BACK ON THE MENU

Recipes for a reduced potassium diet
KIDNEY HEALTH AUSTRALIA

Our Mission
Kidney Health Australia will be the lead organisation promoting kidney and urinary tract health through research, advocacy, education and health service excellence.

Our Vision
Australia free of kidney and urinary tract disease.

How You Can Help
There are many ways you can support Kidney Health Australia and help the thousands of Australians touched by kidney disease:

Financial: Your tax-deductible donation will directly support delivery of our health service, education and research programs.

Bequest: A gift in your will today will enable future generations to gain the benefits of your legacy.

Volunteer: Please call us on 1800 4 KIDNEY (1800 454 369) for more information on how you can assist, or visit our website www.kidney.org.au

Kidney Health Australia is meeting the challenge of Chronic Kidney Disease through Detection, Prevention and Treatment. Visit www.kidney.org.au to see our other publications and order resources. Call the Kidney Health Information Service on 1800 4 KIDNEY if you have any kidney questions.

Snacks
06 Cheese and Garlic Pita Wedges
06 Cold Spring Rolls
14 Honey Ginger Crisps
14 Meringue Drops
13 Oat Biscuits
11 Orange Cake
07 Parmesan Crackers
13 Pikelets
08 Savoury Corn Pritters
11 Scones
10 Sesame Bites
10 Sesame Twists
09 Tuna Dip

Side dishes
17 Curried Rice Salad
16 Golden Potato Croquettes
17 Mustard Cauliflower
18 Pasta Salad
19 Potato, Rice, Pasta and Noodles
20 Standard Salad
20 Stuffed Zucchini
18 Sweet Potato and Garlic Mash
22 Vegetable Couscous

Light meals
24 Caesar Salad with Yoghurt Dressing
28 Ham and Tomato Omelette
25 Mushroom Risotto
26 Silverbeet and Stilton Pancakes

Main meals
30 Asian Steamed Fish
31 Chili Beef
32 Creamy Tuna Pasta
33 Fettucine Bolognese
34 Fillet of Lamb with Garlic
35 Indian Style Chicken Casserole
38 Meatloaf with Sautéed Mushrooms
36 Spicy Lamb Mint Kebabs

Desserts
40 Baked Ricotta and Apple Cheesecake
41 Coffee Liqueur Mousse
42 Honey Apple Wraps
42 Individual Spiced Apple Puddings
46 Lemon Pudding
46 Pavlova
44 Pineapple Pie
45 Rocky Road Yoghurt
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FOREWORD
The authors would like to stress that recommendations for 'Renal Diets' vary widely between individuals. It is with this in mind that this recipe book is best used in conjunction with dietary advice from a dietitian experienced in renal nutrition.

This is the second edition of Back on the Menu – recipe book for a reduced potassium diet. The recipes were developed for people who need to control the amount of potassium in their diet. This includes people with kidney disease and those requiring dialysis who have been advised to follow a low potassium diet.

The recipes aim to help people who are restricting their potassium intake to add some variety to everyday eating. The recipes illustrate that low potassium meals are interesting, delicious and can be offered to friends and family. Some recipes contain ingredients that are not always recommended in a low potassium diet. Computer analysis has shown that these ingredients can, however, be included in measured quantities while ensuring that the potassium content of the meal is still within acceptable limits. The inclusion of some higher potassium foods, in limited amounts, has added to the variety and taste of these low potassium recipes. Any variation to the recipes is not recommended unless advised by a dietitian with experience in renal nutrition.

People who have both kidney failure and diabetes should consult their dietitian before using these recipes, as they may not meet their dietary needs.

Nutritional criteria based on the CARI Guidelines1 were used to determine recipe inclusion. The criteria are detailed in the next section. The nutritional analysis for the stated ingredients in each recipe was performed using Foodworks Program Version 5.0 (Xyris Software). Analysis is based on the ingredients as printed. Serving suggestions, for example side salad were not included in the nutritional analysis of the recipe.

The recipes have been developed by a group of Adelaide-based dietitians with experience in renal nutrition, together with members of Kidney Health Australia.

Please enjoy!

Anne Wilson
Chief Executive Officer

ADDITIONAL CONSIDERATIONS FOR RESTRICTED POTASSIUM DIETS
- Protein requirements are very individual. Some recipes may need the specified quantity of meat or meat alternative modified, in order to meet individual protein requirements. Always consult with a dietitian experienced in renal nutrition about your daily requirements.
- Phosphate requirements are also individual. Phosphate binders are often used to help control phosphate levels but if phosphate intake is a concern, talk to a dietitian experienced in renal nutrition.
- People with kidney disease often need to limit salt intake. Choose no added salt or reduced salt margarine and processed foods where possible. It is also advisable not to add salt when cooking or at the table.
- If you have elevated cholesterol, you may want to use low fat dairy products instead of full fat varieties for these recipes.
- If you need to increase energy intake through extra fat, choose polyunsaturated and monounsaturated fats such as olive, canola and sunflower oil.
- Consult a dietitian experienced in renal nutrition if you have any questions about these recipes and before modifying recipe ingredients.

Potassium measures
Recipes in this book meet the following criteria:

**Total daily potassium intake**
2700mg or 70mmol (Easy conversion: 40 mg potassium = 1 mmol)

**Suggested daily potassium distribution**

<table>
<thead>
<tr>
<th>Meal Type</th>
<th>Potassium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>500 mg</td>
</tr>
<tr>
<td>Light meal (e.g. Lunch)</td>
<td>700 mg</td>
</tr>
<tr>
<td>Main meal (e.g. Dinner)</td>
<td>1200 mg *</td>
</tr>
<tr>
<td>Snacks (3 per day)</td>
<td>100 mg each</td>
</tr>
</tbody>
</table>

* Potassium from main meal can be selected from:
  - Meat dish 350 mg
  - Potato 400 mg
  - Vegetables/standard salad 250 mg
  - Dessert 200 mg

**Total** 1200 mg

**Mixed meat and vegetable meal** 1000 mg

**Not suitable to be served with extra salad or vegetables**

**FOREWORD**

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- **Phosphate** requirements are also individual. Phosphate binders are often used to help control phosphate levels but if phosphate intake is a concern, talk to a dietitian experienced in renal nutrition.

- People with kidney disease often need to limit **sodium** intake. Choose no added salt or reduced salt margarine and processed foods where possible. It is also advisable not to add salt when cooking or at the table.

- If you have elevated cholesterol, you may want to use low fat dairy products instead of full fat varieties for these recipes.

- If you need to increase energy intake through extra fat, choose polyunsaturated and monounsaturated fats such as olive, canola and sunflower oil.

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**Potassium measures**

Recipes in this book meet the following criteria:

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<td>Light meal (e.g. Lunch)</td>
<td>700mg</td>
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</tbody>
</table>
| Main meal (e.g. Dinner) | 1200mg +
| Snacks (3 per day) | 100mg each |

* Potassium from main meal can be selected from:

- **Meat dish**
  - 350mg
- **Potato**
  - 400mg
- **Vegetables/standard salad**
  - 250mg
- **Dessert**
  - 200mg

**Total** 1200mg

or

- **Mixed meat and vegetable meal**
  - 1000mg
- **Eg stir fry, casserole**
  - 200mg

**Total** 1200mg

**Not suitable to be served with extra salad or vegetables**

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CHEESE AND GARLIC PITA WEDGES

Makes: 32 wedges
Serving size: 4 wedges

Ingredients
4 white pita bread (large)
125g margarine, salt reduced, melted
3 cloves garlic, crushed
2 tbsp fresh basil, chopped
1/3 cup parmesan cheese, grated

Method
– Preheat oven to 180°C.
– Split pita bread in half; cut each half into 4 wedges.
– Combine margarine, garlic and basil.
– Brush over one side of bread wedges; sprinkle with parmesan cheese.
– Place in single layer on oven tray.
– Bake for 10 minutes or until crisp.

Nutritional profile per serve
Energy 1108kJ
Protein 6g
Fat 15g
Carbohydrate 27g
Sodium 340mg

Notes:

COLD SPRING ROLLS

Makes: 4
Serving size: 2 rolls

Ingredients

Filling
1/2 cup finely shredded cabbage
1/2 cup carrot, grated
1/2 cup cooked chicken mince
(or shredded BBQ chicken breast)
1/4 cup fresh mint
2 tbsp spring onion, finely chopped
1 tbsp oil
1/4 tsp pepper
1 cup softened vermicelli or clear Asian rice noodles.
8 sheets dried rice paper sheets

Method
– Fry chicken mince in oil.
– Soak noodles in hot water until tender then drain.
– Gently mix noodles, vegetables and chicken.
– Individually dip dried rice paper sheets into bowl of warm water to soften.
– Place sheet on a chopping board.
– Fold closest corner over filling.
– Fold in the two side corners then roll.

Serving suggestion
Serve with a small amount of low salt soy sauce or sweet chili sauce.

Nutritional profile per serve
Energy 821kJ
Protein 9g
Fat 7g
Carbohydrate 23g
Sodium 98mg

Notes:

PARMESAN CRACKERS

Makes: 40–50 crackers
Serving size: 4–5 crackers

Ingredients
8 tbsp margarine, salt reduced, softened
2 cups plain flour
1 1/2 cups parmesan cheese, finely grated
1 egg yolk
1/2 cup water

Method
– Preheat oven to 180°C.
– In large bowl or food processor, rub margarine into flour until mixture resembles breadcrumbs.
– Add cheese and egg yolk, mix well.
– Add enough water to form dough. (Texture may be crumbly but pressed dough will hold together in ball.)
– Divide dough into 2 portions.
– On floured surface, roll out until 1cm thick.
– Cut out individual crackers with cookie cutter or sharp knife, arrange on ungreased baking sheet.
– Prick each cracker with fork.
– Bake for 5–10 minutes on either side or until medium brown.
– Cool on wire rack.

Nutritional profile per serve
Energy 1123kJ
Protein 8g
Fat 17g
Carbohydrate 20g
Sodium 359mg
Potassium 63mg
Phosphate 147mg

Notes:
CHEESE AND GARLIC PITA WEDGES

Makes: 32 wedges
Serving size: 4 wedges

Ingredients
- 4 white pita bread (large)
- 125g margarine, salt reduced, melted
- 3 cloves garlic, crushed
- 2 tbsp fresh basil, chopped
- 1/3 cup parmesan cheese, grated

Method
- Preheat oven to 180°C.
- Split pita bread in half; cut each half into 4 wedges.
- Combine margarine, garlic and basil.
- Brush over one side of bread wedges; sprinkle with parmesan cheese.
- Place in single layer on oven tray.
- Bake for 10 minutes or until crisp.

Nutritional profile per serve
Energy 1108kJ
Protein 6g
Fat 15g
Carbohydrate 27g
Sodium 340mg
Potassium 74mg
Phosphate 81mg

CHEESE AND GARLIC PITA WEDGES

GOLD SPRING ROLLS

Makes: 4
Serving size: 2 rolls

Ingredients
- Filling
  - 1/2 cup finely shredded cabbage
  - 1/2 cup carrot, grated
  - 1/2 cup cooked chicken mince (or shredded BBQ chicken breast)
  - 1/4 cup fresh mint
  - 2 tbsp spring onion, finely chopped
  - 1 tsp oil
  - 1/4 tsp pepper
  - 1 cup softened vermicelli or clear Asian rice noodles.
  - 8 sheets dried rice paper sheets

Method
- Fry chicken mince in oil.
- Soak noodles in hot water until tender then drain.
- Gently mix noodles, vegetables and chicken.
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- Divide filling into 8 portions.
- Put one portion in corner of sheet.
- Fold closest corner over filling.
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Energy 821kJ
Protein 9g
Fat 7g
Carbohydrate 23g
Sodium 98mg
Potassium 74mg
Phosphate 88mg

Notes:

Serving suggestion
Serve with a small amount of low salt soy sauce or sweet chilli sauce.

PARMIGIANO CRACKERS

Makes: 40–50 crackers
Serving size: 4–5 crackers

Ingredients
- 8 tbsp margarine, salt reduced, softened
- 2 cups plain flour
- 1 1/2 cups parmesan cheese, finely grated
- 1 egg yolk
- 1/2 cup water

Method
- Preheat oven to 180°C.
- In large bowl or food processor, rub margarine into flour until mixture resembles breadcumbs.
- Add cheese and egg yolk, mix well.
- Add enough water to form dough. (Texture may be crumbly but pressed dough will hold together in ball.)
- Divide dough into 2 portions.
- On floured surface, roll out until 1cm thick.
- Cut out individual crackers with cookie cutter or sharp knife, arrange on ungreased baking sheet.
- Prick each cracker with fork.
- Bake for 5–10 minutes on either side or until medium brown.
- Cool on wire rack.

Nutritional profile per serve
Energy 1123kJ
Protein 8g
Fat 17g
Carbohydrate 20g
Sodium 359mg
Potassium 63mg
Phosphate 147mg

Notes:
**TUNA DIP**

Serves: 8

**Ingredients**
- 250g cream cheese, softened
- 2 tbsp onion, finely chopped
- 1/2 clove garlic, crushed
- 1 tbsp prepared horseradish
- 1 tsp Worcestershire sauce
- pepper
- 1/2 cup sour cream
- 100g can tuna (drained and flaked)

**Method**
- Mix cheese, onion, garlic, horseradish, Worcestershire sauce and pepper.
- Blend in sour cream.
- Add tuna and mix thoroughly.

**Serving suggestion**
Serve dip in bowl and garnish with chopped fresh parsley.
Serve with parmesan crackers.

**Nutritional profile per serve**

<table>
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<tr>
<th>Energy (kJ)</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Carbohydrate (g)</th>
<th>Sodium (mg)</th>
<th>Potassium (mg)</th>
<th>Phosphate (mg)</th>
</tr>
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<tbody>
<tr>
<td>700kJ</td>
<td>6g</td>
<td>15g</td>
<td>2g</td>
<td>212mg</td>
<td>110mg</td>
<td>85mg</td>
</tr>
</tbody>
</table>

**Notes:**

**SAVOURY CORN FRITTERS**

Serves: 6

**Ingredients**
- 1 cup self raising flour
- 1 egg
- 1/2 cup corn kernels
- 1/2 cup cream style corn
- 2 tbsp red capsicum, finely chopped
- Oil for frying

**Method**
- Mix flour, egg, corn and capsicum.
- Heat oil in pan.
- Drop in tablespoons of batter, forming six fritters.
- Fry each side over medium heat for 2–3 minutes until lightly browned.
- Garnish with red capsicum rings.

**Nutritional profile per serve**

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**Notes:**
TUNA DIP
Serves: 8
Ingredients
- 250g cream cheese, softened
- 2 tbsp onion, finely chopped
- 1/4 clove garlic, crushed
- 1 tbsp prepared horseradish
- 1 tsp Worcestershire sauce
- pepper
- 1/2 cup sour cream
- 100g can tuna (drained and flaked)
Method
- Mix cheese, onion, garlic, horseradish, Worcestershire sauce and pepper.
- Blend in sour cream.
- Add tuna and mix thoroughly.
Serving suggestion
Serve dip in bowl and garnish with chopped fresh parsley.
Serve with parmesan crackers.
Nutritional profile per serve
| Energy | 700kJ |
| Protein | 6g |
| Fat | 15g |
| Carbohydrate | 2g |
| Sodium | 212mg |
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| Sodium | 280mg |
| Potassium | 95mg |
| Phosphate | 202mg |
Notes:
SESAME BITES
Makes: 8 squares
Serving size: 1 square
Ingredients
2 tbsp sesame seeds
2 cups sugar
3/4 cup water
2 tbsp golden syrup
60g margarine, salt reduced
1/2 tsp bicarbonate soda
Method
– Lightly brown seeds in pan over a gentle heat, constantly stirring.
– Allow seeds to cool.
– Using tin foil, grease and line a 23 cm square tin.
– Over low heat, mix sugar and water in saucepan without boiling until sugar has dissolved.
– Increase heat and without stirring allow mixture to boil until golden brown (approx. 15 minutes).
– Stir in golden syrup and margarine until just combined.
– Gently stir in seeds and bicarbonate soda.
– Pour into tin.
– Allow to cool for five minutes then score with knife into 8 size squares.
– When completely set, cut all the way through previous score.
– Store in an air tight container.

Nutritional profile per serve
Energy 1200kJ
Protein 1g
Fat 8g
Carbohydrate 56g
Sodium 181mg
Potassium 62mg
Phosphate 22mg

Notes:

SESAME TWIST
Makes: 48 twists
Serving size: 6 twists
Ingredients
2 sheets ready-rolled puff pastry
2 tbsp poppy seeds
2 tbsp sesame seeds
2 tbsp parmesan cheese, grated
Method
– Preheat oven to 210°C.
– Cut pastry sheets in half, brush with melted butter.
– Combine poppy and sesame seeds and cheese.
– Sprinkle over pastry; press in firmly with rolling pin.
– Cut into 2cm by 10cm strips.
– Twist strips slightly; place onto lightly greased baking trays.
– Bake for 8 minutes or until puffed and golden brown.

Nutritional profile per serve
Energy 1929kJ
Protein 8g
Fat 35g
Carbohydrate 29g
Sodium 562mg
Potassium 100mg
Phosphate 156mg

Notes:

ORANGE CAKE
Serves: 8
CAKE MIXTURE
Ingredients
175g margarine, salt reduced, softened
3/4 cup sugar
2 tsp orange rind, grated
3 eggs
1 1/4 cups plain flour
1 tsp baking powder
Method
– Preheat oven to 180°C.
– Cream margarine and sugar, add orange rind.
– Sift flour with baking powder.
– Beat eggs until thick.
– Add eggs and sifted flour alternatively into mixture.
– Pour into 20cm ring tin, lined on base.
– Bake for approx. 40 minutes or until cake springs back when lightly touched.
– Cool in tin for 10 minutes; turn out onto wire rack.
– Cool cake completely.

ORANGE ICING
Ingredients
2 cups icing sugar
1/4 tsp butter
2 tbsp orange juice
2 tbsp orange rind, grated
Method
– Sift icing sugar into bowl.
– Add margarine.
– Add sufficient orange juice so that mixture spreads easily.
– Garnish with orange rind.

Diabetic Alternative
Replace 3/4 cup of raw sugar with 3/4 cup of Equal.

Nutritional profile per serve
Energy 1990(1622)kJ
Protein 5g
Fat 20(18)g
Carbohydrate 71(53)g
Sodium 185mg
Potassium 86(77)mg
Phosphate 102mg

Notes:

SCONES
Makes: 24 scones
Serving size: 2 scones
Ingredients
2 cups self raising flour
1/4 cup margarine, salt reduced
3/4 cup warm milk
Method
– Preheat oven to 180°C.
– Rub margarine into flour until it resembles breadcrumbs.
– Add warm milk and lightly mix.
– Gently knead dough on floured board, roll out until 2cm thick and cut with scone cutter.
– Place scones on greased tray; brush with milk.
– Bake for 15 minutes or until golden brown.

Serving suggestion
Serve with jam and cream.

Nutritional profile per serve
Energy 636kJ
Protein 3g
Fat 5g
Carbohydrate 17g
Sodium 23mg
Potassium 32mg
Phosphate 175mg

Notes:
**SESAME BITES**

Makes: 8 squares  
Serving size: 1 square

**Ingredients**
- 2 tbsp sesame seeds  
- 2 cups sugar  
- 3/4 cup water  
- 2 tbsp golden syrup  
- 60g margarine, salt reduced  
- 1/2 tsp bicarbonate soda

**Method**
- Lightly brown seeds in pan over a gentle heat, constantly stirring.  
- Allow seeds to cool.  
- Using tin foil, grease and line a 23 cm square tin.  
- Over low heat, mix sugar and water in saucepan without boiling until sugar has dissolved.  
- Increase heat and without stirring allow mixture to boil until golden brown (approx. 15 minutes).  
- Stir in golden syrup and margarine until just combined.  
- Gently stir in seeds and bicarbonate soda.  
- Pour into tin.  
- Allow to cool for five minutes then score with knife into 8 size squares.  
- When completely set, cut all the way through previous score.  
- Store in an air tight container.

**Nutritional profile per serve**
- Energy: 1200kJ  
- Protein: 1g  
- Fat: 8g  
- Carbohydrate: 60g  
- Sodium: 181mg  
- Potassium: 62mg  
- Phosphate: 22mg

**Notes:**

**SESAME TWIST**

Makes: 48 twists  
Serving size: 6 twists

**Ingredients**
- 2 sheets ready-rolled puff pastry  
- 60g margarine, salt reduced  
- 2 tbsp poppy seeds  
- 2 tbsp sesame seeds  
- 2 tbsp parmesan cheese, grated

**Method**
- Preheat oven to 180ºc.  
- Cut pastry sheets in half, brush with melted butter.  
- Combine poppy and sesame seeds and cheese.  
- Sprinkle over pastry, press in firmly with rolling pin.  
- Cut into 2cm by 10cm strips.  
- Twist strips slightly; place onto lightly greased baking trays.  
- Bake for 8 minutes or until puffed and golden brown.  
- Cool in tin for 10 minutes; turn out onto wire rack.  
- Cool cake completely.

**ORANGE CAKE**

Serves: 8

**CAKE MIXTURE**

**Ingredients**
- 175g margarine, salt reduced, softened  
- 1/4 cup sugar  
- 2 tbsp orange rind, grated  
- 3 eggs  
- 1/4 cups plain flour  
- 1 tsp baking powder

**Method**
- Preheat oven to 180ºc.  
- Cream margarine and sugar; add orange rind.  
- Sift flour with baking powder.  
- Beat eggs until thick.  
- Add eggs and sifted flour alternatively into mixture.  
- Pour into 20cm ring tin, lined on base.  
- Bake for approx. 40 minutes or until cake springs back when lightly touched.  
- Cool in tin for 10 minutes; turn out onto wire rack.  
- Cool cake completely.

**ORANGE ICING**

**Ingredients**
- 2 cups icing sugar  
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- 2 tbsp orange juice  
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**Method**
- Sift icing sugar into bowl.  
- Add margarine.  
- Add sufficient orange juice so that mixture spreads easily.  
- Garnish with orange rind.

**Diabetic Alternative**
- Replace 3/4 cup of raw sugar with 3/4 cup of Equal.

**Nutritional profile per serve**
- Energy: 1990kJ  
- Protein: 1g  
- Fat: 20g  
- Carbohydrate: 71g  
- Sodium: 185mg  
- Potassium: 86mg  
- Phosphate: 102mg

**Notes:**

**SCONES**

Makes: 24 scones  
Serving size: 2 scones

**Ingredients**
- 2 cups self raising flour  
- 1/4 cup margarine, salt reduced  
- 3/4 cup warm milk

**Method**
- Preheat oven to 180ºc.  
- Rub margarine into flour until it resembles breadcrumbs.  
- Add warm milk and lightly mix.  
- Gently knead dough on floured board, roll out until 2cm thick and cut with scone cutter.  
- Place scones on greased tray; brush with milk.  
- Bake for 15 minutes or until golden brown.

**Serving suggestion**
- Serve with jam and cream.

**Nutritional profile per serve**
- Energy: 636kJ  
- Protein: 3g  
- Fat: 5g  
- Carbohydrate: 17g  
- Sodium: 23mg  
- Potassium: 32mg  
- Phosphate: 175mg

**Notes:**
OAT BISCUITS
Makes: 16 biscuits
Serving size: 2 biscuits
Ingredients
1/2 cup sugar
125g margarine, salt reduced
2 tbsp honey
1 cup plain flour
1 tsp baking powder
1/2 tsp cinnamon
1 1/2 cups rolled oats
Method
– Preheat oven to 180˚c.
– Cream margarine, sugar and honey.
– Sift flour, baking powder and cinnamon.
– Add sifted ingredients and rolled oats to creamed mixture, stirring well.
– Roll tablespoons of mixture into balls.
– Place on greased oven tray; flatten with fork.
– Bake for 15 minutes or until golden.
– Cool on wire rack.
Nutritional profile per serve
Energy 1275kJ
Protein 4g
Fat 14g
Carbohydrate 42g
Sodium 125mg
Potassium 84mg
Phosphate 129mg
Notes:

PIKELETS
Makes: 6
Serving size: 1 pikelet
Ingredients
1 cup plain flour
1 tsp baking powder
1 egg
1/4 cup sugar
3/4 cup milk
Method
– Sift flour and baking powder.
– Beat egg and sugar until thick, add milk.
– Lightly combine milk mixture with sifted ingredients.
– Drop tablespoons of mixture onto greased frying pan.
– Turn pikelets over when bubbles start to form on surface.
Serving suggestion
Serve with jam and cream.

Nutritional profile per serve
Energy 613kJ
Protein 5g
Fat 2g
Carbohydrate 27g
Sodium 123mg
Potassium 99mg
Phosphate 143mg
Notes:
OAT BISCUITS
Makes: 16 biscuits
Serving size: 2 biscuits
Ingredients
1/2 cup sugar
125g margarine, salt reduced
2 tbsp honey
1 cup plain flour
1 tsp baking powder
1/2 tsp cinnamon
1 1/2 cups rolled oats
Method
– Preheat oven to 180˚C.
– Cream margarine, sugar and honey.
– Sift flour, baking powder and cinnamon.
– Add sifted ingredients and rolled oats to creamed mixture, stirring well.
– Roll tablespoons of mixture into balls.
– Place on greased oven tray; flatten with fork.
– Bake for 15 minutes or until golden.
– Cool on wire rack.
Nutritional profile per serve
Energy 1275kJ
Protein 4g
Fat 14g
Carbohydrate 42g
Sodium 125mg
Potassium 84mg
Phosphate 129mg

Notes:

PIKELETS
Makes: 6
Serving size: 1 pikelet
Ingredients
1 cup plain flour
1 tsp baking powder
1 egg
1/4 cup sugar
3/4 cup milk
Method
– Sift flour and baking powder.
– Beat egg and sugar until thick; add milk.
– Lightly combine milk mixture with sifted ingredients.
– Drop tablespoons of mixture onto greased frying pan.
– Turn pikelets over when bubbles start to form on surface.
Serving suggestion
Serve with jam and cream.

Nutritional profile per serve
Energy 613kJ
Protein 5g
Fat 2g
Carbohydrate 27g
Sodium 123mg
Potassium 99mg
Phosphate 143mg
Notes:
HONEY GINGER CRISPS
Makes: 48 cookies
Serving size: 2 cookies

Ingredients
1/2 cup honey
1/2 cup margarine, salt reduced
1/2 cup sugar
1 egg
2 cups flour
2 tsp baking soda
1 tsp ginger
1 tsp cinnamon
1/2 tsp ground cloves (optional)

Method
– Preheat oven to 190˚c.
– Cream honey, margarine, sugar and egg.
– Sift remaining ingredients together; add to margarine mixture.
– Chill for one hour.
– Make level tablespoons of dough into balls; flatten slightly with fork.
– Place 5cm apart on a greased baking tray.
– Bake for 10 to 12 minutes.
– Cool on wire rack.

Nutritional profile per serve
Energy 501kJ
Protein 2g
Fat 19g
Carbohydrate 4g
Sodium 82mg
Potassium 28mg
Phosphate 20mg

Notes:

MERINGUE DROPS
Makes: 4
Serving size: 1 meringue

Ingredients
3/4 cup sugar
2 egg whites
1 tsp vanilla essence

Method
– Preheat oven to 200˚c.
– Beat egg whites until peaks form.
– Gradually beat in sugar and vanilla essence.
– Drop tablespoons of mixture onto an ungreased baking sheet.
– Turn off oven.
– Leave meringues in oven for 4 hours or overnight.

Nutrition profile per serve
Energy 648kJ
Protein 2g
Fat 0g
Carbohydrate 38g
Sodium 27mg
Potassium 27mg
Phosphate 2mg

Notes:
HONEY GINGER CRISPS
Makes: 48 cookies
Serving size: 2 cookies

Ingredients
1/2 cup honey
1/4 cup margarine, salt reduced
1/4 cup sugar
1 egg
2 cups flour
2 tsp baking soda
1 tsp ginger
1 tsp cinnamon
1/2 tsp ground cloves (optional)

Method
– Preheat oven to 190˚C.
– Cream honey, margarine, sugar and egg.
– Sift remaining ingredients together; add to margarine mixture.
– Chill for one hour.
– Make level tablespoons of dough into balls; flatten slightly with fork.
– Place 5cm apart on a greased baking tray.
– Bake for 10 to 12 minutes.
– Cool on wire rack.

Nutritional profile per serve
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Protein 2g
Fat 19g
Carbohydrate 4g
Sodium 82mg
Potassium 28mg
Phosphate 20mg

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– Leave meringues in oven for 4 hours or overnight.

Nutritional profile per serve
Energy 648kJ
Protein 2g
Fat 0g
Carbohydrate 38g
Sodium 27mg
Potassium 27mg
Phosphate 2mg

Notes:
**Golden Potato Croquettes**

Makes: 4
Serving size: 1 croquette

**Ingredients**
- 450g potatoes
- 25g polyunsaturated margarine, salt reduced
- 1/2 egg beaten

**Method**
- Peel and cut potatoes in small pieces.
- Bring potatoes to boil in 4 times their volume of water.
- Drain off water.
- Re-boil in 4 times their volume of fresh water.
- Cook until just tender.
- Drain off water.
- Mash potatoes with margarine, milk and pepper.
- Make potato into croquette shapes with your hand.
- Roll each croquette in bread crumbs.
- Heat a little vegetable oil in frying pan and, when hot, cook a few croquettes at once making sure you can turn them easily.
- Fry both sides until crisp and golden.
- Keep warm until ready to serve.

**Hints:** Excess milk will make the croquettes difficult to shape.

**Serving suggestions**
Serve as an accompaniment to main meals.

**Nutritional profile per serve**
- Energy: 560kJ
- Protein: 4g
- Fat: 6g
- Carbohydrate: 15g
- Sodium: 191mg
- Potassium: 370mg
- Phosphate: 43mg

**Notes:**

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**Curried Rice Salad**

Serves: 4

**Ingredients**
- 1/2 cup uncooked white basmati rice
- 1 1/2 cups water
- 1/4 small red onion, finely chopped
- 1/2 small green capsicum, diced
- 1/2 small red capsicum, diced
- 1 stalk celery, thinly sliced
- 1 carrot, grated
- 1 cup cabbage, finely shredded
- 2–3 tbsp balsamic vinegar
- 2–3 tbsp rice vinegar

**Dressing**
- 2–3 tbsp balsamic vinegar
- 2–3 tbsp rice vinegar
- 2 tsp Dijon mustard
- 1 tsp toasted sesame oil (optional)
- 2 cloves garlic, minced or pressed
- 1 tsp soy sauce, salt reduced
- 2 tsp curry powder

**Method**
- Bring water to boil, add rice then return to a simmer.
- Cover and cook until rice is just tender.
- Drain off excess liquid.
- Allow rice to cool.
- Prepare all vegetables as directed then add to cooled rice.
- Combine vinegars and remaining dressing ingredients, mix well.
- Pour over salad immediately before serving and toss to mix.

**Serving suggestion**
Serve as an alternative to potato or vegetables.

**Nutritional profile per serve**
- Energy: 520kJ
- Protein: 3g
- Fat: 23g
- Carbohydrate: 202mg
- Sodium: 64mg

**Notes:**

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**Mustard Cauliflower**

Serves: 4

**Ingredients**
- 2 tsp Dijon mustard
- 1 tbsp white wine vinegar
- 1 tbsp olive oil
- pepper
- 2 cups cauliflower flowerets

**Method**
- Mix together mustard and honey; whisk in vinegar then olive oil. Season with black pepper. Set aside.
- Add cauliflower to boiling water, cook until just tender.
- Drain well.
- Toss cooked cauliflower with dressing immediately before serving.

**Serving suggestion**
Serve hot as a vegetable or cold as a salad.

**Nutritional profile per serve**
- Energy: 210kJ
- Protein: 1g
- Fat: 5g
- Carbohydrate: 1g
- Sodium: 193mg
- Potassium: 185mg
- Phosphate: 26mg

**Notes:**

---
GOLDEN POTATO CROQUETTES
Makes: 4
Serving size: 1 croquette
Ingredients
450g potatoes
25g polyunsaturated margarine, salt reduced
1/2 tbsp milk
pepper
1/2 egg beaten
90g fresh white bread crumbs
Method
– Peel and cut potatoes in small pieces.
– Bring potatoes to boil in 4 times their volume of water.
– Drain off water.
– Re-boil in 4 times their volume of fresh water.
– Cook until just tender.
– Drain off water.
– Mash potatoes with margarine, milk and pepper.
– Make potato into croquette shapes with your hand then dip in beaten egg.
– Roll each croquette in bread crumbs.
– Heat a little vegetable oil in frying pan and, when hot, cook a few croquettes at once making sure you can turn them easily.
– Fry both sides until crisp and golden.
– Keep warm until ready to serve.
Hint: Excess milk will make the croquettes difficult to shape.
Serving suggestions
Serve as an accompaniment to main meals.

Nutritional profile per serve
Energy 560kJ
Protein 4g
Fat 6g
Carbohydrate 15g
Sodium 191mg
Potassium 370mg
Phosphate 43mg

Notes:

CURRIED RICE SALAD
Serves: 4
Ingredients
1/2 cup uncooked white basmati rice
1 1/2 cups water
1/4 small red onion, finely chopped
1/2 small green capsicum, diced
1/2 small red capsicum, diced
1 stalk celery, thinly sliced
1 carrot, grated
1 cup cabbage, finely shredded
2–3 tbsp balsamic vinegar
2–3 tbsp rice vinegar
Dressing
2–3 tbsp balsamic vinegar
2–3 tbsp rice vinegar
2 tsp Dijon mustard
1 tsp toasted sesame oil (optional)
2 cloves garlic, minced or pressed
1 tsp soy sauce, salt reduced
2 tsp curry powder
Method
– Bring water to boil, add rice then return to a simmer.
– Cover and cook until rice is just tender.
– Drain off excess liquid.
– Allow rice to cool.
– Prepare all vegetables as directed then add to cooled rice.
– Combine vinegars and remaining dressing ingredients, mix well.
– Pour over salad immediately before serving and toss to mix.
– Serve hot as a vegetable or cold as a salad.

Nutritional profile per serve
Energy 230kJ
Protein 1g
Fat 5g
Carbohydrate 1g
Sodium 193mg
Potassium 185mg
Phosphate 26mg

Notes:

MUSTARD CAULIFLOWER
Serves: 4
Ingredients
2 tsp Dijon mustard
1 tbsp white wine vinegar
1 tbsp olive oil
pepper
2 cups cauliflower flowerets
Method
– Mix together mustard and honey; whisk in vinegar then olive oil. Season with black pepper. Set aside.
– Add cauliflower to boiling water, cook until just tender.
– Drain well.
– Toss cooked cauliflower with dressing immediately before serving.
Serving suggestion
Serve hot as a vegetable or cold as a salad.

Nutritional profile per serve
Energy 210kJ
Protein 1g
Fat 5g
Carbohydrate 1g
Sodium 193mg
Potassium 185mg
Phosphate 26mg

Notes:
**PASTA SALAD**

Serves: 6

**Ingredients**
- 1/2 cup of dry macaroni
- 1 small green capsicum, chopped
- 1 small red capsicum, chopped
- 120 gm chopped ham
- 1 x 120 gm can corn kernels, drained
- 1/4 tsp pepper
- 150 ml thousand island salad dressing

**Method**
- Cook macaroni in boiling water until tender.
- Rinse and drain thoroughly.
- In large bowl combine macaroni plus all remaining ingredients and toss well.

**Serving suggestion**
Use as a vegetable alternative.

**Nutritional profile per serve**

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**Notes:**

**SWEET POTATO AND GARLIC MASH**

Serves: 1

**Ingredients**
- 1/2 cup sweet potato
- 1/2 cup regular potato
- 1 clove garlic
- Margarine, salt reduced
- Pepper

**Method**
- Boil potato, sweet potato and garlic.
- Drain and mash.
- Add margarine and pepper to taste.

**Nutritional profile per serve**

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<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
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<td>39mg</td>
<td>577mg</td>
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</table>

**Notes:**

**POTATO**

Serves: 1

For boiled or mashed potato the suggested serving size is 90g.

**Nutritional profile per serve**

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<td></td>
<td>250kJ</td>
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**RICE, PASTA AND NOODLES**

Serves: 1

For boiled rice, cooked pasta or Hokkien noodles the suggested serving size is 1 cup.

**Nutritional profile per serve**

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<tr>
<th></th>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
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<th>Potassium</th>
<th>Phosphate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>750–920kJ</td>
<td>4–7g</td>
<td>&lt;1g</td>
<td>36–53g</td>
<td>80–260mg</td>
<td>60mg</td>
<td>70–110mg</td>
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**Notes:**
PASTA SALAD
Serves: 6
Ingredients
1/2 cup of dry macaroni
1 small green capsicum, chopped
1 small red capsicum, chopped
120gm chopped ham
1 x 120gm can corn kernels, drained
1/4 tsp pepper
150ml thousand island salad dressing
Method
– Cook macaroni in boiling water until tender.
– Rinse and drain thoroughly.
– In large bowl combine macaroni plus all remaining ingredients and toss well.
Serving suggestion
Use as a vegetable alternative.
Nutritional profile per serve
Energy 552kJ
Protein 6g
Fat 4g
Carbohydrate 16g
Sodium 577mg
Potassium 173mg
Phosphate 106mg

Notes:

SWEET POTATO AND GARLIC MASH
Serves: 1
Ingredients
1/2 cup sweet potato
1/2 cup regular potato
1 clove garlic
Margarine, salt reduced
Pepper
Method
– Boil potato, sweet potato and garlic.
– Drain and mash.
– Add margarine and pepper to taste.

Nutritional profile per serve
Energy 351kJ
Protein 2g
Fat 2g
Carbohydrate 13g
Sodium 39mg
Potassium 306mg
Phosphate 38mg

Notes:

POTATO
Serves: 1
For boiled or mashed potato the suggested serving size is 90g.

Nutritional profile per serve
Energy 250kJ
Protein 2g
Fat 0g
Carbohydrate 12g
Sodium 3mg
Potassium 187mg
Phosphate 30mg

Notes:

RICE, PASTA AND NOODLES
Serves: 1
For boiled rice, cooked pasta or Hokkien noodles the suggested serving size is 1 cup.

Nutritional profile per serve
Energy 750–920kJ
Protein 4–7g
Fat <1g
Carbohydrate 36–53g
Sodium 80–260mg
Potassium 60mg
Phosphate 70–110mg

Notes:
STANDARD SALAD

Each of these single serve salad ingredients contain 55mg potassium:
- 1/4 cup canned corn, drained
- a large pickled onions
- 4 slices canned beetroot, drained
- 3 rings red capsicum
- 5 pods raw snow peas
- 6 slices raw carrot
- 3 canned asparagus spears
- 10 medium black olives, in brine
- 10 cm stalk celery
- 1 1/2 medium sized mushrooms
- 1 large spring onion
- 2 thin slices tomato
- 6 slices cucumber (0.5 cm thick)
- 1/2 cup iceberg lettuce

Choose any 4 salad serves to make a ‘Standard Salad’ or try one of the following sample salads:

SAMPLE SALADS

Green Salad
1/2 cup lettuce
2 slices tomato
6 slices cucumber
1 1/2 medium mushrooms

Corn Salad
1/2 cup canned corn (drained)
2 pickled onions
3 rings capsicum
10 cm stalk celery

<table>
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<th>Nutritional profile per serve</th>
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<tr>
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<td>Sodium 13mg</td>
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<tr>
<td>Potassium 200mg</td>
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<tr>
<td>Phosphate 45mg</td>
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</tbody>
</table>

Notes:

STUFFED ZUCCHINI

Serves: 4

Ingredients
2 medium zucchini
1 tbsp cooking oil
1/2 small onion, minced
1 egg, lightly beaten
1/4 cup dry bread crumbs
1/4 cup grated Parmesan cheese
1 tbsp finely chopped parsley
pepper to taste

Method
- Preheat oven to 180°C
- Cut zucchini in half lengthwise.
- Scoop out and save pulp, leaving a shell.
- Par boil shells for 2 minutes. Remove and drain.
- Chop zucchini pulp.
- In frypan, heat oil over medium-high heat.
- Sauté onion and chopped zucchini until tender.
- Remove from heat and combine remaining ingredients.
- Fill shells.
- Place in greased baking dish.
- Bake for 15–20 minutes or until heated through.

Serving suggestion
Use as a vegetable alternative.

<table>
<thead>
<tr>
<th>Nutritional profile per serve</th>
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<tbody>
<tr>
<td>Energy 472kJ</td>
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<tr>
<td>Protein 5g</td>
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<tr>
<td>Fat 8g</td>
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<td>Carbohydrate 5g</td>
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<td>Potassium 120mg</td>
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<td>Phosphate 89mg</td>
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Notes:
STANDARD SALAD
Each of these single serve salad ingredients contain 55mg potassium:
- 1/4 cup canned corn, drained
- a large pickled onions
- 4 slices canned beetroot, drained
- 3 rings red capsicum
- 5 pods raw snow peas
- 6 slices raw carrot
- 3 canned asparagus spears
- 10 medium black olives, in brine
- 10 cm stalk celery
- 1 1/2 medium sized mushrooms
- 1 large spring onion
- 2 thin slices tomato
- 6 slices cucumber (0.5cm thick)
- 1/2 cup iceberg lettuce
Choose any 4 salad serves to make a ‘Standard Salad’ or try one of the following sample salads:

SAMPLE SALADS
Green Salad
1/2 cup lettuce
2 slices tomato
6 slices cucumber
1 1/2 medium mushrooms
Corn Salad
1/2 cup canned corn (drained)
2 pickled onions
3 rings capsicum
10 cm stalk celery

STUFFED ZUCCHINI
Serves: 4

Ingredients
2 medium zucchini
1 tbsp cooking oil
1/2 small onion, minced
1 egg, lightly beaten
1/4 cup dry bread crumbs
1/4 cup grated Parmesan cheese
1 tbsp finely chopped parsley
pepper to taste

Method
- Preheat oven to 180˚c
- Cut zucchini in half lengthwise.
- Scoop out and save pulp, leaving a shell.
- Par boil shells for 2 minutes. Remove and drain.
- Chop zucchini pulp.
- In frypan, heat oil over medium-high heat. Sauté onion and chopped zucchini until tender.
- Remove from heat and combine remaining ingredients.
- Fill shells.
- Place in greased baking dish.
- Bake for 15–20 minutes or until heated through.

Serving suggestion
Use as a vegetable alternative.

Nutritional profile per serve
| Energy | 472kJ |
| Protein | 5g |
| Fat | 8g |
| Carbohydrate | 5g |
| Sodium | 135mg |
| Potassium | 120mg |
| Phosphorus | 89mg |

Notes:
VEGETABLE COUSCOUS

Serves: 6

Ingredients
1 large onion, chopped
1/2 tsp turmeric
1/4 tsp cayenne pepper
1/4 cup vegetable stock, salt reduced
1 1/2 teaspoon black pepper
50g tomato paste, salt reduced
3–4 whole cloves
3 medium zucchini
3 large carrots
1 green capsicum
4 cups cooked couscous

Method
- Sauté onion in vegetable stock over medium low heat until clear.
- Add all spices and cook for a few minutes, stirring as needed.
- Add tomato paste, stir and simmer for 2 minutes.
- Cut vegetables into medium size chunks.
- Put vegetables into vegetable stock mixture then add a small amount of water to cover.
- Bring to boil, reduce heat and simmer covered for about half an hour.
- Cook couscous according to directions on packet then put in bowl.
- Add vegetable mix to couscous and stir.
- Serve warm.

Serving suggestion
Serve as an accompaniment to main meals.

<table>
<thead>
<tr>
<th>Nutritional profile per serve</th>
<th></th>
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<td>Energy</td>
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<td>Potassium</td>
<td>315mg</td>
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<tr>
<td>Phosphate</td>
<td>70mg</td>
</tr>
</tbody>
</table>

Notes:

3 Light Meals
**VEGETABLE COUSCOUS**

Serves: 6

**Ingredients**
- 1 large onion, chopped
- 1 tsp turmeric
- 1/4 tsp cayenne pepper
- 1/4 cup vegetable stock, salt reduced
- 1 1/2 teaspoons black pepper
- 50g tomato paste, salt reduced
- 3–4 whole cloves
- 3 medium zucchini
- 3 large carrots
- 1 green capsicum
- 4 cups cooked couscous

**Method**
- Sauté onion in vegetable stock over medium low heat until clear.
- Add all spices and cook for a few minutes, stirring as needed.
- Add tomato paste, stir and simmer for 2 minutes.
- Cut vegetables into medium size chunks.
- Put vegetables into vegetable stock mixture then add a small amount of water to cover.
- Bring to boil, reduce heat and simmer covered for about half an hour.
- Cook couscous according to directions on packet then put in bowl.
- Add vegetable mix to couscous and stir.
- Serve warm.

**Serving suggestion**
Serve as an accompaniment to main meals.

**Nutritional profile per serve**

<table>
<thead>
<tr>
<th>Nutrient</th>
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<tbody>
<tr>
<td>Energy</td>
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<tr>
<td>Phosphate</td>
<td>70mg</td>
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</table>

**Notes:**
CAESAR SALAD WITH YOGHURT DRESSING

Serves: 4

Ingredients

Salad
- 1/3 cup chopped lettuce
- 1 continental cucumber
- 1/4 bunch parsley
- 4 bacon rashers
- 1 grated carrot
- 1/3 cup grated parmesan cheese
- 4 anchovies drained (optional)
- 2 hard-boiled eggs

Dressing
- 2/3 cup natural low fat yoghurt
- 2 tbsp vinegar
- 1 tsp crushed garlic
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- black pepper

Method
- Remove bacon fat and rind, dice.
- Sauté bacon in frying pan, remove and cool.
- Prepare salad items and decoratively place on serving tray.
- Sprinkle bacon, cheese and anchovies over salad.
- Prepare eggs and decorate salad.
- Mix dressing ingredients.
- Pour over salad immediately prior to serving.

Serving suggestion
Serve with crusty bread.

CAESAR SALAD WITH YOGHURT DRESSING

Nutritional profile per serve

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
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<tbody>
<tr>
<td>Energy</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Fat</td>
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<td>Carbohydrate</td>
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<td>Sodium</td>
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<td>567mg</td>
</tr>
<tr>
<td>Phosphate</td>
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</table>

Notes:

MUSHROOM RISOTTO

Serves: 4

Ingredients

- 2 tbsp margarine, salt reduced
- 200g flat mushrooms, thinly sliced
- 125g button mushrooms, halved
- 200g shiitake mushrooms
- 200g oyster mushrooms
- 2 cups arborio rice
- 1 litre vegetable stock, salt reduced
- 4 tbsp grated parmesan cheese
- pepper

Method
- Melt 1 tbsp margarine in a frying pan.
- Add flat, button, shiitake and oyster mushrooms and cook over medium heat.
- Stir constantly for 4–5 minutes or until mushrooms are soft.
- Remove pan from heat and set aside.
- Boil the vegetable stock.
- Melt remaining margarine in a clean frying pan.
- Add rice and cook over a medium heat, stirring constantly for 2 minutes.
- Pour in 1 cup hot stock, cook over medium heat stirring constantly until stock is absorbed.
- Continue in this way until all stock is used and rice is just tender.
- Stir mushroom mixture, parmesan cheese and pepper into rice mixture.
- Cook for another 2 minutes.

Serving suggestion
Serve with a salad and crusty bread.

MUSHROOM RISOTTO

Nutritional profile per serve

<table>
<thead>
<tr>
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<td>460mg</td>
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<tr>
<td>Phosphate</td>
<td>347mg</td>
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</table>

Notes:
CAESAR SALAD WITH YOGHURT DRESSING

Serves: 4

Ingredients

Salad
1/3 chopped lettuce
1 continental cucumber
1/4 bunch parsley
4 bacon rashers
1 grated carrot
1/3 cup grated parmesan cheese
4 anchovies drained (optional)
2 hard-boiled eggs

Dressing
2/3 cup natural low fat yoghurt
2 tbsp vinegar
1 tsp crushed garlic
1 tsp Dijon mustard
1 tsp lemon juice
black pepper

Method
- Remove bacon fat and rind, dice.
- Sauté bacon in frying pan, remove and cool.
- Prepare salad items and decoratively place on serving tray.
- Sprinkle bacon, cheese and anchovies over salad.
- Prepare eggs and decorate salad.
- Mix dressing ingredients.
- Pour over salad immediately prior to serving.

Serving suggestion
Serve with crusty bread.

Nutritional profile per serve

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<th>Amount</th>
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<tbody>
<tr>
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Notes:

MUSHROOM RISOTTO

Serves: 4

Ingredients

2 tbsp margarine, salt reduced
200g flat mushrooms, thinly sliced
125g button mushrooms, halved
200g shitake mushrooms
200g oyster mushrooms
2 cups arborio rice
1 litre vegetable stock, salt reduced
4 tbsp grated parmesan cheese
pepper

Method
- Melt 1 tbsp margarine in a frying pan.
- Add flat, button, shitake and oyster mushrooms and cook over medium heat.
- Stir constantly for 4–5 minutes or until mushrooms are soft.
- Remove pan from heat and set aside.
- Boil the vegetable stock.
- Melt remaining margarine in a clean frying pan.
- Add rice and cook over a medium heat, stirring constantly for 2 minutes.
- Pour in 1 cup hot stock, cook over medium heat stirring constantly until stock is absorbed.
- Continue in this way until all stock is used and rice is just tender.
- Stir mushroom mixture, parmesan cheese and pepper into rice mixture.
- Cook for another 2 minutes.

Serving suggestion
Serve with a salad and crusty bread.

Nutritional profile per serve

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<tr>
<td>Phosphate</td>
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</tbody>
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Notes:
**SILVERBEET AND STILTON PANCAKES**

*Serves: 6 (3 pancakes per serve)*

**Ingredients**

**For the Pancakes**
- 60g buckwheat flour
- 60g plain white flour
- 2 eggs
- 2 tbsp margarine, salt reduced, melted
- 125ml milk
- 125ml water

**For the Filling**
- 1kg fresh silverbeet
- 1 tsp margarine, salt reduced
- 1 onion, chopped
- 90g Stilton cheese
- 1/2 garlic clove, crushed

**For the Sauce**
- 30g margarine, salt reduced
- 30g plain white flour
- 250ml chicken stock, salt reduced
- 125ml cream
- 2 tbsp freshly grated parmesan cheese
- 1 tsp (heaped) Dijon mustard

**Method**

**For the Pancakes**
- Preheat oven 200ºc.
- Beat flour, eggs, milk and water into smooth batter.
- Stir in cool melted margarine for extra richness and to prevent sticking.
- Using 15cm pan, make thin pancakes. Stir batter vigorously between each pancake or all the buckwheat flour will sink to the bottom.
- Fill pancakes with silverbeet mixture then roll up and place on greased ovenproof dish.
- Cover with foil and heat for 25–30 minutes.

**For the Filling**
- Wash then boil or steam silverbeet until tender.
- Chop silverbeet and squeeze out liquid.
- Cook onion, in margarine until soft, without browning.
- Stir in silverbeet.
- Add pepper and garlic.
- Crumble stilton into spinach mixture.

**For the Sauce**
- Combine margarine, flour, stock and cream.
- In saucepan simmer for about 5 minutes, stirring occasionally.
- Season with parmesan cheese, mustard and pepper.

*Tips* If preparing ahead – cool pancakes, stack interleaved with greaseproof paper and wrap in foil. Reheat sauce in double boiler, pour over pancakes just before serving.

**Serving suggestion**
Serve with a standard salad.

**Nutritional profile per serve**

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**Notes:**

- 26
SILVERBEET AND STILTON PANCAKES

Serves: 6 (3 pancakes per serve)

Ingredients

For the Pancakes
60g buckwheat flour
60g plain white flour
2 eggs
2 tsp margarine, salt reduced, melted
125ml milk
125ml water

For the Filling
1 kg fresh silver beet
1 tsp margarine, salt reduced
1 onion, chopped
90g Stilton cheese
1/2 garlic clove, crushed

For the Sauce
30g margarine, salt reduced
30g plain white flour
250ml chicken stock, salt reduced
125ml cream
2 tbsp freshly grated parmesan cheese
1 tsp (heaped) Dijon mustard

Method

For the Pancakes
– Preheat oven 200ºc.
– Beat flour, eggs, milk and water into smooth batter.
– Stir in cool melted margarine for extra richness and to prevent sticking.
– Using 15cm pan, make thin pancakes. Stir batter vigorously between each pancake or all the buckwheat flour will sink to the bottom.
– Fill pancakes with silverbeet mixture then roll up and place on greased ovenproof dish.
– Cover with foil and heat for 25–30 minutes.

For the Filling
– Wash then boil or steam silverbeet until tender.
– Chop silverbeet and squeeze out liquid.
– Cook onion, in margarine until soft, without browning.
– Stir in silverbeet.
– Add pepper and garlic.
– Crumble stilton into spinach mixture.

For the Sauce
– Combine margarine, flour, stock and cream.
– In saucepan simmer for about 5 minutes, stirring occasionally.
– Season with parmesan cheese, mustard and pepper.

Tip: If preparing ahead – cool pancakes, stack interleaved with greaseproof paper and wrap in foil. Reheat sauce in double boiler; pour over pancakes just before serving.

Serving suggestion
Serve with a standard salad.

Nutritional profile per serve

| Energy | 1601kJ |
| Protein | 13g |
| Fat | 27g |
| Carbohydrate | 23g |
| Sodium | 777mg |
| Potassium | 605mg |
| Phosphate | 250mg |

Notes:
HAM AND TOMATO OMELETTE

Serves: 4

Ingredients
2 tbsp olive oil
2 tbsp fresh parsley, chopped
8 eggs
1 tbsp of water
4 slices chopped ham
2 tomatoes, chopped
1/4 cup cheese, grated
pepper

Method
- Heat oil in non-stick frying pan.
- Place eggs in bowl, add water and whisk until fluffy.
- Pour mixture into frying pan then top with ham, tomatoes, cheese, parsley and pepper.
- Cook omelette on low heat for 5 minutes each side.
- Cut into wedges and serve.

Nutritional profile per serve

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Notes:
HAM AND TOMATO OMELETTE

Serves: 4

Ingredients
2 tbsp olive oil
2 tbsp fresh parsley, chopped
8 eggs
1 tbsp of water
4 slices chopped ham
2 tomatoes, chopped
1/4 cup cheese, grated
pepper

Method
- Heat oil in non-stick frying pan.
- Place eggs in bowl, add water and whisk until fluffy.
- Pour mixture into frying pan then top with ham, tomatoes, cheese, parsley and pepper.
- Cook omelette on low heat for 5 minutes each side.
- Cut into wedges and serve.

Nutritional profile per serve
Energy 1186kJ
Protein 19g
Fat 22g
Carbohydrate 2g
Sodium 491mg
Potassium 361mg
Phosphate 271mg

Notes:
**CHILLI BEEF**  
*Serves: 6*

**Ingredients**
- 500g lean minced beef
- 1 cup onion, chopped
- 1 cup green capsicum, thinly sliced
- 1 x 440g can tomatoes, salt reduced
- 1 tsp garlic powder
- 1 tsp cumin, ground
- 1/4 x 330g can red kidney beans, drained
- 4 drops Tabasco sauce
- pepper
- 1/4 tsp chilli powder or 1 small chilli, finely chopped (add to taste)

**Method**
- Brown minced beef in a large pot and drain the fat.
- Add onion and green capsicum, cooking until onion is transparent.
- Add remaining ingredients.
- Simmer for 90 minutes.

**Serving suggestion**
Serve with a standard salad or a cup of steamed rice.

**Nutritional profile per serve**

<table>
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**Notes:**

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**ASIAN STEAMED FISH**  
*Serves: 4*

**Ingredients**
- 4 medium fillets deep sea fish e.g. Bream, Perch, Dory (approximately 150g per fillet)
- 1/2 red capsicum, thinly sliced
- 1/2 green capsicum, thinly sliced
- 1/2 bunch spring onions, finely sliced
- 1 medium carrot
- 1 stick celery, finely sliced
- 1 clove crushed garlic
- 1 tsp grated ginger
- 3 tbsp soy sauce
- 3 tbsp lemon juice
- sprigs fresh coriander
- 3 tbsp fresh chilli sauce
- 3 tbsp chilli powder

**Method**
- Cover base of steamer with foil and place fish on top.
- Spread garlic, ginger and coriander over fish.
- Cut carrot, red and green capsicum into julienne strips.
- Place all vegetables over top of fish.
- Combine soy sauce, sweet chilli sauce and lemon juice; pour over fish and vegetables.
- Steam until fish is cooked.

**Serving suggestion**
Serve with steamed rice.

**Nutritional profile per serve**

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**Notes:**
CHILLI BEEF

Serves: 6

Ingredients
500g lean minced beef
1 cup onion, chopped
1 cup green capsicum, thinly sliced
1 x 440g can tomatoes, salt reduced
1 tsp garlic powder
1 tsp cumin, ground
1/4 x 330g can red kidney beans, drained
4 drops Tabasco sauce
1/4 tsp chilli powder or 1 small chilli, finely chopped (add to taste)

Method
– Brown minced beef in a large pot and drain the fat.
– Add onion and green capsicum, cooking until onion is transparent.
– Add remaining ingredients.
– Simmer for 90 minutes.

Serving suggestion
Serve with a standard salad or a cup of steamed rice.

Nutritional profile per serve
- Energy: 650kJ
- Protein: 19g
- Fat: 6g
- Carbohydrate: 5g
- Sodium: 144mg
- Potassium: 531mg
- Phosphate: 206mg

Notes:
CREAMY TUNA PASTA

Serves: 4

Ingredients
1 tbsp olive oil
1 onion, chopped
1/2 celery stick, thinly sliced
1/4 green capsicum, chopped
2 tbsp sundried tomatoes, chopped
1 tbsp parsley flakes
1 tsp Italian herbs
1 x 425gm can tuna in springwater, drained
1/2 cup light sour cream
250g dry fettuccine

Method
– Heat oil in frying pan; add onion, capsicum and celery.
– Cook 1–2 minutes until onion is soft.
– Add sundried tomatoes, Italian herbs and parsley then cook a further 2 minutes.
– Add tuna and cook until mixture is heated through.
– Remove from heat; stir sour cream through sauce.
– Serve sauce with fettuccine cooked as per packet instructions.

Serving suggestion
Serve with a standard salad.

Nutritional profile per serve

<p>| | |</p>
<table>
<thead>
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<tbody>
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<td>Carbohydrate</td>
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<td>Sodium</td>
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<tr>
<td>Potassium</td>
<td>578mg</td>
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<tr>
<td>Phosphate</td>
<td>345mg</td>
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Notes:

FETTUCINE BOLOGNESE

Serves: 5

Ingredients
1 x 440g can tomatoes
2 tbsp tomato puree, salt reduced
2 tbsp tomato sauce
black pepper
1 tsp sugar
1 clove garlic, crushed
2 tbsp fresh parsley, chopped
1 medium onion, finely chopped
1/4 cup chopped green capsicum
2 tbsp olive oil
500g beef mince
1 bay leaf
450g dry fettuccine
5 tbsp parmesan cheese, grated

Method
– Heat oil in large saucepan.
– Add onion, green pepper, garlic and cook until golden.
– Add meat and cook until brown.
– Add all other ingredients except for noodles and parmesan cheese.
– Cook uncovered for 5 minutes.
– Lower heat, cover and simmer gently 2–2 1/2 hours.
– Cook fettuccine according to directions on packet.
– Drain fettuccine, pour into serving dish and cover with the meat sauce.
– Sprinkle with parmesan cheese.

Serving suggestion
Serve with a crusty roll.

Nutritional profile per serve

<p>| | |</p>
<table>
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</tr>
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<td>Carbohydrate</td>
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<td>Potassium</td>
<td>790mg</td>
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<tr>
<td>Phosphate</td>
<td>435mg</td>
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Notes:
CREAMY TUNA PASTA
Serves: 4

Ingredients
1 tbsp olive oil
1 onion, chopped
1/2 celery stick, thinly sliced
1/4 green capsicum, chopped
2 tbsp sundried tomatoes, chopped
1 tbsp parsley flakes
1 tsp Italian herbs
1 x 425gm can tuna in springwater, drained
1/2 cup light sour cream
250g dry fettuccine

Method
– Heat oil in frying pan; add onion, capsicum and celery.
– Cook 1–2 minutes until onion is soft.
– Add sundried tomatoes, Italian herbs and parsley then cook another 2 minutes.
– Add tuna and cook until mixture is heated through.
– Remove from heat; stir sour cream through sauce.
– Serve sauce with fettuccine cooked as per packet instructions.

Serving suggestion
Serve with a standard salad.

Nutritional profile per serve

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<td>Phosphate (mg)</td>
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Notes:

FETTUCINE BOLOGNESE
Serves: 5

Ingredients
1 x 440g can tomatoes
1 tbsp tomato paste, salt reduced
2 tbsp tomato sauce
black pepper
1 tbsp sugar
1 clove garlic, crushed
2 tbsp fresh parsley, chopped
1 medium onion, finely chopped
1/4 cup chopped green capsicum
2 tbsp olive oil
500g beef mince
1 bay leaf
450g dry fettuccine
5 tbsp parmesan cheese, grated

Method
– Heat oil in large saucepan.
– Add onion, green pepper, garlic and cook until golden.
– Add meat and cook until brown.
– Add all other ingredients except for noodles and parmesan cheese.
– Cook uncovered for 5 minutes.
– Lower heat, cover and simmer gently 2-2 1/2 hours.
– Cook fettuccine according to directions on packet.
– Drain fettuccine, pour into serving dish and cover with the meat sauce.
– Sprinkle with parmesan cheese.

Serving suggestion
Serve with a crusty roll.

Nutritional profile per serve

<table>
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<th>Nutrient</th>
<th>Amount</th>
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<td>Potassium (mg)</td>
<td>790mg</td>
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<tr>
<td>Phosphate (mg)</td>
<td>435mg</td>
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Notes:
Fillet of Lamb with Garlic

Serves: 4

Ingredients
- 2 fillets of lamb (about 400g)
- 4 cloves garlic, finely chopped
- 2 tbsp of olive oil
- 2 shallots, finely chopped
- 2 tsp of dried thyme
- 2 tsp of dried rosemary
- 2 tsp of dried oregano
- Zest whole lemon
- 250 white wine
- 2 cups mashed potato/sweet potato
- 2 cups frozen beans, boiled
- 2 cups carrots, boiled

Method
- Mix garlic, lamb fillets, shallots, olive oil, herbs and lemon zest.
- Marinade in fridge for a minimum of 2 hours.
- Preheat the oven to 200˚C.
- Heat frying pan until hot.
- Cook fillets in pan until brown.
- Transfer meat and marinade into ovenproof dish.
- Cook in oven for 35 minutes.
- Remove lamb from oven, transfer to warm dish and rest for 10 minutes.
- Deglaze oven pan with white wine and bring to boil.
- Strain if required and pour over lamb.
- Serve with mashed potato/sweet potato, beans and carrots.

Nutritional profile per serve
- Energy: 1410kJ
- Protein: 32g
- Fat: 8g
- Carbohydrate: 20g
- Sodium: 138mg
- Potassium: 972mg
- Phosphate: 375mg

Indian Style Chicken Casserole

Serves: 4

Ingredients
- 3 skinless chicken breasts, cut into cubes
- 1 onion, diced
- 1/2 x 440g canned tomatoes
- 1 tsp garlic
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp ginger
- 1 tsp pepper
- 1 tsp turmeric
- 2 tbsp vegetable oil
- 3 tbsp natural yoghurt
- 1 cup chicken stock (1 stock cube in 1 cup boiling water)

Method
- Heat oil in deep saucepan; sauté finely chopped onion.
- When onion almost cooked, stir in garlic and spices.
- Add chicken and brown.
- Stir in stock and tomatoes.
- Simmer 1 hour or transfer to ovenproof dish and bake in moderate oven for 1 hour.
- Add yoghurt just prior to serving.

Serving suggestion
Serve with boiled rice and a salad.

Nutritional profile per serve
- Energy: 1335kJ
- Protein: 34g
- Fat: 18g
- Carbohydrate: 5g
- Sodium: 327mg
- Potassium: 567mg
- Phosphate: 399mg

Notes:
FILLET OF LAMB WITH GARLIC

Serves: 4

Ingredients
2 fillets of lamb (about 400g)
4 cloves garlic, finely chopped
2 tbsp of olive oil
2 shallots, finely chopped
2 tsp of dried thyme
2 tsp of dried parsley
6 tsp of dried oregano
zest whole lemon
250 white wine
2 cups mashed potato/sweet potato
2 cups frozen beans, boiled
2 cups carrots, boiled

Method
– Mix garlic, lamb fillets, shallots, olive oil, herbs and lemon zest.
– Marinade in fridge for a minimum of 2 hours.
– Preheat the oven to 200˚c.
– Heat frying pan until hot.
– Cook fillets in pan until brown.
– Transfer meat and marinade into ovenproof dish.
– Cook in oven for 35 minutes.
– Remove lamb from oven, transfer to warm dish and rest for 10 minutes.
– Deglaze oven pan with white wine and bring to boil.
– Strain if required and pour over lamb.
– Serve with mashed potato/sweet potato, beans and carrots.

Nutritional profile per serve
Energy 1410kJ
Protein 32g
Fat 8g
Carbohydrate 20g
Sodium 138mg
Potassium 972mg
Phosphate 375mg

INDIAN STYLE CHICKEN CASSEROLE

Serves: 4

Ingredients
3 skinless chicken breasts, cut into cubes
1 onion, diced
1/2 x 440g canned tomatoes
1 tsp garlic
1 tsp cumin
1 tsp coriander
1 tsp ginger
1 tsp pepper
1 tsp turmeric
2 tbsp vegetable oil
3 tbsp natural yoghurt
1 cup chicken stock (1 stock cube in 1 cup boiling water)

Method
– Heat oil in deep saucepan; sauté finely chopped onion.
– When onion almost cooked, stir in garlic and spices.
– Add chicken and brown.
– Stir in stock and tomatoes.
– Simmer 1 hour or transfer to ovenproof dish and bake in moderate oven for 1 hour.
– Add yoghurt just prior to serving.

Serving suggestion
Serve with boiled rice and a salad.

Nutritional profile per serve
Energy 1335kJ
Protein 34g
Fat 18g
Carbohydrate 5g
Sodium 327mg
Potassium 567mg
Phosphate 399mg

Notes:
SPICY LAMB MINT KEBABS

Serves: 4

Ingredients
500g lamb mince
1 small onion, finely chopped
50g fresh breadcrumbs
1 tbsp ground cumin
2 tbsp fresh coriander, chopped
pepper
150g natural yoghurt
5 cm piece cucumber, finely diced
2 tbsp fresh mint, chopped

Method
- Mix lamb, onion, breadcrumbs, cumin and coriander in a bowl.
- Using lightly floured hands, roll the mixture into 24 small balls. Chill 30 minutes.
- Thread 3 balls onto 8 skewers.
- Cook under preheated moderate grill for 20 minutes, turning occasionally.
- Mix together yoghurt, cucumber and mint, serve with kebabs.

Serving suggestion
Serve with couscous, boiled white rice or standard salad.

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Notes:
**SPICY LAMB MINT KEBABS**

**Serves:** 4

**Ingredients**
- 500g lamb mince
- 1 small onion, finely chopped
- 50g fresh breadcrumbs
- 1 tbsp ground cumin
- 2 tbsp fresh coriander, chopped
- pepper
- 150g natural yoghurt
- 5 cm piece cucumber, finely diced
- 2 tbsp fresh mint, chopped

**Method**
- Mix lamb, onion, breadcrumbs, cumin and coriander in a bowl.
- Using lightly floured hands, roll the mixture into 24 small balls. Chill 30 minutes.
- Thread 3 balls onto 8 skewers.
- Cook under preheated moderate grill for 20 minutes, turning occasionally.
- Mix together yoghurt, cucumber and mint, serve with kebabs.

**Serving suggestion**
Serve with couscous, boiled white rice or standard salad.

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**Notes:**
MEATLOAF WITH SAUTÉED MUSHROOMS

Serves: 6

Ingredients
For the Meatloaf
500g lean beef mince
1/4 cup carrots, finely chopped
1/4 cup celery, finely chopped
1/2 medium onion, chopped
1 egg
1/4 cup tomato juice, salt reduced
2 tbsp fresh breadcrumbs
1/2 tsp basil
1/4 tsp marjoram, dried
1/4 tsp pepper

For the Sautéed Mushrooms
1 tbsp light olive oil
2 tsp garlic, crushed
250g mushrooms
1/4 red capsicum, cut into thin strips
1 tbsp spring onions, finely chopped
2 tsp lemon juice
3 tsp margarine, salt reduced
30 ml chicken stock

Method
For the Meatloaf
– Preheat oven 180°C.
– Mix all ingredients together.
– Transfer mixture to greased, deep 21 cm loaf pan.
– Cover with aluminium foil.
– Bake covered approximately 45 minutes.
– Uncover and bake another 20 minutes.

For the Sautéed Mushrooms
– Remove stalks from mushrooms and cut into thick slices. (If tiny, leave mushrooms whole or cut into halves)
– Heat garlic oil in deep-sided frying pan; add mushrooms and red capsicum
– Cook 3 minutes over high heat.
– Add chicken stock, spring onion and lemon juice.
– Continue cooking over high heat until liquid reduced.
– Add margarine; swirl around so sauce is glazed.

Serving suggestion
Serve with potato and a small serve of vegetables.

Nutritional profile per serve
Energy 854kJ
Protein 20g
Fat 11g
Carbohydrate 4g
Sodium 364mg
Potassium 516mg
Phosphate 250mg

Notes:
MEATLOAF WITH SAUTÉED MUSHROOMS
Serves: 6

Ingredients
For the Meatloaf
500g lean beef mince
1/4 cup carrots, finely chopped
1/4 cup celery, finely chopped
1/2 medium onion, chopped
1 egg
1/4 cup tomato juice, salt reduced
2 tbsp fresh breadcrumbs
1/2 tsp basil
1/4 tsp marjoram, dried
1/4 tsp pepper
For the Sautéed Mushrooms
1 tbsp light olive oil
2 tsp garlic, crushed
250g mushrooms
1/4 red capsicum, cut into thin strips
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3 tsp margarine, salt reduced
30 ml chicken stock

Method
For the Meatloaf
– Preheat oven 180°C.
– Mix all ingredients together.
– Transfer mixture to greased, deep 21 cm loaf pan.
– Cover with aluminium foil.
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– Remove stalks from mushrooms and cut into thick slices. (If tiny, leave mushrooms whole or cut into halves)
– Heat garlic oil in deep-sided frying pan; add mushrooms and red capsicum
– Cook 3 minutes over high heat.
– Add chicken stock, spring onion and lemon juice.
– Continue cooking over high heat until liquid reduced.
– Add margarine; swirl around so sauce is glazed.

Serving suggestion
Serve with potato and a small serve of vegetables.

Nutritional profile per serve

- Energy: 854kJ
- Protein: 20g
- Fat: 11g
- Carbohydrate: 4g
- Sodium: 364mg
- Potassium: 516mg
- Phosphate: 250mg

Notes:
**Coffee Liqueur Mousse**

*Servings: 6 (150mg serve)*

**Ingredients**
- 4 eggs, separated
- 1/4 cup coffee liqueur
- 2 tbsp of maple/golden syrup
- 1 tbsp brandy
- 1 cup water
- 1 cup whipping cream

**Method**
- Using blender or electric beater, blend together egg yolks, maple syrup and water.
- Transfer to heatproof bowl and heat through over saucepan of boiling water, stirring continuously until mixture thickens.
- Remove from heat; add coffee liqueur and brandy then chill.
- Beat cream and egg whites until soft peaks form.
- Carefully fold into chilled liqueur mixture.
- Spoon into glasses; chill for 2 hours.

**Serving suggestion**
Served with extra whipped cream.

**Nutritional profile per serve**

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**Notes:**

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**Baked Ricotta and Apple Cheesecake**

*Servings: 10*

**Ingredients**
- 200g prepared shortcrust pastry
- 30g margarine
- 2 apples, cored, peeled and sliced
- Cinnamon

**Ricotta Filling**
- 750g ricotta cheese
- 4 eggs, separated
- 1/2 cup honey
- 1 tbsp finely grated orange rind
- 3 tbsp orange juice

**Method**
- Roll out pastry to 3mm thickness and use to line deep 23 cm flan tin with removable base.
- Prick base and sides of pastry with fork; line base with non-stick baking paper and fill with uncooked rice.
- Bake for 10 mins at 190°C then remove rice and paper.
- Bake for 5-8 mins longer or until lightly browned.
- Melt margarine in pan then add apple slices and cook over medium heat, stirring occasionally until golden.
- When cool, arrange apples evenly over base of pastry case and sprinkle lightly with cinnamon.

**Filling**
- Put ricotta cheese, egg yolks, honey, orange rind and orange juice in food processor or blender and process until smooth.
- In separate bowl, beat egg whites until stiff peaks form.
- Fold egg white mixture into ricotta mixture.
- Carefully pour filling over apples.
- Reduce oven temperature to 180°C and bake for 1 1/4 hours or until firm.
- Cool then refrigerate overnight.

**Nutritional profile per serve**

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**Notes:**
COFFEE LIQUEUR MOUSSE

Serves: 6

Ingredients
- 4 eggs, separated
- 1/4 cup coffee liqueur
- 2 tbsp of maple/golden syrup
- 1 tbsp brandy
- 1 cup water
- 1 cup whipping cream

Method
- Using blender or electric beater; blend together egg yolks, maple syrup and water.
- Transfer to heatproof bowl and heat through over saucepan of boiling water; stirring continuously until mixture thickens.
- Remove from heat; add coffee liqueur and brandy then chill.
- Beat cream and egg whites until soft peaks form. Carefully fold into chilled liqueur mixture.
- Spoon into glasses; and chill for 2 hours.

Serving suggestion
- Served with extra whipped cream.

Nutritional profile per serve
- Energy 1190kJ
- Protein 5g
- Fat 21g
- Carbohydrate 12g
- Sodium 55mg
- Potassium 99mg
- Phosphate 75mg

Notes:

BAKED RICOTTA AND APPLE CHEESECAKE

Serves: 10

Ingredients
- 200g prepared shortcrust pastry
- 30g margarine
- 2 apples; cored, peeled and sliced
- cinnamon
- Ricotta Filling
- 750g ricotta cheese
- 4 eggs, separated
- 1/2 cup honey
- 1 tbsp finely grated orange rind
- 3 tbsp orange juice

Method:
- Roll out pastry to 3mm thickness and use to line deep 23 cm flan tin with removable base.
- Prick base and sides of pastry with fork; line base with non-stick baking paper and fill with uncooked rice.
- Bake for 15 mins at 190°C then remove rice and paper.
- Bake for 5 – 8 mins longer or until lightly browned.
- Melt margarine in pan then add apple slices and cook over medium heat, stirring occasionally until golden.
- When cool, arrange apples evenly over base of pastry case and sprinkle lightly with cinnamon.
- Ricotta Filling
- Put ricotta cheese, egg yolks, honey, orange rind and orange juice in food processor or blender and process until smooth.
- In separate bowl, beat egg whites until stiff peaks form.
- Fold egg white mixture into ricotta mixture.
- Carefully pour filling over apples.
- Reduce oven temperature to 180°C and bake for 1 1/4 hours or until firm.
- Cool then refrigerate overnight.

Nutritional profile per serve
- Energy 1315kJ
- Protein 12g
- Fat 18g
- Carbohydrate 28g
- Sodium 271mg
- Potassium 190mg
- Phosphate 75mg

Notes:
**Honey Apple Wraps**

Serves: 4

**Ingredients**
- 1 granny smith apple; peeled, finely chopped.
- 1 tsp lemon juice
- 2 tbsp ground almonds
- 1 tbsp honey
- 1 tsp plain flour
- 1/4 tsp cinnamon
- 2 tsp margarine, salt reduced
- 1 sheet ready rolled puff pastry

**Method**
- Preheat oven to 180˚c.
- Place almonds, flour and cinnamon in bowl; rub in margarine with fingertips.
- Mix lemon, apples and honey then add to dry ingredients.
- Cut pastry into four, even-sized squares.
- Divide apple mixture evenly into four.
- Place apple mixture in the centre of each square.
- Wrap the mixture like a sausage roll, making decorative cuts in top.
- Place on a lightly greased oven tray.
- Brush with milk.
- Bake for 10–15 minutes until golden.

**Serving suggestion**
Serve with whipped cream.

**Nutritional profile per serve**

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**Notes:**

**Individual Spiced Apple Puddings**

Serves: 12 muffins

**Ingredients**
- 1 1/2 cups plain flour
- 3 tbsp rolled oats
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/3 tsp nutmeg
- 1/3 tsp cloves
- 2 small apples, pared, cored, cubed
- 3/4 cup skim milk, room temperature
- 1/2 cup brown sugar, packed tight
- 1/4 cup apple sauce, room temperature
- 1 egg white, whipped

**Method**
- Preheat oven to 180˚c.
- Lightly grease 12 muffin pans.
- Combine flour, oats, baking powder, cinnamon, nutmeg and cloves.
- In separate bowl, combine apples, milk, brown sugar, apple sauce and egg white.
- Slowly add wet ingredients to dry ingredients until mixture is moist.
- Fill muffin tins 2/3 full.
- Bake 20 to 30 mins or until lightly browned.

**Diabetic Alternative**
Replace 1/2 cup of raw sugar with 1/2 cup of Equal.

**Nutritional profile per serve**

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**Notes:**
HONEY APPLE WRAPS

Serves: 4

Ingredients
1 granny smith apple; peeled, finely chopped.
1 tsp lemon juice
2 tbsp ground almonds
1 tsp honey
1 tsp plain flour
1/4 tsp cinnamon
2 tsp margarine, salt reduced
1 sheet ready rolled puff pastry

Method
– Preheat oven to 180˚c.
– Place almonds, flour and cinnamon in bowl; rub in margarine with fingertips.
– Mix lemon, apples and honey then add to dry ingredients.
– Cut pastry into four, even-sized squares.
– Divide apple mixture evenly into four.
– Place apple mixture in the centre of each square.
– Wrap the mixture like a sausage roll, making decorative cuts in top.
– Place on a lightly greased oven tray.
– Brush with milk.
– Bake for 10–15 minutes until golden.

Serving suggestion
Serve with whipped cream.

Nutritional profile per serve
Energy 1010kJ
Protein 4g
Fat 14g
Carbohydrate 26g
Sodium 15mg
Potassium 104mg
Phosphate 47mg

INDIVIDUAL SPICED APPLE PUDDINGS

Serves: 12 muffins

Ingredients
1 1/2 cups plain flour
3 tbsp rolled oats
1 tsp baking powder
1 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp cloves
2 small apples; pared, cored, cubed
3/4 cup skim milk, room temperature
1/2 cup brown sugar, packed tight
1/4 cup apple sauce, room temperature
1 egg white, whipped

Method
– Preheat oven to 180˚c.
– Lightly grease 12 muffin pans.
– Combine flour, oats, baking powder, cinnamon, nutmeg and cloves.
– In separate bowl, combine apples, milk, brown sugar, apple sauce and egg white.
– Slowly add wet ingredients to dry ingredients until mixture is moist.
– Fill muffin tins 2/3 full.
– Bake 20 to 30 mins or until lightly browned.

Diabetic Alternative
Replace 1/2 cup of raw sugar with 1/2 cup of Equal.

Nutritional profile per serve
Energy 480(396)kJ
Protein 3g
Fat 0g
Carbohydrate 25(19)g
Sodium 210(208)mg
Potassium 106(84)mg
Phosphate 189mg

Notes:
**ROCKY ROAD YOGHURT**

Serves: 5

**Ingredients**
- 2 cups frozen yoghurt (vanilla or honey)
- 2 tsp raisins or sultanas, chopped
- 2 tbsp mini marshmallows
- 1 tbsp chocolate syrup

**Method**
- Allow frozen yoghurt to soften.
- Mix in raisins, marshmallows and syrup until evenly blended.
- Return to freezer.
- Remove and serve when yoghurt reaches desired consistency.

**Nutritional profile per serve**

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**Notes:**

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**PINEAPPLE PIE**

Serves: 6

**Ingredients**
- 1 cup biscuit crumbs
- 125g margarine, salt reduced
- 1 egg, beaten
- 2 x 450g cans crushed pineapple (natural juice)
- 1 cup whipped cream

**Method**
- Lightly grease 8-inch spring-form cake tin.
- Mix 25g melted margarine with biscuit crumbs.
- Press crumbs into bottom of tin to form a base then refrigerate.
- Cream margarine and sugar in separate bowl.
- Add beaten egg.
- Drain and fold in pineapple.
- Fold in whipped cream until just well combined.
- Turn mixture into prepared pan, spreading evenly.
- Cover and refrigerate for 24 hours.
- Cut into 6 pieces

**Nutritional profile per serve**

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**Notes:**
**Pineapple Pie**

**Serves:** 6

**Ingredients**
- 1 cup biscuit crumbs
- 125g margarine, salt reduced
- 1 egg, beaten
- 2 x 450g cans crushed pineapple (*natural juice*)
- 1 cup whipped cream

**Method**
- Lightly grease an 8-inch spring-form cake tin.
- Mix 25g melted margarine with biscuit crumbs.
- Press crumbs into the bottom of the tin to form a base and then refrigerate.
- Cream margarine and sugar in a separate bowl.
- Add beaten egg.
- Drain and fold in pineapple.
- Fold in whipped cream until just well combined.
- Turn mixture into prepared pan, spreading evenly.
- Cover and refrigerate for 24 hours.
- Cut into 6 pieces

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**Notes:**

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**Rocky Road Yoghurt**

**Serves:** 5

**Ingredients**
- 2 cups frozen yoghurt (vanilla or honey)
- 2 tsp raisins or sultanas, chopped
- 2 tbsp mini marshmallows
- 1 tbsp chocolate syrup

**Method**
- Allow frozen yoghurt to soften.
- Mix in raisins, marshmallows and syrup until evenly blended.
- Return to freezer.
- Remove and serve when yoghurt reaches desired consistency.

**Nutritional profile per serve**

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**Notes:**
PAVLOVA
Serves: 6

Ingredients
4 egg whites
pinch of cream of tartar
125g castor sugar
1 tsp vanilla essence
1 tsp vinegar
2 tsp corn flour
2 punnets strawberries
asml thickened cream, whipped
extra tsp vanilla essence

Method
- Preheat oven to 150°C.
- Beat egg whites with cream of tartar for 4–5 minutes. Gradually beat in sugar.
- Add vinegar and vanilla; beat until peaks form.
- Lightly fold sifted corn flour into mixture.
- Pile mixture onto moistened ovenproof plate. Do not handle too long.
- Bake about 1 hour.

Topping
- Beat cream with extra tsp vanilla essence.
- Decorate pavlova when cool with strawberries and whipped cream.
- Cut into 6 pieces.

Serving suggestion
Serve with low potassium fruit as an alternative.

Nutritional profile per serve
Energy 679kJ
Protein 4g
Fat 6g
Carbohydrate 24g
Sodium 47mg
Potassium 112mg
Phosphate 27mg

Notes:

LEMON PUDDING
Serves: 6

Ingredients
3 eggs, separated
1 tsp lemon peel, grated
1/4 cup lemon juice
3 tbsp margarine, melted
1 1/2 cup milk
3/4 cup castor sugar
1/4 cup self raising flour

Method
- Beat egg yolks.
- Blend in lemon peel, juice, melted margarine and milk.
- Combine sugar and sifted flour.
- Add to egg mixture, beating until smooth.
- In separate bowl, beat egg whites until stiff peaks form.
- Fold in egg mixture.
- Spoon into crock-pot, cover and cook on high for 2 to 3 hours or
- Spoon into greased, ovenproof bowl sitting in shallow bath of water.
- Bake in preheated oven at 180°C for 40 minutes or until sponge is cooked.

Nutritional profile per serve
Energy 1210kJ
Protein 6g
Fat 13g
Carbohydrate 39g
Sodium 141mg
Potassium 153mg
Phosphate 142mg

Notes: