

## Recipes from QR National - Taste Test – 17<sup>th</sup> May 2011

### Heart Week

#### Easy Frittata

This is a great alternative to lunch. It can be made in a solid flat dish, used as an omelette based in a frypan and finished off under the grill, or baked in the oven as done for the demonstration. Serve with salad and toasted bread.

**Basic recipe** – (serves 10-12 people depending on portion size)

8 eggs

Portion source – e.g. 4 slices of lean ham or 4 rashers of short-cut bacon or 1 small packet (120g salmon – smoked)

1 heaped Tablespoons of light – Philly cream (i.e. extra light 60% less fat) Note: this is not cream cheese - alternatively try butter milk (75ml)

1-2 medium zucchini grated

1-2 medium potato (grated, skin on)

1 Carrot or small wedge of sweet potato, grated

50-80g Light or reduced fat vintage cheese, grated

Pepper to taste

#### Notes:

*Add herbs as desired to match your protein source – e.g. 100g smoked salmon plus fresh chopped Dill or 1 heaped (1 dessert spoon, or 3 slices of ham, diced with 1 teaspoon of dry, mixed herbs)*

*As desired – onion, leek or shallot finely chopped/shredded (not in this display sample)*

#### **Method:**

- Heat oven to 165degrees C (fan-forced)
- Spray with oil-spray a Pyrex dish approx 25cm square (if using a rectangle, you might need to adjust the temperature and cooking time i.e. cook at a lower heat for longer as the middle tends to stay wet otherwise)
- Whisk egg and cream together, add pepper
- Add grated vegetables and mix well together
- Combine protein source and herbs, and add to the mixture
- Pour into a bowl and top evenly with cheese
- Cook for 20-30minutes (until mixture is firm and top is golden in colour)



### Variations:

- Also recipe can be adjusted depending on how many people you need to feed. Fat content can be lowered by keeping a ratio of 5 eggs (whole) and 3 egg whites – to make 8 eggs. The fat is in the yolk – including good fats. Look for omega-3 eggs if possible to boost your Omega-3 intake further.
- You can also make muffins using a similar recipe by cutting the crusts of a slice of wholegrain bread, rolling it flat and pushing it into a muffin tin that has been sprayed with Canola oil. Pour in mixture into muffin trays. Spray tops lightly with Canola oil and pop in the oven until cooked (i.e. firm) and toasted on the top.

### Mini Muffins –Raspberry & Macadamia / Ginger, Pineapple & Coconut

Make these into mini-muffin portion sizes (makes approx 36 mini-muffins) and limit them to occasional treats. The balance is there of healthy oils but being higher in oil, they can contribute to weight if you eat too many! They can be frozen and thawed again for school or work lunches.

**Pre-making tip:** don't over-mix muffins – especially the raspberry version as the mixture will go grey-ish in colour.

### Ingredients:

¾ cup caster sugar (you could use SMART sugar by CSR if wanting to be lower GI – but it still have the same energy content)

2 cups of self-raising flour

½ cup coarsely chopped macadamias

1 cup (125g) frozen raspberries – coarsely chopped

1 egg whisked

½ cup (125ml) macadamia oil

¾cup (185ml) buttermilk

### Method:

- Pre-heat oven to 200degrees C.
- Spray mini-muffin pan with canola oil spray.
- Combine dry ingredients in large bowl.
- Add raspberries (or pineapple)
- Make a well in the centre of dry-mix.
- In a separate bowl, mix together the wet ingredients until blended.



- Pour wet ingredients into the centre of dry – mix lightly with a fork – take care not to over mix (it is OK to be a little floury).
- Spoon evenly into pans (just below the edge line)
- Bake for 10-15 minutes until golden on top and the muffins, spring back when touched.
- When cooked, remove from oven and rest for 5 minutes until removing from pan.
- If making larger muffins, cook for 20 minutes.

**Variation:**

*For Pineapple, Coconut & Ginger muffins, omit raspberries, macadamia oil and macadamias and make the following changes.*

- *Substitute raspberries for 1 cup drained, crushed pineapple in natural juice.*
- *Substitute canola oil for macadamia oil – same volume.*
- *Add 1/3 cup of desiccated coconut to dry ingredients.*
- *Add 1.5-2 teaspoons of dried ginger or 1 heaped dessertspoon of fresh ginger paste (e.g. from Gourmet Garden tube – F&V herb section of supermarket) to wet ingredients – mixing well before adding to dry.*

*Mix dry and wet ingredients together as illustrated in method above. Also cook as instructed.*

**High Fibre Pasta Salad**

Keep portions low – most people don’t need loads of pasta – it should be part of the meal – not the whole meal.

Brown or Wholemeal pasta is a good choice for increasing fibre – however many people do not like the drier taste and often it requires a longer cooking time and more sauce to add mouth feel.

Vetta – high fibre, low GI pasta was used in the demonstration although any brand variation of this type would work just as well. Always just slightly undercook your pasta, drain it – you can always add more water to loosen it up later.

**Ingredients**

1 packet of High fibre pasta, cooked & cooled

1 large tub of extra light sour cream

1 tube of Mediterranean Fresh herb mix e.g. Gourmet Garden Mediterranean mix (you could mix up your own fresh herbs for this – fried won’t work well with releasing flavour in this salad)



**Method**

- Mix together the herbs and sour cream until combined.
- Add to pasta and mix well.

1 cup of pasta salad equates to about 2 slices of bread on the plate.

**Variations:** *Chilli and char-grilled vegetables with a little reduced fat fetta, is always a nice addition to this type of salad.* I also love to add a tin of cannellini beans, drained & rinsed. There is also a Moroccan version of the herb blend which is nice too.

## Easy Curry

This has no set ingredients – however the version I made was based on this recipe...

Boil up your favourite Indian pulses/lentils (brown lentils, orange and chickpeas were used in this curry). Remember when cooking your own or using tinned varieties, drain the pulses and rinse the water off them. Orange lentils take hardly anytime to cook and are a great addition to add fibre and bulk to other dishes with moderate water content (e.g. soups, stews, casseroles, spaghetti bolognese etc.)

Into a pot, add frozen mixed vegetables (carrots, peas and corn were used in this example) to the cooked lentil mix. Add 2 cups of water for every cup of vegetables/pulses used in the pot.

Add 2 medium diced potatoes and pumpkin along with 2-3 Tablespoons of Curry paste – Rogan Josh was used in this mix but many others would also be fine.

When the curry boils, turn down the heat stirring regularly so the pulses don't drop to the bottom of the pot and burn.

Continue to cook until the curry thickens and the potato starts to breakdown. Add about 1 heaped tablespoon of dried coconut milk powder & ground cumin powder – mix well.

The curry is cooked when most of the water is absorbed and the curry is of appropriate thickness for your purpose, thicker curry for samosas, thinner for rice/bread wraps. If you want it thinner – obviously add more water.

Serve with a raita if desired.

**Raita** can easily be made with natural yoghurt, lemon juice, shredded mint and grated cucumber. The bread used (triangles) were a long-life version of fajita/burrito breads (MEXICAN section of supermarket – Old El Paso – Wholegrain – normal size. You can toast or warm these slightly. They are low GI, higher in fibre and easier to control for portions than Naan bread. One of these breads is just over the equivalent carbohydrate as a slice of bread; where as a Naan Bread tends to contain the equivalent of 5 slices of bread.

### Tips:



- *If you like your curry hotter than your blend, add chilli flakes and/or Cayenne Pepper – remember – it will get hotter the longer it cooks. If you have added too much, try adding a little lemon juice towards the end of the curry.*
- *Don't add salt in the cooking, the potato absorbs the salty flavour and you'll end up adding loads.*

**Variations:** *Frozen spinach also tastes great when added to this dish as does extra garlic, mushroom, capsicum.*

**Here are some notes from the Presentation on Tuesday.**

**Always see a Health Professional for advice specific to your individual needs.**

### **Why good nutrition can help you be Heart -wise**

1. *Can change the profile of your cholesterol levels*
2. *Can enhance effects of medication*
3. *Reduce your risk of developing other compounding conditions AND helps manage them if you do have any already*
4. *May help to reduce oxidative damage in the vessels themselves*
5. *Can't just rely on vitamin/mineral supplements..*

*There are more relevant points to Heart Health, see a dietitian for more information.*

### **Include more vegetables & fruit**

- All types of fruit & vegetables are good choices
- Aim for at least 2 portions of fruit and 5 of vegetables but know your portions & health concerns if needing to modify amounts further
- Vegetables tend to be lower in energy than fruit
- In winter, soups are a great way to boost vegetable intake

### **Include whole grains, legumes & other sources of fibre**

- Men – aim for 40g, Women -30g to prevent chronic disease
- Two types – *soluble & insoluble*
- Include plenty of water – not just “fluids”
- Other health benefits – *vitamins & minerals not found in other sources*
- Essential to have a wide variety of foods
- Low Glycemic Load (= *G/Index plus Carbohydrate amount*) good to consider

## Flaxseed

- Fibre, omega-3, phytoestrogens
- Sprinkled on food or used as an oil

## Nuts & seeds

- Omega-3, minerals & vitamins (including magnesium & vit E), fibre
- **10-12 nuts** per day
- Great source of mono- & polyunsaturated fat

## Change the type of fats you use - include more omega-3 & omega-6 fats

- Saturated fat – solid at room temperature
- Palm oil/Coconut fat
- Reduced saturated fat products – including animal fats
- Plant stanols/sterols *e.g. Benecol-Proactive/Heart Active milk etc.*
- Include more seeds/grain – natural oils
- Nuts also good sources – but watch salt & quantity
- Canola/Olive vs Vegetable oils

## Foods high in saturated fat include:

- *Hard and full fat soft cheeses*
- *Full fat dairy products*
- *Cream*
- *Crème fraiche*
- *Palm oil*
- *Fatty or fried take-away foods*
- *Packaged cakes and biscuits*
- *Chicken skin*
- *Fat on meats*
- *Processed meat such as sausages, burgers and salami*
- *Pastry*
- *Hydrogenated coconut oil - Virgin coconut oil is ok*
- *Coconut milk*

## Alcohol

- NHMRC – ‘*Low risk drinking guidelines*’

- 2 serves per day BUT don't have to start drinking if you don't have any
- Benefits of red & white wine but not at large amounts!
- Give the liver a rest a few days a week
- High in energy – especially a problem if you drink regularly (& snacking with it too!)

### **Food myths**

- If it sounds too good to be true – it probably is!
- Go direct to trusted sources of information – Heart Foundation, Dietitians Association of Australia – rely on good, valid research
- Any diet or advice directed at limiting specific food groups or isolating specific nutrients should be questioned... Unless there is a medical need (e.g. kidney failure & high potassium levels, be wary of restricting intake)
- Excess vitamins & minerals are rarely needed

### **PORTIONS!**

- Include foods from each of the food groups
- Balance with activity & exercise
- When these are settled – then include other foods
- Keep treats small
- If you were a child – would a diet high in fried, sugary food, and alcohol be ideal?
- Start a healthy diet young – Vietnam soldiers

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