



The Facts on Fat • Reading Food Labels
Planning Healthy Meals on a Budget •
Recipes • **Healthy Eating on a Budget**
Cooking Methods and Terms • Recipe
Changes - Lower the fat and save money
How to be a Super Shopper • Pantry Basics



Healthy Budget Bites

Healthy Budget Bites



HUNTER NEW ENGLAND
NSW HEALTH

Healthy Budget Bites is an accompaniment to the *Healthy* Budget Bites project, developed by:

**Coalfields Healthy Heartbeat,
a project of Samaritans**

and

Cessnock Community Dietitians

from

Hunter New England Health Service.

Healthy Budget Bites is designed to look at healthy eating options, offering inexpensive recipes, which are easy to prepare.

The recipes follow a simple step-by-step method and can be made for one person or for the whole family.

In addition, *Healthy* Budget Bites offers information intended to assist with everyday healthy eating and low cost living.

Healthy Budget Bites is partly adapted from Cook Smart recipes and Shop Smart Manual.

For more information or to obtain further copies of this guide contact

**Coalfields Healthy Heartbeat on
(02) 4991 1304.**

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Healthy Budget Bites

Healthy Eating on a Budget

The secret to healthy eating is **variety, balance & moderation**. Choose a wide variety of foods each day to get enough nutrients to allow for good health and wellbeing. Spending money on a wide variety of foods from the 5 food groups will ensure you get good value for your dollar and your health.

Aim to spend the largest portion of your food money on the foods that you need to eat the most of, these include:

Breads, cereals, rice, pasta & noodles – aim for at least 3-7 serves. A serve includes: 2 slices of bread, 1⅓ cups of cereal flakes or a cup of cooked rice pasta or noodles. Healthiest choices are wholegrain and wholemeal varieties.

Vegetables & legumes (e.g. red kidney beans, dried beans & lentils) - aim for 5 serves. A serve includes ½ cup cooked vegies or legumes, 1 cup salad or 1 potato. Choose a wide variety of vegies from week to week and buy those in season as they are more nutritious and cheaper.

Fruit - aim for 2 serves. A serve includes 1 medium piece of fruit e.g. banana, apple etc, 1 cup canned fruit, ½ cup juice or 1 ½ Tbs of dried fruit. Fruit in season is tastiest and cheapest. Canned fruit in natural juice is also a cheap option for out of season fruit.

Aim to spend a moderate portion of food money on foods we need in moderate amounts such as:

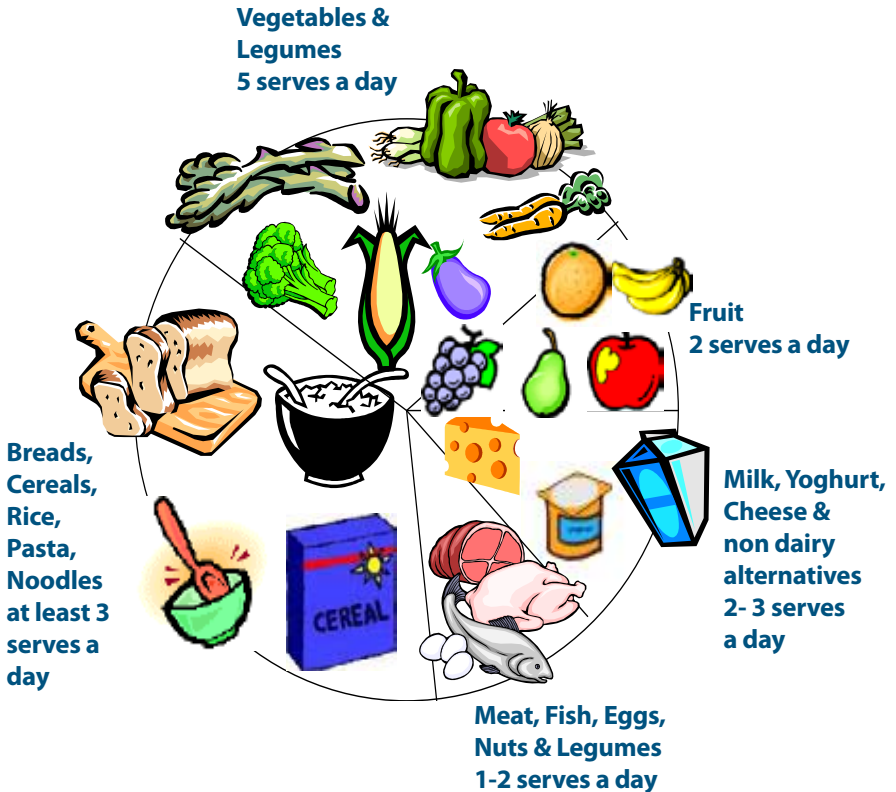
Milk, yoghurt, cheese & alternatives – aim for 2-3 serves. A serve includes 1 cup of milk, 2 slices cheese, tub of yoghurt or similar amounts of soy or non-dairy alternatives. Choose low fat varieties to help with healthy weight and controlling cholesterol levels.



Meat, fish, poultry, eggs, nuts, legumes – aim for 1-2 serves. A serve includes 65-100g cooked meat or chicken, ½ cup mince, 2 slices roast meat, ½ cup cooked legumes, 80-120g fish, 2 small eggs or ½ cup nuts. Choose leaner cuts of meat where possible. Canned fish is a healthy and cheap option. If you are a vegetarian choose serves from the non-meat options.

Aim to spend the least amount of your money on foods that are low in nutritional value and should be eaten only occasionally as treats, such as:

Extra foods - e.g. biscuits, cakes, desserts, pastries takeouts, lollies, chocolates, soft drinks and alcohol. These foods don't fit in the 5 food groups because they lack essential nutrients and can be high in sugar, fat and salt. These foods can be consumed sometimes in small amounts or in moderation.



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The Facts on Fat

There are two types of fat in our diet, the healthy fats (unsaturated) and the unhealthy fats (saturated). All fats are high in kilojoules and contribute to weight gain if too much is eaten. It's best to follow an overall low fat diet but when you do use fats and oils choose the healthy varieties. The list below will help you to cut back on the unhealthy fats and choose small amounts of the healthy fats:

Healthy Fats (unsaturated)

- Plant based margarines & oils e.g. canola, olive, sunflower etc.
- Nuts eg walnuts, cashews etc
- Seeds eg linseed, flaxseed etc
- Avocado
- Peanut butter
- Fatty fish e.g. salmon, mackerel, tuna



Unhealthy Fats (saturated)

- Butter, lard, ghee, copha
- Full fat dairy foods eg cheese, milk, ice-cream
- Fatty meats eg sausages, chops, salami, devon
- Palm & coconut oil
- Pies, sausage rolls, biscuits, cakes, pastry & bakery goods
- Fatty take away foods eg fried chicken, pizza, chips etc
- Chocolate, crisps & many prepackaged convenience foods



Remember, some healthy fats have health benefits such as controlling cholesterol. Unhealthy fats are bad for our health as they can increase cholesterol levels and risk for developing heart disease.

Some ideas to help reduce fat in the diet include:

- Trim the fat from meat before cooking and choose lean cuts of meat.
- Choose low fat dairy foods e.g. low fat milk, yoghurt and cheese.
- Use low fat cooking methods such as stir fry, BBQ, microwave, dry baking.
- Use only small amounts of margarine on toast, spray oil for frying, leave out extra fat in sauces, gravy etc.
- Learn to read food labels for fat and choose foods with a lower fat content.
- Limit or cut down fatty take aways.

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Healthy Budget Bites

Reading Food Labels

The Nutrition Information Panel on food labels gives you important information about the energy (kilojoules), fat, salt and fibre content of foods. This allows you to compare different foods & make healthier choices.

Nutrition Information		
Serving size: 30g Serving per package: 24	per serve (30g)	per 100g
Energy (kj)	447	1490
Protein (g)	3.7	12.4
Total fat (g)	0.4	1.4
-saturated fat (g)	0.1	0.3
Carbohydrate, total (g)	20.1	67
- sugars (g)	1.0	3.3
Dietary fibre (g)	3.3	11.0
Sodium (mg)	87	290

What to look for on the Nutrition Information Panel

When comparing foods use the per 100ml/g column to make sure you are comparing the same quantity of different foods.

Energy

If watching your weight look for foods with the lower kilojoule level.

Fat

Look for the lowest fat content, particularly saturated fat. A low fat product has 3g fat per serve or less. **Products with 10g fat/100g or less are generally acceptable.**

Fibre

Look for the highest fibre content, a high fibre product has at least 3g per serve.

Salt (listed on labels as sodium)

Look for the lower sodium content and products labelled reduced salt or no-added salt. **A low salt product has 120mg/100g.**

Sugar

Look for the lower added sugar.

Ingredients List

Ingredients are listed in order of weight with the main ingredient listed first. Looking at the ingredients can help to identify where the sugar and fat in products is coming from. For example the sugar may be from table sugar (sucrose), fruit, honey, milk sugar (lactose) etc.

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Healthy Budget Bites

Planning Healthy Meals on a Budget

If you don't have a lot of money to spend, it's a good idea to work out what your weekly expenses are. These may include phone, water, gas, electricity etc. When you have worked out the money that you have left for food, there is an easy way to help you spend on food that is healthy and stretches your dollar a long way.

Below is an example of how you can plan your meals & shopping list using the Food Cent\$ 10-Plan (Health Dept. Western Australia, 1997).

Feed a Family of 4 for \$5 - per person/day (or \$140/week)

Step 1 - Divide the money you have to spend on food into 10 equal parts. So if you have \$140/week for food, each part is equal to \$14 (\$140 divided by 10).

Spend around 6 parts or (6x\$14) \$84/week on foods you need the most of.

These include breads, cereals, fruit & vegetables.

Spend around 3 parts or (3x \$14) \$42/week on foods we need moderate amounts of such as meat and meat alternatives (such as peanut butter, eggs, red kidney beans, chickpeas etc) and dairy foods .

Spend around 1 part or less (1x\$14) on extra foods such as biscuits, chips, margarine, oil, tea/coffee, etc.

Step 2 - Plan the meals & snacks you would like before shopping.

Step 3 - Check your cupboard/fridge to see what food you have left and then write a shopping list of foods you will need to prepare your meals & snacks for the week.

SAMPLE MEAL PLAN FOR A WEEK USING RECIPES FROM THIS COOKBOOK

BREAKFASTS	LUNCHES	DINNERS	SNACKS
Keep it simple with high fibre cereal served with low fat milk and toast most days. Toast with egg, peanut spread, creamed corn etc for a change.	During the week choose sandwiches with fillings such as egg, lean meat, a variety of salad fillings and peanut butter etc. Have left overs from the night before, e.g. Fasta Pasta and fishcakes etc.	Mon Beef Curry Tues Fasta Pasta Wed Fish cakes & veg Thurs Vegetable Frittata Fri Super pizza Sat Hamburgers Sun Easy meal e.g. Eggs and toast or baked beans on toast etc.	Choose healthy low cost snacks such as fruit, yoghurt, toast, crispbread, or try a recipe from the cookbook such as apple muffins or weet-bix slice and freeze the left overs for snacks for the next week.

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Food Safety

Food Safety at the Shops.

Hints for safe shopping

- When shopping, place frozen or chilled foods in your trolley last
- Keep hot foods, like cooked chicken away from cold foods in your trolley.
- Keep raw meats, that may leak, away from other foods
- Never buy damaged products or products past use by date.
- At the check out make sure the sales assistant places raw meats in a separate bag and keep chilled foods together.

Transporting food Home

If you are travelling over 30 minutes from the shops, or on hot days, take an esky or insulated bag to store cold foods. As soon as you arrive home place chilled or frozen food in the fridge or freezer.



Food poisoning is caused by bacteria and often occurs when food has not been properly handled, stored or cooked. The most common signs of food poisoning are diarrhoea, stomach cramps and vomiting.

The Golden Rules

- Keep hot food steaming hot.
- Keep cold food refrigerated.
- Cook food properly—read package instructions.
- Keep raw and cooked food separate.
- Wash hands with soap and water and dry well.
- Always wash kitchen Utensils - especially after handling raw meats, in hot soapy water.

Tips for Safe Food Storage

Bacteria grows in food when it is not stored at the correct temperature, leading to food poisoning.

- High risk foods include meat and poultry, dairy foods, seafood, prepared salads (e.g. coleslaw) cooked pasta and rice.
- Place a thermometer in the fridge and in the freezer to check that the temperature in the fridge is below 5°C and the freezer is below - 15°C.
- Store raw and cooked foods separately to prevent cross contamination. Store raw meat, fish and poultry near the bottom of the fridge in leak proof containers to prevent juices dripping onto other food.
- Cool hot food quickly. Once the steam stops rising from the dish, place immediately into the fridge or freezer in a shallow container, covered.
- Don't over pack your fridge, particularly in hot weather, as cool air cannot circulate properly.
- Don't store food in a can once it has been opened, transfer unused portion into covered container and store in the fridge.
- Always check use-by dates.
- Always store food in the refrigerator with a cover or lid.

Freezing and Defrosting Food

- Put leftovers in an airtight container and freeze for a quick easy meal. Leftovers and other foods left in the freezer for longer than recommended will usually be safe but the quality may decline.
- Avoid re-freezing defrosted food.
- Always defrost food in the refrigerator as allowing food to come to room temperature encourages bacteria to grow.
- Double wrap bread products so they don't dry out.

Tips for Storing Meat

Hint: Freezing extends the use-by date.

Divide meat into meal size portions to prevent wastage when defrosting. Use freezer bags to store meat, ensure excess air is expelled from the bag to prevent freezer burn. Write the name of the meat and the date you stored it for easy identification.

Safety tips for Cooking and Preparing Food

- Always wash and dry hands well before handling and preparing food and between touching raw and cooked foods.
- After cooking, wash chopping boards, utensils and knives, as well as work surfaces in hot soapy water, rinse and dry.
- Use different utensils and chopping boards when preparing raw food (e.g meat and poultry) and cooked food or food to be eaten raw (eg. salads and fruit). If you don't have different equipment make sure they are washed well in hot soapy water between preparation of different food types.
- Never place cooked food on a plate that has contained raw meat or meat juices. Bacteria from the raw meat may come in contact with the food, leading to food poisoning. This often happens when meat goes to the BBQ to be cooked and comes back to be eaten, on the same plate.
- Always keep chilled foods in the refrigerator during food preparation.
- Bacteria love moist environments such as tea towels and dishcloths.
 1. Use separate ones when cleaning preparation surfaces such as chopping boards that have been used for raw meats.
 2. Change or disinfect sponges or dishcloths regularly and spread out to dry after use.
 3. Never use the same dishcloths you use for cleaning floors on food preparation surfaces. Have paper towel or separate cloth to clean up spills.
- Make sure mince, sausages, hamburger patties, rolled or stuffed roasts, and chicken are cooked right through. This can be tested by poking with a fork and the juice from the meat should be clear not pink.
- When reheating food ensure it is steaming hot all the way through (above 75 °C), especially when using the microwave. Steaming hot ensures bacteria are being killed.
- Microwaves heat food unevenly, leaving cold spots. Therefore rotate and stir food when cooking and especially when reheating leftovers.



Need more info:

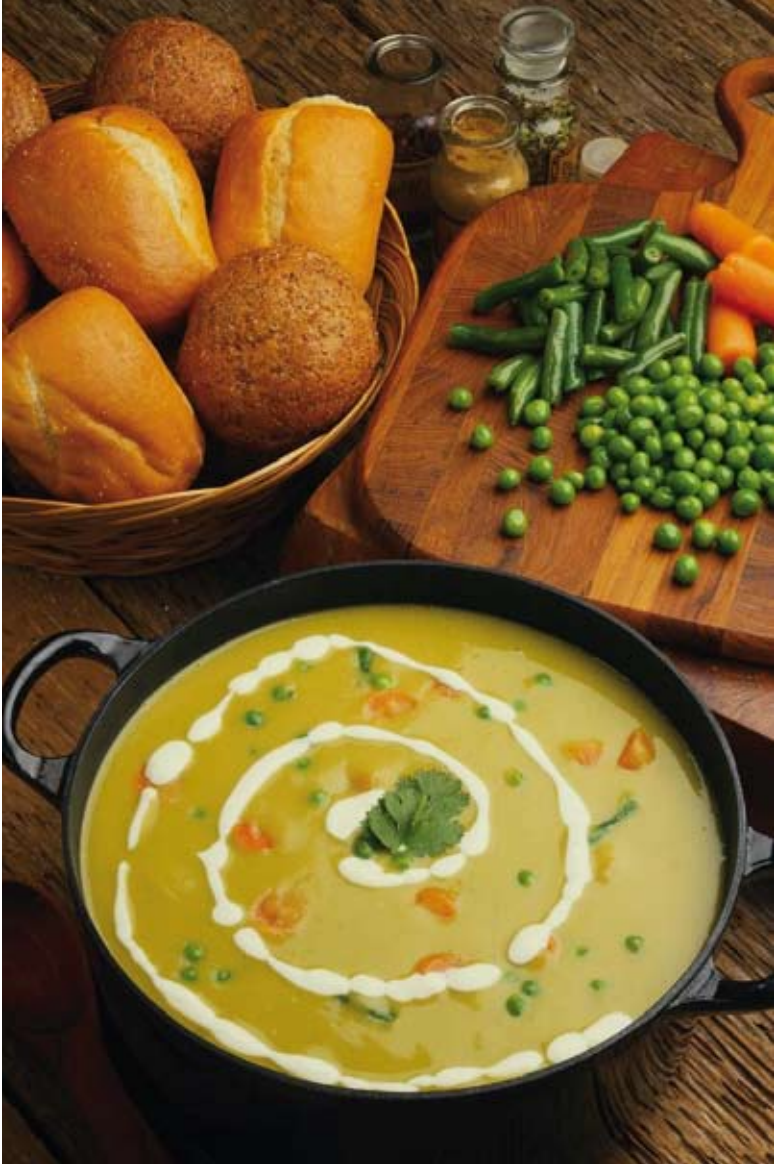
info@foodsafety.asn.au

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Healthy Budget Bites

Soups



soups

Pumpkin Soup

Serves 4

½ medium pumpkin, chopped

2 large potatoes, chopped

1 onion, diced

4 chicken stock cubes

Pepper to taste

Water to cover

3 tablespoons low fat sour
cream or natural yoghurt
(optional)

1. Lightly spray large saucepan with cooking spray, add onion. Cook until soft.
2. Add potato and pumpkin, stir.
3. Add water (approx. 4 cups) with stock cubes.
4. Bring to the boil reduce to simmer and cook until pumpkin and potato are soft.
5. Blend soup with a hand blender until smooth.

Nutrition information per serve

Energy :..... 634kj

Total fat: 1g

Saturated fat :..... 0.6g

Dietary fibre:4g

**TIP: Use a hand masher if you don't
have a blender.**

soups

Chicken & Leek Soup

Serves 4

2 litres chicken stock
(see packet for directions for
making stock)

4-5 chicken thigh fillets diced
(skin & visible fat removed)

2 leeks, trimmed, sliced into
small pieces

2 tablespoons uncooked rice

2 tablespoons chopped

Parsley

Pepper to taste

1. Spray large saucepan with cooking spray, cook leeks until soft, then add chicken. Saute until chicken is cooked through.
2. Add stock, rice and pepper, bring to the boil. Reduce heat and simmer for 30 minutes. Stir occasionally to stop rice sticking to the pot.
4. Just before serving, sprinkle parsley on top.

** For a tasty alternative, add a medium can of creamed corn to make chicken & corn soup.*

Nutrition information per serve

Energy :..... 1098kj

Total fat: 12g

Saturated fat :..... 4g

Dietary fibre: 1.5g

TIP: If you don't have leek use one medium onion.

TIP: Add extra veggies and rice to make the dish go further .

SOUPS

Minestrone Soup

Serves 4

1 cup caned lima or kidney beans, drained

1 litre beef/chicken stock
(see packet for how to make stock)

1 stick celery chopped roughly

1 cup fresh or frozen peas

1 large onion, chopped into small pieces

425g tin tomatoes

1 cup cauliflower, chopped roughly

1 cup uncooked macaroni

1 clove garlic, crushed

½ teaspoon mixed herbs

1 carrot chopped roughly

1 tablespoon tomato paste

Nutrition information per serve

Energy :..... 1023kj

Total fat: 1.6g

Saturated fat :..... 0.3g

Dietary fibre: 10g

1. Spray large saucepan with cooking spray. Saute onion, add garlic and remaining vegetables and herbs.
2. Cover with beef stock, bring to the boil, reduce heat and simmer for 20 minutes.
3. Add pasta and kidney beans, cook for a further 15 minutes.

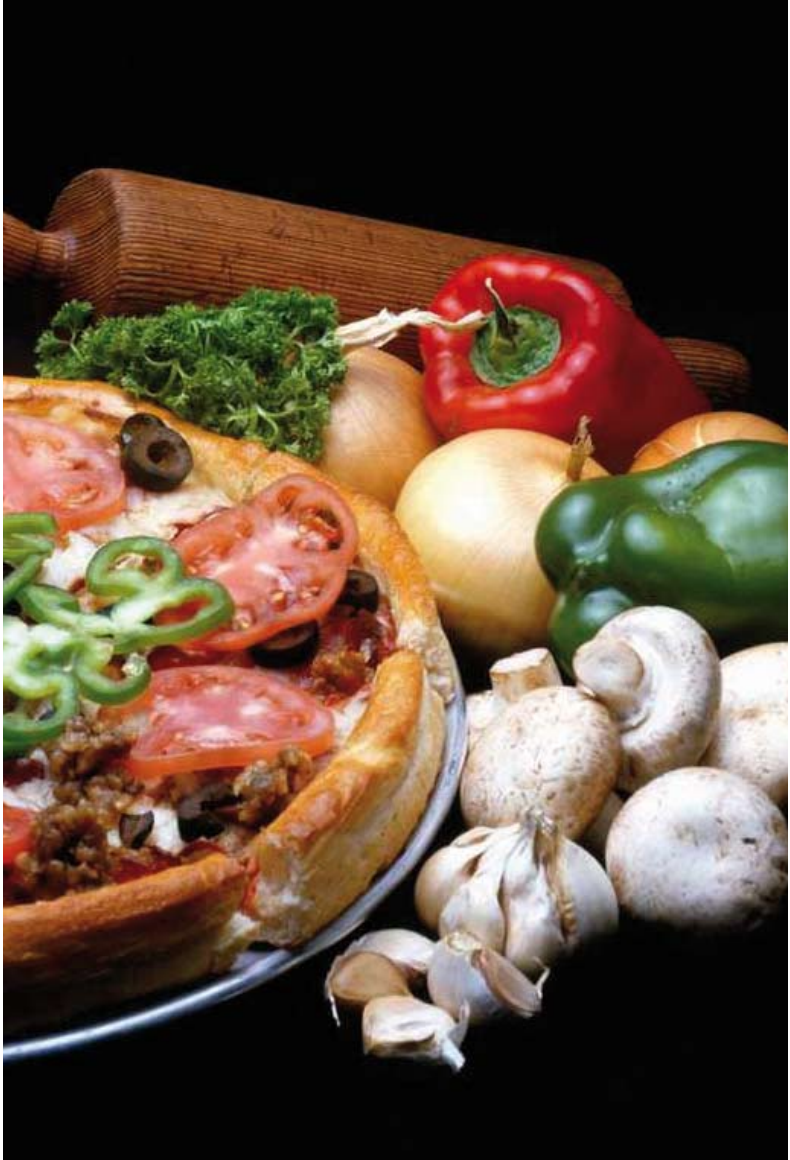
TIP: If fresh vegetables not available try using frozen vegetable mix.

TIP: Stock cubes are cheaper than pre-prepared stock.

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Healthy Budget Bites

Light Meals



light meals

Vegetarian Nachos

Serves 4

1 large onion chopped finely

1 capsicum chopped finely

½ cup corn kernels

¼ teaspoon chilli powder*

½ cup grated low fat cheese

440 gram tin of tomatoes or jar of tomato salsa

2 carrots chopped finely or grated

2 zucchinis chopped finely or grated

440 gram tin of red kidney beans

1 packet of lavish bread

1. Lightly spray pan with cooking oil & fry onion and chilli powder.
2. Add carrots, capsicum and zucchini and lightly cook, then add tin of tomatoes.
3. Simmer mixture until vegetables are cooked 5-10mins.
4. Stir beans and corn through mixture allowing a couple of minutes for beans and corn to heat through.
5. Place lavish bread on an oven tray and bake in a moderate oven (180° C) for about 10 minutes to dry out. Break into pieces to scoop mixture up.
6. Place lavish chips in a lightly greased oven dish. Top with mixture and sprinkle with cheese. Place in oven for 5-10mins, until cheese has melted.

* Chilli powder is found in the spice section of supermarket.

Nutrition information per serve

Energy :..... 1728kj

Total fat:4g

Saturated fat :..... 1g

Dietary fibre: 17g

TIP: Green capsicum is usually cheaper than red or yellow.

light meals

Zucchini Slice

Serves 4

2 medium zucchini, washed and grated

1 medium onion, diced finely

½ cup low fat grated cheese

1 cup self-raising flour

2 slices lean ham, chopped into small pieces

6 eggs

1. Beat eggs with beater (or with fork).
2. Add eggs, onion, ham, cheese and flour to grated zucchini.
3. Mix well.
4. Pour into a 4 cup greased baking dish.
5. Bake in a moderate oven (180° C) for 20 minutes or until set.
6. Test with a skewer, which should come out clean.

Nutrition information per serve

Energy :..... 1237kj

Total fat: 11g

Saturated fat :..... 3.5g

Dietary fibre: 2.5g

TIP: Serve hot or cold with salad or extra vegies. Great for lunchboxes.

light meals

Savoury Corn Slice

Serves 4

3 rashers of lean bacon diced finely

4 eggs, beaten

½ cup of low fat grated cheese

½ cup of wholemeal S/R Flour

1 medium tin corn kernels (salt reduced)

1 onion chopped finely

½ cup grated carrot

½ cup grated zucchini

½ cup finely chopped celery

½ cup finely chopped capsicum

Pepper to taste if desired

Nutrition information per serve

Energy :..... 1178kj

Total fat: 11g

Saturated fat :..... 4g

Dietary fibre: 4.5g

1. Beat eggs, add flour and mix well.
2. Mix in all other ingredients.
3. Pour into pie plate or slice tin, that has been lightly sprayed with cooking oil spray.
4. Bake in moderate oven (180° C) for 45-50 minutes or until cooked.

You can serve this hot or cold and store in the refrigerator.

TIP: Add whatever vegies you may have to make a total of 3 cups of vegetables for this recipe.

TIP: Mixed frozen vegetables could be used to save time with preparation when in a hurry.

light meals

Tasty Vegetable Frittata

Serves 4

1 onion, chopped finely
 2 zucchinis, grated
 1 capsicum, chopped finely
 6 eggs
 ½ cup skim milk
 ½ cup grated low fat cheese
 1 teaspoon of chopped fresh
 parsley (if available)
 or ½ teaspoon dried parsley

1. Spray large fry pan with cooking oil spray, cook onion, zucchinis and capsicum until golden and soft.
2. Beat eggs, milk and pepper in a bowl.
3. Pour egg mixture over vegetables in pan.
4. Sprinkle with parsley and cheese.
5. Cover pan with lid and simmer until firm.

If you would like to brown the top, place pan under grill being sure not to melt handle of pan. (This can be prevented by wrapping the handle in foil).

Nutrition information per serve

Energy :..... 775kj
 Total fat: 10g
 Saturated fat :..... 3.5g
 Dietary fibre: 1g

TIP: Use left over vegies or any vegies in season.

light meals

Spicy Potato Wedges

Serves 4

1 kg of Potatoes

5 teaspoons of reduced salt taco seasoning *

Cooking Spray oil

1. Preheat oven to 230° C.
2. Wash potatoes well, leave skin on.
3. Cut each potato into wedges.
4. Place in microwave safe dish and partially cook them with a little water for 10-12 mins.
5. Drain potatoes well and allow to cool slightly.
6. Place wedges in a plastic freezer bag and add seasoning, shake mixture until wedges are well coated.
7. Coat tray with cooking oil spray, spread wedges over the tray and spray lightly with cooking oil.
8. Bake in oven for 15- 20 minutes or until golden brown.
9. Serve with sweet chilli sauce or sauce of your choice for dipping.

Nutrition information per serve

Energy :..... 816kj
 Total fat:2g
 Saturated fat :..... 0g
 Dietary fibre:6g

** Taco seasoning mix is found near the Taco Kits (usually in the pasta aisle) in the supermarket. Look for home brand for a cheaper alternative.*

light meals

Super Pizza

Serves 1

English muffin, split or
1 Lebanese bread

1 tablespoon tomato paste

¼ cup low fat mozzarella
cheese, grated

For toppings, try combinations of:

½ onion, chopped

Chopped capsicum pieces

3 mushrooms, sliced

1 slice ham, chopped

Pineapple pieces

1 tomato

Chopped tuna

Cooked mince meat or
cooked chicken pieces

Tinned corn kernels

Left-over vegetables

1. Lightly toast English muffins.
(leave Lebanese bread un-toasted)
2. Spread tomato paste evenly over
muffins or Lebanese bread.
3. Add any combination of the suggested
toppings.
4. Finish by topping pizza with grated low
fat mozzarella cheese or tasty cheese.
5. Cook under grill or in the oven until the
cheese melts.

Nutrition information per serve

Energy :..... 1360kj

Total fat:8g

Saturated fat :..... 4g

Dietary fibre:6g

**TIP: Homemade pizza is a quick &
healthy alternative to bought pizza.**

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Healthy Budget Bites

Main Meals



main meals

Hamburgers

Serves 4

250g lean beef mince

1 egg

1 carrot, grated

1 zucchini, grated

1 onion, finely sliced

4 slices of low fat cheese

4 hamburger buns

Salad vegetables

–lettuce, tomato, beetroot

BBQ or tomato sauce

1. Mix grated carrot & zucchini, mince, egg and sauce in a mixing bowl.
2. Mould mixture into patties.
3. Spray large frypan with cooking oil spray. Add onion slices. Cook until softened and remove from pan.
4. Return frypan to heat and add the mince patties. Brown each side for 3-4 minutes. Meanwhile lightly toast buns. Place onion rings, salad and patties on bun. Add sauce of your choice and serve with potato wedges or salad.

Nutrition information per serve

Energy :..... 1596kj

Total fat: 15g

Saturated fat :..... 7g

Dietary fibre: 3g

TIP: 'Cheaper' mince usually has a higher fat content. This fat melts away during cooking leaving you with less beef than you paid for

main meals

Shepherd's Pie

Serves 4

500g potatoes

½ cup low fat grated cheese

2 tablespoons milk

400g tin red kidney beans,
drained

1 large onion diced roughly

1 red capsicum, diced

300g lean beef mince

3 tablespoons plain flour

1 vegetable stock cube

1 teaspoon dried mixed herbs

2 tablespoons chopped parsley
(optional)

1 teaspoon soy sauce

1 cup water

2 tablespoons tomato paste

- 1 Preheat oven to 180°C.
2. Peel potatoes and boil (or microwave 8-10 minutes) until soft.
3. Mash potatoes with milk, and ½ the cheese.
4. Spray large saucepan with cooking oil spray & lightly fry onion & capsicum, then add flour. Stir until flour has browned. Add remaining ingredients (except potato) & bring to boil.
5. Spread the bean/mince mixture into a lightly buttered pan, cover with mashed potato & cheese.
6. Cook in oven for 20-30 minutes.
7. Sprinkle with parsley.

OPTION: Sweet potato or pumpkin is a tasty alternative to potato. Add extra vegies such as grated carrot & zucchini to make extra serves.

Nutrition information per serve

Energy :..... 1773kj

Total fat:9g

Saturated fat :.....4g

Dietary fibre: 11g

main meals

Chicken Surprise

Serves 4

1 kg chicken pieces (or
500g thigh fillets)

1 small tin of chickpeas*

1 onion, finely chopped

1 teaspoon turmeric *

1 cup water

400g tin of tomatoes

Juice of 1 lemon

Black pepper to taste

2 cloves garlic, crushed

1 tablespoon plain flour

1. Spray large saucepan with cooking oil spray, fry onion until soft, add turmeric and mix well.
2. Add chicken pieces and cook lightly – turning occasionally until pieces are dark yellow.
3. Add water, chick peas, tomatoes, lemon juice and garlic.
4. Season with pepper if desired.
5. Bring to the boil and simmer gently, covered, for 1 hour or until the chicken is very tender, chickpeas soft & the liquid has reduced.
6. Add flour to thicken if required. (Mix flour with small amount of water to make a paste, then stir through chicken).
7. Sprinkle with parsley.

** turmeric: yellow spice available at supermarkets*

** chickpeas are a type of legume, found in the canned vegetable section of the supermarket.*

Nutrition information per serve

Energy :..... 2215kj

Total fat: 21g

Saturated fat :..... 6g

Dietary fibre: 5g

TIP: Boneless chicken pieces are good value for money, look in the bulk buy section & freeze for later use.

Chilli Chicken Stir-Fry

Serves 4

500g skinless chicken

2 tablespoons soy sauce

2 tablespoons sweet chilli sauce*

1 onion, diced roughly

2 tablespoons honey

1 green capsicum, cut into strips

1 clove garlic, crushed

2 medium carrots, sliced

1 large zucchini, sliced

6 mushrooms, sliced

2 cups of uncooked rice or pasta

1. Cook rice or pasta (see pg 29 for instructions).
2. Cut chicken into small strips (across the grain).
3. Spray a small amount of oil in a large frypan or wok. Fry onions and garlic until browned.
4. Add chicken & cook until golden. Remove meat from pan.
5. Add vegies, chilli sauce, soy sauce and honey.
6. Return meat to pan. Mix through.
7. Serve with cooked rice or pasta

** If you don't like chilli leave this out & increase soy sauce to 4 Tbs.*

Nutrition information per serve

Energy :..... 1272kj

Total fat: 1g

Saturated fat :..... 0g

Dietary fibre: 5g

TIP: Use less meat & extra vegies to reduce cost of the dish.

main meals

Tuna Mornay

Serves 4

¾ cup rice

1 large tomato, chopped roughly

1 onion, finely chopped

½ cup low fat grated cheese

½ cup fresh breadcrumbs
(3-4 slices of finely crumbled bread, wholemeal is healthy)

450g tin tuna in springwater or brine, drained

410g tin asparagus or chicken soup

1. Put rice onto cook; cook according to packet instructions.
2. Preheat oven to 180° C.
3. Mix together tuna, soup, tomato, onion, and cooked rice.
4. Place mixture into a greased oven-proof dish and sprinkle with cheese & breadcrumbs.
5. Place in oven and cook for 30 minutes.

Nutrition information per serve

Energy :..... 1229kj
 Total fat:6g
 Saturated fat :.....2g
 Dietary fibre: 1.5g

TIP: If you don't like tuna, substitute with a tin of Salmon or a cup of cooked chicken or mixed vegetables.

main meals

Fish Cakes

Serves 4

5 medium potatoes

400g tin salmon or tuna in
spring water

2 eggs, beaten

pepper to taste

1 onion, chopped finely

1 cup breadcrumbs

1. Peel potatoes, boil until soft then drain and mash them.
2. Drain tinned fish and mash with a fork (include the bones as they are a good source of calcium)
3. Mix potato, fish, onion, egg and pepper together.
4. Roll about 2 tablespoons of the mixture in breadcrumbs. Flatten fish cake slightly.
5. Spray frypan with cooking oil and cook fishcakes for 5 minutes on each side.
6. Serve with salad or oven wedges.

Nutrition information per serve

Energy :..... 1478kj

Total fat: 10g

Saturated fat :.....3g

Dietary fibre:4g

**TIP: Make your own bread crumbs
with leftover stale bread.**

main meals

Beef Curry

Serves 4

1 tablespoon margarine or oil

1 teaspoon curry powder

1 tablespoon flour

1 apple, peeled and chopped into small pieces

1 cup water

1-2 tablespoons chutney

½ cup sultanas

1-2 cups of uncooked rice

1 onion, peeled and finely chopped

500g blade or chuck steak, cut into cubes
(use low fat sausages if steak not available)

1. Spray pan with cooking oil spray, add onion and curry powder and cook for 2-3 minutes.
2. Add the beef cubes and turn constantly until brown.
3. Stir in the flour, cook for 1-2 minutes.
4. Add the apple, water and chutney. Cover and simmer for at least 60 minutes to tenderise beef.
5. Meanwhile cook rice according to directions on the packet.
6. Add sultanas to beef mix and simmer for 5 minutes. Serve with the cooked rice.

Nutrition information per serve

Energy :..... 2065kj

Total fat: 14g

Saturated fat :.....4g

Dietary fibre:3g

TIP: If you don't have chutney, add an extra half a chopped apple.

Curried Vegetables

Serves 4

- 1 onion, diced finely
- 1 teaspoon curry powder
- 5 cups chopped vegetables (fresh, frozen or tinned)
- 1 packet of Dutch Curry and rice soup mix*
- 1 can Chickpeas (optional)
- 1 ½ cups rice uncooked
- 2 cups water

1. Cook rice according to packet directions.
2. While rice is cooking, cut vegetables into chunks, potato is best in large chunks.
3. Spray pan with cooking oil spray, add onions and curry powder, cook until soft, add vegies.
4. Stir in soup mix and water.
5. Bring curry to the boil, reduce heat and simmer for 5 minutes (covered) or until vegetables are tender.

Tip: If liquid is not thick enough, add extra soup mix (you need to mix it with a little bit of water before adding to the curry).

6. Serve with cooked rice.

* Found near the tined and packet soups in the supermarket

Nutrition information per serve

Energy :..... 1663kj
 Total fat: 1g
 Saturated fat :.....0g
 Dietary fibre:8g

TIP: Vegies in season are cheaper.

main meals

Savoury Rice

Serves 4

1 ½ cups uncooked rice

1 onion, chopped finely

½ cup of frozen peas

1 green or red capsicum,
chopped finely

1 capsicum, chopped finely

100g mushrooms, chopped
finely

1 tablespoon oyster sauce *

1 tablespoon soy sauce

1 tablespoon sweet chilli
sauce

1 cup cooked, diced, skinless
chicken

1. Cook rice according to packet instructions.
2. Spray a large pan with cooking oil spray, add onion, capsicum, peas and mushrooms, then stirfry until soft.
3. Add cooked rice and sauces. Mix through.
4. Add cooked chicken and stir until heated through.

** If you don't have oyster sauce use double the amount of soy sauce.*

Nutrition information per serve

Energy :..... 1587kj

Total fat:4g

Saturated fat :..... 1g

Dietary fibre:3g

TIP: Use any vegies in season or frozen vegies for a cheaper alternative.

Quick & Easy Salmon Bake

Serves 4

420g tin Mushroom soup

½ cup water

210g tin salmon in brine or spring water, drained

1 large onion, chopped finely

1 capsicum, chopped finely

100g mushrooms, chopped roughly

1 small tin corn kernels

1 zucchini, chopped or use broccoli or peas

½ cup breadcrumbs

½ cup low fat, grated cheese

1. Mix all ingredients together, except the breadcrumbs and cheese.
2. Place in baking dish and top with breadcrumbs and cheese.
3. Bake in moderate oven for 30-40 minutes.
4. Serve with cooked rice or pasta.

Nutrition information per serve

Energy :..... 1046kj

Total fat:8g

Saturated fat :.....3g

Dietary fibre:4g

TIP: Left-over cooked chicken can be used in place of salmon.

main meals

Fasta Pasta

Serves 4

500g packet pasta

210g tin pink salmon, drained and flaked

1 medium size broccoli or cauliflower, (or half of each), chopped roughly

2 tablespoons chopped parsley

250g Low fat Ricotta cheese

1 cup low fat milk, heated

2 shallots, sliced

Pepper to taste

Nutrition information per serve

Energy :..... 1587kj

Total fat:4g

Saturated fat :..... 1g

Dietary fibre:3g

1. Cook pasta in a large pot of boiling water for 8 minutes. Then add broccoli /cauliflower and cook a further 3-4 minutes. Drain.
2. Meanwhile, blend ricotta, parsley, milk and shallots.
3. Toss pasta in the ricotta sauce and fold in the salmon.

TIP: Cooked lean ham, bacon or chicken could be used in place of salmon.

TIP: Use generic brand pasta, cheese & UHT milk.

Spaghetti Bolognese

Serves 4

1 medium onion, peeled and chopped finely

1 clove garlic, crushed (or 1 teaspoon from a jar of garlic)

250g lean mince

1 can of red kidney beans, drained

400g tin of tomatoes (if cooking for large group)

Large jar of Bolognese sauce *

350g uncooked pasta (about $\frac{3}{4}$ of a packet)

1. Spray a large saucepan/frypan with spray oil and gently fry the onion and garlic until lightly browned.
2. Add the mince and cook until browned.
3. Add jar of Bolognese sauce, tin of tomatoes (if cooking for a large group) and kidney beans. Simmer for about 20-30 minutes (until sauce thickens).
4. Cook pasta following the directions on the packet.
5. Serve pasta on a plate and add bolognese sauce to the top.

* *Generic brand bolognese sauce is a cheaper alternative.*

Nutrition information per serve

Energy :..... 2379kj

Total fat: 11g

Saturated fat :.....5g

Dietary fibre:9g

TIP: If you don't have a jar of bolognese sauce, substitute bolognese sauce with a tin of tomatoes and a teaspoon of mixed herbs.

TIP: Kidney beans will extend your meat sauce and also increase fibre.

Lentil & Vegetable Hotpot

Serves 4

1 tablespoon oil
 1 cup of tinned lentils*
 2 potatoes, peeled and diced
 250g zucchini, sliced thickly
 One medium Carrot peeled and diced
 1 celery stalk, sliced thickly
 Juice of 1 lemon
 1 onion, finely chopped
 2 cloves garlic, crushed
 2 tablespoon parsley, finely chopped
 Pepper to taste

Nutrition information per serve

Energy :..... 586kj
 Total fat :5g
 Saturated fat : 1g
 Dietary fibre:5g

1. Cook rice , according to directions on the packet.
2. Spray a heavy based pan with spray oil, lightly fry onion and garlic until soft and brown.
3. Add potatoes, zucchini, carrot and celery. Stir and add ½ cup of water, so mixture does not stick to pan. Simmer until vegetables are cooked through. 30-40 minutes.
4. Add lentils, parsley, lemon juice & pepper to taste.
5. Simmer for a few minutes longer, and serve with boiled rice.

* *Tinned lentils are usually found in the canned vegetable aisle of the supermarket.*

TIP: Meals based on lentils or beans (rather than meat) will save your wallet and waistline.

TIP: For a meat alternative add 500g of chopped lean lamb. Cook lamb first in pan until brown and remove. Return lamb to pot after adding vegetables. Cook with vegetables for 30-40 minutes.

Basic Cook Smart Recipes

Pasta for 4

1½ cups uncooked pasta
(includes spaghetti,
macaroni, noodles)

4 cups water

Nutrition information per serve

Energy :..... 649kj

Total fat: 0.5g

Saturated fat :..... 0g

Dietary fibre: 1g

1. Boil water in large saucepan.
2. Add pasta and lightly stir.
3. Boil with lid off until pasta is tender.
(12 - 15 minutes)
4. Drain & serve with pasta sauce.

Rice for 4

1 cup rice

6 - 8 cups water

Nutrition information per serve

Energy :..... 894kj

Total fat: 0.5g

Saturated fat :..... 0g

Dietary fibre: 1g

1. Boil water in large saucepan.
2. Add rice and lightly stir.
3. Boil with lid off until rice is tender.
(12 - 15 minutes)
4. Drain & serve.

main meals

Rice Salad

Serves 4 - 6

1 cup rice

$\frac{1}{3}$ cup sweet corn kernels
(tinned or frozen)

$\frac{1}{3}$ cup cooked peas

2 tablespoons oil free

Italian dressing

1 small onion, finely diced

1 medium green capsicum,
(seeded and chopped finely)

salt & pepper to taste

1 teaspoon curry powder

1. Cook rice according to packet instructions.
2. Combine cooked rice with peas, corn, onion and capsicum.
3. Season with pepper if desired.
4. Blend curry powder into the dressing.
5. Stir dressing through rice mixture.

Nutrition information per serve

Energy :..... 946kj

Total fat: 0.5g

Saturated fat :.....0g

Dietary fibre:3g

TIP: Great use for left-over cooked rice.

9 *Healthy* Budget Bites

Desserts



desserts

Pineapple Fruit Tropicale

8 Serves

440g tin pineapple pieces
in natural juice

425g tin two fruits in
natural juice

1 packet low joule
lemon jelly crystals

375ml can low fat
evaporated milk

4 tablespoons lemon juice

1. Chill evaporated milk in refrigerator.
2. Drain pineapple and two-fruits juice into a measuring cup. If less than 1 cup, add additional water to make 1 cup. If more than 1 cup, discard additional juice.
3. Place liquid into saucepan and bring to the boil. Remove from heat, add jelly crystals and stir until dissolved.
4. Place fruit in a bowl and pour jelly mixture over the top. Chill in refrigerator until just beginning to set.
5. Beat evaporated milk to soft peaks in a large bowl. Beat in lemon juice until mixture stiffens.
6. Fold into fruit mixture.
7. Spoon into 8 x 1 cup glasses/bowls. Chill until set.
8. Garnish with mint sprigs if desired.

Nutrition information per serve

Energy :..... 391kj
Total fat:0g
Saturated fat :.....0g
Dietary fibre: 1.5g

TIP: Use generic brand jelly crystals and canned fruit.

desserts

Fruit Smoothie

2 Serves

1 large banana

2 cups low fat milk

150g low fat vanilla yoghurt
or low fat ice-cream

2 teaspoons honey

Other fruit can be used
e.g. strawberries, kiwi fruit,
mangoes, apricots, passion
fruits or fruits in season.

1. Slice banana up and add with milk, yoghurt and honey to a blender.
2. Blend for ½ to 1 minute or until smooth.
3. Pour into glass and serve.

Use a mixture of fruits to create tropical flavours or use tinned fruit in natural juice if fresh fruit unavailable.

Nutrition information per serve

Energy :..... 1148kj

Total fat:5g

Saturated fat :.....3g

Dietary fibre: 1.5g

TIP: Always choose fruits in season for low-fat smoothies.

TIP: Freeze banana before using for an icy cold alternative.

desserts Pancakes

4 Serves

2 cups self-raising flour

½ tsp bicarb soda

1 tablespoon sugar

1 cup low fat milk

2 eggs

1. Mix flour, bicarb & sugar in a bowl.
2. Whisk eggs & milk together.
3. Mix to combine dry ingredients.
4. Spray frypan with spray oil & drop a tablespoon of batter into a pan.
5. Turn pancakes when bubbles appear.
6. Lightly Brown the other side.
7. Serve with desired toppings.

OPTIONS: Fresh fruit such as strawberries, pears, kiwifruit or peaches can be folded into batter mixture just prior to cooking

Nutrition information per serve

Energy :..... 1375kj

Total fat:5g

Saturated fat :..... 1.5g

Dietary fibre:3g

TIP: Cheaper than the prepackaged pancake mix.

desserts

Apple Muffins

12 Serves

1 cup wholemeal S/R Flour

1 cup S/R Flour

½ cup of brown sugar

½ cup of apple sauce*

2 egg whites

2 cups finely chopped
or grated apple

¾ teaspoon bi-carb soda

2 teaspoon cinnamon

1. Lightly coat 12 cup muffin pan with spray oil.
2. Beat egg whites and sugar in a mixing bowl.
3. Stir bi-carb soda into apple sauce then add to bowl.
4. Mix in all other ingredients.
5. Stir ingredients through, do not beat.
6. Spoon mixture into muffin pan.
7. Bake in moderate oven (180° C) for 20 minutes or until cooked.

** Apple sauce can be found in supermarket near tinned fruit. It is usually in a jar.*

Nutrition information per serve

Energy :..... 482kj

Total fat: 0.5g

Saturated fat :..... 0g

Dietary fibre: 2g

TIP: If apple sauce is not available use tinned pie apple and mash to make a sauce (freeze unused portion).

desserts

Banana Cake

12 Serves

1 ½ cups Self raising Flour

2 egg whites

½ cup sugar

½ cup apple sauce

1 cup mashed ripe bananas
(2-3 bananas)

¾ teaspoon bi-carb soda

½ teaspoon cinnamon

1. Beat egg whites and sugar in a bowl.
2. Mix bi-carb soda and apple sauce, add to egg whites.
3. Stir in mashed banana.
4. Gently stir in flour and cinnamon , do not beat.
5. Pour mixture into round or loaf tin, which has been lightly sprayed with spray oil.
6. Bake in moderate oven (180° C) for approx. 30-35 minutes or until cake springs back when pressed in the centre.

Option: this mixture can be used for muffins

Nutrition information per serve

Energy :..... 516kj

Total fat: 0.5g

Saturated fat :.....0g

Dietary fibre: 1g

TIP: This is a great way to prevent wasting over ripe bananas.

Oatmeal & Fruit Cookie

24 Serves

- 1 cup rolled oats
- 1 cup cornflakes
- 1 cup dates
- ½ cup mixed dried fruit
- 1 beaten egg
- 2 cup wholemeal S/R flour
- 1 cup hot water
- 1 teaspoon mixed spice
- 1 teaspoon of vanilla essence
- 1 tablespoon of honey

1. Soak the dried fruit in hot water and honey for 20 mins.
2. Place all dry ingredients in bowl and mix well.
3. Add beaten egg to dry ingredients.
4. Add fruit and vanilla essence, mix ingredients together.
5. Spray a baking tray with non –stick spray.
6. Spoon mixture onto tray to form small biscuits, leaving space between each one.
7. Bake in a moderate oven (180° C) for 10-15 minutes.

Makes approx. 24

Nutrition information per serve

Energy :..... 390kj
 Total fat: 1g
 Saturated fat :.....0g
 Dietary fibre:2g

TIP: Try generic brand cereal.

desserts

Fruit & Nut Cobbler

12 Serves

425 gram can unsweetened pie apple

1½ cups Special K or equivalent, crushed

½ cup wholemeal Self Raising Flour

¼ cup chopped nuts of your choice eg pecans (optional)

¼ cup rolled oats

¼ cup brown sugar

¼ teaspoon cinnamon

2 tablespoons of light margarine melted

1 teaspoon skim milk

1. Pre-heat oven to 180° C.
2. Lightly spray casserole dish with cooking oil.
3. Place apples in casserole dish, mix together and even over dish.
4. In a bowl mix cereal, flour, nuts, sugar and cinnamon.
5. Add milk and melted margarine.
6. Sprinkle mixture over fruit.
7. Bake in oven for about 30 minutes or until brown.

Nutrition information per serve

Energy :..... 642kj

Total fat: 4.5g

Saturated fat :..... 0.5g

Dietary fibre: 4.0g

TIP: Any tinned fruit in natural juice can be used in place of apple e.g. two fruits, pears, peaches etc.

desserts

Creamy Rice

4 Serves

½ cup uncooked rice

¾ cup water

1 ¼ cup skim milk

¼ cup sultanas

¼ tsp nutmeg

½ tsp vanilla essence

1 tablespoons sugar

1. Wash rice and place in saucepan. Cover with water and simmer over low heat until water is absorbed.
2. Add ¾ cup milk and simmer again until absorbed, stir whilst cooking.
3. Add the remaining milk and cook again until milk is absorbed.
4. Stir in sultanas, nutmeg, vanilla and sugar.
5. Serve warm with sliced, stewed or fresh fruit.

Nutrition information per serve

Energy :..... 703kj

Total fat:0g

Saturated fat :.....0g

Dietary fibre: 1g

TIP: Left-over creamy rice is great with fruit as a snack.

desserts Fruity Pumpkin Cake

12 Serves

3 cups of dried fruit
 1 tablespoon of honey
 1 cup orange or apple juice
 1 cup cold mashed pumpkin
 2 cups wholemeal self raising flour
 1 teaspoon bi-carb soda
 1 teaspoon mixed spice
 2 eggs

1. Combine fruit, juice and honey in saucepan, bring to boil, remove from heat, add bi-carb soda and let mixture cool.
2. Beat eggs lightly, add to fruit mix along with the pumpkin.
3. Mix well, then stir in flour and spice.
4. Spoon into a 20cm round cake pan sprayed with cooking oil spray.
5. Bake in oven set at 165° C for 1 to 1¼ hours. Its cooked when a skewer comes out clean.

Nutrition information per serve

Energy :..... 823kj
 Total fat: 1.5g
 Saturated fat :..... 0.5g
 Dietary fibre: 5g

desserts

Fruit Medley Slice

12 Serves

1 cup wholemeal S/R Flour

1 tablespoon of sugar

½ cup walnuts or shredded coconut

½ cup unprocessed bran

1½ cups of dried fruit mix

2 tablespoons of melted margarine

1 egg

1 - 2 tablespoons skim milk

1. Mix all dry ingredients together in a large bowl. Add egg, melted margarine and milk, mix well.
2. Line slice tin with foil, spray with cooking oil, press mixture into tin.
3. Bake in moderate oven for approx 30 minutes or until golden brown.

Nutrition information per serve

Energy :..... 697kj

Total fat:7g

Saturated fat :..... 1.5g

Dietary fibre:4g

desserts

Weet-bix Slice

12 Serves

1 cup self raising flour

5 weet-bix, crushed

2 tablespoons of margarine

1/3 cup brown sugar

1 egg beaten

1 cup sultanas or other dried
fruit eg dates or apricots

1 tablespoon of honey

1. Preheat oven to 160°C.
2. Grease a flat baking tin.
3. Mix soft margarine, sugar and honey together.
4. Add sultanas and egg. Mix in the flour and crushed weet-bix.
5. Press the mixture evenly across the baking tin. The tin should be about 24cm x 18cm.
6. Cook in oven for 25-30 minutes or until golden brown. Allow to cool, then cut into squares.

Nutrition information per serve

Energy :..... 768kj

Total fat:3g

Saturated fat :..... 0.5g

Dietary fibre:2g

TIP: Great for lunch boxes.

10 *Healthy* Budget Bites

Cooking Methods & Terms

Grilling	Uses dry heat either under an open grill, or on a grill plate. The high temperature is used to sear what you are cooking to keep the juices in; this is a good method for cooking tender cuts of meat, chicken or fish. Be sure that the food you are cooking is not too thick or the outside will burn by the time the inside is cooked.
Frying	Cooking foods with oil at temperatures high above boiling temperature of water. For a low fat alternative, try using a non-stick pan and adding reduced salt stock (stock powder and water), to assist in cooking. Always use vegetable based oil such as canola and use cooking oil spray.
Deep fry	Food is completely immersed in oil, which is at a high temperature. For a low fat alternative: where possible roast in the oven, if necessary brush with canola or sunflower oil for crispness, foods include; crumbed chicken fish and oven fries.
Boil	To cook in boiling water.
Steam	Cooking food in the steam above boiling water.
Blanche	To place foods in boiling water briefly either to partially cook them or to aid in the removal of the skin (i.e. nuts, peaches, tomatoes).
Braise	Meat or vegetables are first browned in a little fat, and then are slowly cooked in a tightly covered pot with a little liquid over a low heat for a long period of time. It is a good cooking method for tough (often cheaper) cuts of meat.
Brown	To cook food until it is brown, thus sealing in flavour and moisture.
Poaching	To cook in water or seasoned liquid in an open pan at simmering point with enough liquid to cover the food.
Roast	Usually takes place in the oven. Start with an oven that is preheated at a high temperature to seal the meat, after 10-20 minutes lower the temperature and continue roasting until done.
Bake	To cook using dry heat in an oven.
Stir Frying	Quickly fry ingredients in a large pan over high heat while constantly stirring to preserve colour, flavour, and texture of the food and keep the vegetables crisp. For a low fat alternative use spray oil or a small amount of stock instead of oil.
Sauté	Cooking food quickly in the right amount of oil and/or butter over high heat. For a low fat alternative use spray oil or a small amount of stock instead of oil or butter.



Baste	To spoon or brush liquid over food while it cooks to add flavour and seal in moisture, often whilst roasting meats.
Beat	To stir a mixture or liquid vigorously.
Blend	Mix ingredients well (Often requires a blender or food processor).
Bone	To remove bones from meat, poultry or fish with a sharp knife. Chicken breast and thighs.
Brown	To seal in moisture and flavour by cooking until brown. Mince is browned by cooking in a pan until brown, before adding other ingredients such as vegetables.
Chill	Cool food item in fridge until set , thickened or cool. Jelly and dips require this.
Chop	Cut into small cubes.
Cream	Beat together until they form a creamy texture, usually butter and sugar.
Coat	To cover a dry food with liquid , flour or crumbs. Coating fish in flour is common before cooking.
Dice	Cut into small pieces.
Julienne	Cut into small strips.
Flake	Break food into small pieces with a fork. Canned fish is often in a solid mass, which requires flaking before adding to mixture.
Fold	To gently combine a light mixture with a heavier mixture.
Marinate	To let food stand in a mixture called a marinade (such as a liquid, dry rub, or a paste) before cooking.
Whisk	To beat with a whisk until well mixed , usually associated with eggs.
Glaze	To give a shiny surface by coating with either a beaten egg, milk, sugar syrup or jam or honey.
Parboil	To boil vegetables until they are half cooked or partially done.
Scald	To heat milk until small bubbles form around the edge.
Zest	The coloured, oily, outer skin of citrus fruit.
Simmer	To keep a liquid at just below boiling point so that only small bubbles rise to the surface.

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Healthy Budget Bites

Vegetable in Season Guide

VEGETABLE	SELECTION	AT THEIR BEST	STORAGE
Asparagus	Crisp stems, compact tips	September-November	Airtight plastic bag in fridge, 1 week
Beans	Crisp, bright green	Summer	Airtight plastic bag in fridge, 1 week
Broccoli	Blue green colour, no yellow flowers	Autumn/Winter	Airtight plastic bag in fridge, 1 week
Carrots	Crisp, bright colour	Winter	Airtight plastic bag in fridge, 2 weeks
Cauliflower	Firm white head	Autumn/Winter	Airtight plastic bag in fridge, 1 week
Celery	Firm stems & unwilted leaves	All Year	Airtight plastic bag in fridge, 2 weeks
Corn	Buy in green husks, corn should be pale yellow & tender	Summer	Store husk in plastic bag in fridge 1 week
Cucumber	Firm dark green colour	Summer	Uncovered in crisper in fridge
Eggplant	Dark purple & black, firm, glossy	Winter	Crisper of fridge
Lettuce	Firm head, crisp green leaves	All Year	Airtight plastic bag in crisper of fridge
Mushrooms	Dry & firm with creamy white cap	All Year	Brown paper bag in crisper
Onion	Dry crackling skin, no shoots or soft spots	Winter	Cool, dark, dry place
Peas	Young tender pods, bright green	All Year	Airtight plastic bag in fridge crisper
Potatoes	Firm without blemishes or green shoots	All Year	Cool, dark, dry place
Pumpkin	Heavy without soft spots. Firm dark coloured flesh	All Year	Whole-store at room temp. Cut-wrapped in plastic in fridge
Spinach or Silverbeet	Crisp, glossy leaves	Autumn/Spring	Uncovered in crisper of fridge
Squash	Firm, unblemished skin. Bright colour	All Year	Cool dry area
Tomatoes	Firm, brightly coloured	All Year	Ripen at room temperature, then store in crisper of fridge
Zucchini	Bright colour, tender skin	All Year	Airtight plastic bag in fridge

12 *Healthy* Budget Bites

Fruit in Season Guide

FRUIT	SELECTION	AT THEIR BEST	STORAGE
Apples	Smooth & firm	Autumn / winter	Plastic bag in fridge
Apricots	Smooth, plump, dark orange colour	Summer	Uncovered in fridge
Bananas	Firm, bright yellow to golden skin	Summer to autumn	15 Unwrapped at room temperature, cool, airy place
Berries	Bright colour, firm	Spring / summer	Cover, in fridge
Cherries	Smooth, brightly coloured, firm	Summer	Plastic bag in fridge
Grapes	Smooth, plump, with stems attached	Summer	Plastic bag in fridge
Kiwifruit	Light to medium brown & furry. Eat when slightly soft	Winter / spring	Uncovered in crisper of fridge
Lemons & Limes	Firm, heavy for size,	Winter	Uncovered in fridge
Mandarins	Firm, heavy, with glossy skin	Winter	Uncovered in fridge
Mangoes	Bright orange yellow skin	Summer	Wrapped in fridge
Nectarines	Smooth, plump, deep colour	Summer	Uncovered in crisper of fridge
Oranges	Firm, heavy for size	Summer & winter	Uncovered in fridge
Passionfruit	Full, heavy for size, dark purple colour	Summer to autumn	Plastic bag in fridge
Peaches	Firm, consistent colour	Summer	Uncovered in fridge
Pears	Consistent colour, slight softness around stem	Autumn	Uncovered in fridge
Pineapple	Green, slightly golden colour. Sweet smelling	Summer	Uncovered in fridge
Plums	Plump, bright colour with smooth skin	Summer	Uncovered in fridge
Rockmelon	Firm, heavy	Summer to autumn	Uncovered in fridge
Watermelon	Firm & heavy	Summer	Uncovered in fridge

13 *Healthy* Budget Bites

Pantry Basics

Basic Food Items

For the Cupboard

- Tinned tomatoes, tomato paste
- Tinned vegetables (corn-kernels, creamed corn, peas & carrots)
- Tinned beans (kidney, three bean, baked)
- Tinned lentils-chickpeas
- Tinned tuna or salmon
- Packets of rice and pasta
- Tinned fruit (in natural juice)
- Breakfast cereal (wheat bix/ vita- brits, rolled oats)
- Sugar, pepper, onion flakes
- Cooking oil spray
- UHT or powdered milk
- Savory biscuits (eg Vita wheat's)
- Peanut butter, vegemite
- Flour (plain and self raising)
- Stock cubes/powder (chicken/beef)
- Baking powder
- Dried herbs - mixed herbs
- Curry powder
- Dried fruit and nuts

- Sauces– BBQ, Tomato, Soy, Chilli and Worcestershire
- Onions and potatoes

For the Refrigerator/Freezer

- Low fat cheese
- Low fat milk
- Lean meat (chicken –skin removed, pork, lamb) - look for budget packs
- Eggs
- Fish fingers/fish fillets
- Low fat yoghurt
- Frozen vegetables
- Jar of minced garlic and ginger

Fruit

Oranges, apples, bananas

Vegetables

Carrots, tomatoes, zucchini, capsicum, broccoli, sweet potatoes, corn, lettuce, beans, cauliflower, pumpkin (see fruit & veggies in season handout)

Quick Easy Ideas for those Basic Food Items

Tinned fish

- Salmon/tuna mornay
- Toasted sandwiches
- Stir through cooked pasta with can of three bean mix
- Fish cakes

Pasta, & rice

- Stir jar of generic pasta sauce through cooked pasta
- Use instead of potato
- As a dessert with milk
- Add to casserole to feed more people

Kidney beans lentils, chick peas

- Add these to your favourite mince meal or casserole with a can of tinned soup

Tinned spaghetti, creamed corn or baked beans

- Have on toast or as a toasted sandwich

Frozen mixed vegetables

- Add to pasta sauce, stir-fry, soups, curry, scrambled eggs or mince meals

Tinned fruit

- Serve as dessert or snack
- In an ice-cream cone with icecream or yoghurt
- Set in jelly



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Healthy Budget Bites

Recipe Changes - Lower the Fat and Save Money

Try some of these ingredient swaps to lower the fat content of recipes.

Ingredient	Substitute
Cream	Evaporated low fat milk eg: Carnation Light & Creamy. Use ricotta cheese whipped with a little icing sugar.
Milk	Skim or low fat milk
Sour cream	Blend cottage cheese and low fat milk or low fat yoghurt with a dash of lemon juice or vinegar. Use reduced fat sour cream & use smaller quantity.
Cheese	Cottage or ricotta cheese (tastes great in a lasagne), or reduced fat cheese & use smaller quantity.
Mayonnaise/dressing	Low fat variety or low fat yoghurt
Oil	Use spray oil or stock to saute or stir fry. Use non-stick pan. Use a variety of oils ,such as canola, sun-flower, olive and peanut oil.
Butter/Margarine	Use margarine instead of butter as butter contains saturated fats which are unhealthy for your heart. Use half the amount or leave it out.
Coconut cream	Evaporated low fat milk with a dash of coconut essence .
Coconut milk	Skim or low fat milk with a dash of coconut essence.
Salad dressing	Fat free / no oil variety, or lemon juice & vinegar, or balsamic vinegar
Béchamel Sauce	Low fat ricotta cheese

Information : Losing weight the healthy way– Heart Foundation

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Healthy Budget Bites

How to be a Super Shopper

Write a shopping list - Before going shopping, write a shopping list. Use a menu planner to assist in planning meals and developing your list. See page 4 and 8. Ensure you have a good variety.

Fruit and vegetables in season - Use the seasonal guide to choose fruit and vegetables that are in season and so in good cheap supply.

Freeze extra food - Use any spare space in your freezer by buying items that freeze well, when prices are low e.g. fresh vegetables (partially cook and then freeze), bread, cheese and meat products or fresh pasta.

Brand names - Generic brands are usually cheaper and the quality can be just as good e.g. Home Brand, Savings, No Name, No Frills.

Packaging - Look for products that use cheaper packaging e.g. herbs and spices in cellophane rather than glass bottles. Pre-packaged foods are usually more expensive than the home-made alternative.

Location - Look for products below eye level, these are often better value. Be aware that basic food items are often located at the back of the supermarket to encourage impulse purchases of items at the front.

Bulk buying - Consider buying in bulk to save money or sharing costs with friends and family. Establish a group of friends or neighbours that can buy in bulk with you.

Specials - Be aware that products located at the end of aisles or with big bright tags are not always on 'special'. Look for reduced price items – take care to check the quality and expiry date. Look at sale catalogues before shopping.

Check your shopping docket - Check for errors or mistakes in price or quantity of purchases. Check the back for special offers.

Canned fruit and vegetables - Compare prices, if canned or frozen products are cheaper than fresh, look for fruit in natural juice and for canned low salt varieties of vegetables.

Don't shop when hungry - You will be more inclined to buy foods not on your list/impulse buy.



TIPS TO BEING A SUPER

FOOD SAVER

- Save money and time by cooking enough food for two nights eg, Beef Curry or meat sauce for spaghetti bolognaise (they can also be frozen).
- Try some home baking for snacks Encourage the children to become involved so they learn to enjoy cooking and eating what they make. This could include popcorn, piklets, slices or muffins.
- Cheap snack alternatives include: breakfast cereal, fruit and veggie sticks, cheese and tomato or peanut butter on crackers, raisin toast, crumpets , yoghurt, low fat milkshakes and fruit smoothies. Toasted sandwiches with a variety of fillings e.g. cheese, baked beans, or grilled cheese on toast cut into fingers.
- Avoid recipes with lots of ingredients, especially if they won't be used again and cannot be stored/ frozen.

TIP: To make food money go further, try using powdered milk more often, use less meat & more canned beans, lentils, rice or pasta & snack on low cost items such as bread & fruit.

16 *Healthy* Budget Bites

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