



Eat smart.

Menu and recipes to feed a family of four
for around \$8 per person per day.

This booklet contains a sample week's menu with recipes and shopping list for four people using the **FOODcents 10-Plan**. It also has tips on menu planning and some other healthy and delicious recipes to try.

The FOODcents 10-Plan divides your food budget into 10 equal parts, and guides your food choices towards a healthier diet. For example, if you have \$225 per week for food (i.e. \$8 per person per day for a family of four), the 10-Plan will divide your food budget as follows:

| | |
|---|-------------|
| Eat least: spend 1 part on margarine, oil, extras | = \$ 22.00 |
| Eat moderately: spend 3 parts on meats, milk products | = \$ 67.00 |
| Eat most: spend 6 parts on fruit, veg, bread, cereals | = \$ 135.00 |
| | <hr/> |
| | \$ 224.00 |

See the Shop Smart booklet for more information.

Easy pizza recipe can be found on page 34



*Note: This level of budget (\$8 per person per day) is considered adequate to meet daily nutrient needs. It may not meet the energy needs of some individuals, especially those who do active sport or work. It's unlikely to meet the nutrient needs of women who are pregnant or breastfeeding. This menu may not be suitable for some individuals with medical problems.

Get organised...

- Plan your menu and write your shopping list.
- Use the shopping list provided to check items you need to buy.
- Allow \$5/week for 'small quantity' items or other 'extras' you want to buy.
- Shop close to the starting day of the menu, and freeze extra quantities of food such as bread, meat and milk until you need them.
- Store food safely.

To spend less than this budget...

- Substitute or extend meat with legumes, e.g. canned beans, lentils, peas.
- Use skim milk powder in place of fresh milk.
- Make your own yoghurt, or serve homemade custard or milk puddings with fruit for dessert.
- Use bread, fruit, vegetables and homemade muffins for snacks.

You will spend more than this budget if you...

- Buy more expensive types of fruit, vegetables, bread and cereal foods.
- Buy fish, chicken and meat more often or choose more expensive cuts.

BE CAREFUL not to spend more than 1/10 of the budget on 'extras'.



Spicy apple muffins recipe can be found on page 30

Good reasons to plan your menu are...

- You can write a shopping list from your menu - this saves you time in the supermarket and helps you stay within your budget.
- You avoid wasting food - all food that is bought is used in the menu.
- It ensures you have all the ingredients on hand to prepare nutritious meals.
- You can create well balanced healthy meals with a variety of flavours, textures and colours.
- You have a plan for the week/fortnight.
- It saves you time at home – you can prepare meals, or parts of meals, in advance.

Tips on planning your menu

- Use the Healthy Eating Pyramid and 10-Plan as guides for planning your meals (see the Shop Smart booklet for tips on balancing your diet and your budget).
- Use plenty of rice, pasta, breads, fruit and vegetables in your meals, and try recipes from this booklet.
- Choose a variety of protein foods (lean meat, fish, chicken, eggs, beans) for your main meals.
- Use different cooking styles, e.g. stewing, baking, stir-frying and grilling. Some foods are better suited to particular cooking methods, e.g. use slow cooking methods for cheaper meat cuts and grilling and stir-frying for more expensive cuts.
- Choose sandwiches for weekday lunches - use different fillings and bread types to keep them interesting. See the lunch menu in this booklet for ideas on fillings.
- Keep your breakfast simple and nutritious during the week (e.g. cereal and toast) and experiment with different breakfasts on the weekend.
- Choose desserts based on fruit and low-fat milk products daily to increase your fruit and calcium intake.
- Use a variety of flavours, colours and textures to keep your meals interesting.

Menu

Here is a sample weekly menu that follows the FOODcents 10-plan. All the recipes can be found in the Menu Recipes section (pages 13-35).

Breakfast

- Keep breakfast simple with cereal and toast.
- Choose porridge or unsweetened cereal such as Weet-bix/VitaBrits served with low-fat milk (mix of regular milk and milk made up from skim milk powder, see page 32 for a recipe).
- Spread margarine thinly on your toast and add your choice of honey, Vegemite, peanut butter, or top with banana, baked beans or creamstyle corn.

Lunch

During the week choose sandwiches with some of these fillings:

- curried egg and lettuce
- peanut butter and celery
- cheese and salad
- carrot and sultanas.

Finish lunch with a piece of fruit (apple, orange).

Try these for weekend lunches:

Saturday: Vegetable Quiche, Fruit Salad

Sunday: Minestrone Soup, Watermelon Chunks.

Snacks

People with high energy needs can choose some nutritious snacks:

- Spicy orange nut bread
- Spicy apple muffins
- Banana and cinnamon toast
- Vegetables or fresh fruit pieces
- Popcorn 'nibble mix'.

Drinks

Water

Low-fat milk (around 1/2 litre per day per person)*

Tea or coffee or similar, optional.

Chilled melon medley recipe can be found on page 12



*An additional 1 cup of milk (or 200mL yoghurt or 40g cheese) is recommended for teenagers and women who are pregnant, breastfeeding or post-menopausal.

Evening Meals

Main course

Monday

Potato and Pea Curry

Tuesday

Pasta with Tuna and Mixed Salad

Wednesday

Nutty Meat Kebabs
Rice, Cucumber Salad

Thursday

Sweet Corn Loaf with
Easy Tomato Sauce

Friday

Hamburgers with Spicy Potato
Wedges

Saturday

Lunch: Quiche in a Basket
Dinner: Golden Hot Pot Noodles

Sunday

Lunch: Minestrone Soup
Dinner: Chicken and Vegetable
Stir Fry with Rice

Dessert

Chilled Melon Medley

Pineapple Nut Crush

Baked Spicy Bananas with Custard

Citrus Mousse

Two-Fruit Platter

Fruit Salad
Creamy Rice with Gingered Pears

Watermelon Chunks
Fruity Crumble with Yoghurt



Easy pizza recipe can be found on page 34

Shopping List

Fruit and Vegetables

- 1 head broccoli
- 3 capsicums
- 6 carrots
- 1 large bunch celery
- 2 cucumbers
- 1 bulb garlic
- 1 lettuce
- 14 onions
- 9 potatoes
- 10 tomatoes
- 9 Granny Smith apples
- 13 eating apples
- 10 bananas
- 6 lemons
- 1.5kg watermelon
- 1/2 rock melon
- 1/2 honeydew melon
- 9 oranges
- 7 pears
- 1 punnet strawberries
- 250g frozen peas
- 200g tomato paste
- 4 x 400g canned tomatoes
- 440g canned corn kernels
- 2 x 420g cans cream-style corn
- 440g can unsweetened crushed pineapple
- 250g sultanas
- 250g pitted dates



Bread and Cereal Foods

- 250g unprocessed bran
- 6 loaves wholemeal bread
- 6 wholemeal rolls
- 375g popping corn
- 1kg wholemeal self-raising flour
- 1kg white self-raising flour
- 1kg plain flour
- 1kg rice
- 750g rolled oats
- 1kg box wheat biscuit cereal
- 500g pasta shapes
- 250g spaghetti

Spicy apple muffins recipe can be found on page 30

Meat and similar

300g lean diced meat
250g lean mince
400g chicken
200g peanut butter
50g crushed nuts
125g walnuts
425g tuna in spring water
1 dozen eggs
2 x 440g cans baked beans

Milk products

7L regular milk
1kg skim milk powder
250g reduced fat cheese
250g ricotta cheese
200mL plain low-fat yoghurt
200mL flav. low-fat yoghurt



Extras

250g honey
500g brown sugar
250g tea leaves
500g margarine

150mL soy sauce
500g castor sugar
175g Vegemite

From your cupboard

- bicarbonate of soda
- basil, dried
- ginger, ground
- chilli powder
- cinnamon, ground
- coconut, desiccated
- custard powder
- curry powder
- gelatine
- kebab sticks

- mint, fresh or flakes
- oregano, dried
- paprika, ground
- parsley, fresh or dried
- pepper, ground
- oil
- dry mustard
- vanilla essence
- stock cubes

Keep going...

- Try other recipes in this booklet.
- Only buy 'specials' that you usually use and foods in bulk that you can store, or they may be wasted.
- Use the *KILOcents Counter* when shopping to compare costs of foods in different sized packets, or fresh versus canned.

Save time and money...

- Choose snack items made up of 'eat most' foods. For example, muffins, scones, breads, fruit and vegetable pieces. Choose a selection of these for the week and make baked items in advance and keep in the freezer until needed.
- Grate and freeze teaspoonfuls of orange or lemon rind, wrapped in foil, and freeze the juice in ice cube trays, ready to add to recipes.
- Check the menu the night before or earlier in the day, and do some of the preparation ahead of time.
- Use seasonal produce to keep the cost low. This applies mainly to fresh fruits and vegetables.
- Limit your use of convenience or pre-prepared items, as these are more expensive than fresh foods.
- Choose recipes that suit your cooking abilities, kitchen equipment and time. When you have extra time, explore different cooking styles and food flavours to increase the variety of foods in your diet.

Practise safe food storage

- When storing raw meats in the fridge, store on a plate or in containers so that meat juices do not drip on to other foods.
- To keep bread fresh for longer store it in the freezer.
- Most fresh fruits and vegetables are best stored in the crisper section of the fridge. Keep potatoes and other root vegetables in the cupboard or pantry (except in hot conditions).
- Place hot foods in shallow containers to allow rapid cooling, then cover and refrigerate or freeze immediately – do not leave on the counter to cool.
- Leftovers can be kept for one or two days in the fridge, or longer if you put them straight into the freezer.
- Don't eat leftovers if you are pregnant.
- For more information on food safety phone your Department of Health, visit the website at (SA) www.health.sa.gov.au/pehs, (QLD) <http://www.health.qld.gov.au/> or contact your local Environmental Health Officer.

Freezing foods

- Freeze foods in individual portions for easy thawing and reheating.
- Do not freeze 'fresh' fish from the fishmonger or supermarket. The fish may have already been frozen and thawed, or be more than 24 hours old.
- Freeze meat/chicken/fish in freezer bags to avoid freezer burn.
- Trim the fat from meat before freezing. This is much healthier and avoids the fat going rancid during freezing.
- Freeze overripe or pureed fruits for later use in baking. Remove stones and pips and banana skins before freezing, then the fruit will be easier to use later.
- Grated cheddar cheese freezes well.
- Some foods, such as lettuce, raw fruit and vegetables and custard, don't freeze very well. They will still be nutritious - but the texture is awful!
- Put fresh vegetables in boiling water for a few minutes before freezing.
- Make sure all frozen foods are in covered, or sealed in containers that are moisture and vapour proof, e.g. margarine containers, freezer bags.
- Glass containers may crack in the freezer, so should not be used.
- Remember to label and date all frozen items.
- Never re-freeze foods once they have thawed.
- Thaw foods overnight in the refrigerator or in the microwave oven set on 'defrost'.
- Some foods don't need defrosting before cooking, such as vegetables and small fillets of fish.

Keeping frozen foods

The table below is a guide to the length of time foods can be frozen.

Cooked items:

| | |
|--------------------|---------------------|
| Casseroles | 6 weeks to 4 months |
| Soups and sauces | 3 months |
| Pasta meals | 2-3 months |
| Rice meals/risotto | 2-3 months |
| Mixed dishes | 3 months |
| Scones, plain | 6 months |
| Scones, cheese | 3 months |
| Muffins | 6 months |
| Bread | 2-4 months |

Meats:

| | |
|---------------------|------------|
| Chicken, whole | 12 months |
| Chicken, pieces | 6 months |
| Beef, chops | 6 months |
| Beef, mince | 3 months |
| Fish, white, raw | 3 months |
| Fish, white, cooked | 1 month |
| Lamb | 6 months |
| Pork | 3-6 months |

Other items:

| | |
|--|-----------|
| Frozen vegetables | 12 months |
| Frozen fruit | 6 months |
| Fresh milk (homogenised and pasteurised) | 1 month |

Menu recipes

All recipes serve four, unless otherwise stated.

Monday main course: Potato and Pea Curry

Ingredients

- 5 potatoes, peeled and cut into chunks
- 2 medium onions, chopped
- 1–2 cloves garlic, finely minced
- 1 tablespoon oil
- 4 teaspoons curry powder
- 250g frozen peas
- 1 lemon, juiced
- 1 cup uncooked rice

Method

• Cook the potatoes in water (at least 1½ cups) to which 1 teaspoon curry powder has been added. Drain and keep 1 cup of the cooking water. Cook rice to packet directions. In a large pan, fry the onion and garlic in the oil until lightly browned. Stir in the rest of the curry powder and cook for about 1 minute. Add the potatoes, peas and lemon juice. Heat through, gradually adding ½–1 cup of the cooking water. This dish should be very moist. Serve with cooked rice.

Monday dessert: Chilled Melon Medley

Ingredients

- Approximately ½ kg watermelon
- ½ rockmelon, seeds removed
- ¼ honeydew melon, seeds removed
- 1 tablespoon mint, chopped (optional)
- Juice of 1 lemon

Method

Use a melon baller to scoop the melon flesh into small balls, or remove the rind and cut into chunks. Remove any seeds. Combine all ingredients in a bowl. Chill before serving.

VARIATION:

Combine chunks of 3 bananas, cut-up segments of 2 oranges, and ½ cup of coconut.

TIP: In Summer, freeze any leftovers for icy snacks during the week.





HANDY HINT

To grow sprouts, soak up to $\frac{1}{4}$ cup of alfalfa seeds or mung beans in water overnight. Drain and put into a seed sprouter or into a glass jar covered with light fabric or a piece of stocking. Rinse and drain the seeds each morning and evening for 3–5 days, until well sprouted. Store in the refrigerator.



Tuesday main course: Pasta with Tuna and Mixed Salad

Ingredients

- 250g pasta shapes
- 2 cloves garlic, finely chopped
- 2 onions, chopped
- 2 sticks celery, chopped
- 2 tablespoons tomato paste
- 400g can tomatoes, with juice, roughly chopped
- 425g can tuna in spring water, drained
- 1 teaspoon each basil, oregano (or
- 2 teaspoons mixed, dried herbs)
- Pepper to taste
- 2 tablespoons low-fat cheese, grated

Method

Add pasta to a large saucepan of boiling water. Cook 10 minutes then drain. Cook garlic, onion and celery in a saucepan with a little water, or in microwave. Stir in the tomato paste and add the tomatoes, tuna, basil, oregano and pepper. Heat through. Serve with cooked pasta, sprinkled with cheese, and salad.

Mixed Salad

Ingredients

- 1/2 lettuce
- 1 tomato, sliced
- 1/2 cucumber, sliced
- 1/2 capsicum, cut into sticks
- 1/4 onion, diced
- 2 tablespoons lemon juice

Method

Shred lettuce. Arrange other vegetables on the lettuce. Pour lemon juice over the salad and serve.

TIP: To vary salads, substitute shredded cabbage for lettuce, add torn silverbeet leaves or sprouts that you have grown yourself from seed.

Tuesday dessert: Pineapple Nut Crush

Ingredients

- 1/2 x 400g can crushed pineapple
- 4 green cooking apples, peeled and grated
- 8 pitted dates, chopped finely
- 3 tablespoons chopped nuts

Method

Combine the fruit and 2 tablespoons of the nuts. Serve topped with the remaining nuts.

VARIATION: Instead of the dates, use 1 cup of marshmallows, snipped in half with scissors.

Wednesday main course: Nutty Meat Kebabs, Rice and Cucumber Salad

Ingredients

- 8 kebab skewers
- 300g lean diced lamb or other meat
- 2 tablespoons peanut butter
- 1 clove garlic, finely chopped (optional)
- 2 tablespoons soy sauce
- 1 lemon, juiced
- 4 tomatoes, cut into small wedges
- 2 onions, cut into wedges and the 'petals' separated
- 1 green capsicum, cut into small chunks

Method

Soak wooden kebab skewers in cold water for 20 minutes. Blend peanut butter and garlic with soy sauce and lemon juice. Combine mixture with meat and mix well. Marinate for 1 hour if possible. Thread meat onto skewers alternately with vegetable pieces. Cook under the grill, in a hot oven or in a microwave oven. Serve with rice and salad.

Rice

3 cups cooked rice, heated, or cooked from 1 cup dry rice.

Cucumber Salad

Ingredients

- 1 cucumber, peeled and diced
- 1/2 onion, finely chopped
- 2 teaspoons mint, finely chopped
- 2 tablespoons low-fat plain yoghurt
- Ground pepper to taste

Method

Combine all ingredients and chill before serving.

Wednesday dessert: Baked Spicy Bananas with Custard

Ingredients

- 4 bananas, peeled
- 1 teaspoon cinnamon
- 1/4 cup sultanas

Method

Slit bananas lengthwise down the centre. Press a few sultanas into the slit. Sprinkle with cinnamon. Bake until tender in a moderate oven or microwave. Serve with custard.

Custard

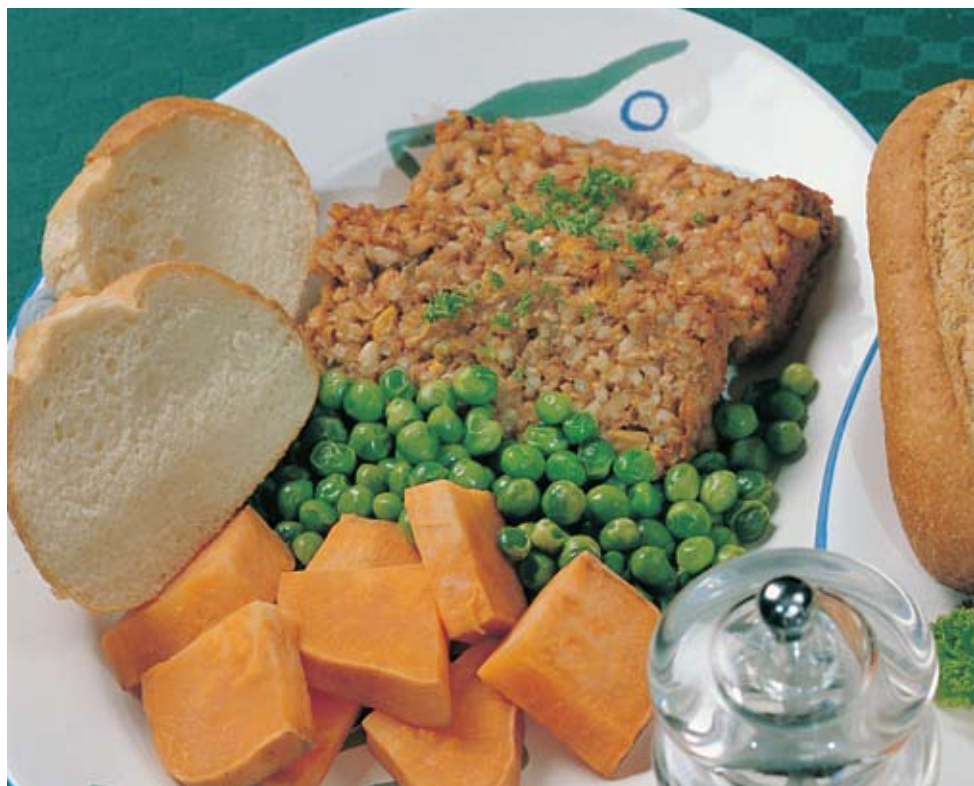
Ingredients

- 4 tablespoons skim milk powder
- 3 tablespoons custard powder
- 1 egg (optional)
- 2 cups water
- 1 tablespoon caster sugar

Method

Blend skim milk powder and custard powder with 1/4 cup water. Mix in egg if desired. Add mixture to the rest of the water in a small saucepan and stir until custard thickens. Add sugar to taste and serve with fruit.





Thursday main course: Sweet Corn Loaf with Easy Tomato Sauce

Ingredients

- 440g can cream-style corn
- 1 cup wholemeal soft breadcrumbs (6 slices bread)
- 1/2 – 3/4 cup tomato paste
- 1 teaspoon dried basil or mixed herbs
- 2 cups cooked brown rice
- 1/2 cup onion, finely chopped
- 2 tablespoons chopped parsley or 2 teaspoons parsley flakes
- 1 tablespoon soy sauce

Method

Combine all ingredients with enough tomato paste to bind. Spoon into a loaf pan and cook at 180°C for 45 minutes to 1 hour, or microwave 20–30 minutes.

VARIATION: Use 2 cups of mashed canned beans or cooked chickpeas instead of the corn.

Easy Tomato Sauce

Ingredients

- 400g can tomatoes with juice, roughly chopped,
- 1/2 cup water
- 1/2 onion, finely chopped
- 2 tablespoons tomato paste
- 1 clove garlic, crushed
- 2 tablespoons freshly chopped parsley or 2 teaspoons parsley flakes

Method

Cook all ingredients together in a small saucepan or in the microwave. Serve hot in a chunky style or mash, sieve or blend for a smoother sauce.

TIP: This sauce can also be used as a spread for pizza or as a topping for pasta. Serve with vegetables or salad.

Thursday dessert: Citrus Mousse

Ingredients

- 1 tablespoon gelatine
- 1/4 cup boiling water
- Juice of 1 lemon
- Grated rind and juice from 1 orange
- 250g ricotta cheese
- 1/2 cup low-fat plain yoghurt
- 2 teaspoons desiccated coconut

Method

Sprinkle gelatine over the boiling water. Stir until the gelatine dissolves. Allow gelatine mixture to cool then beat with remaining ingredients (except coconut) until smooth. Divide into four dessert dishes and chill. Serve decorated with a sprinkle of coconut.

Friday main course: Hamburgers with Spicy Potato Wedges

Ingredients

- 250g lean minced beef
- 1 onion, finely chopped
- 1 carrot, scrubbed, grated
- 1 egg, beaten
- 1 cup fresh breadcrumbs (6 slices bread)
- Parsley, freshly chopped or dried
- 1 tablespoon soy sauce
- Ground pepper to taste
- 1 teaspoon oil
- 4 wholemeal bread rolls

Method

- Combine all the ingredients except the oil. Form the mixture into 4 patties.
- Brush a frying pan with the oil, and cook the patties over moderate heat until they are golden-brown on each side. Serve 1 patty for each person in a bread roll with salad.

SALAD to go in hamburger:

- 1/2 lettuce, shredded
- 2 tomatoes, sliced
- 1 onion, cut into rings

Spicy Potato Wedges

Ingredients

- 4 medium to large potatoes
- 1 teaspoon vegetable oil
- 1/2 teaspoon ground chilli
- 1/2 teaspoon paprika (optional)
- 1 small clove garlic, finely chopped

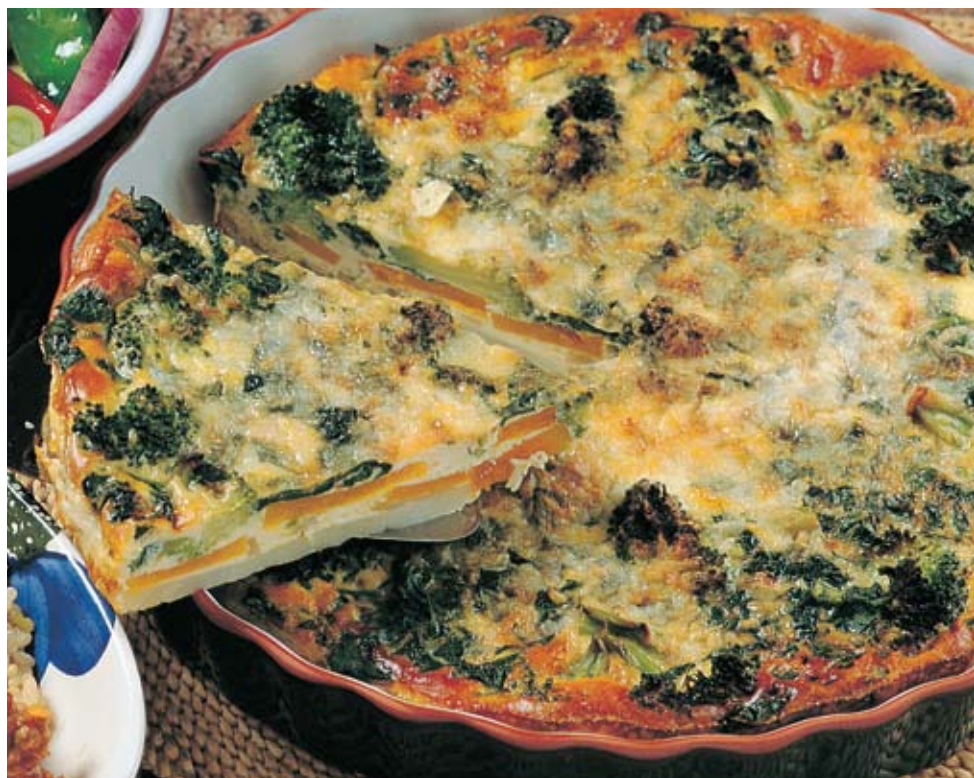
Method

- Wash potatoes. Microwave or boil until just tender. Cut potatoes lengthwise into wedges. Put into a plastic bag and add oil and the spices. Shake well. Remove wedges from the bag and place in a single layer on a greased oven tray. Place under the grill, turning occasionally or bake at 230°C for approximately 20 minutes, or until lightly browned. Serve immediately.

Friday dessert: Fruit Platter

- Arrange bite-size pieces or slices of different fruits attractively on a platter, e.g. 1 punnet strawberries, washed and hulled with 1/2 rock melon, seeds and rind removed and cut into slices
- or
- orange or mandarin segments with small sprigs of grapes
- or
- apples cored and cut into wedges with 1 cup of raisins or pitted dates.





Saturday lunch, main course: Vegetable Quiche

Ingredients

- 4 eggs
- 1/2 teaspoon dry mustard
- 2 cups low-fat milk
- 1 cup low-fat cheese, grated
- 4 slices brown bread, cubed
- 4 to 5 cups of prepared vegetables, e.g.
- 1/4 medium head cauliflower, chopped
- 1 cup green beans, chopped
- 1 medium onion, sliced
- 7 medium mushrooms with stalks, sliced
- 1 medium tomato, sliced

Method

Beat eggs, mustard and milk together. Stir in cheese. Lightly grease a large, flat dish. Place bread in dish, then layer cauliflower pieces, beans, onion and mushrooms. Pour milk mixture over vegetables and top with finely sliced tomato. Bake in a 180°C oven for 1 hour or until set.

MICROWAVE: Place in a lightly greased microwave dish. Microwave on MEDIUM-HIGH for 30 minutes or until set.

HANDY HINT: This dish can be prepared the night before and cooked at breakfast. Use available vegetables such as peas, leek, pumpkin, sweet potato and broccoli.

Saturday lunch, dessert: Fruit Salad

Ingredients

- Use any fruit remaining at the end of your shopping week, e.g. 1 orange, 1 banana, 1 apple, 1 pear and 1/2 can crushed pineapple.

Method

- Peel orange and banana, core the apple and pear. Cut fruit into chunks.
- Combine fruit chunks with the pineapple.

Saturday dinner, main course: Golden Hot Pot Spaghetti

(Served with spaghetti)

Ingredients

- 1 chopped onion
- 1 carrot, diced
- 1/2 capsicum, diced
- 2 sticks celery, chopped
- 440g can corn kernels
- 440g can baked beans
- 400g can tomatoes, mashed
- 1 teaspoon chilli powder
- 2 tablespoons chopped parsley
- 250g pasta spaghetti

Method

Cook (microwave, steam or boil) onion, carrot, capsicum and celery until tender. Add corn, baked beans, tomato and chilli powder. Combine well and heat through. Add parsley just before serving. Add spaghetti to a large pan of boiling water. Cook for 10 minutes. Drain and serve.

Saturday dinner, dessert: Creamy Rice with Gingered Pears

Ingredients

- 1 cup rice, uncooked
- 1 1/4 cups skim milk powder
- 1/4 cup brown sugar
- 2 teaspoons vanilla essence
- 1 litre water
- Pinch of ground ginger, cinnamon or nutmeg
- 4 pears

Method

Combine all ingredients in a 2 litre saucepan. Bring to the boil, stirring occasionally. Reduce heat, and simmer gently for 30 minutes, stirring occasionally. Serve hot or cold with slices of fresh or cooked pears (1 pear per person), sprinkled with ground ginger, cinnamon or nutmeg.





Sunday lunch, main course: Minestrone Soup

Ingredients

- 1 clove garlic, crushed
- 1 onion, diced
- 1 carrot, diced
- 1 stick celery, chopped
- 1 litre chicken stock or water and 1 stock cube
- 400g can tomatoes with juice, roughly chopped
- 1–2 tablespoons tomato paste
- 1/2 x 440g can baked beans
- 1/2 cup pasta shapes
- 1 teaspoon dried basil (or Italian style herbs)
- Ground pepper to taste
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dried)
- 1/2 cup grated parmesan or low-fat cheese
- 4 slices bread

Method

Place the vegetables, stock, tomatoes and tomato paste in a large saucepan. Bring to the boil. Cover and simmer on a low heat for 30 minutes. Add the beans, pasta and the basil, and cook for a further 15 minutes or until the pasta is tender. Add ground pepper to taste. Serve with a sprinkle of parsley and grated cheese and a slice of bread.

VARIATION: In hot weather, omit the beans and pasta, and substitute 1 capsicum, diced. Serve as a chilled soup, pureed if desired, with a teaspoon of plain yogurt in each bowl instead of adding grated cheese.

Sunday lunch, dessert: Watermelon Chunks

Ingredients

- 500g watermelon

Method

- Cut watermelon into chunks or wedges.
- Serve chilled (optional – add mint leaves) or frozen in summer.

Sunday dinner, main course: Chicken and Vegetable Stir-fry

Ingredients

- 400g chicken breast/thigh/leg (skin removed)
- 1 clove garlic, crushed
- 1 onion, sliced
- 1 carrot, cut into strips
- 1 capsicum, cut into strips
- 1 head broccoli, cut into small florets
- 1/2 cup stock or water
- 1 tablespoon plain flour
- 1 tablespoon soy sauce
- 1 cup uncooked rice

Method

Cut chicken into thin strips. Cook onion and garlic in a small amount of water in a wok or a deep fry-pan until soft. Add chicken and stir-fry until almost cooked. Add remaining vegetables and toss well. Cook rice to packet directions.

Mix together stock, soy sauce and flour. Pour over chicken and vegetables and stir well.

Stir-fry until sauce has thickened and vegetables are tender but still crisp. Serve with rice.

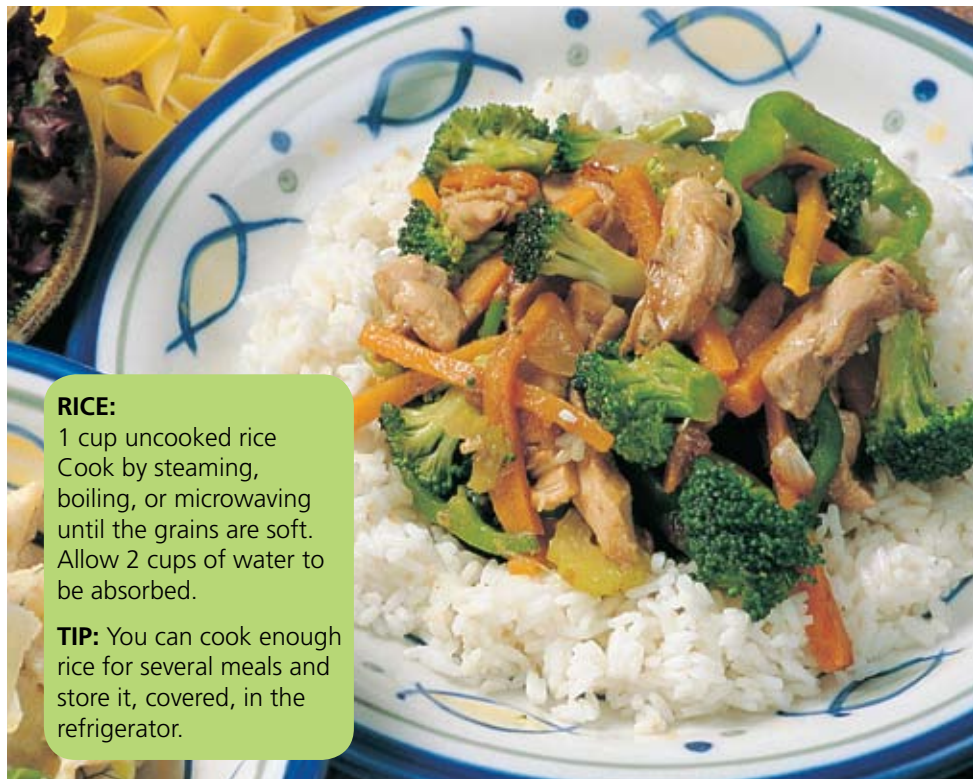
Sunday dinner, dessert: Fruity Crumble with Yoghurt

Ingredients

- 3 green cooking apples
- 2 pears
- Juice and grated rind of 1 lemon
- 2 teaspoons cinnamon
- 1 cup rolled oats
- 2 tablespoons desiccated coconut
- 2 tablespoons chopped nuts
- 1/2 cup unprocessed bran
- 2 tablespoons oil
- 1 tablespoon brown sugar (optional)
- 1 small tub low-fat flavoured yoghurt (optional)

Method

Peel, core and slice fruit thinly. Layer fruit in an ovenproof dish and sprinkle with the lemon juice, half the lemon rind and 1 teaspoon of cinnamon. Combine all remaining ingredients and mix until crumbly. Sprinkle topping over apples. Bake at 200°C for 20 minutes or until browned. Serve hot, or cold topped with 2 tablespoons low-fat flavoured yoghurt.

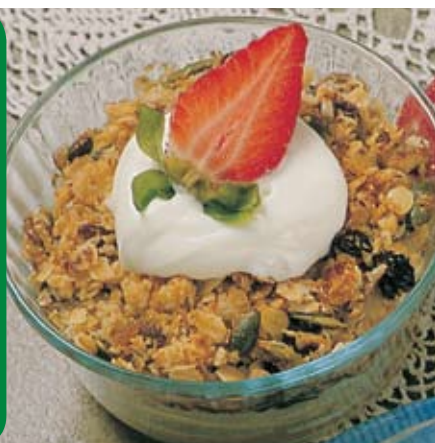
**RICE:**

1 cup uncooked rice
Cook by steaming, boiling, or microwaving until the grains are soft. Allow 2 cups of water to be absorbed.

TIP: You can cook enough rice for several meals and store it, covered, in the refrigerator.

HANDY HINT**Make Your Own Yoghurt**

Sterilise a 1/2 litre jar or bowl by filling slowly with boiling water, and standing until ready to use. Add 2 tablespoons skim milk powder to 2 cups of milk, bring it to the boil, and then cool to 35°C (when a drop is placed on the wrist and it is neither hot nor cold). Blend 2 tablespoons of commercial plain yoghurt with some of the milk and then add the remaining milk. Pour the milk mixture into the sterilised container, cover, and keep at 35°C for 6 hours.



Snacks

Spicy Apple Muffins

(Makes 12)

Ingredients

DRY MIX:

- 1½ cups plain flour
- 2 teaspoons bicarbonate of soda
- 2 teaspoons cinnamon
- 1 cup unprocessed bran
- ¼ cup sultanas (or raisins)
- 2 tablespoons skim milk powder

WET MIX:

- 2 medium green cooking apples, grated
- 1 egg
- 1 teaspoon grated lemon or orange rind
- 2 tablespoons oil
- 2 tablespoons honey
- 1 cup water

Method

Combine all dry ingredients, then stir in all wet ingredients. Spoon into lightly greased muffin pans. Bake at 200°C for 20 minutes or until cooked.

Nibble Mix

Ingredients

- ¼ cup popping corn
- ¾ cup dried fruit, e.g. sultanas, chopped dates
- ½ cup nuts, e.g. walnuts or unsalted peanuts

Method

Pop the corn, either in a saucepan on the stove (using a little oil), or in the microwave oven, using a covered dish or a closed paper bag. Combine the popped corn with the other ingredients.

VARIATION: Use puffed wheat or rice instead of the popped corn.

Banana and Cinnamon Toast

(Serves 1–2)

Ingredients

- 2 slices wholemeal bread, toasted on one side
- 1 ripe banana, peeled
- cinnamon, jam or honey (optional)

Method

Spread the banana on the untoasted side of the bread, together with a little jam or honey if desired. Sprinkle with cinnamon. Heat under the grill or in the microwave until the banana is soft.

Spicy Orange Nut Bread

(Makes 2 loaves)

Ingredients

BREAD:

- 1 cup orange rind, finely chopped (from 2 oranges)
- $\frac{1}{2}$ cup water
- 2 tablespoons brown sugar
- $2\frac{1}{4}$ cups self-raising flour
- $\frac{2}{3}$ cup walnuts, coarsely chopped
- 2 tablespoons skim milk powder
- 2 eggs
- $\frac{2}{3}$ cup water

TOPPING:

- 1 teaspoon cinnamon
- 1 tablespoon castor sugar
- 2 tablespoons chopped walnuts

Method

Preheat oven to 160°C, and brush two loaf tins lightly with oil. Place chopped orange rind in small saucepan with $\frac{1}{2}$ cup of water and brown sugar. Heat to boiling, cover and cook on low heat until rind is soft and the water absorbed. Cool. Combine the remaining ingredients and stir in the rind. Divide mixture evenly between two loaf tins. Sprinkle with topping mixture. Bake for 45 minutes or until well browned and cooked through when tested. Cool for 5 minutes in tins before serving.

TIP: One loaf can be frozen for later use.



Fast Fruit and Nut Slice

(Makes 24 pieces)

DOUGH:

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- $\frac{1}{4}$ cup skim milk powder
- 2 tablespoons vegetable oil
- $\frac{3}{4}$ – 1 cup water

Gradually add oil and water to dry ingredients and mix to a soft dough. Spread the dough into a lightly greased lamington tray.

TOPPING:

- 1 cup raisins
- 1 cup sultanas
- $\frac{1}{2}$ cup crushed nuts
- Grated rind and juice of 1 orange

Combine topping ingredients and spread over dough. Bake in oven at 200°C for about 20 minutes. Cut into 24 pieces. Serve while still warm.

Apple Pikelets

(Makes approximately 20)

Ingredients

- 3/4 cup wholemeal self-raising flour
- 1 teaspoon cinnamon
- 1 egg
- 1 cup low-fat milk
- 2 apples, peeled and grated
- 1 tablespoon sugar (optional)

Method

Mix flour and cinnamon. Combine egg and milk and gradually add to flour. Mix to a pourable batter. Add apples and sugar. Heat a non-stick pan or brush a hot frying pan with oil, and drop tablespoonfuls of mixture onto the pan. Cook over medium heat until bubbles rise to the surface and the base of the pikelet is browned. Turn and brown the other side.

HANDY HINT

Low-Fat Milk

Make your own low-fat milk by mixing regular milk with skim milk powder and water. Mixing equal amounts of each will give a milk with 2% fat.

Use skim milk powder in recipes which require milk, eg:

2 tablespoons powder and 1 cup water = 1 cup milk.

1 cup powder and 1 litre water = 1 litre milk.

Flavour milk drinks by blending with fruit. Make a smoothie by adding yoghurt.

Sprinkle some grated nutmeg or ground cinnamon onto hot milk for a spicy drink.

Carrot Muffins

(Makes 12)

Ingredients

- 2 cups wholemeal self-raising flour
- 1/2 teaspoon bicarbonate of soda
- 1 teaspoon cinnamon
- 1/2 cup brown sugar
- 1/2 cup dried fruit
- 1/4 cup walnuts, chopped finely
- 2 medium carrots, peeled and grated
- 2 eggs
- 2 tablespoons oil
- 1 cup low-fat milk

Method

Combine bicarbonate of soda and cinnamon with the flour. Add sugar, fruit, nuts and grated carrot. Mix eggs, oil and milk and stir well with other ingredients. Spoon into lightly greased muffin tins. Bake at 200°C for 20 minutes.

Stuffed Pumpkin

Ingredients

- 1 butternut pumpkin, cut in half lengthways, seeds removed
- 440g can cream-style corn
- 1/2 red capsicum, diced (keep some to garnish)
- 1–2 teaspoons Mexican chilli powder (or pepper + 1 teaspoon nutmeg)

Method

Bake pumpkin in moderate oven (180°C for 40 minutes or 7–10 minutes on HIGH in microwave). Scoop flesh from pumpkin, mash and combine with other ingredients. Fill the pumpkin shells with the mixture, garnish with some of the diced capsicum, and reheat. Serve with salad and crusty bread or damper.

Three Bean Salad

(Serves 4–6)

Ingredients

- 440g can three bean mix
- 1 cup chopped vegetables, e.g. onion, capsicum, celery, parsley
- 1/4 cup 'no oil' salad dressing

Method

Combine all ingredients and place in a salad bowl.

Hot Potatoes

(Allow 1 medium potato per person.)

Cook scrubbed potatoes in their jackets by steaming, microwaving or oven baking. Cut potatoes in half and scoop out some of the flesh leaving the skin intact to form a shell. Mash potato flesh and combine with a choice of ricotta cheese and diced capsicum; mashed pumpkin and nutmeg; chopped tomato, onion and garlic; drained sandwich tuna or sardines with lemon juice; chopped cooked egg and curry powder; milk, parmesan cheese and chopped parsley.

Fill the potato shells with the mixture and top with a choice of sesame or poppy seeds; breadcrumbs, quick oats or rice bran; tomato slices; grated reduced-fat cheese.

Reheat and serve.

Green Pea Soup

(Serves 2)

Ingredients

- 2 tablespoons dehydrated peas, e.g. Surprise
- 1 tablespoon green lentils
- 1/4 cup green vegetables, chopped e.g. cabbage, celery tops
- 1 stock cube
- 1 cup water

Method

Simmer all ingredients for 15 to 20 minutes.

Easy Pizza

(Serves 1–2)

Ingredients

- 1 wholemeal Lebanese pocket bread
- 1 tablespoon tomato paste
- 2 tablespoons chilli-flavoured cottage cheese
- 2 shallots/spring onions, chopped
- 1/4 capsicum, diced
- 4 mushrooms, sliced
- 2 tablespoons grated fat-reduced cheese
- 1/2 teaspoon basil
- 1/2 teaspoon oregano

Method

Spread the pocket bread with tomato paste and top with cottage cheese, shallots, capsicum and mushrooms. Sprinkle with herbs and grated cheese. Heat under the grill or in a hot oven for 3–5 minutes, or 2 minutes on HIGH in a microwave oven.

HANDY HINT

Avoid Waste

Measure ingredients carefully – use scales, standard measuring cups or measuring spoons.

Refrigerate or freeze unused fruit, vegetables and juices and use for snacks or add to other recipes.

Simmer washed vegetable trimmings in water and save any cooking water from vegetables to make stock for soup, sauces or savoury dishes. The stock can be concentrated by boiling off most of the water.

Crumble and freeze stale bread and use later for crumb toppings, stuffing or to add to minced meat mixtures.

Orange Flavoured Meat and Bean Casserole

(Serves 4–6)

Ingredients

- 500g lean lamb, diced
- 440g can, or 1 cup cooked lima, haricot or butter beans
- 1 onion, thinly sliced
- 1 medium carrot, peeled and sliced
- 1/2 teaspoon dried rosemary leaves
- 1/2 cup water
- Grated rind and juice of 1 orange
- 1 tablespoon cornflour
- 2 teaspoons mustard powder
- 1 tablespoon chopped parsley

Method

Brown the meat in a non-stick pan and drain any fat. Place meat, beans, onion, carrot, rosemary and water in a casserole dish. Cook in a moderate oven 20–30 minutes.

Combine grated orange rind, juice, cornflour and mustard. Stir into casserole mixture, and cook a further 5–10 minutes. Serve sprinkled with chopped parsley.

Desserts

Baked Cinnamon Apples and Custard

Ingredients

- 2 green cooking apples, unpeeled, cored
- 2 tablespoons sultanas
- 1 teaspoon cinnamon
- 2 teaspoons sugar
- Juice of 1/2 orange

Method

- Preheat oven to 180°C. Combine sultanas, cinnamon and sugar. Fill apple centres with sultana mixture. Place in an ovenproof dish. Pour over orange juice and bake for 20-30 minutes or until soft. Serve hot with Custard.

Fruit Dreams

Allow 1 or 2 pieces of fresh fruit per person, such as plums or apricots; poached fruit per person such as apples; or canned fruit such as pears. Cut fruit in half and remove any stones or seeds. Fill the centre with Ricotta Whip. Sprinkle with sultanas, coconut or crushed nuts.

RICOTTA WHIP:

250g ricotta cheese
Finely grated rind from 1 lemon
1 teaspoon honey or sugar
1 teaspoon vanilla essence
2-4 tablespoons low-fat milk
Whip all ingredients together, thinning to the desired consistency with the milk.



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For more information on fruit and vegetables that are currently in season and for tasty recipes check out:

www.gofor2and5.com.au



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