

EVERYDAY MEAL AND SNACK IDEAS



**Quick and easy low cost
recipes using basic foods
for you and your family**



“Everyday Meal and Snack Ideas” will help you and your family cook low cost and healthy food from basic ingredients.

Have you ever opened your cupboard and thought “how am I going to feed the family tonight?”

To make your mealtimes easier, this cookbook has heaps of recipes for cheap, quick and easy to make meals. All of these tasty meals and snacks are made from foods you might find in a kitchen cupboard or fridge.

In less than 30 minutes you can have a meal on the table that costs less and is much healthier than a takeaway. The kids will have fun helping making and eating the food. Check out the baking and dessert section for ideas for kids parties.

There are also cooking and smart shopping tips to help make the dollar go further. Look out for these through the book.



Healthy eating tip

How you can make your food even healthier



Cooking tip

Ideas for how you can change the recipe



Money saving tip

Ways to cut your shopping bill

Contents

| | |
|--|----|
| Healthy eating | 2 |
| How to make your money go further | 4 |
| Foods to keep in your cupboard | 4 |
| Bulk buy / Buy in season..... | 6 |
| Leftovers..... | 7 |
| Planning your meals | 8 |
| | |
| Recipes | |
| Breakfast..... | 11 |
| Lunch..... | 13 |
| Soups..... | 15 |
| Dinner | 17 |
| Fish dishes | 21 |
| Meat dishes..... | 23 |
| Side dishes..... | 25 |
| Flavouring and sauces | 30 |
| Baking and desserts..... | 32 |
| | |
| Appendices | |
| Cooking words | 38 |
| Serving size | 39 |
| How to cook food safely | 40 |

Healthy eating

It doesn't need to cost more to eat healthier

Making small changes to what you eat and how you cook can help you and your family to have more energy and stay well. It can also stop you from developing health problems like Type 2 Diabetes, heart disease, breathing problems, strokes and cancer.

Vegetables are important in your meal for vitamins and taste. Frozen or tinned vegetables are just as good as fresh. Try throwing frozen mixed vegetables into a soup or grating carrots into mince to make the meal go further. The kids might be more likely to eat them if they are mixed together. **Fruit** is a healthy, tasty snack or dessert. Tinned fruit is a good option if you pour off the liquid.

Breads and Cereals are low in fat, filling and give us energy, but be careful with what you add. Oil or margarine is better than butter for the heart, however too much can still affect your weight. Use wholegrain, wholemeal or wheatmeal breads when you can, for more fibre. They are more filling, so you won't need to eat as much.

Meat, chicken, fish and alternatives are important for protein, but too much is not good for our bodies. Using less meat will cut costs too. Cut off the fat from the meat or the skin off the chicken before you cook it. Add sauces for flavour. This book also gives you ideas of how to use chickpeas, beans and lentils instead of meat for protein. One of our tasters even thought the chickpea patties were made of meat. Tinned fish contains healthy oils in the flesh, but pour the oil off, or use fish tinned in tomato sauce or spring water.

Milk and dairy products give us calcium to keep our bones strong. By swapping to low fat milk (light blue or green top milk or milk powder) you can cut the fat down. You may not even notice the difference in taste and there is often no difference in cost. Use full fat (dark blue top) for kids under 2 years old.

Water is the best drink for the family and it's free. Drink plenty through the day.

A balanced diet

Eat a variety of foods from each of the four food groups in the picture below. If you have specific health conditions you may have to adjust or check with your doctor/ nurse or dietitian.

**BREADS
AND
CEREALS**

**FRUIT
AND
VEGETABLES**

**MILK
AND MILK
PRODUCTS**

**LEAN RED
MEAT, FISH AND
SEAFOOD
CHICKEN
DRIED BEANS
NUTS
OR EGGS**



How to make your money go further

Foods to keep in your cupboard

Try to keep some basic ingredients in your cupboard or freezer for emergencies. You can make most of the recipes in this book from the foods below.

Rolled oats Use oats in porridge, oaty bars, or as a crumble topping for a dessert or in meat patties for hamburgers to make mince go further.



Breakfast cereals Eat with milk for breakfast. You can also use them as a snack or as a topping for a fruit dessert.



Rice Use it as a side dish for meals like stir fry or in baked meals such as tuna and pineapple rice.



Pasta, noodles or vermicelli Use pasta in salads or in main meals with a sauce or in soups. There are many types of pasta (penne, spirals, spaghetti, macaroni etc). Any of these are fine for all the pasta recipes, so choose your favourite type.



Couscous is a bit like pasta - quick and easy to use. It takes on the flavour of whatever you add to it.

Bread Bread doesn't need to just be for sandwiches or toast. You can have it with dinner (instead of potatoes, taro, rice or pasta), or in meals like tuna casserole. Choose wholemeal or grain breads when possible as they are more filling than white bread. Store extra bread in the freezer, until you need it.

Flour Use flour to thicken sauces, such as white or cheese sauce or for baking pancakes, pikelets, muffins and scones. Flour may be self rising flour or plain flour. Check which one you need for the recipe. There is also wholemeal flour which has more fibre and is more filling. Try mixing wholemeal with white flour to make your baking healthier.

Baking powder This helps some of the recipes to rise. It is not the same as baking soda. To make your own baking powder mix $\frac{1}{4}$ tsp baking soda with $\frac{1}{2}$ tsp of cream of tartar.

Powdered milk Make milk up according to the instructions on the packet and use just like fresh milk on cereal, in hot or cold drinks and in baking. Make this up in advance and let it settle to improve the taste.

Potatoes, kumara, yam, taro, cassava and green banana are filling and can be boiled and mashed, or baked in the oven, made into hash browns, potato wedges or used in potato salad. When potatoes are in a recipe you can use kumara, yam or taro as an alternative. Always store potatoes in a cool dark place to stop them turning green.



Onions These are a very useful ingredient to add flavour to savoury dishes. Store them somewhere cool and dark. Hang them from a secure hook to keep cool air circulating through the bag. This will stop the onions going off quickly.



Tinned beans, lentils or chickpeas Use these instead of meat, or with meat to make it go further. They are cheap and healthy. Use them in tomato-based sauce or to add bulk to soups and casseroles. Use chickpeas to make hummus or chickpea patties.



Dried beans and chickpeas If you use dried beans or chickpeas you should soak these in water overnight (minimum 4 hours). To quick soak add at least three cups of cold water to each cup of beans in a saucepan. Bring to the boil. Remove from heat, cover and stand (without cooking) for 1 – 2 hours. Beans usually absorb water and soften faster in hot water. Use them in the recipe or freeze in plastic bags for future use.



Tinned fish e.g. tuna, mackerel, sardines or salmon Look for fish tinned in spring water or tomato sauce or pour away the oil or brine from the tin before using. Fish goes nicely in sandwiches, on toast, with rice or as a main meal such as tuna casserole or fish rissoles.



Tinned or frozen vegetables e.g. peas, sweetcorn, beans These are just as healthy as fresh vegetables. Use them as a side dish with main meals, in soups, or in a sauce as much as you can. They add interest to a salad or you can use in a main dish such as sweetcorn fritters. Tinned tomatoes are really useful for making sauces for curry, mince or pasta.



Tinned fruit Tinned fruit can be served at breakfast on top of cereals. It can be great for snack time or in a dessert such as fruit crumble, or just on its own. Choose fruit tinned in natural juices or pour off the syrup as it is very high in sugar.

Oil or margarine You can use either of these for cooking. Choose canola, corn, sunflower, soy bean, avocado, peanut or olive oils or margarines when you can. Use only small amounts if you need to watch your weight.



Optional extras Herbs, spices and stocks add extra flavour e.g. cinnamon, pepper, mixed herbs, coriander, cumin, curry powder, marmite, lemon juice, ginger, garlic, chilli powder. Use iodised salt in small amounts only.

How to make your money go further

Bulk buy

Often buying a bigger packet can work out cheaper. Ask your friends, they might want to shop with you and split the cost. Try this for foods which have a long shelf life like rice, flour, potatoes and kumara.

Shop around - Food may differ in cost from one shop to another. It can be worth going to butchers and fruit and vegetable shops to look for the bargains.

Choose the lean meats - You get more meat and less fat and bone for your money.

Try not to shop when you are hungry - It's easy to buy more if you shop when you are hungry.

Make a list of what you need and stick to it. You will be less likely to buy more junk foods that are not good for your budget or your health.

Buy budget brands - They are usually just as good, but are cheaper because they have less packaging.

Takeaways - Make your own meals. It can save you a lot of money and is healthier too e.g. homemade hamburgers with potato wedges.



Specials

Shops often discount their products such as bread at the end of the day.

Look at the supermarket flyers. Take them to the supermarket to make sure you get all the best offers for that week.

Buy in season

Fresh fruit and vegetables are much cheaper when they are in season.

Spring

Capsicum, asparagus, leek.

Summer

Beans, beetroot, courgettes, cucumber, eggplant, melons, avocado, snow peas, sweetcorn, tomatoes.

Autumn

Butternut squash, buttercup, leeks, yams, turnips.

Winter

Brussels sprouts, butternut squash, buttercup, leeks, yams, rhubarb.

All year round

Broccoli, cabbage, carrots, cauliflower, celery, garlic, ginger, herbs, kumara, lettuce, mushrooms, onions, parsnips, potatoes, spring onions, spinach, silverbeet, pumpkin, radishes, watercress.

Don't throw food away

Leftovers can be used in all sorts of ways. It saves time and electricity if you cook up extra and reheat the next day, or keep it in the freezer. Make sure you reheat food thoroughly.

Potato Use leftover potato in vegetable curry, fish patties or potato and curry soup. Mashed potato can be used to thicken sauces or soups instead of flour or tomato paste.

Pasta Use leftover pasta in macaroni cheese or tuna and corn pasta. Leftover pasta meals can be eaten cold or hot for lunch the next day.

Rice Use leftover rice in baked tuna and rice, tuna mornay or in soups.

Chicken or meat Cut meat into strips and use in island chop suey, potato and vegetable curry or fried rice.

Bread Use in tuna casserole, bread custard or egg bread.

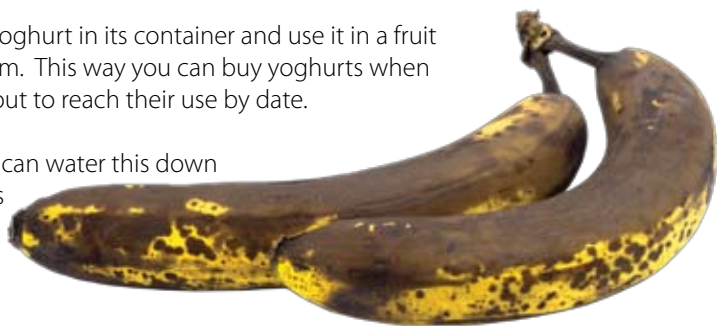
Fruit If you have a fruit tree, or if you buy a big bag on "special" use the extra fruit in muffins, bread custard, fruit crumble or fruit smoothies. Make extra and put it in the freezer for lunches or dessert.



Brown bananas are great to use for banana bread or mashed up in fruit muffins or pikelets. Freeze bananas (in their skins or in a pot) until you need to use them.

Yoghurts You can freeze yoghurt in its container and use it in a fruit smoothy instead of icecream. This way you can buy yoghurts when they are on special and about to reach their use by date.

Coconut milk/cream You can water this down so you don't need to use as much and freeze the rest.



Don't waste energy

If you put the oven on for one dish, use the other shelf for another dish such as baking or dessert. You can always cook another dinner and keep it in the fridge or freezer for another day.

Planning your meals

Plan your family meals for the week, and buy only what you need. You will save money and waste less food.

*This is how a family could use the book for a week to feed their family.
You can mix and match your favourite recipes.*

| Meal | Day 1 | Day 2 | Day 3 |
|------------------|---|---|--|
| Breakfast | Cereal with powdered or low fat milk and tinned fruit | Pikelets with tinned fruit or jam Glass of low fat milk | Porridge with chopped banana or tinned fruit |
| Lunch | Corn soup and bread or Tinned tuna or mackerel sandwiches | Leftover baked potatoes / kumara with coleslaw or Cheese, tuna and onion toasted sandwich | Macaroni with tuna and corn (leftover) on toast with tomato or Vegemite and tuna sandwiches |
| Dinner | Bean hotpot with baked potatoes, kumara or taro Fruit | Macaroni with tuna and corn, served with tinned or frozen mixed vegetables | Mince and vegetables with mashed potato or toast Tip: boil extra potatoes for the next day Yoghurt |
| Snacks | Pikelets (make extra for breakfast) Tinned or fresh fruit | Pancakes Tinned or fresh fruit | Homemade popcorn Tinned or fresh fruit |



Try growing your own vegetables, herbs or fruit in pots or the garden. It can save you money and can be a good way to get your kids interested. You don't need a large area; you can start with a pot and some lettuce or tomatoes. Your local library and gardening shop are a great place to start for tips.

| Day 4 | Day 5 | Day 6 | Day 7 |
|---|---|---|--|
| <p>Toast and jam / marmalade or vegemite Glass of low fat milk</p> | <p>Tinned beans on toast</p> | <p>Scrambled egg on toast</p> | <p>Egg bread (use leftover bread) with banana or tinned peaches</p> |
| <p>Hamburgers - with rolls and salad (use rest of the mince)</p> <p>or</p> <p>Mini pizza buns with salad</p> | <p>Potato and vegetable curry (re-heated)</p> <p>or</p> <p>Rice with tinned fish</p> <p>Fruit salad (tinned or fresh)</p> | <p>Couscous and tinned fish</p> <p>or</p> <p>Minestrone soup and bread</p> | <p>Chicken (use leftovers) in bread rolls, with lettuce, tomato or 1 tsp mayonnaise</p> <p>or</p> <p>fried rice with shredded chicken (leftover)</p> |
| <p>Potato and vegetable curry (can use leftover mashed potatoes) with rice or bread</p> <p>Tip: make extra for lunch the next day</p> | <p>Island chop suey (beef) with noodles</p> <p>Yoghurt</p> | <p>Chicken (cooked without the skin) with honey mustard sauce, coleslaw and mashed potato or potato salad and lettuce, tomato, cucumber</p> <p>Tip: cook extra chicken for next day</p> <p>Bread and butter custard</p> | <p>Pizza - ham and pineapple with mixed bean salad</p> <p>Fruity crumble made with rest of the tinned pineapple</p> |
| <p>Oaty bars</p> <p>Tinned or fresh fruit</p> <p>Fruit smoothie with yoghurt</p> | <p>Muffins</p> <p>Tinned or fresh fruit or toast with vegemite</p> | <p>Crackers, celery or tomatoes and hummus or cheese</p> <p>Tinned or fresh fruit</p> | <p>Scones</p> <p>Tinned or fresh fruit</p> <p>Yoghurt</p> |



Breakfast

Porridge (serves 2)

This is a great winter warmer, low fat, healthy, cheap and filling. It's a great way to start or even finish the day.

Ingredients:

- 2 cups rolled oats / porridge oats
- 1 cup cold water or milk
- 4 cups boiling water

Stove Top Method:

1. Mix rolled oats and cold water or milk together in a saucepan.
2. Slowly stir in boiling water.
3. Boil for 3-5 minutes.
Keep stirring to stop it sticking.

If it is too thick add some more boiling water or milk and stir until you get the thickness you like.

Microwave Method:

1. Mix together all the ingredients in a plastic bowl.
2. Microwave on high for 1 minute 20 seconds.
3. Stir gently to further mix the oats.
4. Return to the microwave and cook for 1 minute.

To thicken, leave it to settle for a minute. To thin, add a little milk and stir.



Try topping with $\frac{1}{4}$ can of tinned fruit e.g. peaches or apricots, 1 handful dried raisins, sultanas, apricots, stewed fruit or chopped up banana and cinnamon.

Scrambled eggs (serves 2-3)

Ingredients:

- 4 eggs
- $\frac{1}{2}$ cup milk
- pinch salt
- pinch pepper
- 1 tsp margarine or oil

Stove Top Method:

1. Beat eggs, milk, salt and pepper together in a bowl using a fork or whisk.
2. Melt margarine in a frying pan or saucepan or heat the oil.
3. Pour egg mixture into the pan.
4. Cook over a low heat.
5. Lift and turn mixture with a spoon, keeping the egg in large soft pieces.
6. When set, serve on toast.

Microwave Method:

1. In a plastic bowl, beat the eggs, milk, salt and pepper together in a bowl using a fork or whisk.
2. Cook on high for 1 minute 30 seconds, stir outside edges gently into centre.
3. Cook on high for a further 45 seconds.



Try with chopped or tinned tomatoes, chives or parsley.

Poached eggs

(use 1-2 eggs per person)

1. Place water in a frying pan or small pot to a depth of about 4 centimetres and simmer.
2. Break each egg into a saucer or cup and then slip egg into water.
3. Cover the pan and cook for 4-5 minutes or until yolk is set and white is firm.
4. Remove egg with a fish slice or spoon with holes to drain.
5. Serve on toast.



Egg bread or french toast

(serves 4 people)

Ingredients:

- 4 eggs
- 8 slices of bread
- pinch pepper
- pinch salt
- 1 tbsp margarine or oil

Method:

1. Break eggs into a small bowl, beat with a fork and add in pepper and salt.
2. Pour into a small dish or bowl.
3. Dip the slices of bread in the egg mixture, turning so both sides are coated.
4. Melt 1 tablespoon of margarine in a frying pan or heat the oil.
5. Fry slices of egg bread on both sides until bubbly and golden brown.



This is a good way to use up bread that is a few days old.



To turn this into a dessert, sprinkle one teaspoon sugar and a few slices of ripe banana on top or raisins or sultanas or tinned fruit.



Serve this as a treat once a week.

Other breakfast ideas

- Wholemeal toast with spreads e.g. vegemite, peanut butter, jam or marmalade
- Leftover meals e.g. hash browns, rice dishes or fruit crumble
- Cereal with tinned fruit, banana slices, or yoghurt. In winter try with hot water or hot milk
- Toast or bun topped with spaghetti, creamed corn or baked beans
- Fruit smoothie.

Lunch

These recipes are great for lunch. You could also have them for a light dinner or breakfast.

Sweetcorn fritters (serves 4)

Ingredients:

- ¾ cup plain flour
- 1 tsp baking powder
- ¼ tsp salt
- pinch black pepper
- 1 egg
- 1 tin (440g) tin creamed sweetcorn
- 1-2 tbsp oil
- 2 tsp parsley or oregano (chopped)

Method:

1. Put flour, baking powder, salt and pepper into a bowl.
2. Add egg and mix until it is a smooth mixture. If the mixture is too thick add 2-3 tbsp milk to mixture to thin it down.
3. Stir in sweetcorn.
4. Heat oil in a frying pan.
5. Drop a tablespoon of corn mixture into the pan.
6. Cook until golden then turn and cook other side.
7. Serve with salad and bread or potato.

Baked potatoes or kumara

Ingredients:

- 1 Potato or kumara per person

In the oven

Method:

1. Scrub potatoes or kumara and pierce skin with a fork several times.
2. Bake at 180°C for 1-1 ¼ hours or until soft.

To test – use a fork to check if it is soft inside.

Microwave Method:

1. Scrub and pierce skin with a fork several times. Place on a plate and place in the microwave.
2. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. This may take longer for a larger potato.

If you like the crispy skin but can't wait for an hour:

1. Scrub potatoes or kumara and pierce skin with a fork several times.
2. Cook on full power in the microwave for 5 minutes (turn it over half way).
3. Place in then oven for ½ hour at 180°C.



Serving ideas

Cut the potato open and add any of the following:

- Heated baked beans
- Spaghetti
- Tinned corn
- Coleslaw
- Mince
- Cottage cheese
- Four bean salad



Baked potato with tuna and red kidney beans

Work or school lunches



It is usually cheaper and healthier to make and take your own lunch instead of buying it. Here are some ideas:

- Baked potato (can be eaten cold or reheated if a microwave or oven are available).
- Leftovers e.g. pasta, potato salad or pizza.
- Crackers with sliced tomato or vegemite or avocado.
- Soup. Keep it in thermos flask to keep it warm, or heat it in the microwave.
- Rice or couscous with a mixed bean salad and coleslaw.
- Toasted sandwiches filled with tuna, chopped onion, pineapple and a little cheese or tomato.
- Creamed corn or avocado on toast with tomatoes.
- Mini pizza buns. Spread tinned spaghetti or baked beans on slices of bread with a sprinkling of grated cheese and put under grill until the cheese is bubbling.

Sandwich fillings

Try some of these low cost ideas to put with your bread. To make more interesting sandwiches for young children cut them into bite size pieces or different shapes.

Instead of butter or margarine for a spread, use hummus, chutney, avocado, cottage cheese, low fat cream cheese, vegemite or a low fat dip.



If you don't have time to make sandwiches before work, take a loaf of bread and some fillings to work and put it together in your break.

- Tinned fish e.g. tuna, salmon, pilchards, mackerel with a pinch of pepper.
- Tomato sauce or tomato slices with cheese.
- Hard boiled eggs mashed with low fat mayonnaise and a sprinkling of curry powder or pepper.
- Drained tinned pineapple and ham or cheese.
- Marmite or vegemite.
- A teaspoon of jam, peanut butter or honey.
- Baked beans or spaghetti.
- A little grated cheese e.g. Edam or low fat cheese or low fat cream cheese or cottage cheese.
- ¼ avocado and sprinkling of pepper, with tomatoes.



Add more flavour and crunch with grated carrot, lettuce, tomato or cucumber.



If the filling is moist you don't need margarine or butter.



Buy small containers that can be reused to store lunches and snacks.



Add variety by using different types of bread, wraps, pita bread or home made scones.

Soups

Soup is a cheap and warming meal for lunch or dinner. It is surprisingly easy to make. You can make extra and freeze to use another time. Try adding extra vegetables (tinned, fresh or frozen) or barley, split peas, lentils or rice to make it more healthy and filling.

Minestrone (serves 6-8)

Ingredients:

| | |
|---------------|---|
| 1 tin (425g) | kidney beans |
| 1/2 tbsp | margarine or oil |
| 2 | onions finely chopped |
| 2 | carrots chopped |
| 1 | potato peeled and diced |
| 2 tins (800g) | tomatoes |
| 5 cups | beef stock (follow directions on packet to make up) |
| pinch | salt and pepper |



Add other vegetables, for example green beans, peas, cabbage, courgettes or celery for a different taste.

Method:

1. Melt the margarine or heat the oil in a saucepan. Add onions and cook until clear.
2. Add all other vegetables except tomatoes.
3. Cook, stirring frequently for approximately 10 minutes.
4. Stir in tomatoes, drained kidney beans and stock.
5. Bring to boil and reduce heat. Put the lid on and simmer for 1½ hours or until soup is thick.
6. Serve with bread.



This is a healthy meal as beans provide protein and fibre as well as being filling and tasty.

Corn soup (serves 6)

Ingredients:

| | |
|---------------|---|
| 1 tbsp | oil or margarine |
| 2 | onions peeled and chopped |
| 1 cup | peas or green pepper (seeds removed and sliced) |
| 1 tsp | chicken stock powder |
| 2 cups | water |
| ½ tsp | salt |
| ¼ tsp | curry powder (optional) |
| ¼ tsp | pepper |
| 2 tins (850g) | creamed corn |
| 2 cups | peeled diced potatoes or kumara |
| 2 cups | milk (can be made from powdered milk) |

Method:

1. Heat the oil or melt the margarine in a large saucepan. Add the onion, peas or green pepper, and cook until vegetables are soft.
2. Add the stock, water, salt, curry powder and pepper.
3. Add corn and potatoes and simmer with the lid on for a further 20 minutes or until potatoes are tender.
4. Carefully add milk and bring to boil.
5. Serve with bread.



If you have leftover cooked chicken, cut into bite-sized pieces and add to the large saucepan with the vegetables (in step 1).

Potato and curry soup

(serves 6-8)

Ingredients:

- ½ tbsp margarine or oil
- 1 onion chopped into small pieces
- 2 large potatoes peeled and chopped
- 1½ tsp curry powder (optional)
- 3 cups liquid chicken stock (follow directions on the packet)
- 1 cup milk (can be made from powdered milk)
- pinch salt

Method:

1. Melt margarine or heat the oil in a saucepan.
2. Add onion, potato and curry powder.
3. Cook until onion is clear.
4. Stir in stock and bring to the boil.
5. Simmer gently with the lid on for 30-45 minutes or until vegetables are tender.
6. Mash or blend (with a blender) until smooth.
7. Add milk and salt.
8. Reheat until almost boiling. Do not boil.
9. Serve with bread or rice.



Potato and curry soup



For variety add kumara, taro, cassava or yam instead of one of the potatoes.



Add extra vegetables such as cauliflower, beans, peas, silverbeet or spinach to make it go further.



Add cooked chicken or meat to make a meaty soup.



Use leftover boiled or mashed potatoes in the soup.

Lentil and vegetable soup

(serves 6)

Ingredients:

- 1 cup lentils cooked or tinned
- 4 cups water
- 2 onions, chopped
- 1 tin vegetables (400g tin of peas or corn or 2 cups frozen vegetables)
- 1-2 large potatoes, kumara, taro or cassava, chopped
- 1 tsp stock powder (any type)
- ¼ tsp pepper

Method:

1. Place lentils, potato, kumara, taro or cassava and water in a large saucepan.
2. Bring to the boil, reduce heat and simmer for 10 minutes (taro will need to be boiled for longer).
3. Add onions, carrots, stock, pepper and simmer for a further 10 minutes.
4. Serve with bread or rice.

Dinner

Bean hotpot (serves 3-4)

Ingredients:

- ½ tbsp oil
- 1 onion, chopped
- 2 tbsp flour (any type)
- 1 tin (400g) tomatoes, chopped
- 1 tin (425g) beans, drained (e.g. butter beans, haricot beans or chickpeas)
- 1 tin (400g) carrots, drained

Method:

1. Heat oil and fry onions until clear.
2. Sprinkle the flour in and stir for 1-2 minutes.
3. Stir in tomatoes, beans and carrots and cook for 3-4 minutes or until thickened.
4. Serve with bread or baked potatoes, kumara, taro, cassava, rice or pasta.



Add herbs or spices e.g. basil, oregano or mixed herbs.

Potato and vegetable curry (serves 5)

Ingredients:

- 1 tbsp oil
- 1 tbsp curry powder
- 1 clove crushed garlic
- 2 onions, chopped
- 1 tin (400g) tomatoes in juice, chopped
- 3-4 potatoes, peeled and chopped
- 1 cup water
- pinch pepper

Method:

1. Heat the oil in a saucepan and add the curry powder and garlic.
2. Add onion and fry until clear.
3. Add the tomatoes, potatoes, water and pepper.
4. Bring the mixture to the boil then turn the heat down. Cover with a lid and simmer for 30 minutes or until the potatoes are soft.
5. Serve with rice.



To add meat to this dish. Cut meat into small pieces and brown in a pan after step 1.



Add lentils or chickpeas after step 2 to bulk it out more.



Taro leaves, spinach, silverbeet or cauliflower taste good in this curry, just add them to the pot 10 minutes before it is ready.



Potato and vegetable curry



Falafels (Chickpea patties) makes 8 small patties

Ingredients:

- 1 tin (425g) chickpeas
- ½ onion, chopped
- 1 clove garlic (optional)
- 2 tsp pepper (use less if you don't like it spicy)
- 1 tsp baking powder
- 2 tsp dried coriander (optional)
- 2 tsp dried cumin (optional)
- 2-3 tsp oil
- 1 egg

Method:

1. Drain chickpeas from the tin and rinse with water. Pour off the water.
2. Chop chickpeas into small pieces and mash with a potato masher, fork or blender.
3. Place in a bowl. Add garlic, pepper, onion, baking powder, coriander and cumin. Add the egg. Mix together well until sticky.
4. Form mixture into small balls and flatten with a fork.
5. Heat oil and fry until each pattie is golden and crisp on both sides.
6. Drain on kitchen paper to remove excess fat.
7. Serve with rice, or potato salad and lettuce, tomato and cucumber.



These are cheaper than meat patties, but taste just as good. Kids love them.



For a change, put the cooked falafels into pita bread pocket or bread roll with lettuce, chopped tomatoes, chilli sauce and some natural yogurt.

Tomato & bean pasta (serves 4)

Ingredients:

| | |
|-----------------|--|
| 1 tbsp | oil or margarine |
| 1 | large onion, finely chopped |
| pinch | salt and pepper |
| pinch | dried or fresh herbs e.g. oregano, basil or mixed herbs (optional) |
| 1-2 tins (400g) | tomatoes |
| 1 tin (300g) | kidney beans or chickpeas, drained |
| ¼ cup | tomato paste or tomato sauce (optional) |
| 2 cups | pasta (or 4 cups leftover cooked pasta) |

Method:

1. Heat oil or margarine in pan and add onions. Cook until golden.
2. Add tomato paste or sauce and beans or peas.
3. Add tomatoes and herbs.
4. Bring to boil and then reduce heat and simmer for 45 minutes (uncovered) or until mixture is a thick sauce. Meanwhile cook pasta - see page 28.
5. Mix the sauce with the cooked pasta.



Add 1 tsp chilli powder instead of the herbs to make spicy pasta.



Add other vegetables such as mushrooms, corn, peas, green beans, carrots or mixed vegetables to make it go further.



Have it cold the next day for lunch as a pasta salad.

Macaroni cheese (serves 4)

Ingredients:

| | |
|--------|---|
| 1 tbsp | margarine |
| 2 tbsp | plain flour |
| 2 cups | milk (can be made up from powdered milk) |
| pinch | salt and pepper |
| 1 cup | grated cheese |
| ½ tsp | powdered mustard |
| 2 cups | macaroni (or other pasta or 4 cups leftover pasta or noodles) |

Method:

1. Heat oven to 180° C.
2. Cook the macaroni or other pasta in water. Drain and stand.
3. Melt margarine in saucepan.
4. Stir in flour, mix into a paste.
5. Take the pan off the cooker. Slowly add milk, bit by bit, stirring constantly so the sauce is not lumpy. When you have added all the milk, put the pan back on the heat. Keep stirring until sauce boils and thickens.
6. Add the salt and pepper.
7. Stir in 3/4 cup of the cheese.
8. Add macaroni into the sauce and stir until mixed.
9. Pour mixture into an oven proof dish.
10. Sprinkle with remaining 1/4 cup of cheese.
11. Bake at 180°C for 15-20 minutes or until heated through or golden on top.



Use canned soup instead of cheese sauce e.g. pumpkin or mushroom.



Add cooked or tinned vegetables such as tomatoes, beans or broccoli.



Use low fat or edam cheese.

Pizza makes one large pizza (2-4 servings)

Ingredients:

- 1 cup plain flour
- ½ tsp salt
- 1 tsp baking powder
- 1 tbsp oil
- 1/3 cup milk

Method:

1. Heat oven to 200 °C on bake.
2. Mix flour, salt and baking powder together in a bowl.
3. Mix the oil and milk together in a cup and pour into the flour mixture.
4. Mix together and form a ball. Place on a lightly floured chopping board or bench.
5. Flatten with palms of hands or a rolling pin to make a round shape.
6. Lightly flour a baking tray.
7. Form the dough into a large circle on the baking tray.
8. Cover with your favourite toppings.
9. Bake in oven at 200 °C for 10-15 minutes.

Toppings:

Try different combinations for the topping: tomato sauce, tomato relish or chutney, finely chopped onion, grated cheese, sliced mushrooms, tinned and drained pineapple, chopped ham, grated carrot, tuna, cooked chicken, capsicum, fresh tomatoes, corn kernels, baked beans or avocado.



Make extra bases, place in a plastic bag and freeze.



Serve with bean salad, lettuce, tomato and cucumber or coleslaw.



Fish Dishes

Tuna and corn pasta

(serves 1-2)

Ingredients:

| | |
|--------------------|---------------------------------------|
| ¾ cup | milk |
| 1 packet | dried chicken or vegetable soup mix |
| 1 small tin (185g) | tuna or other tinned fish, drained |
| 1 tin (410g) | corn kernels, drained |
| 2 cups | cooked pasta (cook 1 cup dried pasta) |

Method:

1. In a saucepan, heat milk until almost boiling. Stir in soup mix.
2. Remove from heat and then add tuna and corn.
3. Add pasta and return to heat for 1-2 minutes to warm through.
4. Serve hot or cold with cooked mixed vegetables or salad.



Add other vegetables such as tinned peas, frozen mixed vegetables, mushrooms, or green beans.

Baked tuna and rice

(serves 4-6)

Ingredients:

| | |
|---|---|
| 2 tbsp | margarine or oil |
| 1 | onion, chopped |
| 1 cup | peas or corn |
| 1 tbsp | plain flour |
| 1 cup | milk |
| 2 | eggs |
| ¼ cup | grated cheese (optional) |
| 1 large tin (425g) or 2 small tins (185g) | tuna, drained and flaked |
| pinch | salt and pepper |
| 4 cups | cooked rice or cook 2 cups dried rice (leftover rice can be used) |

Method:

1. Heat oven to 180°C on bake and cook the rice. (See page 31).
2. Melt margarine or heat the oil in saucepan.
3. Add onion and vegetables and cook until onion is clear.
4. Stir in flour and cook until mixture is combined and heated through.
5. Take the pan off the heat. Slowly add milk, bit by bit, and keep stirring. Put the pan back on the stove and keep stirring until mixture boils and thickens.
6. Remove saucepan from the stove.
7. Break the eggs into the pan with the white sauce. Add the cheese and mix well.
8. Add the tuna, salt and pepper.
9. Add the rice to the sauce.
10. Wipe an oven proof dish with margarine. Pour mixture into the dish.
11. Bake at 180°C for 15 - 20 minutes until heated through.

Below: Baked tuna and rice



For a change sprinkle breadcrumbs and grated cheese on the top, before baking in the oven.



Use low fat or edam cheese.

Fish patties (serves 2-4)

Ingredients:

- 1 tin (185g) tuna or mackerel or salmon
- 2 cups mashed potato
- 1 onion, finely chopped
- ½ cup flour
- 2 tsp baking powder
- pinch pepper
- 1-2 tbsp oil

Method:

1. Drain the liquid off the fish. Mash it (including the bones) with the potato and onion.
2. Add flour and baking powder to fish mixture.
3. Add pepper and mix all ingredients well.
4. Divide mixture into round balls and flatten with a fork to make patties.
5. Coat patties with a small amount of flour.
6. Heat oil in frying pan on a low to medium heat.
7. Add patties and cook until golden on both sides.
8. Serve with mixed bean salad or vegetables and rice or put in a hamburger bun.



Use up leftover mashed potato in this recipe.

Tuna casserole (serves 4)

Ingredients:

- 2 eggs
- 1 tin (425 g) tuna or other tinned or fresh (or 2 small tins) fish, drained
- 1 tin (440 g) soup (any flavour) or use packet soup mixed with hot water
- 1 onion, chopped
- 1 cup frozen or tinned peas, drained
- 6 slices bread
- 1 tbsp margarine

Method:

1. Preheat oven to 180°C.
2. Boil eggs for approx 10-12 minutes in water until hard boiled.
3. Put in cold water to cool and take the shell off the eggs.
4. Place tuna, soup, onion and peas in a casserole dish (a shallow wide oven-proof dish).
5. Slice eggs and place on top.
6. Cut bread into cubes (about 9 squares for each slice), sprinkle on the casserole.
7. Melt margarine in the microwave or in a pan and pour over the top.
8. Bake for 30 minutes.
9. Serve with salad and bread, rice, kumara or potatoes.



This is a good way to use up old bread before it goes stale.

Meat Dishes

Island chop suey (serves 8-10)

Ingredients:

- 1 packet (250g) vermicelli or noodles
- 1 cup hot water
- 1 tbsp oil
- 1 kg diced pork or beef with fat removed, or skinless chicken
- 4 cloves garlic, crushed
- 1 tsp finely chopped green ginger or 2 tsp powdered ginger (optional)
- 2 onions, chopped
- 8 cups chopped vegetables e.g. cabbage, celery, carrots, peas, broccoli or frozen mixed vegetables
- 2 tbsp water
- 1 tsp soy sauce (optional)

Method:

1. Place the vermicelli in a bowl and cover with hot water. Soak until soft.
2. Drain and cut into 20cm lengths with clean scissors.
3. Heat oil in a large saucepan or wok
4. Fry garlic and ginger for a minute, then add the onion and cook until soft. Keep stirring with a wooden spoon.
5. Add the meat and stir until brown.
6. Add vegetables and stir fry for 5 minutes.
7. Add vermicelli, water and soy sauce.
8. Simmer for a few minutes or until the meat is tender.

Mince and vegetables (serves 4)

Ingredients:

- ½ tbsp oil
- 1 onion
- 1 tin (400g) tomatoes
- 1 tin (400g) peas
- 2 cups water
- 400 g minced beef
- 1 tin (410g) whole kernel corn
- 1 packet soup mix (any flavour) or 1 tbsp Worcestershire sauce or 1 tbsp marmite
- 1 tsp herbs e.g. basil or oregano (optional)

Method:

1. Heat oil in a frying pan and sauté onion for 2-3 minutes or until clear.
2. Add the mince and cook for 6-8 minutes or until the mince is brown, stirring frequently. Pour off the fat using the pan lid.
3. Add vegetables, soup mix and water.
4. Reduce the heat and simmer for 10-15 minutes, stirring occasionally.
5. Season with pepper to taste.



Add 1 tin of lentils or red kidney beans, or add chopped potatoes, kumara, mushrooms, peas, carrots or sweetcorn to make the meal go further.



Make a potato top pie by putting mashed potato on top of the mince and vegetable mixture. Sprinkle a handful of cheese on the top and put it under grill for 5 minutes to turn it brown.



To make chilli con carne add one can red kidney beans or a can of baked beans and 1 tsp chilli powder at step 3 and serve with rice.

Hamburgers

(serves 6-8)

Ingredients:

| | |
|--------|----------------------------------|
| 500 g | minced beef or pork |
| 1 | onion, finely chopped |
| 1 cup | rolled oats |
| ½ cup | milk |
| 1 | egg |
| pinch | salt |
| pinch | pepper |
| ½ tbsp | oil (if you need it) |
| 8 | hamburger buns (or sliced bread) |

Method:

1. Heat the oil in a saucepan. Add onions and cook until clear.
2. Beat the egg and milk together.
3. Mix the mince, onion, rolled oats, milk and egg, salt and pepper together in a bowl.
4. Wet your hands and shape into 8 flat patties.
5. Grill or barbecue the patties for about 7 minutes each side or until cooked through. Alternatively fry in a little oil.
6. Serve between the buns with salad and tomato sauce or relish.
7. Add different fillings, e.g. tinned beetroot (drained), or corn, mustard, avocado, sliced onions, gherkins, lettuce, tomato or coleslaw.
8. Serve with wedges or home made oven chips.



Instead of the mince, use cooked chicken or fish or corned beef (fat drained off).



If you have leftover mince use it to make meat balls or extra patties and freeze for another day.



Hamburger and salad

Side Dishes

Hummus

(serves 10 as a dip or spread)

Ingredients:

| | |
|---------|------------------------|
| 1 ½ cup | cooked chickpeas |
| ½ cup | oil |
| 1-2 tsp | garlic, finely chopped |
| ¼ cup | lemon juice (optional) |
| pinch | salt |

Method:

1. Chop chickpeas with a sharp knife or mash with a fork in a bowl. Don't worry if there are some lumpy bits left, this adds a nice texture.
2. Place into a bowl. Mix with oil, garlic, lemon juice and salt.
3. Cover and put in the fridge until ready to serve.



This makes a tasty dip with chopped vegetables e.g, carrots and celery.



Use as a spread in a sandwich or on toast or crackers.



Hummus with carrot sticks and bread

Mixed bean salad (serves 4-5)

Ingredients:

| | |
|------------------|--|
| 2 tins (2x 425g) | Bean mix, drained (e.g. Four Bean Mix or red kidney beans, chickpeas, broad beans and green beans) |
| 1 tsp | sugar |
| 1 | onion or spring onion |
| ¼ cup | French dressing or vinaigrette |

Method:

1. Finely chop onion or spring onion.
2. Mix all ingredients together in a bowl and chill in fridge before serving.
3. Serve as a salad with a main meal or with bread.



Make your own dressing with lemon juice (1 tsp) and vinegar (1 tbsp) and oil (1 tsp) mixed together.



Try adding chopped orange segments and celery.



Mixed bean salad with fish patties

Coleslaw (serves 6)

Ingredients:

| | |
|--------|-------------------------------|
| 4 cups | cabbage |
| 1 | large carrot |
| 1 tbsp | onion |
| ¼ cup | mayonnaise or natural yoghurt |
| ½ tsp | chopped garlic (optional) |



Replace half the mayonnaise with low fat plain yoghurt or use low fat mayonnaise.

Method:

1. Finely chop cabbage and onion.
2. Grate carrot.
3. Combine all ingredients into a large bowl until mixed well.
4. Serve with a main meal, in sandwiches or with baked potatoes.



Add grated apple or orange segments before serving to make it sweeter.

Mashed potatoes (serves 3-4)

Ingredients:

| | |
|--------|-----------------------|
| 4 | medium-sized potatoes |
| ½ cup | milk |
| ½ tbsp | margarine |
| pinch | pepper |

Method:

1. Peel potatoes and chop in half.
2. Place in a pot of water and bring to the boil for 20 mins.
3. Turn stove down and simmer until firm but cooked through.
4. Drain water from boiled potatoes.
5. Add milk and margarine.
6. Mash with a fork or potato masher until there are no lumps.
7. Mix well.

Use kumara, taro, yam or cassava as an alternative to potato.



For variety add spring onions or mustard, pumpkin, butternut or kumara.



Use one tbsp low-fat cream cheese instead of margarine.



Potato wedges (serves 4)

These are a tasty, low fat alternative to hot chips.

Ingredients:

- 4 large potatoes, washed but not peeled
- 1 tbsp oil

Method:

1. Heat the oven to 200°C
2. Chop each potato lengthwise into 8 long pieces per potato. Put these into a plastic bag.
3. Put the oil in the bag and shake to mix and coat the potatoes with oil.
4. Put the potatoes in a roasting dish. Bake in oven for 30 minutes or until soft on inside and crispy on outside.
5. Serve with hamburgers or fish patties instead of chips.



Use kumara, taro, yam or cassava instead of potatoes.

Potato salad (serves 4)

Ingredients:

- Pinch salt
- 4 medium-sized potatoes, peeled
- 1 small onion, or spring onion, chopped
- 1 tbsp vinegar
- ¼ cup mayonnaise or salad dressing
- 2 tsp chopped parsley or mint (optional)

Method:

1. Wash potatoes and peel. Place in a pot of water and bring to the boil.
2. Turn stove down and simmer for 20mins until firm but cooked through.
3. Drain the water off.
4. Cut potatoes into small pieces.
5. Combine onion with potato and mix with vinegar while still warm. Leave to cool.
6. When cool, stir in mayonnaise or salad dressing and parsley or mint.
7. Cover and place in refrigerator for at least an hour before serving.



Tinned, drained pineapple pieces can be added to the salad for variety.



Use low fat mayonnaise or salad dressing.

Pasta (serves 6)

Ingredients:

450g (1 packet) pasta
4 ½ litres (9 cups) water

Method:

1. Boil the water in a large pan.
2. Slowly add pasta to the boiling water.
3. Let the water come back to the boil. Keep it simmering well for 8-12 minutes. Stir frequently.
4. To tell if the pasta is cooked, remove a piece of pasta and taste. It should be tender but firm.
5. Drain pasta into a colander or use a saucepan lid to pour off the water.
6. Use cooked pasta in your pasta recipe or serve with a packet soup mix or canned tomato for sauce.

Couscous (serves 2-3)

Ingredients:

1 stock cube (chicken, beef or vegetable) or powdered soup mix (optional)
1 cup boiling water
1 cup couscous

Method:

1. Dissolve the stock cube or soup mix in the boiling water.
2. Pour stock over couscous in a bowl.
3. Leave for five minutes until the couscous has slightly expanded.
4. Mix with a fork.



Add chopped tomato and chopped cucumber or tinned fish and lemon juice with chopped spring onion or try chickpeas, raisins, cinnamon and mixed spice.



Dried pasta shells



Couscous

Rice (serves 2)

Use rice as a side dish to meals such as stir fry or in baked meals such as tuna and pineapple rice.

Ingredients:

1 cup rice
1 ½ cups water

Stove top method:

1. Use 1 ½ cups of water for each one cup of rice. Brown rice will need more water.
2. Put the rice and water in a saucepan and bring to the boil.
3. Turn the heat down. Put the lid on the pot and simmer gently.
4. Leave for 20 minutes (35 minutes for brown rice) with the lid on.
5. When most of the water has been absorbed, you will see holes in the rice mixture. Turn off the heat and leave for a few minutes until all the water has gone.
6. Taste. If it is soft and not crunchy it is ready to serve.

Microwave method:

1 cup rice
3 cups boiling water

1. Put rice in a large microwave-safe bowl. Add the water.
2. Put in the microwave and cook on 'high' power for 18 minutes. Stop the microwave 2-3 times. Take out the bowl and stir.
3. After 18 minutes remove from the microwave and cover with plastic food wrap for 2-3 minutes until it fluffs up.

Egg fried rice (serves 4)

Ingredients:

4 cups cooked rice (cook 2 cups uncooked rice)
2 eggs
1 tbsp soy sauce
2 tbsp oil
1 clove garlic, crushed
1 onion or 2 spring onions, finely chopped



Add finely chopped vegetables such as carrots, courgettes, mushrooms or frozen peas, chopped spring onion, corn or frozen mixed vegetables.

Method:

1. Lightly beat the eggs and half the soy sauce.
2. Cook half the egg mixture in pan until golden.
3. Cut into cooked egg strips.
4. Cook other half of mixture and then cut into strips and set aside.
5. Cook garlic and onions in oil on low heat.
6. Add rice and stir fry for 5 minutes. Add 1tbsp water if it starts to stick to the pan.
7. Add other vegetables, egg strips and half soy sauce.

Pumpkin and corn rice (serves 2)

Ingredients:

2 cups milk
1 packet cream of pumpkin soup
1 tin (410g) corn kernels, drained
2 cups cooked rice

Method:

1. In a saucepan, heat milk until almost boiling.
2. Stir in soup mix.
3. Remove from heat and then add corn and rice.
4. Return to heat for 1-2 minutes to warm through.

Flavouring and sauces

Flavourings add extra taste to foods. Below are some flavour combinations or have fun trying out your own with any recipe:

- basil or oregano with tomato
- tarragon with chicken
- mustard, ginger or garlic with meat or chicken
- curry spices with potatoes, beans or lentils
- cinnamon with tinned fruit, pikelets, or porridge.

Grow your own herbs for a constant supply or buy dried herbs and spices.

White sauce

Ingredients:

- 2 tbsp margarine
- Pinch salt
- Pinch pepper
- 2 tbsp flour
- 1 cup milk (or powdered milk made with water)

Method:

1. Melt margarine in a saucepan and add salt, pepper and flour.
2. Cook for 1-2 minutes, stirring with a wooden spoon. Do not brown.
3. Gradually add milk, stirring continuously.
4. Cook over a low heat, stirring, until the mixture just starts boiling and is smooth and thick.
5. Serve with vegetables, cooked beans, pasta or noodles.

Variations:

Cheese Sauce – add ¼ cup grated cheese when sauce is cooked and stir to melt.

Parsley Sauce – add 1-2 tbsp finely chopped parsley when sauce is cooked.

Curry Sauce – add 1 tbsp curry powder to the margarine.

Coconut Sauce – add 1 tbsp coconut essence to the sauce when cooked.



Sauces can be poured over vegetables, pasta or meat and used as a filling for pancakes.

Tomato sauce

Ingredients:

- 1 or 2 cans tomatoes
- Pinch salt and pepper
- ½ tsp chilli (optional)
- 1 clove garlic, finely chopped
- 1 tsp basil

Method:

1. Pour 2 cans of whole tomatoes into a saucepan. Do not chop the tomatoes.
2. Put on a low heat and stir in chilli, garlic or basil.
3. Leave tomatoes to cook slowly for ½ hour. Check regularly and add water if required.
4. Mash tomatoes with potato masher or put through a blender.
5. Add salt and pepper to taste.
6. This is ready to use straight away or you can freeze for later use.



You can use this sauce to stir through pasta, mince or any other dishes which use tomatoes.



This is a great sauce to make up in large quantities and freeze, preserve or store in a clean jar in the fridge for one week. It is much cheaper than buying a jar of sauce.

Peanut satay sauce (serves 6)

Ingredients

| | |
|--------|------------------|
| 1 | onion, chopped |
| ½ tbsp | oil or margarine |
| 1 tbsp | ground ginger |
| ½ cup | peanut butter |
| 2 tbsp | soy sauce |
| 1 tbsp | brown sugar |
| 1 tsp | chilli powder |

Method

1. Heat the oil in a saucepan and add onion.
2. Cook onion until clear.
3. Heat gently while adding all the other ingredients and stir through.



This is tasty with stir-fried vegetables or chicken.

Sweet and sour sauce (serves 4)

Ingredients

| | |
|--------|-------------------------------|
| ¼ cup | tomato sauce or ketchup |
| ¼ cup | sugar |
| 1 cup | water |
| ¼ cup | white vinegar or rice vinegar |
| 2 tbsp | cornflour |
| 1 | capsicum (optional) |
| 2 tbsp | pineapple chunks |

Method

1. Add sugar, tomato sauce and soy sauce to a pan and heat until boiling.
2. Mix the cornflour and water together in a small bowl and then add to the pan.
3. Heat the sauce and stir.
4. Serve with stir fry vegetables and chicken or pork.

Honey mustard sauce (serves 4)

Ingredients

| | |
|---------|---------|
| ¾ cup | mustard |
| 1/3 cup | honey |

Method

1. Mix together the ingredients.
2. Spread over meat or chicken before baking or barbecuing or mix with salad vegetables as a dressing.

Baking & Desserts

Kids love baking. Why not do some baking with them once a week and use it for the week as snacks or dessert. If you don't eat it all, put some in an airtight container in the freezer and take it out as needed.

N.B. People with diabetes need to be particularly careful about the quantity of baking and desserts that they eat.

Fruit salad (serves 4)

Ingredients:

- 1 can (400g) fruit (in juice)
- 4 pieces fresh fruit (any available)

Method:

1. Peel, remove stones and chop fruit into small pieces and place in a bowl.
2. Add one can of tinned fruit with half the juice from the can.
3. Serve with yoghurt or ice cream.


Stewed fruit (serves 4)

Ingredients:

- 5 pieces fruit (apple, pear, peaches, nectarines, apricots, plums)
- ½ cup water
- 1 tsp cinnamon (optional)

Method:

1. Peel, remove stones and chop fruit into small pieces.
2. Place in a large pan and add water.
3. Heat gently until fruit is soft. Add a little more water if necessary.
4. Allow to cool and serve with natural yoghurt, low fat ice cream or breakfast cereal e.g. wheat biscuits crumbled on top.

 This is a good way to use up soft fruit.


Fruity crumble (serves 6)


Ingredients:

- 1 cup rolled oats
- 1 cup flour
- 6 tbsp sugar or sweetener
- 3 tbsp margarine
- 1 tsp ground cinnamon (optional)
- 2 tins fruit drained, e.g. apricots or peaches or sliced apples

Method:

1. Preheat oven to 180°C.
2. Mix rolled oats, flour, sugar and cinnamon together.
3. Rub in the margarine to the flour and oat mixture using clean fingers to make a crumble mixture.
4. Sprinkle crumble topping over tinned fruit.
5. Bake for 30 minutes or until heated though.

 If you have a feijoa, peach or apple tree, this is a great way to use up the fruit.

 Buy fruit in season or on special in bulk. Make extra and freeze for another day.



Fruity crumble

Bread custard (serves 6)

Ingredients:

- 4 slices bread
- 2 eggs
- 2 tbsp sugar
- 1½ cups milk
- 1 drop of vanilla essence (optional)

Method:

1. Grease a baking dish with margarine.
2. Cut bread into quarters and place in the baking dish.
3. Beat the egg, sugar and milk together and add vanilla.
4. Pour milk mixture over the bread.
5. Bake at 180°C for 35-45 minutes in the oven (or until golden brown and it has risen up).
6. Serve with yoghurt or a scoop of ice cream.



Use raisin bread or sprinkle 1/4 cup raisins between the slices of bread and sprinkle 1-2 teaspoons of cinnamon on the top.



Add slices of apple or banana before baking it in the oven.



Pancakes (serves 3-4)

An easy way to feed a hungry family if you are running low on food.

Ingredients:

- 1 cup plain flour
- 1 egg
- 1 ¼ cups milk
- pinch salt
- 1 tbsp oil or margarine

Method:

1. Sift flour and salt into a bowl.
2. Break the egg into a separate bowl and beat lightly.
3. Make a hole in the centre of the flour and drop in the egg.
4. With a fork mix slowly, dragging the flour into the centre.
5. When mixture is stiff, add milk and mix (until the batter is a creamy consistency).
6. Add margarine or oil to the fry pan (medium heat).
7. Pour a small plate size circle of mixture into a fry pan and cook for about 30 seconds each side. Pancakes should just be light brown in colour when cooked.



Top with tinned or stewed fruit.



Make savoury pancakes for a tasty dinner by wrapping the pancakes around grated cheese or cheese sauce. Add chopped ham, corn or tuna.



Keep any leftover pancakes in the fridge and heat them in the microwave for 30 seconds to 1 minute.

Oaty bars (makes 24 bars)

Ingredients:

| | |
|--------|-----------------------------|
| 1 cup | margarine |
| 1 cup | sugar |
| 2 cups | rolled oats (porridge oats) |
| 2 cups | flour |
| pinch | salt |

Method:

1. Preheat the oven to 190°C.
2. Grease a 20 cm square cake tin.
3. Soften the margarine in a bowl.
4. Add the sugar and mix well with a wooden spoon.
5. Stir in the rolled oats.
6. Add the flour and salt and mix until mixture is crumbly.
7. Press the mixture into the prepared tin.
8. Bake in oven for 20 minutes or until top is light brown in colour.
9. Cool in the tin.
10. Cut into bar shapes while they are still slightly warm.



These are a healthy snack for kids lunchboxes instead of a chocolate or a muesli bar.



Add dried fruit (e.g. raisins, sultanas or apricots) or nuts (e.g. chopped peanuts or almonds) to the mixture before baking.



Make extra and store in an airtight container, so they can be eaten through the week.



Popcorn (serves 8)

This is a tasty snack at any time of the day.

Ingredients:

| | |
|-------|---------------|
| 1 tsp | oil |
| ¼ cup | popping corn |
| ½ tsp | salt or sugar |

Microwave method:

1. Place the oil and corn in a paper bag.
2. Loosely seal the end of the bag and pierce it in several places.
3. Microwave on high power until most of the kernels have popped.
4. If you have young children, take out the un-popped corn so they don't choke.
5. Add ½ tsp salt or sugar and shake up.



To make sweet and spicy popcorn add 2 tablespoons of brown sugar, 2 teaspoons cinnamon and 1/2 cup of sultanas after the corn has popped.



Try mexican style: add lime juice and chilli powder to taste.



Scones (makes 12)

Ingredients:

- 2 cups plain flour
- 4 tsp baking powder
- 2 tbsp sugar
- pinch salt
- 4 tbsp margarine
- 1 cup milk
- 1 cup dates, apricots, or raisins (optional)

Method:

1. Preheat oven to 200°C.
2. Sift flour and baking powder into a bowl. Add the sugar and salt.
3. Rub margarine into the mixture using clean fingers.
4. Mix in the milk and dried fruit (if wanted) to make stiff dough.
5. Make 12 ball shapes, flatten and place on a greased baking tray.
6. Bake at 220°C for about 12-15 minutes.



To make savoury scones, leave out the sugar and fruit and add one cup cheese to the mixture, before you add the milk.

Pikelets (makes 8-10)

Ingredients:

- 1 cup flour
- 1 tsp baking powder
- 1 egg
- ¼ cup sugar
- ¾ cup milk

Method:

1. Sift flour and baking powder into a bowl.
2. In another bowl beat egg and sugar until it is thick.
3. Add the egg and sugar mixture and milk to the flour and mix until just combined together.
4. Drop tablespoons of mixture on to a hot and lightly greased frying pan.
5. Turn pikelets over when one or two bubbles have formed on the top surface. Turn quickly so they don't burn.
6. Cook the other side until a golden colour.



Add mashed banana, puréed apple or tinned fruit for sweetness instead of the sugar.



These are great for breakfast or a snack, lunch or dessert.

Below: Pikelets



Fruit muffins (makes 16)

Ingredients:

- 1 tbsp margarine
- ¼ cup sugar
- 2 eggs
- 1 ½ cups milk
- 1 cup raisins or sultanas (optional)
- 3 cups self-rising flour (or plain flour with 2 teaspoons of baking powder)
- 1 tin tinned fruit, drained (e.g pineapple, peaches or apricots)

Method:

1. Preheat oven to 200°C
2. Melt the margarine in the microwave or in a pan on the stove.
3. In a bowl beat the eggs with a fork or a whisk and add the melted margarine.
4. Add the flour, sugar and tinned fruit. Mix together.
5. Grease a muffin tin with margarine or oil or use paper muffin cases. Pour the mixture into the cases or the tin.
6. Bake at 200°C for 25 minutes.
7. Leave in the muffin tins for a few minutes before putting them onto a wire rack to cool.



Use stewed fruit e.g. apples, feijoas or peaches instead of tinned fruit.



Easy bread (makes 1 small loaf)

This recipe is a quick and easy way to make bread without yeast.

Ingredients:

- 3 cups plain or whole wheat flour
- 4 tbsp baking powder
- 1 tbsp salt
- ½-1 cup water or milk
- ¼ cup melted margarine or vegetable oil

Method:

1. Heat the oven to 200°C.
2. Mix the flour, baking powder and salt together
3. In another bowl mix the water or milk and the margarine or oil.
4. Slowly add the water/milk and oil mixture to the flour mixture, a little bit at a time and mix it in. Stop adding the liquid when the dough is moist but not sticky (you may need to add more liquid).
5. Don't mix the dough too much. Put some oil or flour on your hands and use your hands to make the dough into the shape of a rugby ball.
6. Put this onto a clean baking sheet or tray.
7. Use a knife to make a cross mark on the top of the dough.
8. Put it into the oven at 200 °C for 40 minutes.



Use fruit juice instead of water to make sweeter bread or add seeds to the flour or to the top of the loaf before baking for a tasty topping.

Banana bread

(makes 1 large loaf)

This is a great way to use up bananas that are going brown.

Ingredients:

- 4 ripe bananas
- 4 eggs
- ½ cup vegetable oil
- ¼ cup sugar
- 1 ½ cups milk
- 3 cups self-rising flour
- 1 cup plain flour
- 2 tsp cinnamon (optional)

Method:

1. Pre-heat the oven to 180 °C.
2. In a large bowl, mash the bananas with a fork.
3. Add the oil, sugar and milk.
4. Break the eggs into the bowl.
5. Add the flour and the cinnamon and stir carefully with a wooden spoon until it is all mixed together.
6. Bake for 1 hour at 180 °C.



Try using other fruit such as feijoas or grated apple.



If you have no time to make the bread, but have brown bananas - peel the bananas and freeze them in a plastic bag or container, until you are ready to use them.

Anzac biscuits (makes 35)

A healthier version of a New Zealand favourite.

Ingredients:

- 1 cup plain flour
- 1 tsp baking powder
- 1 cup rolled oats
- ½ cup sugar
- 1 cup shredded coconut
- ½ cup margarine
- 1 tbsp golden syrup or honey
- 2 tbsp hot water
- ½ tsp baking soda

Method:

1. Pre-heat the oven to 190 °C.
2. Mix flour, baking powder, coconut, rolled oats and sugar together in a bowl.
3. Melt the margarine and add the syrup or honey.
4. Mix the dry ingredients with the wet ingredients.
5. Dissolve the baking soda in the hot water and then mix with the other ingredients.
6. Use your hands to roll into small balls.
7. Place on a greased baking tray and use a fork to press them flat.
8. Bake for 10-15 minutes.

Cooking words

ml millilitre (for liquids)

cup cup 1 cup= 250ml

tbsp tablespoon 1 tbsp = 15ml

tsp teaspoon 1 tsp = 5ml

d dessertspoon

g grams

kg kilogram 1Kg= 1000g

°C degrees Celsius (oven temperature). Cooking temperatures vary from oven to oven so regularly check your baking in the oven to stop it burning. See the table on the next page if your oven is in Farenheit.



Beat: mix ingredients together quickly with a fork to make sure they are combined.

Boil: heat liquid at the point where large bubbles are forming.



Diced / chopped: cut up into small square shaped pieces.

Fold: mix ingredients by gently turning one over the other with a spoon.

Grate: use a grater to shave into small pieces.



Mash: crush the food with a fork or potato masher.

Pinch: a very small amount, eg the amount you can hold between two fingers.

Rub in: mix fat eg margarine and flour with clean fingers to get a crumbly looking mixture.



Saucepan: a pan or pot made of metal. Non stick ones are designed so you can use less oil.

Sauté: fry food quickly at a moderate heat, stirring to get even cooking of the food.



Sift: pass dry ingredients through mesh (sieve) to get rid of lumps.

Simmer: heat liquid just below boiling point where occasional bubbles form.

Soften: this is when you want to make butter soft and creamy. Cut butter into small cubes and use a wooden spoon to beat the butter or leave the butter out for a few hours, or microwave for 10 seconds.



Stove: top of the oven for putting the pans on.

Oven: the bottom part of the oven - used for baking.

Serving size

Most of the recipes are for 4, 6 or 8 people. If you are cooking for one or two people, you may want to freeze the leftovers to use for another day or make half the amount. If you have more people to cook for than the recipe states, you can double the recipe, by multiplying the ingredient amounts by two.

Remember to check the serving dish size and cooking time when you change the recipe quantity. The recipes measurements are in cups or $\frac{1}{2}$ cups so you don't need scales. If meat is in a recipe it will be in grams (g) which is usually shown on the label.



Basic Celcius to Farenheit conversion table

| CELCIUS | | FARENHEIT |
|---------|---|-----------|
| 160 °C | = | 320 °F |
| 180 °C | = | 350 °F |
| 200 °C | = | 390 °F |
| 220 °C | = | 420 °F |

How to cook food safely

CLEAN

- Remember to wash your hands thoroughly with soap and warm water for 20 seconds and dry your hands thoroughly for 20 seconds before handling food.
- Use a different chopping board for raw and cooked foods.

COOK

- Cook food thoroughly (especially if you are reheating leftovers).

COVER

- Keep food covered before and after it is prepared.

CHILL

- Put it in the fridge or freezer as soon as it has cooled down.
- Keep raw and cooked food separate in the fridge – raw food on the lowest level shelf.

Food Safety Tips

- Do not leave food sitting on the bench for long. Put it in the fridge or freezer as soon as it has cooled.
- When you defrost foods from the freezer leave them in the fridge to thaw. If you want to use your frozen dish for the evening meal you will need to take it out of the freezer in the morning or the night before.
- Make sure that you heat food thoroughly, so it is steaming hot. Only reheat leftovers once.
- Look for the date on the packets:
 - If there is a USE BY date on the packet, you must eat the food before this date
 - If there is a BEST BEFORE date – you can still eat it for a few days after this date, but it may not be the best quality.
 - Tinned foods - if you do not use all the contents of a tin, store the remaining food in a small container and place in the fridge. Do not store the remaining food in the tin.

Got a taste for healthy cooking?

- Have a look in your local library for cookbooks and magazines that have recipes to get ideas. Local community classes often do cooking, gardening and life skill courses.
- Talk to friends, neighbours and family, and exchange recipes. We all have our favourite meals and recipes that we know work, and are easy and quick to make. Experiment with different foods.
- Check out the recipes from the supermarket e.g. in the vegetable section, by the checkouts or on the side of products.
- Talk to your local health centre for local recipe books such as Kai Lelei cookbook for Pacific style recipes. Work & Income has the "Great Little Cookbook". It also has tips on healthy eating and recipes on a budget. To view the cookbook online go to: <http://www.workandincome.govt.nz/publications/cookbook.html>

Acknowledgements

Let's Beat Diabetes programme

Family and Community Services (a service line of the Ministry of Social Development)

The Salvation Army, Manukau City

The Lifeskills Class of Salvation Army, Manukau City

Dietitians: Jennifer Rattray NZRD, Franica Yovich NZRD, Sarah Buzink NZRD

Nutritionist: Julie Ash

References

"How to Cook Food Safely", *New Zealand Food Safety Authority Safe Food Handling Guidelines*

New Zealand Food Safety Authority

Kai Lelei Recipes for Large Families, Auckland Regional Public Health and Counties Manukau District Health Board

The National Heart Foundation of New Zealand



For Further Copies:
email: information@familyservices.govt.nz
or online at: www.familyservices.govt.nz
www.letsbeatdiabetes.org.nz

