



# Winter Warmers

Palmerston North  
Tuesday 9<sup>th</sup> May/Monday 19<sup>th</sup> June

Winter foods don't need to be rich and stodgy to be comforting. Keep warm and healthy with dishes that provide sustenance and taste great too.

Remember to use the plate model when planning meals. In the cases of soups and stews, think more about the ratios of non-starchy vegetables to carbohydrate and protein (2 part vegetables to 1 part carbohydrate, 1 part protein). The more vegetables you can squeeze in the better!





## Moroccan Pumpkin stew

Serves 4

### What you need

- 1 Tbsp. vegetable/olive oil
- 1 brown onion, diced
- 400gm tin of diced tomatoes
- 750gm pumpkin, peeled, deseeded and chopped into small chunks
- 400gm can of chickpeas, drained and rinsed
- 100gm frozen green beans - chopped
- ½ bag baby spinach leaves
- 1 cup Couscous (whole-meal if possible)
- 1 cup boiling water
- Zest + juice of 1 lemon
- Coriander to garnish
- Plain yoghurt



### Moroccan spice mix

- 1tsp each of ground cumin, coriander, cinnamon, ginger and turmeric
- ½ tsp ground chilli, nutmeg and pepper
- OR** 2Tbsp Moroccan seasoning (will contain more salt) or Ras en hout

### What you do

1. Make the spice mix by combining all the spices in small bowl. Stir well to combine and set aside.
2. Heat the vegetable oil in a deep, heavy-based saucepan and fry the onion for 5 minutes until golden brown. Add the spice mix and stir to coat the onions, then add the can of diced tomatoes and fill the empty can with water and pour that in too.
3. Add the pumpkin and chickpeas and season with salt. Simmer over medium heat, partially covered, for 15 minutes or until the pumpkin is tender but not mushy. Add beans and spinach and cook a further 5 minutes.
4. While the pumpkin is cooking combine couscous and water in a bowl and cover with a tea-towel for 10minutes and lemon juice and zest. Fluff with fork.
5. Serve garnished with yoghurt and coriander over couscous or rice. Enjoy!

*Nutrition per serve: Energy: 1416kj Protein: 12.25gm Fat: 6.75gm Sat Fat: 1.7gm  
Carbohydrate: 50gm Sodium: 287mg Fibre: 12gm*

Recipe from foodwise.com.au



## Cheesy Cauliflower and Broccoli Casserole Bake

Cauliflower and cheese is the ultimate comfort food. Using cottage cheese and egg in place of cheesy sauce increases the protein content as well as decreases the fat of this popular family favourite.

Serves 4 as a side

### **What you need**

- 2 cups Cauliflower and Broccoli
- 1 Egg
- 1 Cup Cottage Cheese (250gm tub)
- 2 Tablespoons Grated Parmesan



### **What you do**

1. Preheat the oven to 180°C/350°F.
2. Chop broccoli and cauliflower into bite size pieces
3. In a bowl, beat together the egg and cottage cheese until smooth.
4. Combine vegetables and cottage cheese mix in an ovenproof dish.
5. Top with the grated Parmesan and place the dish in the preheated oven for 25 to 30 minutes or until the top is golden.

*Nutrition per serve: Energy: 450kj Protein: 13.5gm Fat: 4.3gm Sat Fat: 2gm  
Carbohydrate: 4gm Sodium: 296mg*



## Savoury Bread cases

A great way to use up bread and a healthy alternative to pastry based quiches. Experiment with your favorite fillings for a quick and easy lunch idea.

### **What you need**

Makes 12

- 12 Slices wholegrain sandwich bread
- 1 cup fillings (see suggestions)
- 4 eggs
- 250ml low fat milk
- Pepper to season



### **What you do**

1. Preheat the oven to 200 degrees
2. Slightly flatten bread with rolling pin to make shaping easier
3. Spray muffin pan with oil
4. Press bread slices into muffin tins
5. Divide fillings evenly between bread cases
6. Whisk eggs and milk together in a jug and pour evenly into muffin cases.  
Season with pepper
7. Bake for 15 minutes or until cases are golden and egg is set

We like these filling combinations:

- grated zucchini, chopped tomato and grated cheese
- sliced ham and crushed pineapple
- baked beans and grated cheese
- frozen corn kernels, sliced ham and diced red onion
- sliced mushroom, sliced spring onion and chopped spinach
- sundried tomato spinach and parmesan/feta

*Nutrition per serve: Energy: 570kj Protein: 8gm Fat: 4.4gm Sat Fat: 1gm  
Carbohydrate: 14gm Sodium: 224mg Fiber: 2.4gm*

*(Nutrition using sundried tomato, spinach, parmesan)*

Recipe from myfamily.kiwi/foods



## Thai tempeh veg curry

Tempeh is a low fat vegetarian protein source made from fermented soy beans. It is firmer than tofu and has a slightly nutty taste making it ideal for use in curries and stir-fries.



### **What you need**

Serves 4

- 1 Tbsp olive oil
- 1 onion, diced
- 1 tsp crushed garlic
- 1 x 250gm package tempeh (Tonzu)
- 1-2 Tbsp curry paste (try to find low sodium options)
- 1 can light coconut milk e.g. TCC brand\*
- 2 cups vegetables of your choice (broccoli, beans, carrots, peas)
- 1 tsp brown sugar
- Zest and juice of 1 lime
- Fresh herbs to serve (optional) e.g. coriander/basil
- 2 cups cooked rice (brown or basmati) (1 cup raw rice + 2 cups water)

### **What you do**

1. Cut the tempeh into 2cm cubes
2. Heat the oil in a large pan and fry onion and garlic until softened. Add the tempeh and brown slightly.
3. Add curry paste and cook for 2 -3 minutes until evenly dispersed
4. Add the coconut milk and sugar. Bring to a simmer and cook until some of the milk has reduced
5. Add the vegetables to the pan and cook for 5 minutes. Then add lime zest and fresh herbs if using. Turn off the heat and leave to sit for 5 minutes.
6. Serve in bowls with rice.

\*Light evaporated coconut milk can be substituted for light coconut milk as a lower fat alternative.

*Nutrition per serve: Energy: 1733kj Protein: 16gm Fat: 18gm Sat Fat: 6.75gm  
Carbohydrate: 42gm Sodium: 71mg Fiber: 5gm*

Recipe adapted from [healthyfood.co.nz](http://healthyfood.co.nz)