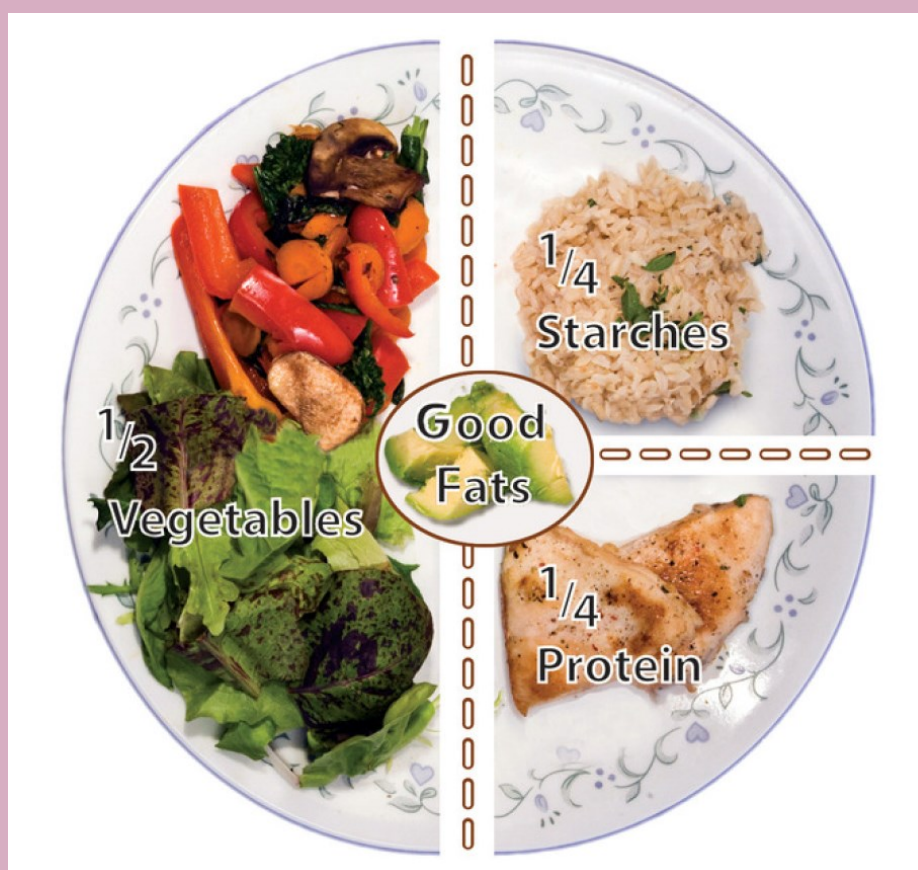




Winter Warmers

Winter foods don't need to be rich and stodgy to be comforting.

Remember to use the plate model when planning meals. The more vegetables you can squeeze in the better!





Quick Minestrone Soup

Serves 4

Recipe from Sanatarium.co.nz

Ingredients

- 1 TBSP OIL
- 1 ONION, FINELY CHOPPED
- 1 GREEN CAPSICUM, CHOPPED
- 140G CARTON TOMATO PASTE, NO ADDED SALT
 - 1 TSP ITALIAN HERBS
 - 4 CUPS OF WATER
- 1 X VEGETABLE STOCK CUBE
 - 1/2 CUP PASTA SHELLS
- 450GM FROZEN VEGETABLES
- 310GM CAN BUTTER BEANS/ CANNELLINI BEANS

Method

1. Heat the oil in a saucepan and sauté onion until soft. Add the remaining ingredients except the beans
2. Bring to the boil then reduce heat and simmer for 15 minutes or until pasta is cooked
3. Add beans and heat through

Nutrition per serve: 919kJ (220kcal); 9.6g protein, 27g carbohydrate, 0.4g saturated fat , 306 mg sodium



Vegetable Chili con carne

Serves 8

Recipe adapted from Jane Brody's Good Food Book

Ingredients—seasoning mix

- 2TSP BROWN SUGAR
- 1TSP CHILI POWDER (OR LESS)
 - 1TBSP GROUND CUMIN
 - 1 TBSP DRIED OREGANO
 - 1/2 TSP SALT
- 1/2 TSP GROUND CORRIANDER
- 1TSP PAPRIKA/SMOKED PAPRIKA
- 1/4 TSP GROUND ALL SPICE

Chili Base

- 1 LARGE ONION, FINELY CHOPPED\
- 2 LARGE GARLIC CLOVES OR 1 TSP CRUSHED GARLIC
 - 2 TSP OLIVE OIL
- 2 X 400GM TINNED TOMATOES
 - 2TBSP TOMATO PASTE
 - 450GM LEAN MINCE
- 2 X 400GM TINS KIDNEY BEANS
- 1 CAPSICUM (ANY COLOUR, CHOPPED)
 - 1 CARROT, CHOPPED
 - 1 CUP DICED CELERY
- 1 CUP FROZEN /TINNED CORN KERNELS



Vegetable Chili con carne –continued

Method

1. In a large deep pot, sauté the onions and garlic in the oil until softened.
2. Add the meat, browning and stirring it to break up the pieces. Drain off any fat that accumulates in the pan.
3. Add the tomatoes and tomato paste and all the seasonings.
4. Heat the mixture until bubbly, reduce the heat, cover the pan and simmer the chili for about 10 minutes.
5. Add the kidney beans, capsicum, carrots and celery and simmer for 20 minutes or until the carrots are softened. Add the corn to the pot after 10 minutes. Add some water if the chili looks too thick.
6. Serve with your favourite toppings (chopped avocado, fresh coriander, or a dollop of light sour cream).

Nutrition per serve(not including toppings) : 1032 kJ (247 kcal); 21g protein, 25g carbohydrate, 5g fat (1.4 g saturated), 8g fibre, 463 mg sodium



Pumpkin and Chickpea Satay

Serves 6

Recipe from sanatarium.co.nz

Ingredients

- 1/2 CUP OF WATER
- 1 ONION (CHOPPED)
- 1 TSP CRUSHED GARLIC
- 1TSP CRUSHED GINGER
- 700GM PUMPKIN OR BUTTERNUT SQUASH, PEELED AND CUT INTO CHUNKS
 - 1 CAN LIGHT COCONUT MILK
 - 1/2 CUP REDUCED SODIUM STOCK
 - 2 CUPS CAULIFLOWER FLORETS
- 1/3 CUP CRUNCHY PEANUT BUTTER, NO ADDED SUGAR
 - 1 TBSP LOW SODIUM SOY SAUCE
 - 2 TSP HONEY/BROWN SUGAR
- 400GM CHICKPEAS, RINSED AND DRAINED
- 1/4 CUP FRESH CORIANDER, CHOPPED
- 60GM BABY SPINACH LEAVES

Method

1. Heat water in a saucepan, then add onion and cook for 4 to 5 minutes until soft. Add garlic, ginger and cook for 1 more minute, stirring occasionally
2. Add pumpkin and stir to combine. Pour in coconut milk and stock and bring to the boil. Cover and reduce heat to simmer for 8-10mins until pumpkin is just cooked.
3. Add cauliflower, cover and cook for 3 to 4 minutes until cauliflower is tender. Add peanut butter, soy sauce, honey and chickpeas. Stir to combine and heat through. Stir in coriander and baby spinach leaves.
4. Serve on cooked **brown rice** if desired.

Nutrition per serve (not including rice) : 1366 kJ (326 kcal); 16g protein, 31g carbohydrate, 17g fat (7g saturated), 10g fibre



Applesauce Carrot Loaf

Serves 16

Ingredients

- 1.5 CUPS WHITE FLOUR
- 1/2 CUP WHOLEMEAL FLOUR
 - 1/2 CUP SUGAR
 - 2 TSP BAKING SODA
 - 1.5TSP CINNAMON
 - 1/2 TSP NUTMEG
 - 1/2 TSP SALT
- 3/4CUP UNSWEETENED APPLESAUCE/APPLE PUREE
 - 1/4 CUP CANOLA OIL
 - 3 EGGS
- 3 CUPS COARSELY GRATED CARROT (ABOUT 340GM)

Method

1. Preheat the oven to 180°C.
2. In a large mixing bowl, combine the white and wholemeal flours, sugar, baking soda, cinnamon, nutmeg, and salt.
3. In a small bowl, combine the apple puree, oil, and eggs, and add them to the flour mixture, stirring until the ingredients are well blended. Add the carrots, and mix again. Pour the batter into a large loaf pan lined with baking paper
4. Bake for about 1 hour and 10 minutes or until a toothpick inserted in thickest part of the cake comes out clean. Set the cake pan on a wire rack for 5 minutes.
5. Run a knife around the edges of the pan to loosen the cake, and turn the cake out onto the rack to cool.

Nutrition per serve : 539kJ, 2.9g protein, 20g carbohydrate, 7g sugar, 4.4g fat (0.5g saturated), 1.3g fibre, 100mg sodium