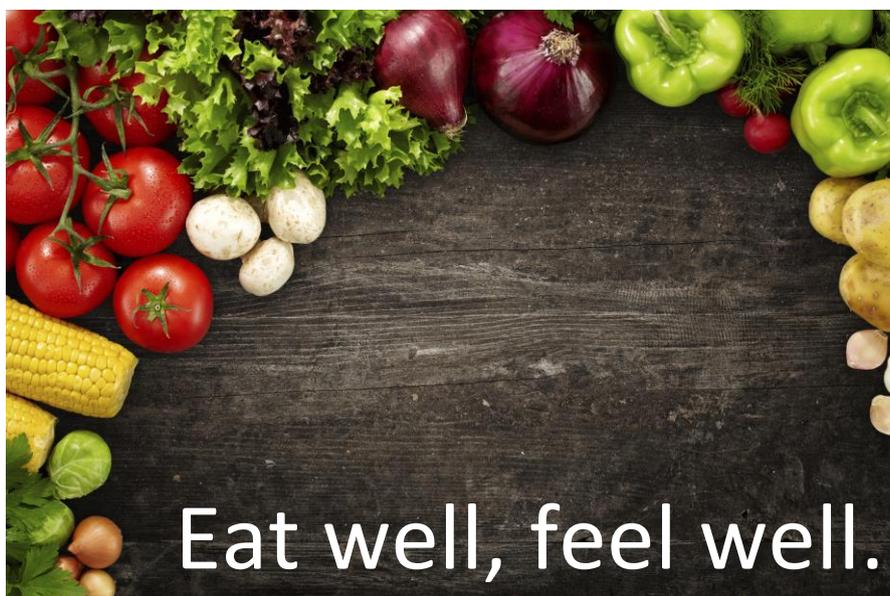




Cooking for One (or Two)



Peninsula
Health

Acknowledgments:

The recipes included in this resource were sourced from the Recipes for life: cooking for one or two booklet developed by the University of Newcastle. For more information visit:

<http://www.dva.gov.au/about-dva/publications/health-publications/cooking-one-or-two-programme>

September 2016

Digital version available at www.communitykitchens.org.au

Contents

The Australian Dietary Guidelines	4
--	----------

Recipes

- Baked Egg Parcel 5
- Ham and Vegetable Slice 6
- Chicken and Chickpea Salad 7
- Beef and Vegetable Bolognese 8
- Banana Berry Split 9
- Modern Trifle 10

The Australian Dietary Guidelines

The Australian Dietary Guidelines provide advice about the amounts and kinds of foods that we need to eat to maintain or improve our health and wellbeing.

The guidelines recommend that we:

- Enjoy a wide variety of nutritious foods from the five food groups every day including:
 - Plenty of **vegetables** and **fruits** (different types and colours).
 - **Grain (cereal)** foods, mostly wholegrain and/or high cereal fibre varieties.
 - **Lean meats** and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.
 - **Dairy foods** like milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (*reduced fat milks are not suitable for children under the age of 2 years*).
- Drink plenty of **water**.
- Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

For more information visit: www.eatforhealth.gov.au/guidelines

Baked Egg Parcel

Approx. cost of meal: \$5.40

Serves: 2

Time: 45 minutes

Ingredients:

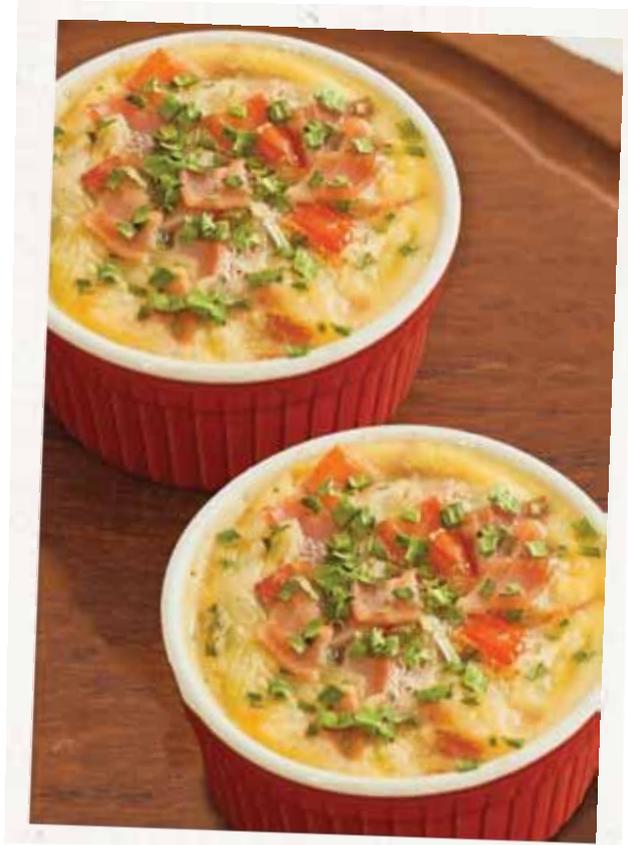
- 4 slices wholemeal bread
- 4 eggs
- 2 tomatoes, diced
- 4 tablespoons reduced-fat cheese, grated
- 2 slices lean ham, diced
- 1 tablespoon chives (fresh or dried), finely chopped
- Cooking oil spray

Method:

1. Preheat oven to 220°C (200°C fan-forced).
2. Grease 4 ramekins or small oven dishes with cooking oil spray.
3. Place 1 slice of bread in each ramekin.
4. Whisk together eggs, tomato, cheese, ham and chives.
5. Pour a quarter of the mixture into each dish.
6. Bake for 30 minutes. Allow to cool slightly before eating.

Tips:

- ❖ This is a great way to get a serve of vegies into your breakfast!



Ham and Vegetable Slice

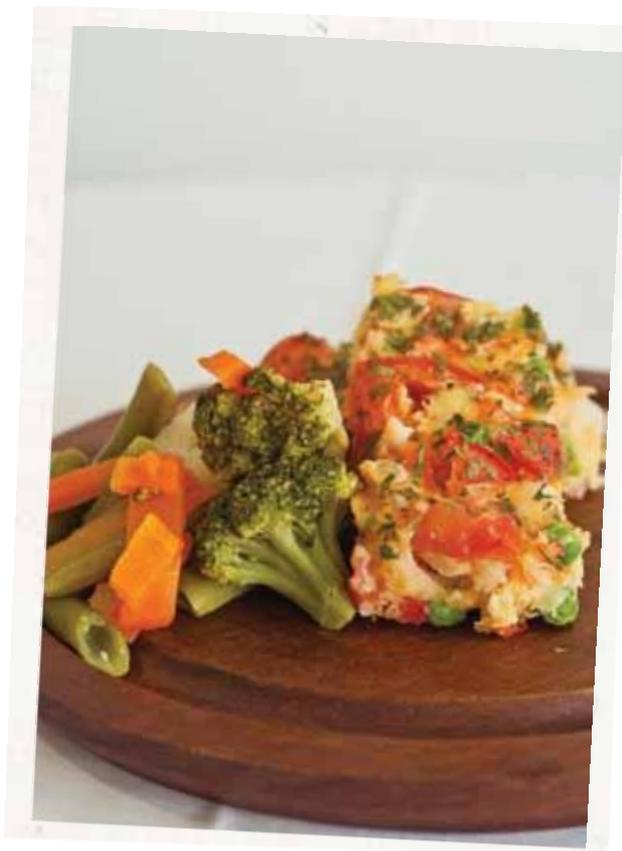
Approx. cost of meal: \$7.60

Serves: 2

Time: 60 minutes

Ingredients:

- Cooking oil spray
- ½ cup peas
- 1 carrot, grated
- ½ onion, diced
- ½ medium red capsicum, diced
- 100g lean ham, diced
- ½ cup reduced-fat cheese, grated
- ½ cup self-raising flour
- 4 eggs, lightly beaten
- 1 tomato, diced
- 2 teaspoons parsley (fresh or dried), finely chopped



Method:

1. Preheat oven to 200°C (180°C fan-forced) and grease a 1.5 litre (6 cups) capacity oven dish with cooking oil spray.
2. Combine all ingredients together except tomato and parsley. Mix well.
3. Pour mixture into oven dish and top with tomato pieces and parsley.
4. Bake for 40 minutes. Cool for 5 minutes then cut into pieces.
5. Serve with salad or vegetables.

Tips:

- ❖ If you don't have fresh vegies on hand, use frozen mixed vegies. Just be sure to thaw them out in the microwave and drain them well or else the slices will be runny.

Chicken and Chickpea Salad

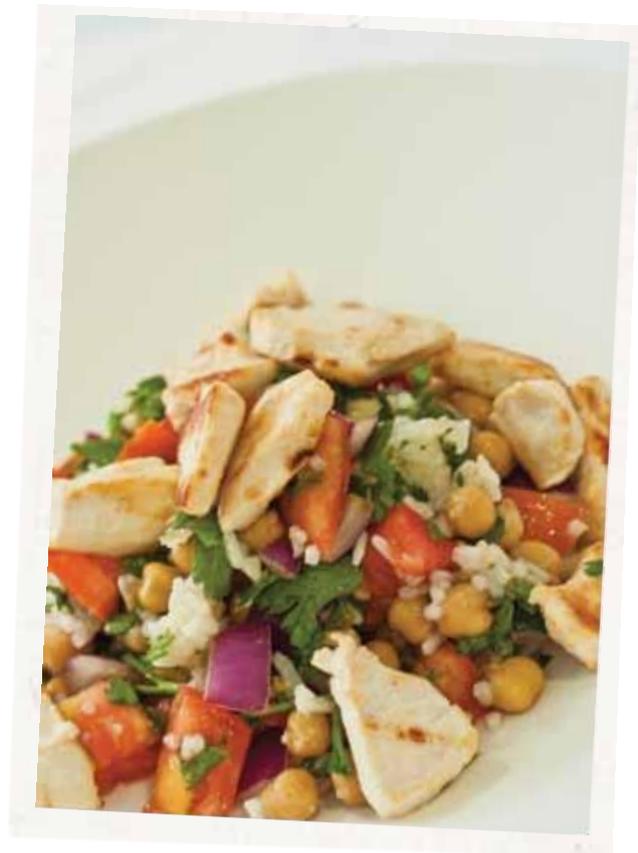
Approx. cost of meal: \$6.10

Serves: 2

Time: 30 minutes

Ingredients:

- ½ cup cous cous
- Cooking oil spray
- 1 lean chicken breast, diced
- ½ cup canned chickpeas, drained
- 2 tomatoes, diced
- ½ Lebanese cucumber, diced
- ½ red onion, diced
- ½ cup fresh mint, coarsely chopped
- ½ cup fresh parsley, coarsely chopped
- ¼ cup lemon juice



Method:

1. Cook the cous cous as per packet instructions.
2. Heat cooking oil spray in a fry pan on medium heat. Add chicken and cook for 10-15 minutes.
3. Combine the chickpeas, rice, mint, parsley, tomato, cucumber and red onion in a bowl. Add the chicken after it is cooked.
4. Pour lemon juice over the salad and serve.

Tips:

- ❖ Chickpeas are a fantastic source of protein and fibre while being low in fat and sugar.
- ❖ You can make this salad using left-over rice instead of cous cous.
- ❖ This salad can also be made without the chicken by using a whole cup of chickpeas instead of half a cup.

Beef and Vegetable Bolognese

Approx. cost of meal: \$6.10

Serves: 2

Time: 40 minutes

Ingredients:

- 120g dried spaghetti
- 1 teaspoon canola oil
- 250g lean beef mince
- ½ large brown onion, finely chopped
- 1 teaspoon garlic (fresh or dried)
- ½ large carrot, diced
- ½ large zucchini, diced
- 100g broccoli, finely chopped
- 400g can of diced tomatoes
- 1 tablespoon parmesan cheese (optional)



Method:

1. Fill a saucepan with water and bring to the boil. Cook pasta for 10-15 minutes. Drain well.
2. Heat oil in a saucepan on medium heat. Add mince, onion and garlic and cook for 5 minutes.
3. Add carrot, zucchini, broccoli and tomato to the mince. Cook for 10 minutes with the lid on.
4. Serve with pasta and sprinkle with parmesan cheese (optional).

Tips:

- ❖ Any leftover sauce can be placed into air tight containers and stored in the freezer for another day.
- ❖ This sauce can also be used in toasted sandwiches, in a lasagne or on top of baked potatoes!
- ❖ You can make a vegetarian version of this sauce by substituting the beef mince for a 400g can of lentils.

Banana Berry Split

Approx. cost of meal: \$3.50

Serves: 2

Time: 10 minutes

Ingredients:

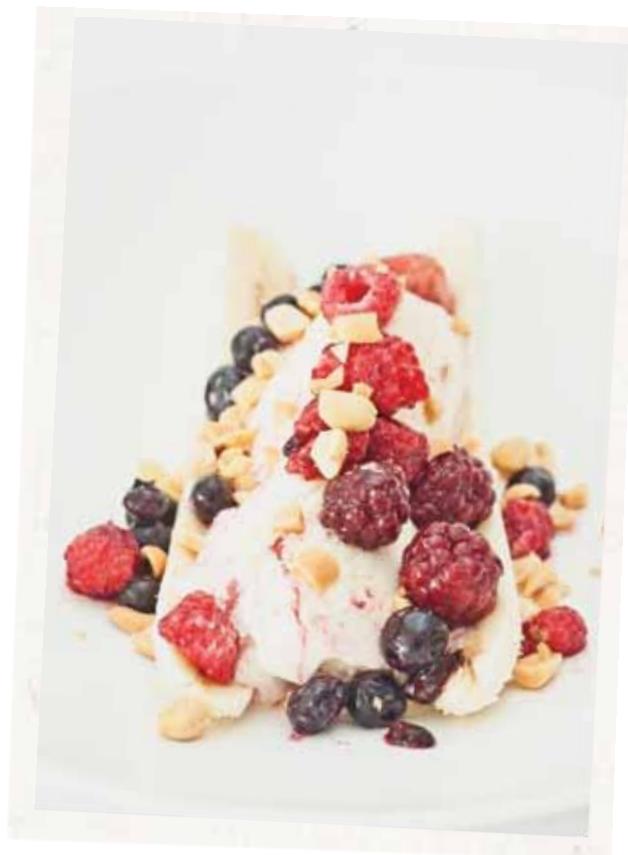
- 2 bananas, peeled
- 4 scoops reduced-fat frozen yoghurt
- ½ cup frozen mixed berries
- 2-4 tablespoons unsalted chopped peanuts (or any other nut)

Method:

1. Slice the bananas in half longways and place in two separate serving bowls.
2. Place 2 scoops of frozen yoghurt on top of each banana.
3. Scatter mixed berries and chopped nuts on top of yoghurt to serve.

Tips:

- ❖ Fruits are full of vitamins and minerals as well as fibre which make them the healthiest way to satisfy your sweet tooth!
- ❖ If you don't like bananas or berries feel free to substitute for fruits that you do like. Any kind of fruit can be used in this recipe!



Modern Trifle

Approx. cost of meal: \$4.70

Serves: 2

Time: 10 minutes

Ingredients:

- 400g low-fat natural yoghurt
- 1 teaspoon vanilla essence
- 4 tablespoons hazelnut meal
- 1 tablespoon brown sugar
- 1 cup mixed berries, or any other fruit
- 4-6 slices biscotti* (optional)

Method:

1. Combine the yoghurt, vanilla essence, hazelnut meal and brown sugar.
2. Place berries in a glass and top with yoghurt mixture.
3. Serve with biscotti (optional).

Tips:

- ❖ Yoghurt is high in calcium and protein which is great for making sure your muscles and bones stay healthy.



Eat healthy: Be healthy!

Eat 2 serves of fruit each day

2



&

Eat 5 serves of vegetables each day

5

