potatoes and then enough of the skim milk to make a sticky dough, using hands to mix.
4. Turn the dough onto a floured board or bench and knead with hands until smooth.
5. Place the dough on the prepared oven tray and press out into a 7cm round.
6. Cut a deep cross into the surface and then another, so that the damper is divided into 2 sections.
7. Bake for 8 minutes and then reduce heat to 180 °C and bake for a further 25-30 minutes, or until golden brown on top and cooked through.



Winter Lunch, Day 6: **Cheese and cucumber sandwiches**

Best served immediately

Preparation time: 5 minutes

Ingredients:

2 slices of bread

½ avocado

20g of grated low fat cheese

6 slices of cucumber

½ tomato, sliced

20g grated carrot

Method:

1. Assemble sandwich.

Winter Lunch, Day 7: **Scalloped potatoes**

Best served immediately

Preparation time: 5 minutes

Cooking time: 30 minutes

Ingredients:

2 medium potatoes, scrubbed

1 tablespoon of skim milk

Pinch of coarsely ground black pepper

½ teaspoon of chopped parsley

Pinch of dried mixed herbs

Method:

1. Slice the potatoes thinly and arrange in overlapping rows or circles in a shallow baking dish.
2. Pour over the skim milk and sprinkle with pepper, parsley and herbs.
3. Bake for 30 minutes or until potatoes are tender and slightly browned on top.
4. Serve with a 125g piece of grilled chicken breast or 1 grilled lamb chop with the fat removed.



Winter Lunch, Day 8: **Cheese and lettuce sandwiches**

Best served immediately

Preparation time: 5 minutes

Ingredients:

2 slices of wholemeal or wholegrain bread

½ avocado

2 tablespoons grated, low fat cheese

1 lettuce leaf.

½ tomato, sliced

Method:

1. Assemble sandwich.

Winter Lunch, Day 9: **Pasta spirals with tuna and tomato sauce**

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

100g packet of spiral pasta
½ onion, diced
½ carrot, diced
½ clove of garlic, crushed
1/3 420g can of salt reduced crushed tomatoes
2 tablespoons of salt reduced tomato paste

½ cup salt reduced chicken stock
1 95g can of tuna in spring water, drained and flaked
3cm piece of zucchini, diced
6 button mushrooms, washed, peeled and sliced
Pinch of herbs (basil or oregano)
Cooking spray

Method:

1. Cook pasta and drain.
2. Lightly grease a non-stick frying pan with cooking spray and fry onion, carrot and garlic.
3. Add tomatoes, tomato paste, vegetables, herbs and stock
4. Simmer over medium heat until vegetables are tender
5. Add tuna and reheat.
6. Stir pasta through sauce and serve with grated cheese and salad.



Winter Lunch, Day 10: **Burritos with Beans**

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients:

For bean sauce:

1 tablespoon olive oil
1 clove garlic, crushed
1 small onion, diced
¼ 425 g can of chopped tomatoes, with onions and garlic
½ 425 g can of red kidney beans, drained
¼ packet burrito spice, or taco spice powder

For salad:

2 cos lettuce leaves, shredded
1 tomato, diced

1 small carrot, grated
¼ zucchini, grated
1 spring onion, chopped

For garnishes:

1 teaspoon chopped parsley
2 tablespoons grated low fat cheddar cheese
2 tablespoons salsa sauce
2 tablespoons low fat yoghurt, or light sour cream (you can mix with 1 small clove of crushed garlic)

For assembly:

2 burritos, or taco shells

Method:

1. Heat oil in saucepan, add garlic and onion and cook for 2-3 minutes until onion is soft.
2. Add all other bean sauce ingredients and bring to the boil, then reduce heat and simmer for 10-15 minutes until the liquid is evaporated.
3. Heap burritos or tacos with bean sauce, salad mix, grated cheese, salsa, parsley and yoghurt and serve.

Winter Lunch, Day 11: **Vegetables, Hot pot with barley**

Will keep 1-2 days refrigerated or indefinitely if frozen

Preparation time: 15 minutes

Cooking time: 1 hour

Ingredients:

1 large turnip, peeled and diced
1 large parsnip, peeled and diced
½ carrot, peeled and diced
½ leek, washed and sliced
1 cup cabbage, washed and sliced
½ onion, chopped
3 teaspoons of salt reduced tomato paste

25g pearl barley, soaked in water overnight and drained
Pinch of fresh thyme
1½ cups of salt reduced vegetable or chicken stock
Freshly ground black pepper to taste

Method:

1. Put all ingredients except the pepper into a large saucepan, ensuring that the vegetables and barley are just covered by the stock.
2. Bring to the boil, cover and simmer over a low heat for 1 hour or until the barley is tender, stirring occasionally.
3. Season with pepper to taste and serve with bread.



Winter Lunch, Day 12: **Hungarian goulash**

Best served immediately

Preparation time: 15 minutes

Cooking time: 1 hour +

Ingredients:

200g cubed beef (stewing steak)
1 medium onion, sliced
1 tablespoon wholemeal flour
2 teaspoons of polyunsaturated oil
1 clove of garlic, chopped
2 teaspoons of sweet paprika
1 cup of hot stock (salt reduced)

3 tablespoons of fruit chutney
1 tablespoon of natural yoghurt
1 cup of cooked peas or 100g
cooked broccoli florets (to serve)
1 cooked medium potato or 150g
cooked pasta/rice (to serve)

Method:

1. Heat oil in a saucepan, add the onion and garlic and gently fry for 1-2 minutes.
2. Brown meat in pan and add the flour and paprika, stirring well to coat the meat for around 2 minutes.
3. Add the stock and chutney and simmer, covered, for 1 hour; stirring occasionally.
4. Stir yoghurt through mixture and serve with your choice of either peas or broccoli and a serve of either potato, pasta or rice.

Winter Lunch, Day 13: **Vegetarian pizza**

Best served immediately

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients:

1 small wholemeal pita bread round for the base

¼ cup of salt reduced tomato paste.

1 cup of sliced vegetables, e.g. zucchini, mushrooms, capsicum, tomato

¼ cup of reduced fat grated cheese.

Method:

1. Preheat oven to 180 °C.
2. Spread base with tomato paste, layer with the vegetables and top with cheese.
3. Bake for 20 minutes, or until cheese is melted and golden.
Serve with salad.



Winter Lunch, Day 14: **Vegetable soup**

Will keep up to 3 days refrigerated and indefinitely if frozen

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredients:

25g each of sliced/diced carrot, onion, celery, turnip and parsnip

1 leek, washed, trimmed and sliced.

1 tablespoon of wholemeal flour

½ medium tomato, peeled and sliced

1 teaspoon of salt reduced tomato puree

500ml of salt reduced beef stock

2 bay leaves

Pinch of ground nutmeg

Black pepper to taste

100ml of skim milk

Rings of leek to garnish

Method:

1. Gently fry all the vegetables except the tomato for about 10 minutes without colouring.
2. Stir in the flour and cook for a further minute.
3. Add the tomato, puree, stock, bay leaves, nutmeg and seasoning and bring to the boil, covering and simmering gently for about 30 minutes.
4. Remove the bay leaves and sieve or liquidize the soup, returning to the pan with the milk. Bring back to the boil and simmer.
5. Serve garnished with leek rings and a bread roll on the side.

Winter Dinner, Day 1: Roast Lamb

Preparation time: 15 minutes

Cooking time: 1 hour +

Ingredients:

2 small potatoes, scrubbed
1/3 parsnip, trimmed and peeled
1 thick piece of swede, peeled
1 thick piece of turnip, scrubbed and peeled
100g of Japanese pumpkin
2 thick pieces or 1/2 small sweet potato, peeled

1 tablespoon olive oil
1/2 clove of garlic, finely chopped
Black pepper to taste
1 small well-trimmed rack of lamb, 2 or 3 cutlets in all
Pinch of rosemary.

Method:

1. Cut potatoes, parsnip, swede, turnip, pumpkin and sweet potato into even sized chunks and microwave covered on HIGH for 5 minutes with 2 tablespoons of water.
2. Toss vegetable pieces in half the oil, pepper and garlic and arrange the vegetables in a baking dish and bake at 200° until half cooked- about 30 minutes.
3. Rub lamb with the remainder of oil, pepper, garlic and the rosemary and seal the outside of the lamb to keep the juices in by frying it in a hot frying pan until it is lightly brown.
4. Transfer the lamb to the baking dish with the vegetables and cook meat and vegetables on a rack until the juices run clear – about 20 to 40 minutes.
5. Allow the lamb to rest before carving.



Winter Dinner, Day 2: Old fashioned shepherd's pie

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients:

1 large potato, diced into small pieces
1-2 tablespoons low fat milk
1/3 carrot, peeled and finely chopped
1 teaspoons of olive oil
1/3 celery stick, finely chopped
1/3 zucchini, finely chopped

1/2 small brown onion, finely chopped
1/2 clove of garlic, finely chopped
120g premium trim beef or lamb mince
2 tablespoons reduced salt tomato sauce
2 tablespoons of Worcester sauce
1/3 stock cube dissolved in 1/4 cup boiling water

Method:

1. Preheat oven to 200°.
2. Cook potatoes in a saucepan of boiling water until tender.
3. Mash potatoes with milk and set aside, keeping warm.
4. Chop the carrot, celery and zucchini and sauté in hot oil with garlic and onion for 10 minutes. Add the mince and cook until brown and separated, then add sauces and stock and bring to the boil. Simmer for 3 minutes.
5. Spoon the mince and vegetable mixture into a lightly greased pie dish and top with mashed potatoes. Rake the surface with a fork to even out the topping and then bake for 15-20 minutes.

Winter Dinner, Day 3: **Beef stew**

Will keep 1-2 days refrigerated or indefinitely if frozen

Preparation time: 15 minutes

Cooking time: 2 hour +

Ingredients:

150-200g blade bone steak,
trimmed and cut into 3cm cubes
1 tablespoon of wholemeal plain
flour
½ onion, finely chopped
½ stalk of celery, sliced
Pinch of fennel seeds
Finely grated zest and sliced flesh of
½ orange
1 teaspoon of balsamic vinegar
1 small piece of a cinnamon stick

¼ cup of red wine
1/3 cup of water
1 small sweet potato, cut into even-
sized chunks
¼ cup of cooked or canned beans,
such as cannellini beans, drained
2 teaspoons chopped parsley to
garnish
1 cup of frozen green beans
Freshly ground pepper to taste

Method:

1. Preheat oven to 170°.
2. Steam or boil beans until just tender.
3. Toss the meat in the flour, season with pepper and place in an oven-proof dish.
4. Add the remaining ingredients – minus the green beans and parsley – and cover, cooking in the preheated oven until the meat is tender – about 2 hours.
5. Add the green beans for the last 10 minutes of cooking and then sprinkle with parsley to serve.



Winter Dinner, Day 4: **Vegetable hot pot**

Preparation time: 20 minutes

Cooking time: 40 minutes

Ingredients:

1 teaspoon of canola or olive oil
¼ onion, chopped
1/3 carrot, peeled and chopped
1 small, thick piece of parsnip,
peeled and chopped
1 small, thick piece of swede,
peeled and chopped
1 small, thick piece of turnip, peeled
and chopped
½ stalk of celery, sliced

½ cabbage, shredded
½ tomato, chopped
1 teaspoon of salt-reduced tomato
paste
1 cup of salt reduced vegetable
stock
1/3 cup of kidney beans, cooked or
canned, drained
1 tablespoon of chopped parsley
Tabasco sauce, to taste

Method:

1. Heat the oil in a saucepan over medium heat.
2. Add onion, carrot, parsnip, swede, turnip, celery and cabbage and stir fry for 5 minutes until soft.
3. Stir in tomato, tomato paste and vegetable stock, cover and cook until vegetables are tender- about 30 minutes.
4. Stir in red kidney beans and Tabasco and season with parsley to serve.

Winter Dinner, Day 5: **Beef and Okra Curry**

Will keep 1-2 days refrigerated or indefinitely if frozen

Preparation time: 20 minutes

Cooking time: 40 minutes

Ingredients:

150g lean blade steak, trimmed and cut into cubes

½ small onion, chopped

½ chili, finely chopped

1 teaspoon peanut or macadamia nut oil

¼ teaspoon of cumin seeds

¼ teaspoon turmeric

2 teaspoons of curry powder

4 cloves of garlic, crushed

½ teaspoon of fresh ginger root, crushed

1 cup of water or salt-reduced beef stock

½ small tomato, chopped

¼ cup of okra, sliced

1 small potato, peeled and cubed

Method:

1. Heat oil in a saucepan and gently fry onion, chili and okra until the onion is golden, then add the turmeric, cumin and curry powder and stir well.
2. Brown the beef in the mixture for about 10 minutes, stirring occasionally, then add the garlic and ginger and cover, cooking for a further 5 minutes.
3. Mix in the water or stock, tomato and potato, reduce the heat and simmer until the potato and meat are cooked.

Note: Rice or noodles would be a good accompaniment.



Winter Dinner, Day 6: **Mixed bean casserole**

Best served immediately but will keep 1 day refrigerated

Preparation time: 5 minutes

Cooking time: 30 minutes

Ingredients:

½ cup of fresh beans

1 cup of canned low-salt kidney or 4 bean mix, drained

½ a small onion, chopped

½ clove of garlic, crushed

½ stick of celery, chopped

Pepper to taste

Method:

1. Cook fresh beans for 5-8 minutes and reserve the liquid.
2. Sauté onion and garlic in a small amount of water for about 10 minutes.
3. Stir in canned beans and pepper and reserved water from beans.
4. Add celery and stir, placing in a casserole dish and baking for 12 minutes at a moderate heat.
5. Serve with a buttered slice of bread and a 125g piece of grilled chicken breast.

Winter Dinner, Day 7: **Savoury mince**

Best served immediately

Preparation time: 10 minutes

Cooking time: 50 minutes

Ingredients:

150g veal or lean pork mince
½ small onion, finely chopped
½ clove of garlic, crushed
10cm piece of celery, finely chopped
1 410g can of salt-reduced tomatoes
1 teaspoon salt-reduced tomato paste

¼ teaspoon of mixed herbs
Freshly ground black pepper to taste
300g can of salt-reduced baked beans
½ teaspoon of polyunsaturated oil.

Method:

1. In an oiled non-stick saucepan, fry the onion and garlic over a low heat until they are soft and golden.
2. Add the mince and cook over medium heat, stirring regularly, until brown.
3. Mash the tomatoes in their liquid with a fork and add to the meat.
4. Stir in the tomato paste and herbs and season with the black pepper.
5. Bring the mixture to the boil then reduce the heat and cover, simmering for 30 minutes and stirring occasionally.
6. Stir in the baked beans and warm through for 4-5 minutes and then serve.



Winter Dinner, Day 8: **Vegetable curry**

Will keep for 1-2 days refrigerated

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

150g vegetable pieces, e.g. sweet potato, carrot, cauliflower
1 cup of brown rice
1 tablespoon of polyunsaturated oil
½ small onion, sliced
¼ teaspoon ground turmeric
1cm piece of green ginger, chopped

½ clove of garlic, chopped
½ chili, finely chopped
1/3 cup of water
1/3 cup of low fat coconut milk
1 tablespoon of lemon juice

Method:

1. While the rice cooks (see Steamed Rice recipe on page 62), heat oil until very hot in a wok or frying pan and fry the onion and spice until the onion is golden brown.
2. Add the rest of the vegetables, stir frying for 2-3 minutes then add the water and cook for 6-8 minutes or until the vegetables are tender.
3. Add the coconut milk and bring to the boil, then remove from heat and add the lemon juice.
4. Serve with brown rice.

Winter Dinner, Day 9: **Middle Eastern potato and chick pea casserole**

Will keep 1-2 days refrigerated or indefinitely if frozen

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

100g potatoes, peeled and cut into 2cm cubes

1 teaspoon of olive oil

1 clove of garlic, finely chopped

½ large onion cut into thin rings

130g can of chopped tomatoes

1 teaspoon of salt-reduced tomato paste

100g can of chick peas, well drained

Freshly ground black pepper to taste

Fresh coriander or parsley, roughly chopped

Method:

1. Fry the onions and garlic in the oil until soft and add the potatoes, turning them until they are tender and golden. Stir in the chick peas, tomatoes and tomato paste and season with pepper.
2. Bring to the boil, cover and simmer gently until the potatoes are cooked through, then garnish with herbs to serve.



Winter Dinner, Day 10: **New Orleans Creole pork kebabs**

Best served immediately but will keep 1 day refrigerated

Preparation time: 2 hours +

Cooking time: 15 minutes

Ingredients:

500g pork fillets, cut into small, even cubes

1 tablespoon seasoned pepper (blends available in spice section at supermarket)

1 teaspoon freshly grated ginger

¼ teaspoon dried basil

¾ teaspoon paprika

Pinch of ground oregano

2 tablespoons of tinned mango puree (freeze remainder)

Method:

1. Combine all of the herbs and spices and pour onto a flat plate.
2. Thread skewers that have been soaked in water with pork, evenly spacing the meat, and roll each skewer with the herbs and spices mixture. Refrigerate the kebabs for at least 2 hours, but preferably overnight.
3. Grill or barbeque the skewers for 10 minutes, turning to ensure the meat is cooked.
4. Serve hot, drizzled with the mango puree and a salad or steamed or stir fried vegetables.

Winter Dinner, Day 11: **Chicken and mushroom pasta**

Best served immediately but will keep 1-2 days refrigerated

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients:

120g spiral pasta	100ml reduced fat evaporated milk
120g skinless chicken breasts cut into small cubes	2 tablespoons of chicken stock
50g mushrooms, quartered	1 tablespoon of polyunsaturated oil
1 large spring onion, sliced	Freshly ground black pepper to taste
2 teaspoons corn flour	Cooking spray

Method:

1. Cook the pasta, drain and set aside.
2. Grease the wok or frying pan with cooking spray and heat, then cook the chicken until browned. Remove from the pan and set aside.
3. Sauté the mushrooms and spring onions for about 3 minutes, stirring frequently.
4. Put the corn flour in a small bowl and gradually mix in 1 tablespoon of the milk, stirring until smooth. Pour the remaining milk and stock into the hot pan and slowly add the corn flour mixture, stirring constantly. Continue stirring until the sauce boils and thickens and season to taste.
5. Stir the chicken into the sauce and heat through. Pour sauce and chicken over the pasta to serve.



Winter Dinner, Day 12: **Jambalaya**

Will keep for 1 day refrigerated

Preparation time: 10 minutes

Cooking time: 1 hour

Ingredients:

1 cup of quick-cooking brown rice	¼ teaspoon Cajun spice mix
1 250g packet of frozen broccoli, yellow bean and capsicum mix (any vegetable combination can be substituted)	¼ 425g can of tomato and herbs (the rest may be frozen)
1 teaspoon of peanut oil	¼ 300g can of red kidney beans, drained and rinsed or 125g of cooked chicken pieces
½ onion, chopped	

Method:

1. Cook the rice and set aside.
2. Steam the frozen vegetables and set aside.
3. Heat the oil in a frying pan and then add the onion and spice mix and stir-fry over a high heat for 2 minutes before adding the steamed vegetables, tomatoes and kidney beans or chicken pieces and bringing the mixture to the boil.
4. Reduce the heat slightly and cook until the liquid reduces and thickens – about 3-4 minutes.
5. Stir in the rice and cook over a low heat until heated through – about 5 minutes – and serve immediately.

Winter Dinner, Day 13: **Barbecued meat loaf**

Best served immediately but will keep 1-2 days refrigerated

Preparation time: 15 minutes

Cooking time: 45 minutes

Loaf Ingredients:

250g lean beef mince
1 egg, lightly beaten (use only 1
tablespoon)
1 tablespoon fine bread crumbs or
cornflake crumbs
1 teaspoon chopped parsley
1 tablespoon of water
2 teaspoons of chopped onion
2 teaspoons of prepared
horseradish
Pinch of freshly ground black pepper

1 large potato, peeled and diced
1 large carrot, julienned
2 tablespoons of reduced salt butter

Sauce Ingredients:

100ml chili sauce
1 tablespoon of ketchup or low salt
tomato sauce
5 drops of Worcester sauce
Pinch of dry mustard
Dash of Tabasco

Method:

1. Cook the potato and carrot, mash potato with 1 tablespoon of butter and set aside.
2. Combine the loaf ingredients and mix well, shaping into an oblong loaf. Place this in a greased shallow oven dish.
3. Combine the sauce ingredients and spread over the top and sides of the loaf. Bake in a 350° oven for about 45 minutes, basting the loaf two or three times with the drippings that accumulate.
4. Serve with fluffy mashed potato and thinly sliced buttered carrots.



Winter Dinner, Day 14: **Teriyaki chicken and noodle stir fry**

Best served immediately

Preparation time: 30 minutes +

Cooking time: 20 minutes

Ingredients:

1 125g skinless chicken breast fillet
2 tablespoons teriyaki marinade
¼ red capsicum, seeded and sliced
1 small carrot, sliced

½ cup of snow peas, trimmed
¾ cup of broccoli florets
100g fresh egg noodles
Cooking spray

Method:

1. Place the chicken on a plate and drizzle with half of the marinade. Marinate for 30 minutes or overnight.
2. Heat a char grill or a frying pan over a medium heat and lightly spray with cooking spray. Cook chicken thoroughly.
3. Lightly grease a wok or frying pan and stir fry capsicum, carrots, snow peas and broccoli for 2-3 minutes. Add the noodles and stir fry for a further 2-3 minutes, then add the remaining marinade and heat through until hot.
4. Serve the vegetables topped with the grilled chicken pieces.



Figure 1 The men's cooking group with the Men's Shed men

Spring

September, October, November

The following fruit and vegetables are in season:

Asparagus
Avocado
Beans
Capsicum
Cauliflower
Celery
Chili
Cucumber
Eggplant
Lemon

Mangoes
Melons (rockmelon, honeydew)
Passionfruit
Pumpkin
Snow peas
Stone fruit (peaches,
nectarines, plums)
Strawberries
Tomatoes
Zucchini



French Onion Soup – recipe page 63

Spring Breakfast, Day 1: Creamy scrambled eggs

Best served immediately

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

2 eggs, lightly beaten

¼ cup of evaporated skim milk

Cooking spray

Freshly ground black pepper to taste

Method:

1. Whisk together eggs, milk and pepper.
2. Lightly oil a frying pan and pour in egg mixture, cooking at a moderate heat and stirring gently to avoid eggs sticking to pan or forming large clumps.



Spring Breakfast, Day 2: Cornmeal pancakes

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes.

Ingredients:

¾ cup of cornmeal

½ wholemeal flour, sifted

¼ cup of skim milk powder

1 cup of water

½ teaspoon of honey

1 egg, separated

Cooking spray

Prepared fruit e.g. sliced mango cheeks, strawberries, stone fruit flesh (peach, nectarine, apricot)

Method:

1. Combine cornmeal, flour and milk powder in a bowl and stir in water, honey and egg yolk, mixing well to integrate ingredients
2. Beat egg white until stiff and lightly fold through the pancake mixture.
3. Lightly grease a frying pan with cooking spray and drop spoonfuls of batter in, cooking 1-2 minutes per side.
4. Serve pancakes with prepared fruit.

Spring Breakfast, Day 3: **Open mushroom and thyme omelette**

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

2 field mushrooms
2 sprigs of thyme
¼ teaspoon minced garlic
2 eggs
2 tablespoons of parsley, chopped
Black pepper to taste
Cooking spray

Method:

1. Preheat oven to 170°
2. Clean mushrooms and remove stalks. Place on a baking tray with tops facing down and top with a sprig of thyme, minced garlic and spray lightly with cooking spray.
3. Bake mushrooms for 10 minutes.
4. Whisk eggs together.
5. Lightly grease a frying pan and heat. Add eggs to the pan and gently mix with a wooden spoon.
6. Place mushrooms on top of eggs and leave pan over a low heat while eggs set. The omelette is ready when the egg is set but remains slightly soft on top.
7. Season with pepper and parsley.



Spring Breakfast, Day 4: **Corn cakes with rocket and parmesan**

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

¼ cup of corn kernels, cooked (or use canned)
¼ chili, seeded and finely diced
1 clove of garlic, crushed
1 small shallot, diced
1 egg, beaten (use only half)
30ml of skim milk

½ cup wild rocket
25g shaved parmesan
1 tablespoon of wholemeal self raising flour with 1/8 teaspoon of baking powder mixed in
Cooking spray
Freshly ground black pepper

Method:

1. Combine chili, corn, garlic, shallot, egg, milk, flour mixture and pepper into a batter. Set aside.
2. Lightly oil a frying pan with cooking spray until sizzling and add spoonfuls of batter, flipping when the cake is a golden brown colour to cook the other side.
3. Serve with rocket and parmesan.

Spring Breakfast, Day 5: French eggs

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

½ teaspoon of polyunsaturated oil
¼ brown onion, finely sliced
1 clove of garlic, chopped
¼ red capsicum, seeded and thinly sliced
¼ green capsicum, seeded and thinly sliced
2 sun dried tomatoes, blotted of oil and chopped
2 eggs
2 teaspoons fresh basil or parsley, chopped
2 tsps water
Freshly ground black pepper to taste

Method:

1. Whisk the eggs in a bowl with the basil, black pepper and water.
2. Heat the oil in an omelette pan, and quickly stir-fry the vegetables until they are soft and golden.
3. Pour the eggs over the vegetables, and cook over a gentle heat until they are scrambled but still quite soft.
4. Serve piping hot.



Spring Breakfast, Day 6: Fruity porridge

Best served immediately

Cooking time: 5 minutes

Ingredients:

¾ cup of rolled oats
1 ½ cup of water
2 tablespoons dried fruit pieces
1 cup of skim milk, warm
Ground cinnamon to taste

Method:

1. Combine oats, water and dried fruit in pan.
2. Slowly bring to the boil, and cook gently for 10 minutes, stirring often.
3. Sprinkle with cinnamon and serve with milk.

Spring Breakfast, Day 7: **Banana smoothie**

Best served immediately

Cooking time: 5 minutes

Ingredients:

1 ripe banana, sliced
1 cup of skim milk
2 tablespoons of natural yoghurt
1 tablespoon of rice bran
¼ teaspoon of cinnamon
1 teaspoon of grated nuts (optional)
Honey to taste

Method:

1. Place all ingredients except nuts in a blender and blend until smooth.
2. Pour into a glass and sprinkle with nuts.



Spring Breakfast, Day 8: **Bubble and squeak**

Best served immediately

Preparation time: 5 minutes (more if having to cook vegetables)

Cooking time: 10 minutes

Ingredients:

½ small onion, finely sliced
1 cup of mixed cooked vegetables, e.g. potato, cabbage, pumpkin, carrot, cauliflower, broccoli, beans, peas, spinach, zucchini
Cooking spray
Freshly ground black pepper to taste

Method:

1. Lightly oil a frying pan with cooking spray and sauté onion gently until browned. Add vegetables and pepper and stir, pressing together into an even, flat cake.
2. Cook over a medium heat for 5 minutes, or until the bottom of the cake is well browned.
3. Cut into wedges and serve brown side up.

Spring Breakfast, Day 9: **Spanish omelette**

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

1 medium potato, unpeeled and diced
½ small onion, chopped
2 mushrooms, washed, peeled and chopped
¼ green capsicum, seeded and chopped
¼ cup of cooked vegetables, e.g. corn, peas, carrot
10cm piece of celery, chopped

2 eggs
¼ teaspoon of dried mixed herbs
¼ cup of water
Freshly ground black pepper to taste
Nutmeg to taste
Cooking spray
3 drops or Tabasco sauce or a pinch of cayenne pepper to taste

Method:

1. Lightly oil a frying pan with cooking spray and put over a medium-high heat. Add the potato and onion, cover and cook until potatoes are tender. Add mushrooms, capsicum, celery and other vegetables and cook for a further 5 minutes.
2. Beat eggs with seasoning and water and pour over the vegetables, covering and cooking until almost set. Take care not to burn the bottom of the omelette.
3. Preheat grill to medium and place omelette under grill to continue cooking.
4. Loosen omelette from pan, cut into wedges and serve.



Spring Breakfast, Day 10: **Scones**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

½ cup of wholemeal self-raising flour, minus 1 heaped tablespoon
2 teaspoons gluten flour
1/8 teaspoon baking powder

2 teaspoons polyunsaturated margarine
2 tablespoons skim milk
2 tablespoons low fat natural yoghurt

Method:

1. Preheat oven to 220°.
2. Combine flours and baking powder and rub in the margarine until the mixture resembles fine bread crumbs. Add the milk and yoghurt and use a knife to mix into soft dough.
3. Turn the dough onto a lightly floured board and knead quickly and gently using fingertips until soft and smooth.
4. Roll out the dough with a rolling pin and using either a scone cutter or the rim of a teacup or mug, cut out circles of dough.
5. Put the uncooked scones on a baking tray covered with a sheet of baking paper and bake for 10 minutes, or until risen and golden brown.
6. Remove from the oven and immediately wrap in a clean, dry tea towel to allow a crust to form. Serve with butter, jam and/or cream.

Spring Breakfast, Day 11: **Natural muesli**

Best served immediately

Preparation time: 10 minutes

Ingredients:

6 cups of rolled oats
1 cup of rolled rye
1 cup of wheat germ
1 cup skim milk powder
1 cup pepitas
1 cup of sultanas
1 cup of chopped dried apricots
1 cup roasted hazelnuts
¼ cup toasted sesame seeds
1 cup of processed bran

Method:

1. Toast rolled oats in an 180° oven on a flat tray for 6-7 minutes and allow to cool.
2. Mix all ingredients together and store in an airtight container.
3. To serve, combine ½ cup of mixture with roughly the same amount of milk.



Spring Breakfast, Day 12: **Potato Pancakes**

Best served immediately

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients:

2 large potatoes, grated
1 medium carrot, grated
1 small onion, grated
Freshly ground pepper to taste
Cooking spray

Method:

1. Mix the grated ingredients together and season to taste.
2. Lightly grease a large frying pan and heat.
3. Scoop the vegetable mixture into the pan and flatten with a spatula.
4. Cover and cook over a low to medium heat for 15 minutes or until the bottom is well browned.
5. Cover the pancake with a plate and turn over, so that the pancake ends up on the plate. Grease the pan again if it needs it and return the pancake to the pan with the unbrowned side down, cook for further 10 minutes.
6. Serve with grilled vegetables or a salsa made of fresh chopped tomatoes, capsicums and herbs.

Spring Breakfast, Day 13: **Sautéed vegetables on grainy toast**

Best served immediately
Preparation time: 20 minutes
Cooking time: 15 minutes

Ingredients:

1 red capsicum, halved and sliced
1 yellow or green capsicum, halved and sliced
1 onion, halved and sliced
Freshly ground pepper to taste
Cooking spray
2 slices of wholegrain bread for toast
2 tablespoons of low fat cottage cheese

Method:

1. Lightly grease a frying pan with cooking spray and cook vegetables on high heat until well browned.
2. Make the toast while the vegetables are cooking.
3. Spread the toast with the cottage cheese and top with vegetables to serve.



Spring Breakfast, Day 14: **Bran pancakes**

Preparation time: 20 minutes
Cooking time: 20 minutes

Ingredients:

1 cup of unprocessed bran
1 cup of wholemeal self-raising flour
½ cup of low fat natural yoghurt
2 eggs
1 cup of low fat milk
Sliced soft fruit of your choice (bananas, strawberries, peaches)
Honey to taste
Cooking spray

Method:

1. Mix the bran, flour, yoghurt, milk and eggs together to make a smooth batter.
2. Lightly oil a large frying pan with cooking spray and heat over a medium flame.
3. Pour an even, medium-sized circle of batter into the pan and cook until small bubbles appear on the surface, loosening the edges from the pan with a spatula as it cooks.
4. Place a small amount of the fruit on top, pressing down well so it adheres to the uncooked batter, and flip the pancake. Press down well again.
5. The pancake is cooked when both sides are evenly brown. Remove from the pan and repeat the process with the rest of the batter.
6. Serve with remaining fruit and honey drizzled over top.

Spring Lunch, Day 1: **Garlic potatoes**

Best served immediately

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients:

1 large potato
½ cup skim milk
1 clove of garlic, crushed
2 tablespoons of low fat grated parmesan cheese
Freshly ground black pepper to taste

Method:

1. Preheat oven to 180°.
2. Wash potato and cut into 5mm thick slices. Layer slices in a small baking dish.
3. Warm milk and mix in minced or diced garlic. Pour over layered potatoes. Top with cheese.
4. Bake for 30-40 minutes and serve hot.



Spring Lunch, Day 2: **Vegetarian burrito**

Best served immediately

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients:

1 teaspoon olive oil
½ small onion, chopped
Pinch each of cumin, paprika and ground coriander
1/3 200g can low salt baked beans
2 teaspoons mild taco sauce
100g of 400g can of red kidney beans, drained (freeze remainder)
1 sheet of wholemeal mountain bread
50g low fat grated cheese
1 tomato, diced
Small piece of cucumber, diced
2 leaves of iceberg lettuce, sliced finely.

Method:

1. Heat oil in a non-stick frying pan and cook onion until golden. Add spices, baked beans, kidney beans and taco sauce and cook until thickened.
2. Place heaped spoonful of mixture on half of the mountain bread, top with lettuce, tomato, cheese and cucumber and roll up firmly to serve.

Spring Lunch, Day 3: **Bean roll**

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

1 tablespoon cooked red kidney beans

1 tablespoon corn kernels

Small piece of spring onion, sliced

Small piece of carrot, grated

25g low fat grated cheese

1 teaspoon mild taco sauce

1 wholemeal bread roll

Method:

1. Combine beans, carrot, corn, spring onion, cheese and taco sauce in a bowl.
2. Split roll along one side and pull out some of the soft filling. Spoon mixture into the roll, wrap tightly in foil and bake at 180° for 10 minutes.
3. Serve hot.



Spring Lunch, Day 4: **Steamed rice**

Best served immediately

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients:

½ cup rice

1 ½ cups water

Method:

1. Place ½ cup rice into a saucepan.
2. Add 1 ½ cups of cold water, bring to boil, stir occasionally.
3. Reduce heat and boil gently (uncovered) for 12-14 minutes.
4. Remove from heat.
5. Drain well and serve.

Spring Lunch, Day 5: **Chicken and asparagus roll**

Best served immediately

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

125g skinless chicken breast
3 asparagus spikes, woody ends removed
Freshly ground black pepper to taste
1 teaspoon minced garlic

Method:

1. Preheat oven to 180°.
2. Tenderize chicken into one, long, even piece.
3. Spread garlic on top and lay asparagus spikes on end of the piece of chicken, rolling into a log with asparagus inside chicken. Secure roll with toothpicks. Season with pepper.
4. Place roll in a baking dish with a small amount of water, cover with foil and cook for 20 minutes or until chicken is cooked tender.
5. Serve with a salad or steamed vegetables.



Spring Lunch, Day 6: **Dressed French beans**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

120g green beans, trimmed
1 tablespoon fat-free French dressing
1 clove of garlic, crushed
Freshly ground pepper to taste
1 tomato, sliced
1 hard-boiled egg, chopped

Method:

1. Cook the beans in water until just tender- do not overcook. Drain the water, add the dressing, garlic and seasoning and mix well.
2. Let the beans cool and then chill them.
3. To serve, arrange beans on a plate, topped with tomato and then egg with buttered brown bread on the side.

Spring Lunch, Day 7: Frittata with vegetables

Best served immediately

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

- 1 teaspoon of olive oil
- 1 small onion, thinly sliced
- 60g zucchini, thinly sliced
- 60g mushrooms, thinly sliced
- 1 310g can of low salt corn kernels, drained
- 2 eggs
- 1 small piece of red capsicum, seeded and thinly sliced
- 2 teaspoons fresh basil, chopped
- 1 small sprig of parsley

Method:

1. Heat oil in a non-stick frying pan and gently cook onion until soft but not coloured. Add zucchini, mushrooms, capsicum and corn and cook, covered, for about 7-8 minutes at a gentle heat, stirring occasionally.
2. Pour eggs over vegetables and top with herbs. Cook over moderate heat until set; about 7-8 minutes.
3. Serve hot or cold.



Spring Lunch, Day 8: French onion soup

Best served immediately

Preparation time: 15 minutes

Cooking time: 40 minutes

Ingredients:

- 125g onion, very thinly and finely sliced
- 20g salt reduced margarine
- 1 teaspoon of wholemeal flour
- 500ml of low salt beef stock
- 1 bay leaf
- 2 slices of thick bread
- 25g finely grated low fat cheddar
- Freshly ground black pepper to taste

Method:

1. Fry onions in the margarine until evenly brown and tender, stir in the flour until well integrated and then pour over the stock and bring to the boil. Season well, add the bay leaf and simmer for 30 minutes.
2. Place bread on an oven tray and cover with the cheese. Grill until the cheese had just melted.
3. Remove the bay leaf from the soup and serve with the bread slices floating on top of the soup.

Spring Lunch, Day 9: Potato skins

Best served immediately

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

1 medium to large potato
1 egg, beaten
¼ cup reduced fat grated cheese.
Freshly ground pepper to taste

Method:

1. Bake potato in a hot oven until soft in the centre (about 1 hour) or microwave on HIGH for 5-7 minutes until soft.
2. Allow potato to cool slightly and then cut in half and scoop out centres, leaving skin intact. Mix potato filling, egg and cheese together, season well, and spoon mixture back into skins.
3. Bake the skins for 5-10 minutes in a hot oven or microwave for 2-3 minutes on HIGH until golden brown.
4. Serve with coleslaw, salad or vegetables.



Spring Lunch, Day 10: Pea and ham soup

Best served immediately

Preparation time: Overnight

Cooking time: 45 minutes

Ingredients:

¼ cup dried green split peas
½ small onion, chopped
½ carrot, finely chopped
1 celery stalk, finely chopped
2 cups of salt reduced chicken or vegetable stock
50g lean sliced ham, chopped
2 teaspoons of parsley, chopped
Freshly ground pepper to taste
Cooking spray

Method:

1. Put the peas in a large bowl and cover generously with cold water. Stand for at least 6 hours or overnight, then drain well
2. Lightly grease a saucepan with cooking spray and cook onion, carrot and celery until soft. Add peas and stock and bring to the boil, reducing heat and simmering for 30 minutes or until peas are soft. Skim any froth off soup while cooking.
3. Stir ham and parsley into soup and heat through, before seasoning to serve.

Spring Lunch, Day 11: **Cabbage and corn fritters**

Best served immediately

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients:

½ cup shredded cabbage

1 shallot, chopped

¼ cup of wholemeal self-raising flour, sifted

75g of 310g can of creamed corn (freeze the remainder)

1 egg, beaten

1 tablespoon reduced-fat milk

Cooking spray

Method:

1. Mix cabbage, shallot, flour, corn, egg and milk in a bowl and let stand for 10 minutes.
2. Lightly oil a frying pan and fry mixture over a medium heat until golden on both sides.
3. Serve with a salad and 125g piece of grilled chicken or lamb chop with the fat removed.



Spring Lunch, Day 12: **Mexican stew**

Best served immediately

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

125g of steak, chopped into pieces (remove any fat)

1 onion, chopped

1 clove of garlic, crushed

3 mushrooms, washed, peeled and sliced

½ cucumber, sliced

1 tomato, peeled and diced

½ teaspoon chili powder

1 teaspoon mild taco sauce

Method:

1. Brown meat in a pan with onion, garlic and ½ cup of water, cooking until onion is tender. Add mushrooms and cucumber and sauté for 2 minutes before adding tomato, taco sauce and chili powder.
2. Bring to the boil and simmer for 15-20 minutes, stirring occasionally.
3. Serve with brown rice or salad and steamed potato.

Spring Lunch, Day 13: **Korma chow mien**

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

- ½ 250g packet of fresh hokkien noodles (freeze remaining)
- 1 ½ teaspoon mild curry paste, e.g. korma
- 100g beef strips or 1 425g can of soy beans
- 125g of 500g packet of frozen chow mien vegetable mix
- 2 teaspoons lemon juice
- 2 teaspoons unsalted roasted peanuts
- 1 teaspoon peanut oil

Method:

1. Cook noodles, drain and toss with half of the oil.
2. Heat remaining oil in a non-stick frying pan over a high heat, add the beef (or soy beans) and curry paste and stir fry for 1 minute before removing beef and setting aside.
3. Add frozen vegetables to pan, cover and cook for 3-4 minutes before adding noodles, lemon juice and beef.
4. Heat through and sprinkle with peanuts to serve.



Spring Lunch, Day 14: **Thai fish cakes**

Best served immediately

Preparation time: 20 minutes

Serves: 10 minutes

Ingredients:

- | | |
|--|-------------------------------|
| 1 flathead fillet (or medium sized can of tuna if fresh fish is not available) | 2 teaspoons coconut, shredded |
| 1 egg, beaten | Pinch of five-spice powder |
| ¼ teaspoon chili, seeded and chopped | ¼ teaspoon of fish sauce |
| 2 teaspoons of coriander, chopped | 1 small spring onion, chopped |
| | 1 tablespoon of sesame seeds |
| | Cooking spray |

Method:

1. Process fish, egg, chili and coriander in a food processor until smooth, then transfer the mixture into a bowl and combine with the coconut, seasoning and spring onion.
2. Refrigerate mixture for 15 minutes.
3. Form mixture into small balls and roll in sesame seeds. Fry in a lightly greased frying pan over medium heat until golden brown; 2-3 minutes per side.
4. Serve with salad.

Spring Dinner, Day 1: **Satay chicken**

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 1 skinless chicken breast fillet
- ¼ cup low fat natural yoghurt
- 1 small clove of garlic, crushed
- 1 tablespoon of low salt crunchy peanut butter
- ¼ teaspoon of salt reduced soy sauce or tamari

Method:

1. Cut chicken into small, even sized pieces, thread onto pre-soaked wooden skewers and grill until brown.
2. Combine remaining ingredients in a saucepan over low heat, stirring until integrated.
3. Remove from the heat before mixture boils and pour over chicken.
4. Serve with cooked brown rice and stir-fried vegetables



Spring Dinner, Day 2: **Tuna with tomatoes and chick peas**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- | | |
|--|--|
| 3 sun-dried tomatoes | 100g of 420g can on chick peas, drained (freeze remainder) |
| ¼ cup boiling water | ¼ cup of frozen peas |
| 1 teaspoon of olive oil | 95g can of tuna in spring water, drained and flaked |
| ½ small onion, chopped | ½ teaspoon of dried, mixed herbs |
| 1 clove of garlic, crushed | |
| ½ teaspoon of chopped chilli | |
| 100g of 425g can of low salt tomatoes (freeze remainder) | |

Method:

1. Place the tomatoes in a heat-proof bowl, pour over the boiling water and set aside.
2. Heat the oil in a frying pan and stir-fry the onion, garlic and chillies over a low to medium heat for 3-4 minutes. Add the tomatoes, chick peas, tuna, frozen peas and dried herbs and bring the mixture to the boil, simmering on a reduced heat for 3 minutes.
3. Serve with a garden salad on the side or steamed vegetables.

Spring Dinner, Day 3: **Sweet chilli pasta**

Best served immediately but will keep for 1 day refrigerated

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

500g cooked pasta

35ml evaporated skim milk

10ml cold water

2 tablespoons of sweet chilli sauce

Method:

1. Mix pasta, sweet chilli sauce and skim milk together, gradually adding water to even sauce consistency.
2. Serve with a side salad or steamed vegetables, a 125g piece of grilled skinless chicken or a lean grilled pork or lamb chop.



Spring Dinner, Day 4: **Swiss steak or chicken**

Best served immediately but will keep for 1 day refrigerated

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

125g steak or skinless chicken breast pieces

½ stick of celery

1 onion, chopped

½ can of salt reduced tomatoes

1 clove of garlic

½ teaspoon of chopped parsley

Freshly ground black pepper to taste

Method:

1. Brown steak or chicken in a non-stick pan, place in an oven dish and bake at 180° for 20 minutes.
2. Blend all other ingredients together in a blender until an even consistency. Pour mixture over meat, cover with foil and bake for a further 10 minutes.
3. Serve with steamed vegetables or a salad.

Spring Dinner, Day 5: **Fried rice**

Best served immediately

Preparation time: 5 minutes

Cooking time: 15 minutes

Ingredients:

125g of cooked rice, cold
2 teaspoons of polyunsaturated oil
40g lean ham chopped (or 45g of cooked lean pork or chicken or 30g prawns, crab meat or crayfish meat)
30g mushrooms, washed, peeled and chopped
1 tablespoon frozen peas
30g bamboo shoots

30g cooked or canned sweet corn kernels
¼ capsicum, seeded and finely chopped
½ celery stalk, finely chopped
1 small spring onion, chopped
1 egg
1 teaspoon salt reduced soy sauce
20g unsalted peanuts

Method:

1. Beat egg and set aside.
2. Heat the oil in a frying pan or wok and quickly fry ham before adding rice. Add all other ingredients except egg and soy sauce and stir continually to mix well and ensure the mixture doesn't stick to the pan or burn.
3. Make space in the pan by pushing mixture to form a hole in the centre and pour in the egg, stirring until cooked and well-mixed in. Add soy sauce and serve.



Spring Dinner, Day 6: **Potato and bacon soup**

Best served immediately

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients:

1 rasher of bacon, fat removed
1 onion, finely chopped
½ cup potato, peeled and diced
½ litre of salt reduced chicken stock
2 bay leaves

¼ can sweet corn kernels, drained
Pinch of ground mace
1 teaspoon parsley, chopped
Freshly ground pepper to taste

Method:

1. Fry bacon and onion in the fat from the bacon until beginning to colour. Add potato, stock, bay leaves, seasoning and mace and bring to the boil, simmering covered for about 30 minutes, or until potatoes have broken down.
2. Remove bay leaves, add corn and further seasoning if necessary and simmer for a further 5 minutes.
3. Stir in parsley to serve.

Spring Dinner, Day 7: **Beef burgers**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

100g lean beef mince
1 teaspoon of salt reduced tomato
sauce
1 tablespoon of water
1 pinch of mixed, dried herbs

1 multigrain roll
1 cos lettuce or iceberg leaf
1 tomato slice
20g cooked onion rings

Method:

1. Mix mince, tomato sauce, water and herbs together and form into a burger.
2. Cook in a non-stick frying pan for 5-6 minutes, turning halfway through cooking time.
3. Place lettuce, tomato and onion rings in the roll and add burger.
4. Alternately, cook burger in microwave on HIGH for 1-1 ½ minutes, turning over halfway through cooking time.
5. Serve with salad or steamed vegetables, or try adding a slice of reduced fat cheese or 2 slices of avocado.



Spring Dinner, Day 8: **Thai beef salad**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Salad Ingredients:

125g rump steak, trimmed of any fat
50g washed rocket or salad leaves,
well drained
½ Lebanese cucumber, sliced
6 cherry tomatoes
2 teaspoons of chopped mint
Freshly ground black pepper

Dressing Ingredients:

1 clove of garlic, crushed
2 teaspoons of chopped coriander
1 small piece of red chilli, seeded
and chopped
2 teaspoons of lemon or lime juice
1 teaspoon of fish sauce
1 teaspoon of palm or brown sugar
2 small spring onions, sliced

Method:

1. Season the beef well with pepper and seal in a non-stick pan over high heat (outsides should be brown, but meat should be red and rare inside). Set meat aside to rest.
2. After meat has rested for 5 minutes, slice finely across the grain and place in serving bowl with remaining salad ingredients.
3. Prepare dressing in another bowl by mixing well or blend ingredients quickly in a blender.
4. Pour the dressing over the salad, mix well and serve.

Spring Dinner, Day 9: **Chicken and lettuce rolls**

Best served immediately but will keep for 1 day refrigerated

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients:

¼ cup basmati rice	½ cup of mung bean sprouts
¾ cup low salt chicken stock	1 egg, beaten (use only 1 tablespoon)
100g skinless chicken strips	2 teaspoons of rice flour
¼ teaspoon grated ginger	1 teaspoon of polyunsaturated oil
½ teaspoon of toasted sesame seeds	1 teaspoon of sesame oil
1 teaspoon salt-reduced soy sauce	2 lettuce leaves
1/3 cup of grated carrot	

Method:

1. Cook the rice in the stock and set aside.
2. Steam the chicken until cooked.
3. Combine rice, chicken, ginger, sesame seeds, soy sauce, carrots and sprouts and mix well. Add the egg and rice flour and mix well.
4. Shape mixture into even cylinder-shaped portions, fry until brown in the oils and serve wrapped in lettuce.



Spring Dinner, Day 10: **Grilled veal**

Best served immediately but will keep well for 1 day refrigerated

Preparation time: 5 minutes

Cooking time: 20 minutes

Ingredients:

125g veal with any fat removed
1 tomato, finely diced
1 tablespoon of chopped chives
1 small onion, finely chopped
1 clove of garlic, crushed
1/3 cup of water
Freshly ground black pepper to taste

Method:

1. Grill veal and set aside, keeping .
2. To make the sauce, combine remaining ingredients in a saucepan and boil for 15 minutes.
3. Serve veal with the sauce and with steamed vegies, a side salad or coleslaw.

Spring Dinner, Day 11: Chicken and vegetable patties

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

100g skinless chicken pieces	¼ teaspoon of Worcestershire sauce
½ small onion, chopped	1 egg, beaten (use only 1-2 tablespoons)
1 clove of garlic, chopped	1 slice of bread, processed to crumbs
1/3 carrot, grated	Cooking spray
1/3 zucchini, grated	Freshly ground black pepper to taste
1 small potato, chopped and cooked	
1 small piece of pumpkin, cooked	
2 teaspoons of low salt tomato sauce	

Method:

1. Blend chicken, onion, garlic, carrot, zucchini, potato, pumpkin, sauces and egg in a food processor to smooth consistency. Add breadcrumbs and process to mix well.
2. Lightly grease a sandwich press with cooking spray and cook patties until golden brown on both sides.
3. Serve with a salad, steamed or roasted vegetables or a stew.



Spring Dinner, Day 12: Tomato and meatball soup

Will keep well for 1-2 days or indefinitely if frozen

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

1 teaspoon of low salt soy sauce or tamari	50g of minced lean pork or beef
1 teaspoon of sherry	1 ½ cups of low salt stock (see stock packet for instructions)
3 cm piece of spring onion, chopped	3 cm piece of leek, thinly sliced
½ teaspoon of grated ginger	4 medium ripe tomatoes, skinned and diced
1 egg, beaten (use only 2 teaspoons)	¼ teaspoon peanut oil
2 teaspoons of corn flour	Chopped coriander or spring onions

Method:

1. Mix soy sauce, sherry, onion, ginger, egg and corn flour with minced meat and set aside.
2. Heat stock in a large saucepan, add leeks and tomatoes and bring to the boil, cooking for 5 minutes.
3. Add oil and drop teaspoons of meat mixture to the soup, cover and cook gently for 5-8 minutes.
4. Serve garnished with coriander or spring onion and a slice of buttered bread.

Spring Dinner, Day 13: **Pork and vegetable stir-fry**

Best served immediately

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients:

125g lean pork pieces	¼ capsicum, seeded and chopped
2 teaspoons of dry sherry	½ zucchini, chopped
½ small onion, chopped	1/3 cup of water
¼ teaspoon grated ginger	2 teaspoons of cornflour
1 small celery stalk, chopped	4-6 snow peas, chopped
½ carrot, cut into thin sticks or strips	1 teaspoon of olive oil

Method:

1. Heat oil in a wok and brown the pork. Set aside.
2. Add sherry, onion, ginger and celery to the wok and stir-fry for 2 minutes, adding a little water if necessary. Add the vegetables and cook for another 2 minutes.
3. Mix cornflour and water together into a paste and add to the wok, cooking for 3 minutes and stirring well.
4. Add pork and heat through well before serving with cooked brown rice or fresh egg noodles.



Spring Dinner, Day 14: **Quick pasta casserole**

Best served immediately

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients:

½ small onion, chopped	¼ jar of tomato-based salt-reduced pasta sauce (freeze remainder)
100g lean mince	100g cooked pasta
100g low salt canned beans, drained	Cooking spray
½ zucchini, finely sliced	Sauce ingredients:
1/3 carrot, finely sliced	½ teaspoon of cornflour
30g button mushrooms, washed, peeled and sliced	1/3 can of evaporated skim milk
100g tinned diced tomatoes (freeze remainder)	1 tablespoon of low fat grated tasty cheese

Method:

1. Preheat oven to 180°.
2. Lightly oil a frying pan and brown onion over a medium heat until soft and tender. Add the mince and cook well.
3. Mix enough of the milk with the cornflour to form a smooth paste and heat the remaining milk in a saucepan over a low heat, slowly stirring in the cornflour mixture and half of the cheese.
4. Mix the vegetables and tomatoes into the mince and onion and bring to the boil, reducing heat and simmering for 5 minutes. Stir in the pasta and transfer mixture to the casserole dish.
5. Pour the sauce over the pasta mixture and top with remaining cheese. Bake for 25 minutes or until golden brown on top.
6. Serve with a small side salad.

Summer

December, January, February

The following fruit and vegetables are in season:

Apples	Lychees
Avocado	Mangoes
Beans	Melons (rockmelon, honeydew)
Berries (blueberries, raspberries)	Grapes
Brussels sprouts	Parsnip
Capsicum	Passionfruit
Celeriac	Pears
Corn	Pineapple
Cucumber	Stone fruit (peaches, nectarines, plums)
Eggplant	Strawberries
Lettuce	Zucchini



Pumpkin, potato and parsley soup - recipe page 84

Summer Breakfast, Day 1: **Tomato and basil omelette**

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

2 eggs

¼ cup of water

1 large, fresh, ripe tomato; sliced.

2 tablespoons of fresh basil, chopped.

Freshly ground black pepper to taste

Cooking spray

Method:

1. Lightly spray a non-stick frying pan with cooking spray and heat.
2. Beat eggs, water, pepper and pour into the hot pan, reducing the heat to medium.
3. Using a spatula, gently draw in the edges of the egg mixture as it sets, allowing the liquid to run underneath it.
4. When the omelette is almost set, arrange slices of tomato on one half and sprinkle on the basil, allowing it to warm through.
5. Fold the other half over on top and turn onto a warm plate, serving immediately.



Summer Breakfast, Day 2: **Mushrooms and bacon**

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

125g of washed, peeled and sliced mushrooms

1/4 cup of skim milk

1 teaspoon of flour

Freshly ground pepper to taste.

2 rashers of lean bacon with the fat removed

Method:

1. Preheat the grill and place bacon on a foil-lined tray under the heat.
2. Cook mushrooms until tender in the milk, and then add flour and seasoning to thicken.
3. Remove the bacon from the grill and serve with mushrooms on wholegrain toast.
4. Alternately, omit the bacon and serve with one can of salt reduced baked beans.

Summer Breakfast, Day 3: Wholemeal pikelets

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

1 cup of wholemeal self raising flour
1 egg
2/3 cup of skim milk
2 tablespoons of low fat cottage cheese
Prepared fruit, e.g. sliced strawberries, grapes or lychees
Honey to taste
Cooking spray

Method:

1. Lightly grease a frying pan with cooking spray and heat.
2. Mix first three ingredients together in a bowl, making sure the flour is well integrated.
3. Drop spoonfuls of batter into the hot pan and turn when bubbles appear on surface and the other side is a light brown.
4. Serve with cottage cheese, honey and fruit.



Summer Breakfast, Day 4: Baked cheese omelette

Best served immediately

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

Omelette ingredients:

2 egg whites
1/4 cup of evaporated skim milk
1/2 cup of low fat cottage cheese
25g of low fat grated cheese
Freshly ground black pepper to taste
1/2 tablespoon of mixed fresh herbs

1 multigrain English muffin
1/4 avocado, sliced into strips
Cooking spray

Method:

1. Preheat oven to 200 °C.
2. Lightly grease an oven proof dish or cake tin with cooking spray.
3. Place omelette ingredients in a blender or beat by hand until smooth and even.
4. Pour mixture into the prepared dish and bake from 20-30 minutes or until set and brown.
5. Toast muffins while the omelette is cooking and top with avocado slices.
6. Cut omelette into wedges and serve with muffin.

Summer Breakfast, Day 5: **Cheesy fruit toast**

Best served immediately

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

2 tablespoons of low fat cottage cheese
1 slice of multigrain bread
¼ teaspoon of cinnamon
2-3 sliced strawberries or 1 mango cheek, diced.

Method:

1. Lightly toast the bread under a grill.
2. Spread the cheese on the toast, sprinkle with cinnamon and grill for a further 1-2 minutes.
3. Top with fruit.



Summer Breakfast, Day 6: **Wholemeal griddle scones**

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

½ cup of wholemeal self raising flour
1 egg
2 tablespoons of skim milk
1 tablespoon low fat cottage cheese
Prepared fruit, e.g. diced mango cheeks, hulled strawberries or a small handful of blueberries
Cooking spray

Method:

1. Lightly grease a frying pan with cooking spray and heat.
2. Mix first three ingredients together in a bowl and drop spoonfuls of the mixture into the heated frying pan, turning when brown on bottom.
3. Serve with fruit and low fat cottage cheese.

Summer Breakfast, Day 7: **Spinach sour cream pancakes**

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

2 large pancakes
¼ cup of finely chopped cooked spinach or taro leaves
½ rasher of bacon with the fat removed
¼ small onion, sliced
2 teaspoons of salt reduced butter
300ml of low fat sour cream
Freshly ground pepper to taste

Method:

1. Preheat grill
2. Melt the butter in a saucepan and add the onion and bacon, cooking until the bacon is crisp.
3. Stir in the sour cream and spinach and season.
4. Place about 1 tablespoon of mixture on each pancake, roll, reheat under the grill and serve.



Summer Breakfast, Day 8: **Best baked beans**

Best served immediately

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

130g can of salt reduced baked beans
Dash of Tabasco sauce
1 teaspoon of chopped fresh herbs
1 English muffin, split in half and toasted.

Method:

1. Place the beans, herbs and Tabasco in a small saucepan over a medium flame to warm through, stirring occasionally.
2. Spoon onto toasted muffin halves.
3. Alternately, place the beans, herbs and sauce into a microwave safe dish and cover, cooking on HIGH for 1-2 minutes, stirring once. Serve on toasted muffins.

Summer Breakfast, Day 9: **Grilled tomato and cheese on toast**

Best served immediately
Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients:

2 slices of wholegrain bread
2 teaspoons ripe avocado
40g low fat grated cheese
50g of sliced tomato

Method:

1. Preheat grill.
2. Lightly toast bread under grill and spread it with the avocado.
3. Top toast with tomato slices and cheese and grill until cheese is melted and golden.
4. Serve cut into fingers.



Summer Breakfast, Day 10: **Semolina**

Best served immediately
Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients:

50g of semolina
1 cup and 2 tablespoons of water
¼ cup of skim milk
2 teaspoons brown sugar or honey
Prepared fruit, e.g. sliced banana, berries, stewed apple or slices diced mango cheeks

Method:

1. Put semolina and enough of the water to cover the semolina in a saucepan over medium heat and stir until the mixture is smooth.
2. Add the remaining water and bring to the boil, stirring continuously until the mixture thickens.
3. Remove from the heat and serve with milk, sweetener and fruit.

Summer Breakfast, Day 11: **Bubble and Squeak fritters**

Best served immediately but will keep in the fridge for 1 day

Preparation time: 10 minutes

Cooking time: 10-15 minutes

Ingredients:

½ cup of vegetables e.g. finely chopped and cooked potato, pumpkin, corn, and zucchini.

2 tablespoons wholemeal self raising flour

1 egg, lightly beaten (use only half)

2 teaspoons of low fat grated cheese.

1 small spring onion, finely chopped.

Freshly ground black pepper to taste

Cooking spray

Method:

1. Lightly oil a frying pan with cooking spray and heat.
2. Combine all of the ingredients in a bowl.
3. Place large tablespoons of the mixture in the hot pan and press down lightly with the bowl of the spoon, cooking until golden brown on both sides.
4. Serve hot or cold.



Summer Breakfast, Day 12: **Tofu Omelette**

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

1 egg

2 spring onions, finely chopped

60g of soft tofu

Cracked black pepper to taste

1 tablespoon of fresh finely chopped parsley (optional)

Cooking spray

Method

1. Lightly beat the egg.
2. In a separate bowl, mix the spring onions and tofu to a creamy consistency and season with the pepper.
3. Combine the egg and tofu mixtures.
4. Lightly grease a non-stick frying pan and warm over a moderate heat.
5. Pour egg mixture in the pan and cook for 2 minutes or until golden brown on the underside.
6. Flip the omelette and cook for a further 2 minutes.
7. Sprinkle with parsley to serve.

Summer Breakfast, Day 13: **Fruit smoothie**

Best served immediately

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients:

½ banana or similar sized serve of fruit, e.g. a handful of berries, 1 diced mango cheek or diced fresh apricot, kiwi fruit etc.

1 cup of skim milk

75g of low fat vanilla yoghurt or ice cream

Small handful of oats

1 teaspoons of honey

Method:

1. Prepare fruit, such as by slicing banana into rounds or dicing mango.
2. Put fruit, milk, yoghurt, oats and honey in a blender and blend until smooth.



Summer Breakfast, Day 14: **Mushrooms in garlic butter**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

1 tablespoon of salt reduced butter

1 large clove of garlic, crushed

2 teaspoons of grated onion

150g button mushrooms, washed, peeled and sliced.

Freshly ground black pepper to taste

1 teaspoon freshly chopped parsley

1 teaspoon grated Parmesan cheese

1 wholegrain English muffin or 2 slices of multigrain bread for toast

Method:

1. Heat the butter in a frying pan and add the onion and garlic, frying gently for 2-3 minutes.
2. Add mushrooms to the pan and fry for about 5 minutes, stirring frequently.
3. Toast muffins or bread.
4. Season and garnish before serving on toast.

Summer Lunch, Day 1: **Vichyssoise**

Best served immediately

Preparation time: 10 minutes

Cooking time: 45 minutes

Ingredients:

1 leek, washed and finely sliced
3 tablespoons of salt-reduced butter
1 onion, thinly sliced
1 large potato, peeled and chopped
Freshly ground black pepper to taste

1¼ cups of salt reduced chicken or veal stock
Pinch of ground nutmeg
1 egg, lightly beaten (use only 1 tablespoon)
40ml evaporated skim milk
Snipped chives to garnish

Method:

1. Melt the butter in a saucepan and sauté the leeks and onion for 5 minutes without browning. Add the potato, stock, seasoning and nutmeg and bring to the boil, covering and simmering for 30 minutes or until the vegetables are soft.
2. Sieve or liquidize the soup and return it to the pan.
3. Blend the egg into the cream and whisk into the soup, reheating gently without boiling.
4. Adjust seasoning if necessary, cool and chill thoroughly. Serve garnished with chives.



Summer Lunch, Day 2: **Tuna bean salad**

Best served immediately

Preparation time: 40 minutes

Ingredients:

½ green eating apple, cored and chopped
1 tablespoon lemon juice
95g can of tuna, flaked
1 teaspoon finely chopped onion
1 stick of celery, sliced
¼ 425g can of red kidney beans, drained
Freshly ground black pepper
1 tablespoon low fat French dressing
Watercress to garnish

Method:

1. Dip the apple in the lemon juice and place in a bowl with the kidney beans, tuna, onion and celery.
2. Season well, add dressing and toss through. Set aside for 30 minutes before serving.
3. Garnish and serve with bread and butter.

Summer Lunch, Day 3: Fish Cakes

Best served immediately

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients:

1 large potato, peeled and chopped into even sized pieces
1 95g can of salmon
1 egg, lightly beaten (use only half)
Freshly ground black pepper to taste
½ small onion, finely chopped
¼ cup of wholemeal breadcrumbs or 2 crushed Weetbix
Cooking spray

Method:

1. Cook and then mash the potato (no need to add milk or margarine).
2. Drain the fish and then mash flesh and bones, mixing with potato, onion, egg and pepper.
3. Roll about 2 tablespoons of the mixture into a ball, roll in breadcrumbs and flatten slightly, setting aside on a plate.
4. Lightly oil a frying pan and cook fish cakes for about 5 minutes a side on a medium heat.
5. Serve with vegetables or salad and bread.



Summer Lunch, Day 4: Stir fry vegetables

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

½ carrot, chopped into small pieces
2 Brussels sprouts
2 cauliflower florets
½ onion, finely chopped
½ zucchini, chopped into small pieces
1 broccoli floret
1/3 cup of cabbage, shredded
2 mushrooms, washed and sliced
Freshly ground black pepper to taste
1 small clove of garlic, crushed
1 tablespoon of peanut oil

Method:

1. Heat the oil in a non-stick frying pan or wok and add crushed garlic, onion and pepper, heating for about 5 minutes.
2. Add the vegetables and stir fry until tender.
3. Serve with a 125g piece of grilled skinless chicken breast or a grilled lamb chop with any fat removed.

Summer Lunch, Day 5: **Pumpkin, potato and parsley soup**

Best served immediately
Preparation time: 10 minutes
Cooking time: 30 minutes

Ingredients:

1 teaspoon of polyunsaturated oil	1 medium potato, cubed
1 medium onion, diced	1 cup of salt-reduced stock
1 clove of garlic, chopped	$\frac{3}{4}$ cup of skim milk
$\frac{1}{2}$ teaspoon of ground ginger	1 tablespoon of chopped parsley
$\frac{1}{4}$ teaspoon of curry powder	
150g pumpkin, cubed	

Method:

1. Heat oil in a saucepan and add onion, garlic, ginger and curry powder, gently frying for 2 minutes. Add the pumpkin and potato and cook for a further 5 minutes, stirring occasionally.
2. Pour over stock, cover and bring to the boil. Reduce the heat and simmer for 10 minutes.
3. Mash/blend the mixture until smooth and then add the milk, heating through.
4. Garnish with parsley and season to serve.



Summer Lunch, Day 6: **Cucumber, Lime and Tuna Salad**

Best served immediately
Preparation time: 10 minutes
Cooking time: 5 minutes

Ingredients

1 large tin of tuna in oil	1 teaspoon brown sugar
$\frac{1}{2}$ cucumber, halved lengthwise, seeded and sliced	1 clove garlic, peeled and finely chopped
$\frac{1}{2}$ shallot, finely chopped	$\frac{1}{2}$ long fresh red chilli, seeded and finely chopped
$\frac{1}{2}$ small red onion, peeled and finely sliced	$\frac{1}{2}$ lime, juiced and with 1 teaspoon of rind removed
$\frac{1}{4}$ cup rice wine vinegar, seasoned	
2 tablespoons of water	
$\frac{1}{4}$ teaspoon ginger, grated	

Method

1. Drain the tin of tuna, flake with a fork and set aside.
2. Combine cucumber, shallots, onion, and chilli in a bowl. Mix through the flaked tuna.
3. In a saucepan, combine vinegar, water, ginger, palm sugar, garlic, lime rind and lime juice and heat to a medium temperature; stirring until sugar dissolves.
4. Pour the warm dressing over the cucumber and fish mixture, stand and allow to cool to room temperature before serving.

Summer Lunch, Day 7: Hot Potatoes

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

1 medium potato	2 tablespoons of low fat grated cheese
1/8 cup of low fat ricotta cheese	Pinch of bread crumbs
1/2 small red capsicum, finely sliced	Pinch of poppy seeds
1/2 small tomato, chopped	Pinch of sesame seeds
1 95g can of tuna or salmon, flaked	Pinch of rice bran
1 hardboiled egg, chopped	

(All optional except potato and cheese)

Method:

1. Cook potato in its jacket by steaming, microwaving or oven-baking and then cut in half and scoop out most of the flesh, leaving the skin intact to form a shell.
2. Mix potato with any of the ingredients and then refill the shell, topping with cheese and choice of seeds. Reheat under a grill to melt cheese and serve.



Summer Lunch, Day 8: Vegetable soup with parmesan melts

Preparation time: 10 minutes

Cooking time: 35 minutes

Soup Ingredients:

2 teaspoons sunflower oil
1/2 small onion, chopped
1/2 stick of celery, chopped
1/2 medium carrot, chopped
1 1/2 cups of low-salt vegetable stock
50g pumpkin, chopped
1/4 small red capsicum, seeded and chopped
1/2 small tomato, chopped

1/4 small can of 4 bean mix, drained
Freshly ground black pepper to taste
Freshly chopped chives to garnish

Melts Ingredients:

2 slices of multigrain bread
2 tablespoons salt reduced tomato paste
1/2 small green capsicum, seeded and diced
2 tablespoons parmesan cheese

Method:

1. Heat oil over a high heat in a saucepan and cook onion, celery and carrot until soft.
2. Add stock, pumpkin, tomato and capsicum and bring to the boil and then reduce heat, covering and simmering for 15 minutes or until the vegetables are soft. Add the bean mix and simmer for a further 5 minutes.
3. Puree soup in a blender until smooth and return to the pan to reheat, seasoning and garnishing to serve.
4. Spread tomato paste evenly on each slice of bread, top with capsicum and parmesan and grill until hot and the cheese is melted.
5. Serve soup with melts floating on top.

Summer Lunch, Day 9: **Bruschetta**

Best served immediately

Preparation time: 15 minutes +

Ingredients:

- 1-2 cloves of garlic, finely chopped.
- 2 ripe tomatoes, diced.
- 100g light mozzarella or bocconcini cheese, cut into small cubes.
- 2 tablespoons of chopped basil
- Freshly ground black pepper to taste
- 1 teaspoon polyunsaturated oil
- 2 slices of country-style wholegrain or rye breadstick

Method:

1. Combine the garlic, tomatoes, basil and cheese in a bowl, season with pepper and toss with oil.
2. Allow to stand for an hour if possible to blend the flavours.
3. Place bread slices under a preheated grill to brown.
4. Spread the toasted slices with an even layer of tomato mixture and serve immediately.
- 5.



Summer Lunch, Day 10: **Sweet potato and zucchini fritters**

Best served immediately

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- | | |
|---|---------------------------------------|
| ½ cup sweet potato, peeled and coarsely chopped | Freshly ground black pepper to taste |
| ½ small zucchini, coarsely grated | 1 tablespoon of wholemeal plain flour |
| 1 tablespoon fresh parsley, chopped | Cooking spray |
| 1 clove of garlic, crushed | ½ lemon, cut into wedges to serve |
| 1 egg, lightly beaten (use only half) | |

Method:

1. Place the sweet potato and zucchini in a bowl and toss to combine. Squeeze any liquid from the vegetables and then transfer to a clean bowl.
2. Combine the parsley, garlic, egg and pepper and stir well, adding to the vegetable mixture. Sprinkle over the flour and mix well.
3. Lightly oil a sandwich press and spoon tablespoons of the mixture onto the plate, pressing down with the lid.
4. Cook for 4 minutes on each side, or until golden brown and cooked through.
5. Serve immediately with lemon wedges.

Summer Lunch, Day 11: **Green pea soup**

Best served immediately

Cooking time: 20 minutes

Ingredients:

2 tablespoons of dehydrated peas
1 tablespoon of green lentils
¼ cup chopped green vegetables, e.g. cabbage, celery tops
1 stock cube
1 cup of water.

Method:

1. Place all ingredients in a pan and simmer together for 15-20 minutes.
2. Blend in a food processor or sieve well.
3. Reheat and serve with a slice of buttered bread.



Summer Lunch, Day 12: **Risotto with leek and pumpkin**

Best served immediately

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients

1 tablespoon olive oil
100g Arborio rice
½ small leek, finely chopped
50g piece of pumpkin, finely cubed
½ litre salt reduced chicken stock, very hot
30mls white wine
1 tablespoon grated parmesan cheese
Freshly ground black pepper to taste

Method

1. Heat the olive oil in a large saucepan and fry the leek for about 5 minutes until soft but not coloured.
2. Add the pumpkin and fry gently, stirring for about 5 minutes.
3. Add the rice and stir to coat, followed by the wine and then the stock, gradually stirring for about 20 minutes, until the grains are swollen and soft.
4. Take the risotto off the heat and stir in the cheese. Cover and allow to stand for 2 minutes.
5. Serve on a warmed plate.

Summer Lunch, Day 13: **Crunchy rice salad**

Best served immediately

Preparation time: 15 minutes

Ingredients:

½ cup of cooked brown rice	1 tablespoon of canned water chestnuts, drained and sliced
1 piece of green capsicum, chopped	1 tablespoon cooked green beans
1 piece of red capsicum, chopped	1 teaspoon of low-salt soy sauce or tamari
1 spring onion, sliced	Pinch of sugar
1 radish, finely sliced	2 teaspoons chopped parsley
1 stick of celery, finely sliced	Extra spring onion or radish to garnish.
1 teaspoon of roasted unsalted peanuts	

Method:

1. Combine all the ingredients together and chill.
2. Garnish and serve with a 125g piece of grilled chicken, a lamb chop with the fat removed or a burger.



Summer Lunch, Day 14: **Pizza rolls**

Best served immediately

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

2 wholemeal rolls
2 teaspoons of low salt tomato paste
¼ lean ham or chicken slice, chopped
2 tablespoons of shallots, chopped
2 tablespoons of stuffed olives, chopped
¼ capsicum, seeded and finely chopped
2-4 button mushrooms, washed, peeled and chopped
2 tablespoons of low fat grated cheese

Method:

1. Preheat oven to 180°.
2. Cut rolls in half so that you can open it completely and spread each roll with tomato paste.
3. Spread the other ingredients over rolls, close the tops and wrap the rolls in foil.
4. Cook in oven for 10 minutes, or until the cheese is melted.
5. Serve hot and with a side salad.

Summer Dinner, Day 1: **Bolognaise Baked Potato**

Preparation time: 15 minutes

Cooking time: 40 minutes

Ingredients:

125g of lean beef mince or thinly sliced steak (remove any fat)
½ can of low salt kidney beans, drained
½ carrot, grated
½ zucchini, grated
½ onion, chopped
1 clove of garlic, crushed
Pinch each of basil, thyme and oregano

2 teaspoons of reduced-salt tomato paste
1 small to medium sweet potato
1 cup of salt-reduced tinned tomato (freeze the remaining)
6 button mushrooms, washed, sliced and peeled (optional)

Method:

1. Preheat the oven to 190°.
2. Scrub the sweet potato and stab shallow holes in the surface with the tines of a fork.
3. Bake the sweet potato on a lightly greased oven tray for 40 minutes. Turn the oven off when the potato is done, but leave the tray in the oven to stay warm.
4. Meanwhile, combine the onion, meat, herbs and garlic in a non-stick pan with 1 tablespoon of water over medium heat, stirring until the meat is browned and the onion is tender.
5. Add tomato paste, half of the tinned tomato, carrot, zucchini, beans, mushrooms (if desired) and enough water to make the mixture into a thick sauce of even consistency and bring to the boil, reduce the heat and simmer uncovered for 15-20 minutes, or until most of the liquid has evaporated or been absorbed.
6. Add the remaining tinned tomatoes, stir through well and serve poured over the baked sweet potato.



Summer Dinner, Day 2: **Roasted slice**

Preparation time: 10 minutes

Cooking time: 30-40 minutes

Ingredients:

100g carrot, grated
2 tablespoons of low fat grated cheese
1 tablespoon of capsicum, chopped
½ tomato, sliced
½ onion, chopped

2 tablespoons of wholemeal flour
2 eggs, lightly beaten
2 teaspoons of polyunsaturated oil
6 button mushrooms, washed, sliced and peeled (optional)

Method:

1. Preheat oven to 150°C.
2. Fry onions in half of the oil until tender and brown.
3. Mix all of the ingredients together, making sure all of the vegetables have been coated in egg and that the flour is well integrated. Pour into a lightly greased oven dish.
4. Bake at 175°C for 30-40 minutes and serve hot or cold with a piece of grilled fish (Autumn Lunch, Day 10) or chicken kebab (Winter Lunch, Day 4).

Summer Dinner, Day 3: **Beef curry**

Best served immediately

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

½ small onion, finely chopped
½ mild chili, seeded and finely chopped
2 teaspoons of polyunsaturated oil
¼ teaspoon of cumin seeds
2 teaspoons of curry powder
¼ teaspoon of turmeric
125g blade steak, chopped into small, even sized pieces

1 cm piece of green ginger, crushed
1 clove of garlic
½ small tomato, diced
1/3 cup of cubed raw potato.
1/3 cup of prepared vegetables, e.g. diced squash.

Method:

1. Sauté onion, chili and cumin seeds in oil until the onion is tender and brown. Add the meat, curry powder and turmeric and cook for 10 minutes, covered, stirring occasionally.
2. Add the garlic and ginger to the pan and cover, cooking for another 5 minutes.
3. Stir in tomato, potato and any other vegetables and simmer until the potato is soft and the meat is tender.
4. Serve with steamed brown rice.



Summer Dinner, Day 4: **Chicken and mushrooms**

Best served immediately

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

125g skinless chicken breast, sliced into thin strips
½ cup of washed, peeled and sliced mushrooms
½ cup of water
Pinch of paprika
Chopped shallots to taste
Freshly ground black pepper to taste

Method:

1. Preheat oven to 180°C.
2. Place ingredients in a casserole dish and season to taste.
3. Cook for 20-30 minutes, or until chicken is soft and cooked through.
4. Serve with a side salad or steamed vegetables.

Summer Dinner, Day 5: **Cheesy mushroom risotto**

Best served immediately

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

1 teaspoon olive oil
½ cup Arborio rice
60 g sliced mushrooms
½ small onion, diced
½ teaspoon stock powder dissolved in 1 cup of boiling water
2 tablespoons grated parmesan cheese
2 tablespoons grated low-fat cheddar cheese
Black pepper to taste

Method:

1. Heat olive oil in a pan and add onion. Sweat for 30 seconds and add Arborio rice and mushrooms. Toss for 1 minute and then add ¼ cup of stock liquid. Cook on low heat.
2. As the liquid is absorbed, add another ¼ cup. Stir constantly and keep adding stock as necessary. After 25-30 minutes the risotto will be cooked. Remove from heat and stir the two cheeses through.
3. Season with black pepper.



Summer Dinner, Day 6: **Fettuccine with fresh tomato and chickpeas**

Best served immediately but will keep 1 day if refrigerated

Preparation time: 10 minutes

Cooking time: 10 minutes

Ingredients:

100g fettuccine
60g canned chickpeas, rinsed and drained
2 teaspoons capers (optional)
¼ small red onion chopped
1 tomato, chopped
¼ cup of chopped fresh parsley
Lemon juice, to taste
Freshly ground black pepper, to taste

Method:

1. Cook the fettuccine in a large pan of boiling water until al denté (cooked but still firm). Drain and return to the pan.
2. Add a spray of olive oil and toss to coat the pasta.
3. Combine the chickpeas, capers, onion, tomatoes and parsley with the pasta.
4. Season with the lemon juice and black pepper to serve.

Summer Dinner, Day 7: **Vegetable casserole with steamed fish fillets**

Best served immediately
Preparation time: 15 minutes
Cooking time: 45 minutes

Casserole Ingredients:

2 teaspoons of polyunsaturated oil
½ medium onion, chopped
1 clove of garlic, chopped
½ carrot, diced
½ small potato, diced
¼ large capsicum, diced
1/3 medium zucchini, sliced
¼ eggplant, diced
¼ 440g can of tomatoes (keep liquid)
¼ cup of hot water

½ teaspoon of dried mixed herbs
¼ teaspoon of paprika
100g of 300g can of beans, drained and rinsed (freeze remaining)

Fish Ingredients:

200-300g fillets of fresh or frozen fish
½ teaspoon of dried mixed herbs
2 tablespoons of wine (optional)

Method:

1. Heat oil in a saucepan over medium heat and gently fry onions and garlic until soft. Add the carrot and potato and cook, covered, for 10 minutes.
2. Add remaining casserole ingredients except beans and simmer, covered, for 10 minutes; stirring occasionally.
3. Steam fish fillets for 15 minutes and add flavour through seasoning the fish with herbs or adding a dash of wine to the cooking water.
4. Add the beans to the casserole and allow to heat through before serving.



Summer Dinner, Day 8: **Golden chicken**

Preparation time: 10 minutes
Cooking time: 1 hour +

Ingredients:

1 Maryland chicken piece
¼ teaspoon of freshly ground black pepper
½ teaspoon of ground ginger
1 cardamom pod

½ teaspoon of ground turmeric
1 small onion, finely chopped
¼ cup of low fat natural yoghurt
¼ cup of evaporated skim milk

Method:

1. Prick the skin of the chicken with a fork and rub with a mixture of pepper and ginger.
2. Place chicken in 180° oven for 10 minutes.
3. Pound cardamom pod with a pestle and mortar, add turmeric, onion, yoghurt and cream and mix well. Pour over chicken.
4. Reduce the oven temperature to a low heat and bake chicken for 1 hour, basting often with sauce.
5. Serve with a salad or steamed vegetables.

Summer Dinner, Day 9: Tuna and Macaroni Bake

Can be refrigerated for 2 to 3 days

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredients:

70 g macaroni, cooked

½ can tuna in spring water

1 teaspoon polyunsaturated, or mono-unsaturated margarine

½ 210 g can of tomato soup (or equivalent of diced tomatoes)

1 stalk celery, chopped

½ medium onion, chopped

¼ cup reduced fat cheddar cheese

Oregano, parsley, thyme, basil to taste

Method:

1. Preheat oven to 180°C.
2. Drain tuna and flake.
3. Fry onion and celery in melted margarine
4. Mix tomato soup (or crushed tomatoes) and herbs and stir well.
5. Arrange alternate layers of macaroni and tuna sauce in a lightly greased casserole dish, sprinkling each layer with a little cheddar cheese.
6. Bake uncovered for 25 to 35 minutes, or until sauce is bubbling.
7. Serve with a side salad or coleslaw.



Summer Dinner, Day 10: Rissoles

Best served immediately

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

100g of lean beef mince

½ small onion, chopped

½ small potato, peeled and grated

1 egg, lightly beaten (use only half)

½ teaspoon curry powder

2 teaspoons of tomato or barbeque sauce

¼ cup of rolled oats or crushed

Weetbix

Wholegrain breadcrumbs or flour for rolling rissoles in

Freshly ground black pepper to taste

Cooking spray

Method:

1. Combine all ingredients except breadcrumbs/flour and cooking spray and mix well.
2. Form into even sized patties and roll in breadcrumbs/flour
3. Lightly grease a frying pan with cooking spray and cook the patties on a medium heat for about 8 minutes a side.
4. Serve with a salad or steamed vegetables.

Summer Dinner, Day 11: **Pork and vegetable stir fry**

Best served immediately

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients:

2 asparagus stalks

1/3 carrot, chopped

1/2 cup rice

125g pork fillet, cut into strips

1/2 small onion

1/4 teaspoon of minced garlic

1/2 teaspoon of minced ginger

2 tablespoons of plum sauce

1 teaspoon of salt reduced soy
sauce or tamari

Cooking spray

Method:

1. Trim the woody ends from the asparagus and cut into 4cm lengths.
2. Cook the rice and set aside.
3. Lightly grease a frying pan or wok and stir fry meat over high heat until brown. Remove from the pan and set aside.
4. Add onion to pan and stir fry until it is beginning to soften. Add garlic, ginger, asparagus and carrot and stir fry until the vegetables are tender but still crisp.
5. Return the meat to the pan, along with sauces, and stir to heat through and coat meat and vegetables.
6. Serve with steamed brown rice or cooked noodles.



Summer Dinner, Day 12: **Special macaroni cheese**

Best served immediately

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients:

1/4 cup of pasta shapes

1/2 small onion, finely chopped

1 1/2 teaspoons of margarine

2 teaspoons of wholemeal plain flour

1/4 cup skim milk

1/4 cup of ricotta cheese

1/2 cup of cauliflower, finely chopped

40g low fat grated cheese

1/4 teaspoon ground nutmeg

Freshly ground black pepper to taste

Method:

1. Preheat oven to 200°
2. Cook pasta and cauliflower in the same water and set aside.
3. Heat margarine in a saucepan, add onion and cook until softened. Stir in flour and mix well until a paste forms.
4. Take off heat and whisk in milk until smooth.
5. Cook mixture over a low heat for 3 minutes or until thickened and then season well with pepper and nutmeg.
6. Remove from heat and stir through pasta, cauliflower and ricotta.
7. Spoon into an oven proof dish, top with grated cheese and bake for 10-15 minutes in a moderate oven, until the top is golden and melted.
8. Serve with steamed vegetables or coleslaw.

Summer Dinner, Day 13: **Honey soy chicken and vegetable stir fry**

Best served immediately

Preparation time: 15 minutes +

Cooking time: 40 minutes

Stir Fry Ingredients:

100g of chicken strips
2 teaspoons of polyunsaturated oil
1 small onion, sliced
½ carrot, sliced
½ celery stalk, sliced
¼ capsicum, sliced
1/3 cup of fresh or frozen beans, chopped

¼ 440g can of corn kernels (reserve liquid)

Marinade Ingredients:

½ tablespoon of honey
½ tablespoon of salt reduced soy sauce or tamari
½ tablespoon of sweet chili or tomato sauce
¼ teaspoon of ground ginger

Method:

1. Prepare marinade by mixing ingredients together. Add chicken and coat the meat well in the mixture. Set aside to marinate as long as possible.
2. Heat oil in a frying pan or wok and stir fry onion for 2 minutes, or until softened. Add chicken to the pan and cook well.
3. Add vegetables and 2 tablespoons of the corn liquid to the pan and allow to simmer, covered, for 6-10 minutes.
4. Serve with steamed rice (see Steamed Rice recipe on page 62) or noodles for a more substantial meal.



Summer Dinner, Day 14: **Soy bean casserole**

Best served immediately

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients:

50g grated carrot
40g chopped onion
1/3 cup cooked soy beans
1 egg
½ cup of skim milk
2 teaspoons of salt reduced soy sauce or tamari
1 tablespoon of polyunsaturated oil

Method:

1. Preheat oven to 150°
2. Fry chopped onions in half of the oil and use the other half to grease an oven dish.
3. Mix eggs, milk and soy sauce together. Add the other ingredients and spoon mixture into the oven dish.
4. Bake for 30-35 minutes.
5. Serve with a side salad or coleslaw.

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FEEDBACK:

Do you have any suggestions to improve this book?

Please forward your feedback to:

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