

Fruit & Veg Cookbook



*Mid North Coast
Aboriginal Health Partnership*



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Acknowledgements

This recipe book has been compiled as part of the *Fruit and Veg Kit* developed by the Mid North Coast Aboriginal Health Partnership.

The recipes and ideas for this recipe book are from the *Feeding the family* cooking program conducted by the Mid North Coast Aboriginal Health Partnership in conjunction with local Aboriginal Medical Services and their communities. The Mid North Coast program was adapted with kind permission from the original *Feeding the family* program conducted in Western NSW.

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Background information



Everyone knows fruit and vegetables are “good for you”. They also need to be enjoyable for the whole family to eat, cheap to use and easy to prepare, so that people include them often enough and in adequate amounts.

This recipe book contains fruit and vegetable recipes used in the *Feeding the family* program that were found to be popular and easy to make. The recipes are accompanied by illustrated instructions to make the preparation fun and easy for you and your family.



The recipes are very economical to make. In fact, the cost of ingredients for these recipes is only about $\frac{1}{4}$ of what it would cost to buy the food already prepared.

The recipes in this book use a variety of fresh, canned and frozen vegetables in addition to fresh, canned and dried fruit to make easy but nutritious meals and snacks.

Remember, when you are preparing fruit and vegetables:

Wash fruit or vegetables thoroughly before use;

Peel only when necessary;

Aim to retain the nutrients by avoiding overcooking; and

Ensure hygienic preparation by washing hands, utensils and equipment thoroughly before and after use.



Each recipe includes handy hints about the fruit and vegetable contained in the recipe. Take a moment to read these hints before you prepare each recipe. You will find that they make fruit and vegetable cookery easier and more interesting.





Vegetable Lasagne

Ingredients

1 packet lasagne noodles
6 cups diced vegetables (fresh,
frozen or canned)
2 cups canned tomatoes
2 cups baked beans
2 tablespoons mixed herbs
3 cups grated light mozzarella

Equipment

ovenproof dish
cup measure
can opener

1

Combine vegetables, tomatoes, baked beans and herbs in a large pan. Simmer until well combined and sauce is thick.

2

Spray dish with oil spray and cover base with lasagne noodles.

3

Spread $\frac{1}{3}$ of vegetable mix over noodles and top with $\frac{1}{3}$ of cheese.

4

Add another layer of noodles and repeat vegetable and cheese layers. Complete with a final layer of noodles, vegetables and cheese.

5

Bake in a moderate oven for 30–40 minutes.

6

Yum!

Makes 6-8 serves

Fresh, frozen and canned vegetables are all great sources of fibre and vitamins.

Select **salt reduced** or **no added salt** varieties of canned vegetables

1



2



3



4



5



6





Spinach Pie

Ingredients

Oil spray
½ cup bread crumbs
1 cup evaporated skim milk
4 eggs
1 cup cooked spinach
1 tsp salt
½ cup chopped shallots
½ cup parmesan cheese

Equipment

Medium pie dish
mixing bowl
egg whisk

1

Spray pie dish with oil spray. Spread breadcrumbs over base of dish.

2

Beat milk and eggs together in a mixing bowl.

3

Add all other ingredients.

4

Pour into greased pie dish.

5

Bake in moderate oven for 30–35 minutes.

6

Yum!

Makes 6 serves

Frozen spinach is an easy, cheap alternative to fresh spinach

Vegetable dishes are usually low in fat unless you add excess butter, oil or creamy sauces





VegeBurgers

Ingredients

1 egg
½ cup plain flour
breadcrumbs
1 cup cooked red lentils
3 cups well cooked vegetables
2 teaspoons curry powder
oil spray

Equipment

potato masher
large mixing bowl
egg flip

1

Mash vegetables and lentils together until they form a lumpy mixture.

2

Add egg, flour and herbs.

3

Sprinkle in breadcrumbs until mixture forms into a solid ball.

4

Heat an oiled large flat pan to medium heat. Spoon a large tablespoon of mixture and form into a small ball. Place in oil and flatten out. Repeat with remainder of mixture to make 12 patties.

5

Cook until golden brown then flip over and cook other side.

6

Serve with side salad. Yum!

Makes 6 serves

Steam vegetables in large chunks to retain as many nutrients as possible

Canned lentils are a handy alternative to dried lentils

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Pumpkin Hot Pot

Ingredients

500g minced beef
1 onion, chopped
2 carrots, washed and grated
1 cup canned tomatoes
2 tablespoons soy sauce
3 cups peeled, diced pumpkin
4 stalks celery, finely chopped
¼ cup nutmeg
½ cup breadcrumbs
oil spray

Equipment

frying pan
knife
chopping board
ovenproof dish

1

Boil or steam pumpkin. Mash with nutmeg.

2

Brown mince in a large frying pan.

3

Add celery, onion, carrot, tomato and soy sauce.

4

Cook for 10 minutes over low heat. Spoon into baking dish.

5

Cover with pumpkin and then sprinkle with breadcrumbs.

6

Spray with oil and bake in a moderate oven for 30 minutes.

Makes 6 serves

Pumpkin can be cooked in the microwave in a large piece and cut up after it is cooked. Use any combination of vegetables you wish. Make sure that all vegetables are washed thoroughly under running water before you use them.







Chicken & Veg Stir Fry

Ingredients

1 tablespoon oil
2 teaspoons crushed garlic
1 large onion, finely chopped
500g boneless chicken fillets
¼ cabbage, shredded
1 large carrot, thinly sliced
½ red capsicum, thinly sliced
2 tablespoons soy sauce

Equipment

frying pan
chopping board
knives
wooden spoon

1

Chop up vegetables into stir fry sized pieces. Clean board.

2

Heat oil in pan and brown garlic and onions.

3

Chop chicken into strips. Add chicken to pan and brown.

4

Add remaining vegetables and soy sauce. Cook until chicken is tender and vegetables are cooked but firm.

5

Serve with steamed rice. Yum!

Makes 6 serves

Most vegetables stir fry well.

This recipe can be made in bulk and frozen in meal sized portions.

Any type of red meat, fish and seafood can be used in place of chicken.

Replace soy sauce with different Asian sauces to vary the flavour.





Roast Vegetables

Ingredients

6 large washed potatoes
2 sweet potatoes
6 carrots
½ butternut pumpkin
6 onions
6 zucchini
olive oil spray
fresh or dried rosemary

Equipment

sharp knife
potato peeler
chopping board
baking trays
baking paper

1

Peel sweet potatoes, onions and pumpkin.

2

Scrub potatoes, carrots and zucchini.

3

Par-boil or steam vegetables in a large pot or in the microwave. Allow to cool slightly before cutting into manageable sized pieces.

4

Turn oven on to a high heat. Cover baking trays with baking paper. Arrange vegetables on tray. Coat evenly with oil spray and sprinkle with rosemary.

5

Bake in a hot oven for about 30 minutes.

6

Yum!

Makes 6 serves

Par-cooking vegetables speeds up roasting and reduces toughening of vegetables

Oil spray provides enough oil to brown the vegetables without making them greasy





Hot Chips

Ingredients

8 large washed potatoes
olive oil spray
chicken salt or BBQ seasoning

Equipment

baking trays
baking paper

1

Wash potatoes and par-boil or steam to avoid toughening when baking. Cool.

2

Cut potatoes into chips or wedges.

3

Cover baking tray with baking paper and lightly coat with oil spray. Place the chips on the baking paper and lightly coat with oil spray. Add seasoning if desired.

4

Bake in a hot oven (220°C) for approximately half an hour.

5

Serve hot.

6

Yum!

Makes 8 serves

*Leave the skin on washed potatoes for extra fibre
The larger the chips or wedges, the less oil they absorb during cooking.*

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③



④



⑤



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Tropical Carrot Salad

Ingredients

4 carrots
1 cup currants or sultanas
½ cup desiccated coconut
8 unsweetened pineapple slices

Equipment

grater
can opener
cup measure

1

Grate carrot. Drain and dice pineapple.

2

Combine grated carrots, currants and pineapple in a salad bowl.

3

Toss gently.

4

Sprinkle with coconut.

5

Yum!

Makes 8 serves

Leave skin on washed carrots to retain more fibre

Most canned fruits are available in natural juice or water. These varieties are healthier than fruit in syrup.

Dried fruit is packed with fibre and is economical and convenient

①



②



③



④



⑤



Yum





Mini Pizza

Ingredients

6 English muffins
½ cup tomato paste
1 medium onion, sliced
6 slices of ham, diced
6 mushrooms, sliced
1 can unsweetened pineapple, drained
1½ cups grated light mozzarella cheese

Equipment

sharp knife
cheese grater

1

Split muffins in half. Toast lightly under grill with cut side down.

2

Remove from grill and spread with 1 tbsp of tomato paste per muffin half.

3

Top with onion, ham, mushrooms and pineapple. Cover with cheese, dividing it evenly.

4

Place under grill and cook until cheese is melted and golden.

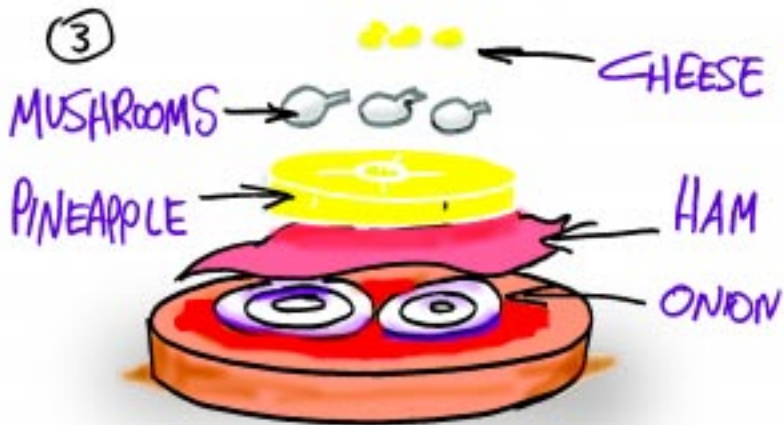
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Serve. Yum!

Makes 6 serves

Use any type of diced or grated vegetable as a pizza topping

Tomato paste is a concentrated source of nutrients and flavour





Fruit Crumble

Ingredients

2 cups drained canned fruit
(apple, peaches, apricots, pears)
2 tablespoons margarine
½ cup plain flour
¼ cup sugar
1 teaspoon cinnamon

Equipment

can opener
ovenproof dish
cup measure
tablespoon

1

Drain canned fruit, dice and spread over oven proof dish

2

Rub margarine into flour until it looks like breadcrumbs.

3

Stir in sugar and cinnamon.

4

Sprinkle crumble mixture over fruit and press down lightly.

5

Bake in a moderate oven (180°C) until top is brown and crisp.

6

Serve with low fat icecream or custard. Yum!

Makes 6 serves

Stew your own fruit in water if you have an excess.

Vary the recipe by using different fruits, or by adding diced dried fruit to the fruit.

Crushed or finely chopped nuts can be added to the crumble mix for extra flavour.

1



2



3



4



5



6





Fruit Juice Jelly

Ingredients

1½ cups tropical fruit juice
2 cups fruit salad in natural juice
15g (5 teaspoons) gelatine
3 tablespoons boiling water

Equipment

cup measure
can opener
jelly mould or
icecream container

1

Combine fruit and juice in a large mixing bowl.

2

Sprinkle gelatine over boiling water in a cup and dissolve thoroughly.

3

Add gelatine mixture to fruit and juice.

4

Pour into a mould.

5

Chill overnight until set.

6

Yum!

Makes 6-8 serves

Fresh diced fruit can be used instead of canned fruit in this recipe

Use fresh fruit in season and canned fruit out of season

Canned fruit is cheap and stores well.

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⑥





Fruit Muffins

Ingredients

1 packet low fat muffin mix
2 cups SR flour
1 cup diced fruit
2 eggs
1 $\frac{1}{3}$ cups water
oil spray

Equipment

large mixing bowl
wooden spoon
muffin tins or
thick muffin cases

1

Combine muffin flour mix and SR flour in a large mixing bowl.

2

Add fruit from muffin mix and chopped extra fruit. Add eggs and 1 cup of water.

3

Fold mixture together gently. Add extra 1/3 cup water if mixture is still very thick.

4

Divide between 24 greased muffin tins or 24 muffin cases.

5

Bake in a pre-heated oven on moderate heat (180°C) for 15 – 20 minutes. Check using a skewer to make sure the muffin batter is cooked.

6

Yum!

Makes 24 serves

Fresh, dried or canned fruit are all suitable for this recipe

Use half the amount if using dried fruit

Muffins or cakes are a great way to use up excess fruit (bananas, apples, pears) or vegetables (carrots, zucchini)

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④



⑤





Apricot Treats

Ingredients

1 tablespoon canola margarine
½ can skim condensed milk
250g packet granita biscuits
1½ cups dried apricots

Equipment

small pan
can opener
wooden spoon

1

Melt margarine and condensed milk over low heat until runny.

2

Finely chop apricots and crush biscuits.

3

Mix apricots and crumbs together until well combined. Add condensed milk mixture and stir until mixture is evenly combined.

4

Mixture will form into a a large ball when ready.

5

Press mixture into greased slice trays to a thickness of ½ cm.

6

Cut into desired size and shape. Refrigerate and serve as a treat. Yum!

Makes 30 serves

Dried fruit may be enjoyed by people who do not eat fresh fruit

Dried fruit stores well and can be used in a wide variety of meals and snacks





Banana Thickshakes

Ingredients

4 cups cold water
1 cup of skim milk powder
1 cup light vanilla yoghurt
or ice cream
2 ripe peeled bananas
2 teaspoons vanilla essence

Equipment

blender
6 glasses
cup measure
teaspoon

1

Pour 2 cups of water and ½ cup milk powder into blender.

2

Blend until all lumps are gone.

3

Add ½ cup yoghurt, 1 banana and 1 teaspoon of vanilla.

4

Blend until smooth.

5

Pour into 2-3 glasses to serve. Repeat with remaining ½ of ingredients.

6

Yum!

Makes 4-6 serves

Bananas and other fruit can be frozen and then used in thickshakes, cakes or as a frozen treat

Mango and strawberries also make good smoothies



1



2



3



4



5





Tropical Punch

Ingredients

3 cups cold tea
3 cups dry ginger ale
3 cups pineapple juice
2 cups tinned fruit salad
½ cup finely chopped mint
2 cups crushed ice

Equipment

punch bowl or
big salad bowl
can opener
sharp knife
ladle to serve

1

Make a fairly strong brew of tea. Cool.

2

Immediately before serving, combine all ingredients in a large bowl. Mix well.

3

Yum!

Makes 30 serves

*Fruit provides drinks with flavour and texture
Fruit juice is full of vitamins but lacks the fibre
contained in fruit*

1



2



3





Notes



A series of horizontal dashed red lines spanning the width of the page, providing a space for handwritten notes.

**Aim for
2 fruit and
5 vegetable
serves a
day**



HOME DELIVERY!



YUM

YUM

YUM

