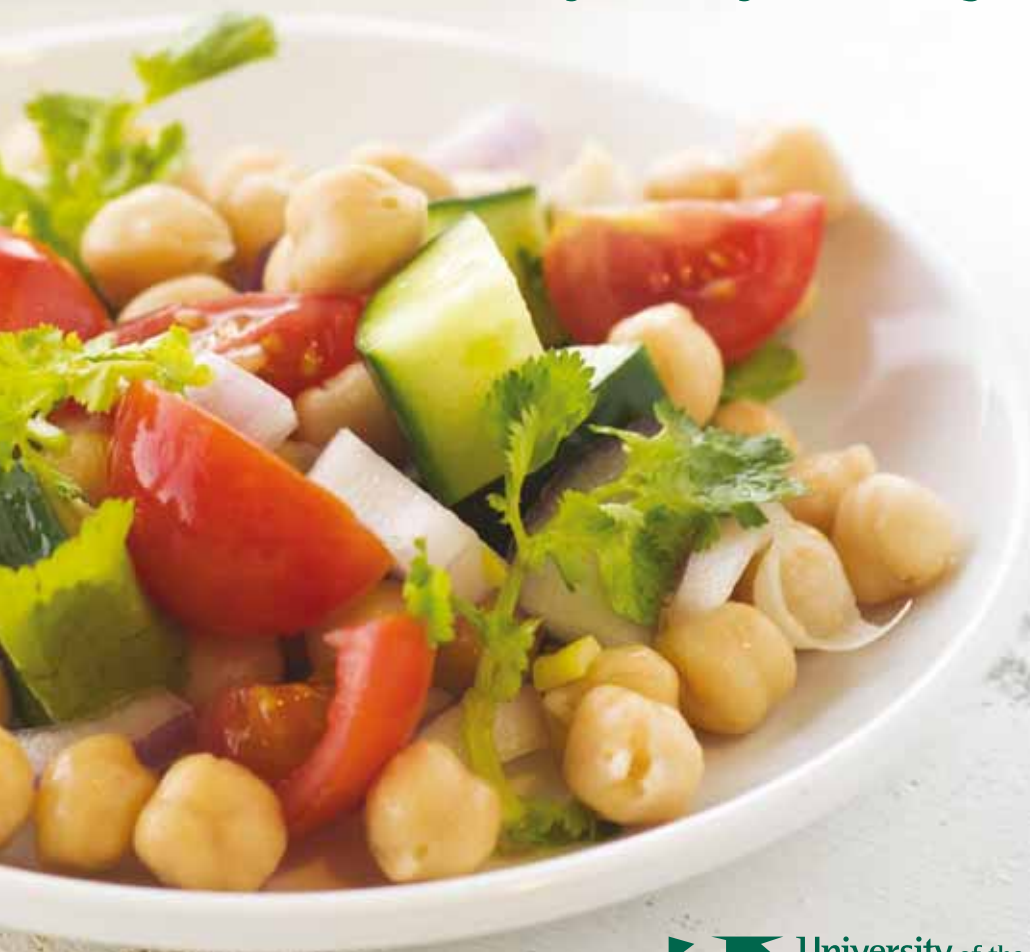


2nd Edition

Shopping, cooking and eating

to stay healthy on a budget



University of the
Sunshine Coast

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Shopping, cooking and eating to stay healthy on a budget

2nd Edition

Credits

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Disclaimer

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Introduction

Welcome to the second edition of the *USC Shopping, cooking and eating to stay healthy on a budget* cookbook. The first edition, released in 2009, was evaluated by Nutrition and Dietetic students through a series of surveys and focus groups. The results have been used to update the original cookbook to meet the unique needs of USC students. The revised edition contains 54 recipes provided by USC students and staff.

The majority of recipes in this cookbook are main meals with the inclusion of some salads, breakfast, snacks and desserts. The recipes are divided into clear chapters to allow readers to locate the meals they wish to cook. The main meals have been modified to fit a set of criteria developed by 4th year Nutrition and Dietetic students. The aim of this book is to provide readers with easy to prepare, affordable and healthy meals to serve four people.

An explanation of how the criteria were developed is outlined below:

- *Easy to prepare* is defined as having less than ten ingredients, requiring only standard equipment and taking around 30 minutes and no more than 45 to prepare and cook. For those readers wanting more of a challenge there are a couple of options that require more than 10 ingredients, nonessential equipment and more time preparation and cooking time. *An affordable meal* has been defined as costing less than \$15 to purchase all of the ingredients. Many of the meals in this book cost less than \$10 and a couple of more expensive options are included.
- The cookbook uses serves of the food groups 'lean meat' (or an alternative to meat) and 'vegetables' as outlined in the 2013 Australian Dietary Guidelines (National Health and Medical Research

Council, 2013) to define a healthy main meal. Dairy (and alternatives), fruits and grains are just as important to healthy eating, however these foods can be consumed at other times throughout the day. Suggestions to meet the required amounts of these food groups are also provided (see pages 5–7).

- All main meals include one serve of meat (or an alternative to meat) and 2–3 serves of vegetables per serving. If a recipe for a main meal was unable to be modified to meet this requirement, a side salad with extra serves of meat (or an alternative) or vegetables has been suggested.
- A labelling system is included to identify the cost, skill level, equipment and time required to prepare each meal and identify those meals requiring a side salad (see page 2).

Recipes for breakfasts, snacks and desserts were also submitted by staff and students. However, as the focus of this cookbook is to provide easy, affordable and healthy main meal recipes, these recipes have not been evaluated against criteria outlined above.

The cookbook also provides information on the Australian Dietary Guidelines, reading food labels, food safety, food budgeting and pantry basics. Details of local farmers markets, local produce and international food stores are included at the back of this book.

We hope you enjoy this revised cookbook and have fun experimenting and expanding your cooking skills and knowledge about healthy eating.

How to use this cookbook

Most main meal recipes require minimal time, skill and equipment, but some are a little more complex. To help you quickly choose recipes that meet your needs a labelling system has been included. The red symbols indicate the amount of time, ingredients and type of equipment needed and the blue symbols indicate the price range. Recipes that do not include 2–3 serves of vegetables or one serve of meat or alternatives are clearly highlighted with a green or orange salad symbol and readers are directed to a suitable side salad to complete these meals.

Table 1: **Recipe labelling system.**

	The main meal does not include 2–3 serves of vegetables per serving. Choose a vegetable side from the recipes provided in the salad section.
	The main meal does not provide 1–1.5 serves of meat and/or alternatives per serving. Choose a meat and/or alternatives side from the recipes provided in salad section.
	Recipe costs \$0–\$10
	Recipe costs \$10–\$15
	Recipe costs more than \$15
	Recipe requires standard equipment, less than 10 ingredients and takes 30 minutes or less to prepare and cook.
	Recipe requires some nonessential equipment, has between 10 and 15 ingredients, and takes between 30–45 minutes to prepare and cook.
	Recipe requires nonessential equipment, has greater than 15 ingredients and takes longer than 45 minutes to prepare and cook.
	Recipe is gluten free. Note: Some recipes in the cookbook can easily be modified to be gluten free by choosing gluten free ingredients. Only those that contain specify gluten free ingredients are given this label in the cookbook. Tips will be provided when a meal can be modified to be gluten free.



Abbreviations used in this book:

- Millilitres mL
- Grams g
- Teaspoon tsp
- Tablespoon. Tbs

All cooking times are approximate and times may vary depending on your appliance. All oven temperatures indicated in this cookbook are in degrees Celsius, however temperatures may vary between convectional and fan forced ovens.

Standard equipment and appliances used in this book include:


- | | |
|-------------------|------------------|
| One good knife | Storage |
| Cutting board | Containers |
| Grater | Egg flip |
| Peeler | Colander |
| Can opener | Whisk |
| Potato masher | Mixing bowl |
| Hand blender | Measuring spoons |
| Baking tray | and cups |
| Baking dish | Wooden spoon |
| Microwave dishes | Kettle |
| Saucepan with lid | Toaster |
| Non-stick frypan | Fridge |
| Wok | Stove |
| Crockery | Oven |
| Cling wrap | Grill |
| Baking paper | Microwave |

The Australian Dietary Guidelines

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating are an evidence based approach to providing information on the types and amount of food, food groups and dietary patterns that aim to promote health and wellbeing, and reduce the risk of diet-related conditions and chronic disease.

The guidelines apply to all healthy Australians. The Australian Guide to Healthy Eating pictured in Figure 1 outlines the five food groups and represents the proportion of the overall daily intake that should come from each food group.

The five key guidelines highlighted in the Australian Dietary Guidelines are outlined below:

- 
- 1 To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
 - 2 Enjoy a wide variety of nutritious foods from the five food groups every day and drink plenty of water.
 - 3 Limit intake of foods containing saturated fat, added salt added sugars and alcohol.
 - 4 Encourage, support and promote breastfeeding.
 - 5 Care for your food; prepare and store it safely.

The food and drinks we choose every day play a big role in our overall health. Healthy eating is about balancing the foods we eat and ensuring plenty of variety. Selecting a intake of foods from the five food groups will provide your body with all the energy, nutrients, vitamins and minerals that it needs. This is possible every day, even on a budget. How much you need to consume each day depends on your age, gender, body size and physical activity level.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods
from these five food groups every day.
Drink plenty of water.



Figure 1: Australian Guide to Healthy Eating.

The Australian Dietary Guidelines are based on evidence that Australians need to eat more:

Vegetables and fruit, particularly green, orange and red vegetables, such as broccoli, carrots, capsicum and sweet potatoes, and leafy vegetables like spinach, and legumes/beans like lentils.

Grain (cereal) foods, particularly wholegrain cereals like wholemeal breads, wholegrain/high fibre breakfast cereals, oats, wholegrain rice and pasta.

Reduced fat milk, yoghurt and cheese varieties (reduced fat milks are not suitable for children under the age of two years as a main milk drink).

Lean meats and poultry, fish, eggs, nuts and seeds and legumes/beans (except many Australian men would benefit from eating less red meat).

Water instead of soft drinks, cordials, energy drinks, sports drinks and sweetened fruit juices and/or alcoholic drinks.



Evidence suggests that most Australians need to eat less:

Meat pies, sausage rolls and fried hot chips

Potato crisps, savoury snacks, biscuits and crackers

Processed meats like salami, bacon and sausages

Cakes, muffins, sweet biscuits and muesli bars

Confectionary (lollies) and chocolate

Soft drinks, cordial, energy drinks and sports drinks

Ice-cream and desserts, cream and butter

Wine, beer and spirits

Jam and honey

Food groups and serving sizes

Follow the Australian Dietary Guidelines to ensure you are consuming a healthy diet by including a variety of different choices from each of the food groups throughout the day. Use the serve sizes below to help you plan your daily intake. Remember that the recommended serves below are for a entire day, whereas the cookbook is focused on providing 2–3 serves of vegetables and 1–1.5 serves of meat (or alternatives) at main meals. Therefore, if you consume a main meal from this cookbook, you will still need to consume 2–4 serves of vegetables and 1–2 more serves of meat (or alternatives) throughout the day to meet your recommended daily intake.

For more ideas and advice on how to eat for health and wellbeing go to www.eatforhealth.gov.au

SERVE SIZES



	Serves per day		
	19–50 years	51–70 years	70+ years
Men	6	5½	5
Women	5	5	5

Vegetables and legumes/beans



	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2	2	2
Women	2	2	2

Fruit



	Serves per day		
	19-50 years	51-70 years	70+ years
Men	6	6	4½
Women	6	4	3

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



	Serves per day		
	19-50 years	51-70 years	70+ years
Men	3	2½	2½
Women	2½	2	2

Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans



	Serves per day		
	19-50 years	51-70 years	70+ years
Men	2½	2½	3½
Women	2½	4	4

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Graphic sourced from: National Health and Medical Research Council (2013) *Eat For Health Australian Dietary Guidelines Summary*. Canberra: National Health and Medical Research Council.

Tips for a healthy breakfast, snacks and lunch

which can help you meet your recommended daily intake and promote good health and wellbeing



Easy Bircher muesli, page 73



Guacamole, page 68



Zucchini muffins, page 72

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Aim to eat breakfast every day. A nutritious breakfast can include a variety of different foods, such as high-fibre wholegrain breads and cereals, fruit, eggs, vegetables and dairy foods.

The Dietary Guidelines for Australians (refer to page 4) encourage us to eat a variety of grains preferably wholegrain and high fibre options. Breakfast is a good time to get in a few serves of the recommended six serves of grain foods. Taking wholegrain sandwiches packed full of salad for lunch is another great way to increase your intake of fibre, grains and vegetables.

The Dietary Guidelines also recommend consuming two serves of fruit every day. Include a piece of fruit at breakfast, take another piece for morning or afternoon tea and you have reached your recommended two serves.

Dairy foods contain calcium, which is essential for strong bones and teeth. They also include protein, vitamins A, D and B2. The Dietary Guidelines recommend Australian Adults aged

19–50 years consume 2.5 serves of dairy or alternatives every day.

Dairy foods are easy to include at breakfast; try milk (or alternatives such as unsweetened soy or almond milk) and yoghurt with whole grain cereals and fruit or add a piece of cheese with some tomato on wholegrain toast. Try to choose reduced fat milks and natural yoghurts with no added sugar.

Yoghurt is also an easy snack food but remember to keep it chilled. Adding reduced fat cheese at lunch is another simple way to reach your recommended serves.

Eggs are another good addition to breakfast or lunch. Eggs are a great source of protein, they are low cost and easy to prepare. Two eggs are equivalent to one serve of meat; try to have a couple of meat free days per week and use eggs, legumes, tofu and nuts as substitutes.

Nuts are a great snack as they are packed with protein, easy to carry around and eat away from home. A small handful or 30g is all you need.

Most Australians eat only about half the recommended amount of vegetables. Different coloured vegetables provide different vitamins and minerals so try to eat a variety of different types and colours.

To consume the recommended five serves of vegetables you must try to include vegetables at both lunch and dinner—they also make great snacks.

All main meal recipes in the cookbook provide at least two serves of vegetables so this is a good start, but make sure you also pack a lunch or purchase a meal with vegetables. Gaining an understanding of the vegetables that are in season will help your budget and the environment.

See the seasonality guide on page 14 for further information.

Remember to drink plenty of water throughout the day. Choose water instead of soft drink, cordial, fruit drinks, vitamin waters, energy drinks, sports drinks or alcoholic drinks.



Eating for exams

Eat a healthy breakfast to ensure your concentration is at its best and eat regular meals; the brain needs energy to function at its full capacity.

Consume adequate carbohydrates such as pasta, rice, bread, cereals and fruits, as the brain relies on carbohydrates as its fuel source.

Keep quick and easy healthy snacks available such as fresh fruit, yoghurt, cereal and nuts.

Drink plenty of water (aim for two litres a day) as even mild dehydration can diminish mental performance. Remember you can take a clear bottle of water into the exam with you.

Avoid consuming large amounts of caffeinated drinks. In large amounts caffeine can make you feel jittery, restless and make it harder to sleep well.

Get plenty of sleep and remember to stop for meals. Try to take regular breaks and stop to eat rather than snacking throughout the day.

How to eat healthy on a budget

When money is tight, it is helpful to work out your weekly expenses. Once you have accounted for bills such as rent and petrol, you should have an idea of how much money you have left for food. Planning your meals is very important and if you spend most of your food money on the five food groups, you can achieve a healthy diet and stick to your budget.

Check out the FOODcents® program at **www.foodcentsprogram.com.au**

This free online program helps you balance your diet and compare prices. There is also information on this website about how to cook staple foods such as rice, vegetables pasta and eggs. Go to the Cook Smart section and follow the links.

The following are some budgeting tips outlined on the Eat for Health website, available at **www.eatforhealth.gov.au**

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Healthy meal planning

- ☐ Plan your meals and snacks for the week.
- ☐ Use what you already have.
- ☐ Spend most of your food money on the five food groups.
- ☐ Eat fruit and vegetables in season and look out for specials.
- ☐ Make a shopping list and stick to it and don't shop when you're hungry.
- ☐ Only buy what you need. Know how you will use what you buy, how much and when.
- ☐ Drink water instead of juice or sweetened drinks, it's free and has no kilojoules.
- ☐ Take leftovers for lunch the follow day or freeze for later use.
- ☐ Substitute expensive ingredients for cheaper options.
- ☐ Buy smaller amounts of lean meat, skinless chicken and fish and extend meals by adding legumes and extra vegetables.
- ☐ Try to limit discretionary foods and drinks to special occasions and small amounts.

Pantry basics

Having some common items on hand makes it easier to create quick and nutritious meals. The lists below are designed to get you started — make sure you add your own favourites.



Pantry

Tinned tomatoes
Tomato paste
Tinned vegetables
Tinned beans,
chickpeas and lentils
Tinned tuna
and salmon
Pasta and rice
Wholegrain
breakfast cereal
Pepper, herbs
and spices
Cooking oil
Curry powder
Stock
Peanut butter
Nuts

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Fridge/freezer

Eggs
Cheese
Lean meat
Low fat yoghurt
Milk
Mustard
Frozen vegetables

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Fruit and vegetables

Seasonal fruit
Seasonal vegetables
Onions
Garlic
Potatoes

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Buy local produce to reduce your shopping budget and support local farmers

Support farmers, the local economy and protect the environment by buying food from local farmers markets. Buying local foods prevents the need for food to be transported long distances and allows consumers to build relationships with their local farmers and get to know where their food comes from and when it is in season. If you buy food directly from a local producer you can also ask them questions about how the food was grown. Buying food in season is cheaper due to more produce being available.



Farmers markets

Big Pineapple Growers' Markets

28 Nambour Connection Road, Woombye

WHEN/TIME: Saturdays, 6.30am–midday

Blackall Range Growers Market

Old Witta School, 316 Witta Road, Witta

WHEN/TIME: 3rd Saturday of the month
7.30am–midday

Crystal Waters Country Market

65 Kilcoy Lane, off Aherns Road,
Conondale

WHEN/TIME: 1st Saturday of the month
8am–1.30pm

Dagun Station Growers Market

Dagun Railway Station,
Dagun Road, Dagun

WHEN/TIME: Saturdays from 4pm

Imbil Country Markets

Central Park, Yabba Road, Imbil

WHEN/TIME: Sundays, 9am–2pm

Kandanga Market

Kandanga Railway Station,

WHEN/TIME: Wednesday and Sunday
10am–midday

Kawana Waters Farmers Market

Stern Drive, Kawana

WHEN/TIME: Saturdays, 7am–midday

Montville Local Produce Market

Village Hall, Main Street, Montville

WHEN/TIME: 2nd Saturday of the month
7.30am–midday

Noosa Farmers Market

Football Grounds, Weyba Road, Noosaville

WHEN/TIME: Sundays, 7am–midday

Pomona Country Markets

Stan Topper Park,
Memorial Avenue, Pomona

WHEN/TIME: 2nd and 4th Saturday
every month 7am–midday

Suncoast Growers Market

Suncoast Christian Church.

Keil Mountain Road, Woombye

WHEN/TIME: Saturdays, 6.30am–midday

Yandina Plant and Produce Market

Yandina Sports Ground,
North Street, Yandina

WHEN/TIME: Saturdays, 6am–midday



Regular markets

Caloundra Markets on Bulcock Street

Bulcock Street, Caloundra

WHEN/TIME: Sundays, 8am–1pm

Cooroy Community Markets

Memorial Hall, Maple Street, Cooroy

WHEN/TIME: Thursdays, 8am–1pm

Cotton Tree Markets

King Street, Cotton Tree

WHEN/TIME: Sundays, 7am–midday

Eudlo Village Market

Eudlo Town Hall, Rosebed Street, Eudlo

WHEN/TIME: March, June, September, December, from 7am–midday

Eumundi Markets

Eumundi Square, Napier Rd, Eumundi

WHEN/TIME: Wednesday, 8am–1.30pm and Saturday, 7am–2pm

Landsborough Markets

School of Arts Memorial Hall,

189 Old Landsborough Road, Landsborough

WHEN/TIME: Saturdays, 8am–1pm

Wamuran Country Markets

Wamuran Hall grounds

on D'Aguilar Highway

WHEN/TIME: 4th Saturday of the month, from 7am

Nambour's Friday Moonlight Markets

Nambour Town Square,

1 Lowe Street, Nambour

WHEN/TIME: Last Friday of every month, 5–9pm

Peregian Beach Markets

Kingfisher Drive, Peregian Beach

WHEN/TIME: 1st and 3rd Sunday of the month 7am–midday

The Bazaar Market

Corbould Park Racecourse Caloundra

WHEN/TIME: Saturday, 7am–1pm

Maroochydore Fishermans Road Markets

Cnr Fishermans Road and David Low Way, Maroochydore

WHEN/TIME: Sundays, 6am–midday

Woodford Country Markets

Archer Street, Woodford

WHEN/TIME: 3rd Sunday of the month 6am–midday

Caloundra Country and Farmer's Market

17 Buderim Street, Currimundi

WHEN/TIME: Sunday, 7am–midday

Seasonality guide for fruit and vegetables

SPRING	SUMMER	AUTUMN	WINTER
Asian vegetables*	Apricots	Baby Cos*	Artichoke
Asparagus	Basil*	Blueberries	Avocado*
Avocado*	Carrots	Capsicums	Beans*
Bananas*	Cherries	Chard	Broccoli
Beetroot	Cucumbers	Chestnuts	Broccolini
Blueberries	Figs*	Custard apple*	Brussels sprouts
Broad beans	Grapes	Eggplants	Cabbage
Coriander*	Lychees*	Fig	Cauliflower
Grapes	Mangoes	Galangal root*	Fennel
Green Mangoes*	Mint*	Garlic*	Grapefruit
Kale	Mushrooms*	Ginger*	Heirloom tomatoes*
Lemongrass*	Nectarines	Papaya	Leeks
Mangoes	Peaches	Passionfruit*	Lemons*
Passionfruit	Pineapples*	Paw Paw	Limes*
Papaya*	Plums	Pears	Macadamias*
Peas*	Raspberries	Persimmons*	Mandarins*
Rhubarb	Rocket	Pineapples*	Onions
Rosemary	Rockmelon*	Pomegranates	Oranges*
Sage*	Sweet corn*	Potatoes	Parsley and bay leaf*
Salad greens*	Tumeric*	Pumpkin*	Parsnips
Strawberries*	Watermelons*	Salad greens*	Pears
Thyme	Banana flowers*	Silverbeet	Radish*
Tomatoes*		Squash*	Strawberries*
Zucchini*		Sweet potato*	Turnips
		Walnuts	Zucchini*

*Locally grown produce. Adapted from the Seasons of the Sun website, www.seasonsofthesun.com.au

Where to buy international foods on the Sunshine Coast

Asian Food 4U Supermarket

Central One, Plaza Parade, Maroochydore

FOOD: Filipino foods and other Asian groceries

🌐 www.buyasianfood.com.au

Suncoast Oriental Foodmarket

Shop 3 104-106, Brisbane Road, Mooloolaba

FOOD: Asian groceries

🌐 www.suncoastorientalfoodmart.com.au

Mirch Masala Grocer

Shop 2-35 Duporth Avenue, Maroochydore

FOOD: India, Pakistan, Sri-Lanka, and Middle Eastern spices and groceries

🌐 www.mirchmasalagrocer.com

Fair Go Foods

Shop 3/94 Wises Road, Maroochydore

FOOD: South African, Italian, New Zealand, Turkish and Asian food

🌐 www.fairgofoods.com.au/index.php

Food safety

Food poisoning occurs when a person consumes contaminated foods. It is therefore important to care for our food and prepare and store food safely. Contamination can occur when foods aren't kept at the right temperature, when raw foods come into contact with fresh foods and when cooking equipment is not cleaned properly. Certain people are at greater risk of food poisoning. These people include those with a weakened immune system due to illness, pregnant women, infants and older people.



The following tips are from the Food Safety Information Council³

- Clean hands using the 20/20 rule — wash hands for 20 seconds with warm soapy water and dry hands for 20 seconds before cooking
- Make sure chopping boards, utensils and work surfaces are cleaned and dry before use.
- Keep raw meat and poultry separate from other food. Cover all stored food.
- Defrost food in the fridge, not on the kitchen bench.
- Cook chicken, minced or boned meats, hamburger, stuffed meats and sausages right through until all juices are clear.
- Refrigerate leftovers promptly and reheat to steaming hot before eating.
- If you are sick don't prepare meals for others.
- Keep perishable food above 60°C if hot or below 5°C if cold — anything in between is the “danger zone” and can lead to food poisoning.



Keep food hot:
60°C or above

Food poisoning bacteria can live and multiply in foods with temperatures between 5°C and 60°C.

Keep food cold:
5°C or below

For more information, visit
www.foodsafety.asn.au

Graphic sourced from Food Safety Information Council (2007) *How you cook can make you and others cook*. Available at www.foodsafety.asn.au/wp-content/uploads/2012/02/NewcrookPoster_A2.pdf

Understanding food labels

Food labels have Nutrition Information Panels which provide you with important information about the energy (kilojoules) and nutrient content of packaged foods. Use the graphic below as your guide to selecting packaged foods that are lower in saturated fat, added salt, added sugars and kilojoules.

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Nutrition Information			
Total Fat ▶ Generally choose foods with less than 10g per 100g . For milk, yogurt and icecream, choose less than 2g per 100g . For cheese, choose less than 15g per 100g .	Servings per package – 16 Serving size – 30g (2/3 cup)		◀ 100g Column and Serving Size If comparing nutrients in similar food products use the per 100g column . If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size. Energy Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.
	Per serve	Per 100g	
	Energy	432kJ	
	Protein	2.8g	
Saturated Fat ▶ Aim for the lowest, per 100g. Less than 3g per 100g is best Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.	Fat		Sugars Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list. Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.
	Total	0.4g	
	Saturated	0.1g	
Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.	Carbohydrate		◀ Sodium (Salt) Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.
	Total	18.9g	
	Sugars	3.5g	
Fibre ▶ Not all labels include fibre. Choose breads and cereals with 3g or more per serve	Fibre	6.4g	Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salty) or added sugar.
	Sodium	65mg	
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		215mg	

Graphic sourced from: National Health and Medical Research Council, *How to Understand Food Labels*, available at www.eatforhealth.gov.au/eating-well/how-understand-food-labels

Following a gluten free diet

Currently the only medical treatment for coeliac disease is to follow a strict gluten free diet. Gluten is a protein found in barley, oats, wheat and rye. Many foods are naturally gluten free and include fresh fruit and vegetables, eggs, nuts and legumes, milk, rice and corn.

In Australia, products that are labelled “gluten free” contain no detectable gluten. Also products that display the crossed grain logo are endorsed by Coeliac Australia and are suitable for people with coeliac disease.

Packaged foods that use products derived from wheat, rye, barley or oats must be declared on the ingredients panel. Cross contamination may be an issue with some processed foods and it is important to avoid products that have statements “may contain gluten”.

For more information, visit Coeliac Australia at **www.coeliac.org.au/gluten-free**

Recipes in this book that are gluten free display the following icon:



The guidance of an Accredited Practicing Dietitian who can provide advice to suit individual needs is recommended for anyone diagnosed with coeliac disease.



Vegetable Frittata, page 45



Shepherd's Pie, page 33



Main meals

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Chickpea and Silverbeet Curry, page 28

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Pale Ale Pizza Dough

Recipe provided by: Lydia Sutakowsky

Makes 3–4 medium pizza bases

Prep time: 30 mins + 1–2 hrs proving time

Cook time: 15 mins



Ingredients

300mL Pale Ale

7g dry yeast

2 cups plain flour

A good pinch of sea salt and pepper

3 Tbs olive oil

Method

1. Place bottle of Pale Ale in a jug of hot water for a few minutes until the beer becomes warm but not hot.
2. In a mixing bowl add the yeast and beer and mix until well combined.
3. In a separate bowl mix together the flour, salt and pepper. Gradually add the beer mixture to the flour, then the olive oil.
4. Once combined knead the mixture on a floured bench until the dough is smooth and elastic.
5. Form the dough into a ball and put in a bowl, cover with cling wrap and place in a warm dark place for 1–2 hours or until the dough has doubled in size.
6. When the dough has doubled in size, use your fist to knock back the dough, and then divide into 3–4 portions (approximately 200g each).
7. Preheat oven to 200°C.
8. Roll each portion on a floured surface to desired thickness and diameter. Place pizza bases on lightly oiled pizza trays.



9. Spread pizza with tomato paste, pesto or any other favourite spread.
10. Top bases with your choice of toppings. See suggestions below for ideas.
11. Cook in hot oven for 15–20 minutes until crisp and golden.
12. Top pizzas with rocket and drizzle with olive oil if desired. Serve immediately.

Topping suggestions*

Meat/alternatives: Chicken, ham, salami, Prosciutto, Pepperoni, eggs, kidney beans, minced meat, nuts

Vegetables: Fresh or dried herbs (try basil or oregano), spinach, olives, capsicum, mushrooms, onion, tomato, pumpkin, zucchini, broccoli, cauliflower

Other: Cheese (try Mozzarella, Romano, Cheddar, Parmesan, Goats cheese, Bocconcini or Feta), pineapple

* Aim for at least 3 vegetable ingredients and watch the amount of cheese and processed meats that you add.

Thai Pumpkin Soup

Recipe provided by: Jeanne

Serves: 4–6

Prep time: 15 mins

Cook time: 45 mins



Ingredients

1kg pumpkin, peeled and chopped
500g red lentils
2x can low fat coconut milk
1 small jar red curry paste
¼ cup Coriander to garnish (optional)
Toasted pumpkin seeds and sunflower seeds to garnish (optional)

Method

1. Preheat oven to 200°C, line baking tray with paper.
2. Toast seeds on a tray; watch carefully to avoid burning. If you don't have seeds you can omit this step.
3. Bake pumpkin for 40 minutes or until soft.
4. Meanwhile, place lentils in pot, fill with water to cover the lentils by about 2cm, bring to the boil. Once boiling remove from heat, drain and rinse lentils. Clean scum from pot.
5. Add a small amount of oil to the pot and fry curry paste until fragrant — about 3 minutes.
6. Return lentils to the pot, along with coconut milk (leave a dash for garnishing), add a cup of water, bring to simmer and cook until lentils are soft and mushy. This should take around about 15 minutes, add extra water if required. Remove from heat.
7. Remove pumpkin from oven, add to lentil mixture and puree with stick blender.
8. Return the pot to a low heat and warm mixture.
9. Add water to thin if desired. Garnish with a swirl of reserved coconut milk, fresh coriander or toasted seeds/toasted chopped peanuts.

Tips

Reduce calorie and fat content by using one can of coconut milk only. Sub in the same volume of water or veggie/chicken stock.

This recipe can be easily modified and is a great way to use up vegetables that are close to their used by date — carrots and sweet potatoes go great in this soup, as would onions, just bake them in the oven with the pumpkin.

To reduce the roasting time steam or boil the pumpkin for 5 minutes prior to roasting.



For those following a gluten free diet, choose a gluten free curry paste.



Chicken, Mushroom and Spinach Risotto

Serves: 4

Prep time: 15 mins

Cook time: 40 mins



Ingredients

- 2 chicken breast, diced
- 1L reduced salt vegetable stock
- 2 cups water
- 1 cup dry white wine
- 2 Tbs olive oil
- 200g mushrooms, chopped
- 150g packet baby spinach
- ¼ cup pine nuts
- 2 cloves garlic, chopped
- 1 onion, chopped
- 2 cups Arborio rice
- 1/3 cup sundried tomatoes, chopped
- 1/2 cup grated Parmesan cheese

Method

1. Preheat oven to 180°C and line baking tray with baking paper.
2. Toast pine nuts for 5–10 minutes, stirring occasionally.
3. Add stock, water and wine to a large saucepan, bring to the boil and reduce to low heat.
4. Heat oil in large frypan or saucepan and cook chicken until lightly browned.
5. Add onion and garlic, stir for 2–3 minutes.
6. Add mushroom, cook and stir for 2–3 minutes.
7. Add rice and stir through.
8. Add 2/3 cup of the stock mixture into the rice and stir gently until most of the liquid is absorbed.



9. Continue to add stock gradually and stir until absorbed each time. Total cooking time should be about 35 minutes.
10. When all stock is added and absorbed, stir through the spinach, pine nuts, sundried tomatoes and Parmesan cheese and serve.

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Serving suggestion

To complete the meal serve with seasonal vegetables or your favourite salad. Aim for at least 2–3 different types of vegetables and use different coloured varieties to add colour to the meal.

See the salad section for inspiration and refer to the seasonality guide to get to know what is in season.



For those following a gluten free diet, choose a gluten free stock.

Vegetarian Sweet Potato and Potato Bake

Recipe provided by: Loz

Serves: 4

Prep time: 5 mins

Cook time: 40 mins



Ingredients

- 1 Large sweet potato, sliced thinly
- 3 Medium white potatoes, sliced thinly
- 1 French onion soup sachet
- 100mL boiling water
- 1 cup Low fat milk
- 50g low fat cheese, grated

Method

1. Preheat oven to 180°C.
2. Layer potato and sweet potato in large rectangular baking dish.
3. Dissolve sachet of French onion soup in boiling water and pour over potatoes.
4. Pour over enough milk to cover potatoes. Sprinkle with the grated cheese and for 40 minutes or until potato is soft.



Serving suggestion

This recipe is a great side dish — serve with your favourite red meat, fish, chicken or vegetarian protein dish and add some green vegetables or a salad to make a complete meal.

Aim for at least 2–3 vegetables — refer to the salad section for ideas.

Carrot and Feta Slice

Recipe provided by: Gretta

Serves: 4

Prep time: 10 mins

Cook time: 30 mins



Ingredients

- 5 eggs
- 3 large carrots grated
- 1 zucchini grated
- 1 medium brown onion sliced
- 100g reduced fat feta crumbled
- 1 cup plain flour

Method

1. Preheat oven to 180°C.
2. Lightly grease casserole dish with oil.
3. Whisk eggs and combine with carrot, zucchini and onion.
4. Fold through crumbled feta, then add the flour and mix until combined.
5. Pour mixture into casserole dish and bake for 30 minutes.
6. Serve immediately.



Serving suggestion

This recipe is great to serve as a snack for morning or afternoon tea.

For a complete meal serve with vegetables or salad and try to include some meat, nuts, legumes, tofu or other protein source. See salad section for ideas.



This recipe can be made gluten free by using gluten free plain flour in place of the regular wheat plain flour.

Rocket and Parmesan Quiche

Recipe provided by: Jodie

Serves: 4

Prep time: 20 mins

Cook time: 30 mins



Ingredients

1 Sheet reduced-fat shortcrust pastry, softened

1 cup Rocket leaves

½ Parmesan cheese, grated

1 Medium brown onion, diced

2 eggs

½ cup skim milk

Method

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1. Pre-heat oven to 180°C.
2. Lightly grease a pie dish and line with pastry, prick pastry with a fork.
3. Refrigerate for 10 minutes, then bake pastry base in oven for 10 minutes.
4. Meanwhile combine rocket, Parmesan and onion and mix well. Spread over the pastry base.
5. In a separate bowl whisk eggs and milk and pour over the rocket mixture.
6. Bake in oven for 20 minutes or until golden and crisp.



Serving suggestion

Serve with your favourite salad. Aim to include a protein source and at least 3 different vegetables. See salad section for ideas.



This recipe can be made gluten free by using gluten free pastry in place of the short crust pastry.

Roast Pumpkin and Carrot Soup

Recipe provided by: Elizabeth

Serves: 4-6

Prep time: 10 mins

Cook time: 30 mins



Ingredients

- 1kg pumpkin, cubed
- 3 carrots, peeled and sliced
- 2 cloves of garlic, unpeeled
- Drizzle of olive oil
- 1 cup reduced salt chicken stock
- 1 cup low fat cream
- Pepper to season

Method

1. Preheat oven to 170°C.
2. Roast pumpkin, carrots and garlic on a baking tray with a drizzle of oil for 20–30 minutes or until soft.
3. Blend or mash pumpkin, carrots and garlic together, removing garlic skin first.
4. In a large saucepan and add cream and stock, then the mashed pumpkin mixture.
5. Season with pepper and serve with crusty bread.



Serving suggestion

To complete the meal serve with your favourite salad or vegetable dish. Try to include some meat, nuts, tofu, eggs or legumes with the salad. See the salad section for ideas.

Tips

To reduce the fat in this dish reduce the amount of cream to half a cup and replace the other half with water. Experiment with including additional vegetables to this soup — try roasting sweet potato, onion and mushrooms. Lentils or chickpeas would also make a good addition.



For those following a gluten free diet choose a gluten free stock.

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Perfect Pumpkin and Chick Pea Soup

Recipe provided by: Tyrone

Serves: 4-6

Prep time: 10 mins

Cook time: 40 mins



Ingredients

- 1 Butternut pumpkin, peeled and cubed
- 2 tsp crushed garlic
- 2 Tbs olive oil
- 1 medium brown onion, diced
- 1 Tbs ground cumin
- 1 tsp cayenne pepper
- ½ sweet potato, peeled and cubed
- 400g can chick peas, drained and rinsed
- 400mL can reduced fat coconut cream
- ¼ cup soy sauce
- ½ cup water, approximately

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Method

1. Preheat oven to 180°C.
2. Place pumpkin onto a baking tray.
3. Cut the base off the garlic, leave shell on and place on tray with pumpkin.
4. Coat with 1Tbs of olive oil and bake in oven for 20-30 minutes or until very soft.
5. In a large pot heat 1Tbs olive oil, add onions and cook on low heat for 5 minutes or until soft.
6. Add spices and fry until they start to stick to the bottom, then add sweet potato, chick peas, soy sauce and enough water to cover all ingredients.
7. Simmer for 20 minutes or until soft.
8. Add the roasted pumpkin and garlic to the pot, removing garlic shells first.
9. Leave to simmer until all the vegetables are soft, then add the coconut cream and let simmer for a further 5 minutes.
10. Blend together with a stick blender or using a potato masher until smooth, extra water can be added if soup is too thick.

Tips

Carrots can be added along with the sweet potato for extra vegetables. Quinoa could also be added after blending for a chunkier soup.



For those following a gluten free diet choose a gluten free soy sauce.



Mushroom Pie

Recipe provided by: Catherine

Serves: 4

Prep time: 10 mins

Cook time: 25 mins



Ingredients

- ½ onion, chopped
- 1 Tbs crushed garlic
- 3-4 mushrooms, sliced
- 2 Tbs margarine or olive oil
- ½ cup vegetable stock
- 2 Tbs plain flour
- 2 cups soy milk or almond milk
- 2 sheets puff pastry
- Sprinkle of mixed herbs

Method

1. Preheat oven to 180°C.
2. Heat the margarine in a saucepan, add in the onion and garlic and cook over medium heat for 2 minutes. Then add in the mushrooms and sauté.
3. Mix the vegetable stock and flour together to form a thin sauce, gradually pour into pan, stirring occasionally for about 5 minutes.
4. Gradually add in the soy milk stirring occasionally. If mixture becomes too runny add in extra flour and mix together with the soy milk.
5. Allow mushroom mixture to cool for 5 minutes.
6. Grease a 20cm deep pie dish and place the pastry inside ensuring all areas are covered. Once the mushroom mixture has cooled pour into pie dish and then cover the dish with a top layer of pastry.
7. Push down the pastry along the edges of the dish. Use a fork to pierce small holes in the top of the pastry and sprinkle with mixed herbs.
8. Place in the oven and bake for 15 minutes until golden brown.

Serving suggestion

Serve with seasonal vegetables or your favourite salad to make the meal complete. Aim to include at least 3 vegetables and experiment with different colours and produce in season.

Tips

If you don't have soy or almond milk regular cow's milk can be used.



This recipe can be made gluten free by using gluten free flour, gluten free pastry and gluten free stock.



Chickpea and Silverbeet Curry

Recipe provided by: Nina

Serves: 4

Prep time: 10 mins

Cook time: 25 mins



Ingredients

2 cups rice
1 tsp oil
1 onion, diced
2 tsp crushed garlic
1 tsp paprika
1 tsp curry spice/paste (any type will do — Indian, Thai, Malaysian)
1 tsp dried chilli flakes, optional
2 Tbs peanut butter
1 Tbs soy sauce
1 400g can crushed tomatoes
1 cup boiling hot water
2x 400g can chickpeas, drained and rinsed
5–6 large leaves of silver beet, washed and finely chopped
Pepper, to taste

Method

1. Cook rice according to packet instructions.
2. Combine peanut butter, soy sauce, tomatoes and hot water in a bowl and stir until the peanut butter has softened.
3. In a large saucepan, heat the oil over a medium heat and add the onions and garlic. Cook until translucent.
4. Add paprika, curry spice, chilli and black pepper and cook for 1 minute.
5. Add peanut butter/soy sauce/tomato mix and stir well.



6. Simmer over a low heat for 10 minutes.
7. Add the chickpeas, cover and simmer for a further 10 minutes.
8. Add the silver beet, stir into the sauce well, cover and cook for 2 minutes.
9. Remove from the heat, stir, replace the lid and let sit for a further 3 minutes.
10. Season to taste and serve on top of rice.

Serving suggestion

Serve with a side of greens or mix of seasonal vegetables to complete the meal. Aim for about a cup per person and choose a variety of different vegetables and experiment with different colours.

Stuffed Mushrooms

Recipe provided by: Shelley

Serves: 4

Prep time: 10 mins

Cook time: 30 mins



Ingredients

4 large flat mushrooms

4 eggs

½ cup tinned black beans or lentils

½ cup grated tasty cheese

Garlic salt or other herbs/spices of your choice

Breadcrumbs to sprinkle the top with

Method

1. Pre heat oven to 180°C.
2. Remove mushroom stalk and finely dice and place in a bowl.
3. Crack eggs into the bowl and give a stir.
4. Add black beans or lentils, herbs and or spices and most of the cheese and mix well.
5. Place mushrooms (underside up) on a tray lined with baking paper and fill with the mix.
6. Sprinkle with last remaining cheese and some bread crumbs.
7. Bake in the oven for 25-30 mins or till soft.



Serving suggestion

Serve with salad or mixed seasonal vegetables to complete the meal. Add some nuts to the side dish to increase the protein.

Tips

If you have extra time you could use dried beans or lentils for this recipe. Simply follow the cooking instructions on the packet.



This recipe can be made gluten free by omitting the bread crumbs.

Oven-baked Fish with Vegetables

Recipe provided by: Marietta

Serves: 4

Prep time: 5 mins

Cook time: 30 mins



Ingredients

- 1 tsp oil
- 150g potatoes, peeled and diced
- 1–2 zucchinis chopped
- 8 small tomatoes, diced
- 1 tsp crushed garlic
- 2 fish fillets
- Lemon juice
- Pepper, to taste

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Method

1. Preheat oven to 180°C.
2. Heat oil in large frypan. When hot add potatoes, after 3–5 minutes add zucchini. Fry for approximately another 5 minutes.
3. Place fish on a piece of baking paper or aluminium foil and season with pepper.
4. Put garlic and vegetables on the foil. Sprinkle with a few drops of lemon juice. Fold to make them look like a parcel/bonbon.
5. Bake in oven for 15–20 minutes.



Tip

Add leek or onion for extra flavour and serves of vegetables. Choose fresh or frozen fish and check out what is on special to reduce your budget.

Coconut Chicken Tenders

Recipe provided by: Kelly

Serves: 4

Prep time: 5 mins

Cook time: 30 mins



Ingredients

8 chicken tenderloins

7 Tbs shredded coconut

½ cup panko crumbs

3 egg whites

Salt and pepper to taste

Garlic powder to taste

Non-stick cooking spray

Method

1. Preheat oven to 180°C.
2. Combine coconut flakes, panko and salt in a bowl.
3. Put egg whites or egg beaters in a separate small bowl.
4. Next, dip chicken into the egg and then into the coconut mixture.
5. Place chicken strips evenly on a cookie sheet sprayed with non-stick cooking spray or lined with parchment paper.
6. Bake for 25–30 minutes or until chicken is cooked through and coconut is golden brown, turn chicken once half way through cooking time.



Serving suggestion

Serve this with your favourite side salad or vegetables to complete the meal. Aim for at least 3 different vegetable and choose produce in season to reduce the cost. See the salad section for ideas.

Tip

If you don't have panko crumbs substitute for ordinary bread crumbs.

Tuna Mornay-Style Pasta Bake

Recipe provided by: Michaela

Serves: 4-6

Prep time: 10 min

Cook time: 50 min



Ingredients

- 1½ cups pasta
- 125g margarine
- 1 medium brown onion, diced
- ½ cup plain flour
- 2 cups low fat milk
- 90g cheese, grated
- 2 eggs, lightly whisked
- ½ cup low fat cream
- 425g can tuna
- Pepper to taste

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Method

1. Preheat oven to 180°C.
2. Cook pasta according to packet instructions.
3. In a medium saucepan melt the butter over medium-high heat and stir through the onion.
4. Add the flour and stir through, then gradually add milk. When the sauce mixture has thickened, turn down heat.
5. Add the cheese and stir through. Add eggs, cream, salt and pepper to the sauce mixture and stir through so everything is combined nicely.
6. Stir pasta then tuna through sauce.
7. Pour into baking dish and cover with foil. Bake for 40 minutes, then remove the foil and bake for another 10 minutes or until golden.



Serving suggestion

Serve with salad or seasonal mixed vegetables. Aim for at least 3 different vegetables and choose different colours for different vitamins and minerals. Serve 1–2 cups per person.

Tips

Chicken can be substituted for the tuna. You can also prepare this dish ahead of time, chill in the fridge and bake just before serving.

This recipe can be made gluten free by using gluten free pasta and gluten free flour.

Easy 'Pastry less' Shepherd's Pie

Recipe provided by: Sara

Serves: 4

Prep time: 10 min

Cook time: 50 min



Ingredients

- 1 medium brown onion, sliced
- 300g Heart Smart beef mince
- 2 rashers bacon, diced
- 1 cup mixed frozen vegetables
- 4 medium potatoes, peeled
- Dash of butter and milk
- Pinch pepper, to taste
- ½ cup grated low fat cheese
- 1 tsp oil

Method

1. Preheat oven to 180°C.
2. Heat the oil in a large frypan on a medium-high heat, add the onion and brown.
3. Add mince, break into smaller pieces and cook for 5–10 minutes or until browned.
4. Add bacon and vegetables and stir through. Let simmer for 20 minutes.
5. In another saucepan boil potatoes until softened. Drain water, add milk, butter and pepper to taste. Mash until smooth.
6. Spread mince over base of casserole dish then spread potato on top of mince.
7. Top with grated cheese and bake for 20 minutes or until cheese is browned.



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Serving suggestion

To complete this meal serve with your favourite vegetables or salad — aim for 2 or 3 different types and experiment with different colours and seasonal produce. Refer to the salad section for some inspiration.

Tip

To reduce the cost you can use premium beef mince instead of heart smart beef. You could also reduce the amount of beef and increase the vegetables.

Nutritious Sweet Potato Cottage Pie

Recipe provided by: Jodie

Serves: 4

Prep time: 15 mins

Cook time: 45 mins



Ingredients

- 1 sweet potato, peeled and cubed
- 400g Heart Smart beef mince
- 2 carrots, grated
- 1 medium brown onion, chopped
- 400g can chopped tomatoes
- 6 mushrooms, sliced
- 1 beef stock cube

Method

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1. Preheat oven to 180°C.
2. Boil sweet potato until soft, drain water then mash until smooth.
3. Whilst potato is boiling spray oil in fry pan and cook onion over medium-high heat until softened.
4. Add mince to pan and break into smaller chunks, cook until browned.
5. Add tomatoes, mushrooms, carrot and stock stir for 5 minutes.
6. Spread mince into bottom of a casserole dish.
7. Bake for 30 minutes or until browned.



Serving suggestion

Serve with seasonal vegetables or salad to complete the meal. Aim for at least 3 different vegetables and experiment with different colours to brighten up the meal.

Tip



To make this recipe gluten free use gluten free stock.

Seared Snapper with Ginger, Chilli and Lime

Recipe provided by: Joel

Serves: 4

Prep time: 5 mins

Cook time: 15 mins



Ingredients

- 4 x 150g fillets of fresh snapper
- 2 tsp minced ginger
- 2 small chillies, sliced and seeds removed
- 2 limes, juiced
- 4 corn cobs
- 2 tsp margarine
- Pepper, to taste

Salad:

- 1 avocado, cubed
- 4 cups mixed salad greens
- 1 punnet cherry tomatoes, halved
- 1 cucumber, diced
- Balsamic vinegar and olive oil, to taste

Method

1. In a small bowl combine ginger, chilli, lime juice and mix well.
2. Season fish with pepper.
3. Heat small amount of olive oil in a fry pan over medium-high heat.
4. When pan begins to sizzle, add fish and let cook for 1–2 minutes then add the chilli mixture.
5. Cook fish for 3–4 minutes each side. Fish is cooked when it is white inside.
6. Meanwhile boil corn cobs for 5 minutes, drain water and spread each with margarine.
7. Combine all ingredients into a large bowl. Drizzle balsamic vinegar and olive oil over salad.
8. Serve fish with salad and corn.

Tip

To reduce to price of this meal choose other fresh fish that fits your budget or try frozen options.



Beef and Mushrooms with Oyster Sauce

Recipe provided by: Nina

Serves: 4

Prep time: 5 mins

Cook time: 15 mins



Ingredients

- 2 cups rice
- 2 tsp oil
- 2 onions, diced
- 4 cloves garlic, crushed
- 2 tsp finely grated ginger (optional)
- 500g rump beef, sliced thin
- 4 Tbs oyster sauce
- 1 Tbs soy sauce
- 10–12 mushrooms, sliced
- 3–4 cups green beans, ends cut off

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Method

1. Cook rice according to packet instructions.
2. In a large fry pan add oil and heat on medium high. Add onions and cook until soft.
3. Add garlic and ginger followed by the beef.
4. Stir-fry together for 1 minute and remove all ingredients from pan and set aside.
5. Add mushrooms to the pan and cook for 5 minutes.
6. Add oyster sauce, soy sauce and 2 tablespoons of water.

7. Add beans, stir-frying for a further 2 minutes.
8. Return the beef mixture back to the pan, cook for a further 3 minutes or until all ingredients are hot and cooked through, stirring constantly.
9. Serve with rice.

Tip

Substitute different seasonal vegetable instead of or in addition to the green beans. Try broccoli, cauliflower, snow peas and capsicum.



Mum's Super Easy Meat Loaf

Recipe provided by: Anna

Serves: 4–6

Prep time: 5 mins

Cook time: 60 mins



Ingredients

- 500g mince
- 1 chopped onion
- 2 tsp gravy mix
- 1 tin red kidney beans or corn/peas
- 1 cup cooked rice or pasta
- Pepper, to taste
- ½ tsp mixed herbs
- 1 small can tomato paste
- 2 eggs, beaten

Method

1. Turn the oven to 180°C.
2. Grease an oven proof casserole or pie dish, then in a bowl place all ingredients mix well and place the mixture in the oven dish smoothing it nicely.
3. Cover with the lid or foil and bake for 1 hour.

Serving suggestion

To complete the meal serve hot with a side of vegetables, or cold with salad.



Tips

This recipe can be extended by adding more rice, pasta or quinoa and another egg. Also try adding extra vegetables such as grated zucchini and carrot, mushrooms and celery.

This recipe can be sliced and frozen.



For a gluten free option omit the gravy mix or choose a gluten free option along with gluten free rice or pasta.

Cashew Nut Loaf

Recipe provided by: Melissa

Serves: 4

Prep time: 10 mins

Cook time: 45 mins



Ingredients

100g unsalted cashews
1 cup low fat grated cheese
2 eggs
1 onion, chopped
½ cup reduced fat milk
2 slices multigrain bread, broken into pieces
1 green capsicum, chopped
2 Tbs sundried tomato pesto
3 Tbs tomato paste
½ packet frozen spinach, thawed
Pepper to taste

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Method

1. Preheat oven to 180°C, spray a medium sized casserole with spray oil.
2. Combine all ingredients together in a large bowl.
3. Line a casserole dish with baking paper.
4. Place mixture into the casserole.
5. Bake in oven for 45 minutes or until browned on top.



Serving suggestion

Serve with your favourite salad or vegetables to complete the meal. See the salad section for inspiration.

Spicy Bean Burgers with Coriander Lime Yoghurt

Recipe provided by: Kristin

Serves: 4-6

Prep time: 40 mins

Cook time: 20 mins



Ingredients

400g can kidney beans
400g can butter beans
4 shallots, finely sliced
1 chilli, seeds removed and sliced
1 tsp garlic paste
50g sundried tomatoes, chopped
Handful fresh coriander, leaves picked and chopped
50g breadcrumbs
2 eggs
Salt and pepper to taste
100g feta cheese
2 Tbs sunflower oil
5 Tbs natural yoghurt
Juice of ½ a lime

To serve:

1 avocado, sliced
1 red onion, sliced
2 medium ripe tomatoes, sliced
1 lettuce leaves separated
4–6 burger buns

Method

1. Drain and rinse the beans and place into a large mixing bowl.
2. Mash the beans using a potato masher until all beans have been mashed.

3. Add the shallots, chilli, garlic, sundried tomatoes and ½ the coriander to the beans, mix to combine.
4. Add the bread crumbs and eggs, season to taste and mix well to combine.
5. Once well combined crumble in the feta and mix lightly.
6. Preheat sunflower oil in a large non-stick frypan over medium-low heat. Roll mixture into 4–6 patties depending on your preference.
7. Add burgers to the hot pan and cook for 5–10 minutes.
8. Flip burgers once underside is golden and crisp, cook for another 5–10 minutes.
9. Meanwhile in a small bowl combine the yoghurt, lime juice and remaining coriander. Season to taste.
10. Burgers are cooked when golden and crisp on both sides.
11. Serve burgers in burger buns with avocado, onion, tomato, lettuce and lime yoghurt.

Tip

Try placing patties in the freezer for 10 minutes to make them firmer when cooking. Leftover patties can be frozen, or eaten cold/reheated the next day.

Spicy Spaghetti: Vegetarian

Recipe provided by: Marietta

Serves: 4

Prep time: 15 mins

Cook time: 10 mins



Ingredients

500g Spaghetti

1 Tbs olive oil

1 tsp garlic

1 Chilli, seeds removed and sliced

5–6 medium ripe tomatoes, chopped

400g can tomatoes

1 zucchini, grated

100g Rocket

50g Parmesan cheese

Pepper, to taste

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Method

1. Cook spaghetti according to packet instructions.
2. Meanwhile heat oil in a large non-stick frypan over medium-high heat. Once hot add garlic and chilli and cook for 1 minute. Add the zucchini and cook for a further 2–3 minutes.
3. Add chopped tomatoes the can of tomatoes and stir. Leave to simmer for 5 minutes.
4. Add cooked spaghetti to the frying pan and stir to combine. Season to taste.
5. Once combined add the rocket and stir through.
6. Serve immediately, top with Parmesan and season to taste.



Serving suggestion

To complete the meal serve with your favourite salad or vegetable dish. Include some meat, nuts, tofu, eggs or legumes with the side dish to increase the protein and iron content.

Tips

To add extra flavour try adding onion, more chilli, mushrooms, basil and other herbs or stir through a few tablespoons of pesto.



This recipe can be made gluten free by using gluten free pasta.

Tomato Lamb and Mash

Recipe provided by: Sara

Serves: 4

Prep time: 10 mins

Cook time: 20 mins



Ingredients

4 medium potatoes, peeled and diced

1 Tbs oil

8 boneless lamb cutlets

2 Tbs milk, approximately

1 Tbs butter

2 cans diced tomato

Rosemary or other herbs and pepper to taste

Method

1. In a large saucepan boil potatoes until softened.
2. Meanwhile preheat oil in a frypan over a medium heat.
3. Cook lamb cutlets for around 5 minutes each side or until cooked to your liking.
4. Once lamb is cooked remove from pan and dice into large chunks, place to the side.
5. Once potatoes have softened drain water, add milk and butter and mash until smooth. Add pepper to taste.
6. Heat diced tomato in a small saucepan over low heat, add the lamb.
7. Once hot, serve tomato and lamb over mashed potato. Season with rosemary and pepper.



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Serving suggestion

To complete the meal serve with greens or mixed seasonal vegetables. Aim for ½ to 1 cup per person.

To reduce the cost of the meal try a different cut of lamb such as lamb chops.

Spaghetti Bolognese

Recipe provided by: Richelle

Serves: 4

Prep time: 10 mins

Cook time: 25 mins



Ingredients

400g spaghetti
1 Tbs oil
500g minced beef
1 medium brown onion, diced
1 tsp garlic paste
1 can diced tomatoes
1 tsp tomato paste
1 tsp dried mixed herbs
1 beef stock cube, dissolved in boiling water according to packet instructions
Parmesan cheese to taste

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Method

1. Heat oil in a large frypan over medium-high heat, when hot add mince and cook till browned, breaking apart using an egg flip.
2. Once mince has browned add onion and garlic, stir through.
3. Add the beef stock and stir thoroughly.
4. Add canned tomatoes and the tomato paste to the pan and stir through. Turn hot plate to low and let simmer for 10–15 minutes.
5. Cook pasta according to packet instructions.
6. Once pasta is cooked, drain and rinse.
7. Serve Bolognese sauce over cooked pasta, top with Parmesan cheese as desired.



Serving suggestion

Serve with a side salad to complete the meal.

Tips

You can easily add extra vegetables to this dish to increase your vegetable serves and decrease the cost of the meal. Try carrot, zucchini, mushrooms, capsicum and celery.



This recipe can also be made gluten free by substituting gluten free pasta and stock.

Lasagne

Serves: 6-8

Prep time: 10 mins

Cook time: 45 mins



Ingredients

- 1 Tbs oil
- 800g lean beef mince
- 575g jar tomato pasta sauce
- Herbs and spices to taste
- 6–8 lasagne sheet, softened in warm water
- 450g can tomato soup
- ½ cup grated cheese

Method

1. Preheat oven to 170°C.
2. Add oil to pan and heat over medium-high heat. Add mince and cook until brown, stir, breaking apart as the meat cooks.
3. Once mince has browned add the pasta sauce and season with herbs to taste. Stir through and let simmer for 10 minutes.
4. Place a small amount of pasta sauce in a square casserole dish and spread over the base. Add a layer of pasta — two pasta sheets and then top with a thin layer of sauce. Continue until all pasta sauce has been used, finishing with a layer of pasta. You should have about three pasta layers in total.
5. Pour soup over lasagne and sprinkle over cheese.
6. Place the lasagne in the oven and cook for 25–30 minutes or until lasagne sheets are cooked.



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Serving suggestion

Serve with a side of vegetables or salad. Aim for at least 3 different vegetables and choose seasonal produce to reduce the cost.

Tips

To further reduce the cost and saturated fat content of this meal decrease the amount of mince by up to one half and substitute with vegetables. Suitable additions include onion, mushrooms, capsicum, zucchini, carrots and celery. You can also reduce the amount of tomato soup for a less rich lasagne.

Creamy Chicken and Potato Bake

Recipe provided by: Glenn

Serves: 4

Prep time: 15 mins

Cook time: 1 ½ hours



Ingredients

4–5 medium potatoes, peeled and finely sliced

1 medium brown onion, sliced

1 Tbs oil

2 chicken breasts, diced

½ cup light cheese, grated

1 tsp garlic paste

1 Tbs chopped fresh chives

300mL light cream

½ tsp paprika

Pepper to taste

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Method

1. Preheat oven to 180°C and lightly grease a shallow 6 cup casserole dish.
2. Add oil to fry pan and heat, add chicken and cook until lightly browned.
3. Place ½ the potato on the bottom of the casserole and top with onion, cheese, garlic, pepper and chives.
4. Pour over ½ the cream, then top with remaining potato and cream. Sprinkle with paprika.
5. Cook in oven for 1 ½ hours or until potato has softened and chicken is cooked through.



Serving suggestion

To complete the meal serve with greens, mixed vegetables or salad. Choose vegetables in season and aim for 2–3 different types and 1–2 cups per person.

Tip

To reduce cooking time potato can be precooked by steaming or boiling for 5–10 minutes.

Vegetable Frittata

Recipe provided by: Gretta

Serves: 4

Prep time: 15 mins

Cook time: 15 mins



Ingredients

- 1 Tbs oil
- ½ red capsicum, diced
- ½ green capsicum, diced
- ½ brown onion, diced
- 6 button mushrooms, sliced
- 6 eggs
- 40g feta cheese, crumbled
- 1 medium tomato, sliced
- 1 cup basil, chopped
- 1 cup coriander, chopped
- 50g feta cheese, extra to sprinkle on top

Method

1. Preheat oven grill.
2. Add oil to large oven proof frypan and heat over medium-high heat.
3. Add red and green capsicum, onion and mushrooms and cook until tender.
4. Meanwhile in a small bowl whisk eggs and feta cheese together.
5. Add egg mixture to vegetables and allow to cook for 5 minutes.
6. Place tomato slices over partially cooked frittata and sprinkle with basil, coriander and extra feta cheese.
7. Place frittata under oven grill for 5 minutes or until frittata is browned and set.



Serving suggestion

Complete the meal by serving with seasonal vegetables or your favourite salad. See the salad section for inspiration.

Tuscan Bean Stew

Recipe provided by: Paula

Serves: 4

Prep time: 10 mins

Cook time: 25 mins



Ingredients

- 2 Tbs olive oil
- 1 brown onion, chopped
- 1 tsp turmeric
- 400g can chickpeas
- 2 x 400g can 4 bean mix
- 2 x 400g can chopped tomatoes
- 3 Tbs lemon juice

Method

1. Heat olive oil in a frypan over medium-high heat; add onion and turmeric and fry over medium heat for 5–10 minutes.
2. Add chickpeas and beans to pan, including bean liquids and stir through.
3. Stir in tomatoes and lemon juice.
4. Reduce heat and simmer for 10 minutes.
5. Serve with crusty bread.

Serving suggestion

Complete the meal by serving with seasonal vegetables or your favourite salad. See the salad section for inspiration.



Zucchini and Tuna Slice

Recipe provided by: Dominique

Serves: 4-6

Prep time: 15 mins

Cook time: 35 mins



Ingredients

- 3 eggs
- 1 medium brown onion, chopped finely
- ½ cup grated cheese + extra for topping
- 1 cup self raising flour
- ¼ cup vegetable oil
- 100g can tuna, drained
- 2 Tbs parsley, chopped
- Pepper to taste
- 2 carrots, grated
- 2 zucchini, grated

Method

1. Preheat oven to 190°C. Grease a shallow casserole dish with oil.
2. Whisk eggs, then add the flour, cheese, tuna, oil, parsley and pepper, mix well.
3. Add carrot, onion and zucchini and stir through.
4. Spread mixture into prepared casserole dish and top with extra grated cheese.
5. Bake for around 35 minutes or until golden on top.



Serving suggestion

Complete the meal by serving with seasonal vegetables or your favourite salad. Aim for 2–3 different types and 1–2 cups per person.

Tip



This recipe can be made gluten free by using gluten free self raising flour.

Egg and Bacon Pie

Recipe provided by: Eleanor

Serves: 4

Prep time: 10 mins

Cook time: 60 mins



Ingredients

2 sheets puff pastry, softened
4 rashers bacon, trimmed and diced
8 eggs, lightly whisked
2 medium tomatoes, sliced
Pepper to taste

Method

1. Preheat oven to 180°C.
2. Lightly grease pie dish with oil.
3. Lay first sheet of pastry in bottom of dish.
4. Place bacon on the pastry and pour eggs over bacon.
5. Layer sliced tomato on top of eggs and season with pepper.
6. Place second sheet of pastry on top and join top sheet with bottom sheet around the edges, pressing edges with fork.
7. Pierce pie top with knife so heat can be released during cooking process.
8. Bake for one hour or until pastry is golden brown on top.

Serving suggestion

Complete the meal by serving with seasonal vegetables or your favourite salad. Aim for 2–3 different types and 1–2 cups per person. Refer to salad section for suggestions.



Tip



This recipe can be made gluten free by using gluten free pastry in place of the puff pastry.

Chorizo and Potato Stew

Recipe provided by: Natalie

Serves: 4

Prep time: 10 mins

Cook time: 55 mins



Ingredients

- 1 Tbs oil
- 4 rashers bacon, sliced
- 1 brown onion, chopped
- 4 potatoes
- 3 chorizo sausages, sliced
- 1 green capsicum, chopped
- 2 medium zucchini, chopped
- 2x 400g can chopped tomatoes
- ½ cup red wine
- 1 tsp dried basil

Method

1. Heat oil in deep pan over medium-high heat, add bacon and onion and cook for 5 minutes until soft.
2. Add chorizo and cook further 5 minutes.
3. Add the remaining ingredients and bring to the boil. Let simmer for 35 minutes or until potatoes and vegetables are tender.
4. Serve with crusty bread.

Tip

Serve with a side of greens to extend the meal.



Easy Curry Chicken

Recipe provided by: Jodie

Serves: 4

Prep time: 10 mins

Cook time: 30 mins



Ingredients

500g chicken breast, diced
1 Tbs oil
1 can condensed chicken soup
1 tsp curry powder
1 400mL can coconut milk
2 cups rice

Method

1. Cook rice according to packet instructions.
2. Meanwhile add oil to a non-stick frypan add chicken and cook over a medium-high heat for 10 minutes until chicken is tender and cooked through.
3. Add chicken soup, curry powder and coconut milk to taste.
4. Reduce heat and simmer for 10 minutes.
5. When rice is cooked, drain and rinse.
6. Serve curry over rice.

Serving suggestion

To complete the meal serve with seasonal vegetables. Refer to the salad section for inspiration.



Easy Sushi Noodles

Recipe provided by: Emily

Serves: 4

Prep time: 15 mins + cooling

Cook time: 5 mins



Ingredients

- 180g packet Soba noodles
- 1 Tbs oil
- 320g chicken breast, sliced
- Mayonnaise to taste
- Soy sauce to taste
- 1 carrot, grated
- 1 avocado, diced
- Sushi seasoning to taste
- 4 Tbs sesame seeds, toasted
- 3 seaweed sheets, crushed
- 1 cucumber, grated

Method

1. Boil noodles according to packet instructions, then rinse under cold water.
2. Meanwhile heat oil in a fry pan and cook chicken over medium-high heat for 10 minutes until browned and cooked through.
3. Place cooked noodles back in pot, add remaining ingredients and stir to combine.
4. Refrigerate until cooled.
5. Serve cold. Add wasabi and/or pickled ginger if desired.



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Serving suggestion

To complete the meal serve with your favourite salad. Choose vegetables in season and aim for at least 3 different types. See the salad section for ideas.

Teriyaki Chicken Lettuce Cups

Recipe provided by: Cathy-Anne

Serves: 4

Prep time: 45 mins

Cook time: 15 mins



Ingredients

500g chicken tenderloins, sliced

2 Tbs teriyaki sauce

1 Tbs soy sauce

1 Tbs oil

4 Large lettuce leaves

1 green capsicum, sliced in strips

2 carrots, grated

2 beetroots, grated

1 cucumber, sliced

1 avocado, sliced

200g rice noodles

Punnet of sprouts

To serve: hot chilli sauce, sweet chilli sauce or natural yoghurt



Method

1. Mix teriyaki and soy sauce in a bowl, add chicken and marinate for 30 minutes.
2. Meanwhile cook rice noodles according to packet instructions.
3. Combine vegetables in a large bowl.
4. Heat oil in a fry pan over medium-high heat, add chicken when pan begins to sizzle.
5. Cook chicken for 10 minutes or until chicken has browned.
6. Serve chicken in individual lettuce leaf with noodles, mixed vegetables and sauce of your choice.

Tip

Rice papers or wraps can be used in place of lettuce cups.

Aussie Version of Larb

Recipe provided by: Lydia

Serves: 4

Prep time: 10 mins

Cook time: 20 mins



Ingredients

- 1 red onion, finely sliced
- 300g chicken mince
- 1 Tbs oil
- 2 tsp garlic
- 2 tsp ginger
- 1 red capsicum, finely chopped
- 1 Tbs fish sauce
- 2 Tbs sweet chilli sauce
- 2 Tbs fresh chopped coriander
- 2 cups rice

To serve: 4 large Iceberg lettuce leaves

Method

1. Cook rice according to packet instructions.
2. Add oil to a non-stick frypan and heat to medium-high heat, add onion and cook for 5 minutes until soft.
3. Add the chicken mince, garlic and ginger and cook 10–15 minutes or until chicken is browned.
4. Add the capsicum and cook for 3 minutes, then stir through the fish and chilli sauces.
5. Add the coriander and remove from heat.
6. Divide chicken and rice amongst lettuce cups, serve.



Serving suggestion

To complete the meal serve with your favourite salad. Choose seasonal produce and try to include at least 3 different types. See the salad section for ideas.

Asian Chicken Patties with Warm Noodle Salad

Recipe provided by: Nina

Serves: 4

Prep time: 40 mins

Cook time: 15 mins



Ingredients

- 400g chicken mince
- 4 spring onions, finally chopped
- ½ cup fresh coriander, chopped
- 2 tsp finely grated lime rind
- 2 medium red fresh chillies, finely chopped
- 2 tsp olive oil
- 8 cups rice vermicelli noodles
- 3 cups snow peas, finely sliced into strips
- 2 cups bean sprouts
- 2 small Lebanese cucumbers, peeled into ribbons
- 2 tsp lime juice
- 1 tsp Soy sauce
- 1 tsp Sweet chilli sauce

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Method

1. Combine chicken mince, spring onions, half the coriander, chilli and lime rind in a bowl.
2. Using your hands, mix together until well combined.
3. Shape the chicken mixture into four patties and refrigerate for 30 minutes.
4. Meanwhile cook the noodles according to packet instructions, drain rinse and set aside.
5. Heat the oil in a fry pan and cook chicken patties over a medium-high heat for 5 minutes each side or until cooked through.
6. Meanwhile combine the snow peas, bean sprouts, cucumber, remaining coriander noodles, lime juice and sauces in a bowl.
7. Serve chicken patties over salad, garnish with fresh lime.



Tip



If following a gluten free diet choose gluten free soy and sweet chilli sauce.

Salads

Vegetable based salads, page 56

Add to main meals showing this symbol:



Salads containing meat and alternatives, page 57

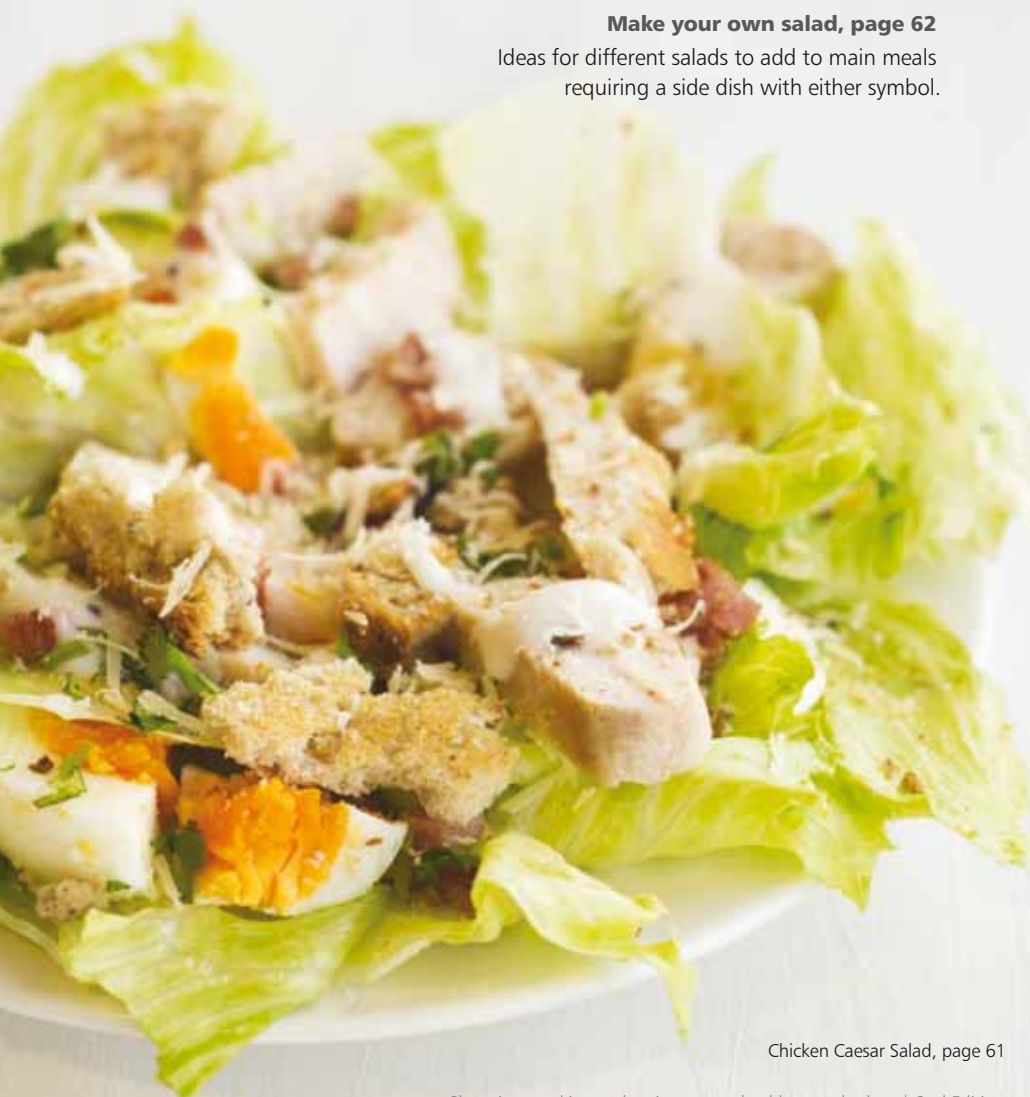
Add to main meals showing this symbol:



Make your own salad, page 62

Ideas for different salads to add to main meals requiring a side dish with either symbol.

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Chicken Caesar Salad, page 61

Vegetable based salad

Greek Salad

Serves: 4

Prep time: 5 mins

Mix time: 10 mins



Ingredients

- 4 firm ripe tomatoes, chopped
- 2 Lebanese cucumbers, chopped
- ½ Red onion, sliced
- 1 Red capsicum, sliced
- 100g Greek olives
- 100g feta, coarsely chopped
- 1 tsp dried herbs
- 60mL olive oil
- 30mL white vinegar

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Method

1. Combine tomato, cucumber, onion, capsicum, olives and feta in a large bowl.
2. Sprinkle with herbs.
3. Whisk together the oil and vinegar in a jug.
4. Drizzle the salad with oil mixture and toss to combine.



Salad containing meat alternative

Fresh Summer Salad

Recipe provided by: Loz

Serves: 4

Prep time: 5 mins

Mix time: 10 mins



Ingredients

400g can chickpeas, rinsed and drained

3 medium tomatoes, diced

2 cucumbers, diced

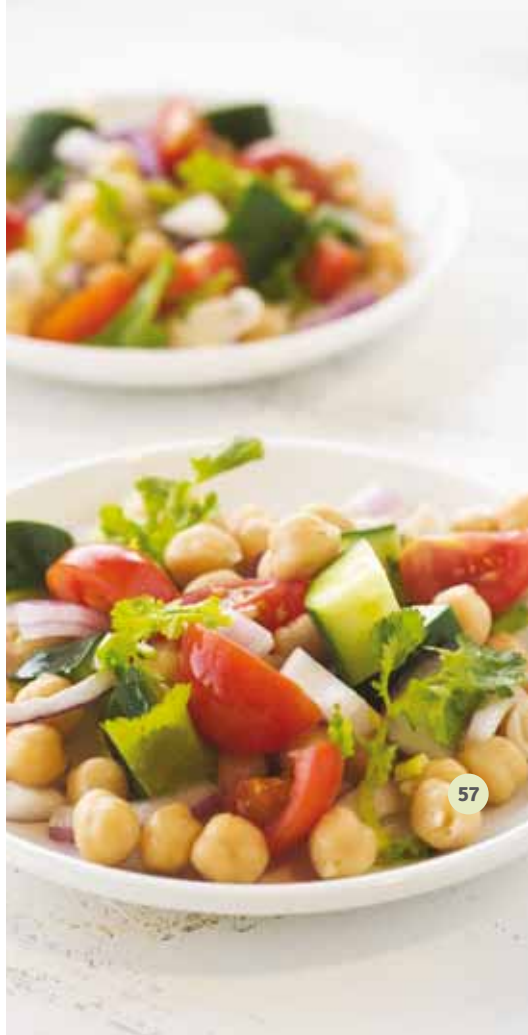
½ small red onion, sliced

1/3 cup coriander, chopped

1 Lemon, juiced

Method

1. Combine chickpeas, tomato, cucumber, onion and coriander.
2. Drizzle over lemon juice and toss to combine.



Salad containing meat alternative

Pasta salad

Recipe provided by: Anna

Serves: 4

Prep time: 10 mins

Mix time: 10 mins



Ingredients

400g pasta spirals

1/4 cup peas

1/4 cup corn

1 green capsicum, sliced

4 shallots

2 eggs, hardboiled then sliced

1x 85g can tuna

Salt and pepper to taste

Mayonnaise to taste

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Method

1. Cook pasta according to packet instructions.
2. Drain and rinse the pasta and add the peas, corn, chopped capsicum and shallots, the eggs, tuna, salt and pepper to taste.
3. Add Mayonnaise to taste and toss to combine.

Tip



For those following a gluten free diet substitute gluten free pasta.



Salad containing meat alternative

Waldorf Salad

Serves: 4

Prep time: 10 mins

Mix time: 5 mins



Ingredients

1 green apple, peeled and diced

Juice of ½ lemon

1 cup Snow peas

200g Mixed salad

2 sticks celery, chopped

2 spring onions, finely chopped

2 Tbs olive oil

¼ cup unsweetened apple juice

½ tsp chilli flakes, optional

90g (3 small handfuls) walnuts,
roughly chopped

Method

1. Combine apple and lemon juice, set aside.
2. Place snow peas, mixed salad, celery, apple and onions into a large bowl and toss lightly.
3. Combine oil, apple juice mixture and chilli in a jug, stir to combine then pour over salad.
4. Toss lightly to coat. Sprinkle with walnuts, prior to serving.



Potato Salad with Bacon and Sour Cream

Serves: 4

Prep time: 15 mins

Mix time: 10 mins



Ingredients

- 5 medium white potatoes, peeled and cubed
- 4 bacon rashers, trimmed and diced
- 40mL low fat sour cream
- 1 tsp Dijon mustard
- 2 tsp wholegrain mustard
- 1 Tbs red wine vinegar
- 1 Tbs mixed dried herbs

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Method

1. In a large pot boil potatoes until tender, drain and set aside.
2. In a large non-stick fry pan cook bacon over a medium-high heat for 5 minutes or until crisp.
3. Remove bacon from pan and drain bacon on absorbent paper, then return it to the pan, reduce heat.
4. Combine sour cream, mustards and vinegar in a small bowl and add to pan with the bacon and stir to mix.
5. Quickly add potato gently stirring.
6. Transfer to a serving bowl and cool to room temperature. Serve sprinkled with herbs.



Tip

To reduce the saturated fat substitute shaved ham or smoked or tinned salmon for the bacon. Also try adding red onion, corn and chives or parsley to change the flavour and add extra vegetables.

Salad containing meat

Chicken Caesar Salad

Serves: 4

Prep time: 15 mins

Cook time: 10–15mins



Ingredients

3 slices multigrain bread, torn into bite-sized pieces
Olive oil spray
4 bacon rashers, rind removed
2 chicken breast fillets, sliced
2 baby cos lettuce, trimmed, leaves separated, coarsely torn
½ cup fresh continental parsley leaves
2 eggs, boiled, peeled and quartered
1 Tbs finely grated Parmesan
¼ cup reduced fat free mayonnaise

Method

1. Preheat oven to 200°C and line 2 baking trays with non-stick baking paper.
2. Place bread on 1 tray. Spray lightly with oil.
3. Place bacon on the remaining tray.
4. Bake for 7–8 minutes turning bread once or until the bread and bacon are crisp and golden. Set aside to cool.
5. Spray a non-stick frying pan with oil, heat over medium-high heat.
6. Cook the chicken for 4–5 minutes each side until cooked through. Set aside.
7. Slice bacon into small pieces. Combine the bread, bacon, chicken, lettuce, parsley, egg and Parmesan in a large bowl.
8. Pour dressing over the salad and toss to combine.

Tip

To reduce the saturated fat substitute shaved ham for the bacon and reduce the amount of mayonnaise



Make your own salad

Use this section to help you create yummy side salads to complete the main meal recipes labelled with the salad symbols.



Vegetable based salad

Choose at least 3 items from the 'Vegetables' column to create a salad of your choice. You can also add one or more ingredients from the 'Other options' column.



Salads with meat and alternatives

Choose 2 serves of one or 2 different ingredients from the 'Meat and alternatives' column and combine with 3 items from the 'Vegetables' column. You can also add one ingredient from the 'Other options' column.



Hot vegetable side dish

Choose at least 3 of the ingredients listed as options for heating.

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Tips

Refer to the seasonality guide on page 14 for further inspiration for salad and vegetable ingredients.

Remember to choose produce in season to reduce the cost.

Frozen vegetables are also an option.

Serve salads with your favourite dressing — try balsamic vinegar, lemon and olive oil. Add flavours such as garlic, chilli, ginger and other herbs.

Vegetables

- ☐ 4 cups lettuce
- ☐ 4 cups spinach / rocket
- ☐ 1 cup of diced tomato (regular, cherry, roma, etc)
- ☐ 1 red onion, sliced
- ☐ 1 capsicum, sliced
- ☐ 4–6 mushrooms, sliced
- ☐ 1 carrot, grated or chopped
- ☐ 1 cup snow peas
- ☐ 2 celery sticks, sliced
- ☐ 1 cucumber, sliced
- ☐ 1 avocado diced
- ☐ ½–1 cup roasted pumpkin
- ☐ ½ cup sweet corn
- ☐ ½ cup beetroot, roasted or canned

Vegetables for heating

- ☐ ½ cup broccoli, spinach, carrots, pumpkin, zucchini, squash, eggplant, mushrooms, Asian greens
- ☐ ½ cup sweet corn
- ☐ ½ medium potato or sweet potato, taro or cassava (starchy vegetables)

Serving sizes adapted from the *National Health and Medical Research Council Australian Dietary Guidelines 2013*.

Meat and alternatives

- ☐ 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90–100g raw)
- ☐ 80g cooked lean chicken or turkey (100g raw)
- ☐ 100g cooked fish fillet (about 115g raw) or one small can of fish
- ☐ 2 large (120g) eggs
- ☐ 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- ☐ 170g tofu
- ☐ 30g (small handful) nuts (almond, walnuts, cashew nuts, peanuts etc)

Other options

- ☐ Cheese — 100g feta 100g / 4 slices cheddar cheese / 100g shredded tasty cheese
- ☐ Fruit — 1 mango diced / 1 apple sliced / 1 pear sliced / 1 orange sliced / 1 grapefruit sliced / 1 peach, nectarine or other stone fruit sliced
- ☐ 30g (small handful) dried fruit or preserved vegetables (olives, tomatoes etc)
- ☐ Grains — ½ cup cooked couscous, quinoa, rice, pasta, noodles, barley, buckwheat, semolina, polenta or bulgur
- ☐ 1 slice of wholegrain, sourdough or crusty bread torn

Snacks, lighter meals, desserts and treats

Note: These recipes have not been modified and are not endorsed as being healthy options.

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Easy Fruit Icy Blocks, page 71

Fruity Side Salad

Recipe provided by: Loz

Serves: 4

Prep time: 5 mins



Ingredients

¼ Watermelon, cubed

150g Feta, cubed

Handful mint leaves, chopped

½ cup Pistachios

Method

1. Place all ingredients together in a large bowl and toss to combine.



Gluten Free Anzac Biscuits

Recipe provided by: Dominique

Makes: 25 biscuits

Prep time: 15 mins

Cook time: 25 mins



Ingredients

- 1 cup quinoa flakes
- 3/4 cup desiccated coconut
- 1 cup sugar
- 1 1/2 cups plain gluten free flour
- 125g margarine
- 1 Tbs golden syrup
- 1 1/2 tsp bicarbonate soda
- 2 Tbs boiling water

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Method

1. Preheat oven to 130°C and line a flat baking tray with baking paper.
2. Combine quinoa, desiccated coconut, sugar and flour in a large mixing bowl.
3. Melt margarine with the golden syrup in small saucepan over low heat.
4. Add bicarbonate soda to boiling water. Mix to dissolve and add to butter mixture.
5. Pour butter mixture into dry ingredients. Mix until well combined.
6. Roll dessert spoons of mixture into balls. Place on tray (allowing room for spreading). Slightly flatten with fork.
7. Bake in oven for 25 minutes or until golden brown.
8. Allow to cool on wire rack and store in airtight container.



Tips

Rolled oats can be used as a substitute to quinoa for a cheaper alternative.
Regular wheat plain flour can also be used in place of the gluten free flour if desired.

Coconut Cake

Recipe provided by: Tracey

Serves: 8

Prep time: 5 mins

Cook time: 30 mins



Ingredients

3/4 cup castor sugar

1 cup self raising flour

1/2 cup desiccated coconut

125g butter or margarine, melted

1 egg

1/4 cup coconut milk

1/4 cup milk

Icing options:

- 100g melted chocolate (approximately).
- Fresh lime juice mixed with sugar and ginger.
- Coconut flavoured icing made with 1 Tbs butter, 1 cup icing sugar approximately and enough coconut milk to make a spreadable consistency.

Method

1. Preheat oven to 180°C, line a 20cm round cake tin with baking paper.
2. Combine sugar, flour and coconut
3. Stir in melted butter, egg, coconut milk and milk.
4. Pour into baking tin, bake 30 minutes or until cake is cooked through.
5. Cool cake on a wire rack, then top with desired topping.



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Tip

You can add in any berries to the mixture for a berry and coconut cake. Choose berries in season or frozen options.

Guacamole

Recipe Provided by: Elizabeth

Serves: 4

Prep time: 10 mins



Ingredients

2 ripe avocados, mashed

1 tsp crushed garlic

3 tsp sweet chilli sauce

Lime juice and chopped coriander, to taste

Method

1. Combine all ingredients together in a small mixing bowl.
2. Add extra lime juice and coriander to taste.

Serving suggestions

Serve as a snack with corn chips or rice crackers. Also goes well as a spread in sandwiches and wraps. For those following a gluten free diet serve with gluten free options.



Cold Smoothie

Recipe provided by: Anna

Serves: 2

Prep time: 10mins



Ingredients

- 1 medium ripe banana, sliced
- 1 cup of fresh fruit as desired, sliced
- 3 Tbs natural yoghurt
- 1 cup low fat milk or cold water
- 1 dessert spoon Sustagen

Extra equipment required:

Hand blender, blender or food processor.

Method

1. Place fruit into a large glass.
2. Add yoghurt, milk and sustagen.
3. Blend together using a hand blender or in a large blender.

Tip

Sustagen is optional. As an alternative use drinking chocolate or simply omit. To decrease the cost and support local farmers choose fruit in season, refer to seasonality guide on page 14.



Fruit and Yoghurt

Recipe provided by: Anna

Serves: 2

Prep time: 10 mins



Ingredients

Fresh fruit as desired, sliced

100g natural yoghurt

¼ cup almonds or other nuts, chopped

Cinnamon or nutmeg, to taste

Method

1. Add fruit and yoghurt to a bowl.
2. Top with almonds and stir to combine.
3. Sprinkle with cinnamon and nutmeg to taste.

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Tip

Banana and blueberries are included in the picture. Choose produce in season to reduce the cost and give you different flavours. Refer to seasonality guide on page 14 for suggestions.



Easy Fruit Icy Blocks

Recipe provided by: Richelle

Makes: about 12 ice blocks

Prep time: 15 mins

Chill time: 2–3 hrs



Ingredients

Fruit as desired, chopped

1L lemonade

Extra equipment required:

Ice block moulds

Paddle pop sticks

Method

1. Combine fruit in a large mixing bowl.
2. Place fruit into ice block moulds.
3. Pour lemonade into the moulds until full.
4. Place the paddle pop sticks in the moulds and place in the freezer.
5. Refrigerate 2–3 hours or until frozen.

Tip

This is a great recipe for using up leftover fruit and a simple tasty summer snack.



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Zucchini Muffins

Recipe provided by: Natalie

Makes: 12 muffins

Prep time: 10 mins

Cook time: 40–45 mins



Ingredients

4 medium zucchini's, grated
1 large onion, grated
1 cup grated cheese
3 slices of ham or bacon, chopped
1 cup self raising flour
½ cup vegetable oil
4 eggs, lightly beaten
Salt and pepper to taste

Method

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1. Preheat oven to 180°C, oil muffin holes really well to prevent muffins sticking.
2. Combine all ingredients in a large mixing bowl and stir thoroughly to combine.
3. Divide mixture amongst muffin holes.
4. Bake 40–45 minutes or until golden brown.

Tips

Muffins can be eaten hot or cold. Eat alone for a snack or add salad for lunch or a light meal.

Recipe can also be baked as a slice in a large slice tin.



Easy Bircher Muesli

Recipe provided by: Kyla

Serves: 4

Prep time: 10 mins

Refrigeration time: Overnight



Ingredients

- 2 cups rolled oats
- ½ cup of apple juice
- 1 apple, grated
- ½ cup natural yoghurt
- ½ cup frozen mixed berries
- ½ cups of chopped up nuts (walnuts, almonds, sunflower seeds)

Method

1. Combine oats, apple juice, seeds and nuts in a large bowl and refrigerate overnight.
2. When ready to eat mix through yoghurt and mixed berries.

Tips

Serve with a drizzle of honey and sprinkle of cinnamon for extra flavour.

Make up a batch at the start of the week for a quick easy breakfast.



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Pancakes

Recipe provided by: Catherine

Serves: 4

Prep time: 15 mins

Cook time: approx. 7 mins per pancake



Ingredients

- 1 cup self raising flour
- 1 cup soy milk
- 2 Tbs olive oil
- 2 Tbs agave nectar
- 1 cup coconut yoghurt
- 8 Passionfruit

Method

1. In a medium bowl combine the self raising flour, soy milk, agave nectar and one tablespoon of the olive oil to form a smooth consistency.
2. Pour one tablespoon of the oil in a medium fry pan and heat to a medium hot heat.
3. Once the fry pan is hot pour in enough mixture to make a pancake, approximately 12cm in diameter.
4. When you start to see tiny bubbles appearing flip the pancake and cook the other side for a further 2-3 minutes depending on temperature. Continue this process until all mixture has been used.
5. Keep cooked pancakes warm by placing them in a plate on the oven.
6. For the pancake topping place a dollop of yoghurt on top of the pancake and pour out the passionfruit seeds and pulp.



Tips

Low fat milk can be used as a substitute for the soy milk, and honey or maple syrup can be used in place of the agave nectar.

Fruitcakes

Recipe Provided by: Chloe

Serves: 3-4

Prep time: 5 mins

Cook time: 10 mins



Ingredients

- 2 eggs
- 1 ½ bananas, mashed
- ¼ sweet apple, grated
- 1 Tbs self raising flour
- Butter or margarine for cooking

Method

1. Blend the eggs, banana, apple and flour together until smooth.
2. Heat 1 tsp butter in a medium frypan over medium-low heat.
3. Cook fruitcakes one at a time, flipping when bubbles form on top and cook other side for 1–2 minutes.
4. Serve fruitcakes with desired toppings.

Tip

You can serve fruitcakes with Greek yoghurt, honey, cinnamon and chopped grapes, berries or kiwi fruit (or any other seasonal fruit).



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