



Healthy Lunches



Palmerston North 9th March, 15th April

Levin 8th May

Stopping mid-day for a healthy lunch sets you up for the rest of the day. Choose smart foods like whole grains, beans, eggs or tinned fish to sustain you and keep your energy levels steady throughout the afternoon.





Pumpkin and Spinach Lasagne

Serves 6
Cooking Time: 40 minutes

Prep Time: 20 minutes
Recipe adapted from (foodinaminute.co.nz)

Ingredients:

- 700g Pumpkin, skin removed and cut into pieces
- 1 tsp Oil
- 1/2 tsp of Nutmeg
- Salt and Pepper
- 500g Cottage cheese
- 2 Eggs
- 350g Packed frozen spinach, thawed
- 400-500mL Passata sauce
- 6 Wholegrain lasagne sheets, large dried sheets
- 1 Cup Tasty cheese, grated

Method:

1. Preheat oven to 180 degrees Celsius
2. Chop pumpkin and roast in the oven until soft and golden. When cool, mash and add nutmeg + salt and pepper.
3. In a colander, remove as much liquid as possible from the thawed spinach.
4. In a bowl mix cottage cheese, eggs and 1/2 cup of grated cheese.
5. Pour a small amount of Passata in the base of a lasagne dish. Top with 2 dried lasagne sheets and then evenly spread the mashed pumpkin on top. Add half of the spinach and then half of the cottage cheese mix. Top with another layer of lasagne sheets followed by Passata then the remaining spinach and cottage cheese mix. Finally top with remaining lasagne sheets and Passata sauce.
6. Top with grated cheese and cook for 40 minutes or until golden and the pasta is tender.

Nutrition per serve: 1422kJ, 24g protein, 38g carbohydrate, 5g fibre, 11g fat, 477mg sodium



Savoury Cabbage Pancakes (Okonomiyaki)

Makes 6
Cook Time: 25 minutes

Prep Time: 15 minutes
Recipe adapted from (budgetbytes.com)

Ingredients:

- 3 Eggs
- 1/2 Cup Water
- 1.5 TBSP Soy sauce
- 1TBSP Sesame oil (or other vegetable oil)
- 3/4-1 Cup Plain flour
- 4-5 Cups Green cabbage, shredded
- 1 Carrot
- 3 Spring onions
- Spraying oil, for frying

Method:

1. Remove wilted leaves from the outside of the cabbage. Cut into quarters and remove core. Thinly slice or shred half of the cabbage or until you have enough for 4-5 cups. Peel and grate the carrot. Slice the spring onions.
2. In a large bowl whisk together the eggs, water, soy sauce and sesame oil until smooth. Begin whisking in the flour 1/4 cup at a time, until it forms a thick smooth batter. Add cabbage to batter and mix until evenly covered.
3. Heat 1/2 TBSP oil in a non-stick pan over a medium heat. Once hot add 3/4 cup of the batter and press into pan to form a circle 1/2 inch thick. Cover with lid to help soften cabbage as it cooks. Cook for 3-5 minutes or until golden brown then flip and brown the 2nd side. Keep pancakes warm while you cook the remaining batter. Add oil as required.
4. Mix sauce ingredients and drizzle over pancakes before serving.

Nutrition per pancake: Energy 593kJ, 6g protein, 18g carbohydrate, 2.6g fibre, 5.1g fat (1.2g saturated fat), 330mg sodium



Moroccan Chickpea Salad

Serves 4

Prep Time: 15 minutes

Recipe adapted from Eat Hauora cookbook

Ingredients:

- 1 Carrot
- 1/2 Packet of salad greens
- 2 Cans of chickpeas
- 1 Cup of sliced green beans
- 1/3 Cup sultanas
- 1/4 Cup plain yoghurt
- 1 tsp Crushed garlic
- Juice of 1 lemon
- 1 tsp Cumin
- 1 tsp Turmeric
- 1/2 tsp Salt
- 1/4 Cup parsley, chopped
- 2 TBSP Sweet chilli sauce (reduced sugar if possible)
- Optional extras (Seeds, feta, nuts)

Method:

1. Rinse and drain chickpeas
2. Grate carrot and slice green beans. Add to a large bowl with salad greens and chickpeas.
3. Mix yoghurt, garlic, lemon, cumin, turmeric, salt and sweet chilli sauce in a small bowl.
4. Add dressing to green mix with raisins and parsley.

Nutrition per serve: Energy 1132kJ, 12.6g protein, 42.5g carbohydrates, 14.2g fibre, 4.2g fat, 1.5g saturated fat, 500mg sodium