

Community Kitchens Recipe Book

An assortment of **healthy, tasty** and **affordable** recipes
collected by Community Kitchens



Peninsula
Health

PROUDLY
SUPPORTED
BY THE
AUSTRALIAN
GOVERNMENT

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Authors: Leilei Bi and Josh Pereira

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Enquiries about the reproduction or distribution of this Recipe Book may be directed to:

Community Kitchens Coordinator

Peninsula Health Community Health – Frankston

PO Box 52, Frankston VIC, Australia 3199

Email: healthpromotion@phcn.vic.gov.au

Phone: +61 3 9784 8100

Further information about the Australian Community Kitchens can be found at www.communitykitchens.org.au.

Contents

Introduction

What is a Community Kitchen?.....	5
Keeping Costs Down.....	6
Modifying Recipes.....	7
Basic Cooking Terms.....	8
Community Kitchens Equipment.....	11
10 Handy Hints for your Kitchen.....	14

Side Dishes

Broad bean and Tofu Dip.....	16
Bruschetta.....	18
Crispy Potato Wedges.....	20
Curried Potatoes.....	22

Salads

Balsamic Chicken with 4-Bean Salad.....	26
Green Garden Salad.....	28
Potato Caesar Salad.....	30
Vietnamese Chicken Noodle Salad.....	32

Soups

Chicken & Pasta Soup.....	36
City Life Vegetable Soup.....	38
Malcolm's Beef, Vegetable & Pasta Soup.....	42
Microwave Pumpkin Soup.....	44

Main Dishes

Easy Veggie Bake.....	48
Chickpea and Sweet Potato Curry.....	50
Cabbage Rolls.....	52
Salmon & Sweet Potato Patties with Minted Yoghurt.....	54
Garry's Egg Pie.....	56
Tuna, Pasta & White Bean Pie.....	58
Tofu Noodle Stir Fry.....	60
Asparagus and Zucchini Stir Fry.....	62
Chicken Stir Fry.....	64
Golden Hot Pot.....	66
Yummy Veggie Spaghetti.....	68

Michelle's Falafels	70
Irene's Peas Paneer.....	72
Roast Lemon Chicken with Pea Pilaf.....	74
Hungarian Goulash.....	76
Ratatouille.....	78
Chicken Quesadillas with Tomato & Avocado.....	80
Chow Mein.....	82
Rice and bean Burrrito.....	84
Easy Fried Rice	86
Macaroni Beef	88
Bacon and Vegetable Slice	90
Sprout & Noodle Omelette	92
Easy Pizza.....	94
Scrumptious Burgers	96
Coconut Beef Curry with Couscous.....	98
Cheesy Bolognese Pasta Bake	100
Easy Shepherd's Pie	102
Rice Paper Rolls	104
Savoury Chicken Muffins.....	106
Frittata Muffins	108

Desserts

Fruit Crumble	112
Rhubarb and Strawberry Muffins.....	114
Apple Scrolls	116
Carrot and Pumpkin Cake.....	118
Fruity Pikelets	120
Fruit and Nut Muesli bars.....	122
Magical Fruit Salad	124
Fruit Lasagne	126

Acknowledgements	128
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What is a Community Kitchen?

The Australian Community Kitchens Model was initially developed by Peninsula Health in 2004 based on the Canadian Community Kitchens concept. It offers an alternative approach to promoting healthy eating and the development of skills and social networks within the local community. Community Kitchens are proudly supported by the Australian Government.

What Is Involved?

- A group of usually 6-8 people who come together on a regular basis to socialise and cook affordable meals.
- Kitchen participants have ownership. They decide when and what to cook, who will do the shopping and different cooking tasks.
- Each Kitchen will generally cook 1-2 recipes in a cooking session. They cook enough portions of each recipe for the whole group and extra meals may be taken home.
- Community Kitchens can run **anywhere** with an existing kitchen site that is safe and accessible to the community e.g. churches, schools, neighbourhood houses and even caravan parks!
- A Community Kitchen is not a soup kitchen or a cooking class. The participants plan, prepare and cook the food themselves. There is no formal education within the Kitchen session; learning is peer-driven, practical and fun.



Characteristics of Community Kitchens

- Held on a regular basis (usually weekly or fortnightly)
- It is participant driven, and all participants are actively involved in the planning, preparation and cooking of food
- Food prepared is shared among participants and/or members of their household (meals are not given away or sold)

Community Kitchens Nutrition Guidelines

Community Kitchens aim to improve physical and mental health, therefore healthy meal preparation is strongly encouraged. While participants are free to choose the recipes, it is highly recommended that most (at least 80%) of the meals produced should be “healthy”, i.e. they should;

- Include significant amounts of fruit or vegetables;
- Be low in saturated fats (fats from animal sources);
 - Meat should have visible fat removed and poultry should have skin removed
 - Low fat or reduced-fat dairy options should be chosen
- Be low in added sugar; and
- Use minimal salt, with herbs and spices being used instead.

Keeping Costs Down

- **Buy generic or home brand foods where available**

Generic brands are better value for money and are usually equal in quality to branded products.



- **Make use of foods that are “on special”**

Checking supermarket catalogues can help with choosing recipes for the following session. Remember that advertised brands can sometimes be more expensive than similar items that are available. Always check to see if these foods are actually cheaper than other brands that are not on special.

- **Frozen and canned vegetables are okay!**

Buying fresh produce when it is in season ensures freshness and the best prices. However if fresh fruits and vegetables are too expensive, it is fine to choose canned or frozen varieties, which are usually just as good.

- **Buy in Bulk**

Often foods sold in bulk portions end up cheaper per amount than buying small quantities. You can always freeze/store the remaining ingredients for later use. Make sure you have enough room to store any items that you will not be able to use right away.

- **Reduce meat costs**

Meat can be expensive so don't buy more than you need. For most people 80-100g of lean meat is enough per day and this is only the size of a deck of cards! Keep this in mind when deciding portion sizes for Community Kitchens meals.

- **Add extra vegetables and legumes to dishes**

If you reduce the meat portion in a meal, make up the bulk with vegetables or legumes. Lentils, kidney beans, cannellini beans and soup mix are very nutritious, very tasty (when you know what to do with them) and very cheap!

- **Always check the staples cupboard**

Keep checking the staples cupboard and use ingredients before they go out of date. Always check when writing your shopping list to prevent doubling up on items you already have.

Modifying Recipes

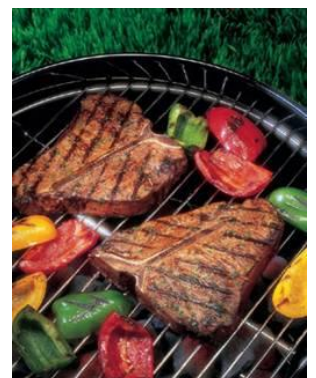
Tips to make recipes more nutritious

- Choose **reduced fat** dairy products
- Choose **margarine or oil** instead of butter
- Choose **lean ham or tinned fish** (e.g. tuna) instead of salami/bacon
- Remove **skin** and **extra fat** from chicken and meat
- Choose **tomato based** sauces instead of high fat, creamy sauces
- Choose **evaporated skim milk + coconut essence** instead of coconut milk
- Choose **filo pastry** instead of puff pastry
- Choose **wholegrain/multigrain** bread instead of white bread
- Choose **wholemeal flour** instead of white flour
- Choose **lower fat** salad dressings
- Choose **basmati** or **doongara** rice (low Glycaemic Index)
- Try not to peel the skin off fruit and vegetables
- Choose tinned fruit in **natural juice**
- Try stewing fruit without adding extra sugar
- Choose **low-joule** or “**diet**” jelly



Healthier Cooking Methods

- Limit or avoid deep frying
- Grill, dry roast or bake meats in foil
- Use a non-stick pan
- Use spray oil or lightly brush the bottom of the pan with oil
- Steam or microwave vegetables
- Trim fat off meat before cooking and add marinade for extra flavour



Basic Cooking Terms

Blanch

- Blanching means partially cooking vegetables in boiling water.
- It may be used to soften the skins of vegetables for easier removal, or for preparing the vegetables for preserving or canning.
- **Example:** blanch tomatoes to remove the skin easily



Brown

- To brown meat means to cook until the food is brown in colour.
- **Example:** you may brown the sides of a roast on the stovetop before putting in an oven.



Dice

- Dicing is similar to chopping, but the pieces are much smaller and roughly cube-shaped
- **Example:** diced carrots



Grate

- Make firm foods into small pieces by rubbing the food against a grater.
- **Example:** grated cheese



Parboil

- Partially cooking foods (eg. vegetables) in boiling water or simmering liquid.
- Similar to blanching but the cooking time is longer.



Poach

- Simmering a food in liquid at just below the boiling temperature.
- Temperature: 94°C
- **Example:** poached egg



Marinate

- Soaking food (often raw meat) in a mixture of spices, oil or sauces to make it more tender and to add extra flavour.
- Generally you can marinate foods from ½ hour to days depending on the dish.
- Note: always marinate in fridge
- **Example:** marinated chicken wings



Mince

- Chopping something into tiny pieces.
- **Example:** minced garlic



Stir Fry

- Quickly cooking foods over high heat in a small amount of oil. Toss and turn the food when it cooks, usually in a pan or wok.



Slice

- Slicing is when you cut through a food completely.
- **Example:** slice tomato



Steam

- Placing foods in a covered rack, basket or container over a pot of boiling water.
- This is a healthier cooking method than boiling – it retains vitamins and minerals, flavours, taste and texture of foods.



Simmer

- Heating a liquid such as water to a temperature that is not hot enough to create bubbles but is close to boiling.
- Water normally begins to simmer at about 94°C.



Sauté

- Cooking vegetables or meat quickly at a high heat.
- **Example:** sauté an onion in olive oil.



Common Abbreviations and Equivalents

Units	Abbreviations	Equivalents
Tablespoon	Tbsp or T	
Teaspoon	Tsp or t	
Cup		250ml
Ounce	Oz	28.4g
Pound	Lb	453g
Dash		Usually 1/4 teaspoon
Pinch		Usually 1/8 teaspoon

Community Kitchens Equipment

For measuring



Measuring Cups



Measuring Spoons



Measuring Jug

For cutting

- Knives



Paring Knife



Chef's Knife

✪ A **Paring Knife** is a small knife with a plain edge blade that is good for cutting or peeling food that is held in your other hand.

- Chopping Boards



Plastic Chopping Board

✪ To ensure good kitchen hygiene, keep separate coloured chopping boards for fruit/vegetables, raw meats, cooked meats, poultry, seafood and dairy. Wash and sanitise boards between different foods.

For Cooking

- Pots and Pans



Saucepans



Stockpot



Frying Pan



Muffin Tin



Pizza Pan



Wok



Cake Tin



Baking Tray



Pie Tin

✪ Try and use non-stick pans to minimise the use of fats in cooking.

- Others



Microwave



Toaster



Rice Cooker



Oven

For preparation



Blender



Food Processor



Eggbeater



Peeler



Grater



Whisk

Others



Spoons



Soup Ladle



Bowls



Tongs



Colander



Can Opener



Sieve



Scooper

10 Handy Hints for Your Kitchen

10 HANDY HINTS FOR YOUR KITCHEN

Resident Healthy Kids chef and canteen business manager, Jacqui Gowan, shares her best food, storage and equipment tips.

1.



Cleaning your chopping boards

Soak them in a solution of one part vinegar to five parts water for 10 minutes before giving each a good scrub and propping up in the sun to dry. This helps to kill any stubborn bacteria and will get rid of any smells and discolouration.

2.



Storing tomato paste

Big quantities of tomato paste tend to go off in the fridge before you can use it all. To maintain freshness, make sure the inside top of the container or jar is always clean, and add a little oil on top of the paste every time you use it. This helps to preserve it and prevent mould.

3.



Preparing raw chicken

After you've chopped your chicken, remove any leftover bits from the chopping board and wash it thoroughly with cold water first, then hot soapy water. Using hot water first sets the protein in the chicken onto the board and makes it much harder to clean.

4.

Cleaning fridge seals

There's no easy fix here, you simply need to grab a cheap toothbrush and a bucket of hot soapy water and give the seals a good going over to remove all the grit and grime.

5.



Removing calcium from inside your kettle

Pour one part vinegar and five parts water into your kettle and allow it to boil twice (with a short rest in between). Rinse it thoroughly with cold water and repeat if needed.

6.

Softening hard lemons and limes

If you come across hard lemons and limes that feel like they have hardly any juice in them, pop them in the microwave for five seconds and then roll them on the bench with the palm of your hand, using slight pressure. They'll release more of their juices as you cut into them.

7.



Storing bananas

Separate your bunch of bananas and store them away from other fruits. They actually let off a gas which causes fruit to ripen faster – great for those underripe avocados though!

8.



Keeping knives sharp

Never put knives in the dishwasher, never cut directly on a bench without a chopping board, and always wash them in hot soapy water and dry them straight away. If you've got a few blunt knives, a quick trick is to sharpen it on the bottom of a coffee cup. Hold the knife on a slight angle and run it over the unglazed rim and few times on each side.

9.



Removing bugs from lettuce

Wash the lettuce first in a tub of water then add a pinch of salt. This will help to draw out any bugs and bring them to the surface.

10.



Storing plastic containers

To keep your unused plastic containers from smelling, place a pinch of salt in them before storing. It helps to absorb moisture and prevent odours from spreading.

Healthy Kids 15

www.healthy-kids.com.au



Side Dishes



Broad bean and Tofu Dip

Serves: 4 - 6

Cooking Time:
15 minutes



You Will Need:

Ingredients:



Broad beans



Soft tofu



Orange juice



Basil

Cooking Equipment:



Microwave



Small Serving Bowl



Food Processor

Ingredients:

- 500g fresh or frozen **broad beans**
- 250g **soft tofu**, chopped
- 2 tbsp **orange juice**
- 1 tbsp chopped fresh **basil**



Method:

1. Boil, steam or microwave broad beans until soft then cool.
2. Remove skin from the beans.
3. Blend the beans, tofu, orange juice and basil together in a food processor.
4. Spoon into a serving dish (a soup bowl is fine) and refrigerate for 1 hour before serving.



- Serve with celery, carrot & cucumber sticks instead of crackers.
- This recipe cannot be frozen but will last for up to four days covered in the fridge.
- Try it as a spread on toast instead of using peanut butter.
- Tofu is high in protein & calcium and is a good meat alternative for vegetarians.
- Tofu is often cheaper in Asian grocery shops than regular supermarkets.

Bruschetta

Serves: 8

Cooking Time:
10 minutes



You Will Need:

Ingredients:



Tomatoes



Thick-sliced Bread



Basil



Red Onions



Garlic



Olive Oil

Cooking Equipment:



Baking Tray



Oven

Ingredients:

- 8 thick slices of **Bread**
- 1 **Garlic Clove**, peeled and halved
- 2 tbsp **Extra Virgin Olive Oil**
- 4 **Ripe Tomatoes**, diced
- ½ **Red Onion**, diced
- ½ cup **Basil Leaves**, shredded



Method:

1. Preheat oven to 180°C.
2. Grill both sides of bread slices until toasted.
3. While hot, rub 1 side of each slice with cut garlic.
4. Drizzle each with 1 teaspoon of oil.
5. Mix chopped onions and tomato in a bowl and spoon onto bread.
6. Sprinkle with basil. Season with salt and pepper.

Serve immediately.



- This recipe is a great way to use up bread that is going stale.
- Try using wholegrain bread for extra fibre.
- For a traditional Italian variation, melt some mozzarella cheese on the bread or add a slice of prosciutto

Crispy Potato Wedges

Serves: 4

Cooking Time:
40 minutes



You Will Need:

Ingredients:



Olive Oil



Salt & Pepper



Thyme



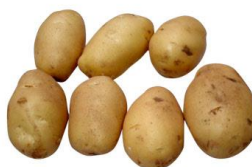
Basil



Oregano



Paprika



Potatoes

Cooking Equipment:



Baking Tray



Oven



Knife & Chopping Board

Ingredients:

- ¼ cup **Olive Oil**
- ½ tsp **Salt**
- ¼ tsp **Pepper**
- ½ tsp each of **Basil, Thyme, Oregano**
- ¼ tsp **Paprika**
- 4 to 6 **Potatoes**, cut in wedges (roughly 6 wedges per potato)
- ½ cup **Parmesan Cheese** (Optional)



Method:

1. Mix oil and seasonings together.
2. Roll potato wedges in mixture.
3. Lay flat on a baking tray.
4. Bake at 210°C for 15 minutes.
5. Sprinkle some parmesan cheese on top and return to the oven for another 15 minutes.



- Wedges go really well with low fat sour cream or mashed avocado.
- Leave the potato skin on, the skin contains lots of fibre
- These are a lot healthier than buying deep fried chips from take-away shops
- Try using oil spray to grease the baking tray to reduce the amount of oil used in cooking



Curried Potatoes

Serves: 4-6

Cooking Time:
30-40 minutes

Yet another way to turn that simple spud into a scrumptious stud!

You Will Need:

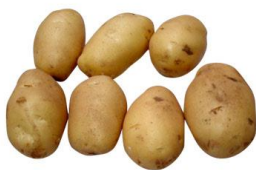
Ingredients:



Margarine



Chopped Onion



Potatoes



Chicken Broth



Lemon Juice



Curry Powder

Cooking Equipment:



Peeler



Saucepan



Frying Pan

Ingredients:

- 1½ tbsp **Margarine**
- 1 small finely chopped **Onion**
- 4 – 6 medium **Potatoes**
- ¾ cup **Chicken Broth**
- ½ tbsp **Curry Powder**
- ½ tbsp **Lemon Juice**



Method:

1. Chop potatoes into 1 inch cubes.
 2. Boil the potatoes in a medium saucepan until they are soft. Drain off the hot water.
 3. Add ice cold water to cover the potatoes.
 4. Melt the margarine on medium heat in a frying pan or skillet.
 5. Cook the onion in the margarine until it turns yellow.
 6. Drain the water from the potatoes, and add them to the frying pan. Stir and cook until they absorb the margarine.
 8. Add chicken broth, curry powder, and lemon juice.
 9. Cook until the potatoes have absorbed the broth.
- Serve with steamed rice and in-season veggies!



- Try adding canned or cooked lentils as a cheap way to make this meal more filling
- This can be a cheap side dish as potatoes are not expensive and are available all year round
- Try different curry powders to find the ones you like best. Keep curry in an airtight container away from the light to preserve flavour
- Try keeping the potato skin on as it has lots of fibre



Salads





Balsamic Chicken with 4-Bean Salad

Serves: 4

Cooking Time:
30-40 minutes

You Will Need:

Ingredients:



Chicken Tenderloins



Balsamic Vinegar



Baby Spinach



Olive Oil



Four Bean Mix

Cooking Equipment:



Shallow Bowl



**Knife & Chopping
Board**



Frying Pan

Ingredients:

- 750g **Chicken Tenderloins**
- 2 tbsp **Balsamic Vinegar**
- 1 tbsp **Oil**
- 420g can **4 bean mix**, rinsed, drained
- 100g **Baby Spinach**



Method:

1. Place chicken in a shallow dish, add balsamic vinegar and oil and turn to coat. Cover and marinate in fridge for 15 mins.
2. Cook chicken in a fry pan on medium heat for 5 min each side or until cooked through.
3. Remove from pan and chop roughly.
4. Place 4-bean mix and baby spinach in a large bowl. Add chicken, drizzle with a little extra oil and toss to combine.



- You can also use skinless chicken breast fillets or leftover roast chicken.
- Choose generic brand 4 Bean Mix. They are just as nutritious but usually much cheaper. Remember to stock up on canned beans when they are on special.
- Legumes are high in soluble fibre which helps maintain a stable blood sugar level. This makes them especially good for diabetics



Green Garden Salad

Serves: 4

Cooking Time:
15 minutes

You Will Need:

Ingredients:



Mixed Lettuce Leaves



Mushrooms



Green Beans



Broccoli



Red Wine Vinegar



Olive Oil

Cooking Equipment:



Saucepan



Large Bowl



Stirring Spoon

Ingredients:

- 2 cups **Mixed Lettuce Leaves**
- 5 or 6 medium **Button Mushrooms**
- 1½ cups **Green Beans**
- 1 head **Broccoli**, chopped into small florets



Dressing:

- 3 parts **Extra Virgin Olive Oil**
- 1 part **Red Wine Vinegar**

Method:

1. Place water in saucepan, bring to the boil.
2. Add beans and broccoli to the saucepan and cook for 5 minutes.
3. Add mushrooms and cook for 1 minute.
4. Drain vegetables and cool down immediately by rinsing in cold water, and then placing in ice water.
5. Mix with lettuce and dressing.



- To make a full lunch salad, you can add roast chicken or legumes (e.g. canned 4 Bean Mix)
- This is an excellent way to get some green vegetables which are high in folate, one of the important B group vitamins that help our bodies function properly

Potato Caesar Salad

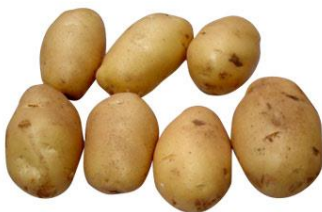
Serves: 6

Cooking Time:
25 minutes



You Will Need:

Ingredients:



Potatoes



Rye Bread



**Grated
Cheese**



**Cos
Lettuce**



Bacon



Hard Boiled Eggs

Cooking Equipment:



Saucepan



Toaster



Salad Bowl

Ingredients:

- 4 medium **Potatoes**
- 3 **Hard Boiled Eggs**, sliced
- 3 rashers of **Bacon** with rind and fat removed
- 4 slices of **Rye Bread**
- 1 extra large **Cos Lettuce**, washed and dried
- 2 tbsp grated **Low Fat Parmesan Cheese**



Dressing:

- 1 tsp **Seeded Mustard**
- 1 clove **Garlic**, chopped
- 200g cup **Low Fat Natural**
- 3 sprigs **Basil**, chopped
- 1 tsp **Lemon Juice**

Yoghurt

Method:

1. Boil potatoes for 15 minutes until tender. Drain, cool and cut into small cubes.
2. Grill bacon until crisp. Drain on paper towels and cool before chopping into pieces.
3. Place bread in toaster then cut into cubes.
4. Tear lettuce into pieces.
5. Combine all salad ingredients (including eggs and cheese) in a serving bowl.
6. In a separate bowl, stir in mustard, garlic, yoghurt and basil. Use the lemon juice to achieve correct consistency. Drizzle the dressing over salad and serve.



- This is a healthy alternative to your traditional Caesar Salad.
- To make this into a main meal, add 1 cooked and sliced chicken breast.
- Try wholegrain bread if you like, but rye bread is also high in fibre



Vietnamese Chicken Noodle Salad

Serves: 4

Cooking Time:
30-40 minutes

A delightfully refreshing dish - perfect for Community Kitchens!

You Will Need:

Ingredients:



Chicken Breasts



Vermicelli Noodles



Carrot



Lime Juice



Garlic



Fish Sauce



Cucumber



Shallot



Sesame Oil



Coriander Leaves

Cooking Equipment:



Frying-Pan



Saucepan



Chopping Board,
Knife

Ingredients:

- 2 **Chicken Breasts**
- ½ packet **Vermicelli (rice) Noodles**
- 1 **Carrot**
- 3 tbsp **Rice Vinegar** or **Lime Juice**
- 1 tsp **Sugar**
- **Salt** and **Pepper**
- 3 **Shallots**, finely sliced
- ½ **Cucumber**
- ½ tsp **Sesame Oil**
- 1 **Garlic** clove, crushed
- 1 tbsp **Fish Sauce**
- 3 tbsp **Mint** or **Coriander Leaves**
- ½ **Mild Chilli**, finely sliced



Method:

1. Pan-fry the chicken for approximately 10 minutes or until cooked through.
2. Boil vermicelli noodles according to packet directions, drain and set aside.
3. Cut the carrot into 10cm sections, finely slice lengthwise then cut into matchsticks.
4. Mix the vinegar or lime juice with the sugar, garlic, salt and pepper.
5. Toss with the sliced shallots and carrot and set aside.
6. Roughly shred the chicken.
7. Cut the cucumber in half lengthwise and finely slice.
8. In a large bowl, combine the noodles, chicken, cucumber, sesame oil, fish sauce, mint/coriander and chilli with the shallots, carrots and their dressing and toss lightly.



- Vermicelli noodles can be found in the noodles section in the supermarket or at most Asian grocery stores.
- Fish sauce is a staple ingredient in Vietnamese cuisine and is derived from fish that have been fermented. It can be added to dishes during cooking or used as a dipping condiment.
- You can serve this dish warm straight after mixing all the ingredients, or you can store in the fridge and serve it cold.



Soups



Chicken & Pasta Soup

Serves: 4-6

Cooking Time:
45 minutes



You Will Need:

Ingredients:



Margarine



Carrot



Chicken



Garlic



Celery Sticks



Bacon



Leek



Chicken Stock



Baby Spinach

Cooking Equipment:



Large Stockpot



**Chopping
Board, Knife**

Ingredients:

- 2 tbsp **Margarine**
- 500g **Chicken** (thighs)
- 1 large **Carrot**, diced
- 2 **Celery Sticks**, diced
- 1 large **Leek**, chopped
- 2 cloves of **Garlic**, minced
- 2 rashers of **Bacon**, rind and fat removed
- 4 cups **Chicken Stock**
- 2 cups of **Water**
- ½ cup **Soup Pasta**
- 50g **Baby Spinach**



Method:

1. Cook carrot, celery, leek and garlic in margarine until softened.
2. Add bacon and cook for 2 minutes.
3. Add chicken and cook until chicken is browned.
4. Add stock and water, cover and simmer for 20 minutes.
5. Add pasta and cook until pasta is cooked.
6. Remove from heat and add spinach.
7. Season with pepper.



- This recipe is great on a cold day with crusty bread!
- Choose reduced salt chicken stock for people with high blood pressure as it is important to reduce their salt intake
- Add legumes like canned red kidney beans or canned lentils to add more fibre
- To make this a vegetarian dish, substitute chicken with legumes and lentils

City Life Vegetable Soup



Serves: 12

Cooking Time;
60 minutes

Delicious! You'll need a BIG POT!

You Will Need:

Ingredients:



Onions



Carrot



Swede



Zucchini



Celery Sticks



Corn Kernels



Borlotti Beans



Wholemeal Pasta



Red Lentils



Vegetable Stock



Olive Oil



Ground Oregano

Cooking Equipment:



Large Stockpot



Stirring Spoon



Frying Pan

Ingredients:



- 2 **Onions**, peeled and diced
- 1 **Carrot**, diced
- 3 sticks of **Celery**, chopped
- ½ **Swede**, peeled and grated
- 1 **Parsnip**, peeled and grated
- 1 **Zucchini**, diced
- 1 can of **Corn Kernels**
- 1 can of **Borlotti Beans**
- ½ cup **Red Lentils**
- 1½ cups of dry **Wholemeal Pasta**
- 2L **Vegetable Stock**
- 2 tbsp **Olive Oil**
- 2 tsp **Ground Oregano**
- Either **fresh or dried Parsley**

Method:

1. In a large stockpot, heat the oil. Sauté onions, celery and carrot until tender.
2. Add vegetable stock and bring to the boil.
3. Add the other ingredients, making sure the soup continues to boil. First add the lentils and beans, then the grated vegetables and lastly the zucchini and corn kernels.
4. Add oregano, parsley and season with pepper. Simmer for 30 minutes, stirring frequently.
5. Add pasta and simmer for another 10 minutes or until the pasta is cooked.



- Grating the vegetables reduces the cooking time
- This recipe is great in winter. You can pack leftovers in containers and store them in the freezer, then reheat them in the microwave later.
- This is a vegetarian recipe, you can use any type of legumes such as kidney beans, or you can add meat into the soup such as lamb or chicken

Minestrone Soup



Serves: 6

Cooking Time:
90 minutes

**One of the tastiest
minestrone soups ever put
together!
Always a hit!**

You Will Need:

Ingredients:



Soup Mix



Vegetable Stock



Cabbage



Celery



Carrot



Onion



Garlic



Tomato Paste



Olive Oil



**Macaroni
Noodles**

Cooking Equipment:



Large Saucepan



**Chopping
Board & Knife**



Stirring Spoon

Ingredients:

- ½ packet of **Soup Mix**
- 6-8 cups of **Water**
- Pinch of **Pepper**
- 2 tsp of **Vegetable Stock Powder**
- 1 **Onion**, chopped
- 1 stalk of **Celery**, chopped
- 1 clove of **Garlic**, minced
- 1 medium **Carrot**, chopped
- ¼ cup of **Olive Oil**
- 1 small can (120g) of **Tomato Paste**
- 1 cup of chopped **Cabbage**
- 1 can (425g) of **Whole Tomatoes**
- ½ cup of **Shell Noodles or Macaroni**



Method:

1. In a large saucepan add 6 cups of water to soup mix, pepper and vegetable stock and cook until tender (approx 45 minutes).
2. In a separate pan, sauté onions, carrots, celery and garlic in oil until brown.
3. Add tomato paste and chopped cabbage.
4. Add mixture to cooked soup mix and add canned tomatoes (including juice).
5. Add ½ cup of shell noodles/macaroni.
6. Simmer for 30 minutes and serve.



- Throw as many vegetables into this recipe as you like!
- Soup mix is an excellent way to extend a soup or casserole. It contains split peas, lentils and barley and it is both nutritious and delicious. It can be found in the soup section of the supermarket.
- Serve with wholegrain bread rolls for a quick lunch or dinner!

Malcolm's Beef, Vegetable & Pasta Soup

Serves: 8

Cooking Time:
30-40 minutes

**Cooked and enjoyed by all
at the S.A.S.I Community
Kitchen in Seaford.**



You Will Need:

Ingredients:



Olive Oil



**Beef Chuck
Steak**



Onion



Sweet Paprika



Carrots



Swede



Pasta



Chicken Stock



**Celery
Sticks**

Cooking Equipment:



Frying Pan



Large Saucepan



Stirring Spoon

Ingredients:

- 3 tbsp **Olive Oil**
- 500g **Beef Chuck Steak**, cut into 2cm cubes
- 1 large **Onion**, finely chopped
- 3 tsp **Sweet Paprika**
- 3 **Carrots**, peeled, cut into 1cm cubes
- 2 **Swede**, peeled, cut into 1cm cubes
- 2 sticks **Celery**, thinly sliced
- 8 cups **Chicken Stock**
- 1 cup **Pasta**



Method:

1. Heat half the oil in a frying pan over medium heat.
2. Add beef and cook for 3-4 minutes or until browned. Drain and transfer to a plate.
3. In a large, deep saucepan, add remaining oil and onion and cook for 3-4 minutes or until tender. Add paprika and cook for 1 minute.
4. Add carrots, Swede, celery and beef and cook for approximately 3 minutes.
5. Add the chicken stock and bring to the boil.
6. Add pasta and simmer for approximately 10 minutes or until pasta is cooked.
7. Season with pepper and serve.



- You can freeze any leftovers
- Try halving the amount of meat and add some canned beans or lentils to the recipe
- Choose salt reduced chicken stock to lower the amount of sodium
- Choose lean cuts of meat or trim off the fat
- If you cut the vegetables into smaller cubes it actually takes less time to cook the soup

Microwave Pumpkin Soup

Serves: 4

Cooking Time:
35 minutes

A huge hit in Frankston!



You Will Need:

Ingredients:



Pumpkin



Basil



Chicken Stock



Tarragon



Sour Cream

Cooking Equipment:



**Chopping
Board & Knife**



Microwave



Blender

Ingredients:

- 1kg **Butternut Pumpkin**
- 2 cups **Chicken Stock**
- 1 tsp **Tarragon**
- 1 small bunch of **Basil** or **Dill**
- ½ cup **Fresh Reduced Fat Sour Cream**



Method:

1. Cut pumpkin into small wedges, leave skin on and remove seeds.
2. Microwave on high for 12-14 minutes.
3. Allow to cool and scoop pumpkin out of skin.
4. Puree pulp in blender or food processor, or mash with a potato masher.
5. Add the chicken stock and herbs and stir well to combine.
6. Return to the microwave for 10 minutes on high to heat through and blend flavours.
7. Serve with a dollop of sour cream and a fresh bread roll.



- This is a very simple and tasty recipe and it's great for the winter!
- Cook this soup when pumpkin is on special or in season.
- Choose low fat sour cream which is lower in saturated fat.
- Choose low salt or no added salt chicken stock which is lower in sodium.
- Choose other herbs & spices to add flavour and variety.



Main Dishes





Easy Veggie Bake

Serves: 6

Cooking time:
60 minutes

You Will Need:

Ingredients:



Wholemeal Pasta



Zucchini



Ground Pepper



Cannellini Beans



Crushed Garlic



Chopped Tomato



Carrot



Parmesan Cheese



Mixed Herbs



Tomato Paste



Onion

Cooking Equipment:



Baking Dish



Frying Pan



Oven

Ingredients:



- 1 packet (500g) **Wholemeal Pasta**
- 1 large **Zucchini**, finely diced
- 1 large **Onion**, finely diced
- 1 **Carrot**, finely diced
- 1 can of **Cannellini Beans**, drained
- 2 cloves **Crushed Garlic**
- 1 tsp of **Mixed Herbs**
- 1 tbsp of **Olive Oil**
- 200g grated **Low Fat Parmesan Cheese**
- 1 small tub (120g) **Tomato Paste**
- 1 can **chopped Tomatoes**

Method:

1. Cook pasta according to directions on packet, drain and set aside.
2. Sauté onion, garlic, zucchini and carrot together in a pan with olive oil.
3. Add the cannellini beans, tomato paste, chopped tomatoes and mixed herbs and cook until heated through.
4. Add to the drained pasta and mix together.
5. Stir in about $\frac{3}{4}$ of the grated cheese.
6. Transfer into a baking dish and sprinkle the remaining cheese on top.
7. Bake in a 180°C oven for 30 minutes or until the cheese is golden brown.



- This is a great example of how easy and tasty it is to incorporate more legumes into your diet.
- Wholemeal pasta is higher in fibre as it's less processed than regular pasta. One of the main roles of fibre is to keep the digestive system healthy.
- You can also include all different kinds of legumes e.g. red kidney beans or a can of 4 Bean Mix.

Chickpea and Sweet Potato Curry

Serves: 4

Cooking Time:

30-40 mins



You Will Need:

Ingredients:



Chickpeas



Zucchini



Chilli Sauce



Coriander Leaves



Sweet Potato



Turmeric Powder



Evaporated Milk



Onions



Chopped Garlic



Cumin



Mustard Seeds

Cooking Equipment:



Pan



Microwave

Ingredients:



- 1 can of **Chickpeas**, drained
- 2 **Sweet Potatoes**
- 1 **Zucchini**
- 1½ tsp **Cumin**
- 1½ tsp **Mustard Seeds**
- 2 tsp **Turmeric Powder**
- 1 medium **Onion**, finely chopped
- 2 cloves of **Garlic**, finely chopped
- 1 tsp **Chilli Sauce**
- 1½ cup **Coriander Leaves**
- 1 can of **Light Evaporated Milk**
- ½ tsp **Coconut Essence**

Method:

1. Peel sweet potato & zucchini and cut into cubes, then microwave or cook until soft.
2. Heat a small amount of oil in a pan and roast cumin & mustard seeds until fragrant.
3. Add turmeric, onion, garlic, chilli and finely chopped coriander leaves.
4. When onion is cooked, add sweet potato, chickpeas, evaporated milk and coconut essence.
5. Cook for about 10 minutes or until mixture has reduced to a creamy consistency. Serve with rice.



- Coconut milk is high in saturated fats, so it's better to use coconut essence and evaporated milk to get a similar flavour.
- This is an excellent vegetarian recipe, but you could also add chicken, beef or any other meat
- This is a great recipe to introduce legumes to people who have never tried them before! Legumes like chickpeas are high in fibre which helps maintain a healthy bowel.

Cabbage Rolls

Serves: 4

Cooking Time:

90 minutes

When you feel like trying something different.



You Will Need:

Ingredients:



Cabbage



Minced Beef



Tomato Juice



Onion



Cooked Rice



Oregano



Garlic

Cooking Equipment:



Baking Dish



Toothpicks



Cooking Pot

Ingredients:

- 1 large, whole **Cabbage**
- ½ cup **Cooked Rice**
- 1 **Onion**, chopped
- 125g Cooked **Mince Beef**
- ¼ tsp **Oregano**
- 1 clove **Garlic**, minced
- 3 shakes of **Pepper**
- 1 can **Tomato Juice** or **Tomato Soup**



Method:

1. Wash cabbage leaves and parboil for 2 minutes in boiling water then drain.
2. Combine cooked rice, onion, mince beef, oregano, garlic and pepper.
3. Place some of the mixture in the centre of each cabbage leaf, fold leaf to form parcel and secure with toothpicks.
4. Place in greased baking dish and cover with tomato juice or soup and bake for 1 hour at 200°C.



- Sprinkle some parmesan cheese on top before you serve
- Drain the cabbage leaves well and don't overcook them. This makes them easier to fold
- Choose lean beef mince which has less saturated fat
- Try adding other vegetables like capsicum or mushroom
- Choose reduced salt canned tomato soup for people with high blood pressure who need to watch their salt intake

Salmon & Sweet Potato Patties with Minted Yoghurt

Serves: 4

Cooking Time:
35 minutes



You Will Need:

Ingredients:



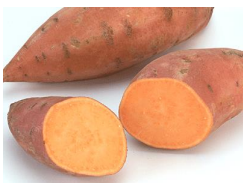
Basmati Rice



Canned Salmon



Lemon Juice



Sweet Potato



Breadcrumbs



Olive Oil Spray



Lemon Rind



Spring Onions

Cooking Equipment:



Oven



Large Bowl



Baking Dish

Ingredients:

- ½ cup **Basmati Rice**
- 420g can **Red Salmon**, drained
- 500g **Sweet Potato**, cooked and mashed
- 6 **Spring Onions**, chopped
- 2 tbsp **Lemon Juice**
- 1 tsp **Grated Lemon Rind**
- 1 cup **Breadcrumbs**
- **Olive Oil Spray**
- 1 cup **Reduced Fat Sour Cream**
- 1 clove **Garlic**, crushed
- 2 tbsp finely shredded **Mint**
- 1 tbsp **Sugar**



Method:

1. Preheat oven to 200°C.
2. Cook rice according to packet directions.
3. Transfer rice to a large bowl and add salmon, sweet potato, spring onions, lemon juice, rind, sugar and half breadcrumbs. Mix to combine
4. Divide the mixture into 8 even sized flat patties and coat each patty in the breadcrumbs.
5. Refrigerate for 30 minutes
6. Lightly spray both sides of the patties with olive oil.
7. Bake patties for 25-30 minutes or until golden.
8. To make yoghurt dip, place sour cream, garlic, mint and sugar in a bowl and combine.



- Choose basmati rice over white rice – it's less processed (Low GI) and higher in fibre, which keeps you feeling fuller for longer!
- Sweet potato is an orange/yellow colour vegetable and is high in Vitamin A. It also contains soluble fibre which helps with blood sugar control, making it a better option than potatoes
- Choose reduced or low fat sour cream
- You could buy any kind of canned salmon – try to purchase when it's on special!



Garry's Egg Pie

Serves: 6

Cooking Time;
40 minutes

**A delicious meal cooked in the
Frankston Men's Community Kitchen.**

You Will Need:

Ingredients:



Puff Pastry



Oil Spray



Lean Leg Ham



Eggs



Spring Onions



Cheese



Mushrooms



Tomatoes



Parsley

Cooking Equipment:



Oven



Baking Tray



Whisk

Ingredients:

- 2 sheets **Low Fat Puff Pastry**
- **Olive Oil Spray**
- 12 **Eggs**
- 4 **Spring Onions**, finely chopped
- 200g **Reduced Fat Tasty Cheese**, grated
- 2 **Mushrooms**, chopped
- 2 **Tomatoes**, chopped
- 150g **Lean Leg Ham**, chopped
- 3 sprigs of **Parsley**, finely cut



Method:

1. Preheat oven to 200°C.
2. Grease baking dish with spray oil and line with puff pastry.
3. In a bowl, whisk eggs together until yolks and whites are combined.
4. Add spring onions, cheese, mushrooms, tomatoes, ham and parsley to the eggs and mix together.
5. Pour egg mixture into the pastry shell and bake in oven for approximately 30 minutes, or until pastry is golden and eggs cooked through.



- You can modify this recipe to make it more healthy by adding veggies like capsicum or peas
- This recipe goes well with a simple salad



Tuna, Pasta & White Bean Pie

Serves: 4

Cooking Time:
35 minutes

You Will Need:

Ingredients:



**Tuna in Spring
water**



Dry Pasta



White Beans



Margarine



Low Fat Milk



**Chopped
Vegetables**



Plain Flour



Grated Cheese



Mixed Herbs

Cooking Equipment:



Pie Tin



Saucepan



Measuring Cup

Ingredients:

- 1 small tin of **Tuna** or **Salmon**
- 1 cup **Dry Pasta**
- 1 tin (400g) **White (Cannellini) Beans**
- **Margarine**
- ½ cup **Low Fat Milk**
- ¼ cup **Plain Flour** (wholemeal)
- ½ cup **Low Fat Grated Cheese**
- ½ cup chopped **Vegetables** (e.g. Broccoli / Zucchini / Carrot)
- **Mixed Herbs** or **Parsley**



Method:

1. Preheat oven to approximately 180°C.
2. In a saucepan, boil water and add pasta & vegetables. Cook through. Drain and set aside to cool.
3. In the same saucepan melt 2 teaspoons of margarine and add flour. Mix into a paste and add milk. Stir until thickened into a white sauce. Set aside.
4. In a large bowl, mix pasta/vegetable mix, tuna, some of the cheese and white sauce.
5. Spoon amounts of the pie mix into pie tins. Top with remaining cheese.
6. Place pies into the oven on the bottom shelf and cook for about 15 minutes or until golden brown.
7. Remove from oven and cool or serve.



- Choose tuna in spring water not in brine/oil to reduce salt and fat
- Any type of canned beans is fine for this recipe. Buy when they are on special and stock up!
- Choose low fat dairy products i.e. low fat cheese and milk – less saturated fats.
- This recipe is suitable to freeze however make sure you use a ceramic pie dish or bowl if reheating in the microwave.

Tofu Noodle Stir Fry

Serves: 6

Cooking Time:
10-15 minutes



You Will Need:

Ingredients:



Onion



Carrot



Bok Choy



Mushrooms



Broccoli



Cauliflower



Firm Tofu



**Honey Soy
Sauce**



**2 Minute
Noodles**

Cooking Equipment:



**Chopping
Board & Knife**



Wok



Microwave

Ingredients:

- 1 Onion
- 1 large Bok Choy
- 1 Carrot
- 6 Button Mushrooms
- 10 florets of Broccoli
- 10 florets of Cauliflower
- 500g Firm or Silken Tofu
- 3 packets of 99% fat free 2 minute Noodles
- Honey Soy Sauce



Method:

1. Chop up vegetables into bite size pieces.
2. Cut tofu into blocks.
3. Put onion and tofu into wok. Once browned, add a small amount of water to prevent sticking and dryness.
4. Microwave carrot, broccoli and cauliflower until soft.
5. Soften noodles by placing in boiling water for 2 minutes (you don't need to use flavouring sachets).
6. Put all vegetables into wok and add half of honey soy sauce.
7. Sieve noodles and add to wok with last half of honey soy sauce. Mix well and serve



- Stir-frying is a quick and healthy cooking method.
- Tofu is high in protein and calcium making it a good meat alternative for vegetarians.
- You could substitute tofu with chicken or any other meat for a different flavour.
- This recipe is a great way to include lots of veggies in one meal.
- You can make this recipe even healthier by using regular noodles instead of 2 minute noodles (which are higher in salt).

Asparagus and Zucchini Stir Fry

Serves: 4

Cooking Time:
10-15 minutes



You Will Need:

Ingredients:



Asparagus



Zucchini



Olive Oil



Chickpeas



Chives

Cooking Equipment:



**Chopping
Board & Knife**



Wok



Stirring Spoon

Ingredients:

- 1 bunch fresh **Asparagus**
- 4 **Zucchini**s
- 1 tbsp **Oil**
- 2 tbsp **Chickpeas or Pine Nuts**
- 2 tbsp fresh **Chives**, chopped
- 3 cups cooked **Rice or Noodles**



Method:

1. Cut asparagus and zucchini into strips.
2. Add oil to wok and heat. Add zucchini, asparagus and chickpeas or nuts.
3. Stir over medium heat until asparagus is tender and chickpeas or nuts are browned.
4. Stir in chives.
5. Serve with rice or noodles.



- Any type of nuts would be suitable for this dish if you find pine nuts a bit expensive
- Do not overcook the vegetables; stir-frying only takes about 5 minutes
- Buy asparagus when it's in season or canned asparagus when it isn't in season
- This recipe does not freeze very well so keep any leftovers in the fridge to be eaten within the next few days

Chicken Stir Fry

Serves: 5-6

Cooking Time:
15-20 minutes



You Will Need:

Ingredients:



Onion



Chicken



Broccoli



Celery Sticks



Garlic



Bean Sprouts



Capsicum



Snow Peas



Carrot



Noodles



Soy Sauce

Cooking Equipment:



Saucepan



Sieve



Frying Pan

Ingredients:

- 1 **Onion**
- A hand full of **Bean Sprouts**
- ½ kg of **Chicken** (breast or thigh fillets)
- 1 **Broccoli** Flower
- 2 sticks of **Celery**
- 1 clove of **Garlic**, crushed
- **Cooking Oil**
- 1 **Capsicum**
- 1 **Carrot**
- A handful of **Snow peas**
- 5 packets of **Noodles**
- 2 tbsp of **Soy Sauce**
- ½ cup of **Chicken Stock** (reduced salt)



Method:

1. Cook noodles as per directions on packet. Drain and set aside.
2. Chop onion, carrot, celery, capsicum and broccoli.
3. Cut chicken into small pieces.
4. Heat a small amount of oil in a frying pan, add chicken and cook until browned.
5. Remove the chicken from the pan and set aside.
6. Add garlic, carrot and onion to pan and fry for approximately 2 minutes. Add the rest of the chopped vegetables and the soy sauce and fry for a few more minutes.
7. Add noodles, chicken and chicken stock to the pan once the vegetables are cooked.
8. Heat everything through and serve.



- Use tender cuts of meat when stir-frying. Other suitable cuts of meat that you could try out are pork fillets, veal steak and beef fillet steak.
- Ingredients for the stir-fry can be prepared a couple of hours ahead, covered and stored in the refrigerator
- Use a wok or a large frying pan for best results.
- Remember the order of adding the vegetables into the frying pan, add the ones that requiring longer time to cook FIRST

Golden Hot Pot

Serves: 4

Cooking Time:

30- 40 minutes

A great way to turn baked beans into a meal.
Guaranteed to be less than \$1 a serve!



You Will Need:

Ingredients:



Onions



Red Capsicum



Tomatoes,
Chopped



Carrot



Baked Beans



Corn Kernels



Celery



Sweet Chilli
Sauce



Parsley

Cooking Equipment:



Saucepan



Chopping
Board & Knife



Stirring Spoon

Ingredients:

- 2 **Onions**, finely chopped
- 1 **Red Capsicum**, chopped
- 440g can of **Corn Kernels**
- 440g can of **chopped Tomatoes**
- 440g can of **Baked Beans**
- 1 large **Carrot**, diced
- 1 stalk of **Celery**, chopped
- 2 tsp of **Sweet Chilli Sauce**
- 2 tbsp of **Chopped Parsley**



Method:

1. Cook onion, carrot and celery in a saucepan until tender.
2. Add corn, baked beans, capsicum, canned tomato and sweet chilli sauce. Combine well and heat through.
3. Add parsley just before serving.



- Serve with noodles, basmati rice or wholegrain bread
- You can use any type of canned beans for this recipe
- Buy canned tomatoes and baked beans when they are on special
- Try adding other vegetables such as zucchini or broccoli

Yummy Veggie Spaghetti

Serves: 4-6

Cooking Time:

35 minutes

A healthy variation of the traditional Spaghetti Bolognese.



You Will Need:

Ingredients:



Spaghetti



Beef Mince



Canned Corn



Chopped



Mushrooms



Onion, chopped



Zucchini



Capsicum



Snow Peas



Carrot

Cooking Equipment:



Saucepan



Frying Pan



Large Bowl

Ingredients:

- 500g packet **Spaghetti**
- 400g **Lean Minced Beef**
- 1 can **Chopped Tomatoes**
- 1 **Onion**, chopped
- 100g **Mushrooms**, sliced
- 150g **Snow Peas**, chopped
- ½ **Zucchini**, grated
- 200g canned **Corn**
- ½ **Capsicum**, chopped
- 1 **Carrot**, sliced



Method:

1. Cook pasta as per packet directions. Drain and set aside.
2. Lightly cook minced beef in frypan and drain away excess fluid.
3. Add onion to mince and cook for 5 minutes.
4. Add vegetables to the mixture and cook for further 5 minutes.
5. Combine tomatoes with mince and vegetables and cook over low heat for 10 minutes.
6. Add sauce mixture to pasta.
7. For added flavour lightly sprinkle with grated light cheese.



- The veggies in this recipe provide added flavour to the traditional spaghetti bolognaise recipe
- This sauce is suitable to freeze
- To reheat pasta, place pasta in a large heatproof bowl, add enough boiling water to cover pasta and stand 1 minute; drain well. Pasta also reheats well in the microwave.
- Use lean mince and use paper towel to blot-dry any excess fat once cooked

Michelle's Falafels

Serves: 4

Cooking Time:
35 minutes



You Will Need:

Ingredients:



Chickpeas



Garlic



Parsley



Onion, chopped



Cumin



Baking Powder



Vegetable Stock Powder



Oil Spray



Black Pepper

Cooking Equipment:



Large Bowl



Food Processor



Frying Pan

Ingredients:

- 1 ½ cups dried **Chickpeas**
- 1 tsp crushed **Garlic**
- ½ cup **Onion**, chopped
- ¼ bunch fresh **Parsley**
- ½ tsp **Cumin**
- 2 tsp **Reduced-Salt Vegetable Stock Powder**
- ½ tsp **Black Pepper**
- 2 tsp **Baking Powder**
- **Cooking Oil Spray**



Method:

1. In a large bowl, cover chickpeas in water and leave to soak for 24 hours.
2. Blend garlic, onion and parsley in food processor for 1 minute.
3. Add drained chickpeas, cumin, stock powder and pepper and process until smooth.
4. Add baking powder and blend for 15 seconds.
5. Refrigerate for ½ hour then roll into 12 patties (3 per person).
6. In a non-stick frypan that has been coated with cooking spray fry, fry patties for about 2 minutes each side or until browned.

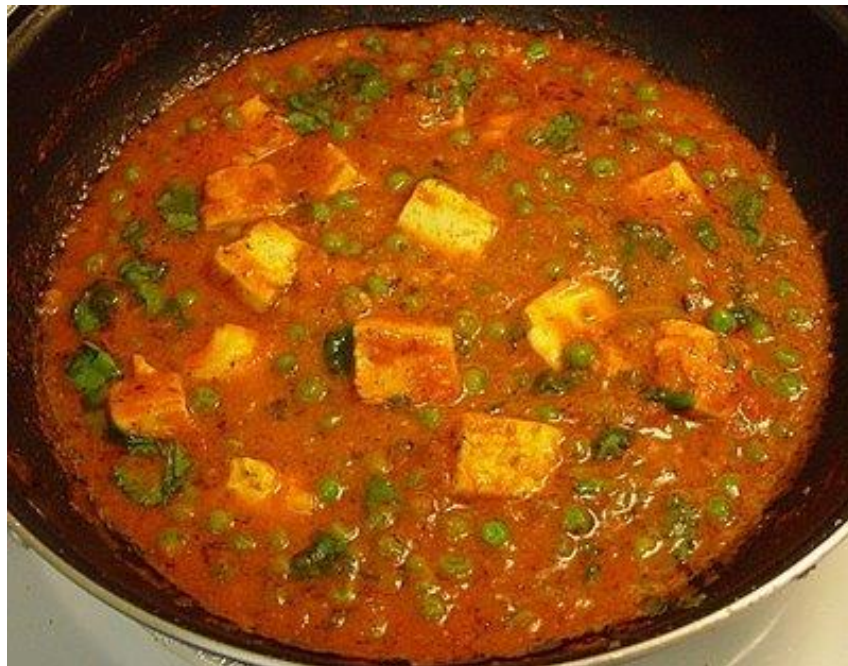


- To make this recipe easier, use ready-to-eat canned chickpeas instead of soaking the dried variety.
- This is a great high fibre, low GI recipe.
- Delicious for lunch or dinner.
- Great recipe to include legumes (chickpeas) into your diet!
- Choose non-stick fry pan and oil spray to lower the amount of fat added into the dish

Irene's Peas Paneer

Serves: 6

Cooking Time:
35 - 40 minutes



You Will Need:

Ingredients:



Frozen Peas



Ricotta Cheese



Onions



Almond Meal



**Low Fat
Yoghurt**



Tomato Puree



**Tandoori
Spice Powder**



Chilli Powder



Olive Oil

Cooking Equipment:



**Chopping Board,
Knife**



Saucepan



Frying Pan

Ingredients:

- 1kg **Frozen Peas**
- 750g **Ricotta Cheese**
- 2 medium **Onions**
- 2 tbsp **Almond Meal**
- 100g **Low Fat Cream / Natural Yoghurt**
- 3 tbsp **Tomato Puree**
- 2 tbsp **Tandoori Spice Powder**
- 2 tbsp **Chilli Powder**
- **Oil and Water** for cooking



Method:

1. Cut ricotta into 1cm cubes: place on a greased tray and cook in grill (OR shallow fry on medium heat until slightly golden on the outside)
2. Keep aside on paper towel to soak up any excess oil
3. Chop onions fine and sauté in a medium sized saucepan until light brown in colour
4. Add peas, Tandoori powder, chilli powder and almond meal and fry for about 5 minutes.
5. Add tomato puree and a small amount of water to moisten mixture and cook for 5 mins.
6. Add ricotta cheese and cream / yoghurt, cook for another 10-15 minutes on slow heat.



- Serve hot with rice or bread.
- Use less chilli powder to make this recipe less spicy
- You can buy fresh ricotta cheese in the deli which is often cheaper than the ones in the dairy section
- Almond meal can be found in the health food section in most supermarkets
- Tandoori, chilli and curry powders can be bought quite cheaply from Indian or Asian grocery shops

Roast Lemon Chicken with Pea Pilaf

Serves: 4

Cooking Time:
40 minutes



You Will Need:

Ingredients:



Lemon



Chicken Stock Cube



Plain Flour



Chicken Drumsticks



Frozen Peas



Long Grain Rice



Olive Oil

Cooking Equipment:



Zester



Water Jug



Baking Dish



Frying Pan

Ingredients:

- 1 large **Lemon**
- 1 **Chicken Stock Cube**, crumbled
- 500ml (2 cups) **Boiling Water**
- 1 tbsp **Plain Flour**
- 8 **Chicken Drumsticks**
- 2 tbsp **Olive Oil**
- 1 **Onion**, finely chopped
- 2 **Garlic** cloves, crushed
- 200g (1 cup) **Long-Grain Rice**
- 1 tsp **Dried Oregano**
- 150g (1 cup) **Frozen Peas**



Method:

1. Preheat oven to 200°C.
2. Use a zester to remove the rind from the lemon. Juice the lemon.
3. Place the stock cube and boiling water in a jug and stir until the stock cube dissolves.
4. Place flour in a bowl and season with pepper. Add the chicken and toss to coat.
5. Heat oil in a pan. Add chicken, cook until browned. Remove and set aside.
6. Add onion and garlic to a pot and cook, stirring, for 3 minutes or until soft.
7. Add the rice and oregano, and cook, stirring constantly, for 1 minute.
8. Add the lemon juice and chicken stock. Increase heat to high and bring to the boil.
9. Add rice mix and chicken to a casserole dish. Cover and bake in oven for 30 minutes or until the rice is tender and the chicken is cooked through.
10. Stir in the lemon zest and peas. Cover and set aside for 5 minutes or until the peas are cooked through.



- Remove the skin from the chicken drumsticks or try using skinless chicken thigh fillets
- Try to use Basmati rice which is less processed and lower G.I. than white rice. This means it keeps you feeling full for longer!
- This recipe is great to serve with salad vegetables. Try serving with the “Green Garden Salad” recipe!



Hungarian Goulash

Serves: 8

Cooking Time:
2 hours

You Will Need:

Ingredients:



Plain Flour



Paprika



Onion



Garlic



Button Mushrooms



Beef Steak



Condensed Tomato Soup



Parsley Leaves



Sour Cream

Cooking Equipment:



Oven



Shallow Bowl



Frying Pan

Ingredients:

- ½ cup **Plain Flour** (preferably Wholemeal)
- 1kg **Beef Steak**, trimmed, cut into 3cm pieces
- 2 tbsp **Olive Oil**
- 1 large **Brown Onion**, halved, thinly sliced
- 2 **Garlic** cloves, crushed
- 100g **Button Mushrooms**, sliced
- 1 tbsp **Paprika**
- **Cooked Pasta** and **Reduced Fat Sour Cream** to serve
- 425g can **Tomato Soup**



Method:

1. Preheat oven to 160°C.
2. Place flour in a shallow bowl and lightly coat steak.
3. Heat 1 tablespoon oil in a frying pan over medium-high heat. Cook steak in small batches, adding more oil as required, for 2-3 minutes or until browned. Transfer to a 2L ovenproof casserole dish.
4. Add 2 teaspoons oil, onion, and garlic to pan. Cook, stirring, over medium heat for 3-4 minutes or until soft.
5. Add paprika, soup and ½ cup water. Bring to the boil.
6. Pour over steak. Cover dish and bake for 1 ½ hours.
7. Remove casserole from oven. Stir in mushrooms. Cover and bake for a further 30 minutes or until steak is tender. Season with salt & pepper.
8. Place pasta in shallow serving bowls. Spoon over casserole. Serve with sour cream



- Hungarian goulash is neither a soup nor a stew, it's somewhere in between. Authentic goulash is a beef dish cooked with onions, Hungarian paprika powder, tomatoes and some green pepper.
- The cooking time is related to the cuts of meat used. For example-chuck steak needs long and slow cooking. Choose lean meat otherwise trim off extra fat to reduce the saturated fats!
- This recipe is suitable to freeze



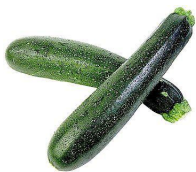
Ratatouille

Serves: 4

Cooking Time:
60 minutes

You Will Need:

Ingredients:



Green Zucchini



Red Onions



Eggplant



Red Capsicum



Bay Leaves



Whole Peeled Tomatoes



Red Wine Vinegar



Red Chilli



Green Capsicum

Cooking Equipment:



Saucepan



Frying Pan



Stirring Spoon

Ingredients:

- ½ cup (125ml) **Olive Oil**
- 2 medium **Green Zucchini**, in 2cm cubes
- 2 medium **Yellow Zucchini**, in 2cm cubes
- 2 **Bay Leaves**
- 1 large **Eggplant**, cubed 2cm
- 1 medium **Red Capsicum**
- 1 medium **Green Capsicum**
- 2 medium **Red Onions**
- 1 fresh small **Red Chilli**
- ½ tsp **Coriander Seeds**
- 1 small bunch **Fresh Basil**
- 1 tbsp **Red Wine Vinegar**
- 800g can **Crushed Tomatoes**
- 4 cloves **Garlic**, chopped finely



Method:

1. Heat 3 tablespoons of oil in a large pan and cook zucchini, eggplant and capsicum, stirring, until browned. Remove from pan.
2. Heat remaining 2 tablespoons of oil in saucepan; cook onion and garlic, stirring, until onion is soft. Add crushed tomatoes and bring to the boil.
4. Reduce heat, simmer, uncovered, until thickened.
5. Add vegetables along with chilli, seeds, bay leaves and basil. Simmer, covered, about 40 minutes or until vegetables are tender and mixture thickens. Stir in vinegar and remove bay leaves.



- Ratatouille is a traditional French provincial stewed vegetable dish.
- It is usually served as a side dish, but also may be served as a meal on its own, usually accompanied by rice or bread. Try it with wholegrain bread rolls!
- This recipe uses a wide range of vegetables and therefore it is rich in many nutrients & vitamins!

Chicken Quesadillas with Tomato & Avocado

Serves: Makes 4 quesadillas

Cooking Time:
30 minutes



You Will Need:

Ingredients:



Chicken Breast Fillet



Olive Oil



Roma Tomatoes



Cheddar Cheese



Avocado



Flour Tortillas



Oil Spray

Cooking Equipment:



Frying Pan



Chopping Board, Knife



Baking Tray

Ingredients:

- 1 (about 200g) skinned **Chicken Breast Fillet**
- 1 tbsp **Olive Oil**
- 8 small **Roma Tomatoes**, cut into small cubes
- 4 tbsp coarsely-grated **Low Fat Cheddar**
- **Vegetable Oil Spray**, to grease
- 4 round (20cm diameter) **Flour Tortillas**
- ½ **Avocado**, cut into small slices



Method:

1. Preheat oven to 120°C.
2. Heat oil in a large non-stick frying pan over medium-high heat. Add the chicken breast and cook for 4 minutes on each side or until brown and cooked through.
3. Transfer chicken to a plate and set aside for 15 minutes to cool. Shred the chicken into thin strips and place in a large bowl. Add the tomato and cheddar to the chicken mixture and stir until well-combined.
4. Spray pan with oil and set on medium heat. Place one tortilla flat on pan and spoon ¼ chicken mixture to cover half tortilla. Fold tortilla to form a semi-circle with mixture in middle and cook for 2 minutes or until golden underneath. Turn and cook for a further 1-2 minutes or until golden and heated through.
5. Transfer to a baking tray. Cover with foil and place in preheated oven to keep warm. Repeat with the remaining tortillas and chicken mixture, reheating and greasing pan between batches. Cut tortillas in half again and serve with sliced avocado.



- Avocados are one of the few fruits that have monounsaturated (good) fats and antioxidants.
- Use tender and lean cuts of chicken. chicken breast is a good option as it contains least fats, skinless chicken thigh fillets are suitable as well



Chow Mein

Serves: 4

Cooking Time:
15 minutes

A tasty Chow Mein using rice vermicelli noodles.

You Will Need:

Ingredients:



Beef Mince



Curry Powder



Garlic, chopped



Onions



Frozen Peas



Cabbage



Spring Onions



Vermicelli Noodles



Oyster Sauce

Cooking Equipment:



Wok



Large Bowl



Chopping Board, Knife

Ingredients:



- 400g **Lean Beef Mince**
- 1 tbsp **Olive Oil**
- 1 tbsp **Curry Powder**
- 2 **Onions**, finely sliced
- 2 cloves of **Garlic**, finely chopped
- 30g Fresh **Ginger**, finely chopped or grated
- 1 cup **Frozen Peas or Mixed Vegetables**
- ½ **Cabbage**, shredded finely
- 4 **Spring Onions**, sliced
- 2 tbsp **Oyster Sauce**
- 100g **Vermicelli** (thin rice noodles)
- 3 tbsp **Soy Sauce**

Method:

1. Heat oil in a large non-stick fry pan or wok on a high heat.
2. Add mince and cook for 3-5 minutes or until well browned.
3. Add curry powder and stir in well. Add onion, garlic, ginger and stir in well.
4. Add cabbage, 1 cup of hot water and continue stirring.
5. Stir in soy sauce and oyster sauce.
6. Add peas and spring onion.
7. Add vermicelli noodles to a bowl of boiled water and stir for approximately 2 minutes or until the noodles are separated and soft.
8. Add vermicelli to pan and stir.



- Remember to add the firmest vegetables first, and the more tender ones a few minutes later
- This is a colourful, tempting and healthy stir-fry dish and it's very easy to make!
- Frozen vegetables are convenient and they are just as nutritious as the fresh ones!



Rice and bean Burrrrito

Serves:

Makes 8 burritos

Cooking Time:

30 minutes

A little Mexican delight to spice up your life!

You Will Need:

Ingredients:



Cooked Rice



Onion



Grated Cheese



Kidney Beans



Tortillas

Cooking Equipment:



Oven



Peeler



Baking Dish

Ingredients:

- 2 cups **Cooked Rice**
- 1 small chopped **Onion**
- 400g can **Kidney Beans**
- 8 flour **Tortillas**
- ½ cup **Salsa**
- ½ cup grated **Low Fat Cheese**



Method:

1. Preheat the oven to 200°C
2. Peel the onion, and chop it into small pieces.
3. Drain the liquid from the kidney beans.
4. Mix the rice, chopped onion, and beans in a bowl.
5. Put each tortilla on a flat surface.
6. Put ½ cup of the rice and bean mix in the middle of each tortilla.
7. Fold the sides of the tortilla to hold the rice and beans.
8. Put each filled tortilla (burrito) in the baking pan.
9. Bake for 15 minutes.
10. While the burritos are baking, grate ½ cup cheese.
11. Pour the salsa over the baked burritos. Add cheese.

- Tasty tip: for added fun, make up your own salsa by pan frying half a green capsicum (diced into 1cm pieces) and half a diced onion then mixing in a can of diced tomatoes.
 - You can try to use canned mixed beans, it doesn't have to be red kidney beans, stock them up when they are on special.
 - It's also a good idea to add some vegetables such as mushrooms, capsicums, tomatoes.
 - Red kidney beans are high in fibre and protein.



Easy Fried Rice

Serves: 4

Cooking Time:

30 minutes

**An oldie but a goodie!
Great for getting rid of last
nights left over vegetables.**



You Will Need:

Ingredients:



Basmati



Frozen Peas



Onion, chopped



Eggs



Leg Ham



Capsicum



Corn



**Soy
Sauce**



Oyster Sauce



Bean shoots



Cabbage

Cooking Equipment:



Large Saucepan



Microwave



Frying Pan

Ingredients:

- 1 cup **Basmati Rice**
- 2 **Eggs**, beaten
- 75g **Lean Leg Ham**, diced
- 1 **Onion**, diced
- 1 cup frozen **Peas**
- 1 can **Corn Kernels**, drained
- 1 **Red Capsicum**, seeded and diced
- 2 cups **Chinese Cabbage**, finely shredded
- 2 **Spring Onions**, diced
- 1 cup **Bean Shoots**
- 3 tbsp **Soy Sauce**
- 1 tbsp **Oyster Sauce**



Method:

1. Cook rice as per packet directions, drain and cool.
2. Heat a little oil in a non-stick pan and pour in eggs to make a thin omelette than cook over a gentle heat until set.
3. Transfer omelette to a plate, slice thinly and set aside.
4. Add a small amount of oil to the same pan and cook ham and onion until golden.
5. Add capsicum, cabbage, peas and corn and toss well for several minutes.
6. Add remaining ingredients except omelette.
7. Stir until sauce has mixed through.
8. Fold in sliced omelette and serve hot.



- It's better to use rice cooked the night before because it contains less water and therefore won't become too soggy
- Add as many vegetables as you like! Vegetables are high in vitamins, minerals and fibre!

Macaroni Beef

Serves: 4

Cooking Time:
50 minutes



You Will Need:

Ingredients:



Beef Mince



Oil Spray



Frozen Peas



Zucchini



Macaroni



**Chicken Stock
Powder**



Tomato Paste



Tomato Soup



Carrot

Cooking Equipment:



Saucepan



Baking Dish



Oven

Ingredients:



- 400g **Lean Beef Mince**
- **Olive Oil Spray**
- $\frac{3}{4}$ cup **Carrot** and **Zucchini**, grated
- 1 small **Onion**, finely diced
- $\frac{1}{2}$ cup **Frozen Peas**
- 1 can (420g) **Tomato Soup**
- 2 tsp **Stock Powder**
- 2 tbsp **Tomato Paste**
- 2 cups cooked **Macaroni**
- 1 tbsp **Light Margarine**
- 3 tbsp **Plain Flour**
- 1 cup of **Skim Milk**
- $\frac{3}{4}$ cup **Tasty Cheese**

Method:

1. Cook mince in a large non-stick saucepan that has been coated with cooking oil spray.
2. Add carrots, zucchini, onion, peas and soup. Cook for 2 minutes, stirring continuously.
3. Add stock powder and tomato paste and cook a further 5 minutes, stirring frequently.
4. Fold in cooked macaroni and mix well together.
5. Pour mixture into a baking dish.
6. Pour topping over the top and sprinkle with grated cheese.
7. Bake for 25-30 minutes or until the top is golden brown.

Topping:

1. Melt margarine in a saucepan. Add flour, cook for 1 minute.
2. Slowly add milk, using a whisk to avoid lumps. Stir continuously until boiling. Set aside to cool



- This recipe is a healthier version of the usual Macaroni Beef recipe as it has a lot more vegetables
- Try to use salt reduced products to minimize the amount of sodium in your diet!

Bacon and Vegetable Slice

Serves: 6

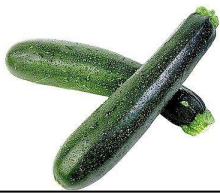
Cooking Time:

60 minutes



You Will Need:

Ingredients:



Green Zucchini



Corn Kernels



Bacon



**Self Raising
Flour**



Eggs



Olive Oil



Red Capsicum



Grated Cheese



**Green
Capsicum**



Red Onions

Cooking Equipment:



Oven



Baking Dish



**Chopping
Board & Knife**

Ingredients:

- 2 medium **Green Zucchini**, grated
- 2 medium **Yellow Zucchini**, grated
- 1 medium **Red Capsicum**, chopped fine
- 1 medium **Green Capsicum**, chopped fine
- 2 medium **Red Onions**, chopped fine
- 420g canned **Corn Kernels**, drained
- 3 rashers of **Bacon**, cut into thin 3cm strips
- 1 cup of **Self Raising Flour**
- 7 **Eggs**, beaten
- 1 cup grated **Low Fat Tasty Cheese**
- ¼ cup **Olive Oil**



Method:

1. Preheat oven 200°C.
2. Mix all ingredients together and place in an oven dish / tray.
3. Bake in oven for 50 minutes.



- This recipe goes really well when served with a salad.
- Trim fat off the bacon, or simply buy middle bacon which does not have the fat layer.
- This recipe has many vegetables which add lots of vitamins & minerals into your diet!
- Buy generic brand corn kernels as they are normally cheaper than some of the branded varieties.



Sprout & Noodle Omelette

Serves: 2

Cooking Time:
20-30 minutes

You Will Need:

Ingredients:



2 Minute Noodles



Olive Oil



Bean Sprouts



Salt & Pepper



Eggs

Cooking Equipment:



Frying Pan



Saucepan



Measuring Jug

Ingredients:

- 1 x 85g packet **2 Minute Noodles**
- 1 cup **Boiling Water**
- 4 **Eggs** beaten
- ½ cup **Bean Sprouts**
- 1 tbsp **Oil**
- Pepper to taste



Method:

1. In a saucepan, boil water and add noodles. Cook through. Drain well.
2. Mix eggs, sprouts and noodles together.
3. Heat oil in the fry pan.
4. This mixture will make 4 omelettes – divide into 4 and cook until brown on both sides.



- To make an omelette for 1 divide the mixture by 4
- Easy, alternative snack or side dish and the kids love them!
- Choose the 99% fat free 2 minute noodles
- Try to add some other vegetables such as shredded spinach leaves or tomatoes

Easy Pizza

Serves: Makes
2 large pizzas

Cooking Time:
20 minutes

A perfect introduction to
Community Kitchens -
familiar and easy to prepare.



You Will Need:

Ingredients:



Pocket Pita



Tomato Paste



Onion



Diced Pineapple



Leg Ham



Mushrooms



Capsicum



Grated Cheese



Oregano

Cooking Equipment:



Pizza Pan



Stirring Spoon



Chopping Board & Knife

Ingredients:

- 2 large **Wholemeal Pocket Pita Breads** or

Lebanese Flat Bread

- 2 tbsp of **Tomato Paste**
- ½ **Onion**, diced
- ½ **Capsicum**, sliced
- 2 slices **Lean Leg Ham** (chopped)
- 8 **Mushrooms**, sliced
- 1 small can of diced **Pineapple**
- 1 cup of grated **Reduced Fat Tasty Cheese**
- 1 tsp **Oregano**



Method:

1. Spread the pocket bread with tomato paste.
2. Place onion, capsicum, mushrooms, ham and pineapple on top.
3. Sprinkle cheese and oregano over the top.
4. Heat under the grill or in a hot oven for 5-10 minutes, or 2 minutes on high in a microwave oven.



- It is always healthier to make your own pizza, using better quality ingredients such as lean leg ham, low fat cheese, and having the choice of using wholemeal bread
- Because this is homemade, you can add as much vegetables as you like
- You can make this a vegetarian version by not adding the ham
- This can be a great snack or a simple dinner



Scrumptious Burgers

Serves: Makes 8 burgers

Cooking Time: 40 minutes

An inexpensive recipe, surprisingly popular with blokes and teenagers!

You Will Need:

Ingredients:



Lentils



Carrot



Egg



Onion, Chopped



Breadcrumbs



Peanut Butter



Tomato Sauce



Olive Oil

Cooking Equipment:



Frying Pan



Large Bowl



Grater

Ingredients:

- 375 gram can of **Lentils**, drained
- 1 medium **Carrot**, grated
- 1 **Onion**, finely chopped
- 1 **Egg**, beaten
- 1 cup of **Breadcrumbs**
- ½ cup of plain **Wholemeal Flour**
- 2 tbsp of **Peanut Butter**
- 1 tbsp of **Sweet Chilli/ Tomato Sauce**
- **Oil** for frying



Method:

1. Mix all the ingredients (except the oil) in a large bowl.
2. With floured hands form into burgers.
3. Refrigerate burgers for 30 minutes (optional).
4. Heat a little oil in pan and cook burgers for about 3 minutes on each side, using more oil for the next batch.



- These burgers are really tasty and the lentils are an inexpensive alternative to minced meat. They are lower in fat and more nutritious than regular burgers
- Choose light and reduced salt peanut butter
- Lentils are high in nutritional value, are a very good source of cholesterol-lowering fibre. Not only do they help lower cholesterol, they also have the benefit to prevent blood sugar levels from rising rapidly after a meal.

Coconut Beef Curry with Couscous

Serves: 4

Cooking Time:
20 minutes

A tried and tested recipe -
popular with many
Community Kitchens
participants



You Will Need:

Ingredients:



Lean Beef



Olive Oil



Broccoli



Onion



Red Capsicum



Couscous



Garlic



Curry Powder



Baby Corn

Cooking Equipment:



Frying Pan



Stirring Spoon



Garlic Crusher

Ingredients:

- 350g of **Lean Beef**, cut into small strips
- 1 tsp **Oil**
- 1 **Onion**, sliced
- 1 clover **Garlic**, crushed
- ½ **Red Capsicum**, cut into strips
- 100g **Broccoli**, chopped
- 1 can of **Baby Corn**
- 2 tsp **Curry Powder**
- 200ml of **Light Evaporated Milk**
- 1 tbsp of **Coconut Essence**
- 1½ cups **Couscous**
- 2½ cups **Boiling Water**



Method:

1. Place couscous in a bowl, pour over boiling water, cover and set aside.
2. Place oil, onion, garlic, beef and curry in a frying pan/wok. Cook for 2 minutes or until onion has softened. Stir to prevent sticking.
3. Add the evaporated skim milk and capsicum strips to the frying pan/wok then reduce the heat and cook uncovered for 5 minutes.
4. Add the remaining vegetables and coconut essence. Cook while continuously stirring for 10 minutes over medium heat.
5. Using a fork, fluff up couscous to separate grains. Place a small amount on serving plates and top with Coconut Beef Curry.



- Combining light evaporated milk with coconut essence is a fantastic low fat substitute for coconut milk or cream which are both high in saturated fat
- This recipe is also a good way of using leftover vegetables
- Couscous is available from the rice, grain and pasta section of your supermarket
- Couscous is a wheat product and is very popular in the Middle East. It can be used as an alternative to rice.



Cheesy Bolognese Pasta Bake

Serves: 12

Cooking Time: 80
minutes

You Will Need:

Ingredients:



Olive Oil



Low Fat Milk



Garlic



Tomato Paste



Beef Mince



Carrot



Capsicum



Macaroni Pasta



Diced Tomato



Dried Oregano

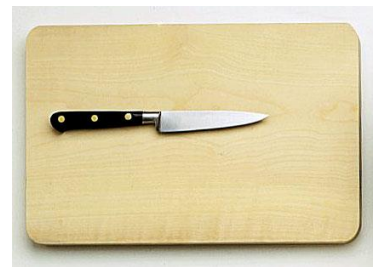


Onion



Dried Basil

Cooking Equipment:



**Chopping
Board &
Knife**



Saucepan



Large Baking Dish

Ingredients:

- 6 tbsp **Olive Oil**
- 2 large **Brown Onions**, diced
- 4 **Garlic** cloves
- ½ cup **Tomato Paste**
- 1kg lean **Beef Mince**
- 5 **Carrots**, grated
- 2 **Capsicums**, diced
- 3x400g **Diced Tomato**
- 1 tsp **Dried Basil**
- 1 tsp **Dried Oregano**
- 750g **Macaroni Pasta**
- 100g **Margarine**
- ¾ cup **Flour**
- 3 cups **Skim Milk**
- 1 cup reduced fat **Cheese**



Method:

Bolognese Sauce

1. Heat oil in saucepan on medium heat, add onion and garlic. Add paste and cook for 1 minute. Add mince and cook, stirring, until brown.
2. Stir in diced tomato, herbs, salt and pepper. Add carrots and capsicums.
3. Reduce to medium-low heat and simmer, uncovered for 30 minutes.

Cheese Sauce

1. Melt margarine in saucepan. Add flour, mix and cook for 1 minute.
2. Remove from heat and stir in skim milk. Return to heat and cook, stirring until smooth.
3. Remove from heat, let cool and add ½ cup grated cheese.

Pasta Bake

1. Preheat oven to 200°C. Grease baking dish if necessary.
2. Cook pasta following package directions. Combine pasta with Bolognese sauce.
3. Spoon Bolognese pasta mixture into baking dish. Spoon cheese sauce over mixture.
4. Cover with remaining cheese and bake for about 30 minutes.



- This recipe uses different herbs & spices without adding any salt during cooking
- This recipe goes really well with a simple salad
- You can make this a vegetarian version by not adding the beef mince

Easy Shepherd's Pie

Serves: 6

Cooking Time:

80 minutes

This one is easy to do and the whole family will love it.



You Will Need:

Ingredients:



Minced Beef



Chopped Onion



Olive Oil



Minced Garlic



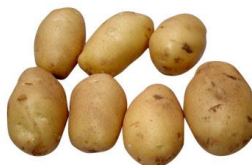
Baked Beans



Tomato Paste



Beef Stock



Potatoes



Frozen Vegetables

Cooking Equipment:



Frying Pan



Baking Dish



Stirring Spoon

Ingredients:

- 500g **Minced Lean Beef**
- 1 **Onion**, peeled and finely chopped
- 1 tbsp **Olive Oil**
- 1 tsp **Minced Garlic**
- 420g can **Baked Beans in tomato sauce**
- ¼ cup **Tomato Paste**
- ½ cup liquid **Beef Stock**
- 3 cups **Frozen Vegetables**
- 750g (about 6) **Potatoes**, boiled and mashed
- ½ cup grated **Low Fat Cheddar Cheese**



Method:

1. Heat oil in a large pan. Add mince and onion and cook, stirring, until brown. Stir in garlic, baked beans, tomato paste and beef stock. Cover and simmer for 10 minutes.
2. Add frozen vegetables and stir well.
3. Transfer mixture to a baking dish. Top with mashed potato and cheese.
4. Bake at 180°C for 30 minutes or until golden.



- Frozen vegetables are convenient and just as nutritious as the fresh ones!
- Ask your butcher for the best and leanest mince.
- Try to use the reduced salt baked beans to lower the sodium content of the meal
- Serve this recipe with a light salad!

Rice Paper Rolls

Serves: 30 rolls

Cooking Time:

90 minutes

An excellent hands-on recipe, perfect for teenagers!



You Will Need:

Ingredients:



Snow Peas



Chicken Fillets



Carrot



Red Capsicum



Spring Onion



Cabbage



Bean shoots



Rice Paper



Vermicelli Noodles



Fish Sauce

Cooking Equipment:



Chopping Board & Knife



Saucepan



Frying Pan

Ingredients:

- 100g **Snow Peas**, finely sliced
- 1 **Chicken Fillet**, finely chopped
- 2 **Carrots**, peeled and grated
- 8 **Spring Onions**
- ¼ **Green Cabbage**, shredded
- 1 **Red Capsicum**, finely sliced
- 30 sheets **Rice Paper**
- 30 leaves **Coriander** (optional)
- 1 packet **Vermicelli Noodles**
- 100g **Bean Shoots**
- 2 tbsp of **Fish Sauce**
- Juice of 2 **Lemons**
- 2 tbsp **Sweet Chilli Sauce**
- 1 clove **Garlic**, finely chopped



Method:

1. Marinate finely shredded cabbage in a bowl and with ½ lemon juice and fish sauce.
2. Cook noodles according to packet directions and drain thoroughly.
3. Lightly brown chicken in a pan with 1 teaspoon sweet chilli sauce.
4. Soak rice paper sheets in lukewarm water for about 2 minutes and place on board.
5. Place small amount of noodles, vegetables & coriander leaf on edge of the paper.
6. Roll up the rice paper and tuck in the edges.
7. Combine the lemon juice, sweet chilli sauce, garlic and fish sauce in a bowl and serve with rice paper rolls.



- You can prepare these rolls a few hours ahead and chill them in the fridge and serve them later. Note: they are not suitable to freeze
- You can find the rice paper roll sheets in an Asian grocery store
- To make a vegetarian version - simply replace the chicken with mushroom and put more of your favourite vegetables in!



Savoury Chicken Muffins

Serves: Makes 12 muffins

Cooking Time: 40 minutes

You Will Need:

Ingredients:



Parmesan Cheese



Cooked Chicken



Margarine



Red Capsicum



Low Fat Milk



Oil Spray



Eggs



Self Raising Flour



Chives



Onion

Cooking Equipment:



Muffin Tray



Frying Pan



Sieve

Ingredients:

- 100g **Cooked Chicken**, shredded
- 2 tsp chopped **Chives**
- 125g **Margarine**, melted
- 100g **Parmesan Cheese**
- 1 small **Onion**, diced
- ½ small **Red Capsicum**, diced
- 2 **Eggs**
- **Salt** and **Pepper** for seasoning
- 1 cup **Low Fat Milk**
- 2½ cups **Self Raising Flour**
- **Cooking Oil Spray**



Method:

1. Preheat oven to 200°C.
2. Fry onion and capsicum until onion is soft. Add chicken, mix and set aside.
3. Sift flour into a bowl, add ¾ parmesan and season well with salt and pepper.
4. Whisk eggs, milk and chives until combined.
5. Make a well in the flour and add the milk mixture and margarine and combine.
6. Fold in onion and chicken mix.
7. Spoon mixture into greased muffin tray, top with extra parmesan and bake for 20 – 25min.



- You can serve these muffins warm or cold.
- You can use leftover chicken or buy a cooked roast chicken from the deli for convenience
- These muffins are great lunchbox fillers!
- You can add other vegetables to the mix such as tinned corn and mashed pumpkin

Frittata Muffins

Serves: Makes 12

Cooking Time:
40 minutes

An affordable, easy snack
for anytime of the day



You Will Need:

Ingredients:



Eggs



Multigrain Bread



Low Fat Milk



Olive Oil



Grated Cheese



Plain Flour



Corn



Chopped
Vegetables



Mixed Herbs



Potato

Cooking Equipment:



Muffin Tray



Large Bowl



Peeler

Ingredients:



- 4 **Eggs**
- 12 slices of **Wholemeal or Multigrain Bread**
- **Olive Oil**
- ½ cup **Low Fat Milk**
- 1 cup grated **Low Fat Cheese**
- 1 cup **Plain Flour** (Wholemeal)
- 2 medium **Potatoes**, boiled
- 1 can of **Corn Kernels**,
- 1 tsp **Mixed Herbs**
- 1 cup chopped **Vegetables** (e.g. Zucchini, Carrot)

Method:

1. Preheat oven to approximately 200°C.
2. Boil the potato until cooked through but still firm and peel when cooled. Cut potato into small slices. Keep to the side.
3. Grease the muffin tray, then spread each piece of bread with margarine or oil and push each slice buttered-side-down firmly into each muffin space on the tray. Put the tray into the oven & lightly brown the bases. Remove from the oven.
4. In the mixing bowl add: flour, then eggs, milk, cheese, corn, chopped vegetables & mixed herbs. Mix together.
5. Add potato to the bottom of the bread bases. Spoon some of the mix onto the potato and sprinkle each muffin with a small amount of cheese.
6. Place muffin tray into the oven and cook for about 15 minutes. Cool before serving.



- These muffins can be frozen and then defrosted in the microwave
- Choose low fat dairy products i.e. low fat milk, low fat cheese
- This is a tasty way to increase the variety of vegetables in your diet



Desserts





Fruit Crumble

Serves: 8

Cooking Time:
30 minutes

You Will Need:

Ingredients:



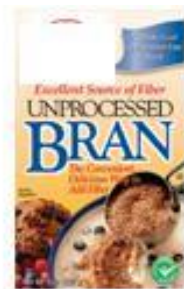
Lemon Rind



Tinned Fruit



Plain Flour



Unprocessed Bran



Sugar



Margarine



Cinnamon

Cooking Equipment:



Large Bowl



Baking Dish



Oven

Ingredients:

- 2 x 425g **Tinned Fruit** (e.g. apples, apricots, peaches, pears)
- Juice and grated rind of ½ **Lemon**
- 1 cup of **Rolled Oats**
- ½ cup of **Plain Flour**
- 4 tbsp of **Unprocessed Bran**
- 2 tbsp of **Sugar**
- 3 tbsp of **Low Fat Margarine**
- 2 tsp of **Cinnamon**



Method:

1. Preheat oven to 200°C.
2. Layer fruit, juice and rind into a baking dish.
3. In a large bowl, mix together flour, oats, bran, sugar and cinnamon.
4. Rub margarine with fingers into dry ingredients until mixture is crumbly.
5. Sprinkle mixture on top of fruit.
6. Bake for 20 minutes until browned.



- This healthy dessert is even better when served with low fat custard or ice cream!
- Choose tinned fruit in natural juice not in syrup.
- Unprocessed bran is high in fibre, which is good to maintain a healthy bowel.
- Choose low fat margarine which has less saturated fat.

Rhubarb and Strawberry Muffins

Serves: Makes 12 muffins

Cooking Time:
45 minutes



A tantalising combination of sweet and sour flavours makes for a delicious dessert.

You Will Need:

Ingredients:



Self Raising
Flour



Brown Sugar



Eggs



Rhubarb



Strawberries



Strawberry Jam



Low Fat



Vanilla Essence

Cooking Equipment:



Muffin Tin



Oven



Pastry Brush

Ingredients:

- 2 cups **Wholemeal Self Raising Flour**
- 1/3 cup **Brown Sugar**
- 250g **Strawberries**, hulled and roughly chopped
- 200g **Rhubarb**, trimmed and roughly chopped
- 1 tsp **Vanilla Essence**
- 2 **Eggs**
- 1 cup **Plain Low Fat Yoghurt**
- 1/3 cup **Olive Oil**
- 2 tbsp **Strawberry Jam**



Method:

1. Preheat oven to 200°C. Lightly grease a 12-cup muffin tin.
2. In a bowl, mix flour, brown sugar, strawberries and rhubarb.
3. In a separate bowl, lightly whisk vanilla essence, eggs, yoghurt and oil.
4. Pour wet ingredients into flour mixture and stir lightly until just combined.
5. Spoon batter into prepared muffin tin. Bake for 20 minutes, and then remove from oven.
6. Brush with a little jam to glaze tops. Return to oven for a further 5 minutes.
7. Remove from oven; turn out on a wire rack to cool. Can be served warm or at room temperature.



- These muffins Taste great served with low fat ice-cream or yoghurt.
- This is a great healthy snack or dessert for kids.
- Try this recipe when strawberries are in season!



Apple Scrolls

Serves: 10

Cooking Time:
60 minutes

**A fun recipe to prepare
and a healthy snack.**

You Will Need:

Ingredients:



Self Raising Flour



Sugar



Margarine



Low Fat Milk



Apples



Mixed Spice



Sultanas

Cooking Equipment:



Oven



Brush



Peeler



Baking Tray

Ingredients:

- 1½ cups of **Wholemeal Self-Raising Flour**
- 3 tbsp of **Margarine**
- ¼ cup of **Sugar**
- 1 cup of **Low Fat Milk**
- 2 large **Apples**, diced
- 1 cup of **Sultanas**
- 2 tsp of **Mixed Spice**
- 2 extra tsp of **Sugar**



Method:

1. Preheat oven to 200°C.
2. Sift flour into a large bowl. Add sugar and rub margarine into the dry mixture until it looks like breadcrumbs.
3. Add milk gradually and mix into a soft dough.
4. Roll dough into a flat square about 30cm by 30cm (put some extra flour under the dough so it doesn't stick)
5. Peel and core apples. Chop into 1cm cubes.
6. Mix apples in a bowl with sultanas and mixed spice.
7. Sprinkle dough evenly with apple and sultana mixture.
8. Roll up lengthwise into a log. Seal the join with a little milk. Brush the roll with extra milk.
9. Cut into 10 circles and lay onto a greased baking tray. Bake in oven for 25-30 minutes.
10. Brush with remaining milk and sprinkle with extra sugar and bake for a further 5 mins.



- These can be served hot with custard as a special dessert or served at room temperature as a great lunchbox snack.
- For a variation, add chopped nuts or orange zest instead of sultanas or sprinkle with chopped almonds.
- This is a great recipe for when apples are in season!

Carrot and Pumpkin Cake

Serves: 12

Cooking Time:
50 minutes

A moist loaf with a touch of ginger.



You Will Need:

Ingredients:



Plain Flour



Egg



Sultanas



Mixed Spice



Brown Sugar



Vegetable Oil



Carrot



Pumpkin

Cooking Equipment:



Large Bowl



Cake Tin



Oven

Ingredients:

- ¼ cup **Wholemeal Flour**
- 1 cup **Plain Flour**
- 1 tsp **Bicarbonate Soda**
- 1 tsp **Mixed Spice**
- 2 tsp **Grated Fresh Ginger**
- 3 tbsp **Oil**
- 3 tbsp **Brown Sugar**
- 1 **Egg**
- 1 **Grated Carrot**
- 1 cup **Cooked Mashed Pumpkin**
- ½ cup **Sultanas**



Method:

1. Set oven at 180°C. Spray cake tin with oil and line with baking paper.
2. Sift both types of flour, bicarbonate soda and mixed spice into a bowl.
3. In a separate bowl, mix ginger, oil, brown sugar, egg, carrot, pumpkin and sultanas.
4. Fold flour mixture into wet ingredients.
5. Place into cake pan and bake for 30 - 35min. To test if cooked: cake will shrink slightly from sides of pan and a fine skewer inserted in cake comes out clean and dry.
6. Cool in cake pan then turn onto a cake cooler. Top with Cream Cheese Icing (optional).

Cream Cheese Icing:

1. Beat 60g cream cheese and 30g soft margarine until light and fluffy.
2. Gradually beat in 1 cup icing sugar.



- This recipe is great for packed lunches and kids will love it!
- You can add a couple of drops of vanilla essence to the icing mix to give it a different flavour.
- You could easily turn this vegetable cake into a fruity cake by using apple and mashed banana instead of the carrot and pumpkin!

Fruity Pikelets

Serves: 4 - 6

Cooking Time:
15 minutes



You Will Need:

Ingredients:



**Self Raising
Flour**



Plain Flour



Crushed



Caster Sugar



Low Fat Milk



Egg



Bananas



Vegetable Oil



Sultanas

Cooking Equipment:



Frying Pan



Sieve



Large Bowl

Ingredients:

- 1½ cups **Wholemeal Self Raising Flour**, sifted
- ½ can **Crushed Pineapple** (in natural juice)
- 2 tbsp **Caster Sugar**
- 2 cups **Reduced Fat Milk**
- 1 cup **Wholemeal Plain Flour**
- 1 **Ripe Banana**, mashed
- 2 **Eggs**
- ½ cup **Sultanas**
- 1 tbsp **Vegetable Oil**



Method:

1. In a large bowl eat eggs, sugar and oil with a fork.
2. Add milk and stir gently.
3. Add flours and stir.
4. Mix in banana, sultanas and pineapple
5. Heat a frying pan with a little of the oil.
6. Drop tablespoons of the mixture into the pan.
7. Turn pikelets over when bubbles appear on the surface.
8. Cook until golden brown and serve hot or cold.



- These pikelets taste good on their own or they can be served with jam, yoghurt, honey or low fat ice-cream.
- You can try adding other fruits such as dried apricots or grated apple to this recipe.
- Using wholemeal flour and fruits in this recipe is a great way of adding fibre to your diet



Fruit and Nut Muesli bars

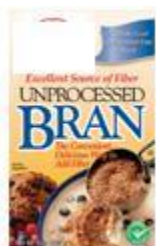
Serves: about 20 bars

Cooking Time: 30 minutes

Quick, easy and really nice

You Will Need:

Ingredients:



Unprocessed Bran



Rolled oats



Almonds



Eggs



Sultanas



Dried Apricots



Brazil Nuts



Maple Syrup



Margarine

Cooking Equipment:



Large Bowl



Baking tray



Chopping Board,
Knife

Ingredients:



- 1½ cup rolled oats
- ½ cup unprocessed bran
- ½ cup sultanas
- 1/3 cup dried apricots (finely chopped)
- 1/3 cup natural almonds (finely chopped)
- ¼ cup brazil nuts (finely chopped)
- 2 eggs lightly whisked
- 2 tbsp margarine
- ¼ cup pure maple syrup
- ½ cup sunflower seed kernels (optional)

Method:

1. Preheat oven to 180C. Line the base of a baking pan with baking paper.
2. Combine rolled oats, oat bran, sultanas, apricots, almonds, brazil nuts and sunflower seeds in a large bowl.
3. Mix the maple syrup and margarine in a small saucepan over medium heat until simmering. Reduce the heat and simmer for 1 minute.
4. Add syrup and margarine mix along with eggs to the dry ingredients and stir to combine evenly
5. Spoon the mixture onto the pan and press with the back of a spoon to smooth the surface.
6. Bake for 35 minutes or until set and golden on top
7. Cool completely in the pan. Cut into bars.



- You can use any type of dried fruits (eg. chopped dates, raisins, etc) as a variation of this recipe.
- Making your own muesli bars is cheaper than buying packet ones from the supermarket and also much more fun!
- This is a great recipe to get kids involved and makes a fantastic healthy lunchbox treat.

Magical Fruit Salad

Serves: 4

Cooking Time:
15 minutes



You Will Need:

Ingredients:



Grapes



Bananas



Low Fat Milk



Canned



Instant Pudding

Cooking Equipment:



Salad Bowl



Fridge



Stirring Spoon

Ingredients:

- 1 can **Peaches in natural juice**
- 2 **Bananas**
- 2 handfuls of **Grapes**
- 1 3/4 cups **Low Fat** or **Skim Milk**
- 1 packet **Instant Pudding Vanilla**



Method:

1. Drain juice from canned peaches, cut into small cubes (roughly 1cm).
2. Peel bananas and chop into small cubes (roughly 1cm) or thin slices.
3. Wash grapes and mix with banana and peach pieces in large salad bowl.
4. Pour milk over fruit and stir through pudding mix.
5. Leave to stand for 5 minutes or until pudding mix thickens.

Serve immediately or refrigerate to serve later.



- This is a yummy low fat dessert idea!
- You can use any of your favourite fruits for this recipe. To make it cheaper, use the fruits that are in season and/or on special.
- Choose canned fruit in natural juice as they have lower sugar content than the ones that are in syrup.
- This is a really easy recipe which makes it perfect for kids to put together.

Fruit Lasagne

Serves: 4

Cooking

Time:

40 minutes



You Will Need:

Ingredients:



Sliced Bananas



Apples



Lemons/Limes



Lasagne Pasta



Strawberries

Cooking Equipment:



Oven



Baking Dish



Ladle



Ingredients:

- 6 **Bananas**, sliced
- 6 **Apples** peeled, cored, and cut in small strips
- 2 punnets of **Strawberries**, sliced
- 9 **Instant Lasagne Pasta** sheets
- **Apricot Sauce** (recipe follows)
- A couple of **Limes / Lemons**

Method:

1. Preheat oven to 200° C
2. Soak Lasagne in hot water to soften.
3. Peel, core, and cut apples into strips.
4. Place layer of Lasagne in the bottom of a baking dish.
5. Put ½ the strips of apple in the dish. Place ½ sliced bananas and about ½ cut strawberries on top of the apples. Place another layer of lasagne pasta on top. Use a ladle and to pour ½ Apricot sauce on top. Repeat for the second layer.
6. Then bake for 20-30 minutes until the pasta looks cooked.

Apricot sauce:

1. Place 1 large can of apricot pieces , 8 tbsp of sugar, 150ml of water, 2 drops of vanilla essence in a pot on medium heat and let it cook until it boils.
2. Once it boils, whisk the mixture into a saucy consistency.



- This recipe is great for including a wide variety of fruits, which are very high in different nutrients such as Vitamin C, Potassium and Fibre
- Try sprinkling some bread crumbs on the top layer of pasta before putting in the oven.
- It's great to have as a nutritious snack or as a dessert

Acknowledgements

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Frankston Men's Kitchen

“S.T.R.E.A.C.K”

P.A.S.T Community kitchen

Frankston Koori Kitchen

Multicultural Community Kitchen

City Life Kitchen

Kitchen Wizards

Mahogany Community Kitchen

Saucy Salvos

S.A.S.I Kitchen

Munch n Crunch Kitchen



**Peninsula
Health**