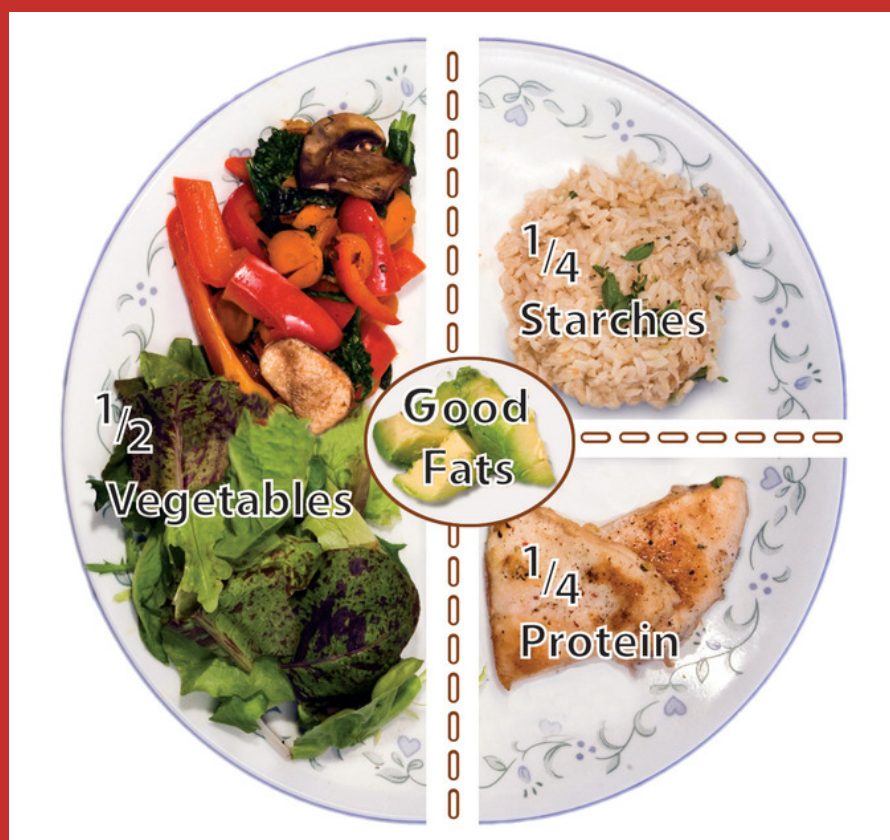




Winter Warmers

PALMERSTON NORTH 18TH JUNE



The healthy plate model

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.

★ = Stars on recipes indicate carbohydrate foods



Lamb Gacciatore

SERVES 4, RECIPE ADAPTED FROM HEALTHYFOODGUIDE.CO.NZ

Ingredients

- 2 tablespoons of oil
- 400 g diced casserole lamb
- 1 onion, thinly sliced
- 750g orange kumara, scrubbed, cut into chunks ★
- 4-5 sprigs of rosemary
- 2 x 400g cans no-added-salt chopped tomatoes ★
- 1 tablespoon smoked paprika
- 4 cups of chopped spinach
- 1 medium carrot chopped
- Salt and pepper for taste

Method

1. In a deep frying pan, heat oil over medium high. Add lamb and cook for 5 mins until browned on all sides. Remove from dish and set aside.
2. In the same pan, add oil and onion and cook until softened. Add kumara and stir to combine.
3. Add remaining ingredients with 1.5 cups of water. Bring to the boil. Reduce to heat to a simmer, cover and cook for 15 minutes. Return to lamb to dish for a final 5 minutes of cooking. Add spinach for a final 2 minutes.
4. Add salt and pepper for taste.

Nutrition Info per serve :



Energy: 2000 KJ, Protein: 32g, Total fat: 14g (4g saturated fat), Carbohydrates: 20g, Fibre: 11g, Sodium: 340 mg



Lentil, pumpkin & tomato soup

SERVES 4, RECIPE ADAPTED FROM HEALTHYFOODGUIDE.CO.NZ

Ingredients

- 2 tsp of olive oil
- 1 onion, chopped
- 2 gloves of garlic, finely sliced
- 1 large carrot
- 450 g pumpkin, chopped
- 1 cup of dry red lentils, rinsed and drained 
- 1.5 cups of liquid salt reduced vegetable stock
- 3.5 cups of water
- 400 g can chopped tomatoes 
- 1/3 cup of low fat plain yoghurt
- Parsley to garnish

Method

1. Heat oil over medium heat. Add onion and cook for 5 minutes. Add garlic, carrot, pumpkin, lentils, stock, water and tomatoes.
2. Bring to the boil then reduce heat and simmer, covered for 30 minutes until pumpkin is tender.
3. Remove from heat and puree using stick blender.

Nutrition Info per serve:

Energy: 1500 KJ, Protein: 20g, Total fat: 10g (3g saturated fat),
Carbohydrates: 20g, Fibre: 11g, Sodium: 590 mg



Falafel koftas and yogurt dip

SERVES 4, RECIPE ADAPTED FROM HEALTHYFOODGUIDE.CO.NZ

Ingredients

Falafel koftas
400 g of Falafel Mix ★
Yoghurt dip:
4 sprigs of fresh mint
1 lemon
1/2 tsp crushed garlic
200 g of natural yoghurt
Salt and pepper

Method

1. Combine Falafel mix and grated courgette and shape into tablespoon size balls. Spray fry pan with oil and cook koftas for 2 - 3 mins.
2. Pick and finely chop the mint leaves on a chopping board, discarding the stalks, then add them to a mixing bowl.
3. Finely grate the zest of half a lemon onto the board, then transfer to the bowl.
4. Cut the lemon in half and squeeze the juice into a bowl, using your fingers to catch any pips.
5. Add the yoghurt, crushed garlic and a tiny pinch of salt and pepper, then stir everything together. Serve with Falafel.

Nutrition Info per serv:

Nutrition per serving: Energy: 180kj, Protein: 2.75gm, Fat: 2.05gm, Carbohydrates: 17gm