

Cheap Eats



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Cheap Eats was developed in response to many requests for economical food.

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Ideas for the Pantry

Short-life products – store in the refrigerator

Fruit (seasonal), lettuce, tomatoes, cabbage, broccoli, cauliflower, Brussels sprouts, beans, peas and mixed vegetables, wholegrain breads (buns, pita), margarine, eggs, dairy (low-fat milk, edam cheese, low-fat yoghurt), mushrooms, capsicum, leeks, silverbeet.

Long-life products

Vegetable or canola oil (and spray), canned fish (in spring water), vegetables (tomatoes, corn, beetroot), tomato purée/paste, baked beans, chickpeas, kidney beans, lentils, dried pasta, canned fruit, dried fruits (raisins, sultanas, apricots, currants), marmite/vegemite, honey/jam, natural muesli, rolled oats/porridge, wheat biscuits, tomato sauce, UHT milk, pasta sauce.

Best stored in airtight containers

Dried pasta (macaroni, spaghetti), lentils, herbs and spices, iodised salt and pepper, sugar, baking soda/powder, wholemeal flour, nuts (peanuts, almonds, walnuts), chicken/beef stock (reduced salt), bran flakes.

Dry cool storage

Apples, parsnips, carrots, onions, fresh garlic, fresh ginger, kumara, celery, mustard, potatoes, vegetable oil, vinegar, wholegrain cereals.

All recipes are available at www.heartfoundation.org.nz

Tips

Cut out the fat

- Cut the visible fat off meat and take the skin off chicken before cooking.
- Skim the fat off stews, braises, soups and gravies.
- Use margarine or vegetable oil in small amounts in cooking or when spreading on bread.
- Choose cooking methods that do not require additional fat (microwaving, grilling, baking or steaming).
- Many takeaway meals are high in fat. Choose a small low-fat option if having takeaways.
- Use fat and oil sparingly if frying food; pan frying, stir frying or grilling in place of deep frying.
- Do not add additional fat to roast meats and bake vegetables in a separate container to serve with the roasted meat.
- Choose low-fat varieties of milk, cheese and yoghurt.
- Serve meat and milk products in moderate amounts.

Many of the recipes in Cheap Eats are not complete meals, so be sure to follow the rule of thumb and always add lots of vegetables to your meal!



Save on sugar

- Read food labels. There can be as much sugar in a muesli bar as in a small chocolate bar.
- Dilute pure fruit juice with water, even if it does not contain added sugar. One 250ml glass of fruit juice has the same amount of energy as three pieces of fruit without the fibre.
- When using spreads, such as honey, jam or syrup, use small amounts and spread thinly.

Keep salt down

- Read food labels and select foods with lower levels of sodium.
- Limit or do not use added salt during cooking. If you do add salt, use iodised salt.
- Flavourings such as herbs, spices, lemon, lime or fruit juice, can be used to increase the flavour of food without adding extra salt.
- Cooking foods in minimal levels of water will enable the food to retain flavour, reducing the need to add extra salt.
- If you do use salt, gradually reduce the amount of salt you add to food.

Fibre up

- Fill half your plate with vegetables and/or salad.
- Eat 2 to 3 servings of fresh fruit everyday.
- Choose wholemeal or wholegrain bread.
- Lay slices of wholemeal bread on top of stews and braises near the end of cooking time and brown in the oven. This makes a good substitute for pastry.
- Eat larger servings of vegetables with smaller servings of meat.

Alcohol

Where possible choose alcohol-free drinks or low-alcohol drinks and serve food when consuming alcohol. On any one occasion, males should consume no more than three standard drinks and females consume no more than two standard drinks.



Soups



Vegetable stock base Makes 2½ litres

Ingredients

2 litres water
1 onion, peeled and diced
1 x bunch parsley, roughly chopped

Method

Place water, onion and herbs in a large pot and bring to the boil, reduce heat and simmer gently for about 20 minutes. Strain and store in clean jars in the refrigerator.

Soup stock base: Chicken, see poaching a chicken page 21. Use the boiling liquid for soups. Commercial stocks, use half the recommended amount and add chopped fresh or dried herbs

Vegetable soup Serves 4

Ingredients

2 cups vegetables, chopped
(carrots, onion, celery, leeks)
½ cup noodles or red or brown lentils
4 cups stock
Water
Black pepper to taste
Chopped fresh herbs to garnish

Method

Place chopped vegetables, noodles or lentils and stock in a large pot. Allow soup to cook for one hour. If the soup is too thick, add extra water, taking care not to dilute the soup too much. Season to taste with black pepper, pour into bowl and garnish with fresh herbs.

Croutons

Ingredients

Stale bread

Method

Cut the bread into small cubes.
Bake in an oven at 180°C until golden brown.
Store in airtight container and serve on top of soup.

Tomato and orange soup Serves 6

Ingredients

1 onion, chopped
 1 clove garlic, chopped
 500g tomatoes, chopped or
 1 x 400g can tomatoes
 1 tablespoon olive oil
 1 teaspoon orange rind, grated
 1 teaspoon parsley, chopped
 1 bay leaf
 1½ cups chicken stock
 2 teaspoons sugar
 1 cup orange juice
 Fresh basil leaves to garnish

Method

Fry onion, garlic and tomatoes in a saucepan with the olive oil until cooked. Add orange rind, parsley, bay leaf, stock, sugar and orange juice. Simmer for 30 minutes. Remove orange rind and bay leaf. Garnish with basil before serving.

Vegetable chowder Serves 6–8

Ingredients

6 cups mixed vegetables, roughly chopped
 (pumpkin, kumara, leeks, swede, carrots)
 Water
 2 cups low-fat milk
 2 tablespoons margarine
 2 tablespoons flour
 ½ teaspoon chicken stock powder
 1–2 teaspoons curry powder
 Fresh parsley, chopped to garnish

Method

Place vegetables in a large saucepan and cover with water, then simmer until the vegetables are soft and tender. Add the low-fat milk to the soup. In a small bowl, mix the margarine, flour, stock powder and curry powder to a paste. Whisk into the soup. Bring to the boil, stirring constantly. Pour into bowls and garnish with chopped parsley.



Salads and dressings

Salads make perfect main meals, are fantastic in sandwiches and they don't need to contain many ingredients – they can be as simple as a combination of 3 – 4 ingredients.

Make it colourful and tasty.

Vinaigrette Makes 1 cup

Ingredients

$\frac{1}{3}$ cup vegetable oil

$\frac{2}{3}$ cup vinegar

$\frac{1}{2}$ teaspoon wholegrain mustard

Method

Mix together all ingredients in a jar. Seal the jar and shake well.

Italian dressing Makes $\frac{1}{2}$ cup

Ingredients

$\frac{1}{2}$ cup vinegar

1 tablespoon lemon juice

1 clove garlic, crushed

1 tablespoon parsley, chopped

$\frac{1}{2}$ teaspoon dry mustard

$\frac{1}{2}$ teaspoon ground black pepper

Method

Mix together all ingredients in a jar. Seal the jar and shake well. Refrigerate. Shake well before use.

Yoghurt dressing Makes $\frac{3}{4}$ cup

Ingredients

$\frac{1}{2}$ cup low-fat natural yoghurt

3 tablespoons lemon juice

1 tablespoon parsley, chopped

$\frac{1}{2}$ teaspoon ground black pepper

$\frac{1}{2}$ teaspoon dry mustard

Method

Mix together all ingredients in a small bowl. Cover and refrigerate. Use within 3 days.



Pineapple salad Serves 4

Ingredients

1 x 440g can crushed pineapple in juice, drained
1 cup finely chopped cabbage, green capsicum and celery (you can substitute other vegetables if you wish)
¼ cup natural unsweetened yoghurt
¼ cup vinaigrette

Method

Mix all ingredients together. Serve.

Apple and cucumber salad Serves 4

Ingredients

3 apples
1 tablespoon lemon juice
Pepper to taste
1 x 20cm cucumber, finely sliced
2 tablespoons low-fat yoghurt, natural
1 tablespoon mint, finely chopped

Method

Thinly slice apples. Sprinkle with lemon juice and a little pepper.

Place in a bowl and add cucumber. Stir through yoghurt and mint and serve chilled.

Potato salad Serves 4

Ingredients

4 cold cooked potatoes, diced
2 tablespoon lite salad dressing or vinaigrette
1 stalk of celery, diced
½ small onion, diced
2 tablespoons herbs, chopped (chives, mint and parsley)

Method

Mix potatoes and salad dressing together in bowl. Add celery, onions and herbs. Toss gently.



Sunshine salad Serves 4–6

Ingredients

4 carrots, peeled, sliced and cooked until just tender
½ cup vegetable water from carrots
1 green capsicum, sliced
1 onion, sliced
1 tablespoon sugar
2 tablespoon vinegar
2 tablespoon vegetable oil
1 tablespoon tomato paste
¼ teaspoon pepper
¼ teaspoon Worcestershire sauce

Method

Place carrots in a bowl. Add capsicum and onion. Combine remaining ingredients in a pot and bring to the boil. Pour hot sauce over the vegetables. Cover and chill in the refrigerator for 12 hours.



Vegetables

Vegetables are great raw or can be cooked in many ways. To prepare vegetables, wash and cut them into pieces so they cook quickly. Vegetables with skin on are more nutritious. Choose vegetables when they are in season – take advantage of seasonal specials.

Preparing vegetables

Leafy vegetables – wash and remove any old, wilted or discoloured leaves. Cut into serving sized pieces.

Cabbage – cut into quarters, then slice.

Root vegetables (carrots, kumara, parsnips, swede, taro, turnips) – scrub or peel. Cut or slice into pieces.

Cooking vegetables

Boiling – use a pot with a tight-fitting lid. Bring 1 cup of water to the boil. Add the vegetables and bring back to the boil as quickly as possible. Boil the vegetables until tender when tested with a skewer or fork. Drain water off and serve immediately.

Steaming – place the prepared vegetables in a steamer above a pot of boiling water. Steam until just tender.

Stir-fry – cut vegetables into small pieces. Put 1 teaspoon of oil and 1 teaspoon of water into a heated pan or wok and add vegetables. Stir-fry until vegetables are cooked and crunchy.

Baking – cut the vegetables into large pieces. Bake in preheated oven 180°C for about 25–30 minutes or until soft.

Microwaving – put washed and cut vegetables into a microwave safe dish with 1–2 tablespoons of water. Cover and cook on high. For crunchy vegetables, do not cook for more than a few minutes. Some vegetables take longer to cook than others, so start with those first. For example, carrots take longer than cabbage.

Fresh corn cooked in its husk (leaves) is great in the microwave. It takes 3 minutes on high per cob.

Add flavour to cooked vegetables

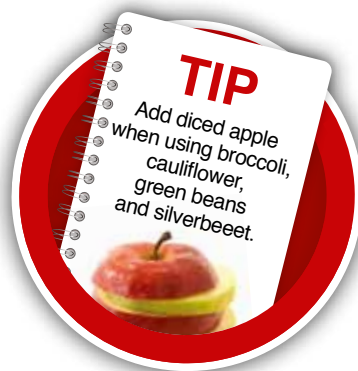
Beans, broccoli, brussels sprouts – add lemon juice and ground pepper.

Cabbage, shredded – add 2 tablespoons tomato paste, 2 tablespoons water, 1 tablespoon lemon juice, ½ teaspoon ground pepper, ½ teaspoon basil and ½ teaspoon oregano.

Carrots, sliced – toss with apple juice, grated orange rind and ½ teaspoon ground ginger. Mash with orange juice.

Cauliflower – sprinkle with chopped parsley and black pepper.

Potatoes – sprinkle with lemon juice and parsley or chives or mint. Mash with low-fat milk and ground pepper. Serve jacket potatoes topped with cottage cheese and chopped parsley or finely chopped onion.



Vegetable curry Serves 4–6

Ingredients

- 1 tablespoon oil
- 2 onions, peeled and chopped
- 2 teaspoons curry powder
- 4 cups diced mixed vegetables cut into even sized pieces as below
- 2 cups water
- ¼ cup sultanas
- 2 apples, peeled, cored and chopped
- 1 tablespoon flour
- ¼ cup water

Method

Heat oil in a saucepan and fry the onions until soft, but not coloured. Add the curry powder and cook for about 1 minute. Add the vegetables and water. Stir well, bring to the boil, lower heat and simmer for about 5 minutes. Add sultanas and diced apples. Simmer a further 5 minutes or until vegetables are tender. In a small bowl, mix the flour and water to a smooth paste. Stir into the curry. Boil for 1–2 minutes. Serve over rice.

Suggested vegetables: cabbage, carrot, corn, celery, peas, peppers, potatoes, pumpkin, swede, broccoli, cauliflower, green beans, silverbeet stalks.

Potatoes

Oven-baked potatoes (baking, floury or general varieties)

Preheat oven to 180°C. Choose large or medium-sized potatoes. Scrub well, pierce with a sharp knife or fork. Bake potatoes in a preheated oven for 45–60 minutes, or until cooked.

Microwave baked potatoes

Choose potatoes of a similar size if baking more than one at a time. Wash potatoes and prick well with a knife or fork. Cook on high for 3–4 minutes per potato.

Stuffed potatoes

Cut an oval piece from the baked potatoes or cut potatoes in half.

Scoop out the warm potato into a bowl and mix with fillings of your choice (see below for healthy filling suggestions).

Stuff potato shells with mixture and reheat in oven, preheated to 180°C.

Potato stuffing suggestions

- Low-fat cheese e.g. Edam and chopped onion.
- Low-fat cheese and canned fish in spring water e.g. salmon, tuna.
- Baked beans / sweetcorn.
- Low-fat cheese, chopped gherkins, walnuts and herbs.
- Lite sour cream and chopped chives.
- Left-over cooked vegetables.
- Pickle or chutney.
- Cottage cheese.
- Tomato, chopped red onion and basil pesto.
- Canned fish in spring water (sardines, tuna or salmon).
- Chopped, cooked lean chicken.
- Sautéed diced onion and lean bacon.

TIP

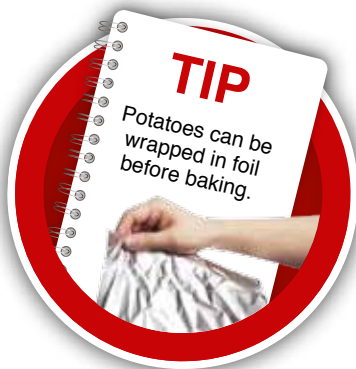
Sprinkle parsley or other herbs on stuffed potatoes.



Sun side up Serves 4

Ingredients

4 potatoes
2 teaspoons margarine
¼ cup low-fat milk
Pepper to taste
4 eggs



Method

Preheat oven to 180°C. Bake potatoes and cut a slice from the top of the baked potato. Scoop out the warm potato and mix with margarine, low-fat milk and pepper. Refill the potato shells, forming a ring of potato around the top edge, leaving a well in the centre of the potato. Break an egg into each potato hollow. Bake potatoes in a preheated oven for 10–15 minutes or until the egg is set.

Mashed potatoes Serves 4

Ingredients

4 potatoes
½ cup water
1 tablespoon low-fat milk
1 teaspoon margarine
Pepper to taste

Method

Peel and cut potatoes into chunks. Place water in a saucepan and bring to the boil. Add potatoes and boil gently for 15–20 minutes or until potatoes are tender when tested with a skewer. Drain well. Mash, add milk, margarine and pepper and mix to a smooth consistency.

Bubble and squeak Serves 4

Ingredients

2 cups potatoes, mashed
2 cups cooked cabbage, shredded
1 onion, chopped and sautéed
Pepper to taste
½ cup grated low-fat cheese

Method

Preheat oven to 180°C. Mix together potatoes, cabbage, onion and pepper and place in an oil-sprayed oven-proof dish. Alternatively, line the dish with baking paper. Cover the mixture with grated cheese and heat in preheated oven until the cheese has browned.

Pasta

Pasta is quick and easy to cook. There are many varieties of pasta available in your local supermarket. Pasta can be eaten with or without meats and fish, in soups, salads and many other ways.



To cook pasta, either follow the instructions on the pasta packet or prepare as follows:

Method (Serves 4)

For 200g of pasta, bring 2 litres of water to the boil. Add pasta slowly and keep water boiling. Cook for 7–10 minutes in an uncovered saucepan until al dente (firm to the bite). Drain the pasta thoroughly. Add sauce and your choice of meal suggestion below, either serve immediately or pour into an oven-proof dish sprayed with a little oil and bake for ½ an hour in an oven preheated to 180°C.

Pasta meal suggestions

- Canned salmon in spring water and chopped tomato.
- Sliced tomato, capsicum and mushrooms, topped with a little grated cheese.
- Cooked diced chicken with lightly pan fried leek.
- Canned tuna in spring water, natural yoghurt, diced avocado, garnish with lemon wedges.
- Natural yoghurt, chopped walnuts and topped with grated parmesan cheese.
- Chickpeas, sliced spring onions and chopped basil.

Cheese sauce Makes 2½ cups

Ingredients

2 cups low-fat milk
2 tablespoons cornflour
1 cup low-fat grated cheese
½ teaspoon mustard powder
¼ cup water

Method

Heat low-fat milk in a saucepan. Mix cornflour with a small amount of water. Stir cornflour mixture into heated milk until thickened. Remove the saucepan from heat, add grated cheese and mustard powder and stir. Mix cheese sauce with drained pasta or sliced boiled vegetables, such as celery, courgettes, onions and cauliflower.

Tomato sauce Serves 4

Ingredients

1 onion, chopped or sliced
 1 teaspoon vegetable oil
 1 x 400g can tomatoes (or 4–6 fresh tomatoes and ½ cup of water)
 1 teaspoon Worcestershire or low-sodium soy sauce
 ½ teaspoon pepper, basil or parsley

Method

Stir-fry onions and oil together. Add tomatoes and seasoning. Add Worcestershire or soy sauce. Bring to boil and reduce until desired consistency. Use over pasta.

Rice

Rice can be the basis of many delicious meals. Choose brown rice for extra fibre.

- Long grain for savoury dishes and salads.
- Brown rice for savoury dishes
- Short grain for puddings and risotto

1 cup uncooked rice becomes approximately 3 cups when cooked.



Mushroom risotto Serves 4

Ingredients

1 tablespoon oil
 150g mushrooms, sliced
 1 large onion, peeled, chopped
 2 stalks celery, sliced
 1½ cups short grain rice
 3½ cups salt reduced stock (chicken or vegetable)
 Pepper to taste
 3 tablespoons parsley, chopped

Method

Heat oil in a large saucepan. Add mushrooms and cook until soft. Add onions and celery and cook until soft. Stir in rice and cook, stirring until it whitens. Slowly add stock, cover and simmer for about 20 minutes or until liquid is absorbed and rice tender. Season with pepper to taste. Mix in chopped parsley and serve.

Sandwiches

Making sandwiches

Wash hands before starting and check all surfaces and tools are clean. Prepare all spreads and fillings before starting. Store all fillings and spreads in the refrigerator until assembly time. Spread bread with margarine, lite mayonnaise or hummus.

Filling suggestions

- Banana.
- Canned fish in spring water mashed with tomato sauce.
- Cheese – grated with onion and a little lite mayonnaise.
- Cheese – grated with lettuce and a little lite mayonnaise.
- Cold meat, pickle and sliced salad vegetables.
- Cold meat and chopped fresh herbs.
- Cream cheese mixed with chopped fresh herbs, sliced tomato and cucumber.
- Diced chicken and sliced celery mixed with lite mayonnaise.
- Grated apple, chopped raisins and peanut butter mixed together.
- Grilled lean bacon, sliced tomato and lettuce.
- Mashed hardboiled egg – plain or with curry powder.
- Mashed avocado and cooked chopped lean bacon.
- Peanut butter with grated carrot and raisins.

Assemble an even number of slices of bread. Apply spread. Spread half with selected filling and top with another slice of bread. Press down lightly, trim crusts if preferred and cut into chosen shape. Wrap or pack and store chilled.



Pizza



Pizza base Makes one pizza base

Ingredients

- 2 cups flour
- 1 teaspoon baking powder
- 1 egg
- 2 tablespoons vegetable oil
- ½ cup water (approximately)

Method

Place flour and baking powder in a bowl. Beat egg and oil together and add to flour mixture. Add enough water to create a firm dough. Lightly spray a pizza dish or a shallow tray with oil and press dough into it. Spread with tomato paste and add your favourite toppings.

Tomato pizza sauce

Ingredients

- 1 cup tomato purée
- 1 small onion, finely chopped
- ½ teaspoon basil
- Pepper to taste

Method

Spread pizza base with tomato purée. Sprinkle over finely chopped onion and basil and top with a pizza topping of your choice.

Pizza topping suggestions

- Canned tuna in spring water with chopped red peppers and chopped coriander.
- Sliced onion, mushroom, tomatoes, spinach, pineapple, courgette and chopped mixed herbs.
- Canned salmon in spring water, crumbled feta cheese, diced asparagus, spinach, sliced tomato and chopped basil.
- Asparagus, sliced tomato and sliced mushroom.

Cooking

Sprinkle the prepared base with low-fat cheese and herbs. Cook in preheated oven at 180°C for 30 minutes.



Burgers

Burgers are great to eat hot or cold and you can eat them with wholegrain buns, rolls, bread crusts, muffins or pita bread. Spread with hummus, margarine, mustard, lite cream cheese or peanut butter.

Burgers should have one protein food (meat, fish, falafel, egg, Edam cheese, chicken etc) plus lots of vegetables.

Burger filling suggestions

Protein: fresh fish/canned fish in spring water, lean mince patties, chicken, schnitzel, eggs, falafel, grated Edam cheese.

Vegetables: Mushrooms, cucumber, onion, celery, green and red capsicum, beetroot, tomatoes, lettuce, grated carrot, coleslaw, sprouts, cucumber, gherkins.

Sweet: Yoghurt, bananas, apricots, apple, stewed or canned fruit, pears, strawberries, cherries, kiwifruit, pineapple.

Spreads: Hummus, peanut butter, pesto, margarine.



Mince

Always choose lean or low-fat mince. Cooked lean mince can be used in many ways:

- On toast.
- On pasta with red or yellow capsicum, mushrooms and onion.
- With mashed potato and seasonal green vegetables.
- Add a can of baked beans or kidney beans. Serve wrapped in tortillas with salad and sprinkled with herbs and spices.
- Hamburger patties, meat-balls, meat-loaf or put into pita bread.

Savoury mince Serves 4–6

Ingredients

1 onion, chopped
2 tablespoons water
500g lean mince
1 x 400g can tomatoes
Pepper to taste

Method

Cook the onion in a frying pan with water until soft. Add mince and cook on high, stirring to allow mixture to cook evenly and prevent lumps forming. Add tomatoes and season with pepper. Bring to the boil and serve.

Meatballs, meat patties, meatloaf and shepherd's pie

Serves 4

Ingredients

500g lean mince
1 onion, chopped
1 egg
½ cup low-fat milk
1–2 cups fresh wholegrain breadcrumbs
(crumble slices of bread)
Pepper to taste

Method

Mix all ingredients together.

Meatballs – shape mince mixture into even-sized balls. Cook in a preheated oven at 180°C for 10–15 minutes or until cooked. Do not cover.

Meat patties – roll mince mixture into balls then flatten before cooking in a non-stick pan.

Meatloaf – put the mixture into a deep baking dish or mould it into a fat sausage shape and put into a shallow baking dish. Bake in preheated oven for 1½ hours at 180°C. Drain any excess liquid before serving the meatloaf.



Sausages

Bake, grill or boil sausages, then slice and add to savoury dishes.

Saucy sausages Serves 5–6

Ingredients

3 precooked sausages
1 onion, sliced
1 clove garlic, crushed
1 teaspoon mixed herbs
2 cups vegetables, chopped
(fresh or frozen)
1 packet (30g) tomato soup powder
1½ cups water

Method

Slice the sausages, place in a large pan or pot with the onion, garlic, mixed herbs and vegetables. Mix the soup powder with the water and pour over the sausages. Cook on a medium heat for 20–30 minutes, stirring half way through cooking. Serve with rice, pasta or mashed potato.



Curried sausages Serves 4–6

Ingredients

3 sausages
½ tablespoon canola oil
1 onion, peeled and chopped
2 teaspoons curry powder
1 x 400g can tomatoes
½ cup water
½ teaspoon chicken or beef stock powder
1 tablespoon flour
2 tablespoons water

Method

Put sausages into a large saucepan and cover with cold water. Heat until water is boiling. Reduce temperature and simmer for 20 minutes. Drain, and cut each sausage into four, discard boiling water. Heat oil in a large saucepan and fry onion until brown. Stir in curry powder and add tomatoes, their juice, water and stock powder. Bring to the boil and cook over moderate heat for 10 minutes. Mix flour and water together to make a smooth paste. Stir into the curry sauce and cook until thick, stirring constantly. Add sausages and simmer for 10 minutes. Serve hot with rice or potatoes.

Fish

Canned fish in spring water is an economical choice. When using fresh fish always make sure it is fresh with firm flesh and a slight fishy smell.

Mussel salad Serves 4–6

Ingredients

- 2 spring onions, chopped
- 1 stalk celery, sliced
- 1 green capsicum, deseeded and diced
- 2 tomatoes, diced
- 15 cooked mussels, shelled and refrigerated
- 1 tablespoon tomato sauce
- ¼ cup lite mayonnaise

Method

Mix spring onions, celery, capsicum and tomatoes in a bowl and add mussels. Mix tomato sauce and mayonnaise together and lightly coat salad with it. Cover and refrigerate until ready to serve.



Spicy baked fish Serves 4

Ingredients

- 4 tablespoons lemon juice
- 4 teaspoons reduced salt soy sauce
- 1 teaspoon mustard powder
- 1 teaspoon curry powder
- 2 teaspoons vegetable oil
- 4 fillets fish, boneless

Method

Mix lemon juice, soy sauce, mustard and curry powder and oil together in a shallow baking dish. Add fish fillets, turning to coat thoroughly with the mixture. Place under preheated grill for approximately 5 minutes each side, or until the fish is cooked (flakes with a fork). Serve with baked kumara and steamed vegetables.

Fish salad Serves 5

Ingredients

500g fresh fish, diced
2 lemons, juice
1 onion, finely diced
1 cup lite coconut milk
2 cups seasonal vegetables, finely diced
(green and red capsicum, carrots,
tomatoes, cucumber)

Method

Place the fish in a bowl, add lemons, cover and place in the refrigerator, turn occasionally. When the fish has become white, remove from the juice and place in a serving bowl. Add onion, coconut milk and vegetables, cover and refrigerate until ready to serve.

Chicken

Chicken can be purchased fresh or frozen. Thaw frozen chicken in the refrigerator. Chicken should be cooked until it turns white – do not eat pink or red flesh.

Poached chicken for chicken dishes and stock

Ingredients

1 chicken
1 litre water (approx)

Method

Poached chicken

Place chicken in a large saucepan. Cover in water and bring to the boil. Reduce heat and simmer for 45–60 minutes. Take the chicken out of the saucepan and put the remaining liquid aside for the chicken stock. Remove the skin and fat from the chicken. Then remove the chicken meat from the bones, dice and use in chicken dishes.

Chicken stock

Cool the remaining liquid by placing the saucepan in a sink half full of cold water. Using a large spoon skim off the fat and discard. Pour into clean containers, label and store in the refrigerator or freezer.





Chicken chop suey Serves 4–6

Ingredients

- 125g packet vermicelli
- 1 tablespoon oil
- 1 small onion, chopped
- 1–2 cloves garlic, crushed
- 1–2 sticks celery, chopped
- 2 large carrots, chopped
- ½ cauliflower, chopped into florets
- ½ cooked chicken, diced
- 1 cup frozen peas
- 1 tablespoon reduced salt soy sauce

Method

Break the vermicelli into shorter lengths and place in a mixing bowl. Cover with boiling water. Leave to soften. Heat oil in a large, heavy-based pan. Add the onion, garlic, celery and carrot and cook for 5 minutes. Add cauliflower and peas and cook a further 5–8 minutes. Drain vermicelli and add to vegetables. Add chicken to the vegetables and vermicelli. Stir in soy sauce and heat through.

Chicken, pineapple and vegetables Serves 4–6

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, sliced
- 2 carrots, finely sliced
- ½ cup pineapple pieces or canned peaches in juice
- 1–2 courgettes, thinly sliced
- 1 tablespoon reduced salt soy sauce
- 2 tablespoons tomato sauce
- 1–2 tablespoons vinegar
- ¼ cup pineapple or peach juice
- 1 tablespoon cornflour
- 2 cups cooked chicken, diced

Method

Heat oil in a heavy-based pot, add onion and carrot and stir fry for 3–4 minutes. Add pineapple pieces and courgettes. Mix soy sauce, tomato sauce, vinegar and half the juice together in a small bowl and add to the pot. Mix the remaining cornflour with fruit juice and stir into the sauce mixture and cook until thickened. Add the cooked chicken and heat until steaming hot.

Variations; Use lean beef or pork in place of chicken.

Fruit

Use fruits in season to take advantage of seasonal specials

Preparing fruit for stewing

Apples – wash, peel, core and slice.

Apricots and nectarines – wash, halve and remove stone.

Feijoas – wash, peel and cut in half or slices.
Alternatively, scoop flesh from halved fruit.

Peaches – wash, peel and cut in half, removing the stone and slice.

Pears – wash, peel, cut in half lengthwise and remove the core (use a teaspoon).

Rhubarb – discard leaves, wash stalks, and cut into 3cm pieces.

Tamarillos – cut a small cross in the non-stalk end of the fruit and blanch by dipping into boiling water for 1–2 minutes, then into cold water. Peel and cut in half lengthwise. Alternatively scoop flesh from halved fruit.

Stewing fruit

Place prepared fruit in saucepan and half cover with water (use just a little water to stew rhubarb or tamarillos).

Bring to boil, reduce heat and simmer until tender. Add sugar (white, brown, raw) or honey to taste. Cool and store in covered containers in the refrigerator.



Apples

Apples are available all year round and are excellent raw, stewed, baked or in fruit salad, sauce, muffins, pancakes, pie, crumble, turnover, meringue, sponge and salads. Cooked apples do not need sugar added to them. Try cooking with pears, peaches, apricots and other fruits.



Sponge topping

Ingredients

125g margarine
 ½ cup sugar
 1 egg
 ½ cup low-fat milk
 125g flour
 2 teaspoons baking powder
 2–3 cups hot stewed fruit e.g. chopped apple or rhubarb

Method

Preheat oven to 180°C. Cream margarine with sugar. Add egg and milk and mix. Stir in the flour and baking powder. Place hot stewed fruit in pie dish. Pour mixture over the fruit and bake in preheated oven for 30–45 minutes.

Fruit crumble (apple, feijoa, tamarillo) Serves 4–6

Ingredients

1 cup wholemeal flour
 ½ cup brown sugar
 1 teaspoon cinnamon
 ¼ cup vegetable oil
 4 cups fruit, e.g. cored apples, peeled feijoas, peeled tamarillos

Method

Mix flour, sugar, cinnamon and oil together until crumbly. Place fruit in an oven-proof dish. Sprinkle mixture over fruit. Bake at 150°C for 40 minutes until brown.



Baked apple Serves 4

Ingredients

¼ cup brown sugar
 ½ cup chopped dried fruit and nuts of your choice (dates, raisins, walnuts)
 1 tablespoon margarine
 4 apples, cored

Method

Preheat oven to 160°C. Mix brown sugar, margarine, fruit and nuts together. Stuff mixture into the centre of the apples. Place apples on an ovenproof dish and bake in preheated oven for about 30 minutes.

Apple and bran muffins Makes 12

Ingredients

½ cup golden syrup
1 cup low-fat milk
1 teaspoon baking soda
1 cup apple, stewed
1 cup flour
3 cups bran flakes
1 teaspoon cinnamon
1 egg
1 teaspoon baking powder
½ teaspoon mixed spice

Method

Lightly spray a 12-muffin pan with oil. Preheat oven to 180°C. Warm golden syrup with milk and stir in baking soda. Mix this with the remainder of the ingredients. Pour the mix into muffin pan and bake in preheated oven for 10–15 minutes.



Fruity oat crunch Makes 24 pieces

Ingredients

1 cup flour
1 teaspoon baking powder
1 cup rolled oats
½ cup raisins or sultanas
½ brown sugar
½ cup vegetable oil

Method

Preheat oven to 180°C. Sift flour and baking powder into a mixing bowl. Stir in rolled oats, dried fruit and sugar. Add oil and mix well. Press into greased 20cm x 30cm baking tin. Bake in preheated oven for 20–25 minutes. Cut while warm, but leave in the tin until cold.

In your garden

If you have a garden, consider growing:

Rhubarb, silverbeet, lemons, parsley and chives.

When your garden is established, grow vegetables which can be picked on a daily basis:

Beans, brussels sprouts, carrots, courgettes and tomatoes.

Some plants grow well in pots. These can be kept on a porch or balcony and placed on a table to save bending down.



Weights and measurements

Abbreviations used in metric recipes

T, Tb, Tbsp = tablespoon

t, tsp = teaspoon

°C = degrees Celsius

c = cup

ml = millilitre

L, l = litre

g = gram

kg = kilogram

Metric kitchen measures

1 tablespoon = 15 ml

1 dessertspoon = 10 ml

1 teaspoon = 5 ml

$\frac{1}{2}$ teaspoon = 2.5 ml

2 teaspoons = 1 dessertspoon

3 teaspoons = 1 tablespoon (NZ)

1 litre = 1000 ml

$\frac{1}{2}$ litre = 500 ml

$\frac{1}{4}$ litre = 250 ml

1 cup = 250 ml

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

$\frac{1}{4}$ cup = 62.5 ml

16 tablespoons = 1 cup (approx)

4 cups = 1 litre

Temperature

Baking: Nearest 10 degrees

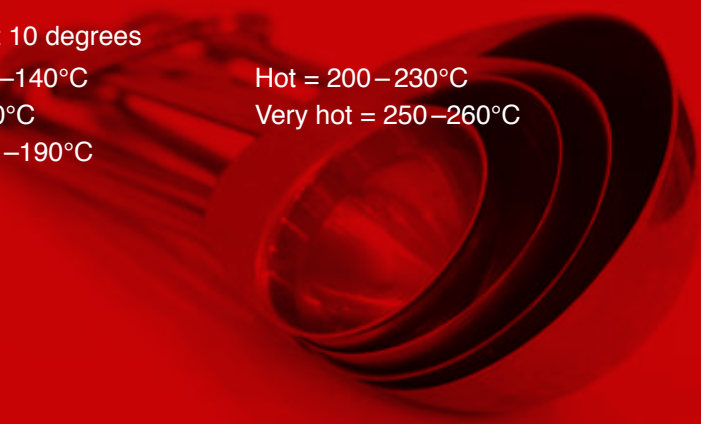
Very cool = 110–140°C

Cool = 150–160°C

Moderate = 170–190°C

Hot = 200–230°C

Very hot = 250–260°C



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