

Cheap Eats for the Heart



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Ideas for the Pantry

Short Life Products (may need a fridge)

Cheese (edam)
Yoghurt (reduced fat)
Fruit
Lettuce
Tomatoes
Cabbage
Broccoli
Cauliflower
Brussel sprouts

Frozen beans and peas
Bread (wholegrain)
Buns
Pita bread
Crackers
Margarine
Butter
Eggs
Trim milk

Long Life Products

Vegetable cooking oil or canola oil
Creamed corn
Tinned fish (in spring water)
Tinned tomatoes
Tomato puree/paste
Baked beans
Spaghetti
Pineapple
Dried fruits (raisins, apricots, currants)

Marmite
Honey
Jam
Muesli
Cornflakes
Weetbix
Chickpeas
Kidney beans
Tomato sauce

Best stored in Airtight Containers

Macaroni
Spaghetti
Lentils
Spices
Pepper
Salt (iodized)
Sugar
Baking soda

Baking powder
Flour
Herbs
Nuts (peanuts, almonds, walnuts)
Beef stock cubes
Chicken stock cubes
Bran flakes
Potatoes

Dry Cool Storage

Apples
Parsnips
Carrots
Onions

Garlic
Ginger
Kumara
Celery

Tips

Cut Out the Fat

- Cut the visible fat off meat
- Skim the fat off stews, casseroles, soups and gravies
- Use poly-unsaturated margarine or oil in small amounts in cooking or when spreading on bread
- Choose cooking methods that do not require the addition of fat, e.g. microwaving, grilling, baking, steaming or stir frying
- Many takeaway meals are high in fat. If you do choose to have takeaways, have a small amount of a low fat takeaway option
- Do not fry food in large amounts of any type of fat or oil
- Do not add fat to roasts
- Choose low-fat varieties of milk, cheese and yoghurt
- Serve meat and milk products in moderate amounts.

Save on Sugar

- There is as much sugar in a 'muesli bar' as there is in a small chocolate bar
- Dilute pure fruit juice with water, even if it does not contain added sugar. One 250ml glass of fruit juice has the same amount of energy as three pieces of fruit with none of the fibre
- Always opt for alcohol free drinks or low alcohol drinks. Always serve food when consuming alcohol. The Alcohol Advisory Council of New Zealand recommends that males consume no more than six standard drinks on any one occasion, and that females consume no more than four standard drinks on any one occasion
- When using sweet spreads such as honey, jam, or syrup, keep to small amounts and spread thinly. One teaspoonful will go a long way.

Keep Salt Down

- Limit the use of added salt during cooking. If you do add salt, use iodized salt
- Seafood is an excellent alternative food source for iodine
- Flavouring such as herbs, spices and fruit juice, can be used to increase the flavour of food without adding extra salt
- Cooking foods in minimal levels of water will enable the food to retain flavour, thus reducing the need to add extra salt
- Gradually reduce the amount of salt you add to food.

Fibre Up

- Fill half your plate with vegetables at all meals
- Eat 2 to 3 servings of fresh fruit everyday
- Choose wholemeal or wholegrain bread and use small amounts of spreads
- Lay slices of wholemeal bread on top of stews and casseroles near the end of the cooking time. Browned in the oven, this makes a good substitute for pastry
- Eat larger servings of vegetables with smaller servings of meat.



Soup

Soup Stock Base

Ingredients

- Bones (beef, chicken, mutton, pork or fish bones)
- Vegetables (onions, carrots, celery), roughly chopped
- Herbs (parsley, thyme, bay leaves)
- Water.

Method

1. Put the bones into a large pot and add enough water to just cover the bones
2. Add some herbs and chopped vegetables
3. Bring the stock to boil, reduce the heat and simmer slowly for an hour
4. Strain the stock into a bowl and throw out the bones and vegetables
5. Allow the stock to cool and skim the fat off the top
6. Store the stock in a refrigerator or freezer.



Tip

If you do not have bones for making stock, use vegetables and herbs.

Vegetable Soup

Ingredients

- 2 cups chopped vegetables
- 1/2 cup noodles or 1/2 cup lentils
- 4 cups stock
- Water
- Flour.

Method

1. Add the chopped vegetables, noodles or lentils to the stock
2. Allow soup to cook for one hour
3. If the soup is too thick, add extra water, take care not to dilute the soup too much
4. Season to taste with black pepper or fresh or dried herbs.

Serves 6-8

Croutons

Ingredients

- Stale bread.

Method

1. Cut the bread into small cubes
2. Bake in an oven at 350°C until golden brown.

Winter Pick-Me-Up

Ingredients

- 1 cup vegetable stock or vegetable cooking liquid
- 1 teaspoon beef stock
- 2 teaspoons chopped parsley
- Pinch garlic powder
- Pepper to taste.

Method

1. Place all ingredients into a small saucepan and heat gently, stirring occasionally
2. Pour soup into a large mug and top with chopped parsley.

Serves 1

Vegetable Chowder

Ingredients

- 6 cups mixed vegetables (pumpkin, kumara, leeks, swede, carrots), roughly chopped
- 2 cups trim milk
- 2 tablespoons margarine
- 2 tablespoons flour
- 1 tablespoon chicken stock
- 1-2 teaspoons curry powder
- Water
- Chopped parsley to garnish.

Method

1. Add the vegetables to a large saucepan and cover with water and simmer until the vegetables are soft and tender
2. Add the trim milk to the soup
3. Mix together the margarine and flour to a paste. Whisk into the soup
4. Bring to the boil, stirring constantly.
5. Add the chicken stock, curry powder and chopped parsley to taste.

Serves 6-8



Tip

Heat soup slowly to allow the flavour to develop.

Leek and Lentil Soup

Ingredients

- 2 sticks celery, chopped
- 3 leeks, washed and sliced
- 1 cup lentils
- 5 cups water
- 2 chicken stock cubes
- 2 tablespoons chopped parsley
- Pepper to taste.

Method

1. Put leeks and celery into a pot and cover with water. Cover and cook over a low heat for 10 minutes
2. Add washed lentils, water and stock cubes
3. Bring the soup to the boil then reduce the heat and cook covered for 30 minutes
4. Add parsley and season with salt and pepper to taste.

Serves 6-8

King's Soup

Ingredients

- 1 packet Kings Soup Mix
- 1 large or 2 medium sized carrots, chopped
- 2 sticks celery, sliced
- 1/2 cup pumpkin, cubed.

Method

1. Prepare Kings Soup Mix according to packet instructions
2. Add vegetables and simmer until cooked.

Serves 6-8

Tomato Soup

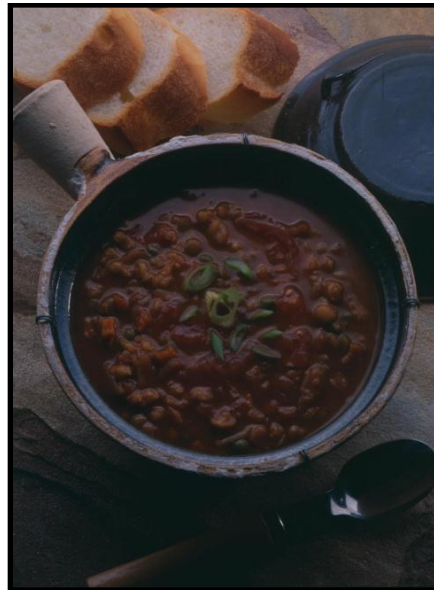
Ingredients

- 1 onion, chopped
- 1 clove garlic, chopped
- 500g tomatoes (fresh or tinned), chopped
- 1 tablespoon olive oil
- 1 orange rind
- Parsley, chopped
- 1 bay leaf
- 1 1/2 cups chicken stock
- 2 teaspoons sugar
- 1 cup orange juice
- 1 tablespoon basil.

Method

1. Fry chopped onions, garlic and tomatoes in a small amount of olive oil until cooked
2. Add orange rind, parsley bay leaf, stock, sugar and orange juice. Simmer for 30 minutes
3. Remove orange rind and bay leaf
4. Add basil before serving.

Serves 6



Potatoes

Oven Baked Potatoes

Method

1. Choose large or medium sized potatoes, scrub well and pierce with a sharp knife or fork
2. Bake potatoes in a hot oven for 45-60 minutes, depending on the size of the potato.



Tip

Potatoes can be wrapped in foil before baking.

Microwave Baked Potatoes

Method

1. Choose potatoes of a similar size if baking more than one at a time
2. Wash potatoes and prick well with a knife or fork
3. Cook for 3-4 minutes per potato on high.

Stuffed Potatoes

Method

1. Cut an oval piece from the baked potatoes or cut potatoes in half
2. Scoop out the warm potato into a bowl and mix with fillings of your choice (see below for healthy filling suggestions)
3. Stuff potato shells with mixture and reheat in an oven at 180°C.

Potato Stuffing Suggestions

- Low-fat cheese and onion
- Low-fat cheese and tinned salmon (in spring water)
- Baked beans
- Sweetcorn
- Low-fat cheese, gherkins, walnuts and herbs
- Lite sour cream and chives
- Left-over cooked vegetables
- Mushroom, onion and garlic
- Pickle or chutney
- Cottage cheese
- Tomato, red onion and basil pesto
- Tinned fish in spring water (sardines, tuna or salmon)
- Chopped leftover lean chicken
- Sautéed onion and lean bacon.

Hot Grenades

Ingredients

- 4 baked potatoes
- 1 can baked beans
- 1/2 cup cooked bacon, chopped.

Method

1. Bake the potatoes, cut in half lengthwise
2. Scoop out the warm potato and mix with heated baked beans and chopped cooked bacon
3. Return the pulp to the shells and reheat the potatoes.

Serves 4

Sun Side Up

Ingredients

- 4 baked potatoes
- 4 eggs
- 2 teaspoons margarine
- 1/4 cup low fat milk
- Pepper to taste.

Method

1. Bake the potatoes and cut a slice from the top of the baked potato
2. Scoop out the warm potato and mix with a little margarine, low fat milk and pepper
3. Refill the potato shells, forming a ring of potato around the top edge, leaving a well in the centre of the potato
4. Break an egg into each potato hollow
5. Bake potatoes in a moderate oven for 10-15 minutes until the egg is set.

Serves 4



Tip

Try parsley or other herbs with stuffed potatoes.

Bubble & Squeek

Ingredients

- 500g mashed potatoes
- 500g cooked shredded cabbage
- 1 onion, chopped and sautéed
- 1/2 cup grated low-fat cheese
- Pepper to taste.

Method

1. Mix together the potatoes, cabbage, onion and seasoning and put into an oil sprayed oven proof dish. You may also line the dish with baking paper if you do not wish to use oil
2. Cover the mixture with grated cheese and heat through in the oven until the cheese has browned.

Serves 4



Tips

If you wish to try this as a main meal, add some tinned tuna or shredded cooked chicken to the mixture. Bake in a moderate oven at 180°C until heated through.



Pizza

Homemade Pizza Base

Ingredients

- 2 cups flour
- 1 teaspoon baking powder
- 1 egg
- 2 tablespoons oil
- 1/2 cup water (approximately).

Method

1. Mix ingredients together, using just enough water to create a firm dough
2. Press dough into a greased pizza dish or a shallow tray
3. Add tomato paste or your favourite toppings (see below for topping suggestions).

Makes one pizza base

Basic Tomato Paste

Ingredients

- 1 cup tomato puree
- 1 small onion, finely chopped
- 1/2 teaspoon basil
- 1/2 cup low-fat cheese, grated
- Pizza toppings of your choice (see below for suggestions)
- Pepper to taste.

Method

1. Spread pizza base with tomato puree
2. Sprinkle over with finely chopped onion and basil
3. Add toppings of your choice
4. Sprinkle with low-fat cheese and herbs
5. Cook in a moderate oven at 180°C for thirty minutes.

Pizza Topping Suggestions

- Tinned tuna with red peppers and coriander
- Onion, mushroom, tomatoes and mixed herbs
- Tinned salmon, feta cheese and basil
- Smoked chicken with fruit chutney.



Tips

These are just a few ideas, try mixing them around. Using leftovers as pizza toppings is a great economical way to save on food.

Go easy on the cheddar cheese as it is high in fat.



Salads

Salads make perfect main meals, are fantastic in sandwiches and they don't need to contain many ingredients – they can be as simple as a combination of 3-4 ingredients.

Make it colourful and tasty.

Basic Salad Dressing

Ingredients

- 1/3 cup vegetable oil
- 2/3 cup vinegar
- 1/2 teaspoon wholegrain mustard.

Method

1. Mix together all ingredients in a jar
2. Seal the jar and shake well.

Makes 1 cup

Pineapple Salad

Ingredients

- 440g tin crushed pineapple, drained
- 1 cup finely chopped cabbage, green capsicum and celery (you can substitute other vegetables if you wish)
- 1/4 cup natural unsweetened yoghurt
- 1/4 cup salad dressing.

Method

1. Mix all ingredients together.

Serves 4



Tip

Add a mixture of 1/2 cup unsweetened natural yoghurt.

Apple and Cucumber Salad

Ingredients

- 1 cucumber
- 3 apples
- Lemon juice
- 2 tablespoons yoghurt, natural
- Finely chopped mint
- Pepper to taste.

Method

1. Thinly slice cucumber and apples
2. Sprinkle with lemon juice and a little pepper
3. Stir yoghurt and mint and serve chilled.

Serves 4

Potato Salad

Ingredients

- Cold cooked potatoes
- Chives
- Chopped mint
- Parsley
- Salad dressing.

Method

1. Dice potatoes and mix with all other ingredients. Use the salad dressing sparingly.



Tip

*Decorate the salad
with sliced hardboiled
eggs and celery.*

Sunshine Salad

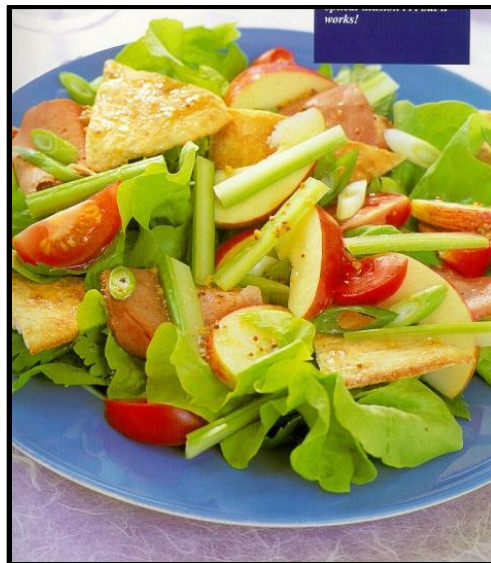
Ingredients

- 500g carrots, peeled, sliced and cooked until just tender
- 1/2 cup vegetable water from carrots
- 1 green capsicum, sliced
- 1 onion, sliced
- 1 tablespoon sugar
- 2 tablespoon vinegar
- 2 tablespoon oil
- 1 tablespoon tomato paste
- 1/4 teaspoon pepper and Worcestershire sauce.

Method

1. Drain water from the boiled carrots
2. Add capsicum and onion to the carrots and place into a bowl
3. Combine all ingredients in a pot and bring to the boil
4. Pour hot sauce over the vegetables
5. Chill in the refrigerator for 12 hours.

Serves 4-6



Burgers

Great to eat hot or cold.

Grab a bun, roll, bread crusts, muffins or pita bread.

Spread with hummus, margarine, lite cream cheese or peanut butter.

Choose your own fillings.

Burger Filling Suggestions

Savoury

Lettuce

Grated carrot

Coleslaw

Sprouts

Gherkins

Falafel

Eggs

Mushrooms

Cucumbers

Onion

Celery

Chicken

Green and red capsicum

Fish and tartare sauce

Lean mince patties

Beetroot

Sweet

Yoghurt

Bananas

Apricots

Apple

Stewed fruit

Pears

Strawberries

Cherries

Kiwifruit

Pineapple

Tomatoes

You can try anything you like. Get inventive!



Mince

Basic Mince

Ingredients

- 500g lean mince
- 1 onion, chopped
- 1 can tomatoes
- Pepper to taste.

Method

1. Cook the onion in a frying pan with 2 tablespoons of water until soft
2. Add mince and cook on high, stirring to allow the mixture to cook evenly and prevent lumps forming
3. Add tomato and pepper
4. Bring to the boil and then serve.

Serves 4-6

Mince can be used in many ways:

- On toast
- Served on pasta with red or yellow capsicum and grated cheese
- With mashed potato and seasonal green vegetables
- If friends are coming to dinner, stretch the mince by adding a can of baked beans or kidney beans. Served on a plate of corn chips, sprinkled with herbs and spices
- Mince can be used as hamburger patties or put into pita bread.

Basic Meatballs, Meatloaf and Shepherd's Pie

Ingredients

- 500g lean mince
- 1 onion, chopped
- 1 egg
- 1-2 cups fresh whole wheat breadcrumbs (crumble slices of bread)
- 1/2 cup trim milk
- Pepper to taste.

Method

1. Mix all ingredients together.



Tip

If there are no tins of tomatoes in the pantry, use a small tin of tomato soup, or a pottle of tomato paste and 1 cup of water, or a packet of tomato soup mix made according to the directions.

Meatballs

1. Shape mince mixture into even-sized balls
2. Cook in a moderate oven at 180°C for 10-15 minutes or until cooked.
Do not cover.



Tip

To create hamburger patties, flatten the meatballs before cooking in a non stick frying pan.

Meatloaf

1. Put the mixture into a deep baking dish or mould it into a fat sausage shape and put into a shallow baking dish
2. Bake for 1 1/2 hours at 180°C
3. Drain off any excess fat before serving the meat.

Shepherd's Pie

1. Put a can of butter beans in the bottom of an oven-proof dish
2. Spread the mince on top
3. Cover with mashed potato and sprinkle with grated cheese
4. Bake for one hour at 180°C.

Spicy Tomato Sauce

Ingredients

- 1/4 cup vinegar
- 2 tablespoon brown sugar
- 1 teaspoon Worstershire sauce
- 1 cup tomato sauce
- 1 cup water.

Method

1. Combine all ingredients together and simmer
2. Pour the sauce over cooked meatloaf or meatballs.

Pasta

Pasta is quick and easy to cook.

There are many varieties of pasta that can be found in your local supermarket.

Pasta can be eaten with or without meat, in soups, salads and many other ways.

To cook pasta, either follow the instructions on the pasta packet or prepare as follows:

Method

1. For 200g of pasta, bring to boil 2litres of water and 1 teaspoon of cooking oil
2. Add pasta slowly and keep water boiling
3. Cook for 7-10 minutes in an uncovered saucepan
4. Drain the pasta thoroughly
5. Add sauce and the ingredients of your choice, either serve immediately or pour into a greased ovenproof dish and bake for 1/2 an hour in at 180°C moderate oven.



Tip

For great, inexpensive recipe ideas check the back of the pasta packet.

Serves 4

Pasta Meal Suggestions

- Low fat cheese, tinned salmon and tomato
- Tomato, capsicum, low fat cheese and mushrooms
- Cooked chicken with sautéed leek
- Tinned tuna, natural yoghurt, avocado and lemon
- Natural yoghurt, chopped walnuts and parmesan cheese
- Chick peas, spring onions and basil
- Try your own combination of herbs and vegetables.

Cheese Sauce

Ingredients

- 2 cups trim milk
- 2 tablespoons cornflour
- 1 cup low fat grated cheese
- 1/4 cup water.

Method

1. Heat trim milk in a saucepan
2. Mix the cornflour with a small amount of water
3. Stir the cornflour mixture into the heated milk and stir until thickened
4. Remove the saucepan from the heat
5. Add up to 1 cup of grated cheese and stir
6. Add the cheese sauce to cooked, drained pasta.

Tomato Sauce

Ingredients

- 1 onion, chopped or sliced
- 1 teaspoon vegetable cooking oil
- 1 tin tomatoes (or 4-6 fresh tomatoes and 1/2 cup of water)
- 1 teaspoon Worchester sauce or Soy sauce
- Pepper, basil or parsley.

Method

1. Stir fry the onion and oil together
2. Add the tomatoes and seasoning
3. Add the Worchester sauce/Soy sauce
4. Bring to boil and reduce until desired consistency.

Serves 4



Vegetables

Vegetables are great raw or can be cooked in many ways.

To prepare vegetables, wash and cut them into pieces so they cook quickly.

Vegetables with skin on are of more nutritious.

Boiling

Method

1. Use a pot with a tight-fitting lid
2. Cook vegetables in a little water until crunchy soft, usually about ten minutes.

Stir-fry

Method

1. Cut vegetables into small pieces
2. Put 1 teaspoon of oil and 1 teaspoon of water into a pan and add vegetables
3. Stir-fry until vegetables are cooked and crunchy.

Baking

Method

1. Cut the vegetables into large pieces
2. Bake at 180°C for about 25-30 minutes or until soft.

Microwaving

Method

1. Put washed and cut vegetables into a microwave safe dish with 1-2 tablespoons of water
2. Cover and cook on high
3. For crunchy vegetables, do not cook for more than a few minutes. Some vegetables take longer to cook than others, so start those first. For example, carrots take longer than cabbage
4. Fresh corn cooked in its husk (leaves) is great in the microwave. It takes 3 minutes on high per cob.



Tips

Baking is an excellent way to cook kumara, pumpkin, marrow and potatoes.

Carrots, leeks, tomatoes, onions and other vegetables can be put into foil parcels and baked as well.



Tip

Be careful removing vegetables from the microwave, as the steam may burn your fingers.

Apples

They are available all year round.

Cooked apples do not need sugar added to them.

Apples are excellent raw, stewed, baked, or in fruit salad, sauce, muffins, pancakes, pie, crumble, turnover, meringue, sponge and salad.

Try cooking with pears, peaches, apricots and other fruits.

Stewed Apple

Ingredients

- Apples
- Water
- 1-2 teaspoons lemon juice
- Cinnamon, cloves or raisins if desired.

Method

1. Peel, core and slice the amount of apples that you would like to cook
2. Combine the apples in a saucepan with a small amount of water and bring to the boil
3. Cook until the apples are soft
4. Lemon, cinnamon, cloves, or raisins can be added to alternative.

Crumble Topping

Ingredients

- 1 cup whole meal flour
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 50g margarine

Method

1. Mix ingredients together until crumbly
2. Sprinkle mixture over stewed apple in an ovenproof dish
3. Bake at 150°C for 40 minutes until brown.



Tips

This recipe may be used for pears as well.

Stewed apple is excellent with roast pork or pancakes.



Tip

Muesli, cornflakes or crushed Weetbix may be used in place of flour.

Meringue Topping

Ingredients

- 2 eggs, separated
- 4 tablespoons sugar.

Method

1. Beat the two egg whites until stiff
2. Add the sugar and beat until peaks form in the meringue
3. The egg yolks may be folded into the stewed apple if desired
4. Half fill a pie dish with the stewed apple mix and spread the meringue over the top
5. Bake the meringue at 120°C for 30 minutes, being careful not to burn the meringue.

Sponge Topping

Ingredients

- 125g margarine
- 125g sugar
- 1 egg
- 1/2 cup trim milk
- 125g flour
- 2 teaspoons baking powder, sifted.

Method

1. Half fill a pie dish with stewed apple
2. Cream the margarine with the sugar
3. Add one egg and the milk and mix
4. Stir in the flour and baking powder
5. Pour over the hot fruit and bake for 30-60 minutes at 150-180°C.

Apple Turnovers and Pies

Ingredients

- Filo pastry sheets
- Stewed apple.

Turnovers

1. Cut pastry around a saucer
2. Place 2-3 spoonfuls of drained stewed apple on one half of the pastry, leaving the edges free
3. Wet around the edges of the pastry with a little water and fold pastry over the apple, pressing the edges together
4. Bake in an oven at 180°C for 5-10 minutes.



Pies

1. Line a greased dish with half of the rolled pastry
2. Fill the pastry with 2-3 cups of stewed apple, being careful not to overfill
3. Take 4 filo pastry sheets and cut into quarters then loosely scrunch each piece of filo pastry, place on top of the pie
4. Bake for 30 minutes at 150-180°C.

Apple Muffins

Ingredients

- 1/2 cup golden syrup
- 1 cup trim milk
- 1 teaspoon baking soda
- 1 cup stewed apple
- 1 cup flour
- 3 cups bran flakes
- 1 teaspoon cinnamon
- 1 egg
- 1 teaspoon baking powder
- 1/2 teaspoon mixed spice.

Method

1. Warm the golden syrup with the milk and stir in the baking soda
2. Mix this with the remainder of the ingredients
3. Pour the mix into an oil sprayed muffin tin and bake at 180°C for 10-15 minutes.

Serves 12

Baked Apple

Ingredients

- 4 apples
- 1/4 cup brown sugar
- 1 tablespoon margarine
- 1/4 cup chopped dried fruit and nuts of your choice (dates, raisins, walnuts).

Method

1. Core the four apples
2. Mix the brown sugar, margarine, fruit and nuts together
3. Stuff the mixture into the centre of the apples
4. Place apples on an ovenproof dish and bake for 30 minutes at 160°C.

Serves 4



Tip

*Firm cooking apples
are ideal.*