

Crustless Quiche with Spinach



From: A Couple Cooks
Serves: 4

Prep Time: 15 min
Cook Time: 30 min

Instructions

- 1: Preheat oven to 180 C. Grease a 9 inch (22 cm) pie dish.
- 2: Place thawed spinach in a colander. Press on the colander to get out as much excess liquid as you can.
- 3: In a large bowl whisk the eggs. Add in the rest of the ingredients into the pie plate. Sprinkle with black pepper and extra roasted capsicum if desired.
4. Bake for 25 to 30 minutes, until set in the centre and golden around the edges. Allow to rest for at least 15 minutes before serving.

Notes

This is way healthier than Coronation Quiche and makes easy and flavourful, protein packed dinner. It also stores well in the refrigerator and could be used as leftovers or lunch. You can easily swap out the vegetables for whatever you have on hand. This contains very little carbohydrate, so be sure to serve with a little carbohydrate (potato, kumara, corn, pasta, rice etc) if needed. This recipe keeps in well in the refrigerator for up to 5 days.

Nutrition per serve (4):

Energy 880 kJ / 210 kcal | Carbohydrate 4 g | Protein 23 g
| Saturated fat 3.4 g | Sodium 451 mg

Nutrition amounts are estimates only.

Ingredients

- 300 g frozen spinach, thawed
- 6 large eggs
- 1/2 tsp dried oregano
- 1/4 cup grated parmesan cheese
- 1 cup (250 g) 1% fat cottage cheese
- 1/4 cup chopped red onion
- 1/4 cup chopped roasted red capsicum from a jar or other vegetables of your choice
- 1/2 tsp garlic salt or iodized salt (optional)
- Black pepper



Mexican Shepherd's Pie



From: *Jane Brody's Good Food* Prep Time: 15 min
Book Cook Time: 20 min
Serves: 6

Instructions

- 1: Heat oven to 180 C. Sauté onions, garlic, and green pepper in a skillet. Cover for a few minutes until the vegetables are softened.
- 2: Stir in tomato paste and taco mix, then add the water, beans, olives, parsley and pepper. Simmer the mixture, stirring it until the mixture is heated through.
- 3: Grease a square baking dish (20 cm) or shallow casserole and spread the bean mixture in it evenly.
- 4: In a medium bowl, combine the cornmeal, flour, salt and baking powder. Add the egg, milk, oil and capsicum (if using), and stir the mixture just to combine the ingredients.
- 5: Spread the batter over the bean mixture, top with the cheese and bake the pie uncovered, at 180 C for 20 minutes, or until the dough rises and is golden brown.

Notes:

This dish provides the protein and the carbohydrate all in one dish. Serve with a fresh green salad or thinly sliced cabbage topped with a lime vinaigrette for a complete and festive meal.

Nutrition per serve (6):

Energy 1459 kJ/ 349 kcal | Carbohydrate 46 g | Protein 19 g
| Saturated fat 3 g | Sodium 6 24 mg

Nutrition amounts are estimates only.

Ingredients

Filling

- 1/3 cup chopped onion
- 2 cloves garlic, minced
- 1 cup finely chopped green capsicum
- 1 tbsp oil
- 2 tbsp (about 1/2 pack) taco mix
- 1/2 cup water
- 2 tbsp tomato paste
- 3 cups cooked mashed beans (kidney or pinto beans, 2 400g cans drained)
- 1/4 cup sliced green olives
- 3 tbsp minced fresh parsley
- Freshly ground black pepper

Crust

- 1 cup cornmeal
- 1 tbsp flour
- 1/4 tsp salt
- 1 1/2 tsp baking powder
- 1 egg lightly beaten
- 1/2 cup low-fat milk
- 2 tbsp oil
- 2 tbsp chopped red pepper or spring onion (optional)
- 1/2 cup grated tasty cheese



One Pan Dinner



From: Simon and Alison Holst Prep Time: 10 min
Serves: 4 (generous servings) Cooking Time: 30 min

Instructions

- 1: Heat a very large pan or large electric frying pan. Add the minced beef in several chunks, stir frequently to breakup, until browned.
- 2: Add the onion and garlic, and keep stirring over high heat until the onion is transparent.
- 3: Add the celery and carrots, then the soup, hot water, oregano and basil. Mix together and allow the mixture to return to the boil.
- 4: Add the pasta and mix to combine. Reduce the heat to a gentle simmer and cover with a lid. Cook for about 20 minutes, stirring every 5 minutes or so, or until the pasta is fairly tender. (If you think the mixture is too dry, add another 1/2 cup of water).
- 5: Stir in the green peas, broccoli and/or mushrooms and cook for another 5 minutes, or just until these are tender. Serve with pepper.
- 6: Serve topped with some chopped fresh parsley and a little grated parmesan if desired.

Notes

This is an easy recipe to make that is delicious and packed with vegetables. You can vary this recipe by changing the veggies, replacing the soup with stock and pasta sauce and/or changing the type of mince you use.

Nutrition* per serve not including toppings (4):

Energy 1826 kJ / 436 kcal | Carbohydrate 46 g | Protein 34 g
| Saturated fat 2.7 mg | Sodium 554 mg

**Nutrition amounts are estimates only.*

Ingredients

- 400 g lean beef or chicken mince
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- 3 stalks of celery, sliced
- 3 medium carrots, halved and sliced
- 1 can (420 g) concentrated tomato soup
- 1 1/2 cups hot water
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 200 g short pasta (rigatoni, penne, shells macaroni), wholemeal if possible
- 2 cups quick cooking vegetables (frozen peas, small broccoli florets, mushrooms, courgettes, etc)
- Black pepper to taste
- Chopped parsley and grated parmesan (optional)



Overnight Oats



From: www.cookieandkate.com
Serves: 2

Prep Time: 5 min

Instructions

1: In a 4 cup jar or bowl, combine the oats, cinnamon, chia seeds and nut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine.

2: Top with your fruit, place a lid on the jar and refrigerate over night. If you are using fruit that tends to brown (like apple or banana) wait until just before eating to add the fruit.

Notes

Overnight oats are a great way to enjoy a sustaining and nutritious breakfast that will keep you going all morning. There are also many options for swapping out different types of fruit or even vegetables like grated carrot. Make a bigger batch and store in the fridge for up to 5 days.

Nutrition per serve (2):

Energy 1375 Kj / 339 kcal | Carbohydrate 32 g | Protein 12 g
| Saturated fat 2.73 g | Sodium 75 mg

Nutrition amounts are estimates only.

Ingredients

- 2/3 cup wholegrain oats
- 1 tsp cinnamon
- 2 tablespoons chia seeds
- 2 tablespoons peanut butter or almond butter
- 1 cup milk or plain soy milk
- 1 cup sliced fresh or frozen fruit
- 2 tsp honey or other sweetener (optional)

