

Tuna Rice Bake



From: modified from *Edmonds Cookery Book*

Serves: 4

Instructions

- 1: Preheat the oven to 180 C.
- 2: Heat olive oil in saucepan. Add garlic, onion and celery.
- 3: Stir in flour and cook until frothy. Gradually add milk, stirring constantly until mixture boils and thickens.
- 4: Remove from heat.
- 5: Add eggs and cheese, beating well until combined.
- 6: Stir in tuna.
- 7: Season with salt and pepper to taste.
- 8: Combine tuna sauce, peas, cheese and rice.
- 9: Pour mixture into a greased ovenproof dish.
- 10: Bake at 180C for 20 minutes or until golden.
- 11: Garnish with parsley if desired. Serve hot or cold with a green vegetable.

Notes

Serve with a green vegetable for a complete meal.

Nutrition per serve:

Energy 171 9Kj | Carbohydrate 40 g | Protein 30 g
| Saturated fat 4.4 g | Sodium 426 mg

Ingredients

- 1 cup frozen peas, thawed
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- 1 onion, chopped
- 2 stalk celery, sliced
- 1 tbsp flour
- 1 cup milk
- 2 eggs
- 1/4—1/2 cup grated cheese
- 425 g canned tuna, drained and flaked
- 2 cups cooked basmati, brown basmati rice, or quinoa
- Chopped parsley (optional)



Black Bean & Chipotle Soup



Source: *Moosewood Restaurant Daily Special*

Serves: 5

Instructions

- 1: Warm oil and sauté onions and garlic in oil for about 10 minutes, stirring frequently, until the onions are clear.
- 2: Add the carrots and cumin then cook on medium heat for a few minutes. Stir often.
- 3: Add the celery and peppers, lower the heat, cover and cook for about 10 minutes. Add the beans, chipotle, tomatoes, orange juice, water and simmer, covered for 20 minutes. If you're not using canned beans, add 1/2 cup of beans cooking liquid or additional water. Salt and pepper to taste.
- 4: Top with light sour cream, chopped avocado, grated cheddar cheese and/or fresh coriander if desired.

Notes:

Serve with a fresh green salad for a complete meal, and a small bread roll for a complete meal.

Nutrition per serve (not including toppings):

Energy 1421 kJ | Carbohydrate 31 g | Protein 15 g |
Saturated fat 2.0 g | Sodium 91 mg | Fibre 13 g

Ingredients

- 1/4 cup olive oil
- 2 cups chopped onion
- 3 cloves garlic
- 2 cups carrots, peeled and diced
- 1 1/2 tsp ground cumin
- 1 cup celery, chopped
- 1 medium capsicum, green or red
- 1 canned chipotle in adobo sauce or 1 packet of taco/chipotle seasoning
- 2 cans (400g each) black beans, undrained
- 1 can (400 g) chopped, undrained tomatoes
- 1/2 cup orange juice
- 1/2 cup water



Chop Suey



From: *Cheap Eats Eats*, Heart Foundation
Serves: 4

Instructions

- 1: Place vermicelli in a large bowl and add hot water until just covered. Soak for 10–15 minutes.
- 2: Heat oil in a large pot, add onion and cook until soft.
- 3: Add garlic and ginger and cook briefly then add the chicken and cook through.
- 4: Drain the vermicelli over a bowl, saving 1/2 cup of the soaking liquid.
5. Add vermicelli and 1/2 cup of soaking liquid to the chicken mix.
6. Add vegetables, soy sauce and lemon juice and simmer for 5 minutes.
7. Add chopped coriander, if desired, and serve.

Notes

Alter the mixed vegetables depending on your preference and what's on special

Nutrition per serve:

Energy 1736 Kj | Carbohydrate 43 g | Protein 35 g
| Saturated fat 1.2 | Sodium 606 mg

Ingredients

- 125 g rice vermicelli
- 2 tbsp oil
- 1 onion, finely chopped
- 2–4 cloves garlic, chopped
- 2 tsp freshly grated ginger
- 500g chicken breast, raw
- 4 cups frozen mixed vegetables
- 3 Tbsp soy sauce
- 3 Tbsp lemon juice
- 1/2 cup coriander (chopped)



Balsamic Vinaigrette



From: Annabelle Langbein's website langbein.com/ Prep Time: 5 min

Serves: 10

Instructions

1: Whisk all the ingredients, or shake together in a jar.

Notes

This tastes way better than store bought vinaigrettes! The dressing will keep in the refrigerator for up to 2 weeks.

Nutrition per serve (10):

Energy 443 Kj | Carbohydrate 0.8g | Protein 0.1 g
| Saturated fat 1.8 g | Sodium 133 mg

Ingredients

1/2 cup olive oil

2 tbsp balsamic vinegar

1 lemon, juice of

1 tsp brown sugar

1 tsp Dijon mustard

1/2 tsp salt

Ground pepper

