

Winter Warmers

Palmerston North
Tuesday 9th May/Monday 19th June



Healthy meals don't have to be a hassle. Instead of opting for takeaways or packet meals, try one of these recipes. Remember to use the healthy plate model when planning meals to choose the right balance of foods for your plate.



Red Lentil and vegetable dahl

Dahl is a dish of simmered lentils flavoured with aromatic spices and often served as a sauce. But add extra vegetables and it becomes a light and easy vegetarian meal that is low in fat.

Serves 4

What you need

- 1 onion, chopped
- 2 large garlic cloves, crushed
- 1 green chilli, deseeded chopped
- 1 carrot, peeled and grated
- 1 eggplant chopped
- 1 Tablespoon vegetable oil
- 2 Tablespoons water
- 1 tsp ground cumin
- 1 tsp mild curry powder
- 2 tsp black mustard seeds
- $\frac{3}{4}$ cup split red lentils
- 800ml diluted salt reduced or homemade vegetable stock (hot)
- 1 zucchini, halved and sliced
- 1 large tomato, chopped
- 2 Tbsp. fresh coriander



What you do

1. Put onion, garlic, chilli, carrot and eggplant into a large saucepan and stir in the oil and water. Heat until it starts to sizzle, then cover and cook gently for about 5 minutes until softened.
2. Uncover and stir in the spices. Cook for one minute, then stir in the lentils and stock. Bring to the boil, then add the zucchini and tomato.
3. Cover and simmer gently for 15 minutes, then uncover for a further 5 minutes by which time the lentils should have burst open and thickened the liquid. Serve garnished roughly with coriander and plain yoghurt if desired.

Nutrition per serve: Energy: 636kJ Protein: 6.5gm, Fat: 6g, Sat fat: 0.5gm, Carbohydrate: 14.5gm, Sodium: 434mg

Recipe from Readers Digest Healthy One dish cooking

Quick beef stroganoff

Serves: 4

What you need:

- Olive oil for frying
- 450g rump steaks
- 1 brown onion, thinly sliced
- 200g white button mushrooms, quartered
- 2 tbsp wholegrain mustard
- 100ml beef stock
- 80ml lite sour cream
- 1 bag (120g) baby spinach, wilted
- **2 x 250g brown rice (microwave pouch)**



What you do:

1. Set a frying pan over a high heat and add a glug of oil. When the oil is shimmering, add the beef and fry for 2 minutes on each side. The meat should be very rare as it will cook in the sauce, too. Set the beef aside to rest.
2. Turn the heat to low, then add the onion and fry for 5 minutes. Add the mushrooms and fry for 10 minutes more or until the mushrooms start to soften and brown.
3. Stir in the mustard and stock. Season with salt and pepper, then simmer for 5 minutes. Stir in the sour cream and turn the heat down – don't let it boil. Heat the rice according to the pack instructions. Slice the beef into strips, then stir it into the sauce, along with any resting juices and spinach. Serve with the rice.

Nutrition per serve : 1890kJ (454kcal); 31g protein, 40g carbohydrate, 17.5g fat (6.4g saturated), 4.9g fibre, 234mg sodium

Mixed bean chilli soup

Sweet potato curry with tempeh

Thai red curry with tempeh?

Veg mousaka

<http://allrecipes.com.au/recipe/9951/vegetarian-eggplant-moussaka.aspx>

Savoury bread cases

Time to prepare: 15 minutes Time to cook: 15 minutes 6 Servings

A tasty and easy way to feed hungry mouths! Perfect cold in a packed lunch or picnic, or as a filling snack.

Ingredients

- 12 slices wholegrain bread, crusts removed
- 2 tablespoons margarine
- 1 cup fillings (see suggestions below)
- 4 eggs
- 3 tablespoons milk
- black pepper

Method

1. Preheat oven to 200 degrees.
2. Slightly flatten bread with a rolling pin to make shaping easier.
3. Spread margarine thinly on one side of the bread.
4. Press bread slices into muffin tins (margarine side down).
5. Divide your choice of fillings evenly between the bread cases.
6. Whisk eggs and milk together in a mixing bowl.
7. Pour the egg mixture on top of the fillings. Sprinkle with black pepper.
8. Bake for 15 minutes or until the cases are golden and the egg is set.

Notes

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

Tip: This recipe is a great way of using up stale bread. You can use tortillas instead of bread if you have them.