

# *The Mixing Bowl*

Healthy Recipes for 10 or more...

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# Healthy Recipes for Community Groups

Welcome to The Mixing Bowl–Healthy Recipes for 10 or more.

We all know the importance of eating a healthy diet. It not only helps people feel good but provides protection for many health conditions including obesity, heart disease, type II diabetes and some cancers. By serving healthy food at your community groups, you can model healthy eating behaviours and promote positive health and nutrition messages to the wider community.

This cookbook provides recipes for tasty and nutritious food for large groups. It also offers tips on food budgeting and planning, how to make recipes stretch and food safety.

The recipes are a guide. We encourage you to adapt these recipes to suit your cooking preferences, budget and available ingredients. Cooking and preparation times are based on two people preparing 25 serves and are approximate.

You may need to modify meals for individuals with special dietary needs such as food allergies, religious requirements or the need for a soft diet. Please seek advice from a dietitian if you are unsure how to modify meals for these individuals in your environment.

People we work with generally have plenty of bread in their diets, consequently we have minimised the amount of bread offered at community meals. This encourages consumption of the other food groups. When cooking with oil it is best to use monounsaturated and polyunsaturated varieties of vegetable oil such as canola, olive and sunflower oil.

**ACT Health Dietitians and  
ACT/SE NSW Australian Red Cross Food Security Team**

“

*We have been adapting healthy recipes for our large groups so this cookbook is going to be very useful and will save us time when we are planning meals. It's so important that we provide healthy food for our community groups. People enjoy trying different dishes and often ask for advice on how to cook the dish at home.*

**Trish McDonald**

*Ainslie Precinct Project Manager, YWCA of Canberra.*

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Image by Hilary Wardhaugh





# Breakfast

**Preparation Time**

30 minutes

**Cooking Time**

Approximately 2 minutes per pancake

# Banana Apple Pancakes

1. In a large bowl combine self raising flour, milk, apple, beaten eggs and sugar and whisk until well combined. The mixture should have a yoghurt-like consistency.
2. Grease the frying pan with canola spray and place over medium heat.
3. Spoon mixture into frying pan; approximately 1/3 cup of mixture per pancake. When bubbles appear on upper side of the pancake, use a spatula to flip it over until golden brown on both sides.
4. Serve with banana and drizzle with honey if desired.

**People**

	10	25	50
Self raising flour (cups)	5	10	20
Low-fat milk (litres)	1	2 ½	5
Apple, grated	3	8	16
Egg, lightly beaten	5	10	20
White sugar (cups)	¼	½	1
Banana, sliced	4	8	16
Canola spray	For cooking	For cooking	For cooking
Honey	As desired	As desired	As desired



## Hints

Save time by having two frying pans cooking at the same time, or cook on the flat plate of the BBQ.

Use other fruit and vegetables for different flavours e.g. frozen berries, apricots, pears, zucchini, carrot and pumpkin.

Make the batter stretch by making smaller pancakes and limit the quantity per person by having extra yoghurt and fruit available.

# Scrambled Eggs



**Preparation Time**  
20 minutes  
**Cooking Time**  
4 minutes per batch

1. Lightly whisk eggs, milk, salt and pepper in a large bowl. Cook in batches to suit the size of your fry pan.
2. Heat pan over medium heat and spray with canola oil.
3. Pour mixture into the heated frypan.
4. When bubbles begin to appear, gently stir the mixture.
5. Continue stirring gently until the mixture is cooked (no sloppy areas but still moist).
6. Place the cooked eggs in a warm container and serve with wholemeal toast.

## People



Eggs (dozens)	18 eggs (1 ½)	36 eggs (3)	72 eggs (6)
Low-fat milk (cups)	1	2	4
Salt and pepper	To taste	To taste	To taste
Canola spray	For cooking	For cooking	For cooking



## Hints

Serve with wholemeal toast.

Add chopped tomatoes, sautéed mushrooms, asparagus or spinach for extra nutrition and flavour.

Have a dozen extra eggs in the fridge just in case, and take care to follow food safety guidelines (refer to page 57) when cooking with eggs.

Recipe adapted from the UnitingCare Canberra City, Early Morning Centre.



**Preparation Time**

20 minutes

**Cooking Time**

30 minutes

# Homemade Baked Beans

1. Place a large saucepan on medium heat. Add vegetable oil, onion and garlic and cook for 4-5 minutes until onion is clear.
2. Add the Worcestershire sauce, tinned tomatoes and sugar. Cook for a further 4-5 minutes.
3. Add the mixed beans and cook for approximately 5 minutes until heated through.

**People**

	10	25	50
Vegetable oil (tablespoons)	1	3	6
Red onion (medium), diced	2	4	8
Garlic cloves, crushed	2	4	8
Worcestershire sauce (tablespoons)	2	5	8
400g tin crushed or chopped tomatoes	1	3	5
Brown sugar (tablespoons)	½	1	2
400g tin mixed beans, drained	2	6	10



## Hints

Serve on wholemeal toast or with vegetables e.g. mushrooms or spinach.

This meal can be prepared beforehand and frozen for 1-2 weeks.



**Preparation Time**  
10 minutes

## Fruit Smoothie

1. Place all ingredients into blender in batches and mix until combined.
2. Serve and drink immediately.

### People



Low-fat milk (litres)	1	2	4
Plain natural low-fat yoghurt	400g	1kg	2kg
Ice cubes	Optional	Optional	Optional

Any one or a combination of the following:

### People



Bananas	4	8	14
Fresh or frozen berries (cups)	2	4	6
Drained tin fruit (cups)	2	4	6



### Hints

Add cinnamon or vanilla to the mixture for extra flavour.

Add ice or extra milk to the smoothie mixture to increase the amount.

Ensure the smoothie mixture is stored in a cool environment e.g. ice bucket or fridge.








**Preparation Time**  
10-30 minutes

## All-year-round Fresh Fruit Salad

1. Chop the fruit into 'bite sized pieces', (eg: 3 cm cubes) and mix in large fruit bowls.
2. Add the passionfruit and stir.
3. Squeeze oranges and add to fruit salad.

People			
Large seedless watermelon	¼	½	1
Rockmelon	½	2	4
Honeydew melon	½	1	2
Bananas	3	6	12
Mandarins (or oranges)	2	5	10
Kiwi fruit	2	4	8
Strawberries (punnets)	1	2	4
Seedless grapes (cups)	½	1	2
Passionfruit	1	2	4
Oranges (whole)	2	4	8
Plain natural low fat yoghurt	As desired	As desired	As desired

Recipe adapted from the UnitingCare Canberra City, Early Morning Centre.

### Hints

Serve with yoghurt and a high fibre muesli.

Use a combination of tinned and seasonal fruits.

If using apples, pears or bananas, ensure you sprinkle with a citrus juice to prevent browning of fruit.





# Soups



**Preparation Time**

20 minutes

**Cooking Time**

1 hour

# Ham and Split Pea Soup

1. Place split peas in a strainer and run under cold water for a minute or until water turns clear. Set aside.
2. Place stock (made up according to packet directions), water, ham hock, vegetables and split peas into a large pot.
3. Cook soup over medium heat for 1 hour or until ham separates from the bone.
4. Remove from heat. Remove ham hock from the soup and set aside for 5 minutes to cool. Skim fat off the surface.
5. Meanwhile, blend the soup until pureed. Remove fat from ham hock, shred meat roughly and return to the soup.
6. Season with pepper.

**People**

500g packet dried green split peas	1	2	4
Salt-reduced chicken stock (litres)	2	5	10
Water (litres)	4	10	20
Ham hock or bacon bones	1	1	2
Onion (whole), chopped	2	5	10
Celery sticks, roughly chopped	3	7	14
Carrot, roughly chopped	3	7	14
Pepper	To taste	To taste	To taste

Recipe adapted from Directions ACT.

## Hints

Ham hocks or bacon bones are available from butchers and most supermarkets. For a more satisfying dish, use ham hocks as they're meatier.

If frozen, thaw completely before cooking.

This dish does not need to be served with bread as the split peas are filling enough on their own.

# Pumpkin Soup



**Preparation Time**

1 hour

**Cooking Time**

30 minutes

1. Combine pumpkin, carrot, apple, onion and stock (made up according to packet directions) in a large pot.
2. Bring to the boil.
3. Cover and cook over gentle heat for 30 minutes or until vegetables are tender.
4. Remove from heat and puree in a blender or mash using a fork/potato masher. Add milk and stir through.
5. Season with pepper and fresh herbs e.g parsley or coriander.

## Hints

Potato can be added to change the flavour and texture.

Serve with a dollop of low-fat natural yoghurt or low-fat sour cream.

People			
Pumpkin, chopped	1kg	3kg	6kg
Carrot, chopped	3	6	12
Granny Smith apple, chopped	2	4	8
Onion, chopped	2	4	8
Salt-reduced chicken stock (litres)	½	1	2
Low-fat milk (cups)	2	4	8
Fresh herbs e.g. chives, chopped (tablespoons)	1	2	4
Pepper	To taste	To taste	To taste

Recipe adapted from MISSIONHEART INC.



# Vegetable Soup



**Preparation Time**




1 hour

**Cooking Time**

45 minutes

1. Place oil, onion, mixed herbs and garlic into a large pot. Over medium heat, sauté for 4-5 minutes.
2. Add carrot, celery and potato and cook until soft.
3. Add stock (made up according to packet directions), zucchini and tinned tomatoes. Bring to the boil, simmer for approximately 30-35 minutes. Stir occasionally.
4. Add chickpeas and heat through.
5. Season with pepper to taste.



People			
Vegetable oil (tablespoons)	1	2	4
Onion, diced	2	4	8
Mixed herbs (tablespoons)	1	2	3
Garlic cloves, crushed	2	4	8
Carrot, diced	3	8	16
Celery sticks, thinly sliced	2	5	10
Potato, diced	3	6	12
Salt-reduced vegetable stock (litres)	2	5	10
Zucchini, diced	2	5	10
400g tin chopped tomatoes	2	5	10
400g tin chickpeas, drained	2	4	8
Pepper	To taste	To taste	To taste

## Hint

Add a variety of beans or vegetables for a different flavour and to meet your budget.

# Chicken and Sweet Corn Soup






**Preparation Time**

30 minutes

**Cooking Time**

30 minutes

1. In a large pot, sauté garlic, ginger, celery and onion in oil until soft and translucent.
2. Meanwhile, remove skin from the chicken and discard. Separate the thigh bone from the leg bone of the chicken maryland with a knife. Add chicken to the pot and brown the outside of the meat.
3. Add half the corn to the pot, stir through and then pour in the risoni and water.
4. Bring to the boil (you may need to skim excess fat from the top of the liquid), then turn down to simmer for approximately 20 minutes until the chicken and risoni are cooked.
5. Take the chicken from the pot and remove the meat from the bone, qshred and return to the pot.
6. Stir through the remaining corn and shallots. Season with salt and pepper to taste and enjoy.

People			
Vegetable oil (tablespoons)	1	2	4
Garlic cloves, crushed	2	3	4
Fresh ginger, grated (teaspoons)	2	4	8
Celery sticks, diced	3	6	12
Onion, diced	2	4	8
Chicken marylands	6	12	20
Corn cob kernels	10	20	40
Risoni pasta (cups)	2	4	8
Water (litres)	3	6	10
Shallots/spring onions, sliced (bunches)	½	1	1 ½
Salt and pepper	To taste	To taste	To taste

## Hints

Use any combination of fresh, tinned or frozen vegetables available e.g. baby spinach, peas, bok choy.

Use frozen or tinned corn instead of fresh.

Take care not to overcook the risoni.



**Preparation Time**

1 hour

**Cooking Time**

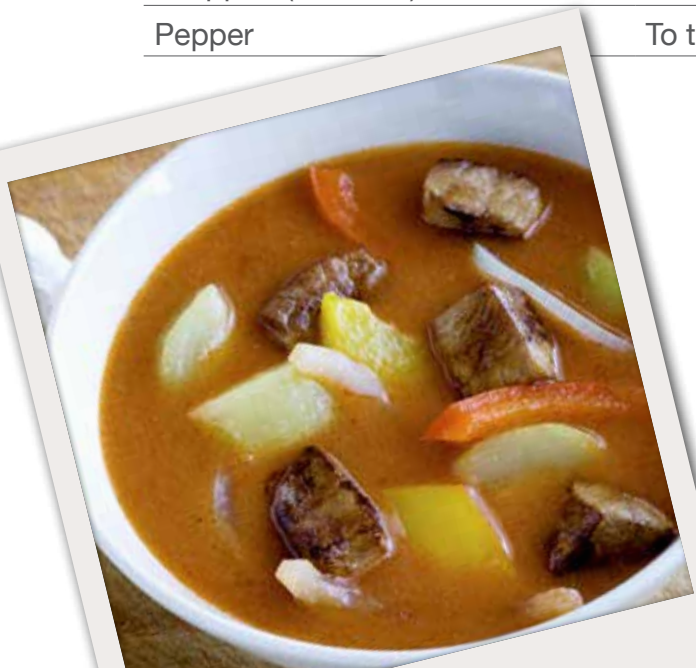
1 hour

# Hearty Beef & Vegetable Soup

1. Cook meat, onion and garlic with vegetable oil over medium heat for 7-10 minutes or until browned.
2. Add celery and carrots to pot with tomato, tomato juice, dried herbs, potatoes, barley and beef stock.
3. Simmer over low heat uncovered until vegetables and barley are tender.
4. Add fresh parsley and pepper to taste.

**People**

Vegetable oil (tablespoons)	1	2	4
Lean round steak, diced	500g	1 ½kg	2 ½kg
Onion, chopped	2	4	8
Garlic cloves, crushed	2	4	8
Celery sticks, thinly sliced	3	6	10
Carrot, chopped	3	6	10
400g tin chopped tomatoes	1	2	4
Tomato juice/passata (litres)	¾	1 ½	3
Dried basil (teaspoons)	½	1	2
Thyme (teaspoons)	½	1	2
Marjoram (teaspoons)	½	1	2
Potato, peeled and chopped	2	4	6
Pearl barley (cups)	1	2	4
Beef stock (litres)	1	2	4
Fresh parsley leaves, chopped (bunches)	1	2	4
Pepper	To taste	To taste	To taste



## Hints

Make up stock with reduced salt stock cubes or use ready-made reduced salt stock on special. People will not notice it is salt reduced and it is much healthier.



# Salads and Vegetables







**Preparation Time**  
30 minutes

## Crunchy Green Salad

1. Wash and combine all ingredients in a large mixing bowl.
2. Serve with a small amount of dressing.

People			
Lettuce (whole), torn into pieces	1	2	4
Celery sticks, sliced	3	6	12
Carrot, grated	3	6	12
Tomato, diced	3	6	12
Cucumber, sliced	1	2	4
Capsicum, diced	1	2	4
Low-fat salad dressing	To taste	To taste	To taste



### Hints

Serve as a side salad with meat or add it to a sandwich.

Add tuna, boiled eggs, feta, avocado, nuts/seeds or beans to make it a more substantial meal.

Instead of lettuce, use baby spinach. Add diced pear to give a slightly sweeter taste.




Recipe adapted from the Boomerang Centre.



**Preparation Time**  
30 minutes

## Greek Salad

1. Wash and combine all ingredients in a large mixing bowl.
2. Toss gently with a small amount of olive oil and balsamic vinegar.

People			
Cucumber, diced	2	4	8
Red onion, diced	1	2	4
Tomato, diced	3	6	12
Black olives (cups)	2	4	8
Salt-reduced and low fat feta cheese	200g	400g	800g
Baby spinach (handfuls)	2	5	10
Capsicum, diced	2	4	6
Dried oregano (teaspoons)	1	2	4
Olive oil and balsamic vinegar	To taste	To taste	To taste



### Hint

When making the dressing, mix 1 part vinegar to 4 parts olive oil e.g. for 10 people, mix 4 tablespoons of olive oil to 1 tablespoon of vinegar.





**Preparation Time**




30 minutes

**Cooking Time**

20 minutes

## Chickpea and Couscous Salad

1. Place couscous and cumin in a large bowl and prepare following packet directions.
2. Mix in remaining ingredients.  
Serve warm or cold.

People			
Couscous, uncooked (cups)	1 ½	3 ¾	7 ½
Cumin (tablespoons)	1	2	4
400g tin chickpeas, drained	1	2	4
Tomato, diced	3	6	12
Baby spinach (handfuls)	1	2	4
Shallots/spring onions, sliced	2	4	8
Juice of oranges	2	4	8
Vegetable oil (tablespoons)	1	2	4
Carrot, grated	2	4	8
Raisins (cups)	¼	½	

### Hints

Add fresh herbs or citrus rind for extra zing.

Add shredded chicken, feta or tuna to make a more substantial meal.

Use a variety of seasonal vegetables e.g. cucumber, capsicum, corn or frozen peas.



# Asian Sweet Chilli Chicken Coleslaw Salad



**Preparation Time**

30 minutes

**Cooking Time**

20 minutes

1. In a bowl toss chicken in soy, garlic and half of the sweet chilli sauce.
2. Heat non-stick frying pan with a tablespoon of oil. Cook meat in batches over medium heat until browned and cooked through. Set aside to cool.
3. Prepare coleslaw by adding cabbage, carrot, capsicum and onion to a bowl.
4. Add chicken to the coleslaw mix.
5. In a small bowl, mix the remaining sweet chilli sauce and lime/lemon juice. Pour over chicken coleslaw mix.
6. Stir crunchy noodles through the coleslaw just before serving.

## Hints

Use different kinds of meat e.g. beef, pork, leftover roast meat. Or omit the meat to serve as a side salad.

Use other seasonal vegetables, bean sprouts and fresh herbs e.g. parsley, coriander.

Add vermicelli noodles to make this salad a more substantial meal.

### People



	10	25	50
Chicken breast, strips	800g	2kg	4kg
Salt-reduced soy sauce (tablespoons)	2	4	8
Minced garlic (tablespoons)	1	2	4
Sweet chilli sauce (tablespoons)	4	8	16
Chinese cabbage or other, finely shredded	½	1	2
Carrot, grated	2	4	8
Capsicum, diced	1	2	4
Shallots/spring onions, thinly sliced (bunches)	1	2	3
Lime/lemon juice (tablespoons)	2	4	8
Vegetable oil (tablespoons)	1	3	6
Chinese crunchy noodles	100g	200g	400g






**Preparation Time**  
30 minutes

## Spinach Salad

1. Wash and combine all vegetables in a large mixing bowl.
2. Mix the olive oil and lemon juice to make the dressing. Pour over salad before serving.

People			
Baby spinach leaves	300g	600g	1200g
Carrots, grated	3	7	12
Tomato, diced	3	6	10
Cucumber, diced	1	2	4
Low-fat feta cheese, crumbled	100g	250g	500g
Avocado, diced (optional)	1	2	4
Olive oil (tablespoons)	1	2	4
Lemon juice (tablespoons)	½	1	2



### Hints

Serve as a side salad with meat or add it to a sandwich.

Add chickpeas or beans to make a more substantial meal.

Spinach can be purchased in 300g packets.

# Ratatouille






**Preparation Time**

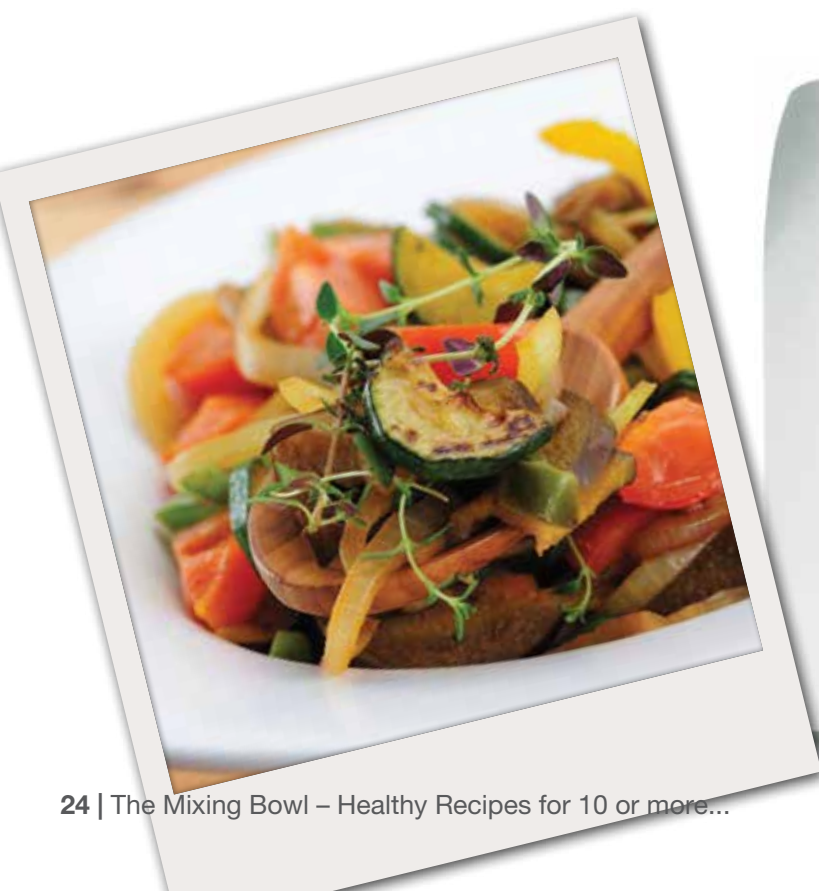
1 hour

**Cooking Time**

1 hour

1. In a large pot, heat oil over medium heat and add onion, garlic and eggplant. Cook until soft.
2. Add tinned tomatoes and capsicum.
3. Cover and cook gently for 15-20 minutes.
4. Add zucchini and cook for a further 20 minutes or until vegetables are tender.
5. Add basil and season to taste.

People			
Vegetable oil (tablespoons)	2	4	8
Onion, finely chopped	2	4	8
Garlic cloves, crushed	3	6	12
Eggplant, cut into 1cm cubes	1	3	6
400g tin crushed tomatoes	2	4	8
Green capsicum, seeded and diced	1	2	4
Red capsicum, seeded and diced	1	2	4
Zucchini, diced	2	4	8
Basil	To taste	To taste	To taste



## Hints

Ratatouille can be eaten hot or cold with meats, on leftover pasta, rice or spread onto fresh bread.

Sprinkle with cheese and bread crumbs and serve as a vegetable bake.

# Light Meals and Snacks








# Ham and Vegetable Pancakes



**Preparation Time**  
30 minutes  
**Cooking Time**  
8-10 minutes per pancake

1. Sift flour and baking powder into a large bowl.
2. In a jug combine milk and eggs.
3. Whisk flour and milk mixture until a smooth batter is formed. Fold in vegetables, cheese and ham.  
Note: Add more milk or flour depending on consistency; it should have a yoghurt-like thickness.
4. Heat frying pan and spray with canola spray. Spoon ¼ cup of mixture onto pan. Cook for 3-4 minutes each side, or until golden and cooked through.



People			
Plain flour (cups)	3	6	12
Baking powder (teaspoons)	2	5	10
Low-fat milk (cups)	1	2	4
Eggs	2	4	8
Corn kernels (cups)	1	2	4
Zucchini, grated	2	5	10
Carrot, grated	2	5	10
Shallots/spring onions, chopped (bunches)	½	1	2
Low-fat cheese, grated (cups)	1	2	4
Lean Ham, chopped (optional)	150g	300g	600g
Canola spray	For cooking	For cooking	For cooking

## Hints

Serve with a crunchy green salad.  
Experiment with other vegetables  
e.g. pumpkin, sweet potato  
or broccoli.



**Preparation Time**  
40 minutes

## Tasty Tuna Melt

1. Slice Turkish bread lengthways and place on a baking tray. Evenly cover one half of the bread with tuna and cheese.
2. Place under the grill until cheese is melted.
3. Spread the rocket, tomato and onion on top of tuna mix. Season with pepper.
4. Cover with remaining bread halves. Slice and serve immediately.

### People



Flat Turkish bread	2	5	10
425g tin tuna in spring water, drained	2	5	10
Low-fat cheddar cheese, grated (cups)	2	4	8
Rocket or baby spinach (handfuls)	2	5	10
Tomato, sliced	3	8	16
Red onion, thinly sliced	1	2	4
Cracked pepper	To taste	To taste	To taste



### Hints

Try different types of bread e.g. open tortillas, rolls.

Tinned sardines or salmon can be used instead of tuna.

Add other vegetables to the melt e.g. avocado, capsicum, asparagus.



**Preparation Time**  
1 hour

## Rice Paper Rolls

1. Combine chicken, tofu, cabbage, bean sprouts, carrot, coriander, mint, lime/lemon juice and fish sauce in a bowl.
2. Place 1 round rice paper in a medium bowl of lukewarm water for 15 seconds or until just soft. Place on a clean tea towel or paper towel.
3. Arrange a tablespoon of the chicken mixture along the centre of the rice paper. Fold ends in and roll up firmly to enclose filling.
4. Repeat with remaining rice paper and filling. Serve with sweet chilli sauce.



### People



	10	25	50
BBQ chicken, shredded	1	2	4
Hard tofu, finely diced (cups)	1	2	4
Chinese or green cabbage, finely shredded	¼	½	1
Bean sprouts (cups)	1	2	4
Carrot, grated	2	4	8
Fresh coriander, chopped (bunches)	½	1	2
Fresh mint, chopped (bunches)	½	1	2
Juice of lime or lemons	2	4	8
Fish sauce (tablespoons)	2	5	10
Rice paper rounds (22cm)	30	75	150
Sweet chilli sauce	To serve	To serve	To serve

### Hints

This recipe provides 3 rice paper rolls per person, but 2 can be served as a snack.

Add other vegetables e.g. capsicum, cucumber.





**Preparation Time**

30 minutes

**Cooking Time**

40 minutes

## Sweet or Savoury Muffins

1. Preheat oven to 180°C. Spray muffin tin with oil to prevent sticking.
2. Put flour and baking powder in a large bowl. Make a well and add oil, milk and eggs. Mix to combine well.
3. Add fruit, vegetables and flavourings as desired. If the mixture is dry, simply add another egg.
4. Spoon mixture evenly into the muffin tin.
5. Bake for around 25-35 minutes. To see if they are ready, skewer the middle of the muffin; if it comes out clean they are ready.

### Muffin Mixture:



Canola spray	For cooking
Wholemeal plain flour (cups)	1 ½
Baking powder (teaspoons)	1
Vegetable oil (cups)	⅓
Low-fat milk (cups)	¾
Egg	2

### Flavours:



Fruit, diced or grated (cups)	1
Nutmeg, if using (teaspoons)	½
Cinnamon, if using (teaspoons)	1
Brown sugar (cups)	½
OR	
Vegetables (cups)	1
Savoury flavourings (see suggestions below)	

### Flavour Suggestions:

- Carrot, date and ginger
- Dried apricot and almond
- Apple cinnamon and raisin
- Zucchini, ham and cheese
- Pumpkin and nutmeg
- Corn, capsicum and feta
- Chocolate and zucchini.








**Preparation Time**  
20 minutes

## Tzatziki

1. Squeeze excess moisture from grated cucumber.
2. Combine cucumber with yoghurt, garlic and mint in a medium bowl.
3. Serve cold.




People			
Lebanese cucumbers, grated	1	2	4
Low-fat natural yoghurt (cups)	2	4	6
Garlic cloves, crushed	2	4	6
Mint, chopped fresh or dried (tablespoons)	2	4	8



**Preparation and Cooking Time**  
1 hour

## Eggplant Dip

1. Preheat oven to 220°C.
2. Place whole eggplant onto a baking tray and roast for 30-45 minutes until soft.
3. Cool and spoon out the flesh, removing juices by draining.
4. Mash with garlic, lemon juice, yoghurt, cumin and pepper.
5. Spoon into a bowl and sprinkle with parsley. Refrigerate before serving.




People			
Eggplant (medium)	2	5	10
Garlic cloves, crushed	2	4	6
Juice of lemons	2	4	8
Low-fat natural yoghurt (cups)	1	2	4
Cumin (teaspoons)	1	2	4
Pepper	To taste	To taste	To taste
Chopped parsley (tablespoons) (optional)	2	4	8



**Preparation Time**  
20 minutes

# Hummus

1. Place all ingredients into a blender. Puree until smooth and season with salt and pepper to taste.

People			
400g tin chickpeas, drained	1	2	4
Juice of lemons	1	3	6
Plain yoghurt (cup)	1½	1	2
Vegetable oil (tablespoons)	1	2	4
Ground cumin (teaspoons)	1	2	4
Garlic cloves, crushed (teaspoons)	1	2	4
Salt and pepper	To taste	To taste	To taste



## Hints

These dips can be stored in the refrigerator for 2-3 days.

Butter or cannellini beans can be used instead of chickpeas.

Serve all dips with seasonal raw vegetables e.g. celery, carrot, cucumber or capsicum.



# Energy Slice



## Preparation Time

30 minutes

## Cooking Time

30 minutes

1. Preheat oven to 180°C.
2. Line a lamington tin with baking paper or spray with oil to prevent sticking.
3. In a large bowl, combine dry ingredients including the fruit.
4. In a small bowl, add honey and orange juice. Put in the microwave for 1-2 minutes until combined. Be careful not to burn.
5. Add the honey mixture to the dry ingredients and stir well.
6. When cooled slightly, add the eggs and mix until combined.
7. Press mixture into the tray evenly and cook for approximately 20-30 minutes or until golden brown.
8. Let it cool before slicing.

## Hints

Use other cereals or spices such as cinnamon, nuts or seeds, or replace orange with other juices for a different flavour.

Substitute the fruit in the recipe with whatever fruit you have available.

For a treat, drizzle with melted chocolate.

## People



	For cooking
Vegetable oil spray	
Rolled oats (cups)	2
Weet-bix, crushed	6
Sultanas (cups)	½
Dried apricots, chopped (cups)	½
Prunes/dates/other dried fruit (cups)	¼
Honey (cups)	½
Juice of orange (whole oranges)	2
Grated apple (large whole apples)	1
Eggs, beaten	1



**Preparation Time**  
30 minutes

## Fruit Platter

1. Wash and cut seasonal fruit.
2. Place on large platter and serve immediately.

### Seasonal fruits:

Summer	Autumn	Winter	Spring
Bananas	Bananas	Bananas	Bananas
Apricots	Apples	Apples	Berries
Berries	Grapes	Kiwifruit	Lemons
Cherries	Mandarins	Lemons	Limes
Grapes	Melons	Limes	Mandarins
Melons	Oranges	Mandarins	Strawberries
Oranges	Pears	Oranges	Cherries
Peaches	Strawberries	Pears	Nectarines
Pears	Kiwifruit		Peaches
Plums			Plums
Strawberries			



### Hints

Have a bowl of yoghurt available to add to the fruit snack.

Tinned fruits can also be used and are good alternatives to fresh fruit.

Fruit kebabs can be made from these fruits; ensure you have some tongs or toothpicks available for serving.



# Main Meals



**Preparation Time**

20 minutes

**Cooking Time**

40 minutes

## Vegetable Spaghetti

1. Cook pasta according to packet directions and drain. Toss oil through to prevent sticking and set aside.
2. Heat oil in a large pot over medium heat. Add onion, carrot, celery, garlic and dried herbs. Cook until soft.
3. Add tomato, zucchini and capsicum, stirring well. Lower heat, cover and cook for 20 minutes.
4. Remove from heat and serve over pasta.
5. Sprinkle with parmesan cheese.

### Hints

Try adding other vegetables such as mushrooms, eggplant, baby spinach or peas.

Keep spare packets of pasta in the pantry in case you need to make it stretch.

**People**

	10	25	50
500g packet pasta e.g. spaghetti or other	2	4	8
Vegetable oil (tablespoons)	1	3	5
Onion, sliced	2	4	6
Carrot, chopped	2	5	8
Celery (sticks), sliced	2	5	8
Garlic cloves, crushed (tablespoons)	1	3	5
Dried, mixed herbs (tablespoons)	1	3	6
400g tinned tomato	2	5	10
Zucchini, diced	1	2	4
Red or green capsicum, seeded and diced	2	4	6
Parmesan cheese (cup)	½	1	2






**Preparation and Cooking Time**  
40 minutes

## Beef and Vegetable Stir-fry

1. Prepare noodles following packet directions.
2. Heat ½ tablespoon of oil in a large wok over medium heat. Stir-fry beef in batches, set aside.
3. Add remaining oil to wok. Swirl to coat. Add onion, garlic and ginger, cooking until onion is soft.
4. Add vegetables, oyster and soy sauce. Add a little water to help cook the vegetables. Cook until vegetables are tender.
5. Return beef to the wok. Stir well to combine.
6. Serve with noodles.



People			
Rice or egg noodle (packets)	2	4	8
Vegetable oil, approximate (tablespoons)	2	5	10
Round or blade steak, fat removed and sliced	700g	1 ½kg	3kg
Onion, chopped	2	4	6
Garlic cloves, crushed	2	4	6
Ginger, crushed (teaspoons)	2	4	6
Seasonal vegetables, diced e.g. carrots, zucchini, green beans, capsicum, cabbage, broccoli (cups)	4	8	12
Oyster sauce (tablespoons)	3	6	10
Salt-reduced soy sauce (tablespoons)	1	3	5

Recipe from YWCA of Canberra.  
It is their favourite.

### Hint

Substitute beef for lean pork, chicken, kangaroo.



**Preparation and Cooking Time**  
1 ½ hours

## Potato Pie

1. Preheat oven to 180°C.
2. Boil potatoes until tender. Drain and cool slightly. Mash potatoes with milk and set aside.
3. In a large pot, add enough oil to coat the pan and heat oil over medium heat. Add onion and mince and cook until brown.
4. Add tinned tomatoes and vegetables. Bring to the boil and cook on medium heat for a further 20 minutes. Add kidney beans and heat through. Season to taste.
5. Place the mince mix in a deep baking tray and top with the mashed potato.
6. Sprinkle with cheese and place in the oven for 20 minutes or until golden brown.

### People



Potatoes	5	12	24
Low-fat milk (cups)	¾	1 ½	3
Vegetable oil	For cooking	For cooking	For cooking
Onion, finely diced	1	2	4
Lean beef mince	600g	1 ½kg	3kg
400g tin tomatoes	1	2	4
Seasonal vegetables, diced e.g. carrot, beans, peas, capsicum, corn, zucchini, mushrooms (cups)	2	5	10
Pepper	To taste	To taste	To taste
Low-fat tasty cheese, grated (cups)	1	2	3





# Easy Beef Hotpot



**Preparation Time**

30 minutes

**Cooking Time**

2 hours

1. Preheat oven to 180°C.
2. Put all ingredients (excluding rice) into a heavy casserole dish and stir to combine.
3. Press a piece of baking paper over the ingredients and cover with a lid.
4. Cook for 2 hours without lifting the lid. Check for seasoning and tenderness, returning to oven if more cooking time is required.
5. Cook rice following packet directions and serve.



People			
Blade or chuck steak, cubed	1kg	2kg	4kg
400g tin red kidney beans	1	3	5
400g tin crushed tomato	2	4	8
Onion, sliced	2	4	8
Garlic cloves, crushed	2	4	6
Celery, sliced (bunch)	1	2	3
Carrots, thickly sliced	4	6	10
Sweet potato, cubed (medium)	1	2	4
Potatoes, cut into large chunks	2	4	6
Rice	1kg	2kg	4kg

## Hints

To add more flavour, beef can be browned with a little oil before adding vegetables.

Instead of rice, serve with mashed potatoes and steamed green vegetables.

Add another tin of kidney beans to make it stretch.

If casserole dish is unavailable, use a large pot on a low heat, stirring occasionally.

# Vegetable Frittata



## Preparation Time

20 minutes

## Cooking Time

40 minutes

1. Preheat oven to 180°C. Grease a square baking dish with canola spray.
2. Combine onion, sweet potato and water in a large bowl, cover with glad wrap and microwave on HIGH for 5 minutes.
3. Add broccoli and microwave on HIGH for a further 2 minutes or until vegetables are soft.
4. Layer baking dish with cooked vegetables. Top with corn and season with pepper.
5. Whisk eggs and milk, pour over vegetables, top with cheese and bake for 30 minutes or until firm.

## Hint

Substitute vegetables for other seasonal varieties.

## People



Canola spray	For baking dish
Red onion, sliced	2
Sweet potato, peeled and thinly sliced	2
Water (cups)	½
Broccoli, cut into florets (cups)	2
400g tin corn kernels, drained	1
Eggs (dozens)	1
Reduced-fat milk (litres)	½
Reduced-fat cheddar cheese, grated	200g
Pepper	To taste

*Recipe for 10 makes 1 tray*

**Preparation Time**

30 minutes

**Cooking Time**

1 hour

## Mild Vegetable Curry

1. Cook rice following packet directions.
2. Heat oil in a large pot over medium heat. Add tofu, eggplant and onion, cooking until soft.
3. Turn down heat to low. Add curry paste and stir until fragrant.
4. Pour in coconut milk and stock, stirring well.
5. Add in remaining vegetables and simmer over medium heat until vegetables are tender (around 15 minutes).
6. Serve with rice.

**People**

	10	25	50
Rice	1kg	2kg	4kg
Vegetable oil (tablespoons)	2	4	8
Firm tofu, diced	500g	1kg	2kg
Eggplant, cut into thick slices	2	4	8
Onion, chopped	2	4	8
Red or green curry paste	According to taste	According to taste	According to taste
400g tin reduced-fat coconut milk	1	2	4
Salt-reduced vegetable stock (cups)	1	2	4
Capsicum, seeded and diced	2	4	8
Cauliflower or broccoli florets (cups)	2	4	8
Green beans (cups)	1	2	4

### Hints

For a lower fat curry replace coconut milk with low-fat evaporated milk and coconut essence.

Add other vegetables e.g. peas, bamboo shoots, zucchini, baby corn or baby spinach.



**Preparation Time**

1 hour

**Cooking Time**

30 minutes

## Vegetable Lasagne

1. Preheat oven to 180°C.
2. Cook the pumpkin for 5 minutes in the microwave. Allow to cool.
3. In a large bowl combine ricotta, spring onion, spinach, parsley, pepper and salt (if needed).
4. Depending on the number of people you are cooking for, choose a pan that fits in the oven and use approximately  $\frac{1}{4}$  of the lasagne sheets to line the bottom.

Ensure the pan is deep enough to avoid the lasagne boiling over while cooking.

5. Top with  $\frac{1}{3}$  each of pumpkin, tomatoes and spinach ricotta mixture. Repeat twice and top with remaining lasagne sheets.
6. Sprinkle lasagne with cheese and pepper.
7. Bake for 30 minutes or until golden brown.

**People**

Pumpkin or sweet potato, peeled and sliced	1kg	2kg	4kg
Reduced-fat ricotta	600g	1400g	2600g
Spring onion, sliced	8	12	24
English spinach, washed and sliced (bunches)	3	6	12
Chopped parsley (cups)	$\frac{1}{2}$	1	2
Instant lasagne sheets, softened in hot water	12 sheets	24 sheets	48 sheets
400g tin crushed tomatoes/passata	2	4	6
Grated Parmesan cheese (cups)	$\frac{1}{2}$	1	2
Pepper	To taste	To taste	To taste



### Hint

Serve with a mixed leaf salad.

# Chilli con Carne






**Preparation Time**

30 minutes

**Cooking Time**

1 hour

1. Heat vegetable oil in a large pot over medium heat. Add onion and cook until soft.
2. Add garlic, capsicum, celery, carrot, chilli, paprika and cumin. Leave to cook for 10 minutes, stirring occasionally.
3. Add the mince, breaking it up with a spoon until there are no lumps and it has browned.
4. Add warmed beef stock, tinned tomatoes and dried mixed herbs.
5. Bring to the boil, then turn down the heat and simmer gently for 30 minutes, stirring occasionally.
6. Once the mixture has thickened, add the beans and bring to the boil without the lid for another 10 minutes. Season with salt and pepper if needed.
7. Serve with rice, coriander and natural yoghurt.

People			
Vegetable oil (tablespoons)	1	2	4
Onion, finely diced	2	4	8
Garlic cloves, crushed	2	4	6
Green capsicum, seeded and diced	1	2	4
Celery sticks, chopped	2	4	8
Carrots, diced	2	4	8
Chilli powder (teaspoons)	½	1	2
Paprika (teaspoons)	½	1	2
Ground cumin (teaspoons)	1	2	4
Lean beef mince (kg)	1	2	4
Beef stock made from stock cubes	½	1	2
400g tin chopped tomatoes	1	2	4
Dried mixed herbs (teaspoons)	½	1	2
410g tin red kidney beans	1	2	4
Rice (cooked cups)	6	12	20
Natural low fat yoghurt	To serve	To serve	To serve
Fresh coriander leaves	To serve	To serve	To serve

**Preparation Time**

30 minutes


**Cooking Time**

40 minutes

## Chicken and Pumpkin Stew

1. Heat vegetable oil in a large pot over medium heat. Add onion, carrots and celery and cook until onion is soft and not browned.
2. Add the spices, stir to combine and cook for a further 2-3 minutes.
3. Add the chicken, chickpeas, pumpkin and stock and bring to the boil. Turn the heat down and simmer covered for 15-20 minutes. Stir through peas and spinach.
4. Simmer for a further 10 minutes or until sauce has reduced and thickened.
5. Serve hot.



People			
Vegetable oil (tablespoons)	1	2	4
Onion, chopped	2	4	8
Carrot, chopped	2	4	8
Celery sticks, chopped	3	6	12
Chilli flakes (teaspoons)	½	1	2
Sweet paprika (teaspoons)	2	4	6
Ground cumin (teaspoons)	1	2	4
Ground coriander (teaspoons)	1	2	4
Cinnamon (teaspoons)	1	2	4
Boneless, skinless chicken thighs, cubed	1kg	2kg	4kg
400g tin chickpeas	1	2	4
Pumpkin, peeled and cubed (cups)	3	6	12
Salt-reduced chicken or vegetable stock (cups)	3	6	12
Frozen peas (cups)	1	2	4
Spinach (bunches)	2	4	6



**Preparation Time**

20 minutes

**Cooking Time**

30 minutes

# Chicken Tomato Pasta

1. Cook pasta according to packet directions and set aside.
2. Meanwhile place oil, garlic and onion in heated pan and cook over medium heat until soft.
3. Add chicken and stir through, lightly browning all sides.
4. Add tomato paste, tinned tomato and capsicum. Cook for a further 10 minutes.
5. Serve hot over pasta. Sprinkle with grated cheese and pepper.

People			
Pasta e.g. penne, spaghetti, spiral, linguine (cups)	5	12	20
Vegetable oil (tablespoons)	1	2	4
Garlic cloves, crushed	2	4	8
Onion, finely diced	2	4	6
Chicken breast fillet, diced	1kg	2kg	4kg
400g tin crushed tomato	1	2	4
Capsicum, chopped	1	2	4
Low-fat cheese, grated (cups)	1	2	4
Pepper	To taste	To taste	To taste

## Hint

Replace chicken with seasonal vegetables for a vegetarian option.





**Preparation Time**

20 minutes

**Cooking Time**

30 minutes

## Vegetable Fried Rice

1. Cook rice according to packet directions and set aside.
2. Heat oil over medium heat in frying pan. Pour beaten egg into pan and spread evenly across pan to cook.
3. Once cooked, break up egg into pieces with spatula, remove from pan and set aside with rice.
4. Wipe down pan and add another tablespoon of oil.
5. Place vegetables in the pan and cook until soft. Add soy sauce and water. Stir until combined.
6. Place rice and egg into the pan with vegetables and continue to stir until well combined and heated through.
7. Serve hot with extra soy sauce to taste.

### Hint

Take care when freezing leftovers. Warm items can go into modern freezers without causing harm.

### People



	10	25	50
Rice	1kg	2kg	4kg
Vegetable oil (tablespoons)	2	4	8
Eggs, lightly beaten	5	10	16
Vegetables e.g. onion, capsicum, cabbage, mushrooms, carrot, beans, peas, snow peas, corn etc., finely chopped (cups)	10	25	50
Salt-reduced soy sauce (tablespoons)	4	8	14
Water (tablespoons)	4	8	12



A close-up photograph of several skewers of grilled food. The skewers contain pieces of seasoned chicken, sliced red bell peppers, yellow bell peppers, and red onions. The food is charred and coated in a dry rub seasoning. The background is dark and out of focus.

# Barbeques



**Preparation Time**

40 minutes

**Cooking Time**

20 minutes

## Beef and Mushroom Kebabs

1. Mix marinade ingredients together and place beef and vegetables in marinade for 10 minutes.
2. Thread beef and vegetables onto skewers.
3. Preheat barbeque or grill to moderately hot. Cook kebabs for 5-10 minutes, turning frequently.

**People**

Lean Beef, cut into cubes	800g	2kg	4kg
Mushrooms, halved	20	50	100
Capsicum, seeded and diced	3	5	10
Cherry tomato	10	25	50
Medium red onion, cut into wedges	2	4	8
<b>Marinade:</b>			
Wholegrain mustard (tablespoons)	2	4	8
Salt-reduced soy sauce (tablespoons)	2	4	8
Vegetable oil (tablespoons)	1	2	4



### Hints

Cut meat and vegetables around the same size to ensure they cook evenly.

Soak bamboo skewers in hot water for a few minutes to prevent splintering or burning on barbeque.

If short on time, toss beef and vegetables on BBQ and serve as stir-fry.

Serve kebabs with pita bread and a green salad.

Try using different meats e.g. chicken, beef or kangaroo.

# Steak and Vegetable Sandwich






**Preparation Time**

20 minutes

**Cooking Time**

20 minutes

1. Heat oil on BBQ. Cook onion until soft and steak until cooked through. Grill zucchini, eggplant and capsicum.
2. Add steak, desired vegetables and other fillings to 2 slices of bread and enjoy!

People			
Vegetable oil (tablespoons)	1	2	4
Onion, cut into rings	2	4	8
Minute steak or other low cost lean BBQ meat (pieces)	10	25	50
Zucchini, thinly sliced	2	4	6
Eggplant, thinly sliced	1	2	4
Red capsicum, thinly sliced	1	2	4
Baby spinach leaves	300g	600g	1200g
450g tin sliced beetroot	1	1	2
Low-fat cheese (slices)	10	25	50
Tomatoes, thinly sliced	3	6	10
Wholegrain bread (slices)	20	50	100
Sweet chilli sauce or tomato sauce	To serve	To serve	To serve

## Hint

Ensure there is more bread so extra salad sandwiches can be made.

Replace low-fat cheese with cottage cheese/low-fat ricotta or dips such as hummus/tzatziki.



**Preparation Time**

30 minutes

**Cooking Time**

30 minutes

# Tandoori Chicken Wrap

1. In a medium bowl, mix together marinade ingredients then coat chicken and eggplant.
2. On a hot BBQ grill, cook chicken and eggplant for around the same time, until dark on the outside and cooked through the middle.
3. Meanwhile prepare yoghurt sauce by mixing yoghurt, mint and cumin together and season to taste.
4. Once the chicken and eggplant are cooked, arrange on a wrap with lettuce, cucumber, red onion and with yoghurt sauce on top.

**People**

Chicken thigh, trimmed and cut in strips	600g	1 ½kg	3kg
Eggplant, sliced lengthways	2	4	8
Wholegrain wraps	10	25	50
Lettuce/spinach, chopped	300g	600g	1200g
Cucumber, thinly chopped	1	2	4
Red onion, thinly sliced	1	2	4
<b>Marinade:</b>			
Shallots, thinly sliced	5	10	18
Lemon juice (tablespoons)	2	4	8
Vegetable oil (tablespoons)	2	4	8
Paprika (tablespoons)	1	2	4
Ground cumin (teaspoons)	1	2	4
Cayenne pepper (teaspoons)	½	1	1 ½
<b>Yoghurt Sauce:</b>			
Low-fat Greek yoghurt (tablespoons)	4	8	14
Fresh mint, chopped (tablespoons)	2	4	8
Ground cumin (teaspoons)	2	4	8

  
**Hint**

Use dried herbs if fresh are unavailable.



**Preparation Time**

40 minutes

**Cooking Time**

20 minutes

# Mexican Beef Burgers

1. Put mince, vegetables, beans and spices in a large bowl. Add egg, breadcrumbs and mix with hands until well combined.
2. Form mixture into patty shapes approximately the size of your palm. Heat oiled grill and add patties. Cook for 4 minutes each side, or until golden brown and cooked through.
3. In a small bowl, mix avocado, yoghurt and lemon to make guacamole.
4. In a medium bowl mix tomato, cucumber, shallots, lemon and coriander for salsa.
5. To serve place a patty, guacamole and salsa on a roll. Finish with baby spinach.

People			
Lean beef mince	600g	1 ½kg	3kg
Carrot, grated	2	4	8
Zucchini, grated	2	4	8
Onion, finely chopped	2	4	8
400g tin red kidney beans	1	2	4
Cumin powder (teaspoons)	1	2	4
Paprika (teaspoons)	2	4	8
Minced garlic (teaspoons)	2	4	8
Egg	2	4	8
Breadcrumbs (cup)	1	2	4
Wholemeal bread rolls	10	25	50
Baby spinach	To serve	To serve	To serve
<b>Guacamole:</b>			
Avocado	1	2	4
Yoghurt low fat (tablespoons)	2	4	8
Lemon juice (teaspoons)	1	2	4
<b>Salsa:</b>			
Tomato, diced	4	8	14
Cucumber, diced	1	2	4
Shallots, thinly sliced (bunches)	¼	½	1
Juice of lemons	½	1	2
Coriander leaves (handfuls)	1	2	4

**Preparation Time**

40 minutes

**Cooking Time**

20 minutes

## Chicken and Bean Fajitas

1. Heat oil on BBQ. Cook onion until softened.
2. Add chicken, capsicum and fajita seasoning and mix well. Cook through.
3. Add the beans and corn to the chicken mix and heat through.
4. Place tortilla on a plate and top with chicken mix, salsa, desired salad, cheese and sour cream.

### Hints

Beef strips can be used instead of chicken.

Use salsa from Mexican beef burgers instead of store bought salsa.

**People**

Vegetable oil (tablespoons)	1	2	4
Chicken breast, thin strips (kg)	600g	1 ½kg	3kg
Onion, thinly sliced	2	4	8
Capsicum, seeded and thinly sliced	2	4	8
400g tin red kidney beans	1	2	4
300g tin corn kernels, drained	1	2	4
Whole-grain tortillas	10	25	50
300g jar tomato salsa	1	2	4
Low-fat cheddar cheese, grated (cups)	2	4	8
Light sour cream or low-fat Greek yoghurt (cups)	1	2	4
<b>Fajita seasoning:</b>			
Cumin (teaspoons)	2	4	8
Dried oregano (teaspoons)	2	4	8
Paprika (teaspoons)	2	4	8
Chilli powder (teaspoons)	1	2	4

# Kangaroo Wraps



## Preparation Time

30 minutes

## Cooking Time

20 minutes

1. Coat the kangaroo fillet in herb/spice seasoning, then place on oiled grill until just cooked through. Set aside. Slice thinly once cooked.
2. Prepare tzatziki by mixing ingredients in a small bowl.
3. Warm wraps or bread on BBQ, then place meat, salad and a dollop of tzatziki before wrapping.



## People



### Filling:

	For cooking	For cooking	For cooking
Vegetable oil			
Kangaroo fillet or steak	800g	1 ½kg	3kg
Bush tucker spice or other dried herbs e.g. cumin, coriander seed, oregano, rosemary (tablespoons)	1	2	4
Wholegrain wraps/bread rolls	10	25	50

### Tzatziki:

Greek yoghurt, low fat (cups)	1	2	4
Garlic (teaspoons)	1	2	4
Cucumber, grated and squeezed of excess liquid	1	2	4

### Salad:

Spinach leaves	300g	600g	1200g
Carrot, grated	2	5	10
400g tin cooked lentils	1	2	4





# Food Budgeting and Planning

## Foods to Keep in the Pantry

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**When doing your shopping, buy some of these foods to keep in the cupboard. These foods are useful to make quick meals that feed more people.**

<b>Carbohydrate/ Grain Foods</b>	Rice
	Pasta
	Breakfast cereals e.g. rolled oats
	Crackers
<b>Legumes and Beans</b>	Couscous
	Dried or tinned lentils
	Dried or tinned kidney beans
	Tinned baked beans (salt-reduced)
<b>Herbs and Spices</b>	Tinned baked beans (salt-reduced)
	Black pepper
	Mixed dried herbs e.g. basil, thyme, marjoram, parsley, cumin, coriander, paprika, cinnamon, oregano
	Curry powder
<b>Oils</b>	Chilli flakes, chilli powder
	Vegetable oil e.g. Canola oil/spray,
	Olive oil, Sunflower oil
<b>Sauces and Vinegar</b>	Tomato pasta sauce
	Tomato sauce
	Sweet chilli sauce
	Chilli sauce
	Soy sauce (salt-reduced)
	Vinegar e.g. white, balsamic
<b>Dried Fruit and Nuts</b>	
	Almonds
	Walnuts
	Sultanas
	Apricots
	Prunes
<b>Fresh Food</b>	
	Potatoes
	Onion
	Garlic
<b>Tinned Foods</b>	Carrots
	Tinned tuna
	Tinned vegetables e.g. tomatoes, corn
	Tinned fruit
<b>Other Essentials</b>	
	Mixed frozen vegetables (freezer)
	Tomato paste (salt-reduced)
	Stock cubes (salt-reduced)
	Light evaporated milk
	Plain flour/self raising flour
	Wholemeal flour
<b>Other Essentials</b>	Cornflour
	Baking powder

## Budgeting Tips

- Avoid buying convenience items, for example grated cheese. They are usually more expensive than the original product.
- Buy non-perishable items in bulk.
- Buy generic brands.
- Purchase meat on special, then freeze.
- Use cheaper meat cuts in casseroles.
- Make meat go further by adding legumes.
- Look above and below eye level in the supermarket.
- Don't purchase products on special that you wouldn't usually buy or will not use up by their use-by date.
- Purchase fresh fruits and vegetables that are in season and in good cheap supply.
- Compare prices. Find out if tinned or frozen products are cheaper than fresh. Fruit in natural juice and tinned (low salt) varieties of vegetables are usually cheaper than fresh and just as nutritious.
- Look at the unit pricing when buying ingredients – e.g. price per kilogram of weight.
- Use supermarket chains known to sell food at cheaper prices.
- Network with food donors and food cooperatives.
- Use ingredients from community gardens and accept donations of fruit and vegetables.
- Buy specials at the markets just before closing time!



## Recipe Guidelines and Modifying Recipes

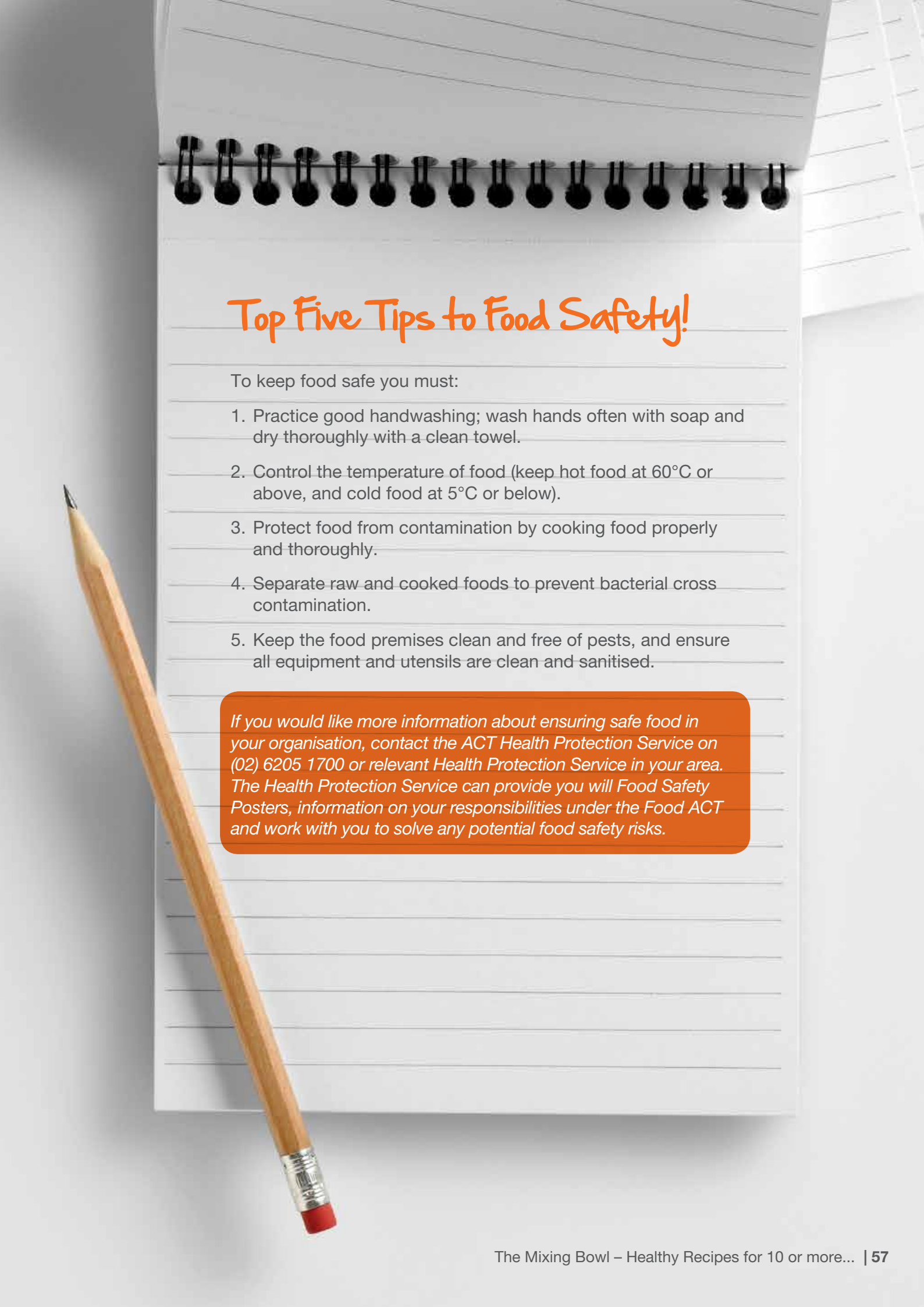
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Here are some healthy recipe guidelines to assist you with modifying your own favourite recipes:

- Choose plenty of fruits and vegetables of different types and colours, and legumes/beans.
- Choose mostly wholegrain cereal foods e.g. bread, rice, cereals, pasta and noodles.
- Use lean meat or poultry, fish, eggs and tofu.
- Include reduced fat milk, yoghurt and cheese where possible.
- Limit the use of foods containing extra fat, added salt and added sugars.
- Offer water at all meals.

<b>If the recipe asks for...</b>	<b>Try this instead!</b>
<b>Full fat yoghurt</b>	Fat reduced or light yoghurt
<b>Full cream milk</b>	Skim or reduced fat milk
<b>Cream</b>	Evaporated skim milk (chill before whipping) or blend ricotta cheese with honey and vanilla
<b>Sour cream</b>	Blend low fat yoghurt with low fat ricotta cheese or mix evaporated skim milk and lemon juice
<b>Cream cheese</b>	Low fat ricotta, cottage or cream cheese
<b>Cheese</b>	Use smaller amounts of fat reduced varieties
<b>Mayonnaise and dressings</b>	Make your own using low fat yoghurt, lemon juice and ricotta cheese
<b>Butter, margarine and oils</b>	Use poly or monounsaturated spreads or oils. Try non-stick pans or use spray oil (canola or olive).
<b>Meat and chicken</b>	Choose lean meat, chicken and fish. Trim all fat off meat before cooking and remove skin from chicken.
<b>Gravy and sauces</b>	Use apple or mint sauce, lemon juice, gravy mix or low fat plain yoghurt mixed with herbs
<b>Pastry</b>	Use filo pastry (brushing with low fat yoghurt or milk) or reduced fat puff pastry

These suggestions are in line with the Australian Dietary Guidelines. For more information on the Dietary Guidelines, visit [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

A spiral-bound notebook with a wooden pencil resting on it. The notebook is open, showing lined pages. The pencil is positioned diagonally across the left side of the page. The title 'Top Five Tips to Food Safety!' is written in orange cursive on the right page.

## Top Five Tips to Food Safety!

To keep food safe you must:

1. Practice good handwashing; wash hands often with soap and dry thoroughly with a clean towel.
2. Control the temperature of food (keep hot food at 60°C or above, and cold food at 5°C or below).
3. Protect food from contamination by cooking food properly and thoroughly.
4. Separate raw and cooked foods to prevent bacterial cross contamination.
5. Keep the food premises clean and free of pests, and ensure all equipment and utensils are clean and sanitised.

*If you would like more information about ensuring safe food in your organisation, contact the ACT Health Protection Service on (02) 6205 1700 or relevant Health Protection Service in your area. The Health Protection Service can provide you with Food Safety Posters, information on your responsibilities under the Food ACT and work with you to solve any potential food safety risks.*

## Notes

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# The Mixing Bowl

## *The Mixing Bowl*

Healthy Recipes for 10 or more...



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