



Easy Recipes for One or Two



Foreword

This cookbook is packed full of recipes, cooking tips and nutrition and budgeting advice. Research shows that regular cooking at home improves health and prolongs life!

This is not just linked to the nutrients in home-cooked meals, but is part of a package of planning, shopping and socialising. Professor Mark Wahlqvist, an Australian health researcher, says:

*"It has become clear that cooking is a healthy behaviour.
It deserves a place in life-long education, public health policy,
urban planning and household economics."*

You will all be familiar with the term "life-expectancy" but now we have a new term, "health-expectancy". This refers to the years spent in good health with the ability to function well and enjoy life.

Improving health-expectancy and minimising the risk of malnutrition in later life is fundamental. We hope this book gives you the skills and motivation to plan, shop and cook.

Easy Recipes for One or Two recipes are delicious, no-fuss and full of ingredients that look after your health. Bon appetit!



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Kitchen basics



Measure up



1 cup = 250ml



$\frac{1}{2}$ cup = 125ml



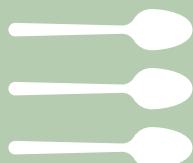
$\frac{1}{4}$ cup = 65ml



1 tablespoon = 15ml

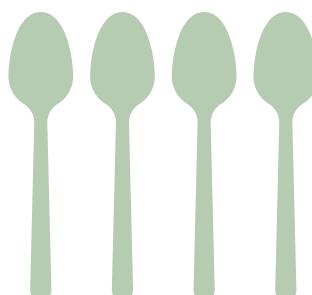


1 teaspoon = 5ml



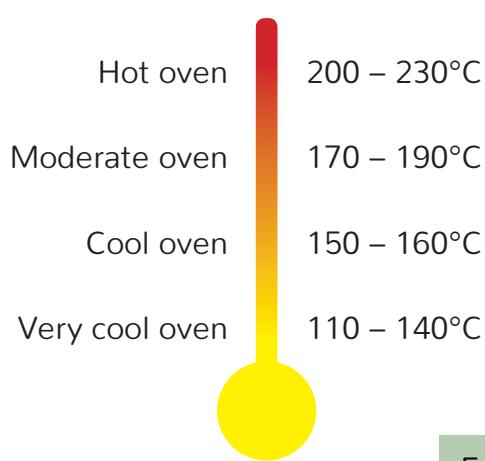
4 cups = 1 litre

3 teaspoons = 1 tablespoon



$\frac{1}{4}$ cup = 4 tablespoons

Oven temperatures





Reading & using a recipe

If you are a new cook, recipes may seem like a foreign language – the following tips will help.

1. Sit down and **read the recipe** all the way through before you start.
2. Read it **again** so you are familiar with the order of events, equipment and ingredients.
3. Think about the **order of events** – do you need to preheat an oven, line a tin, etc.
4. Gather your **equipment**.
5. Gather your **ingredients**.
6. Ingredients are listed in the order they are used. Before you begin cooking you may need to **prepare some of your ingredients** e.g. drain a can of pineapple, chop an onion, etc.
7. Measure, measure, measure – a tablespoon or a cup means to use as actual measuring utensil, not spoons that you use for eating and serving. All measurements are level, unless stated otherwise.
8. Double **check the cooking time**. Always check a little before it should be ready.

Tip

Learn more about measuring with cups or tablespoons on page 5!

Expiry Dates



"Best Before"

You can eat food after this date, but it may not be at its best. Use your senses to check if the food is safe to eat. If it looks ok, smells ok and tastes ok then you can eat it.



"Use By"

Do not eat after this date. In New Zealand you'll mainly find use by dates on meat, seafood, some ready-to-eat chilled foods and infant formula.

Food safety versus food quality

- Always follow the storage instructions on the packaging, such as "eat within two days of opening".
- To extend the life of food, freeze it before the use by date and defrost and use within 24 hours.
- Do not refreeze thawed food because bacteria multiplies during thawing.

Tips for scaling down a recipe

- Choose a recipe with quantities that are easy to divide.
- Add seasonings a little at a time – you may need a little more or a little less than what you expect
- Use smaller dishes and pans for smaller quantities.
- To halve three eggs, use two and decrease the liquid by 2 – 3 tablespoons.
- Check to see whether your dish is cooked 5 – 10 minutes before the cooking time suggested in the original recipe.
- Keep notes about what works and what doesn't so you remember for next time.

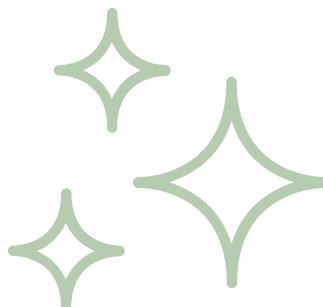
Clean, cook, chill

Protect yourself and others from foodborne disease.

Clean

Before you prepare food and after handling raw meat:

- Wash hands, chopping boards, dishes and utensils (like knives) in hot, soapy water.
- Dry them properly. Preferably air dry and not with a tea towel.



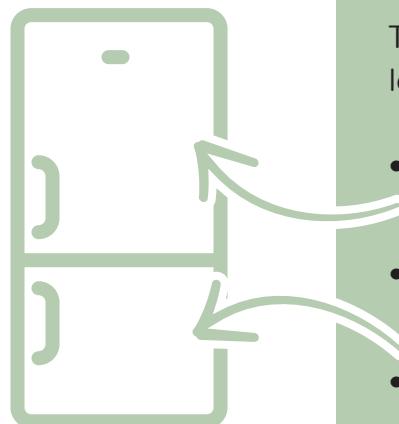
Cook

- Cook food (especially chicken and mince) thoroughly all the way through until the juices run clear.
- Reheat until piping hot. Warm does not kill bacteria, hot does.

Chill

To stop bacteria contaminating or growing in your food:

- Cover and put in the fridge.
- Keep cooked and raw food separate.
- Don't leave food out. Refrigerate within two hours.
- Throw out food if left out longer.



Using Leftovers

- Refrigerate your leftovers.
- If you don't think you are going to eat your leftovers within two days, freeze them! This will build up a supply of meals for when you are feeling tired or have been too busy to cook.
- Label your leftovers: WHAT IT IS and WHEN YOU COOKED IT.
- Reheat your leftovers until they are piping hot. Don't reheat more than once.

Remember

The 2-2-2 rule for leftovers:

- 2 hours to get it in the fridge
- 2 days in the fridge
- 2 months in the freezer

Breakfast

A good breakfast sets you up for a good day!

Eating breakfast gets the body going in the morning and helps prevent mid-morning dips in energy and mood. A healthy breakfast gives you a head start on the nutrients you need each day. Always include a protein-rich food such as milk, yoghurt or eggs at breakfast. It does not have to happen immediately when you get up, but having it at a similar time each morning is a good aim.





Porridge

Ingredients	1 Serve	2 Serves
Rolled oats	½ cup	1 cup
Liquid (water or trim milk)	1 cup	2 cups

Method

Saucepan

1. Put oats and liquid in a small saucepan and bring to the boil.
2. Reduce heat and simmer for a few minutes until the oats are soft and creamy.
3. Pour into a bowl and serve.

Microwave

1. Place oats and water in a deep sided microwave-safe dish.
2. Cook, uncovered on high power for 2 minutes.
3. Stir well.

Tip

Add yoghurt or milk – it helps maintain bone and muscle mass.

Posh it up!

- Add grated apple or chopped banana, dried fruit or cinnamon to the oats before cooking.
- Add toppings – chopped banana, chopped nuts, seeds, stewed prunes or other stewed fruit, wheat germ or LSA (ground linseed, sunflower and almond).
- Sweeten – with a little honey, maple syrup or brown sugar.



Tips

Use as a sprinkle over fruit and yoghurt/custard for a yummy dessert, or use as a fruit crumble topping.

Gift it – fill attractive jars and give away as presents. Don't forget to include the recipe!

Posh it up!

Add dried fruit, other seeds or nuts and/or coconut flakes or thread.

Toasted Muesli

Storage

This makes a large quantity, but it has a long storage life!

Ingredients

	1 Batch
Wholegrain oats	1 kg
Almonds, chopped	½ cup
Sunflower seeds	½ cup
Pumpkin seeds	½ cup
Brown sugar	¼ cup
Boiling water	1 cup
Cinnamon or vanilla	2 teaspoons

Method

1. Preheat oven to 150°C and place oats, almonds and seeds in a large roasting dish.
2. Mix boiling water, sugar and cinnamon/vanilla together in a jug or bowl; stir until sugar is dissolved.
3. Add to oat mixture and stir through.
4. Cook for at least 1 hour, stirring every 10 minutes.
5. Turn oven off and leave muesli to cool in oven.
6. Store in an airtight container and serve with fresh or stewed fruit, milk and/or yoghurt.



Overnight Oats

Ingredients

	1 Serve	2 Serves
Rolled oats	½ cup	1 cup
Trim milk	½ cup	1 cup
Natural yoghurt	½ cup	1 cup

Method

1. Place oats, milk and yoghurt into a container with a lid.
2. Stir well and refrigerate overnight.
3. In the morning stir and add any of the ingredients listed to the right.



Fact

Greek yoghurt has more protein than regular yoghurt as it has been strained and concentrated.

As we age we need 25% more protein than younger people, to maintain muscle mass and body functions.

Variations

Mix in or top with:

- Mashed/chopped banana
- Grated apple/pear
- Stewed fruit
- Fresh or frozen berries
- Raisins or other dried fruit
- Pumpkin or sunflower seeds
- Chopped nuts
- Cinnamon
- Lemon rind or juice



Tips

Sweeten, if necessary, with a little honey or maple syrup. Alternatively, use a sweetened yoghurt.

Use cold milk and frozen berries or bananas for a thicker, colder smoothie. Alternatively, add a little crushed ice to mix before blending or serve over ice.

Tip

Delicious on top of your breakfast cereal or as a dessert with yoghurt, custard or ice cream.

Help dem bones...

Studies show eating 5 – 6 prunes a day supports bone health by slowing bone loss.

Fruit Smoothie

Ingredients

	1 Serve	2 Serves
Trim milk	100ml	200ml
Yoghurt, plain or flavoured	¼ cup	½ cup
Fruit – banana, fresh or frozen berries, canned or stewed fruit	¼ cup	½ cup

Method

Blend all ingredients together using a blender or food processor; serve chilled.

Easy Stewed Prunes

Method

Place prunes (e.g. 1 packet) in a jar or plastic container with a lid. Cover with boiling water, seal container, then leave to cool a little before storing in refrigerator. It thickens up nicely after a few hours. For extra zing, add some lemon juice and/or grated lemon rind.





Eggs

Full of protein and easy to cook, eggs are a great base for a meal.

Fried egg

1. Heat a little oil in a small fry pan on a medium heat. Alternatively, heat a non-stick pan, using a little oil spray if necessary.
2. Break egg(s) into the pan, if your pan has a lid, put it on to help cook the top of the egg(s).
3. Cook until the white is set and the yolk has your preferred consistency. Serve immediately.

Boiled egg

1. Put egg(s) in a saucepan with a fitted lid, cover with cold water, put lid on, place on the element and heat until the water starts to boil.
2. Remove the pot from the element. Do not lift the lid.
3. Set the stove timer and leave until the egg(s) are just the way you like them:
 - 3 – 4 minutes for runny eggs
 - 5 – 6 minutes for soft eggs
 - 8 – 10 minutes for hard boiled eggs

Poached egg

1. Bring a pot of water to boil.
2. When water begins to boil, add 2 teaspoons of white vinegar.
3. Lower water temperature to a simmer, carefully crack egg directly into water (or into a ladle or teacup) and gently lower into the water.
4. Allow the egg to set around the yolk like a white pillow. The egg should float to the top when the white is set. Simmer for 4 minutes if you like your yolks a little runny.



Posh it up!

Add other ingredients such as chopped parsley or other fresh herbs, fried onion, grated cheese, chopped tomato, fried mushroom slices, cooked vegetables (frozen vegetables are fine).

Serving suggestions

- On toast (wholegrain is best) or toasted breakfast muffin
- On cooked spinach or silver beet
- With grilled tomatoes and mushrooms

Scrambled Eggs

Ingredients	1 Serve	2 Serves
Eggs	2	4
Trim milk	2 tablespoons	1/4 cup
Salt and pepper	To taste	To taste
Butter or margarine	1 teaspoon	2 teaspoons

Method

1. Whisk the eggs, milk, salt and pepper together in a bowl or jug.
2. Melt butter/margarine in a fry pan or small saucepan; pour in egg mixture.
3. Cook over low heat, lifting and turning the mixture at intervals with a spoon, keeping it in large soft masses.
4. Serve immediately.



- Weet-Bix with fruit
- Baked beans on toast
- Banana on toast
- Oat pancakes with fruit and yoghurt

Other Breakfast Ideas

- Grainy toast with cottage cheese and sliced tomato
- Leftover rice and vegetables from the night before
- Tomato and avocado on toast
- Omelette (recipe on page 81)
- Sardines on toast



**Anything cooked
in stock or water
can be served
as soup.**

Soups

Anything cooked in stock or water can be served as soup. Soup can be as simple as vegetables cooked in liquid and blended, or a complete meal in a bowl. Make soup in greater quantities than you need so that you can freeze portions for easy meals on other days. Defrost single serves in the refrigerator overnight.





Basic Soup

This recipe can be adapted in as many ways as your imagination and taste buds will allow!

Ingredients

	4 Serves
Oil	2 teaspoons
Onion, chopped	1 large
Stock – vegetable or chicken	2½ cups
Chopped vegetables e.g. carrot, courgette, pumpkin, broccoli	At least 3 cups
Salt and pepper	To taste

Method

1. Add oil to a large saucepan, add onion and cook over medium heat until softened and transparent.
2. Add stock and chopped vegetables; simmer for 10 minutes or until vegetables are soft.
3. For a creamy soup, cool a little, then blend using a stick blender or a food processor. Otherwise serve as a chunky soup.

Tip

Make your soup into a complete meal by adding protein. Fish, smoked fish, seafood, chopped chicken, tofu, chickpeas, red kidney beans or lentils are good choices.

Remember

The 2-2-2 rule for leftover soup:

- 2 hours to get it in the fridge
- 2 days in the fridge
- 2 months in the freezer



Variations Using Basic Soup Recipe



Pumpkin Soup

- Add a teaspoon of crushed garlic to the onion.
- Use pumpkin as your vegetables and add one chopped carrot also.
- Flavour up with $\frac{1}{4}$ teaspoon nutmeg or 1 teaspoon of ground cumin.
- For extra texture, top with some toasted pumpkin seeds.



Lentil & Vegetable Soup

- Add $\frac{1}{2}$ cup red lentils at the same time as you add the vegetables.
- Use $2\frac{1}{2}$ cups of stock instead of 3 and add a can of crushed tomatoes.
- If you like a curry flavour, add 1 – 2 teaspoons curry powder to the cooked onion before adding the liquid, and cook the onion/curry mixture for a minute longer.



Pea & Corn Soup

- Use $1\frac{1}{2}$ cups frozen peas and $1\frac{1}{2}$ cups frozen corn (or 1 can corn kernels) as your vegetables.
- If using canned corn, use the liquid from the can to replace some of the stock.
- Serve either unblended (chunky), slightly blended (creamy and chunky) or thoroughly blended (smooth and creamy). Use a stick blender or food processor.
- Delicious topped with chopped mint!



Broccoli or Cauliflower & Blue Cheese Soup

- Use a head of broccoli or 3 cups chopped cauliflower as your vegetables.
- Using a stick blender or food processor, blend to a smooth consistency when cooked. Add 60g crumbled blue cheese and heat through. Blend further if you like an extra smooth soup.



Curried Kumara Soup

Ingredients

Oil	4 Serves
Onion, chopped	1 teaspoon
Garlic, crushed	1 medium
Curry powder or red curry paste	1 teaspoon
Orange or red kumara, peeled and chopped	1 tablespoon
Stock – chicken or vegetable	2 medium
Stock – chicken or vegetable	4 cups
Evaporated milk	½ cup

Tips

- Regular milk can be substituted for evaporated milk. Leftover evaporated milk can be frozen.
- Make it a complete meal by adding canned chickpeas (drained) and broccoli pieces.
- When buying kumara, choose pieces that are easy to peel.

Method

1. Heat oil in large saucepan; add onion and garlic and stir over medium heat until onion softens. Add curry powder or red curry paste and cook a further minute or two.
2. Add kumara and stock and cook over medium heat for 10 minutes or until the kumara is soft.
3. Blend the mixture using a stick blender or food processor. Add evaporated milk and heat through without bringing to the boil.

Serving Suggestion

Delicious topped with chopped fresh coriander or parsley.



Did you know?

Legumes such as those found in 4-bean mix are nutritional powerhouses – rich in protein and fibre while low in fat. And very good for gut health!

Minestrone Soup

Ingredients

6 – 8 Serves

Pasta spirals or shells	$\frac{3}{4}$ cup
Onion, chopped	1 large
Stock – chicken or vegetable	6 cups
Tomato pasta sauce	1 x 500ml jar
Oregano	$\frac{1}{2}$ teaspoon
Sugar	1 tablespoon
Pumpkin, peeled and chopped	1 cup
Potato, scrubbed and chopped	1 large
Carrot, scrubbed and chopped	1 large
Frozen peas	1 cup
Canned 4-bean mix, drained	1 can
Fresh parsley, finely chopped	2 tablespoons

Serving Suggestion

Sprinkle with grated parmesan or other cheese and serve with bread or toast.

Method

1. Combine pasta, onion, stock, pasta sauce, oregano, sugar, pumpkin, potato and carrot in a saucepan. Bring to the boil, reduce heat and gently boil, uncovered for 15 minutes.
2. Add peas and 4-bean mix and cook a further 10 minutes.
3. Add parsley, stir until hot.



Old Fashioned Soup

Cheap, tasty and nutritious and like what your Mum used to make! Start with a soup mix, follow the directions on the pack and boost with as many vegetables as you can (the more the better!). A great way to use up those vegetables in the bottom of the fridge!

Note

One packet makes a lot of soup – freeze single portions for other days.





Tip

Take care to wash all dirt and grit from leek; an easy way is to cut leek in half lengthwise and fan out top leaves under a running tap.

Nutrition tip

Leave skin on potatoes for extra fibre.

Leek & Potato Soup

Ingredients

	4 Serves
Oil	2 teaspoons
Onion, chopped	1 large
Garlic, crushed	1 teaspoon
Leeks, finely sliced	1 large or 2 medium
Stock – vegetable or chicken	3 cups
Potatoes, peeled and chopped	2 large
Trim milk	1 cup
Salt and pepper	To taste

Method

1. Add oil to a large saucepan, add onion, garlic and leeks and cook over medium heat until softened and transparent. Remove around $\frac{1}{2}$ from the saucepan and set aside.
2. Add stock and potato and simmer for 10 minutes or until potato is soft. Blend or mash.
3. Add the leek mixture you have set aside, plus the milk and heat gently for a few minutes, taking care not to boil.
4. Add salt and pepper to taste.

Salads & Vegetables



Nutrition advice can be confusing. One thing that experts all agree on is that vegetables are our best friends nutritionally! Vegetables are low in calories and rich in essential nutrients, particularly vitamins, antioxidants and fibre. As well, our gut bacteria love them and these tiny friends have a big role in keeping us healthy and happy! The best advice to ensure you get enough vegetables, is to follow the plate model on page 106 with meals (half the plate vegetables) and the 2:1 ratio in sandwiches (twice as much salad as cheese, fish, meat etc.).

While nutrition can often be confusing, everyone agrees that vegetables boost health.





Tip

Add dressing directly to your plate – that way any leftover salad will last for another day or two without becoming soggy. Store leftover salad in an airtight container in the refrigerator.

Add crunch & nutrients

Top with some toasted pumpkin/sunflower seeds or chopped walnuts – delicious!

Green Salad

Ingredients

Lettuce – your choice of variety PLUS at least 3 of the following ingredients:

- Tomatoes, sliced or segmented
- Cucumber, sliced
- Spring onion or red onion, sliced or chopped
- Red, green or yellow pepper, seeds removed and chopped
- Carrot, grated or chopped
- Radish, sliced
- Celery, chopped
- Avocado, chunks or slices
- Parsley or chives, chopped

Method

1. Wash lettuce, shaking off any excess water; tear into pieces if necessary.
2. Place in a salad bowl with other ingredients.
3. Add dressing just before serving and toss. Try “Lemon and garlic dressing” (recipe on page 35). Alternatively, use a commercial French or Italian dressing.



Coleslaw

Ingredients

White or red cabbage (or a mixture of both) plus at least 3 of the following ingredients:

- Grated carrot
- Apple, grated or chopped – leave skin on where possible
- Pineapple pieces
- Celery, chopped
- Red or green pepper, seeds removed and finely diced
- Parsley, chopped
- Spring onion, finely chopped
- Raisins, sultanas or currants

Tips

- Simplify – start with a ready-to-go coleslaw mix from the supermarket and jazz it up by adding some of the ingredients listed.
- Add mayonnaise a little at a time, mixing as you go, so you get the right consistency.
- For a lighter mayonnaise, dilute with some plain yoghurt.

Method

1. Remove outer leaves of cabbage, then finely slice into a large bowl.
2. Add other ingredients of choice and combine.
3. Add mayonnaise or use a commercial dressing, mix through and serve.



Tip

Toast sesame seeds or any other nuts and seeds by dry frying in a heavy bottomed fry pan. Stir the seeds/nuts with a wooden spoon. They are ready when they start to pop, or start to brown. **DON'T** walk away while doing this!

Simplify

Use a store bought dressing.

Bean Salad

Ingredients

	4 Serves
Canned 4-bean mix, drained and rinsed	1x regular can
Canned whole kernel corn, drained and rinsed	1x regular can
Spring onion, thinly sliced (including green stem)	2 – 3
Telegraph cucumber, diced	1/4
Tomatoes, chopped	2 medium or 8 cherry
Fresh mint, chopped	3 tablespoons
Sesame seeds, toasted (optional)	1 tablespoon

Method

1. Mix all salad ingredients together in a bowl.
2. Pour lemon and garlic dressing (recipe on page 35) over and mix to combine.
3. Store any leftovers in an airtight container in refrigerator – will last 2 days.



Spinach, Pear & Walnut Salad

Ingredients

	1 – 2 Serves
Baby spinach leaves	1 – 2 cups
Pear with skin on, thinly sliced	$\frac{1}{2}$ – 1
Walnut halves	2 – 3 tablespoons
Red onion, thinly sliced	To taste

Tip

This is a great salad in winter when tomatoes and lettuces are more expensive.

Method

1. Arrange salad ingredients on a plate or in a flat bowl in the order they are listed.
2. Serve with balsamic dressing (recipe page 34).

Boost flavour & nutrient value

Add crumbled feta or blue cheese – adds calcium and protein too!



Tips

- If time or energy is in short supply, use a commercial salad dressing. Asian soy or sesame based dressings work well.
- You can also save time by using a pouch of cooked brown rice from the supermarket.

Fruity Brown Rice Salad

Ingredients

	4 Serves
Cooked brown rice	½ cup
Red pepper, seeds removed, finely diced	½ pepper
Whole kernel corn, canned or frozen	½ cup
Currants or raisins	2 tablespoons
Spring onions, thinly sliced	2
Canned pineapple pieces, drained (save juice for dressing)	1 x 255g can
Roasted peanuts, roughly chopped	¼ cup

Method

1. Mix all salad ingredients together in a bowl.
2. Add dressing (Sweet Asian dressing page 34 recommended) just prior to serving.
3. Store any leftovers in an airtight container in the refrigerator – will last 2 days.



Honey & Balsamic Roast Vegetables

Ingredients

Vegetables suitable for roasting, cut into small chunks e.g. potato, kumara, pumpkin, carrot, pepper, beetroot, onion

Balsamic vinegar

Olive oil

Honey

Garlic, crushed

Salt and pepper

Herbs, fresh or dried of your choice e.g. basil, oregano, rosemary

4 Serves

4 – 6 cups

1 tablespoon

2 tablespoons

1 tablespoon

1 teaspoon

To taste

1 teaspoon dried or

1 tablespoon fresh

Tips

- Roast vegetables lend themselves to a variety of other dishes. Make extra and you have the makings of another delicious meal.
- If you don't have honey in the cupboard, replace with 1 tablespoon of brown sugar.
- Leftovers make a great salad the next day.

Method

- Preheat oven to 180°C. Line the roasting dish with a piece of baking paper. Place vegetables in a single layer in a roasting dish.
- Mix vinegar, oil, honey and garlic together and mix through vegetables. Sprinkle with salt, pepper and seasonings and cook until vegetables are crispy and tender, around 25 – 45 minutes depending on the size of chunks. Turn vegetables half-way through cooking.

Boost nutrition

Leave skins on vegetables where possible and go for as many different colours as you can.



Tips

- This colourful salad is good in winter, when traditional salad vegetables are more expensive.
- Great to take for a shared meal!

Roast Vegetable Salad

Ingredients

	2 Serves
Lettuce or baby spinach	2 cups
Leftover roast vegetables, cut into bite-sized pieces (recipe page 30)	1 cup
Feta cheese, crumbled	2 tablespoons
Spring onion or red onion, sliced (optional)	2 tablespoons

Method

1. Arrange salad ingredients on a plate or in a flat bowl in the order they are listed.
2. Pour dressing over just before serving, or serve on the side. Balsamic dressing (recipe page 34) is recommended.

6 Ways With Left-Over Roast Vegetables



Easy Roast Meal

Microwave and serve with some roast chicken or a lamb mini-roast, together with some peas.



Roast Vegetable Pizza

1. Preheat oven to 200°C.
2. Spread a store-bought pizza base or pita bread with some pesto or tomato pizza sauce.
3. Chop roast vegetables into bite sized pieces and spread over top. Top with grated cheese and bake for 10 – 15 minutes.



Spanish Omelette

1. Whisk 2 eggs together in a medium sized bowl. Add a little salt and pepper to taste.
2. Heat a little oil in a small heavy bottomed fry-pan. Add $\frac{1}{2}$ small chopped onion and cook over medium heat until transparent.
3. Add enough sliced vegetables to cover bottom of pan, heat through and then add to the bowl with the eggs. Mix through.
4. Wipe out fry-pan with a paper towel, then add a little more oil and heat. Add vegetable/egg mixture to the pan and turn down heat to lowest setting. Cook slowly for around 15 minutes.
5. When there is almost no liquid egg left on the surface of the omelette, turn over to cook the other side. This can be done by placing a flat plate over top of the pan and inverting pan so omelette falls on to the plate. Gently ease cooked omelette back into pan. Alternatively, place under the grill of your oven to cook.
6. Cook on low for another few minutes, turn off heat and leave for a further 5 minutes to settle. Serve hot or cold in wedges.



Roast Vegetable Wraps

Take a wrap, spread with pesto, hummus or relish, top with lettuce, add some chopped roast vegetables and some feta cheese. Roll up tightly, cut in half and serve.



Mini-Frittata

For 4 small frittatas.

1. Preheat oven to 180°C.
2. Chop 2 cups roast vegetables and combine in a bowl with $\frac{1}{4}$ cup frozen peas and $\frac{1}{2}$ cup grated cheese.
3. Spoon mixture into well-greased muffin tins – it should fill 4 spaces.
4. Whisk 2 eggs together with a little salt and pepper – pour over the vegetable mixture.
5. Top with a sprinkle of pumpkin seeds.
6. Bake for around 15 minutes or until totally set. Leave to cool for a few minutes before removing from tins.



Brown Rice With Roast Vegetables

1. Place 1 cup cooked brown rice in a microwave safe bowl. Add 1 tablespoon soya sauce and 1 teaspoon grated fresh ginger.
2. Chop 1 cup of left-over roast vegetables and add to bowl.
3. Microwave on high for 1 – 2 minutes then serve as an accompaniment to meat, fish, chicken or an egg.



Time saving tip

Use ready-to-go sachet of cooked brown rice. Alternatively, cook a bulk lot of brown rice and save portions in the freezer for later use.



4 Salad Dressings

The following dressings work well with many different salads. Make extra and store in the fridge for use on other days. There are also many excellent dressings in the supermarket to save time.

Method

Shake ingredients together in a jar and pour over salad just before serving, or serve on the side.



Balsamic Dressing

Balsamic vinegar (or malt vinegar)
Olive oil
Garlic, crushed
Mustard, any variety
Sugar
Salt

1 – 2 Serves

$\frac{1}{4}$ cup
2 tablespoons
1 teaspoon
1 teaspoon
1 tablespoon
 $\frac{1}{2}$ teaspoon

Sweet Asian Dressing

Pineapple juice (from canned pineapple or boxed) $\frac{1}{4}$ cup
Canola oil 2 teaspoons
Soy sauce 2 teaspoons
Garlic, crushed 1 small clove
Ginger, crushed 1 teaspoon
Salt and pepper To taste

Tip

For an Asian twist, serve over cooked fish or chicken.



Lemon & Garlic Dressing

Lemon juice	1 – 2 Serves
Sesame oil or canola oil	2 tablespoons
Sugar	2 teaspoons
Garlic, crushed	1 teaspoon
Salt	$\frac{1}{2}$ teaspoon
	$\frac{1}{2}$ teaspoon

Tip

Dilute store-bought mayonnaise/ coleslaw dressing with yoghurt for a lighter and healthier dressing.

Easy Creamy Salad Dressing

Store-bought mayonnaise or coleslaw dressing	$\frac{1}{4}$ cup
Plain yoghurt	$\frac{1}{4}$ cup
Grated lemon rind	$\frac{1}{2}$ teaspoon
Lemon juice	1 teaspoon

Legumes



Legumes are full of goodness as well as being cheap, tasty and convenient to use. There are lots of different names for legumes, including dried peas, dried beans, lentils and pulses. You might know them better by their variety e.g. red kidney beans, chickpeas and our kiwi favourite, baked beans. For heart health, it is recommended people eat legumes 4 – 5 times a week. This can be as simple as:

- Adding chickpeas to a salad.
- Enjoying hummus as a spread on bread or toast – or as a dip with vegetables (see next page for recipe).
- Bulking out mince dishes with a can of brown lentils.
- Adding red kidney beans to soups and casseroles.
- Having baked beans on toast or on top of a baked potato.

Legumes are amazingly nutritious, high in protein and fibre, low in fat, rich in essential nutrients and budget friendly!





Tips

- Serve with vegetable sticks and toasted pita bread when friends pop in.
- Enjoy on toast topped with sliced tomato.
- Use instead of mashed potato with a meal!

Mix it up

- Use cannellini beans instead of chickpeas.
- Top or mix with finely chopped spring onion or coriander before serving.

Easy Hummus

Ingredients

Canned chickpeas, drained	
Lemon juice	
Garlic, crushed	
Plain yoghurt	
Sweet chilli sauce	
OR ground cumin	
Salt and pepper	

Makes 1 cup

1x regular sized can	
$\frac{1}{4}$ cup (approx. 2 lemons)	
1 teaspoon	
1 – 2 tablespoons	
1 teaspoon	
$\frac{1}{2}$ teaspoon	
To taste	

Method

1. Blend chickpeas, lemon juice, garlic, yoghurt and chilli sauce/cumin using a stick blender or food processor until smooth.
2. Add more lemon juice or water until you get your desired consistency.
3. Season to taste then spoon into a serving bowl or storage container. Store in the refrigerator.



Mexican Bean Dip

So easy to whip up from common pantry items!

Ingredients

	Makes 1½ cups
Canned chilli beans	1x regular sized can
Low fat plain yoghurt	½ cup
Reduced fat mayonnaise or coleslaw dressing	¼ cup
Lemon juice	1 tablespoon
Ground cumin	1 teaspoon
Garlic, crushed	1 teaspoon
Salt and pepper	To taste

Tip

This is delicious as a spread on toast. Top with sliced avocado!

Method

Blend ingredients together in food processor or blender; adjust seasonings to taste.

Serving suggestion

Serve with raw vegetables and toasted pita bread.



Notes

- If pieces are drying too fast, turn down oven. Keep watching them as they can burn easily! They should be slightly coloured and crisp, not over browned.
- Make up a whole packet and store crisps in an airtight container. They keep for months!
- Go for highest fibre wraps – compare nutrition information panels using the 100g columns and look for wraps with more than 5g fibre per 100g.

Wholemeal Pita Crisps

Ingredients

Wholemeal wraps	1 packet
Oil	As needed
Seasonings e.g. dried herbs (basil, oregano or Italian), finely chopped fresh herbs, chilli flakes, finely grated parmesan, crushed garlic.	As needed

Try these combos

- Italian herbs and finely grated parmesan.
- Fresh, finely chopped rosemary and crushed garlic.
- Fresh, finely chopped parsley, grated cheese and chilli flakes.

Method

1. Preheat oven to 140°C. Brush each wrap very lightly with oil, alternatively use oil spray.
2. Sprinkle seasonings lightly over top, cut into small pieces (triangles or rectangles) and place on a baking tray.
3. Dry out in oven until crisp (around 10 minutes).



Pea Pesto

Uses frozen peas for a moreish result!

Ingredients

	Makes 1 cup
Frozen peas	1 cup
Garlic, crushed	1 teaspoon
Spring onion, finely sliced	1
Oil	2 tablespoons
Lemon juice	2 tablespoons
Grated parmesan cheese	¼ cup
Sweet chilli sauce	1 teaspoon
Salt and pepper	To taste

Tips

- This is delicious as a spread on toast. Top with sliced avocado or tomato!
- Use minted peas for a lovely fresh flavour.

Method

Blend ingredients together in food processor or blender. It may be a little stiff to start with, but it gets softer as the peas thaw out.

Serving suggestion

Serve with raw vegetables and toasted pita bread.



Serving suggestions

- Top with a dollop of thick natural yoghurt and some chopped coriander or mint.
- Serve on rice, or with naan or pita bread.

Boost nutrition & make it a complete meal

Add vegetables (chopped carrot, celery, broccoli, courgette or pepper) around 10 minutes before end of the cooking time.

Carrot & Red Lentil Dhal

Ingredients

	2 Serves
Oil	1 teaspoon
Wholegrain mustard	1 teaspoon
Ground cumin	½ teaspoon
Carrots, grated	2 large
Vegetable stock	500ml
Split red lentils, washed	¼ cup
Peanut butter	1 tablespoon
Curry powder	1 teaspoon
Pepper	To taste

Method

1. Heat oil in a saucepan on medium heat.
2. Add wholegrain mustard and cumin and stir.
3. Add carrot and cook for 10 minutes allowing carrot to soften. Stir regularly.
4. Add stock and lentils. Simmer for 30 minutes.
5. Stir in peanut butter, curry powder and pepper.
6. Simmer for 5 minutes then serve.
7. Garnish with yoghurt and coriander or mint.

Pumpkin & Chickpea Casserole



Ingredients

	4 Serves
Oil	1 tablespoon
Onion, peeled and chopped	1 large
Garlic, crushed	1 teaspoon
Ground cumin	1 teaspoon
Cinnamon	1 teaspoon
Turmeric	1 teaspoon
Paprika	½ teaspoon
Pumpkin, peeled/deseeded, in 2cm cubes	3 cups
Canned chopped tomatoes	1x regular sized can
Canned chickpeas, drained and rinsed	1x regular sized can
Finely grated lemon rind and juice	½ lemon
Salt and pepper	To taste
Fresh coriander, chopped (optional)	1 – 2 tablespoons

Method

1. Heat oil in a large saucepan. Add onion and garlic and stir over medium heat until onion softens.
2. Add cumin, cinnamon, turmeric and paprika. Stir and cook for a further 2 minutes.
3. Add pumpkin, chopped tomatoes, chickpeas and lemon rind.
4. Bring to the boil. Stir then reduce to a gentle simmer.
5. Cover and cook for 25 minutes or until the pumpkin is tender.
6. Once cooked stir in lemon juice, salt, pepper and coriander.

Tip

If you find pumpkin difficult to cut, try microwaving it first for 5 – 10 minutes (whole or larger pieces) to soften skin. Leave to cool then chop and peel.

Boost nutrition

Add chopped silver beet or spinach 10 minutes before the end of cooking.

Serving suggestion

Serve on rice or couscous.





Tip

Leftover canned tomatoes or lentils can be frozen.

Serving suggestions

- On rice or couscous.
- Serve with salad, coleslaw or cooked vegetables.
- On toast or a baked potato.
- **Indian Eggs** – use a fry pan to cook the curry. When cooked, make 1 dent per person in the mix and break an egg into it. Put lid on pan and simmer until eggs are set.

Fast Lentil Curry

This is a very easy recipe to cook in bulk so we've given 2 and 4 serve options. Freeze your leftovers and reheat for when you want a night off cooking!

Ingredients	2 Serves	4 Serves
Oil	2 teaspoons	1 tablespoon
Onion, peeled and chopped	½ medium	1 medium
Curry powder	1 teaspoon	2 teaspoons
Canned chopped tomatoes	¾ cup (around ½ can)	1 regular can
Canned brown lentils	¾ cup (around ½ can)	1 regular can
Optional extra: frozen peas or frozen mixed vegetables	½ cup	1 cup

Method

1. Heat oil in a heavy bottomed saucepan or fry pan. Add onions and stir over medium heat until softened.
2. Add curry powder and cook for a minute.
3. Add chopped tomatoes, lentils and peas/mixed vegetables, if using.
4. Heat through and serve.

Boost nutrition

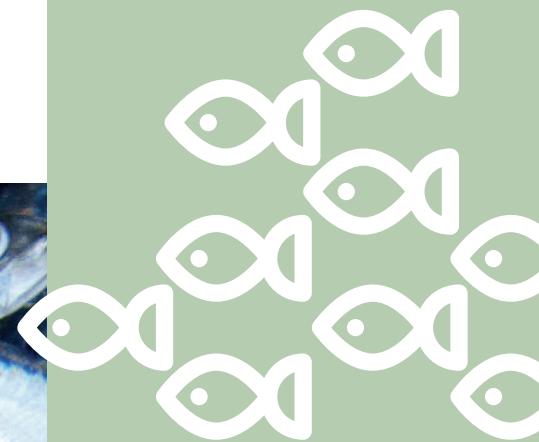
Add any of the following:

- Cooked chicken
- Extra vegetables e.g. carrot, celery, pepper, zucchini, silver beet
- Tofu

Fish



Fish is a great alternative to meat. To look after your health try to eat fish twice a week, preferably oily fish. Oily fish has the benefit of providing more heart-healthy omega-3 fats. The oiliest fish are sardines, salmon, kahawai, warehou, pilchards, herring and tuna. Canned fish can be just as good but remember to choose fish canned in spring water rather than brine or oil. And don't forget frozen fish – keep a box of frozen fish fillets in your freezer for an easy meal in a hurry. Team the fish up with a baked potato, rice or kumara and salad or steamed vegetables and you have a quick, nutritious meal.





Asian Baked Salmon

Tip

For a caramelized crispier surface, place under a preheated grill for a minute or so before serving.

Serving suggestion

Serve with brown rice and steamed beans (frozen green beans & sugar snap peas work well).

Ingredients

	1 Serve	2 Serves
Juice and zest of a lemon	½	1
Soy sauce	1 tablespoon	2 tablespoons
Brown sugar	1 tablespoon	2 tablespoons
Salmon fillet	1 piece (around 150g)	2 pieces (around 300g)

Method

1. Preheat oven to 220°C or 200°C fan bake.
2. In a small bowl, mix together lemon juice and zest, soy sauce and brown sugar.
3. Rub mixture over the flesh of the salmon fillet(s) and place in a small ovenproof dish.
4. Bake for 10 minutes or until cooked (opaque) throughout.

Microwave method

1. Prepare salmon as above and place in a microwave-safe dish.
2. Cover and cook on medium-high power for 2 – 3 minutes for 1 serve or 4 – 6 minutes for 2 serves, then allow to stand for 2 minutes before serving.



Baked Fish – 4 Ways

Ingredients

Fish fillets – fresh or frozen

1 Serve

1 fillet
(around 125g)

2 Serves

2 fillets
(around 250g)

Marinade – choose one of the 4 listed on the next page

Tips

- Use medium to firm textured fish fillets, e.g. gurnard, tarakihi or blue cod.
- Fish is cooked when it becomes cloudy (white) throughout and flakes easily with a fork.

Method

1. Preheat oven to 180°C
2. Place fish fillet(s) in a small ovenproof dish or on a large piece of aluminum foil. Top with one of the marinades below.
3. Cover dish with lid or fold foil around the fish to make a parcel.
4. Bake in oven for 12 – 15 minutes.

Microwave method

1. Place fillet/s in a microwave-safe dish and top with marinade.
2. Cover and cook on medium power for 2 – 3 minutes for 1 serving or 4 – 6 minutes for 2 servings. Fish should be just cooked through. Thicker fillets may need a little longer time.
3. Allow to stand for 3 minutes before serving.

Method

Mix ingredients together in a glass jar and pour over fish prior to cooking.

Ginger marinade

	1 Serve	2 Serves
Lemon juice	½ tablespoon	1 tablespoon
Vinegar e.g. malt vinegar	1 tablespoon	2 tablespoons
Brown sugar	1 teaspoon	2 teaspoons
Garlic, crushed	½ teaspoon	1 teaspoon
Ginger, crushed	¼ teaspoon	½ teaspoon



Method

Sprinkle fish fillets with lemon pepper, then top with lemon slices and herbs.

Lemon and herb marinade

	1 Serve	2 Serves
Lemon pepper	¼ teaspoon	½ teaspoon
Lemon, thinly sliced	½	1
Fresh or dried herbs e.g. parsley, basil, thyme	1 tablespoon fresh or ½ teaspoon dried	2 tablespoons fresh or 1 teaspoon dried

Method

Mix ingredients together in a glass jar and pour over fish prior to cooking.

Oriental marinade

	1 Serve	2 Serves
Lemon juice	2 teaspoons	1 tablespoon
Soy sauce	2 teaspoons	1 tablespoon
Sweet chilli sauce	2 teaspoons	1 tablespoon
Brown sugar	1 teaspoon	2 teaspoons
Optional extra: Chinese 5-spice powder	¼ teaspoon	½ teaspoon

Method

Mix ingredients together in a glass jar and pour over fish prior to cooking.

Spicy marinade

	1 Serve	2 Serves
Lemon juice	1 tablespoon	2 tablespoons
Soy sauce	1 teaspoon	2 teaspoons
Mustard powder	¼ teaspoon	½ teaspoon
Curry powder	¼ teaspoon	½ teaspoon
Oil	1 teaspoon	2 teaspoons



Crumbed Fish

Ingredients

Medium to firm textured fish e.g.
gurnard, terakihi, blue cod

Breadcrumbs

Salt and pepper

Oregano

Grated parmesan cheese (optional)

1 Serve

1 fillet
(around 125g)

2 tablespoons

To taste

$\frac{1}{4}$ teaspoon

To taste

2 Serves

2 fillets
(around 250g)

$\frac{1}{4}$ cup

To taste

$\frac{1}{2}$ teaspoon

To taste

Tip

Make more breadcrumbs than you need and freeze the leftovers. To make fresh breadcrumbs place bread slices in a food processor and pulse until the bread is crumbed. If you don't have a food processor or blender, grate thickly sliced frozen (or stale) bread using a grater.

Method

1. Preheat oven to 200°C.
2. Mix breadcrumbs, salt, pepper, oregano and parmesan together.
3. Lay fish flat in a lightly oiled wide baking dish or tray and using firm pressure, pat the crumb mix on top of each fillet. Because the fish is damp it will cling.
4. Cook for 8 – 10 minutes or until golden brown and the fish is white (not translucent) in the thickest part.

Tip

Keep a box of frozen crumbed fish fillets in the freezer for a quick and easy meal.

Serving suggestion

Serve with a wedge of lemon and a green salad.



Tip

Use floury potatoes suitable for baking, e.g. Agria.

Wedges or Chips

Ingredients

	1 Serve	2 Serves
Potato, scrubbed	1 large	2 large
Oil	1 teaspoon	2 teaspoons
Salt and pepper	To taste	To taste
Dried herbs (optional)	To taste	To taste

Method

1. Preheat oven to 200°C.
2. Cut potato into wedges or chips and pat dry with a paper towel. Place in a small bowl and toss with oil, salt and pepper and any other flavourings you may like e.g. dried herbs.
3. Place on oiled baking tray, or on baking paper in a single layer and cook for around 30 minutes or until chips are crisp and golden. Turn half-way through the cooking time.
4. If making fish and chips, prepare fish while wedges/chips are cooking.

Pan-Fried Fish with Ginger Sauce



Ginger Sauce

	1 Serve	2 Serves
Ginger, crushed	¼ teaspoon	½ teaspoon
Sugar	2 teaspoons	1 tablespoon
Vinegar	1 tablespoon	2 tablespoons
Soy sauce	1 teaspoon	2 teaspoons
Water	¼ cup	½ cup
Button mushrooms, thinly sliced	2	4
Spring onion, finely sliced	1 tablespoon	2 tablespoons
Cornflour	½ teaspoon	1 teaspoon
Salt and pepper	To taste	To taste

Method

1. Combine ginger, sugar, vinegar, soy sauce and water in a saucepan; cook over low heat for 5 minutes.
2. Add mushrooms and spring onions; cook another few minutes until mushrooms are tender.
3. In a small bowl or jug, mix cornflour with a little water to a smooth paste and stir into sauce.
4. Stir and cook over low heat until it thickens. Season to taste with salt and pepper.
5. Serve over pan-fried fish.

Tip

- This sauce also works well over tofu, chicken or pork.
- Button mushrooms work best.
- Mushrooms are best stored in a paper bag in your fridge. Use damp papertowel or cloth to clean the outside of mushrooms.

Pan-Fried Fish

	1 Serve	2 Serves
Medium to firm textured fish e.g. gurnard, terakihi, blue cod	1 fillet (around 125g)	2 fillets (around 250g)
Flour	1 – 2 tablespoons	2 – 4 tablespoons
Salt	¼ teaspoon	½ teaspoon
Oil	2 teaspoons	1 tablespoon



Serving suggestion

Serve with rice or mashed potato and steamed vegetables or salad.

Method

1. Make ginger sauce using recipe on facing page.
2. Pat fish dry with paper towel and cut into smaller pieces if necessary.
3. In a shallow dish combine flour and salt and coat fish with the mixture.
4. Heat oil in suitable-sized fry pan; add fish and cook until slightly browned and the flesh is milky. Thicker fillets will take longer, around 2 – 3 minutes per side.
5. Serve with ginger sauce or sauce of your choice.

Fish Pie



Mashed Potato	1 Serve	2 Serves
Potato, scrubbed and chopped into chunks	1 large	2 large
Trim milk	1 – 2 tablespoons	2 – 4 tablespoons
Butter or margarine	1 teaspoon	2 teaspoons
Salt and pepper	To taste	To taste



Method

Boil potato until soft, around 15 – 20 minutes, then mash with milk and butter/margarine.

Fish Filling	1 Serve	2 Serves
Cheese sauce, packet	½ packet	1 packet
Milk	¼ cup	½ cup
Water	¼ cup	½ cup
Canned fish, drained and flaked OR fish fillet, cooked and flaked (page 46)	1 x 95g can OR 1 fish fillet (around 125g)	1 x 185g can OR 2 fish fillets (around 250g)
Frozen peas or frozen mixed vegetables	¼ cup	½ cup
Oil spray to grease dish		
Hard-boiled egg, sliced	1	2
Cheese, grated	2 tablespoons	¼ cup

Method

1. Preheat oven to 180°C.
2. Combine cheese sauce mix with cold water and milk in saucepan. Mix well. Bring to the boil while stirring, then turn down heat and simmer until thickened.
3. Stir in fish, hard-boiled egg and frozen peas. Pour into a lightly oiled small ovenproof dish.
4. Top with mashed potato and sprinkle with grated cheese.
5. Bake for around 20 minutes or until bubbling.

Get a head start

Plan meals the day before that use mashed potato and hard boiled eggs and make extra to use in this recipe.

Tip

Try making our easy cheese sauce on page 88, as an alternative to a packet sauce.

Serving suggestion

Serve with a green vegetable/salad plus pumpkin or carrots.



Chicken

A little bit of chicken can go a long way if bulked out with legumes and vegetables.

Lean chicken is a great source of protein and iron. Chicken can easily be made healthier by removing the skin before cooking, thereby reducing saturated fat. A serving of chicken is the size of your palm (about 125 – 150g raw lean meat). In this section we bulk out the chicken recipes with vegetables and legumes. See page 8 for food safety tips.





Chicken & Pumpkin Curry

Ingredients

	1 Serve	2 Serves
Oil	1 teaspoon	2 teaspoons
Chicken breast or boneless thigh, diced	125g	250g
Onion, chopped	½ medium	1 medium
Curry powder	1 teaspoon	2 teaspoons
Water	⅓ cup (80ml)	⅔ cup (160ml)
Light coconut cream or yoghurt	1 tablespoon	2 tablespoons
Stock powder	½ teaspoon	1 teaspoon
Pumpkin, peeled and diced	1 cup	2 cups
Frozen vegetables e.g. peas, beans, corn	½ cup	1 cup
Chopped fresh coriander (optional)	1 tablespoon	2 tablespoons

Method

1. Heat oil in large pan, add chicken and onion and cook for a few minutes until chicken is a little browned and onion transparent.
2. Add curry powder and cook for a further minute.
3. Add water, coconut cream, stock powder and pumpkin, bring to the boil then reduce the heat and cook for around 15 minutes until the pumpkin is soft.
4. Add the beans and peas and cook for a further 5 minutes.
5. Serve with cooked rice.

Tips

Leftover cooked chicken can be used instead of fresh chicken in recipe. Add at the same time as you add the frozen vegetables and be sure to heat thoroughly before serving.

If you are cooking for one, freeze the extra portion and reheat when you want a night off cooking!

Serving suggestion

Top with chopped coriander.



Tip

This marinade also works for pork chops, spare ribs or tofu.

Honey Glazed Chicken Drumsticks

Ingredients	1 Serve	2 Serves
Chicken drumsticks	2	4
Honey	2 tablespoons	¼ cup
Soy sauce	1 tablespoon	2 tablespoons
Garlic, crushed	½ teaspoon	1 teaspoon
Ginger, crushed	½ teaspoon	1 teaspoon
Oil spray to grease dish		
Sesame seeds (optional)	1 teaspoon	2 teaspoons

Method

1. Preheat oven to 200°C.
2. Remove skin from the drumstick if desired.
3. Mix together honey, soy sauce, garlic and ginger.
4. Lay drumsticks flat in a small lightly oiled ovenproof dish and pour over sauce. Cover with lid or tinfoil.
5. Bake for 20 minutes, then remove cover, turn drumsticks and return to the oven without a cover for another 10 minutes. Turn drumsticks again and return to the oven for a final 10 minutes.
6. Sprinkle with sesame seeds (if using) a few minutes before end of cooking time.



Chicken & Chilli Beans

Ingredients

	1 Serve	2 Serves
Oil	2 teaspoons	1 tablespoon
Onion, finely chopped	$\frac{1}{2}$ medium	1 medium
Celery, finely chopped	$\frac{1}{2}$ stalk	1 stalk
Chicken breast or boneless thigh, chopped into small pieces	125g	250g
Canned chilli beans	$\frac{1}{2}$ can (around 200g)	1 can (around 400g)

Tip

Make extra and freeze.

Method

1. Heat oil in heavy bottom fry pan; add onion and celery and stir-fry until softened.
2. Add diced chicken and cook through.
3. Add chilli beans, stir through and heat gently for around 10 minutes.

Serving suggestion

Serve on rice, in tacos/burritos or on top of a baked potato.



Burritos or Tacos

Boost nutrition

Add sliced avocado.

Ingredients

	1 Serve	2 Serves
Chicken and chilli bean mix – as per “Chicken & Chilli Beans” recipe on previous page		
Burritos/tortillas or tacos	1 – 2	2 – 4
Red onion, sliced	1 tablespoon	2 – 3 tablespoons
Iceberg lettuce, shredded	½ cup	1 cup
Tomato, sliced	½	1
Grated cheese	To taste	To taste
Greek yoghurt or reduced-fat sour cream	1 tablespoon	2 tablespoons

Gluten free

Use corn based tortillas or tacos instead of regular burritos/tortillas. Check ingredients list on chilli bean can to make sure there is no gluten.

Method

1. Warm burritos/tortillas or tacos as per instructions on pack.
2. Divide chicken mix between burritos or tacos and top with remaining ingredients in the order listed.

Roast Chicken



Ingredients

	4 Serves
Chicken, 1.35 – 1.5kg	1
Garlic, crushed	1 teaspoon
Lemon, cut into quarters	1
Fresh herbs, chopped (e.g. rosemary, sage or parsley)	2 tablespoons
Medium sized oven bag	1

Method

1. Preheat oven to 180°C.
2. Remove excess fat from chicken and rub skin with crushed garlic.
3. Fill cavity with herbs and lemon pieces or stuffing (recipe on facing page).
4. Place in oven bag, tie bag and pierce bag to allow steam to escape. Place in oven dish.
5. Cook for around 1½ hours (1.35kg chicken) – 1 hour 40 minutes (1.5 kg chicken) or until juices run clear when chicken breast is pierced with a skewer.
6. Remove from oven, rest for 5 minutes. Cut off a corner of the bag and allow juices to empty into a jug to make gravy. Be careful of the steam.

Healthy Gravy

	For one chicken
Fat-free juices from chicken bag	3 tablespoons
Flour	2 tablespoons
Mustard, dried or fresh	1 teaspoon
Boiling water	1 cup

Method

Place juice in a small saucepan with flour and mustard, mix well. Slowly add water and cook until thickened. Season to taste. Strain if lumpy.

Tips

- Instead of size, chickens are now grouped by weight range and labelled with the minimum weight. For example, a size 16 chicken that weighs between 1.5kg and 1.7kg will be labelled as 1.5kg chicken.
- Leftover chicken should be stored covered in your fridge within 2 hours of cooking. It should be eaten within 2 days, or frozen for up to two months.

Tip

Freeze leftover gravy in small pots.



Serving suggestion

Serve with gravy and vegetables or salad. Honey and balsamic roast vegetables go well (recipe page 30) with roast chicken!

Tip

See next page for more meal ideas with leftover roast chicken.

Stuffing

Onion, finely chopped	1 medium
Garlic, crushed	1 teaspoon
Chopped parsley	½ cup
Fresh wholemeal breadcrumbs (made in a food processor)	2 cups
Grated lemon rind	From ½ lemon
Dried basil or oregano	1 teaspoon
Slivered almonds or pine nuts (optional)	3 tablespoons
Salt and pepper	To taste
Egg	1 medium

Method

Combine all ingredients in a bowl, fill chicken cavity and cook chicken as per the previous page.



6 Ways with Leftover Roast Chicken

Chicken sandwiches

Mix chopped roast chicken with a little light mayonnaise or our Easy Creamy Salad Dressing (page 35) and finely chopped chives or spring onion. Jazz it up with a little curry powder and use in sandwiches with lettuce leaves or cucumber slices.

Chicken and cranberry pizza

Top pizza base with cranberry sauce, chopped roast chicken, cooked broccoli and grated mozzarella. Cook as per pizza recipe (page 85).



Chicken and corn soup

- Cook chopped onion (1 small) in a little oil over medium heat until transparent.
- Add 1½ cups chicken stock plus a 400g can of corn kernels (including juice) and cook on medium high for around 10 minutes.
- Add ½ – 1 cup of chopped roast chicken and heat for a further couple of minutes.

Optional

Add 1 teaspoon finely grated fresh ginger with the liquid before cooking.



Chicken noodle salad

Combine cooked vermicelli noodles with shredded roast chicken, finely sliced red pepper, grated carrot, sliced spring onion and roasted peanuts. Make a dressing by combining equal quantities of lemon juice and sweet chilli sauce with a splash of sesame oil. Mix then serve topped with fresh chopped coriander or mint.



Chicken wraps

Combine chopped roast chicken with a little light mayonnaise and spread over a wholemeal wrap. Top with shredded lettuce, sliced tomato and sliced avocado or cucumber. Roll up, cut in half and serve. For some extra zing add some bean shoots or some finely chopped coriander or mint.

Chicken grain bowl

In a serving bowl arrange the following layers:

- Cooked brown rice or couscous (warmed a little is good)
- Salad ingredients such as lettuce, tomato, chopped peppers, spring or red onion, celery, avocado
- Chopped roast chicken
- Your choice of dressing



For extra crunch

Top with toasted pumpkin seeds or other seeds/chopped nuts.

Sweet 'n' Sour Chicken

Chicken thighs work very well in this dish as, unlike chicken breast, they are very forgiving and don't dry out. Pork mince is another option – ask the butcher to pack a small serve for you.



Ingredients	1 Serve	2 Serves
Oil	2 teaspoons	1 tablespoon
Garlic, crushed	1/4 teaspoon	1/2 teaspoon
Onion, peeled and chopped	1/2 small	1 small
Red or green pepper, deseeded and cut into chunks	1/4	1/2
Mushrooms, sliced	1/4 cup	1/2 cup
Chicken thigh, diced or pork mince	125g	250g
Canned pineapple pieces in juice	1/2 x 225g can	1 x 225g can
Cornflour	1 teaspoon	2 teaspoons
Tomato sauce	1 1/2 tablespoons	3 tablespoons
Soy sauce	1/2 teaspoon	1 teaspoon
Sugar, brown or white	2 teaspoons	1 tablespoon
Frozen green beans or mixed vegetables	1/2 cup	1 cup

Method

1. Heat half the oil in a fry pan and stir-fry the garlic, onion, pepper and mushrooms for 3 – 5 minutes. Remove from heat and set aside.
2. Add remaining oil to the pan and cook chicken or pork over a high heat for 3 minutes turning frequently.
3. Drain pineapple pieces, reserving all the juice from the can for 2 serves and half the juice for 1 serve. Mix to a thin paste with cornflour then add the tomato sauce, soy sauce and sugar.
4. Add onion mix back to the pan with the chicken or pork and frozen vegetables.
5. Add cornflour mixture and pineapple pieces, heat until bubbling and cook for 2 – 3 minutes, stirring constantly until the sauce is smooth and clear.

Tips

- Vegetables of different colours have different nutrients – the more variety of colours in a meal the better!
- Use any leftover pineapple for dessert (with yoghurt or ice cream) or save in the fridge for breakfast the next day.
- Make it vegetarian – replace meat with tofu or cashew nuts.

Serving suggestion

Serve with rice or noodles.



Meat

Choose lean small portions and balance with at least half a plate of vegetables.

Lean red meat is one of the best sources of protein, zinc, iron and B vitamins. However, research links diets high in red meat, especially processed meats such as bacon, salami and sausages, to an increased risk of disease, particularly bowel cancer. If you choose to eat red meat, stick to small portions of lean red meat – the size of your palm (125 – 150g raw weight) up to three times a week. If you eat ham, bacon and sausages eat them occasionally, rather than as a staple. In this section we bulk out the meat recipes with vegetables and legumes.



Thai Red Curry

Ingredients

Canola or sesame oil (or combo)
Onion, cut into wedges
Garlic, crushed
Ginger, crushed
Red curry paste
Light coconut milk
Lemon or lime juice
Brown sugar
Carrot, grated
Tomatoes, chopped
Red pepper, strips or chunks
Green beans, frozen or fresh
Meat, chicken, cut into strips, OR fish, tofu, cut into chunks
Chopped coriander (optional)

2 Serves

2 teaspoons
1 medium
 $\frac{1}{2}$ teaspoon
 $\frac{1}{2}$ teaspoon
1 tablespoon
200ml
1 tablespoon
2 teaspoons
1 medium
2 medium
 $\frac{1}{2}$
1 cup
250g
2 tablespoons

Tip

Save time by using a ready-to-go sauce from the supermarket (instead of the garlic, ginger, curry paste, coconut milk, and lemon juice). Remember that many of these are high in added sugar, so compare labels when choosing. The less sugar the better.

Method

1. If using meat or chicken, cook in a little oil in wok or fry pan then set aside.
2. Heat oil in a wok or fry pan over high heat. Add onion, garlic and ginger and stir-fry for 2 minutes then add red curry paste and cook for a further minute.
3. Add coconut milk, juice, sugar, carrot, tomato and red pepper; cook over medium heat for 5 minutes.
4. Add beans together with cooked meat/raw fish or tofu and heat for a further 2 minutes or until hot throughout. Serve immediately with rice or noodles and chopped coriander if using.



Savoury Mince

Spice it up

Add some dried chilli flakes – a small pinch is all you need but add more if you like extra heat.

Serving suggestion

Serve over cooked spaghetti topped with grated parmesan cheese. See next page for more meal ideas with this Savoury Mince recipe.



Ingredients

	2 Serves	4 Serves
Oil	2 teaspoons	1 tablespoon
Onion, chopped	½ medium	1 medium
Garlic, crushed (optional)	½ teaspoon	1 teaspoon
Lean mince	125g	250g
Carrot, chopped	½ medium	1 medium
Other seasonal vegetables, chopped e.g. pepper, courgette or celery	½ cup	1 cup
Canned chopped tomatoes	1 regular sized can	2 regular sized cans
Red lentils	¼ cup	½ cup
Dried herbs e.g. basil, oregano, mixed herbs	½ teaspoon	1 teaspoon
Sugar	½ teaspoon	1 teaspoon
Water	½ cup	1 cup
Salt and pepper	To taste	To taste



Method

1. Heat oil in heavy bottomed saucepan, add onion and garlic and cook for a few minutes over medium heat until softened.
2. Add mince and cook for a few minutes until browned, stirring constantly to break up large pieces.
3. Add remaining ingredients except salt and pepper, bring to the boil then reduce heat. Gently simmer for 30 – 40 minutes.
4. Add salt and pepper to taste then serve.



5 Meal Ideas Using Savoury Mince

Shepherd's Pie

1. Add $\frac{1}{2}$ cup (1 cup for 4 serves) frozen peas to the savoury mince (page 65) at the same time as the carrot and other vegetables.
2. Mix 2 teaspoons (1 tablespoon for 4 serves) flour to a paste with a little water and add a few minutes before the end of cooking.
3. Transfer to a suitably sized baking dish and top with mashed potato and a sprinkle of cheese.
4. Bake at 180°C for around 20 minutes or until meat is bubbling and potato topping crisp and golden.



Lasagne

1. Use 4 serve quantity of savoury mince (page 65).
2. Make 1 quantity of cheese sauce (recipe page 88) or use a packet mix.
3. In a baking dish layer mince and lasagna sheets alternatively.
4. For a delicious extra twist add a layer of cooked spinach or mashed pumpkin.
5. Top with cheese sauce, some grated parmesan and freshly ground black pepper.
6. Bake at 180°C for around 40 minutes, stand for 10 minutes then serve.





Chilli Con Carne

1. Use 4 serve quantity of savoury mince (page 65).
2. Eliminate the dried herbs and instead add a can of chilli beans 5 minutes before the end of cooking.
3. Serve on rice, in tacos/tortillas or on top of a baked potato.



Spaghetti Bolognese

Serve savoury mince (page 65) over cooked spaghetti topped with grated parmesan cheese.

Moroccan Mince

1. Use 4 serve quantity of savoury mince (page 65).
2. Replace dried herbs with a 1 teaspoon cinnamon, 1 teaspoon of ground cumin and a pinch of chilli powder/flakes.
3. Add a drained can of chickpeas and some frozen green beans towards the end of cooking.
4. Serve with couscous (make according to instructions on packet) or rice.



Meat Patty & Meatball Mix

Ingredients

	2 Serves	4 Serves
Lean minced meat (beef, lamb or pork)	250g	500g
Onion, finely chopped	½ medium	1 medium
Wholemeal breadcrumbs	½ cup	1 cup
Egg	1 small	1 medium
Rolled oats	¼ cup	½ cup
Carrot, grated	¼ cup	½ cup
Parsley, chopped (optional)	2 tablespoons	¼ cup
Chutney or sauce e.g. tomato, plum, chilli	1 tablespoon	2 tablespoons
Dried herbs e.g. oregano, basil, Italian	1 teaspoon	2 teaspoons
Salt	¼ teaspoon	½ teaspoon
Freshly ground black pepper	To taste	To taste

Lamb or Beef Koftas

1. If using lamb mince, use mint sauce as the sauce in the recipe and ground cumin for the herb.
2. If using beef mince use tomato sauce as the sauce and oregano as the herb.
3. Soak bamboo sticks in cold water for around 30 minutes; shape small handfuls of the mix into a log around each stick – the log should be around 2cm in diameter.
4. Brush with oil and grill or barbecue until cooked.
5. Serve on rice or in pita bread with salad.

Method

Mix all ingredients together in a bowl and use in one of the following ways.



Hamburgers

1. Shape mix (page 68) into patties.
2. Cook in non-stick fry pan, using a little oil or oil spray if needed.
3. Freeze those not needed immediately – lay flat on baking paper on a tray, freeze, when frozen, remove from tray and store in suitable bag/container in freezer.
4. Defrost and use as needed.



Meat Loaf

Make 4 serve quantity (page 68) and press into a lightly oiled 22cm loaf tin.

1. Mix 4 tablespoons tomato sauce with 2 tablespoons rolled oats and ¼ cup chopped parsley; spread over top of meat loaf.
2. Cook at 180°C for 30 – 40 minutes or until juices run clear when tested with a skewer.



Italian Meat Balls

1. Shape mix (page 68) into small balls and brown in a little oil in a pan OR microwave by placing in one layer on a microwave suitable dinner plate; cover with another dinner plate and microwave on high for 3 – 4 minutes or until just cooked.
2. Transfer balls to a baking dish in a single layer.
3. Cover with pasta sauce (store-bought or homemade).
4. Bake at 180°C for around 30 minutes or until sauce is thick and bubbling.
5. Serve with rice, pasta or polenta.

Tip

Meat balls can be frozen after cooking (step 1) then defrosted as needed.



Casseroles

This recipe has not been reduced to 1 or 2 serves. This is because most casseroles require long slow cooking and it is more economical to cook a bigger quantity and freeze leftovers. It's a great meal to share with family or friends.

Basic Casserole

Oil

Lean beef (shin, topside, chuck), lamb, pork, chopped into chunks or shoulder chops

Onion

Garlic, crushed

Salt

Beef or chicken stock or cube/powder + water

Chopped vegetables e.g. carrots, kumara, parsnips, potato

Herbs of choice e.g. dried thyme, oregano, basil or mixed herbs

Cornflour (if needed)

4 Serves

1 tablespoon

500g

1 medium

1 teaspoon

½ teaspoon

1 cup (1 cube/1
teaspoon stock
powder:1 cup
water)

At least 2 cups

1 teaspoon

2 teaspoons



Stove top method

1. Heat oil in heavy bottomed pan or casserole dish, add meat and brown.
2. Add onion and garlic and fry for a few more minutes.
3. Add remaining ingredients, cover, reduce heat to low and cook for around 2 hours or until meat is tender. Stir occasionally.
4. Adjust seasonings and thicken if necessary by mixing cornflour to a paste with water and adding. Cook for 2 minutes longer to thicken. Serve with potato, rice, couscous or polenta.

Oven method

1. Preheat oven to 170°C.
2. Complete steps 1 and 2 for stove top method, then add remaining ingredients. Transfer (if necessary) to an ovenproof casserole dish with a lid. Cook in oven for around 2 hours or until meat is tender.
3. Season and thicken if necessary as in step 4.

Variations

Beef, orange and prune casserole

1. Add 1 teaspoon grated orange rind to the mix and replace ½ cup of beef stock with ½ cup orange juice.
2. Add 8 prunes to the mix before cooking.

Beef or lamb curry

1. Add 1 tablespoon of curry powder and 2 teaspoons of ground cumin to the onions and garlic after these have been cooked for a few minutes.
2. Use 2 large potatoes as the vegetables.
3. Reduce stock to 1½ cups and add 1 x 400g can of chopped tomatoes.
4. Add 1 cup frozen green beans to the mix 10 minutes before the end of cooking.

Mexican beef and bean casserole

1. Add 1 tablespoon of paprika to the onion and garlic after it has cooked for a few minutes.
2. Reduce stock to 1½ cups and add 1 x 400g can of chopped tomatoes and 1 x 400g can Mexican or chilli beans.
3. For the vegetables use 1 chopped red pepper, 1 chopped green pepper and 12 button mushrooms.



Sticky Dippy Lamb Chops

Ingredients

	1 Serve	2 Serves
Tomato sauce	2 tablespoons	4 tablespoons
Brown sugar	2 teaspoons	1 tablespoon
Soy sauce	2 teaspoons	1 tablespoon
Garlic, crushed	½ teaspoon	1 teaspoon
Oil	2 teaspoons	1 tablespoon
Lamb loin chops, trimmed of fat	2	4

Optional extras:

Chilli powder or flakes	Small pinch	¼ teaspoon
Chinese 5-spice powder	¼ teaspoon	½ teaspoon

Method

1. Mix tomato sauce, brown sugar, soy sauce, garlic and any extras together in a bowl or jug.
2. Heat oil in a fry pan and cook the chops over a medium heat for 4 – 5 minutes on each side until they are nicely browned.
3. Stir sauce mixture into the pan and heat until bubbling. Cook for a further 2 – 3 minutes, turning chops once or twice, until the sauce is thick, sticky and coats the meat.

Serving suggestion

Serve with salad or steamed vegetables and boiled potatoes or homemade wedges.



Pan Fried Steaks

Remember

The World Health Organisation recommends limiting red meat to no more than 2 meals per week.

Serving suggestion

Serve with baked potato and salad or steamed vegetables.

Ingredients

1 Serve

Beef fillet, rib eye, sirloin or rump steak, about 2cm thick

125g

Oil

1 teaspoon

Coarsely ground black pepper

To taste

Method

1. Take steak from fridge about 30 minutes before cooking; trim excess fat.
2. Brush steak with oil and grind some pepper over top.
3. Heat a heavy-based fry pan until very hot. Do not add oil or fat to the pan. Place steak in pan and reduce heat slightly.
4. Cook for 2 – 3 minutes each side for rare, 3 – 4 minutes each side for medium-rare and a little longer if you like your steak well-done.

Stir-Fry

Stir-fries are made from protein e.g. meat, chicken, tofu, with vegetables and a sauce; these are cooked in a wok over high heat and served with rice or noodles. Once you understand the basic formula, it is easy to mix and match your ingredients to suit your tastes!

Ingredients

	2 Serves
Canola or sesame oil (or combo)	2 teaspoons
Lean chicken, beef, lamb, cut into thin strips	250g
Onion, cut into wedges	1 medium
Garlic, crushed	½ teaspoon
Ginger, crushed	½ teaspoon
Different coloured vegetables – see tip on the next page	At least 3 cups
Sauce – see options on the right	¼ – ½ cup

Method

1. Heat half the oil in a wok or fry pan over high heat. Add meat and stir-fry for a few minutes until cooked, turning frequently. Remove from wok and set aside.
2. Return wok to high heat and add remaining oil; stir-fry onion, garlic and ginger for 2 minutes then add remaining ingredients. Stir-fry until nearly cooked.
3. Return meat to wok with vegetables and add sauce; stir-fry until sauce is well mixed through and all ingredients are hot. Serve immediately with rice or noodles.

Sauce variations

Choose one of the following:

Honey soy

Make sauce using 2 tablespoons soy sauce, 1 tablespoon honey, 1 teaspoon sweet chilli sauce and 1 teaspoon sesame oil.

Satay

Make sauce using 2 teaspoons soy sauce, 1 tablespoon peanut butter, 1 tablespoon sweet chilli sauce, 1 tablespoon honey and 3 tablespoons water or stock.

Chilli ginger

Make sauce using 1 tablespoon of lemon/lime juice, 1 tablespoon water, 1 tablespoon fish sauce, 1 teaspoon sweet chilli sauce and 1 teaspoon cornflour.

Make it vegetarian

Use 250g firm chopped tofu instead of meat. Add some cashew nuts just before serving.

Which vegetables?

Go for colour and variety, the more the better. Cut into slices or pieces that are evenly sized and that cook quickly.

Peppers, courgettes, celery, snow peas, broccoli, mushroom, spring onion, cauliflower, bok choy and cabbage all work well.

Jazz it up

Add cashews or peanuts, and top with chopped fresh coriander.



Rice



Rice comes in many different shapes and colours. Brown, black or red varieties are better for health than white (polished) rice, as the hull (rich in fibre and vitamins) has been retained. There are many ways to cook rice; we have listed some below, but the best advice is to follow the instructions on the packet.

Tips

- Ready-to-go sachets of cooked rice can be very useful when cooking for one or two or when you are in a hurry. Team them up with other simple foods for a quick and easy meal. For example, mix a can of lemon and pepper tuna with some chopped tomato and sliced spring onion, and serve over warmed rice.
- If you prefer white rice, choose basmati; it is a healthier option.



Which rice?

Brown, black and red rice are all good choices as they are high in fibre, and therefore better for health than white rice. If you only like white rice, choose Basmati, as it is slower to digest than other white rice.

White Rice



Ingredients

Uncooked rice	1 cup
Water	1½ cups

Absorption method in saucepan

1. Place rice and water in a small saucepan; bring to the boil over a medium heat, stir once to separate grains.
 2. Boil for one minute, cover saucepan with lid and remove pan from heat.
 3. Leave to stand covered for 10 – 12 minutes before serving.
-

Brown Rice

Ingredients

Uncooked rice	1 cup
Water	2 cups

Method

1. Put the rice in a saucepan and pour over the water. Bring to a rolling boil and then reduce the heat to a gentle simmer.
2. Cook for 30 minutes then turn off the heat.
3. Quickly cover with a lid and leave tightly covered for another 5 – 10 minutes to absorb any remaining water.

Light Meals



Even with light meals, the healthy plate model still applies; $\frac{1}{2}$ plate vegetables and up to $\frac{1}{4}$ plate protein.



Lunchtime Toasties

Tip

Choose wholegrain/wholemeal versions for more fibre.

Try the following toppings grilled on toast, English muffins or rolls.

Tomato relish,
creamed corn,
grated cheese

Canned tuna or salmon,
tomato slices, chopped
red onion, chopped green
pepper and grated cheese

Crushed
pineapple, finely
chopped red
onion, cheese



Baked beans,
grated cheese and
finely sliced spring
onion

Cottage cheese, tomato
slices, grated cheese

Pesto, sliced
tomato, sliced
gherkin and grated
cheese



Easy Vegetable Quiches

Ingredients

	1 Serve	2 Serves
Wholemeal sliced bread with crusts removed	3	6
Marmite or Vegemite	Thin spread	Thin spread
Edam or Noble cheese, grated	1/4 cup	1/2 cup
Eggs, lightly beaten	1	2
Parsley, chives or spring onions, finely chopped	1 tablespoon	2 tablespoons
Canned creamed corn	1/4 x regular sized can	1/2 x regular sized can
Red or green pepper, finely chopped (optional)	1 tablespoon	2 tablespoons
Salt and pepper	To taste	To taste

Method

1. Preheat oven to 190°C.
2. Lightly grease muffin tins with oil and a pastry brush, or oil spray. If pans are non-stick, no oil is necessary.
3. Flatten bread slices individually with a rolling pin and place in the muffin pan to create a bread case. Using the back of a teaspoon spread Marmite/Vegemite in the base of each.
4. Combine remaining ingredients in a bowl and spoon into bread cases.
5. Bake for 15 – 20 minutes.

Tip

Freeze leftover creamed corn in portions in small plastic containers with lids.

Serving suggestion

Serve with salad for lunch or light meal. Refrigerate any leftover quiches and use the following day or freeze. Reheat leftover quiches in the oven until piping hot.

Variation

Replace Marmite with a little tomato relish or chutney AND replace creamed corn with canned tuna or salmon (95g can for 1 serve, 185g can for 2 serves).



Cheese & Herb Omelette

Ingredients	1 Serve	2 Serves
Eggs	2	4
Trim milk	1 tablespoon	2 tablespoons
Salt and pepper	To taste	To taste
Parsley or fresh herbs (e.g. chives)	1 tablespoon	2 tablespoons
Butter or margarine	1 teaspoon	2 teaspoons
Grated Edam or Noble cheese	1 – 2 tablespoons	2 – 4 tablespoons

Jazz it up

Add other ingredients to the mixture after you have poured it into the pan. For example: sliced mushroom, finely chopped red onion or spring onion, diced pepper, tuna or salmon or left-over roast vegetables.

Method

1. Beat egg with milk, salt, pepper and herbs.
2. Melt butter in fry pan and, when bubbling, pour mixture in.
3. Cook over moderate heat, lifting mixture at the edge of the pan with a spatula and tilting the pan so uncooked egg runs underneath.
4. Increase heat to brown the omelette. When mixture is set, sprinkle with grated cheese.
5. Loosen from pan with spatula and fold in half then turn onto a warm serving plate.

Vegetable Fritters



Ingredients

Self-raising flour	1/4 cup
Egg	1 medium
Trim milk	2 tablespoons
Grated cheese, Edam or Noble	1/4 cup
Chopped vegetables (see suggestions to right)	1/4 cup
Finely sliced spring onion, chives or parsley	2 tablespoons
Salt and freshly ground black pepper	To taste
Oil or oil spray for cooking	

Vegetable suggestions

Creamed corn, grated carrot, grated zucchini, finely chopped silver beet or spinach, spring onion, peas – pretty much anything in the fridge and in any combination!

Variations

Courgette and feta fritters

- Use grated courgette as the vegetables and add 1/4 cup crumbled feta to the mix.

Corn fritters

- Use 1/2 cup creamed corn as the vegetables.

Carrot and haloumi fritters

- Use grated carrot as the vegetable and use diced haloumi cheese for the cheese.

Serving suggestions

Serve with a green salad or coleslaw.

Method

1. Mix flour, egg and milk together to a smooth batter – add a little more milk if necessary.
2. Add cheese, vegetables and seasonings.
3. Heat a little oil or oil spray in a heavy-bottomed fry pan; drop tablespoon-lots of mix into pan.
4. Cook over medium heat until bubbles appear on the surface, flip over and cook on the other side until golden.

Tips

- Refrigerate left-overs for a simple meal next day!
- If you don't have self-raising flour, add 1/2 teaspoon of baking powder to 1/4 cup standard flour.





Tuna Baked Potatoes

Ingredients

	1 Serve	2 Serves
Potato, scrubbed	1 large	2 large
Sour cream or Greek yoghurt	1 tablespoon	2 tablespoons
Canned tuna	$\frac{1}{2} \times 95\text{g can}$	$1 \times 95\text{g can}$
Grated Edam or Noble cheese	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Vegetables, chopped e.g. spring onion, celery, parsley, red or green pepper	1 – 2 tablespoons	2 – 4 tablespoons
Salt and pepper	To taste	To taste

Method

1. Preheat oven to 200°C.
2. Prick potato several times with a fork and bake in the oven for 45 – 60 minutes, or in microwave for 3 – 4 minutes on high. The potato needs to be fully cooked throughout.
3. Cut the potato in half lengthwise and scoop out cooked flesh into a bowl. Leave around $\frac{1}{2}$ cm thickness of skin.
4. Mash potato with a fork until fluffy and add remaining ingredients. Mix well and pile mixture back into skins.
5. Place on a baking tray and cook for 10 minutes.

Leftover tuna?

Put any remaining tuna in a covered container in the refrigerator and use the following day as a sandwich filling.

Serving suggestion

Serve with a green salad or coleslaw.

Variation

Replace tuna with canned salmon, canned creamed corn or canned crushed pineapple.



Pizza

Serving suggestion

Serve with green salad or coleslaw.

Step 1: Choose your base

For simple pizzas use pita bread or pre-made pizza bases. Alternatively make your own using recipe on page 86.

Step 2: Spread with a sauce

Choose from tomato paste, pizza sauce, cranberry sauce or pesto.

Step 3: Add toppings

Remember to include at least **two** different types of vegetable toppings:

- Red or green pepper, sliced or chopped
- Tomatoes, fresh or sun-dried, chopped
- Mushrooms, finely sliced
- Courgettes, finely sliced or grated
- Baby spinach or rocket
- Leftover roast vegetables
- Capers
- Green or black olives, whole or sliced
- Pineapple pieces, fresh or canned
- Salmon, tuna, chicken or smoked chicken, prawns or calamari
- Mexican chilli beans
- Feta, grated mozzarella, Noble/Edam cheese or parmesan

Step 4: Bake

At 200°C 8 – 12 minutes then serve.

Pizza Base



Ingredients

	1 x 25cm base (or 2 small)
Plain flour	3/4 cup
Wholemeal flour	3/4 cup
Baking powder	2 teaspoons
Oil	2 tablespoons
Trim milk to mix	Around 1/2 cup

Method

1. Preheat oven to 220°C. Lightly oil a baking tray using oil and a pastry brush or oil spray.
2. Mix flour and baking powder together in a large bowl and mix to combine.
3. Add oil and sufficient milk to make a firm dough.
4. Roll the dough out to form a circle 25cm in diameter then follow steps 2 – 4 on page 85.

Pizza Suggestions

Mediterranean pizza

Sauce	Pizza sauce or tomato paste
Arrange the toppings in the order listed	<ol style="list-style-type: none">1. Thinly sliced sun-dried tomatoes2. Capers3. Sliced green pepper4. Crumbled feta5. Drizzle with a little olive oil before cooking

Serving suggestion

Top with fresh basil leaves.

Pesto and roast vegetable pizza

Sauce	Pesto
Arrange the toppings in the order listed	<ol style="list-style-type: none">1. Left over roast vegetables, cut into small pieces2. Grated mozzarella

Jazz it up

Top with capers or olives.



Jazz it up

Sliced button mushrooms, finely sliced green pepper. These can replace the red onion if you like.

Chicken, cranberry and brie pizza

Sauce

Arrange the toppings in the order listed

Cranberry sauce

1. Baby spinach leaves
2. Shredded chicken, smoked or plain
3. Sliced red onion
4. Sliced brie or camembert

Chilli bean pizza

Mix together $\frac{1}{2}$ can of chilli beans, $\frac{1}{2}$ drained can of sweetcorn with 1 chopped tomato and some finely chopped red onion. Spread over pizza base and top with grated Edam, Nobel or Tasty cheese.

Jazz it up

Serve topped with fresh pear slices.

Broccoli, blue cheese and walnuts

Sauce

Arrange the toppings in the order listed

Pesto

1. Lightly steamed broccoli florets
2. Crumbled blue cheese
3. Walnut halves
4. Spray or brush with a little olive oil before cooking



Cheese Sauce

While it is easy to use a packet mix, making cheese sauce from scratch is super easy. And it can be used in many different ways. This method may be different from what you are used to – it is easier however, just as tasty, but with less saturated fat!

Ingredients

	Makes 1 cup
Cornflour	1½ tablespoons
Trim milk	1 cup
Stock powder or cube	1 teaspoon/cube
Mustard, English or French	1 teaspoon
Grated Edam or Noble cheese	½ – ⅔ cup
Salt and pepper	To taste

Method

1. Whisk cornflour, milk, stock powder and mustard together in a small saucepan.
2. Cook over medium heat, stirring all the time, until thickened.
3. Take off the heat, add cheese and stir until combined.
4. Season to taste with salt and pepper.

Meals using cheese sauce

- Fish Pie, use as in recipe page 52.
- **Cauliflower cheese** (or other vegetables with cheese sauce). Serve over lightly boiled or steamed vegetables such as cauliflower, broccoli, leeks, green beans, carrots or frozen mixed vegetables.



Macaroni Cheese

Tip

Use other pasta shapes or types. There are some delicious legume-based pastas on the market now, made from green peas, red lentils and chickpeas.

Ingredients

	1 Serve	2 Serves
Macaroni or other pasta (penne, spirals etc.)	½ cup dried	1 cup dried
Cheese sauce, see recipe on facing page	½ cup	1 cup
Frozen mixed vegetables	½ cup	1 cup
Chopped parsley (optional)	2 teaspoons	1 tablespoon
Bread crumbs, fresh or dried	½ – 1 tablespoon	1 – 2 tablespoons
Tomato slices	1 – 2	2 – 4
Extra grated Noble or Edam cheese	1 tablespoon	2 tablespoon

Method

1. Preheat oven to 180°C.
2. Cook macaroni – fill a medium saucepan three-quarters full with water and ¼ teaspoon salt; bring to the boil. Add pasta and boil rapidly uncovered, stir occasionally to prevent sticking. Follow cooking time suggested on pasta packet or cook until pasta is firm to the bite. Drain in a sieve or colander.
3. Add cheese sauce, mixed vegetables and parsley. Mix well and transfer to a ramekin or small ovenproof dish. Top with breadcrumbs, tomato slices and extra grated cheese.
4. Bake for 20 – 30 minutes until golden and bubbling. Delicious served with salad or steamed vegetables.

Baking & Desserts



The best way to enjoy desserts and look after your health, is to base them around fruit. Even on special occasions keep your baking and desserts health-promoting – use them as an opportunity to educate people that healthy food can be delicious! Keep portion size of desserts and baking small – small bliss balls or brownies, use small bowls/plates and eat SLOWLY with a teaspoon. The aim is to enjoy EVERY mouthful!

Even sweet foods can look after your health if based around fruit and other healthy ingredients.



Date & Apple Cake



Serving Suggestion

Serve with a dollop of Greek yoghurt.

Ingredients

Makes 1 x 22cm cake

Dates, chopped	1 cup
Boiling water	1½ cups
Baking soda	1 teaspoon
Apples, peeled, cored and diced	2 medium
Butter or margarine	100g
Sugar	½ cup
Egg	1
Vanilla essence	1 teaspoon
Plain flour	2 cups
Baking powder	1 teaspoon
Cinnamon	1 teaspoon
Icing sugar	To dust

Method

1. Preheat oven to 180°C.
2. Lightly grease a 22cm round cake tin with oil or oil spray and line the base with baking paper.
3. Put dates in a small bowl and pour over boiling water. Leave to stand for 10 minutes, then add baking soda and chopped apple.
4. In another bowl, beat butter/margarine and sugar until light and fluffy. Add egg and vanilla; beat well.
5. Sift flour, baking powder and cinnamon and fold into butter/margarine mixture alternating with the date and apple mixture.
6. Pour into cake tin and bake for 50 minutes or until a skewer inserted into the centre of the cake comes out clean.
7. Leave in tin for 10 minutes before turning out.
8. Dust cake with icing sugar before serving.

Muffins – Many Ways!



Ingredients

	12 muffins or 24 – 30 mini muffins
Oil spray	For spraying tins
Flour	1¼ cups
Baking powder	1½ teaspoons
Wheat Bran or Oat Bran	1½ cups
Sugar	½ cup
Salt	¼ teaspoon
Trim milk	¾ cup
Baking soda	¼ teaspoon
Egg	1
Oil	1 tablespoon

Method

1. Preheat oven to 180°C.
2. Lightly spray muffin tins with oil.
3. Sift flour and baking powder into a bowl.
4. Add bran, sugar and salt.
5. In a jug mix together milk, baking soda, egg and oil.
6. Pour into dry ingredients, together with the fruit/nut chosen variation (see below).
7. Mix until just combined, over mixing toughens the muffins.
8. Spoon mix into pans, ¾ filling each hole.
9. Cook for 15 – 20 minutes or until a skewer comes out clean.
10. Cool in the tray for 5 minutes before removing and placing on a rack to cool.

Variations

- **Blueberry** – add 1 cup of blueberries (frozen or fresh) plus 2 mashed bananas to the basic mix.
- **Banana, walnut and raisin** – add 3 mashed bananas, ¾ cup raisins and ½ cup chopped walnuts to the basic mix.
- **Apple, date and cinnamon** – add two large apples (diced), ½ cup chopped dates and 2 teaspoons cinnamon to the basic mix.



This basic recipe is high in fibre and easy to vary.

Tip

Muffins freeze well, so make a batch, freeze and defrost as needed. They are great as part of a packed lunch if you are out for the day.





Bliss Balls

Ingredients

Dried dates, soaked in boiling water for 30 minutes, then drained

Peanut butter

Almonds, whole

Crystalline ginger, roughly chopped

Cocoa

Coconut

Makes around 16 balls

14

2 tablespoons

½ cup

8 pieces

2 tablespoons

1 cup (to coat balls)

Did you know?

Bliss balls are a perfect sweet snack. This recipe uses dates instead of sugar and nuts instead of butter, making them better for health.

Method

1. Put all ingredients except coconut in a high speed blender and blend to a rough paste.
2. Refrigerate mixture for 5 – 10 minutes to harden a little.
3. Using wet hands roll into balls (about the size of a walnut).
4. Roll in coconut.
5. Refrigerate in an airtight container for up to 2 weeks or freeze up to 2 months.

Tips

- A stick blender with a small bowl attachment is perfect for blending your bliss ball ingredients.
- If you don't like ginger, substitute with 8 dried apricots.



Variations

- Plum crumble – use canned black Doris plums as the fruit.
- Apple and berry – add some frozen berries to stewed apple.
- Rhubarb – stew rhubarb in orange juice for a delicious flavour. Sweeten with a little honey.
- Feijoa – stew sliced feijoa flesh in a saucepan with a little sugar and water. Add a little grated lemon rind for extra zest!

Serving suggestion

Serve with custard, yoghurt or icecream.

Make it gluten free

Replace oats with quinoa flakes, replace flour with gluten free flour and check that the cinnamon is gluten free.

Fruit Crumble

Everyone loves a good crumble; this topping can be used on any stewed or canned fruit.

Ingredients

	1 Serve	2 Serves
Rolled oats	1/4 cup	1/2 cup
Wholemeal or white flour	2 tablespoons	1/4 cup
Flaked almonds OR chopped walnuts OR coconut	1 tablespoon	2 tablespoons
Brown sugar	2 teaspoons	1 tablespoon
Cinnamon	1/4 teaspoon	1/2 teaspoon
Canola oil (or other neutral flavoured oil)	2 teaspoons	1 tablespoon
Fruit, canned or stewed	1/2 cup	1 cup

Method

1. Preheat oven to 160°C.
2. Combine rolled oats, flour, nuts/coconut, brown sugar and cinnamon in a bowl.
3. Add oil and mix well to make a crumbly mix.
4. Place fruit in a small ovenproof dish e.g. ramekin; sprinkle topping over top.
5. Cook for 20 – 25 minutes or until topping is golden brown.



Banana, Coconut & Walnut Loaf

Ingredients

	Quantity
Butter or margarine	125g
Brown sugar	½ cup
Bananas, mashed	3 large
Desiccated coconut	1 cup
Walnut pieces	½ cup
Eggs	2
Flour	1 cup
Baking powder	1 teaspoon
Baking soda	½ teaspoon

Method

1. Gently melt butter/margarine and brown sugar together in a small pot. Set aside.
2. Put mashed banana, coconut, butter/sugar mix, eggs and walnuts in a large mixing bowl and mix together well.
3. Sift in flour, baking powder and baking soda. Combine gently, don't over mix.
4. Pour into the prepared loaf tin and bake for 1 hour or until a skewer inserted in the middle comes out clean.
5. Stand in the tin for a few minutes before tipping out to cool on a cake rack.

Tip

Walnuts can be replaced with other unsalted nuts or cranberries.



Chocolate Brownies

Did you know?

The secret ingredient to these delicious, moist brownies is a can of black beans. You will have everyone asking for this recipe!

To toast coconut:

Using a heavy bottomed fry pan, cook over medium heat until lightly browned. Stir frequently and keep a good eye on it as it burns easily.

Ingredients

	Quantity
Canned black beans, drained and rinsed	1 x regular sized can
Eggs	3 medium
Sugar	$\frac{1}{4}$ cup
Salt	$\frac{1}{4}$ teaspoon
Vanilla essence	2 teaspoons
Cocoa (darker varieties are better)	$\frac{1}{4}$ cup
Canola or rice bran oil	$\frac{1}{3}$ cup
Shredded coconut, lightly toasted	$\frac{1}{3}$ cup
Dark chocolate chips	$\frac{1}{3}$ cup
Walnuts, roughly chopped	$\frac{1}{3}$ cup

Method

1. Preheat oven to 180°C.
2. Line the bottom of a medium sized square or oblong baking dish with baking paper. Lightly oil the sides of the tin.
3. Blend beans, eggs, sugar, honey, salt, vanilla essence, cocoa and oil in a food processor until smooth.
4. Transfer to a bowl and gently stir in coconut, chocolate chips and walnuts.
5. Pour into prepared tin then bake for 20 – 30 minutes or until cooked in the centre. Cool for 5 minutes before turning out and cutting into small squares.



Slow Baked Pears

When pears are falling off the trees, take advantage and slow-bake them until they are sticky and sweet. They can be used in so many different ways and last for ages in a sealed container in the fridge.

Ingredients

	Quantity
Pears, skin on, cut in half and cored	As many as you like
Oil spray to grease dish	

Method

1. Preheat oven to 150°C.
2. Place pears, cut side down, in a suitably sized, lightly greased baking dish.
3. Cook for around 1½ hours or until the pears are cooked and caramelized on the outside.
4. Store in a container in the fridge. They last at least a week (if you let them that is!).

Serving suggestions

- **For dessert:** top with chopped crystallized ginger, chopped walnuts and a dollop of yoghurt.
- **For breakfast:** chopped on top of cereal or pancakes.
- **With salad:** chop into slices and arrange on top.
- **For a snack:** team up slices with thin slices of cheese.

Tip

Brown skin pears such as Beurré Bosc or Winter Nellies work best.





Ambrosia

Boost nutrition

Add other chopped fruit in season e.g. apricots, grapes, plums, pears, mango.

Posh it up

Serve in individual glass dishes.

Be mindful

Use a teaspoon to eat slowly; chew well to maximize enjoyment!

Creamy, fruity goodness with the texture and sweetness of marshmallows. A lovely treat!

Ingredients	2 Serves	4 Serves
Plain or flavoured yoghurt	1 cup	2 cups
Banana, cut into small pieces	1 large	2 large
Berries, fresh or frozen	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Walnuts or other nuts, chopped	2 tablespoons	$\frac{1}{4}$ cup
Marshmallows, chopped roughly if large	2 tablespoons	$\frac{1}{4}$ cup

Method

1. Place yoghurt in a small mixing bowl.
2. Add remaining ingredients and stir until combined.



Three Layer Dessert

Make in a flash! Using this 3 step process, any number of delicious desserts can be made in minutes. The only limit is your imagination!

Step 1: Choose your base

Choose one of the following & pop in a serving dish:

Yoghurt

Per Serve

Custard

$\frac{1}{2}$ cup

Rice pudding

Serving suggestions

Serve in a glass dish to show off the layers!

Step 2: Add fruit

Add one or a mixture of the following:

Per Serve

Fresh/stewed/canned apricots, peaches, plums, apples, pears

Frozen berries, frozen mango

$\frac{1}{2}$ cup

Stewed prunes

Step 3: Add texture

Add one or a mixture of the following:

Per Serve

Chopped nuts e.g. walnuts, almonds or Brazil nuts

Toasted muesli

Toasted seeds e.g. pumpkin, sunflower

1

Toasted coconut thread

tablespoon

Crumbled meringue or biscuits

Dark chocolate chips



Easy Trifle

Use unfilled sponge pieces or jam roll slices as the texture and layer in a dish or glass with fruit and custard. Top with a layer of Greek yoghurt and decorate with berries or other fruit.
Optional – soak cake in a little sherry!



Baked Bananas

A great way to use up over-ripe bananas!

Ingredients	1 Serve	2 Serves
Banana, thickly sliced	1	2
Butter or margarine	1 teaspoon	2 teaspoons
Brown sugar/honey/maple syrup	2 teaspoons	1 tablespoon
Fresh orange juice	1 tablespoon	2 tablespoons

Method

1. Melt butter/margarine in a small fry pan.
2. Add sugar and juice and heat until sugar has dissolved.
3. Add banana and cook 3 – 4 minutes until tender.

Microwave method

1. In a microwave-safe bowl place the butter/margarine, sugar and juice.
2. Cook, uncovered, on high power for 30 seconds, add sliced banana and stir well.
3. Cook on high power for 40 seconds or until the banana is hot and tender.

Serving suggestions

- Serve with yoghurt, custard or ice cream.
- Top with chopped nuts or toasted coconut threads.



An old favourite that should never be left off the desserts menu!

Serving suggestion

Serve with yoghurt, custard or icecream.

Variations

- Add chopped nuts to the mix with the dried fruit.
- Use pears instead of apples.
- Use honey instead of brown sugar.

Tip

Cook several apples at once. Individually wrap and store leftover apple in the freezer.

When you feel like a baked apple, unwrap and place in a microwave safe dish. Microwave on high for 3 minutes.

Spiced Baked Apple

Ingredients	1 Serve	2 Serves
Apple	1	2
Brown sugar	2 teaspoons	1 tablespoon
Dried fruit e.g. raisins, sultanas, dates, prunes, dried apricots	1 tablespoon	2 tablespoons
Butter or margarine	1 teaspoon	2 teaspoons
Cinnamon	½ teaspoon	1 teaspoon

Method

1. Preheat oven to 175°C.
2. Remove core from apple, leaving the apple whole and creating a well.
3. In a bowl mix together the remaining ingredients.
4. Stuff the mixture into the apple cavity and place in an ovenproof dish.
5. Bake for 15 – 20 minutes or until apples are soft and tender.

Microwave method

1. Prepare apple as per steps 2 to 4 above, using a microwave-safe covered dish.
2. Microwave on high for 3 – 4 minutes or until tender. Let the apples sit for a couple of minutes before serving.



Mango Gelato

A perfect end to a meal on a hot summer's day or enjoy any time!

Ingredients

Mango	4 Serves
Banana	2 x fresh OR 2 cans, drained 2 – 3 larger (medium ripe)
Vanilla or plain yoghurt	$\frac{1}{2}$ cup

Variation

Mango can be replaced with other fruit e.g. berries, apricots, peaches, plums, feijoas, kiwifruit etc. Any fruit must be totally frozen.

Method

1. Remove skin from mango and banana and cut into chunks. If using canned mango, drain the liquid.
2. Place fruit on a tray or in an airtight container and freeze for a minimum of 4 hours (overnight is good).
3. Place frozen fruit and yoghurt into a food processor (or medium sized bowl if using a stick blender) and process on high until the lumps start to disappear. Stop once or twice to scrape down with a rubber scraper to get a smooth texture.
4. Serve immediately in a bowl.

Serving suggestions

- Serve topped with fresh or defrosted berries.
- Serve in an ice cream cone – great for the grandchildren!

Healthy eating for older adults



7 ways to health



Include protein at each meal and enjoy calcium rich foods to look after your bones



Treat yourself occasionally, 90:10 ratio



Drink plenty of fluids



Plan and cook your meals



Eat with others, **build** strong social networks



Eat lots of high fibre plant based foods – wholegrains, vegetables, fruit, legumes and nuts

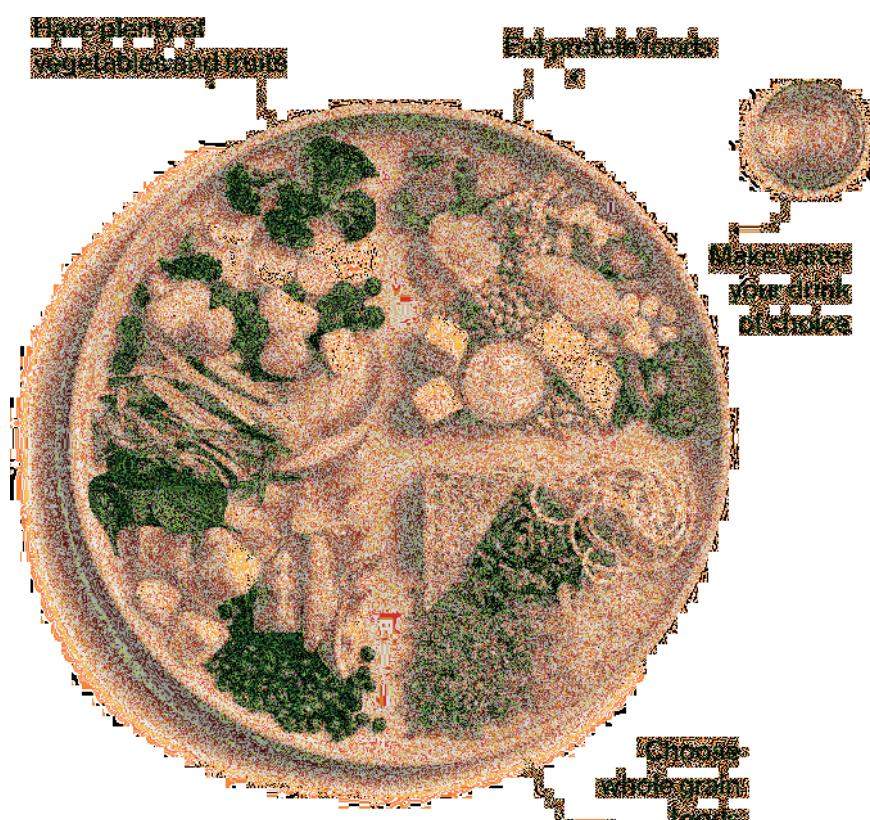


Enjoy foods with plant fats, minimise animal fats



The Plate Model

Eat a variety of healthy foods each day.



Breakfast

Without breakfast you are running on empty, like trying to start the car with no petrol!

Breakfast provides your body and brain with fuel after an overnight fast. Without breakfast you are running on empty, like trying to start the car with no petrol! Apart from providing you with energy, breakfast foods are a good source of important nutrients such as calcium, iron and B vitamins as well as protein and fibre.



The Breakfast Plate Model

Vegetables and fruit: these foods **nourish** – provide essential vitamins



Protein



Legumes

Include lentils, split peas, chickpeas and cooked dried beans (e.g. red kidney beans, baked beans).



Nuts

Eat a small handful a day of unsalted, raw or dry-roasted nuts, or enjoy nuts as a spread e.g. peanut butter.



Seeds

Include sunflower, pumpkin, poppy and sesame.



Fish & other seafood

10 ways to boost protein

1. Cheese, hummus or peanut butter on crackers.
2. Baked beans or eggs on toast.
3. Smoothies made with milk and yoghurt.
4. Hot milk drinks made with milk.
5. Lentils, chickpeas or kidney beans added to soups, salads and casseroles.
6. Yoghurt as a dessert or snack.
7. Nuts on cereals, salads or stir-fries.
8. A tablespoon of milk powder added to your porridge, mashed potatoes or hot milk drink.
9. A dollop of hummus stirred through mashed potato or kumara.
10. Sardines on toast.

Did you know?

Compared with younger people, older people need 25% **more** protein. Include some protein at **all** meals and snacks.

Protein function

- Builds and repairs tissue such as muscles, organs and skin.
- Heals injured tissues.
- Prevents muscle loss, particularly for muscles that keep your gut moving and help you breathe.
- Keeps your immune system strong.



Eggs

Eggs are a great source of protein and other nutrients. Eating 6 – 7 eggs per week doesn't increase your risk of heart disease. Enjoy them with high fibre bread and vegetables, rather than processed meats like bacon or sausages.



Chicken

Red meat

If choosing red meat, eat small portions of lean meat no more than twice a week.



Milk & milk products

- If you are within or above a healthy weight range choose lower fat milk and milk products e.g. lite, trim or Calcitrim milk and Edam, Noble or feta cheese.
- If you need to gain weight choose full fat milk and milk products.
- If you choose a plant-based milk (e.g. soy), make sure that it has added calcium. Rice, almond and coconut milk are very low in protein compared with cows and soy milk.
- Long life milk and powdered milk are much more convenient than fresh and are just as nutritious.



Fats that look after your health

Nuts, seeds, avocados, olives and vegetable oils (other than palm and coconut oil) contain heart-healthy poly and monounsaturated fats. They are a better choice than foods high in animal fats such as butter, cream and meat fats. For heart health, replace animal fats with plant fats. Plant foods containing healthy fats include:

Foods rich in polyunsaturated fats

- Brazil nuts
- Pine nuts
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Linseeds
- Soy oil
- Sesame oil
- Grapeseed oil
- Flaxseed oil
- Safflower oil
- Sunflower oil
- Wheat germ oil
- Wheat germ

Foods rich in monounsaturated fats

- Pistachio nuts
- Cashew nuts
- Hazelnuts
- Macadamia nuts
- Almonds
- Peanuts
- Almond oil
- Olive oil
- Avocado oil
- Peanut oil
- Canola oil
- Rice bran oil
- Olives
- Avocados

What are the best oils to cook with?

When stir-frying or barbequing it is best to use an oil that is lower in polyunsaturated and saturated fat. The best choices are rice bran and canola oil. Olive oil can also be used but is more expensive.

What about butter?

While using small amounts of butter every now and then shouldn't be a problem for most people, there are far healthier fats to choose for heart health. Rather than focusing too much on specific foods (e.g. butter) or nutrients (e.g. saturated fat), it is important to focus on the bigger picture and overall dietary pattern. By following the Senior Chef way of eating, the fats in our diet will take care of themselves.

Osteoporosis

A disease that causes bones to become weak and break easily and is the **most common** bone disease. Calcium is an important mineral that helps keep bones strong and reduces the risk of osteoporosis. Food is the safest, cheapest and most effective way to get calcium.

Let the sun shine on your skin to make vitamin D

You need vitamin D for your body to use calcium. The best source of vitamin D comes free from sunlight. Between September and April, get outside in the early morning or late afternoon for about 20 – 30 minutes. In winter get outside around noon, with your face, arms and hands exposed.



Look after your bones

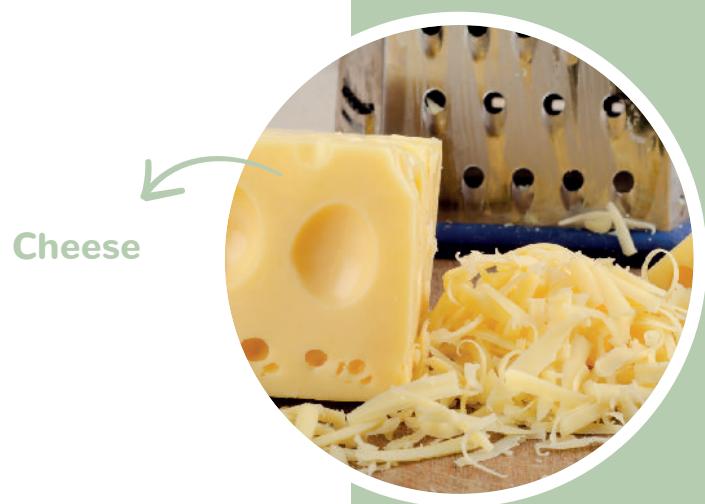
8 ways to protect your bones

1. Eat a wide range of foods: vegetables, fruits, grains, milk and milk products and lean meats, chicken, seafood, eggs, legumes, nuts and seeds.
2. Choose some calcium-rich foods each day (see the next page for ideas).
3. Do some resistance activity each day for bone strength. This could be carrying shopping, standing up and sitting down repeatedly or planned activity such as swimming, hill walking, yoga, tai chi, weight training, cycling or golf.
4. Keep your weight within a healthy range. If unsure, check with your GP team.
5. Limit your alcohol intake to 2 or less standard drinks a day. Have at least 2 alcohol-free days a week.
6. Be smoke-free.
7. Reduce caffeine intake to less than 6 cups of tea or coffee each day.
8. Reduce the amount of salt you add when cooking and eat meals without adding extra salt.



Choose calcium-rich foods every day

- Low fat milk (green) is higher in calcium than full fat milk (blue).
- If you are unable to have cows' milk, choose soy milk that has added calcium in it.
- If you are within a healthy weight range choose lower fat milks: **Trim** (green top), **Lite** (light blue) or **Calcitrim** (yellow).
- If you are underweight choose full fat (blue top) milk.
- Calcitrim milk is the best source of calcium.
- If you need to lose weight or lower your cholesterol, choose low fat milks, yoghurt and cheeses such as Edam, Noble or feta.
- Eat these foods **2 – 3 times a day**.





Broccoli

Dates,
dried figs,
prunes



Canned fish,
salmon, sardines

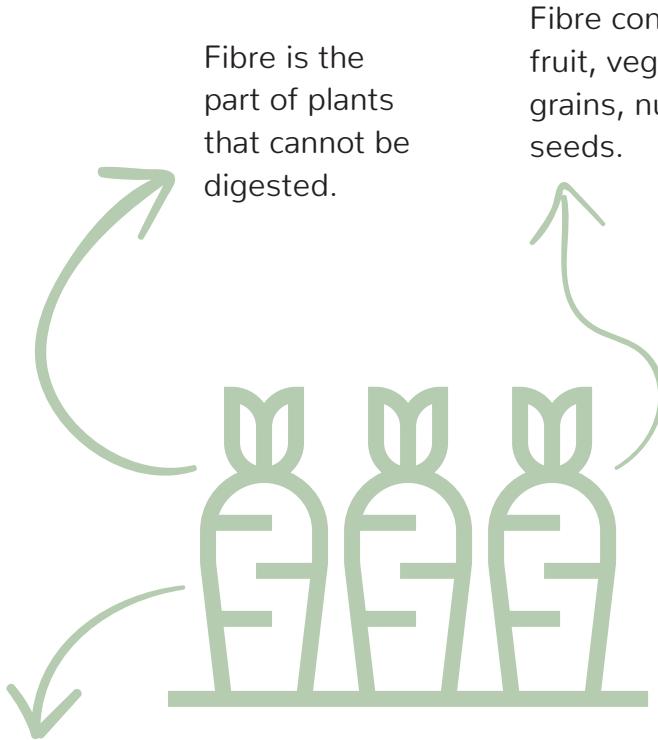
Brazil nuts, pistachio
nuts, raw almonds,
walnuts

10 ways to BOOST calcium

1. Make porridge with milk instead of water.
2. Use lots of milk in your hot drinks. If you're at a café choose a latte or flat white.
3. Add some plain yoghurt to a creamy soup or curry – make broccoli soup (page 19), a regular favourite.
4. Make a milk-based smoothie.
5. Top wholegrain bread with canned sardines or cheese and tomato.
6. Enjoy a fish pie with a white sauce (see our recipe 52).
7. Make macaroni cheese with a cheese sauce (see our recipe on page 89).
8. Have a small handful of nuts every day as a snack.
9. Enjoy a milk pudding or an after-dinner bliss ball based on dates (page 94).
10. Buy a carton of custard to have with fruit.



Fibre & fluid



Cooking does not destroy fibre. High fibre foods don't have to be raw, rough or crunchy. They can be soft and smooth like fine wholemeal bread, porridge and stewed or canned fruit.

Fibre...

- Helps prevent constipation, diverticular disease and haemorrhoids.
- Gives you the best chance of having a regular, comfortable bowel habit.
- Is a great food for the micro-organisms in our gut, keeping the gut healthy.



Preventing constipation

- Establish a routine – respond to the urge to move your bowels.
- Eat regularly, include some high fibre foods at each meal and snack.
- Be physically active by taking every opportunity to move.
- Include high fibre foods such as wholegrains, fruit and vegetables in your meals and snacks every day.
- Drink 8 cups of fluid every day – this can come from drinks or food such as soup, custard, yoghurt, ice blocks and jelly.
- Check to see if you are drinking enough by the colour of your urine. Pale urine during the day means you are drinking enough. If it is darker you need to drink more.

Tips

- Increase your fibre gradually – give your gut time to adjust to change.
- Drink plenty of fluids.
- Take every opportunity to move your body – activity is good for your gut!
- If constipation is an on-going problem, ask your GP team for advice on a fibre supplement.

10 ways to BOOST fibre

1. Start your day with a high fibre breakfast cereal. Try Weet-Bix, porridge, the Senior Chef Toasted Muesli (page 11) or Overnight Oats (page 12).
2. Add fresh, stewed or dried fruit to your breakfast. For example, Easy Stewed Prunes (page 13) or 1 – 2 kiwifruit a day.
3. Choose wholemeal or wholegrain breads and crackers with at least 5g of fibre per 100g of food. Check the label on the box or packet.
4. Add extra vegetables to soups and casseroles.
5. Fill half your plate with vegetables before adding your starchy vegetables and protein (see the healthy plate model, page 106).
6. Add lentils or split peas to soups and casseroles.
7. Enjoy vegetables and fruits with their skins on.
8. Choose high fibre snacks: a small handful of nuts or a piece of fruit. Kiwifruit and prunes (page 13) have a good laxative effect.
9. Try our bean and tomato salad (page 27).
10. Snack on a small handful of raw nuts or a peanut butter sandwich.



Beans, peas, chickpeas & lentils



These foods are an excellent source of fibre and protein, low in fat, easy to cook and inexpensive! They also look after your health. Eat them regularly to:

- Help lower your cholesterol.
- Keep your gut healthy.
- Help prevent certain types of cancer.
- Control your blood sugar and blood pressure.

Tip

Canned beans are convenient, cheap and just as nutritious as those cooked from scratch.

10 top tips on legumes

1. Canned beans are convenient as they are cooked and ready to use immediately. Many varieties are now available from the supermarket. Dried legumes are cheapest, but they need to be soaked and cooked before eating.
2. Store dried beans in an airtight container in your pantry.
3. If you're cooking beans from dry, soak them overnight in a big bowl of water. For a quicker soak, cover with plenty of boiling water and leave for a couple of hours. Drain and rinse before cooking.
4. Cook beans on the stove top, in the microwave or in a pressure cooker.

Legume	Cooking time on a stove top
Red lentils from dried (no soaking required)	15 minutes
Brown lentils and split peas from dried (no soaking required)	1 hour
Soaked pinto beans	¾ – 1 hour
Soaked black beans	1 hour
Soaked borlotti, cannellini, lima, red kidney beans and chickpeas	1 – 1½ hours

5. Cooked beans will keep in the freezer for up to 6 months.
6. Leftovers can be stored in the fridge, but need to be used within two days.
7. Adding legumes to a dish is a great way to make a meal go further:
 - Brown lentils to mince
 - Chickpeas to a casserole or salad
 - Cannellini beans to a sausage casserole
 - Go vegetarian for a meal and use legumes as the main protein food
8. Blend chickpeas or cannellini beans with garlic and lemon juice for a great homemade dip – much cheaper than bought versions! See our hummus recipe on page 37.
9. Check out our vegetarian recipes that use legumes, pages 36 – 43.
10. If you have just started using legumes, gradually increase the amount you eat. This will give your body time to adjust.

10 ways to BOOST vegetables & fruit intake

1. Add fresh, canned or stewed fruit to your breakfast cereal or muesli. You could try stone fruit and berries in summer, kiwifruit, apples and pears in autumn and winter, and bananas all year round!
2. Try mashed banana, sliced tomato, or mashed avocado on your toast.
3. Add extra vegetables to ready prepared soups.
4. If you are having a ready-prepared frozen meal, have a serve of cooked frozen vegetables on the side.
5. Cook extra roast vegetables and enjoy as a salad the next day. Try our roast vegetable salad recipe on page 31.
6. Jazz up cheese on crackers by adding sliced tomato, cucumber, red pepper, avocado or pickled onions.
7. Making yourself an omelette? Add finely sliced mushrooms, red onion or red pepper.
8. Try the Senior Chef recipes for homemade mini quiches (page 80), macaroni cheese (page 89) and stir-fry (page 74). All use extra vegetables!
9. Make a vegetarian pizza by using a pita bread – spread with your favourite chutney or relish and top with finely sliced mushrooms, onion, tomatoes and feta cheese.
10. Replace a cup of tea or coffee with our fruit smoothie on page 13.

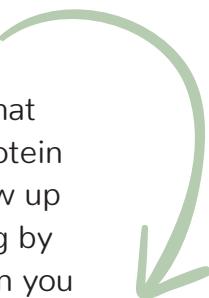


Planning & budgeting



10 ways to shop & cook for one

1 Plan your week's meals and make a shopping list. Check your cupboards and think ahead about the week's meals so you know what to buy. Think about your main meals for the week and plan what protein + carbohydrates + vegetables you are going to have. You could draw up a grid so it's easy to plan. Plan to have a couple of nights off cooking by using up leftovers or buying a ready-prepared meal. Plan a day when you can share a meal with friends or family.



	Protein	Carbohydrates	Vegetables	Shopping List
	<ul style="list-style-type: none">• Meat/Fish• Legumes• Eggs• Milk products• Etc.	<ul style="list-style-type: none">• Bread• Rice/Pasta• Potatoes• Kumara• Etc.	<ul style="list-style-type: none">• Carrots• Broccoli• Cauliflower• Zucchini• Etc.	
Meal 1				
Meal 2				
Meal 3				
Meal 4				
Meal 5				
Meal 6				
Meal 7				

2 Keep your shopping list handy so you can add to it as you remember things you need.



3 Take a family member or friend to help with shopping and transport or shop on-line for home delivery at www.shop.countdown.co.nz. Ask for help if you are unsure how to use the website.



4 Have a good store of non-perishable foods in your pantry.

- Include:
- Dry foods like rolled oats, rice and pasta
 - Breakfast cereals
 - Crackers
 - Milk – keep some powdered milk or long-life milk in case you run out
 - Canned food such as baked beans, creamed corn, fruit, soup and canned fish such as salmon, tuna or sardines
 - Spreads for bread and toast
 - Frozen food such as frozen vegetables, ice cream, crumbed fish, bread, pita bread and rolls. Store your bread in the freezer and just take out what you need for the day. That saves your bread going mouldy! Twenty million loaves of bread are wasted in New Zealand each year!

5 Cook once, eat twice. Save time and energy by **preparing and cooking more than you need for one meal.** Chill or freeze the rest in meal sized portions. Casseroles, stews, pies, soups and sauces freeze well. Remember to label the containers with a date.

6 Handle leftovers safely by using the 2-2-2 rule: 2 hours at room temperature, 2 days in the fridge and 2 months in the freezer. Reheat leftovers or frozen foods until they are piping hot.

7 Meals don't need to be cooked or eaten with a knife and fork to be nutritious and satisfying. Check out our **easy meal ideas** on pages 78 – 89.

8 Make the most of your mealtime by setting the table, playing some nice music, sitting by a window.

9 Get your kitchen mojo back by attending a cooking class, swapping recipes with friends or loaning a cookbook or magazine from the library.

10 Accept invitations to eat out or invite a friend to share a meal with you. Sharing meals with others is good for your health!

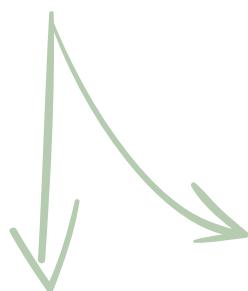
10 ways to be supermarket savvy

1 Take your shopping list and know your way around

Supermarkets are laid out to encourage unplanned spending. Stick to your plan and shopping list! The most expensive items are at eye level – look higher and lower for cheaper options.

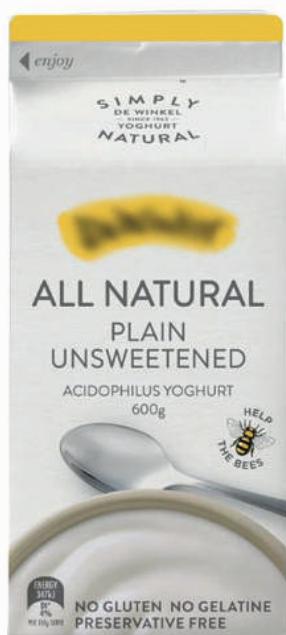
2 Is it really a special?

Products on special are not always the best value for money – compare unit prices at the bottom of the price ticket. Don't be fooled by a big "special" sticker – it may not be the cheapest option!



600g
\$4.30 ea
\$0.72/100g

1kg
\$6.00 ea
\$0.60/100g



3 In the vegetable and fruit section...

- Buy varieties in season.
- Pre-packaged salads and cut vegetables are great as you are half way there with the preparation. They can be more expensive but it may mean you don't waste food, which saves money.
- For potatoes and onions only buy what you need. Compare the price per bag versus buying a few individually. It may save on waste in the long run.

4 In the meat and fish department...

- Remember, bones, skin and fat add extra weight. You will pay for this.
- Look for specials and items reduced to clear. Remember if you are not going to eat it within the "Use-By" date put it in your freezer.
- If portions are too big, buy and freeze portions to suit. Or ask your supermarket if they would package smaller amounts for you.

5 In the bulk bins...

- Bring your own containers or bags.
- Buy as much as you need from the bins. Do check prices, as the same packaged product may be cheaper. Buying smaller quantities from the bulk bins will reduce waste.



6 Canned foods

- Choose foods canned in juice or water, rather than syrup, oil or brine.
- Keep an eye out for canned fruit on special. You can add some fresh fruit to make a super fruit salad, have some with yoghurt as a snack, or enjoy with your porridge or cereal for breakfast.
- Keep a supply of canned foods for days when it's difficult to get out or you don't feel like cooking. This could include baked beans, chilli beans, soups, creamed corn or canned fish.
- Make your meals go further by adding canned lentils or beans to casseroles and stews. This will save you money and increase your fibre intake! Try our savoury mince recipe on page 65. Find more ideas for using beans and lentils on pages 36 – 43.

7 Breakfast cereals

- Wholegrain oats and Weet-Bix are great options and low-cost. Try our toasted muesli or overnight oats on pages 11 and 12.
- Packaged breakfast cereals can be very high in sugar. Look for ones that are <10g per 100g sugar or <25g per 100g if the cereal contains dried fruit.
- For extra fibre buy some bran flakes, wheat germ or some seeds to sprinkle on your cereal.

8 Breads & Crackers

- Don't judge a loaf of bread by how it looks! Check out the fibre content – look for breads with >5g fibre per 100g. This guide is often met by cheaper generic brands. This guide can also be used for crackers.
- Keep your bread in the freezer and pull out what you need for the day. To stop slices of bread freezing together, gently bang the loaf of bread on the bench to separate the slices before you put it in the freezer. This means that you will easily be able to pull out a slice or two without having to defrost the whole loaf.

9 Milk & milk products

- Fresh milk and cheese freeze well.
- Always check the "Best Before" date of milk products.
- Do not leave fresh milk on the bench. Use then refrigerate immediately.
- Powdered milk is more affordable than fresh milk. Once opened store it in an airtight container in the fridge.
- Budget brands of cheese are often less expensive while just as nutritious. Grated cheese goes a lot further, so look out for specials on pre-grated cheese, or buy a block to grate and freeze.

10 Frozen food

- If you have the freezer space, keep a variety of frozen vegetables, fruit, ready-made meals, desserts, frozen fish, bread and rolls. Frozen vegetables and fruit are just as nutritious as fresh.
- Larger packages are often cheaper.
- Keep open packets well sealed in the freezer to avoid freezer burn.

Reading food labels

Food labels provide information so you can make informed choices about food and drinks. Food labels can help you:

- Know what ingredients are in your food.
- Compare and choose products more easily.
- Choose foods with a little or a lot of nutrients that are of interest to you.



Nutrition Information Panel Guide

	Per Serve	Per 100g	
Energy (kJ)	890	1060	Use the per 100g column to compare products, as serving sizes may differ.
Protein (g)	8.0	9.5	Total Fat Choose less than 10g/100g
Fat			Saturated Fat Choose less than 2g/100g
• Total (g)	2.7	3.2	
• Saturated	0.4	0.5	
Carbohydrate			Sugars Choose less than 10g/100g
• Total (g)	36.5	43.4	
• Sugars	2.3	2.7	Fibre Choose more than 5g/100g
Dietary fibre (g)	4.8	5.7	
Sodium (mg)	336	400	Sodium Choose less than 400mg/100g

Note: Choose the product that is closest to meeting the guidelines above.

A

- Ambrosia
- Apple, date and cinnamon muffins
- Apples, spiced baked

B

- Baked apples
- Baked bananas
- Baked fish
- Baked pears
- Baked potatoes

Baking

- Apple, date and cinnamon muffins
- Banana, coconut and walnut loaf
- Banana, walnut and raisin muffins
- Bliss balls
- Blueberry muffins
- Chocolate brownies
- Date and apple cake

- Banana, coconut and walnut loaf
- Banana, walnut and raisin muffins
- Bananas, baked
- Bean salad

Beef

- Beef, orange and prune casserole
- Chilli con carne
- Hamburgers
- Italian meatballs
- Koftas
- Lasagne
- Meat loaf
- Meat patties
- Meatballs
- Moroccan mince
- Pan-fried steak
- Savoury mince
- Shepherd's pie
- Spaghetti Bolognese

- Bliss balls
- Blueberry muffins
- Bolognese sauce

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L**Lamb**

- Koftas
Sticky, dippy lamb chops

- Lasagne
Leek and potato soup

Lentils

- Carrot and red lentil dhal
Indian eggs
Lentil and vegetable soup
Lentil curry

M

- Macaroni cheese
Mango gelato

Marinades

- Ginger
Lemon and herb
Oriental
Spicy

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Mince

- Chilli con carne
Hamburgers
Italian meatballs
Koftas
Lasagne
Meat loaf
Meat patties
Meatballs
Moroccan mince
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Spinach, pear and walnut salad

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