A Beginner’s Kitchen:
A manual for shopping and cooking healthy meals on a budget
A Beginner’s Kitchen.

Introduction.

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

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

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

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

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

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

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

This work is copyright. Apart from any use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of A. J. Norton, Melbourne, Victoria, Australia, November 2010.

Not -for- profit organizations are free to use all or part of this document without reference to the copyright holder.

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

Proudly supported by City of Whittlesea

City of Whittlesea

Plenty Valley Community Health

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

Gary Green
Community Engagement Coordinator
Australian Men’s Shed Association

Acknowledgements

The creation of this manual came about through the vision and hard work of Sandy Norton from the Whittlesea Men’s Shed, who has devoted many hours of his time to its production.

Many thanks to Sandy and to the following people who also provided valuable input -

Eddy Roks
Joe Francesce
Vivienne Bland
Meaghan van Loenen
Luke Neill

Angela Robinson
Julie McBride
Nihal Samara
Emma Hughes

Jeremy Hearne
Team Leader, Population Health,
Plenty Valley Community Health

Some of the men cooking
Contents

Introduction .................................................................................................................. 2
Seasonal cooking, healthy eating ............................................................................. 5
Dietary Guidelines ...................................................................................................... 6, 7
Weight Gain and Healthy Eating for Men 51-70 years ........................................... 8
Use of herbs ................................................................................................................. 9
Conversion tables (Volume and Temperature and Pantry Items) ....................... 10
14 Day Plan for Autumn ............................................................................................. 11
14 Day Plan for Winter ............................................................................................... 12
14 Day Plan for Spring ............................................................................................... 13
14 Day Plan for Summer ............................................................................................. 14
Autumn Recipes Details ............................................................................................ 15-36
Winter Recipes Details ............................................................................................... 37-51
Spring Recipe Details ................................................................................................. 53-74
Summer Recipe Details ............................................................................................. 75-96
Index .......................................................................................................................... 97-99
Feedback details ........................................................................................................... 100
What should a man eat? - Seasonal Cooking:

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

As well as the recipes in this manual, the Melbourne Wholesale Fruit, Vegetable and Flower Market website includes a recipe finder where you can search for recipes that feature seasonal produce:
Another website where you can find out what vegetables and fruit are in season is:
http://www.vnv.org.au/site/files/seasonalfoodcalendar

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

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

Healthy eating on a budget

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

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

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

More tips for saving money:

1. Buy ‘no name’ brands where possible.
2. Add some canned beans or lentils to meat dishes to make the meal go further.
3. Buy bulk items that will last such as breakfast cereals, rice, pasta, baked beans etc.
4. If you don’t need the containers then try to pick foods in plain paper packaging, cellophane and plastic bags.
5. Don’t shop when you are hungry, as you are more likely to buy things you don’t need.
6. Watch out for items on “special” as sometimes the price isn’t reduced.
7. Check supermarket catalogues for specials on food items you need before you go shopping.
8. Shop for bargains nearer to a shop’s or market’s closing time – prices on fresh produce are often discounted.
9. Buy block cheese and grate it yourself.
10. Buy all the basic foods such as breads, dairy, fruit, vegetables, cereals and meats first before considering snack foods, lollies, sweetened drinks or other treats.

How much should a man eat? Dietary Guidelines for Men

So that we can maintain the best possible health throughout our lives, the Australian Government through the Department of Health and Ageing urge us to eat nutritious food and lead an active lifestyle. It is recommended: Enjoy a wide variety of nutritious foods and drink plenty of water.
The amount of nutritious food that a man aged between 51-70 years should eat on average each day varies depending on his body size and the level of his activity but he should aim for the following:

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

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

5 serves of vegetables and legumes.

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

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

2 serves of fruit.

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

2 serves of milk, yoghurt or cheese or alternatives.

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

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

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

Extras:

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

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

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

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

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

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

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

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

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

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

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

Herbs

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

The most commonly used herbs are

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

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

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

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

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

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

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

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

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

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

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

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

<table>
<thead>
<tr>
<th>Description</th>
<th>Approximate Thermostat setting (Celsius)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Gas</td>
</tr>
<tr>
<td>Plate warming</td>
<td>60</td>
</tr>
<tr>
<td>Keep warm</td>
<td>80</td>
</tr>
<tr>
<td>Cool</td>
<td>100</td>
</tr>
<tr>
<td>Very slow</td>
<td>120</td>
</tr>
<tr>
<td>Slow</td>
<td>150</td>
</tr>
<tr>
<td>Moderately slow</td>
<td>160</td>
</tr>
<tr>
<td>Moderate</td>
<td>180</td>
</tr>
<tr>
<td>Moderately hot</td>
<td>190</td>
</tr>
<tr>
<td>Hot</td>
<td>200</td>
</tr>
<tr>
<td>Very hot</td>
<td>230</td>
</tr>
</tbody>
</table>

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

### Pantry Items

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

- **Soup** – always buy salt-reduced.
- **Rice**
- **Pasta** e.g. spaghetti
- **Tinned Fish** avoid those in oil.
- **Rolled oats**
- **Baked beans** – always buy salt-reduced.
- **Noodles** e.g. hokkien,
- **Tinned vegetables** e.g. tomatoes, green beans, corn – again, buy salt-reduced varieties.
- **Dried fruit** e.g. apricots, sultanas
- **Milk powder**
- **Long life milk**
- **Pasta sauce** – buy salt-reduced kinds and avoid adding extra salt while cooking.

- **Breakfast cereal** – always check the sugar content and consider the specified Recommended Daily Intake amount (RDI) for you.
- **Biscuits** – again, watch the sugar content as well as the amount of salt. Alternately, make your own for greater control.
- **Soup Mix or Tinned Soup** – buy salt-reduced varieties.
- **Processed Cheese** – buy reduced fat and salt-reduced varieties.
- **Olive Oil**
- **Tomato Paste** – always buy salt-reduced.
- **Stock Powder or cubes** – look for salt-reduced varieties.
<table>
<thead>
<tr>
<th>Day No.</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Baked beans on grainy toast</td>
<td>Pumpkin Soup</td>
<td>Oriental mince and rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Weetbix and grated apple</td>
<td>Salad and cheese roll</td>
<td>Fish parcels with mixed salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Tomato on whole grain toast</td>
<td>Tuna salad and wholegrain biscuits</td>
<td>Meat and bean casserole</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Weetbix topped with sliced fruit</td>
<td>Beans with bacon and nuts</td>
<td>Tuna with tomato and garlic</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Crumpets with fruit and honey</td>
<td>Cheese and salad sandwich</td>
<td>Macaroni cheese with mixed salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Porridge and fruit</td>
<td>Curried lentil patties</td>
<td>Chunky tuna and tomato pasta</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Poached eggs on English muffins</td>
<td>Minestrone soup</td>
<td>Chicken fillets</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>French toast, berries and yoghurt</td>
<td>Ham and asparagus parcels</td>
<td>Egg and bacon pie</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Quick rolled oats</td>
<td>Vegetable frittata with salad</td>
<td>Spaghetti Bolognaise</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Scrambled eggs, parsley and toast</td>
<td>Grilled fish</td>
<td>Mexican hot pot</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Breakfast beans</td>
<td>Combination rice salad</td>
<td>Creamy polenta</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Apple and cinnamon porridge</td>
<td>Curried egg sandwich</td>
<td>Spaghetti and meatballs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Tomatoes and mushrooms on toast</td>
<td>Bean and artichoke salad</td>
<td>Beef patties with onion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Boiled eggs on toast</td>
<td>Quick pizza</td>
<td>Smoked haddock with tomato</td>
</tr>
</tbody>
</table>
# Two week menu plan for Winter - Meals for One Person

<table>
<thead>
<tr>
<th>Day No.</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Satay beef patties</td>
<td>Page 38</td>
<td>Roast lamb</td>
</tr>
<tr>
<td>2</td>
<td>Tuna and corn patties</td>
<td>Page 38</td>
<td>Old fashioned shepherds pie</td>
</tr>
<tr>
<td>3</td>
<td>Spaghetti Bianca</td>
<td>Page 39</td>
<td>Beef stew</td>
</tr>
<tr>
<td>4</td>
<td>Barbecue chicken kebabs</td>
<td>Page 39</td>
<td>Vegetable hot pot</td>
</tr>
<tr>
<td>5</td>
<td>Potato and herb damper</td>
<td>Page 40</td>
<td>Beef and okra curry</td>
</tr>
<tr>
<td>6</td>
<td>Cheese and cucumber sandwich</td>
<td>Page 40</td>
<td>Mixed bean casserole</td>
</tr>
<tr>
<td>7</td>
<td>Scalloped potatoes</td>
<td>Page 41</td>
<td>Savoury mince</td>
</tr>
<tr>
<td>8</td>
<td>Cheese and lettuce sandwich</td>
<td>Page 41</td>
<td>Vegetable curry</td>
</tr>
<tr>
<td>9</td>
<td>Pasta Spirals with tuna</td>
<td>Page 42</td>
<td>Potato and chickpea casserole</td>
</tr>
<tr>
<td>10</td>
<td>Burritos with beans</td>
<td>Page 42</td>
<td>New Orleans Creole pork kebabs</td>
</tr>
<tr>
<td>11</td>
<td>Vegetable hot pot with barley</td>
<td>Page 43</td>
<td>Chicken and mushroom pasta</td>
</tr>
<tr>
<td>12</td>
<td>Hungarian goulash</td>
<td>Page 43</td>
<td>Jambalaya</td>
</tr>
<tr>
<td>13</td>
<td>Vegetarian pizza</td>
<td>Page 44</td>
<td>Barbecue meat loaf</td>
</tr>
<tr>
<td>14</td>
<td>Thick vegetable soup</td>
<td>Page 44</td>
<td>Teriyaki chicken and noodles</td>
</tr>
<tr>
<td>Day No.</td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Dinner</td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------------------------------</td>
<td>---------------------------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>Creamy scrambled eggs</td>
<td>Garlic potatoes</td>
<td>Satay chicken</td>
</tr>
<tr>
<td></td>
<td>Page 54</td>
<td>Page 61</td>
<td>Page 68</td>
</tr>
<tr>
<td>2</td>
<td>Cornmeal pancakes</td>
<td>Vegetable burrito</td>
<td>Tuna with tomato and chickpeas</td>
</tr>
<tr>
<td></td>
<td>Page 54</td>
<td>Page 61</td>
<td>Page 68</td>
</tr>
<tr>
<td>3</td>
<td>Open mushroom and thyme omelette</td>
<td>Bean roll</td>
<td>Sweet Chilli pasta</td>
</tr>
<tr>
<td></td>
<td>Page 55</td>
<td>Page 62</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Corncakes with rocket and parmesan</td>
<td>Steamed rice</td>
<td>Swiss Steak or Chicken</td>
</tr>
<tr>
<td></td>
<td>Page 55</td>
<td>Page 62</td>
<td>Page 69</td>
</tr>
<tr>
<td>5</td>
<td>French eggs</td>
<td>Chicken and asparagus roll</td>
<td>Fried rice</td>
</tr>
<tr>
<td></td>
<td>Page 56</td>
<td>Page 63</td>
<td>Page 70</td>
</tr>
<tr>
<td>6</td>
<td>Fruity porridge</td>
<td>Dressed French bean salad</td>
<td>Potato and bacon soup</td>
</tr>
<tr>
<td></td>
<td>Page 56</td>
<td>Page 63</td>
<td>Page 70</td>
</tr>
<tr>
<td>7</td>
<td>Banana smoothie</td>
<td>Frittata with vegetables</td>
<td>Beef burger</td>
</tr>
<tr>
<td></td>
<td>Page 57</td>
<td>Page 64</td>
<td>Page 71</td>
</tr>
<tr>
<td>8</td>
<td>Bubble and squeak</td>
<td>French onion soup</td>
<td>Thai beef salad</td>
</tr>
<tr>
<td></td>
<td>Page 57</td>
<td>Page 64</td>
<td>Page 71</td>
</tr>
<tr>
<td>9</td>
<td>Spanish omelette</td>
<td>Potato skins</td>
<td>Chicken and lettuce rolls</td>
</tr>
<tr>
<td></td>
<td>Page 58</td>
<td>Page 65</td>
<td>Page 72</td>
</tr>
<tr>
<td>10</td>
<td>Scones</td>
<td>Pea and ham soup</td>
<td>Grilled veal</td>
</tr>
<tr>
<td></td>
<td>Page 58</td>
<td>Page 65</td>
<td>Page 72</td>
</tr>
<tr>
<td>11</td>
<td>Natural muesli</td>
<td>Cabbage and corn fritters</td>
<td>Chicken and vegetable patties</td>
</tr>
<tr>
<td></td>
<td>Page 59</td>
<td>Page 66</td>
<td>Page 73</td>
</tr>
<tr>
<td>12</td>
<td>Potato pancake</td>
<td>Mexican stew</td>
<td>Tomato and meatball soup</td>
</tr>
<tr>
<td></td>
<td>Page 59</td>
<td>Page 66</td>
<td>Page 73</td>
</tr>
<tr>
<td>13</td>
<td>Sautéed vegetables on toast</td>
<td>Korma chow mein</td>
<td>Pork stir fry with vegetables</td>
</tr>
<tr>
<td></td>
<td>Page 60</td>
<td>Page 67</td>
<td>Page 74</td>
</tr>
<tr>
<td>14</td>
<td>Bran pancakes with fruit</td>
<td>Thai fish cakes</td>
<td>Quick pasta casserole</td>
</tr>
<tr>
<td></td>
<td>Page 60</td>
<td>Page 67</td>
<td>Page 74</td>
</tr>
<tr>
<td>Day No.</td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Dinner</td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------------------</td>
<td>-----------------------------------</td>
<td>-----------------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>Tomato and basil omelette</td>
<td>Vichyssoise</td>
<td>Bolognese baked potato</td>
</tr>
<tr>
<td></td>
<td>Page 76</td>
<td>Page 83</td>
<td>Page 90</td>
</tr>
<tr>
<td>2</td>
<td>Mushrooms and bacon</td>
<td>Tuna bean salad</td>
<td>Roasted Vegetable slice</td>
</tr>
<tr>
<td></td>
<td>Page 76</td>
<td>Page 83</td>
<td>Page 90</td>
</tr>
<tr>
<td>3</td>
<td>Wholemeal pikelets</td>
<td>Fish cakes</td>
<td>Beef curry</td>
</tr>
<tr>
<td></td>
<td>Page 77</td>
<td>Page 84</td>
<td>Page 91</td>
</tr>
<tr>
<td>4</td>
<td>Baked cheese omelette</td>
<td>Stir fry vegetables</td>
<td>Chicken and mushrooms</td>
</tr>
<tr>
<td></td>
<td>Page 77</td>
<td>Page 84</td>
<td>Page 91</td>
</tr>
<tr>
<td>5</td>
<td>Cheesy fruit toast</td>
<td>Pumpkin, potato and parsley soup</td>
<td>Cheesy mushroom risotto</td>
</tr>
<tr>
<td></td>
<td>Page 78</td>
<td>Page 85</td>
<td>Page 92</td>
</tr>
<tr>
<td>6</td>
<td>Griddle scones</td>
<td>Cucumber, lime and tuna salad</td>
<td>Tomato and chickpea fettuccine</td>
</tr>
<tr>
<td></td>
<td>Page 78</td>
<td>Page 85</td>
<td>Page 92</td>
</tr>
<tr>
<td>7</td>
<td>Spinach / cheese pancakes</td>
<td>Hot potatoes</td>
<td>Vegetable casserole with fish fillets</td>
</tr>
<tr>
<td></td>
<td>Page 79</td>
<td>Page 86</td>
<td>Page 93</td>
</tr>
<tr>
<td>8</td>
<td>Best baked beans</td>
<td>Vegetable soup with parmesan melts</td>
<td>Golden chicken</td>
</tr>
<tr>
<td></td>
<td>Page 79</td>
<td>Page 86</td>
<td>Page 93</td>
</tr>
<tr>
<td>9</td>
<td>Grilled cheese and tomato on toast</td>
<td>Bruschetta</td>
<td>Tuna and macaroni bake</td>
</tr>
<tr>
<td></td>
<td>Page 80</td>
<td>Page 87</td>
<td>Page 94</td>
</tr>
<tr>
<td>10</td>
<td>Semolina</td>
<td>Sweet Potato and zucchini fritters</td>
<td>Rissoles</td>
</tr>
<tr>
<td></td>
<td>Page 80</td>
<td>Page 87</td>
<td>Page 94</td>
</tr>
<tr>
<td>11</td>
<td>Bubble and squeak fritters</td>
<td>Green pea soup</td>
<td>Pork and vegetable stir fry</td>
</tr>
<tr>
<td></td>
<td>Page 81</td>
<td>Page 87</td>
<td>Page 95</td>
</tr>
<tr>
<td>12</td>
<td>Tofu omelette</td>
<td>Risotto with leek and pumpkin</td>
<td>Special macaroni cheese</td>
</tr>
<tr>
<td></td>
<td>Page 81</td>
<td>Page 88</td>
<td>Page 95</td>
</tr>
<tr>
<td>13</td>
<td>Fruit smoothie</td>
<td>Crunchy rice salad</td>
<td>Honey, soy, vegetable and chicken</td>
</tr>
<tr>
<td></td>
<td>Page 82</td>
<td>Page 89</td>
<td>Page 96</td>
</tr>
<tr>
<td>14</td>
<td>Mushrooms in garlic butter</td>
<td>Pizza rolls</td>
<td>Soy bean casserole</td>
</tr>
<tr>
<td></td>
<td>Page 82</td>
<td>Page 89</td>
<td>Page 96</td>
</tr>
</tbody>
</table>
Autumn
March, April, May

The following fruit and vegetables are in season:

Apples        Lime
Beans         Parsnip
Brussels sprouts Passionfruit
Capsicum      Pears
Cauliflower   Spinach
Celeriac      Sweet potato
Cucumber

Pumpkin Soup - recipe page 23
Autumn Breakfast, Day 1: **Tinned baked beans on grainy toast**

*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 10 minutes

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

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

---

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

*Best served immediately*

**Preparation time:** 5 minutes

**Ingredients:**
- 2 Weetbix
- 1 cup of skim milk
- 1 medium apple, grated

**Method:**
1. Heat milk in a saucepan over a low heat until hot to the touch, but not boiling.
2. If desired, peel apple before grating.
3. Lay Weetbix in a shallow bowl, top with apple and pour over the milk.
4. Serve hot.
Autumn Breakfast, Day 3: **Tomato on grainy toast**

**Best served immediately**

**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

**Ingredients:**
- 1 tablespoon of reduced salt tomato paste
- 2 slices of multigrain bread for toast
- 1 tablespoon of low fat cottage cheese
- Small bunch of spinach leaves, washed and with the stems removed
- ½ capsicum, seeded and chopped into strips (optional)
- Freshly ground black pepper to taste

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

---

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

**Best served immediately**

**Preparation time:** 10 minutes

**Ingredients:**
- 1 ripe pear, peeled and cut into slices lengthways
- 2 Weetbix
- 1 cup of skim milk
- Honey to taste

**Method:**
1. Layer pear slices in a shallow microwave-safe dish, top with Weetbix and pour over the milk.
2. Cook on HIGH in a microwave for 2 minutes and allow to stand for 1 minute.
3. Drizzle over honey and serve.
Autumn Breakfast, Day 5: **Crumpets with fruit, cheese and honey**

**Best served immediately**

**Preparation time:** 5 minutes  
**Cooking time:** 10 minutes

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

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

---

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

**Best served immediately**

**Preparation time:** 10 minutes

**Ingredients:**
- 1 cup of rolled oats
- 1 cup of water
- ¾ cup of skim milk
- 1 tablespoon of crushed or chopped walnuts
- 2 stewed chestnuts (optional)
- 1 small apple, peeled, cored and cut into rings
- Honey to taste

**Method:**
1. Place apple rings and chestnuts in the bottom of a deep microwave-safe dish and pour over the oats and water.
2. Cook on HIGH for 2 minutes and 30 seconds in microwave, allow to stand for 1 minute and stir.
3. Add the milk to the bowl and cook for another 2 minutes and 30 seconds.
4. Allow to stand for 2 minutes and stir through.
5. Top with walnut and honey to serve.
Autumn Breakfast, Day 7: **Poached eggs on English muffins**

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

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

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

---

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

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

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

**Method:**  
1. Whisk together the egg, milk and honey and dip the bread, one slice at a time, in the egg mixture.  
2. Lightly spray a frying pan and bring to medium heat. Cook bread a slice at a time until the egg is set and both sides are golden brown.  
3. Serve hot, topped with yoghurt and berries.
Autumn Breakfast, Day 9: **Quick Rolled Oats**
*Best served immediately*

**Preparation time:** 5 minutes plus soaking oats overnight

**Ingredients:**
- 1/2 cup of rolled oats
- 1 1/2 cups of water

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

Autumn Breakfast, Day 10: **Scrambled egg**
*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

**Ingredients:**
- 1 egg
- 1/4 teaspoon chopped parsley
- Freshly ground black pepper to taste
- 2 tablespoons of skim milk
- 1 slice of bread and reduced fat and salt margarine to butter it.

**Method:**
1. Make toast.
2. Boil the milk in a saucepan and lightly beat the egg in a separate bowl while you wait for the milk.
3. Pour milk slowly on to the egg and add pepper to taste, then return to the saucepan over a gentle heat.
4. Stir with a wooden spoon until thick, but do not allow the egg mixture to become hard.
5. Remove from heat, pile on to the waiting toast and garnish with the parsley to serve.
Autumn Breakfast, Day 11: **Breakfast beans**

Best served immediately but will keep for 1-2 days  
Preparation time: 5 minutes  
Cooking time: 30 minutes

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

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

---

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

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

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

**Method:**  
1. Combine the oats, milk and apple in a saucepan and stirring, bring to the boil.  
2. Simmer for 5 minutes, stirring occasionally, then remove from heat.  
3. Spoon into serving bowl and sprinkle with cinnamon and drizzle with honey.
Autumn Breakfast, Day 13: **Tomatoes and mushrooms on grainy toast**

*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 5-10 minutes

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

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

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

*Best served immediately but keeps well for 1 day*

**Preparation time:** 5 minutes  
**Cooking time:** 10 minutes

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

**Method:**
1. Place room temperature eggs in boiling water and cook for 3 minutes.
2. Alternately, place eggs in cold water, bring to the boil and cook for 1 minute.
3. Alternately, boil a saucepan of water, add the eggs and then remove from heat and allow to cool slightly for 6 minutes.
4. Serve on toast.
Autumn Lunch, Day 1: **Pumpkin soup**
*Will keep well for 1-2 days or indefinitely if frozen*

**Preparation time:** 10 minutes  
**Cooking time:** 20 minutes

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

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

---

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

**Preparation time:** 5 minutes

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

**Method:**
1. Prepare salad ingredients and layer inside sliced roll with cheese.
Autumn Lunch, Day 3: **Tuna salad on wholegrain biscuits**

**Preparation time:** 5 minutes

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

**Method:**
1. Prepare salad ingredients and layer on biscuits or crackers.

---

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

**Best served immediately**

**Preparation time:** 10 minutes  
**Cooking time:** 5 minutes

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

**Method:**
1. Spread nuts on an oven tray and bake in a preheated oven at 180°C for about 3 minutes until brown.  
2. Pan fry bacon and onion for 2 to 3 minutes over medium heat until soft.  
3. Add garlic and green beans and cook, stirring constantly, until cooked but crisp.  
4. Serve sprinkled with roasted slivered almonds.
Autumn Lunch, Day 5: **Cheese and salad sandwich**

**Preparation time:** 5 minutes

**Ingredients:**
- 2 slices of multigrain bread
- 2 lettuce leaves
- ½ a small tomato, sliced
- ¼ avocado, sliced (optional)
- 1 small tin of corn (optional)
- Bean sprouts (optional)
- Sliced onion, zucchini or mushrooms (optional)
- 1 slice of low fat and reduced salt cheese or 1 tablespoon of cottage cheese.
- Pepper to taste

**Method:**
1. Prepare salad ingredients and layer inside bread with cheese.

---

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

**Best served immediately**

**Preparation time:** 15 minutes  
**Cooking time:** 10 minutes

**Ingredients:**
- ¼ cup red lentils
- ½ cup of water
- ¼ teaspoon of curry paste
- ¼ packet salt-reduced vegetable based soup mix
- 1 tablespoon of chopped parsley
- 1 tablespoon wholemeal plain flour
- 1 tablespoon canola oil

**Method:**
1. Wash lentils in strainer and place in saucepan with water. Bring to boil and simmer for 15 minutes or until all the water is absorbed.
2. Add curry paste, soup mix and parsley to lentils and refrigerate for at least 30 minutes, overnight if possible
3. Shape into 8 patties and roll in flour
4. Heat oil in non-stick frying pan and fry 4 to 5 minutes on each side.
5. Serve hot with a side salad.
Autumn Lunch, Day 7: **Minestrone soup**  
*Best served immediately but will keep for 1-2 days*  
*Preparation time:* 10 minutes  
*Cooking time:* 40 minutes

**Ingredients:**
- 1 cup of canned lima or kidney beans, drained
- 1 litre of beef or chicken stock  
  *(instructions on stock cube packets, salt-reduced)*
- 1 stick of celery, chopped roughly
- 1 cup of fresh or frozen peas
- 1 large onion, chopped
- 425g tin of low-salt tomatoes
- 1 cup cauliflower, roughly chopped
- 1 cup of uncooked macaroni
- 1 clove of garlic, crushed
- ½ teaspoon of mixed herbs
- 1 carrot, chopped roughly
- 1 tablespoon of tomato paste
- ¼ teaspoon of polyunsaturated oil or cooking spray

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

---

Autumn Lunch, Day 8: **Ham and asparagus parcels**  
*Best served immediately*  
*Preparation time:* 15 minutes  
*Cooking time:* 10 minutes

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

**Method:**
1. Steam asparagus until tender.
2. Place two spears on each slice of ham and roll up.
3. Place rolls with the open side of the ham face down in an oven-proof dish and pour the milk over.
4. Sprinkle with cheese and paprika and grill until brown.
5. Combine salad ingredients and serve with parcels and bread.
Autumn Lunch, Day 9: Vegetable frittata with salad and bread
Best served immediately but will keep well for 1 day
Preparation time: 10 minutes
Cooking time: 20 minutes

Ingredients:
2 teaspoons of polyunsaturated oil or spray oil
½ small zucchini, finely diced.
½ medium capsicum, finely sliced.
Small handful of mushrooms, sliced.
2 lettuce leaves
1 tablespoon of tinned corn kernels, drained
½ small tomato, sliced
¼ avocado, sliced
2 eggs
1 teaspoon of freshly chopped parsley
Pepper to taste
2 tablespoons of grated reduced fat tasty cheese
1-2 slices of multigrain bread.

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

Autumn Lunch, Day 10: Grilled fish
Best served immediately
Preparation time: 20 minutes
Cooking time: 10 minutes

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

Method:
1. Clean and dry fish.
2. Grease grill rack and preheat grill for 2-3 minutes.
3. Use a pastry brush to brush over oil onto fish.
4. Grill fish on both sides for 2 minutes and then half heat until fish is cooked enough for the flesh to leave the bones easily when tested with a skewer.
5. Garnish with lemon and parsley and serve with a salad or coleslaw.
Autumn Lunch, Day 11: **Rice combination salad**  
*Best served immediately but will keep well for 1 day*  
*Preparation time: 10 minutes*

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

**Method:**
1. Combine ingredients.

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

---

Autumn Lunch, Day 12: **Curried egg and lettuce sandwich**  
*Best served immediately*  
*Preparation time: 5 minutes*  
*Serves: 5 minutes*

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

**Method:**
1. Boil eggs (follow methods in Autumn Breakfast Recipe 14)
2. Allow eggs to cool and mash with curry powder and margarine or mayonnaise.
3. Spread slices of bread with the egg mixture and add lettuce to serve.
Autumn Lunch, Day 13: **Bean and Artichoke Salad**

**Preparation time:** 5 minutes

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

**Method:**
1. Combine ingredients.
2.

---

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

**Best served immediately**

**Preparation time:** 10 minutes

**Cooking time:** 20 minutes

**Ingredients:**
- 2 slices of multigrain bread
- ⅛ cup of grated reduced fat tasty cheese
- 1 tablespoon of salt reduced tomato puree
- ⅛ medium capsicum, sliced
- ⅛ onion, sliced
- ⅛ teaspoon basil, oregano, parsley or mixed herbs to taste
- A small handful of mushrooms, sliced.
- Cooking spray

**Method:**
1. Preheat oven to 180°
2. Oil a baking tray with cooking spray and place bread on tray.
3. Spread with tomato puree, sprinkle with herbs and layer with onions and mushrooms.
4. Sprinkle half of cheese over bread, layer with the remaining vegetables and finish with the last of the cheese.
5. Bake for 20 minutes or until golden and serve hot.
Autumn Dinner, Day 1: Oriental mince and rice
Best served immediately but will keep well for 1 day
Preparation time: 10 minutes
Cooking time: 20 minutes

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

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

Autumn Dinner, Day 2: Fish parcels with mixed salad
Best served immediately
Preparation time: 10 minutes
Cooking time: 15 minutes

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

Method:
1. Preheat oven to 180°. Lightly wet 2X30cm squares of tin foil with lemon juice and lay fish in the centre, layering half the onion and tomato on top and seasoning well, with herbs and pepper.
2. Fold foil into a parcel and bake for 10-12 minutes or until fish is firm.
3. Add the remaining onion and tomato to lettuce, capsicum and cucumber and serve with the fish parcels.
Autumn Dinner, Day 3: **Meat and bean casserole**  
*Best served immediately but will keep well for 1 day*  
**Preparation time:** 10 minutes  
**Cooking time:** 30 minutes

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

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

---

Autumn Dinner, Day 4: **Tuna in tomato with garlic**  
**Preparation time:** 10 minutes  
**Cooking time:** 10 minutes

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

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

Serving suggestions: Serve with crusty bread or toast and/or salad.
Autumn Dinner, Day 5: **Macaroni cheese and mixed salad**  
Best served immediately  
**Preparation time:** 15 minutes  
**Cooking time:** 20 minutes

**Ingredients:**

- ½ cup of pasta shapes
- ½ onion, finely chopped
- 1 tablespoon of wholemeal plain flour
- ½ cup of skim milk
- Ground pepper
- ½ ground nutmeg
- ½ cup of low fat cottage cheese
- 1 cup of cauliflower, chopped
- 80g of low fat grated cheese.
- ½ small lettuce
- ½ cucumber, sliced
- ½ capsicum, sliced
- 1 onion, thinly sliced
- 1 tomato, sliced

**Method:**

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

Autumn Dinner, Day 6: **Chunky tuna and tomato pasta**  
Best served immediately  
**Preparation time:** 5 minutes  
**Serves:** 25 minutes

**Ingredients:**

- 1 cup of uncooked pasta
- ½ onion, finely chopped
- 1 clove of garlic, crushed
- 1 stick of celery, finely chopped
- 1 tablespoon of salt reduced tomato paste
- ½ 400g can of low salt whole, peeled tomatoes
- ½ cup of low salt vegetable stock (see stock packet for instructions)
- 185g can of tuna in spring water, drained and flaked
- ½ cup of frozen peas
- 80g reduced fat grated cheese

**Method:**

1. Cook pasta in boiling water for about 10 minutes.
2. Cook onion, garlic and celery in a non-stick frying pan with a little water until soft. Add tomato paste, tomatoes and stock and bring to the boil.
3. Reduce heat and simmer until sauce has reduced and thickened. Stir in peas and tuna until heated through.
4. Serve on top of cooked pasta and top with grated cheese.
Autumn Dinner, Day 7: **Chicken Fillets**
Best served immediately
Preparation time: 5 minutes  
Cooking time: 20 minutes

**Ingredients:**
- 150g skinless chicken fillet
- 1 tablespoon chopped fresh herb
- ¼ cup chicken stock

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

---

Autumn Dinner, Day 8: **Egg and bacon pie**
Best served immediately but keeps well for 1 day
Preparation time: 10 minutes  
Cooking time: 35-40 minutes

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

**Method:**
1. Preheat oven to 210°
2. Line a lightly oiled pie plate with ½ of the short crust pastry.
3. Trim rind from the bacon and chop roughly, spreading evenly across the pastry lined dish. Break egg over the bacon, sprinkle with pepper and parsley.
4. Cover with the remaining pastry and glaze the uncooked pie with egg and milk.
5. Prick well and bake for 10 minutes, before lowering the oven temperature to 180° and then bake for a further 20-25 minutes.
6. Serve with salad or vegetables.
Autumn Dinner, Day 9: **Spaghetti Bolognaise**
Best served immediately but keeps well for 1 day
**Preparation time:** 10 minutes
**Cooking time:** 30-40 minutes

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

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

Autumn Dinner, Day 10: **Mexican Hot Pot**
Best served immediately but keeps well for 1 day
**Preparation time:** 10 minutes
**Cooking time:** 45 minutes

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

**Method:**
1. Brown mince, garlic and onion in a frying pan, then add tomato paste, paprika, tinned ingredients and vegetables.
2. Stir until boiling, then reduce heat and simmer for 35 minutes.
3. Serve hot with a slice of wholegrain bread.
Autumn Dinner, Day 11: **Creamy polenta**  
*Best served immediately*  
*Preparation time:* 10 minutes  
*Cooking time:* 15 minutes

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

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

---

Autumn Dinner, Day 12: **Spaghetti and meatballs**  
*Best served immediately but keeps well for 1 day*  
*Preparation time:* 10 minutes  
*Cooking time:* 20 minutes

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

**Method:**  
1. Cook spaghetti.  
2. Combine beef, breadcrumbs, sage, egg and pepper to form evenly sized meatballs.  
3. Fry in a non-stick frying pan until brown, turning often.  
4. Heat oil, onion and garlic in a frying pan for 2 minutes, then add tomato, pesto, tomato paste and pepper and simmer covered for 10 minutes.  
5. Add meatballs and spaghetti, stir through and serve.
Autumn Dinner, Day 13: **Beef patties with onion**

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

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

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

---

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

**Best served immediately but keeps well for 1 day**  
**Preparation time:** 10 minutes  
**Cooking time:** 30 minutes

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

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

The following fruit and vegetables are in season:

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

Vegetarian Pizza – recipe page 44
Winter Lunch, Day 1: **Beef satay patties**

*Best served immediately*

**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

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

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

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

*Best served immediately but will keep 1 day refrigerated*

**Preparation time:** 5 minutes  
**Cooking time:** 20 minutes

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

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

*Best served immediately but will keep 1 day if refrigerated*

**Preparation time:** 10 minutes  
**Cooking time:** 35 minutes

**Ingredients:**
- 375g packet of wholemeal spaghetti
- ½ small onion, sliced.
- ½ garlic clove, crushed.
- ¼ green capsicum, finely chopped.
- 2 tablespoons chopped celery with tops
- 1/3 375g can of “no added salt” tomatoes
- 1 ½ tablespoon of salt reduced tomato paste
- ¼ cup of water
- 2 teaspoon of chopped parsley
- Pinch of oregano
- 1 teaspoon of salt reduced soy sauce or tamari
- Black pepper to taste

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

---

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

*Best served immediately*

**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

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

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

**Best served immediately but will keep 1 day**

**Preparation time:** 5 minutes  
**Cooking time:** 40 minutes

**Ingredients:**
- ¼ cup of boiled potato mashed with 2 teaspoons of skim milk (use 1 small potato)
- ¾ cup wholemeal self raising flour
- 1 teaspoons of reduced fat margarine
- 2 teaspoons of dried Italian herbs
- Pinch of salt
- Pinch of pepper
- 3 tablespoons of skim milk
- Cooking spray

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

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

**Best served immediately**

**Preparation time:** 5 minutes

**Ingredients:**
- 2 slices of bread
- ½ avocado
- 20g of grated low fat cheese
- 6 slices of cucumber
- ½ tomato, sliced
- 20g grated carrot

**Method:**
1. Assemble sandwich.
Winter Lunch, Day 7: **Scalloped potatoes**

*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 30 minutes

**Ingredients:**
- 2 medium potatoes, scrubbed
- 1 tablespoon of skim milk
- Pinch of coarsely ground black pepper
- ½ teaspoon of chopped parsley
- Pinch of dried mixed herbs

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

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

*Best served immediately*

**Preparation time:** 5 minutes

**Ingredients:**
- 2 slices of wholemeal or wholegrain bread
- ½ avocado
- 2 tablespoons grated, low fat cheese
- 1 lettuce leaf.
- ½ tomato, sliced

**Method:**
1. Assemble sandwich.
Winter Lunch, Day 9: **Pasta spirals with tuna and tomato sauce**

**Ingredients:**
- 100g packet of spiral pasta
- ½ onion, diced
- ½ carrot, diced
- ½ clove of garlic, crushed
- 1/3 420g can of salt reduced crushed tomatoes
- 2 tablespoons of salt reduced tomato paste
- ½ cup salt reduced chicken stock
- 1 95g can of tuna in spring water, drained and flaked
- 3cm piece of zucchini, diced
- 6 button mushrooms, washed, peeled and sliced
- Pinch of herbs (basil or oregano)
- Cooking spray

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

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

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

**For salad:**
- 2 cos lettuce leaves, shredded
- 1 tomato, diced

**For garnishes:**
- 1 small carrot, grated
- ¼ zucchini, grated
- 1 spring onion, chopped
- 1 teaspoon chopped parsley
- 2 tablespoons grated low fat cheddar cheese
- 2 tablespoons salsa sauce
- 2 tablespoons low fat yoghurt, or light sour cream (you can mix with 1 small clove of crushed garlic)

**For assembly:**
- 2 burritos, or taco shells

**Method:**
1. Heat oil in saucepan, add garlic and onion and cook for 2-3 minutes until onion is soft.
2. Add all other bean sauce ingredients and bring to the boil, then reduce heat and simmer for 10-15 minutes until the liquid is evaporated.
3. Heap burritos or tacos with bean sauce, salad mix, grated cheese, salsa, parsley and yoghurt and serve.
Winter Lunch, Day 11: **Vegetables, Hot pot with barley**  
*Will keep 1-2 days refrigerated or indefinitely if frozen*  
*Preparation time: 15 minutes*  
*Cooking time: 1 hour*

**Ingredients:**  
1 large turnip, peeled and diced  
1 large parsnip, peeled and diced  
½ carrot, peeled and diced  
½ leek, washed and sliced  
1 cup cabbage, washed and sliced  
½ onion, chopped  
3 teaspoons of salt reduced tomato paste  
25g pearl barley, soaked in water overnight and drained  
Pinch of fresh thyme  
1½ cups of salt reduced vegetable or chicken stock  
Freshly ground black pepper to taste

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

---

Winter Lunch, Day 12: **Hungarian goulash**  
*Best served immediately*  
*Preparation time: 15 minutes*  
*Cooking time: 1 hour +*

**Ingredients:**  
200g cubed beef (stewing steak)  
1 medium onion, sliced  
1 tablespoon wholemeal flour  
2 teaspoons of polyunsaturated oil  
1 clove of garlic, chopped  
2 teaspoons of sweet paprika  
1 cup of hot stock (salt reduced)  
3 tablespoons of fruit chutney  
1 tablespoon of natural yoghurt  
1 cup of cooked peas or 100g cooked broccoli florets (to serve)  
1 cooked medium potato or 150g cooked pasta/rice (to serve)

**Method:**  
1. Heat oil in a saucepan, add the onion and garlic and gently fry for 1-2 minutes.  
2. Brown meat in pan and add the flour and paprika, stirring well to coat the meat for around 2 minutes.  
3. Add the stock and chutney and simmer, covered, for 1 hour; stirring occasionally.  
4. Stir yoghurt through mixture and serve with your choice of either peas or broccoli and a serve of either potato, pasta or rice.
Winter Lunch, Day 13: **Vegetarian pizza**

*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 20 minutes

**Ingredients:**
1 small wholemeal pita bread round for the base  
¼ cup of salt reduced tomato paste.  
1 cup of sliced vegetables, e.g. zucchini, mushrooms, capsicum, tomato  
¼ cup of reduced fat grated cheese.

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

---

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

*Will keep up to 3 days refrigerated and indefinitely if frozen*

**Preparation time:** 15 minutes  
**Cooking time:** 45 minutes

**Ingredients:**
25g each of sliced/diced carrot, onion, celery, turnip and parsnip  
1 leek, washed, trimmed and sliced.  
1 tablespoon of wholemeal flour  
½ medium tomato, peeled and sliced  
1 teaspoon of salt reduced tomato puree  
500ml of salt reduced beef stock  
2 bay leaves  
Pinch of ground nutmeg  
Black pepper to taste  
100ml of skim milk  
Rings of leek to garnish

**Method:**
1. Gently fry all the vegetables except the tomato for about 10 minutes without colouring.  
2. Stir in the flour and cook for a further minute.  
3. Add the tomato, puree, stock, bay leaves, nutmeg and seasoning and bring to the boil, covering and simmering gently for about 30 minutes.  
4. Remove the bay leaves and sieve or liquidize the soup, returning to the pan with the milk. Bring back to the boil and simmer.  
5. Serve garnished with leek rings and a bread roll on the side.
Winter Dinner, Day 1: **Roast Lamb**  
**Preparation time:** 15 minutes  
**Cooking time:** 1 hour +

**Ingredients:**
- 2 small potatoes, scrubbed
- 1/3 parsnip, trimmed and peeled
- 1 thick piece of swede, peeled
- 1 thick piece of turnip, scrubbed and peeled
- 100g of Japanese pumpkin
- 2 thick pieces or 1/2 small sweet potato, peeled
- 1 tablespoon olive oil
- 1/2 clove of garlic, finely chopped
- Black pepper to taste
- 1 small well-trimmed rack of lamb, 2 or 3 cutlets in all
- Pinch of rosemary.

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

Winter Dinner, Day 2: **Old fashioned shepherd’s pie**  
**Preparation time:** 20 minutes  
**Cooking time:** 50 minutes

**Ingredients:**
- 1 large potato, diced into small pieces
- 1-2 tablespoons low fat milk
- 1/3 carrot, peeled and finely chopped
- 1/3 celery stick, finely chopped
- 1/3 zucchini, finely chopped
- 1/2 small brown onion, finely chopped
- 1/2 clove of garlic, finely chopped
- 120g premium trim beef or lamb mince
- 2 tablespoons reduced salt tomato sauce
- 2 tablespoons of Worcester sauce
- 1/3 stock cube dissolved in 1/4 cup boiling water

**Method:**
1. Preheat oven to 200°.
2. Cook potatoes in a saucepan of boiling water until tender.
3. Mash potatoes with milk and set aside, keeping warm.
4. Chop the carrot, celery and zucchini and sauté in hot oil with garlic and onion for 10 minutes. Add the mince and cook until brown and separated, then add sauces and stock and bring to the boil. Simmer for 3 minutes.
5. Spoon the mince and vegetable mixture into a lightly greased pie dish and top with mashed potatoes. Rake the surface with a fork to even out the topping and then bake for 15-20 minutes.
Winter Dinner, Day 3: **Beef stew**
Will keep 1-2 days refrigerated or indefinitely if frozen
*Preparation time:* 15 minutes  
*Cooking time:* 2 hour +

**Ingredients:**
- 150-200g blade bone steak, trimmed and cut into 3cm cubes
- 1 tablespoon of wholemeal plain flour
- ½ onion, finely chopped
- ½ stalk of celery, sliced
- Pinch of fennel seeds
- Finely grated zest and sliced flesh of ½ orange
- 1 teaspoon of balsamic vinegar
- ¼ cup of red wine
- 1/3 cup of water
- 1 small sweet potato, cut into even-sized chunks
- ¼ cup of cooked or canned beans, such as cannellini beans, drained
- 2 teaspoons chopped parsley to garnish
- 1 cup of frozen green beans
- Freshly ground pepper to taste

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

---

Winter Dinner, Day 4: **Vegetable hot pot**
*Preparation time:* 20 minutes  
*Cooking time:* 40 minutes

**Ingredients:**
- 1 teaspoon of canola or olive oil
- ¼ onion, chopped
- ½ carrot, peeled and chopped
- 1 small, thick piece of parsnip, peeled and chopped
- 1 small, thick piece of swede, peeled and chopped
- 1 small, thick piece of turnip, peeled and chopped
- ½ stalk of celery, sliced
- ¼ cabbage, shredded
- ½ tomato, chopped
- 1 teaspoon of salt-reduced tomato paste
- 1 cup of salt reduced vegetable stock
- 1/3 cup of kidney beans, cooked or canned, drained
- 1 tablespoon of chopped parsley
- Tabasco sauce, to taste

**Method:**
1. Heat the oil in a saucepan over medium heat.
2. Add onion, carrot, parsnip, swede, turnip, celery and cabbage and stir fry for 5 minutes until soft.
3. Stir in tomato, tomato paste and vegetable stock, cover and cook until vegetables are tender - about 30 minutes.
4. Stir in red kidney beans and Tabasco and season with parsley to serve.
Winter Dinner, Day 5: **Beef and Okra Curry**  
Will keep 1-2 days refrigerated or indefinitely if frozen  
Preparation time: 20 minutes  
Cooking time: 40 minutes

**Ingredients:**  
150g lean blade steak, trimmed and cut into cubes  
½ small onion, chopped  
½ chili, finely chopped  
1 teaspoon peanut or macadamia nut oil  
¼ teaspoon of cumin seeds  
¼ teaspoon turmeric  
2 teaspoons of curry powder  
4 cloves of garlic, crushed  
½ teaspoon of fresh ginger root, crushed  
1 cup of water or salt-reduced beef stock  
½ small tomato, chopped  
¼ cup of okra, sliced  
1 small potato, peeled and cubed

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

Note: Rice or noodles would be a good accompaniment.

Winter Dinner, Day 6: **Mixed bean casserole**  
Best served immediately but will keep 1 day refrigerated  
Preparation time: 5 minutes  
Cooking time: 30 minutes

**Ingredients:**  
½ cup of fresh beans  
1 cup of canned low-salt kidney or 4 bean mix, drained  
½ a small onion, chopped  
½ clove of garlic, crushed  
½ stick of celery, chopped  
Pepper to taste

**Method:**  
1. Cook fresh beans for 5-8 minutes and reserve the liquid.  
2. Sauté onion and garlic in a small amount of water for about 10 minutes.  
3. Stir in canned beans and pepper and reserved water from beans.  
4. Add celery and stir, placing in a casserole dish and baking for 12 minutes at a moderate heat.  
5. Serve with a buttered slice of bread and a 125g piece of grilled chicken breast.
Winter Dinner, Day 7: **Savoury mince**

*BEST SERVED IMMEDIATELY*

**Preparation time:** 10 minutes  
**Cooking time:** 50 minutes

**Ingredients:**
- 150g veal or lean pork mince
- ½ small onion, finely chopped
- ½ clove of garlic, crushed
- 10cm piece of celery, finely chopped
- 1 410g can of salt-reduced tomatoes
- 1 teaspoon salt-reduced tomato paste
- ¼ teaspoon of mixed herbs
- Freshly ground black pepper to taste
- 300g can of salt-reduced baked beans
- ½ teaspoon of polyunsaturated oil

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

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

*WILL KEEP FOR 1-2 DAYS REFRIGERATED*

**Preparation time:** 10 minutes  
**Cooking time:** 20 minutes

**Ingredients:**
- 150g vegetable pieces, e.g. sweet potato, carrot, cauliflower
- 1 cup of brown rice
- 1 tablespoon of polyunsaturated oil
- ½ small onion, sliced
- ¼ teaspoon ground turmeric
- ½ clove of garlic, chopped
- ½ chili, finely chopped
- 1/3 cup of water
- 1/3 cup of low fat coconut milk
- 1 tablespoon of lemon juice
- 1cm piece of ground ginger, chopped

**Method:**
1. While the rice cooks (see Steamed Rice recipe on page 62), heat oil until very hot in a wok or frying pan and fry the onion and spice until the onion is golden brown.
2. Add the rest of the vegetables, stir frying for 2-3 minutes then add the water and cook for 6-8 minutes or until the vegetables are tender.
3. Add the coconut milk and bring to the boil, then remove from heat and add the lemon juice.
4. Serve with brown rice.
Winter Dinner, Day 9: **Middle Eastern potato and chick pea casserole**

Will keep 1-2 days refrigerated or indefinitely if frozen

**Preparation time:** 10 minutes  
**Cooking time:** 25 minutes

**Ingredients:**
- 100g potatoes, peeled and cut into 2cm cubes
- 1 teaspoon of olive oil
- 1 clove of garlic, finely chopped
- ½ large onion cut into thin rings
- 130g can of chopped tomatoes
- 1 teaspoon of salt-reduced tomato paste
- 100g can of chick peas, well drained
- Freshly ground black pepper to taste
- Fresh coriander or parsley, roughly chopped

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

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

Best served immediately but will keep 1 day refrigerated

**Preparation time:** 2 hours +  
**Cooking time:** 15 minutes

**Ingredients:**
- 500g pork fillets, cut into small, even cubes
- 1 tablespoon seasoned pepper (blends available in spice section at supermarket)
- 1 teaspoon freshly grated ginger
- ¼ teaspoon dried basil
- ¾ teaspoon paprika
- Pinch of ground oregano
- 2 tablespoons of tinned mango puree (freeze remainder)

**Method:**
1. Combine all of the herbs and spices and pour onto a flat plate.
2. Thread skewers that have been soaked in water with pork, evenly spacing the meat, and roll each skewer with the herbs and spices mixture. Refrigerate the kebabs for at least 2 hours, but preferably overnight.
3. Grill or barbeque the skewers for 10 minutes, turning to ensure the meat is cooked.
4. Serve hot, drizzled with the mango puree and a salad or steamed or stir fried vegetables.
Winter Dinner, Day 11: **Chicken and mushroom pasta**

Best served immediately but will keep 1-2 days refrigerated  
Preparation time: 15 minutes  
Cooking time: 35 minutes

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

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

Winter Dinner, Day 12: **Jambalaya**

Will keep for 1 day refrigerated  
Preparation time: 10 minutes  
Cooking time: 1 hour

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

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

Best served immediately but will keep 1-2 days refrigerated

Preparation time: 15 minutes
Cooking time: 45 minutes

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

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

Sauce Ingredients:
100ml chili sauce
1 tablespoon of ketchup or low salt tomato sauce
5 drops of Worcestershire sauce
Pinch of dry mustard
Dash of Tabasco

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

Teriyaki chicken and noodle stir fry

Best served immediately

Preparation time: 30 minutes +
Cooking time: 20 minutes

Ingredients:
1 125g skinless chicken breast fillet
2 tablespoons teriyaki marinade
¼ red capsicum, seeded and sliced
1 small carrot, sliced
½ cup of snow peas, trimmed
¾ cup of broccoli florets
100g fresh egg noodles
Cooking spray

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

The following fruit and vegetables are in season:

Asparagus           Mangoes
Avocado             Melons (rockmelon, honeydew)
Beans               Passionfruit
Capsicum            Pumpkin
Cauliflower         Snow peas
Celery              Stone fruit (peaches, nectarines, plums)
Chili               Strawberries
Eggplant            Tomatoes
Lemon               Zucchinis

French Onion Soup – recipe page 63
Spring Breakfast, Day 1: **Creamy scrambled eggs**  
Best served immediately  
**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

**Ingredients:**  
2 eggs, lightly beaten  
¼ cup of evaporated skim milk  
Cooking spray  
Freshly ground black pepper to taste

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

---

Spring Breakfast, Day 2: **Cornmeal pancakes**  
Best served immediately  
**Preparation time:** 10 minutes  
**Cooking time:** 10 minutes.

**Ingredients:**  
¾ cup of cornmeal  
½ wholemeal flour, sifted  
¼ cup of skim milk powder  
1 cup of water  
½ teaspoon of honey  
1 egg, separated  
Cooking spray  
Prepared fruit e.g. sliced mango cheeks, strawberries, stone fruit flesh (peach, nectarine, apricot)

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

**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

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

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

---

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

**Preparation time:** 10 minutes  
**Cooking time:** 10 minutes

**Ingredients:**
- ¼ cup of corn kernels, cooked (or use canned)
- ¼ chili, seeded and finely diced
- 1 clove of garlic, crushed
- 1 small shallot, diced
- 1 egg, beaten (use only half)
- 30ml of skim milk
- ½ cup wild rocket
- 25g shaved parmesan
- 1 tablespoon of wholemeal self-raising flour with 1/8 teaspoon of baking powder mixed in
- Cooking spray
- Freshly ground black pepper

**Method:**
1. Combine chili, corn, garlic, shallot, egg, milk, flour mixture and pepper into a batter. Set aside.
2. Lightly oil a frying pan with cooking spray until sizzling and add spoonfuls of batter, flipping when the cake is a golden brown colour to cook the other side.
3. Serve with rocket and parmesan.
Spring Breakfast, Day 5: **French eggs**  
*Best served immediately*  
*Preparation time:* 5 minutes  
*Cooking time:* 10 minutes

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

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

Spring Breakfast, Day 6: **Fruity porridge**  
*Best served immediately*  
*Cooking time:* 5 minutes

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

**Method:**  
1. Combine oats, water and dried fruit in pan.  
2. Slowly bring to the boil, and cook gently for 10 minutes, stirring often.  
3. Sprinkle with cinnamon and serve with milk.
Spring Breakfast, Day 7: **Banana smoothie**  
*Best served immediately*  
*Cooking time: 5 minutes*

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

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

---

Spring Breakfast, Day 8: **Bubble and squeak**  
*Best served immediately*  
*Preparation time: 5 minutes (more if having to cook vegetables)*  
*Cooking time: 10 minutes*

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

**Method:**
1. Lightly oil a frying pan with cooking spray and sauté onion gently until browned. Add vegetables and pepper and stir, pressing together into an even, flat cake.
2. Cook over a medium heat for 5 minutes, or until the bottom of the cake is well browned.
3. Cut into wedges and serve brown side up.
Spring Breakfast, Day 9: **Spanish omelette**

**Preparation time:** 10 minutes  
**Cooking time:** 20 minutes

**Ingredients:**
- 1 medium potato, unpeeled and diced
- ½ small onion, chopped
- 2 mushrooms, washed, peeled and chopped
- ¼ green capsicum, seeded and chopped
- ¾ cup of cooked vegetables, e.g. corn, peas, carrot
- 10cm piece of celery, chopped
- 2 eggs
- ¼ teaspoon of dried mixed herbs
- ¼ cup of water
- Freshly ground black pepper to taste
- Nutmeg to taste
- Cooking spray
- 3 drops or Tabasco sauce or a pinch of cayenne pepper to taste

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

Spring Breakfast, Day 10: **Scones**

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

**Ingredients:**
- ½ cup of wholemeal self-raising flour, minus 1 heaped tablespoon
- 2 teaspoons gluten flour
- 1/8 teaspoon baking powder
- 2 teaspoons polyunsaturated margarine
- 2 tablespoons skim milk
- 2 tablespoons low fat natural yoghurt

**Method:**
1. Preheat oven to 220°.
2. Combine flours and baking powder and rub in the margarine until the mixture resembles fine bread crumbs. Add the milk and yoghurt and use a knife to mix into soft dough.
3. Turn the dough onto a lightly floured board and knead quickly and gently using fingertips until soft and smooth.
4. Roll out the dough with a rolling pin and using either a scone cutter or the rim of a teacup or mug, cut out circles of dough.
5. Put the uncooked scones on a baking tray covered with a sheet of baking paper and bake for 10 minutes, or until risen and golden brown.
6. Remove from the oven and immediately wrap in a clean, dry tea towel to allow a crust to form. Serve with butter, jam and/or cream.
Spring Breakfast, Day 11: **Natural muesli**  
*Best served immediately*  
*Preparation time: 10 minutes*

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

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

Spring Breakfast, Day 12: **Potato Pancakes**  
*Best served immediately*  
*Preparation time: 20 minutes*  
*Cooking time: 20 minutes*

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

**Method:**
1. Mix the grated ingredients together and season to taste.
2. Lightly grease a large frying pan and heat.
3. Scoop the vegetable mixture into the pan and flatten with a spatula.
4. Cover and cook over a low to medium heat for 15 minutes or until the bottom is well browned.
5. Cover the pancake with a plate and turn over, so that the pancake ends up on the plate. Grease the pan again if it needs it and return the pancake to the pan with the unbrowned side down, cook for further 10 minutes.
6. Serve with grilled vegetables or a salsa made of fresh chopped tomatoes, capsicums and herbs.
Spring Breakfast, Day 13: Sautéed vegetables on grainy toast

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

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

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

Spring Breakfast, Day 14: Bran pancakes

Preparation time: 20 minutes
Cooking time: 20 minutes

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

Method:
1. Mix the bran, flour, yoghurt, milk and eggs together to make a smooth batter.
2. Lightly oil a large frying pan with cooking spray and heat over a medium flame.
3. Pour an even, medium-sized circle of batter into the pan and cook until small bubbles appear on the surface, loosening the edges from the pan with a spatula as it cooks.
4. Place a small amount of the fruit on top, pressing down well so it adheres to the uncooked batter, and flip the pancake. Press down well again.
5. The pancake is cooked when both sides are evenly brown. Remove from the pan and repeat the process with the rest of the batter.
6. Serve with remaining fruit and honey drizzled over top.
Spring Lunch, Day 1: **Garlic potatoes**  
*Best served immediately*  
*Preparation time: 10 minutes*  
*Cooking time: 40 minutes*

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

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

Spring Lunch, Day 2: **Vegetarian burrito**  
*Best served immediately*  
*Preparation time: 15 minutes*  
*Cooking time: 10 minutes*

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

**Method:**  
1. Heat oil in a non-stick frying pan and cook onion until golden. Add spices, baked beans, kidney beans and taco sauce and cook until thickened.  
2. Place heaped spoonful of mixture on half of the mountain bread, top with lettuce, tomato, cheese and cucumber and roll up firmly to serve.
Spring Lunch, Day 3: **Bean roll**

**Best served immediately**

**Preparation time:** 5 minutes  
**Cooking time:** 10 minutes

**Ingredients:**
- 1 tablespoon cooked red kidney beans
- 1 tablespoon corn kernels
- Small piece of spring onion, sliced
- Small piece of carrot, grated
- 25g low fat grated cheese
- 1 teaspoon mild taco sauce
- 1 wholemeal bread roll

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

---

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

**Best served immediately**

**Preparation time:** 5 minutes  
**Cooking time:** 25 minutes

**Ingredients:**
- ½ cup rice
- 1 ½ cups water

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

*Best served immediately*

*Preparation time: 10 minutes  
Cooking time: 20 minutes*

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

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

---

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

*Best served immediately*

*Preparation time: 10 minutes  
Cooking time: 10 minutes*

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

**Method:**
1. Cook the beans in water until just tender- do not overcook. Drain the water, add the dressing, garlic and seasoning and mix well.
2. Let the beans cool and then chill them.
3. To serve, arrange beans on a plate, topped with tomato and then egg with buttered brown bread on the side.
Spring Lunch, Day 7: **Frittata with vegetables**
Best served immediately
Preparation time: 10 minutes
Cooking time: 20 minutes

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

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

Spring Lunch, Day 8: **French onion soup**
Best served immediately
Preparation time: 15 minutes
Cooking time: 40 minutes

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

**Method:**
1. Fry onions in the margarine until evenly brown and tender, stir in the flour until well integrated and then pour over the stock and bring to the boil. Season well, add the bay leaf and simmer for 30 minutes.
2. Place bread on an oven tray and cover with the cheese. Grill until the cheese had just melted.
3. Remove the bay leaf from the soup and serve with the bread slices floating on top of the soup.
Spring Lunch, Day 9: **Potato skins**

*Best served immediately*

**Preparation time:** 10 minutes  
**Cooking time:** 20 minutes

**Ingredients:**
- 1 medium to large potato  
- 1 egg, beaten  
- ¼ cup reduced fat grated cheese  
- Freshly ground pepper to taste

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

Spring Lunch, Day 10: **Pea and ham soup**

*Best served immediately*

**Preparation time:** Overnight  
**Cooking time:** 45 minutes

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

**Method:**
1. Put the peas in a large bowl and cover generously with cold water. Stand for at least 6 hours or overnight, then drain well  
2. Lightly grease a saucepan with cooking spray and cook onion, carrot and celery until soft. Add peas and stock and bring to the boil, reducing heat and simmering for 30 minutes or until peas are soft. Skim any froth off soup while cooking.  
3. Stir ham and parsley into soup and heat through, before seasoning to serve.
Spring Lunch, Day 11: **Cabbage and corn fritters**

Best served immediately  
Preparation time: 15 minutes  
Cooking time: 10 minutes

**Ingredients:**
- ½ cup shredded cabbage
- 1 shallot, chopped
- ¼ cup of wholemeal self-raising flour, sifted
- 75g of 310g can of creamed corn (freeze the remainder)
- 1 egg, beaten
- 1 tablespoon reduced-fat milk
- Cooking spray

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

---

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

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

**Ingredients:**
- 125g of steak, chopped into pieces (remove any fat)
- 1 onion, chopped
- 1 clove of garlic, crushed
- 3 mushrooms, washed, peeled and sliced
- ½ cucumber, sliced
- 1 tomato, peeled and diced
- ½ teaspoon chili powder
- 1 teaspoon mild taco sauce

**Method:**
1. Brown meat in a pan with onion, garlic and ½ cup of water, cooking until onion is tender. Add mushrooms and cucumber and sauté for 2 minutes before adding tomato, taco sauce and chili powder.
2. Bring to the boil and simmer for 15-20 minutes, stirring occasionally.
3. Serve with brown rice or salad and steamed potato.
Spring Lunch, Day 13: **Korma chow mien**

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

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

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

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

Best served immediately  
Preparation time: 20 minutes  
Serves: 10 minutes

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

**Method:**
1. Process fish, egg, chili and coriander in a food processor until smooth, then transfer the mixture into a bowl and combine with the coconut, seasoning and spring onion.
2. Refrigerate mixture for 15 minutes.
3. Form mixture into small balls and roll in sesame seeds. Fry in a lightly greased frying pan over medium heat until golden brown; 2-3 minutes per side.
4. Serve with salad.
Spring Dinner, Day 1: Satay chicken
Best served immediately
Preparation time: 10 minutes
Cooking time: 15 minutes

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

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

Spring Dinner, Day 2: Tuna with tomatoes and chick peas
Best served immediately
Preparation time: 10 minutes
Cooking time: 10 minutes

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

Method:
1. Place the tomatoes in a heat-proof bowl, pour over the boiling water and set aside.
2. Heat the oil in a frying pan and stir-fry the onion, garlic and chillies over a low to medium heat for 3-4 minutes. Add the tomatoes, chick peas, tuna, frozen peas and dried herbs and bring the mixture to the boil, simmering on a reduced heat for 3 minutes.
3. Serve with a garden salad on the side or steamed vegetables.
Spring Dinner, Day 3: **Sweet chilli pasta**  
*Best served immediately but will keep for 1 day refrigerated*  
**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

**Ingredients:**  
500g cooked pasta  
35ml evaporated skim milk  
10ml cold water  
2 tablespoons of sweet chilli sauce

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

---

Spring Dinner, Day 4: **Swiss steak or chicken**  
*Best served immediately but will keep for 1 day refrigerated*  
**Preparation time:** 10 minutes  
**Cooking time:** 30 minutes

**Ingredients:**  
125g steak or skinless chicken breast pieces  
½ stick of celery  
1 onion, chopped  
½ can of salt reduced tomatoes  
1 clove of garlic  
½ teaspoon of chopped parsley  
Freshly ground black pepper to taste

**Method:**  
1. Brown steak or chicken in a non-stick pan, place in an oven dish and bake at 180° for 20 minutes.  
2. Blend all other ingredients together in a blender until an even consistency. Pour mixture over meat, cover with foil and bake for a further 10 minutes.  
3. Serve with steamed vegetables or a salad.
Spring Dinner, Day 5: **Fried rice**

**Best served immediately**

**Preparation time:** 5 minutes  
**Cooking time:** 15 minutes

**Ingredients:**
- 125g of cooked rice, cold  
- 2 teaspoons of polyunsaturated oil  
- 40g lean ham chopped (or 45g of cooked lean pork or chicken or 30g prawns, crab meat or crayfish meat)  
- 30g mushrooms, washed, peeled and chopped  
- 1 tablespoon frozen peas  
- 30g bamboo shoots  
- 30g cooked or canned sweet corn kernels  
- ¼ capsicum, seeded and finely chopped  
- ½ celery stalk, finely chopped  
- 1 small spring onion, chopped  
- 1 egg  
- 1 teaspoon salt reduced soy sauce  
- 20g unsalted peanuts

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

---

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

**Best served immediately**

**Preparation time:** 10 minutes  
**Cooking time:** 40 minutes

**Ingredients:**
- 1 rasher of bacon, fat removed  
- 1 onion, finely chopped  
- ½ cup potato, peeled and diced  
- ½ litre of salt reduced chicken stock  
- 2 bay leaves  
- ¼ can sweet corn kernels, drained  
- Pinch of ground mace  
- 1 teaspoon parsley, chopped  
- Freshly ground pepper to taste

**Method:**
1. Fry bacon and onion in the fat from the bacon until beginning to colour. Add potato, stock, bay leaves, seasoning and mace and bring to the boil, simmering covered for about 30 minutes, or until potatoes have broken down.
2. Remove bay leaves, add corn and further seasoning if necessary and simmer for a further 5 minutes.
3. Stir in parsley to serve.
Spring Dinner, Day 7: **Beef burgers**

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

**Ingredients:**

- 100g lean beef mince
- 1 teaspoon of salt reduced tomato sauce
- 1 tablespoon of water
- 1 pinch of mixed, dried herbs
- 1 multigrain roll
- 1 cos lettuce or iceberg leaf
- 1 tomato slice
- 20g cooked onion rings

**Method:**

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

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

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

**Salad Ingredients:**

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

**Dressing Ingredients:**

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

**Method:**

1. Season the beef well with pepper and seal in a non-stick pan over high heat (outsides should be brown, but meat should be red and rare inside). Set meat aside to rest.
2. After meat has rested for 5 minutes, slice finely across the grain and place in serving bowl with remaining salad ingredients.
3. Prepare dressing in another bowl by mixing well or blend ingredients quickly in a blender.
4. Pour the dressing over the salad, mix well and serve.
Spring Dinner, Day 9: **Chicken and lettuce rolls**

*Best served immediately but will keep for 1 day refrigerated*

**Preparation time:** 20 minutes  
**Cooking time:** 10 minutes

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

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

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

*Best served immediately but will keep well for 1 day refrigerated*

**Preparation time:** 5 minutes  
**Cooking time:** 20 minutes

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

**Method:**
1. Grill veal and set aside, keeping.
2. To make the sauce, combine remaining ingredients in a saucepan and boil for 15 minutes.
3. Serve veal with the sauce and with steamed vegies, a side salad or coleslaw.
Spring Dinner, Day 11: **Chicken and vegetable patties**
Best served immediately
Preparation time: 10 minutes
Cooking time: 10 minutes

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

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

---

Spring Dinner, Day 12: **Tomato and meatball soup**
Will keep well for 1-2 days or indefinitely if frozen
Preparation time: 10 minutes
Cooking time: 15 minutes

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

**Method:**
1. Mix soy sauce, sherry, onion, ginger, egg and corn flour with minced meat and set aside.
2. Heat stock in a large saucepan, add leeks and tomatoes and bring to the boil, cooking for 5 minutes.
3. Add oil and drop teaspoons of meat mixture to the soup, cover and cook gently for 5-8 minutes.
4. Serve garnished with coriander or spring onion and a slice of buttered bread.
Spring Dinner, Day 13: **Pork and vegetable stir-fry**  
Best served immediately  
Preparation time: 15 minutes  
Cooking time: 10 minutes

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

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

Spring Dinner, Day 14: **Quick pasta casserole**  
Best served immediately  
Preparation time: 10 minutes  
Cooking time: 35 minutes

**Ingredients:**
- ½ small onion, chopped
- 100g lean mince
- 100g low salt canned beans, drained
- ½ zucchini, finely sliced
- 1/3 carrot, finely sliced
- 30g button mushrooms, washed, peeled and sliced
- 100g tinned diced tomatoes (freeze remainder)
- ¼ jar of tomato-based salt-reduced pasta sauce (freeze remainder)
- 100g cooked pasta
- Cooking spray

**Sauce ingredients:**
- ½ teaspoon of cornflour
- 1/3 can of evaporated skim milk
- 1 tablespoon of low fat grated tasty cheese

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

**December, January, February**

The following fruit and vegetables are in season:

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Lychees</td>
</tr>
<tr>
<td>Avocado</td>
<td>Mangoes</td>
</tr>
<tr>
<td>Beans</td>
<td>Melons (rockmelon, honeydew)</td>
</tr>
<tr>
<td>Berries (blueberries, raspberries)</td>
<td>Grapes</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Parsnip</td>
</tr>
<tr>
<td>Capsicum</td>
<td>Passionfruit</td>
</tr>
<tr>
<td>Celeriac</td>
<td>Pears</td>
</tr>
<tr>
<td>Corn</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Stone fruit (peaches, nectarines, plums)</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Lettuce</td>
<td>Zucchini</td>
</tr>
</tbody>
</table>

Pumpkin, potato and parsley soup - recipe page 84
Summer Breakfast, Day 1: **Tomato and basil omelette**  
*Best served immediately*
*Preparation time: 5 minutes  
Cooking time: 10 minutes*

**Ingredients:**
- 2 eggs
- ¼ cup of water
- 1 large, fresh, ripe tomato; sliced.
- 2 tablespoons of fresh basil, chopped.
- Freshly ground black pepper to taste
- Cooking spray

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

Summer Breakfast, Day 2: **Mushrooms and bacon**  
*Best served immediately*  
*Preparation time: 5 minutes  
Cooking time: 10 minutes*

**Ingredients:**
- 125g of washed, peeled and sliced mushrooms
- 1/4 cup of skim milk
- 1 teaspoon of flour
- Freshly ground pepper to taste.
- 2 rashers of lean bacon with the fat removed

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

*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 10 minutes

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

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

Summer Breakfast, Day 4: **Baked cheese omelette**

*Best served immediately*

**Preparation time:** 10 minutes  
**Cooking time:** 30 minutes

**Ingredients:**
- **Omelette ingredients:**
  - 2 egg whites
  - ¼ cup of evaporated skim milk
  - ½ cup of low fat cottage cheese
  - 25g of low fat grated cheese
  - Freshly ground black pepper to taste
  - ½ tablespoon of mixed fresh herbs

- 1 multigrain English muffin
- ¼ avocado, sliced into strips
- Cooking spray

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

*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

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

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

---

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

*Best served immediately*

**Preparation time:** 5 minutes  
**Cooking time:** 10 minutes

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

**Method:**
1. Lightly grease a frying pan with cooking spray and heat.
2. Mix first three ingredients together in a bowl and drop spoonfuls of the mixture into the heated frying pan, turning when brown on bottom.
3. Serve with fruit and low fat cottage cheese.
Summer Breakfast, Day 7: **Spinach sour cream pancakes**  
*Best served immediately*  
**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

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

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

---

Summer Breakfast, Day 8: **Best baked beans**  
*Best served immediately*  
**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

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

**Method:**
1. Place the beans, herbs and Tabasco in a small saucepan over a medium flame to warm through, stirring occasionally.  
2. Spoon onto toasted muffin halves.  
3. Alternately, place the beans, herbs and sauce into a microwave safe dish and cover, cooking on HIGH for 1-2 minutes, stirring once. Serve on toasted muffins.
Summer Breakfast, Day 9: **Grilled tomato and cheese on toast**  
Best served immediately  
**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

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

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

Summer Breakfast, Day 10: **Semolina**  
Best served immediately  
**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes

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

**Method:**  
1. Put semolina and enough of the water to cover the semolina in a saucepan over medium heat and stir until the mixture is smooth.  
2. Add the remaining water and bring to the boil, stirring continuously until the mixture thickens.  
3. Remove from the heat and serve with milk, sweetener and fruit.
Summer Breakfast, Day 11: **Bubble and Squeak fritters**  
*Best served immediately but will keep in the fridge for 1 day*  
**Preparation time:** 10 minutes  
**Cooking time:** 10-15 minutes

**Ingredients:**
- ½ cup of vegetables e.g. finely chopped and cooked potato, pumpkin, corn, and zucchini.
- 2 tablespoons wholemeal self raising flour
- 1 egg, lightly beaten (use only half)
- 2 teaspoons of low fat grated cheese.
- 1 small spring onion, finely chopped.
- Freshly ground black pepper to taste
- Cooking spray

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

---

Summer Breakfast, Day 12: **Tofu Omelette**  
*Best served immediately*  
**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

**Ingredients**
- 1 egg
- 2 spring onions, finely chopped
- 60g of soft tofu
- Cracked black pepper to taste
- 1 tablespoon of fresh finely chopped parsley (optional)
- Cooking spray

**Method**
1. Lightly beat the egg.
2. In a separate bowl, mix the spring onions and tofu to a creamy consistency and season with the pepper.
3. Combine the egg and tofu mixtures.
4. Lightly grease a non-stick frying pan and warm over a moderate heat.
5. Pour egg mixture in the pan and cook for 2 minutes or until golden brown on the underside.
6. Flip the omelette and cook for a further 2 minutes.
7. Sprinkle with parsley to serve.
Summer Breakfast, Day 13: **Fruit smoothie**  
*Best served immediately*  
*Preparation time:* 5 minutes  
*Cooking time:* 5 minutes

**Ingredients:**  
½ banana or similar sized serve of fruit, e.g. a handful of berries, 1 diced mango cheek or diced fresh apricot, kiwi fruit etc.  
1 cup of skim milk  
75g of low fat vanilla yoghurt or ice cream  
Small handful of oats  
1 teaspoons of honey

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

---

Summer Breakfast, Day 14: **Mushrooms in garlic butter**  
*Best served immediately*  
*Preparation time:* 10 minutes  
*Cooking time:* 10 minutes

**Ingredients:**  
1 tablespoon of salt reduced butter  
1 large clove of garlic, crushed  
2 teaspoons of grated onion  
150g button mushrooms, washed, peeled and sliced.  
Freshly ground black pepper to taste  
1 teaspoon freshly chopped parsley  
1 teaspoon grated Parmesan cheese  
1 wholegrain English muffin or 2 slices of multigrain bread for toast

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

Best served immediately  
Preparation time: 10 minutes  
Cooking time: 45 minutes

**Ingredients:**
- 1 leek, washed and finely sliced  
- 3 tablespoons of salt-reduced butter  
- 1 onion, thinly sliced  
- 1 large potato, peeled and chopped  
- Freshly ground black pepper to taste  
- 1¼ cups of salt reduced chicken or veal stock  
- Pinch of ground nutmeg  
- 1 egg, lightly beaten (use only 1 tablespoon)  
- 40ml evaporated skim milk  
- Snipped chives to garnish

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

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

Best served immediately  
Preparation time: 40 minutes

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

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

**Best served immediately**

**Preparation time:** 20 minutes  
**Cooking time:** 10 minutes

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

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

Summer Lunch, Day 4: **Stir fry vegetables**

**Best served immediately**

**Preparation time:** 10 minutes  
**Cooking time:** 10 minutes

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

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

**Best served immediately**

**Preparation time:** 10 minutes  
**Cooking time:** 30 minutes

**Ingredients:**
- 1 teaspoon of polyunsaturated oil
- 1 medium potato, cubed
- 1 medium onion, diced
- 1 cup of salt-reduced stock
- 1 clove of garlic, chopped
- ¾ cup of skim milk
- ½ teaspoon of ground ginger
- ¼ teaspoon of curry powder
- 150g pumpkin, cubed
- 1 tablespoon of chopped parsley

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

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

**Best served immediately**

**Preparation time:** 10 minutes  
**Cooking time:** 5 minutes

**Ingredients**
- 1 large tin of tuna in oil
- 1 teaspoon brown sugar
- ½ cucumber, halved lengthwise, seeded and sliced
- 1 clove garlic, peeled and finely chopped
- ½ shallot, finely chopped
- ½ small red onion, peeled and finely sliced
- ⅓ long fresh red chilli, seeded and finely chopped
- ½ lime, juiced and with 1 teaspoon of rind removed
- ¼ cup rice wine vinegar, seasoned
- 2 tablespoons of water
- ¼ teaspoon ginger, grated

**Method**
1. Drain the tin of tuna, flake with a fork and set aside.
2. Combine cucumber, shallots, onion, and chilli in a bowl. Mix through the flaked tuna.
3. In a saucepan, combine vinegar, water, ginger, palm sugar, garlic, lime rind and lime juice and heat to a medium temperature; stirring until sugar dissolves.
4. Pour the warm dressing over the cucumber and fish mixture, stand and allow to cool to room temperature before serving.
Summer Lunch, Day 7: **Hot Potatoes**  
**Preparation time:** 10 minutes  
**Cooking time:** 25 minutes

**Ingredients:**  
1 medium potato  
1/8 cup of low fat ricotta cheese  
½ small red capsicum, finely sliced  
½ small tomato, chopped  
1 95g can of tuna or salmon, flaked  
1 hardboiled egg, chopped  
(All optional except potato and cheese)

2 tablespoons of low fat grated cheese  
Pinch of bread crumbs  
Pinch of poppy seeds  
Pinch of sesame seeds  
Pinch of rice bran

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

Summer Lunch, Day 8: **Vegetable soup with parmesan melts**  
**Preparation time:** 10 minutes  
**Cooking time:** 35 minutes

**Soup Ingredients:**  
2 teaspoons sunflower oil  
½ small onion, chopped  
½ stick of celery, chopped  
½ medium carrot, chopped  
1 ½ cups of low-salt vegetable stock  
50g pumpkin, chopped  
½ small red capsicum, seeded and chopped  
½ small tomato, chopped

¼ small can of 4 bean mix, drained  
Freshly ground black pepper to taste  
Freshly chopped chives to garnish

**Melts Ingredients:**  
2 slices of multigrain bread  
2 tablespoons salt reduced tomato paste  
½ small green capsicum, seeded and diced  
2 tablespoons parmesan cheese

**Method:**  
1. Heat oil over a high heat in a saucepan and cook onion, celery and carrot until soft.  
2. Add stock, pumpkin, tomato and capsicum and bring to the boil and then reduce heat, covering and simmering for 15 minutes or until the vegetables are soft. Add the bean mix and simmer for a further 5 minutes.  
3. Puree soup in a blender until smooth and return to the pan to reheat, seasoning and garnishing to serve.  
4. Spread tomato paste evenly on each slice of bread, top with capsicum and parmesan and grill until hot and the cheese is melted.  
5. Serve soup with melts floating on top.
Summer Lunch, Day 9: **Bruschetta**  
Best served immediately  
**Preparation time:** 15 minutes +

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

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

Summer Lunch, Day 10: **Sweet potato and zucchini fritters**  
Best served immediately  
**Preparation time:** 10 minutes  
**Cooking time:** 10 minutes

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

**Method:**
1. Place the sweet potato and zucchini in a bowl and toss to combine. Squeeze any liquid from the vegetables and then transfer to a clean bowl.
2. Combine the parsley, garlic, egg and pepper and stir well, adding to the vegetable mixture. Sprinkle over the flour and mix well.
3. Lightly oil a sandwich press and spoon tablespoons of the mixture onto the plate, pressing down with the lid.
4. Cook for 4 minutes on each side, or until golden brown and cooked through.
5. Serve immediately with lemon wedges.
Summer Lunch, Day 11: **Green pea soup**

*Best served immediately*

*Cooking time:* 20 minutes

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

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

---

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

*Best served immediately*

*Preparation time:* 10 minutes

*Cooking time:* 35 minutes

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

**Method**
1. Heat the olive oil in a large saucepan and fry the leek for about 5 minutes until soft but not coloured.
2. Add the pumpkin and fry gently, stirring for about 5 minutes.
3. Add the rice and stir to coat, followed by the wine and then the stock, gradually stirring for about 20 minutes, until the grains are swollen and soft.
4. Take the risotto off the heat and stir in the cheese. Cover and allow to stand for 2 minutes.
5. Serve on a warmed plate.
Summer Lunch, Day 13: **Crunchy rice salad**

*Best served immediately*

*Preparation time: 15 minutes*

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

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

---

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

*Best served immediately*

*Preparation time: 5 minutes*

*Cooking time: 10 minutes*

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

**Method:**
1. Preheat oven to 180°.
2. Cut rolls in half so that you can open it completely and spread each roll with tomato paste.
3. Spread the other ingredients over rolls, close the tops and wrap the rolls in foil.
4. Cook in oven for 10 minutes, or until the cheese is melted.
5. Serve hot and with a side salad.
Summer Dinner, Day 1: **Bolognaise Baked Potato**  
**Preparation time:** 15 minutes  
**Cooking time:** 40 minutes

**Ingredients:**
- 125g of lean beef mince or thinly sliced steak (remove any fat)
- ½ can of low salt kidney beans, drained
- ½ carrot, grated
- ½ zucchini, grated
- ½ onion, chopped
- 1 clove of garlic, crushed
- Pinch each of basil, thyme and oregano
- 2 teaspoons of reduced-salt tomato paste
- 1 small to medium sweet potato
- 1 cup of salt-reduced tinned tomato (freeze the remaining)
- 6 button mushrooms, washed, sliced and peeled (optional)

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

Summer Dinner, Day 2: **Roasted slice**  
**Preparation time:** 10 minutes  
**Cooking time:** 30-40 minutes

**Ingredients:**
- 100g carrot, grated
- 2 tablespoons of low fat grated cheese
- 1 tablespoon of capsicum, chopped
- ½ tomato, sliced
- ½ onion, chopped
- 2 tablespoons of wholemeal flour
- 2 eggs, lightly beaten
- 2 teaspoons of polyunsaturated oil
- 6 button mushrooms, washed, sliced and peeled (optional)

**Method:**
1. Preheat oven to 150° C.
2. Fry onions in half of the oil until tender and brown.
3. Mix all of the ingredients together, making sure all of the vegetables have been coated in egg and that the flour is well integrated. Pour into a lightly greased oven dish.
4. Bake at 175°C for 30-40 minutes and serve hot or cold with a piece of grilled fish (Autumn Lunch, Day 10) or chicken kebab (Winter Lunch, Day 4).
Summer Dinner, Day 3: **Beef curry**  
*Best served immediately*  
*Preparation time:* 10 minutes  
*Cooking time:* 25 minutes

**Ingredients:**  
½ small onion, finely chopped  
½ mild chili, seeded and finely chopped  
2 teaspoons of polyunsaturated oil  
¼ teaspoon of cumin seeds  
2 teaspoons of curry powder  
¼ teaspoon of turmeric  
125g blade steak, chopped into small, even sized pieces  
1 cm piece of green ginger, crushed  
1 clove of garlic  
½ small tomato, diced  
1/3 cup of cubed raw potato.  
1/3 cup of prepared vegetables, e.g. diced squash.

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

Summer Dinner, Day 4: **Chicken and mushrooms**  
*Best served immediately*  
*Preparation time:* 10 minutes  
*Cooking time:* 30 minutes

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

**Method:**  
1. Preheat oven to 180°C.  
2. Place ingredients in a casserole dish and season to taste.  
3. Cook for 20-30 minutes, or until chicken is soft and cooked through.  
4. Serve with a side salad or steamed vegetables.
Summer Dinner, Day 5: **Cheesy mushroom risotto**

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

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

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

---

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

Best served immediately but will keep 1 day if refrigerated  
Preparation time: 10 minutes  
Cooking time: 10 minutes

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

**Method:**
1. Cook the fettuccine in a large pan of boiling water until al denté (cooked but still firm). Drain and return to the pan.  
2. Add a spray of olive oil and toss to coat the pasta.  
3. Combine the chickpeas, capers, onion, tomatoes and parsley with the pasta.  
4. Season with the lemon juice and black pepper to serve.
Summer Dinner, Day 7: **Vegetable casserole with steamed fish fillets**

**Best served immediately**

**Preparation time:** 15 minutes  
**Cooking time:** 45 minutes

**Casserole Ingredients:**
- 2 teaspoons of polyunsaturated oil  
- ½ medium onion, chopped  
- 1 clove of garlic, chopped  
- ½ carrot, diced  
- ½ small potato, diced  
- ¼ large capsicum, diced  
- ¼ small zucchini, sliced  
- ¼ large eggplant, diced  
- ¼ 440g can of tomatoes (keep liquid)  
- ¼ cup of hot water  
- ½ teaspoon of dried mixed herbs  
- ¼ teaspoon of paprika  
- 100g of 300g can of beans, drained and rinsed (freeze remaining)

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

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

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

**Preparation time:** 10 minutes  
**Cooking time:** 1 hour +

**Ingredients:**
- 1 Maryland chicken piece  
- ¼ teaspoon of freshly ground black pepper  
- ½ teaspoon of ground turmeric  
- 1 cardamom pod  
- ¼ teaspoon of ground ginger  
- 1 small onion, finely chopped  
- ¼ cup of low fat natural yoghurt  
- ¼ cup of evaporated skim milk

**Method:**
1. Prick the skin of the chicken with a fork and rub with a mixture of pepper and ginger.
2. Place chicken in 180°C oven for 10 minutes.
3. Pound cardamom pod with a pestle and mortar, add turmeric, onion, yoghurt and cream and mix well. Pour over chicken.
4. Reduce the oven temperature to a low heat and bake chicken for 1 hour, basting often with sauce.
5. Serve with a salad or steamed vegetables.
**Summer Dinner, Day 9: Tuna and Macaroni Bake**

*Can be refrigerated for 2 to 3 days*

**Preparation time:** 15 minutes  
**Cooking time:** 45 minutes

**Ingredients:**
- 70 g macaroni, cooked  
- ½ can tuna in spring water  
- 1 teaspoon polyunsaturated, or mono-unsaturated margarine  
- ½ 210 g can of tomato soup (or equivalent of diced tomatoes)  
- 1 stalk celery, chopped  
- ½ medium onion, chopped  
- ¼ cup reduced fat cheddar cheese  
- Oregano, parsley, thyme, basil to taste

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

---

**Summer Dinner, Day 10: Rissoles**

*Best served immediately*

**Preparation time:** 10 minutes  
**Cooking time:** 15 minutes

**Ingredients:**
- 100 g of lean beef mince  
- ½ small onion, chopped  
- ½ small potato, peeled and grated  
- 1 egg, lightly beaten (use only half)  
- ½ teaspoon curry powder  
- 2 teaspoons of tomato or barbeque sauce  
- ¼ cup of rolled oats or crushed Weetbix  
- Wholegrain breadcrumbs or flour for rolling rissoles in  
- Freshly ground black pepper to taste  
- Cooking spray

**Method:**
1. Combine all ingredients except breadcrumbs/flour and cooking spray and mix well.  
2. Form into even sized patties and roll in breadcrumbs/flour.  
3. Lightly grease a frying pan with cooking spray and cook the patties on a medium heat for about 8 minutes a side.  
4. Serve with a salad or steamed vegetables.
Summer Dinner, Day 11: **Pork and vegetable stir fry**
Best served immediately
Preparation time: 10 minutes
Cooking time: 40 minutes

**Ingredients:**
- 2 asparagus stalks
- 1/3 carrot, chopped
- 1/2 cup rice
- 125g pork fillet, cut into strips
- 1/2 small onion
- 1/4 teaspoon of minced garlic
- 1/2 teaspoon of minced ginger
- 2 tablespoons of plum sauce
- 1 teaspoon of salt reduced soy sauce or tamari
- Cooking spray

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

Summer Dinner, Day 12: **Special macaroni cheese**
Best served immediately
Preparation time: 10 minutes
Cooking time: 40 minutes

**Ingredients:**
- 1/4 cup of pasta shapes
- 1/2 small onion, finely chopped
- 1 1/2 teaspoons of margarine
- 2 teaspoons of wholemeal plain flour
- 1/4 cup skim milk
- 1/4 cup of ricotta cheese
- 1/2 cup of cauliflower, finely chopped
- 40g low fat grated cheese
- 1/4 teaspoon ground nutmeg
- Freshly ground black pepper to taste

**Method:**
1. Preheat oven to 200°.
2. Cook pasta and cauliflower in the same water and set aside.
3. Heat margarine in a saucepan, add onion and cook until softened.
   Stir in flour and mix well until a paste forms.
4. Take off heat and whisk in milk until smooth.
5. Cook mixture over a low heat for 3 minutes or until thickened and then season well with pepper and nutmeg.
6. Remove from heat and stir through pasta, cauliflower and ricotta.
7. Spoon into an oven proof dish, top with grated cheese and bake for 10-15 minutes in a moderate oven, until the top is golden and melted.
8. Serve with steamed vegetables or coleslaw.
Summer Dinner, Day 13: **Honey soy chicken and vegetable stir fry**  
Best served immediately  
**Preparation time:** 15 minutes +  
**Cooking time:** 40 minutes

**Stir Fry Ingredients:**  
100g of chicken strips  
2 teaspoons of polyunsaturated oil  
1 small onion, sliced  
½ carrot, sliced  
½ celery stalk, sliced  
¼ cup of fresh or frozen beans, chopped  
¼ 440g can of corn kernels (reserve liquid)

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

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

Summer Dinner, Day 14: **Soy bean casserole**  
Best served immediately  
**Preparation time:** 10 minutes  
**Cooking time:** 40 minutes

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

**Method:**
1. Preheat oven to 150°C.  
2. Fry chopped onions in half of the oil and use the other half to grease an oven dish.  
3. Mix eggs, milk and soy sauce together. Add the other ingredients and spoon mixture into the oven dish.  
4. Bake for 30-35 minutes.  
5. Serve with a side salad or coleslaw.
<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
<th>Users Personal Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bean: and Artichoke Salad</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Bean: Roll</td>
<td>62</td>
<td></td>
</tr>
<tr>
<td>Beans: Baked on Grainy Toast</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Beans: Best Baked</td>
<td>79</td>
<td></td>
</tr>
<tr>
<td>Beans: Breakfast</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Beans: Burritos</td>
<td>42</td>
<td></td>
</tr>
<tr>
<td>Beans: with Bacon and Nuts</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Beef: Burger</td>
<td>71</td>
<td></td>
</tr>
<tr>
<td>Beef: Curry</td>
<td>91</td>
<td></td>
</tr>
<tr>
<td>Beef: Patties with Onion</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Beef: Satay Patties</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Beef: Stew</td>
<td>46</td>
<td></td>
</tr>
<tr>
<td>Bruschetta</td>
<td>87</td>
<td></td>
</tr>
<tr>
<td>Bubble and Squeak</td>
<td>57</td>
<td></td>
</tr>
<tr>
<td>Casserole: Meat and Bean</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Casserole: Mixed Bean</td>
<td>47</td>
<td></td>
</tr>
<tr>
<td>Casserole: Potato and Chickpea</td>
<td>49</td>
<td></td>
</tr>
<tr>
<td>Casserole: Soy Bean</td>
<td>96</td>
<td></td>
</tr>
<tr>
<td>Casserole: Vegetable with Fish Fillets</td>
<td>93</td>
<td></td>
</tr>
<tr>
<td>Chicken: Lettuce Rolls</td>
<td>72</td>
<td></td>
</tr>
<tr>
<td>Chicken: and Mushrooms</td>
<td>91</td>
<td></td>
</tr>
<tr>
<td>Chicken: Barbecue Kebabs</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Chicken: Fillets</td>
<td>33</td>
<td></td>
</tr>
<tr>
<td>Chicken: Golden</td>
<td>93</td>
<td></td>
</tr>
<tr>
<td>Chicken: Honey, Soy and Vegetable</td>
<td>96</td>
<td></td>
</tr>
<tr>
<td>Chicken: Satay</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td>Chicken: Teriyaki and Noodles</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Chicken: Vegetable Patties</td>
<td>73</td>
<td></td>
</tr>
<tr>
<td>Chicken: with Asparagus Roll</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Chow Mein: Korma</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td>Corncakes: Rocket and Parmesan</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Crumpets: with Fruit and Honey</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Curry: Beef and Okra</td>
<td>47</td>
<td></td>
</tr>
<tr>
<td>Curry: Vegetable</td>
<td>48</td>
<td></td>
</tr>
<tr>
<td>Damper: Potato and Herb</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Egg: Curried Sandwich</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Egg: Egg and Bacon Pie</td>
<td>33</td>
<td></td>
</tr>
<tr>
<td>Eggs: Baked Cheese Omelette</td>
<td>77</td>
<td></td>
</tr>
<tr>
<td>Eggs: Boiled on Toast</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Eggs: Creamy Scrambled</td>
<td>54</td>
<td></td>
</tr>
<tr>
<td>Eggs: French</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>Eggs: Mushroom and Thyme Omelette</td>
<td>55</td>
<td></td>
</tr>
<tr>
<td>Eggs: Poached on English Muffins</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Eggs: Scrambled with Parsley</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Eggs: Spanish Omelette</td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>Eggs: Tofu Omelette</td>
<td>81</td>
<td></td>
</tr>
<tr>
<td>Eggs: Tomato and Basil Omelette</td>
<td>76</td>
<td></td>
</tr>
<tr>
<td>Fettucine: Tomato and Chickpea</td>
<td>92</td>
<td></td>
</tr>
<tr>
<td>Fish Parcels: with Mixed Salad</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Fish: Cakes</td>
<td>84</td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>Price</td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td>-------</td>
<td></td>
</tr>
<tr>
<td>Fish: Grilled</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Fish: Smoked Haddock with Tomato</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>Fish: Thai Cakes</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td>Frittata: Vegetable</td>
<td>64</td>
<td></td>
</tr>
<tr>
<td>Frittata: Vegetable with Salad</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Fritters Sweet Potato and Zucchini</td>
<td>87</td>
<td></td>
</tr>
<tr>
<td>Fritters: Bubble and Squeak</td>
<td>81</td>
<td></td>
</tr>
<tr>
<td>Fritters: Cabbage and Corn</td>
<td>66</td>
<td></td>
</tr>
<tr>
<td>Goulash: Hungarian</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>Ham: with Asparagus Parcels</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Hot Pot: Mexican</td>
<td>34</td>
<td></td>
</tr>
<tr>
<td>Jambalaya</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Lamb: Roast</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Lamb: Shepherds Pie</td>
<td>45</td>
<td></td>
</tr>
<tr>
<td>Lentils: Curried patties</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Macaroni: Cheese with Mixed Salad</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Macaroni: Special Cheese</td>
<td>95</td>
<td></td>
</tr>
<tr>
<td>Meat Loaf: Barbecue</td>
<td>51</td>
<td></td>
</tr>
<tr>
<td>Mince: Savoury</td>
<td>48</td>
<td></td>
</tr>
<tr>
<td>Muesli: Natural</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td>Mushrooms and Bacon</td>
<td>76</td>
<td></td>
</tr>
<tr>
<td>Mushrooms in Garlic butter</td>
<td>82</td>
<td></td>
</tr>
<tr>
<td>Pancakes: Bran with Fruit</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Pancakes: Cornmeal</td>
<td>54</td>
<td></td>
</tr>
<tr>
<td>Pancakes: Potato</td>
<td>59</td>
<td></td>
</tr>
<tr>
<td>Pancakes: Spinach / Cheese</td>
<td>79</td>
<td></td>
</tr>
<tr>
<td>Pasta: Chicken and Mushroom</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Pasta: Quick Casserole</td>
<td>74</td>
<td></td>
</tr>
<tr>
<td>Pasta: Spirals with Tuna</td>
<td>42</td>
<td></td>
</tr>
<tr>
<td>Pasta: Sweet Chilli</td>
<td>69</td>
<td></td>
</tr>
<tr>
<td>Pasta: Tuna and Tomato</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Pikelets: Wholemeal</td>
<td>77</td>
<td></td>
</tr>
<tr>
<td>Pizza: Quick</td>
<td>29</td>
<td></td>
</tr>
<tr>
<td>Pizza: Rolls</td>
<td>89</td>
<td></td>
</tr>
<tr>
<td>Polenta: Creamy</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Pork: and Vegetable Stir Fry</td>
<td>95</td>
<td></td>
</tr>
<tr>
<td>Pork: Kebabs</td>
<td>49</td>
<td></td>
</tr>
<tr>
<td>Pork: Stir Fry with Vegetables</td>
<td>74</td>
<td></td>
</tr>
<tr>
<td>Porridge: and Fruit</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Porridge: Apple and Cinnamon</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Porridge: Fruity</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>Potato: Bolognaise Baked</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>Potato: Skins</td>
<td>65</td>
<td></td>
</tr>
<tr>
<td>Potatoes: Garlic</td>
<td>61</td>
<td></td>
</tr>
<tr>
<td>Potatoes: Hot</td>
<td>86</td>
<td></td>
</tr>
<tr>
<td>Potatoes: Scalloped</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>Rice: Combination Salad</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Rice: Crunchy Salad</td>
<td>89</td>
<td></td>
</tr>
<tr>
<td>Rice: Fried</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Rice: Steamed</td>
<td>62</td>
<td></td>
</tr>
<tr>
<td>Rice: with Oriental Mince</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Risotto: Cheesy Mushroom</td>
<td>92</td>
<td></td>
</tr>
<tr>
<td>Risotto: Leek and Pumpkin</td>
<td>88</td>
<td></td>
</tr>
<tr>
<td>Rissoles</td>
<td>94</td>
<td></td>
</tr>
<tr>
<td>Roll: Salad and Cheese</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Rolled Oats with Fruit and Nuts</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Food Description</td>
<td>Price</td>
<td></td>
</tr>
<tr>
<td>----------------------------------------------------</td>
<td>-------</td>
<td></td>
</tr>
<tr>
<td>Salad: Cucumber, Lime and Tuna</td>
<td>85</td>
<td></td>
</tr>
<tr>
<td>Salad: Dressed French Bean</td>
<td>63</td>
<td></td>
</tr>
<tr>
<td>Salad: Thai Beef</td>
<td>71</td>
<td></td>
</tr>
<tr>
<td>Salad: Tuna and Bean</td>
<td>83</td>
<td></td>
</tr>
<tr>
<td>Salad: Tuna and Wholegrain Biscuits</td>
<td>24</td>
<td></td>
</tr>
<tr>
<td>Sandwich: Cheese and Lettuce</td>
<td>41</td>
<td></td>
</tr>
<tr>
<td>Sandwich: Cheese and Salad</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Sandwich: Cheese and Cucumber</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Scones</td>
<td>58</td>
<td></td>
</tr>
<tr>
<td>Scones: Griddle</td>
<td>78</td>
<td></td>
</tr>
<tr>
<td>Semolina</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Smoothie: Banana</td>
<td>57</td>
<td></td>
</tr>
<tr>
<td>Smoothie: Fruit</td>
<td>82</td>
<td></td>
</tr>
<tr>
<td>Soup: French Onion</td>
<td>64</td>
<td></td>
</tr>
<tr>
<td>Soup: Green Pea</td>
<td>88</td>
<td></td>
</tr>
<tr>
<td>Soup: Minestrone</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>Soup: Pea and Ham</td>
<td>65</td>
<td></td>
</tr>
<tr>
<td>Soup: Potato and Bacon</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Soup: Pumpkin</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Soup: Pumpkin, Potato and Parsley</td>
<td>85</td>
<td></td>
</tr>
<tr>
<td>Soup: Thick Vegetable</td>
<td>44</td>
<td></td>
</tr>
<tr>
<td>Soup: Tomato and Meatball</td>
<td>73</td>
<td></td>
</tr>
<tr>
<td>Soup: Vegetable with Parmesan Melts</td>
<td>86</td>
<td></td>
</tr>
<tr>
<td>Soup: Vichysoise</td>
<td>83</td>
<td></td>
</tr>
<tr>
<td>Spaghetti: and Meatballs</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Spaghetti: Bianca</td>
<td>39</td>
<td></td>
</tr>
<tr>
<td>Spaghetti: Bolognnaise</td>
<td>34</td>
<td></td>
</tr>
<tr>
<td>Steak: Swiss</td>
<td>69</td>
<td></td>
</tr>
<tr>
<td>Stew: Mexican</td>
<td>66</td>
<td></td>
</tr>
<tr>
<td>Toast: Cheesy Fruit</td>
<td>78</td>
<td></td>
</tr>
<tr>
<td>Toast: French with Berries and Yoghurt</td>
<td>19</td>
<td></td>
</tr>
<tr>
<td>Toast: Grilled Cheese and Tomato</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Toast: Sautéed Vegetables</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Tomato: Whole Grain Toast</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Tomatoes: and Mushrooms on Toast</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Tuna: Corn Patties</td>
<td>38</td>
<td></td>
</tr>
<tr>
<td>Tuna: Macaroni Bake</td>
<td>94</td>
<td></td>
</tr>
<tr>
<td>Tuna: Tomato and Chickpea</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td>Tuna: with Tomato and Garlic</td>
<td>31</td>
<td></td>
</tr>
<tr>
<td>Veal: Grilled</td>
<td>72</td>
<td></td>
</tr>
<tr>
<td>Vegetable: Burrito</td>
<td>61</td>
<td></td>
</tr>
<tr>
<td>Vegetable: Hot Pot</td>
<td>46</td>
<td></td>
</tr>
<tr>
<td>Vegetable: Hot Pot with Barley</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>Vegetable: Slice Roasted</td>
<td>90</td>
<td></td>
</tr>
<tr>
<td>Vegetables: Stir Fry</td>
<td>84</td>
<td></td>
</tr>
<tr>
<td>Vegetarian Pizza</td>
<td>44</td>
<td></td>
</tr>
<tr>
<td>Weetbix: Grated Apple</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>Weetbix: topped with sliced fruit</td>
<td>17</td>
<td></td>
</tr>
</tbody>
</table>
FEEDBACK:

Do you have any suggestions to improve this book?

Please forward your feedback to:
Angela Robinson
Population Health Officer
Plenty Valley Community Health
187 Cooper Street
EPPING 3076
Phone 9409 8771
Email: angela.robinson@optusnet.com.au