

Easy Cooking With Every Day Foods

What can I do with...Eggs

1. Make an Omelette

What do I need?

2 eggs
2Tbsp water
Oil spray
Pepper to taste

Here's how to do it

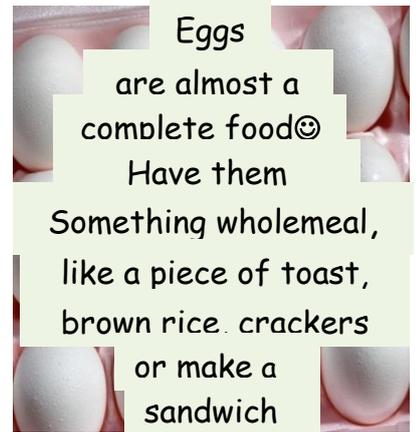
1. Beat eggs and water.
2. Spray the pan with oil.
3. Pour egg into pan and roll out to edges.
4. Cook 2-3 minutes. Do not overcook.
5. Fill with a variation and fold over to serve.

Variations:

2-3 Tbsp grated cheese and chopped chives
Sliced tomato, chopped mushrooms and pepper
Chopped ham
Cold cooked potato- sliced
Chopped parsley, coriander, basil

Add something green:

Chopped baby spinach
Peas
Capsicum



2. Egg Muffins

What do I need?

6Eggs
1/2 cup low fat milk or soy milk
1/8 tsp. pepper
1/2 cup shredded lite cheese or feta cheese
3/4 cup grated carrot
1/4 cup chopped capsicum
2 Tbsp. chopped red onion



Here's how to do it

1. HEAT oven to 180°C. BEAT eggs, milk, and pepper in medium bowl until blended. ADD cheese, zucchini, capsicum and onion; mix well.
2. SPOON evenly into 12 greased muffin cups, about 1/4 cup each.
3. BAKE in oven until just set, 20 to 22 minutes. COOL on rack 5 minutes. REMOVE from cups; serve warm.
4. YUM!!!

Variations:

Tuna and lemon pepper
Ham, chicken, salmon

Add something green:

Grated zucchini
Broccoli



3. Bacon and Egg Cups - using bread as the cups

What do I need?

12 slices wholemeal bread-crusts removed
2 slices of ham- chopped
1/2 onion- chopped
6 eggs
1/2 cup reduced fat evaporated milk
1/4 cup grated cheese
1/4 cup corn kernels
6 slices tomato - halved

Variations:

Use a can of crab meat or prawns
Ham and mushrooms

4. Egg slice

What will I need?

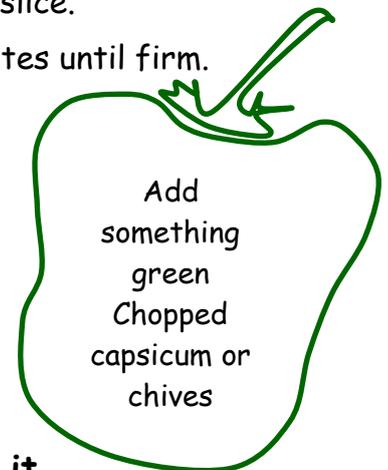
4 slices of ham- diced
1 cup crushed savoury biscuits
1 cup frozen mixed vegetables
1 cup celery or carrot, chopped
3 lightly beaten eggs
1 cup milk

Variations:

Add some chopped chicken

Here's how to do it.

1. Pre heat oven to 180, grease 12 muffin tins.
2. Gently place each slice of bread in a hole.
3. Fry onion gently 2 minutes
4. Mix eggs and milk. Add ham, onion, corn,cheese. Pour into bread case.
5. Top with tomato slice.
6. Bake for 20 minutes until firm.



Here's how to do it.

1. Grease a microwave pie dish.
2. Mix all ingredients.
3. Microwave on high for 10 minutes then medium for 10 minutes.
4. Allow to set before slicing.



What can I do with...Potatoes



1. Oven-baked Potato Skins

What do I need?

3 large potatoes

Spray vegetable oil

$\frac{1}{2}$ tsp paprika (optional)

1 Tbsp grated parmesan

Here's how to do it.

1. Preheat the oven to 180.

2. Line an oven tray with baking paper

3. Scrub potatoes and cut into 8 wedges leaving the skin on.

4. Spray with spray oil, and roll in paprika and parmesan.

5. Bake 25 minutes until tender. Turn occasionally

Variations:

Sprinkle with lemon pepper in place of paprika

Use a small quantity of chicken salt



2. Stuffed Jacket potato boats

4 medium sized potatoes

2 grated carrots

$\frac{1}{2}$ cup corn kernels

2 Tbsp milk

2 Tbsp cheese

1. Cut potatoes in halves to form boats

2. Cover and cook in the microwave for 10 minutes.

3. Scoop out the centre leaving a thick edge.

4. Mash the potato innards and add grated carrot, corn

kernels, milk and cheese

5. Return this mixture to the boats. Return to the microwave and cook 5 more minutes.

Variations:

Make a slice of ham into a sail with a skewer

Add some chicken or tinned fish



3. Scalloped Potatoes

What do I need?

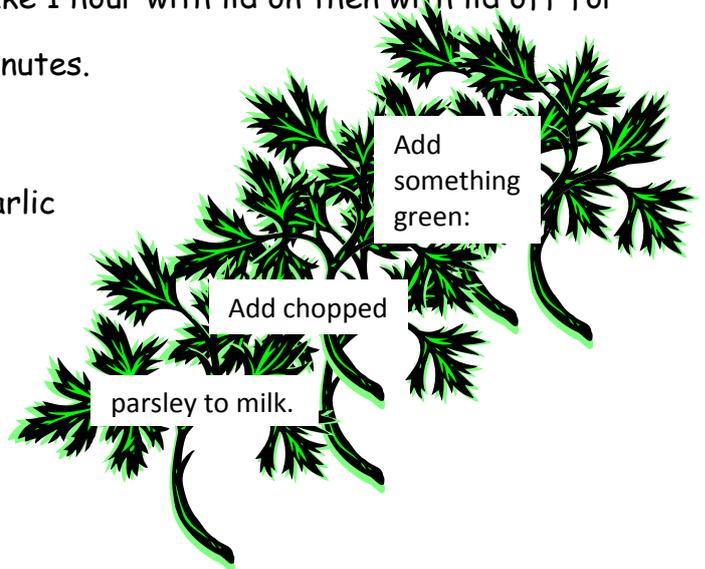
4 potatoes/Sweet Potatoes
Pepper
2Tbsp margarine
1¼ cup warm low fat
evaporated milk

Variations:

Add 1 finely chopped onion and a clove of garlic
Sprinkle with 2 Tbsp grated cheese
Top with nutmeg or paprika
Use a can of creamed soup in place of milk

Here's how to do it

- 1.Preheat oven to 180
- 2.Spray a deep casserole dish or microwave dish withvegetable oil
3. Peel and slice potatoes very thinly
4. Add milk to barely cover the potato.
5. Bake 1 hour with lid on then with lid off for 30minutes.



4. Potato Hedgehogs

What do I need?

2 large potatoes (skin on)
2 Tbsp SR flour
1 egg

Grated onion(optional)

Variations:

Add chopped left over roast meat
Pork and 5 spice powder



Here's how to do it

- 1.Gratepotatoes and dry in paper towel
2. Mix all ingredients together.
3. Spray pan with veggie oil.
4. Drop tablespoonfuls onto pan.
5. Cook on both sides until brown.



Add some greens:
Chopped green beans
Shallots and
coriander

What can I do with...A can of tuna or salmon

1. Salmon Patties or Tuna Patties

What will I need?

1 cup mashed potatoes
200g tin salmon or tuna
1/2 cup frozen peas
2 spring onions
Pepper
1/4 cup wholemeal breadcrumbs

How to do it

1. Combine all ingredients.
2. Form into 6 patties.
3. Cook in a non-stick pan 3-4 minutes each side.



Variations:

Use sweet potato.

Add some corn kernels

Use a squeeze of coriander in place of parsley



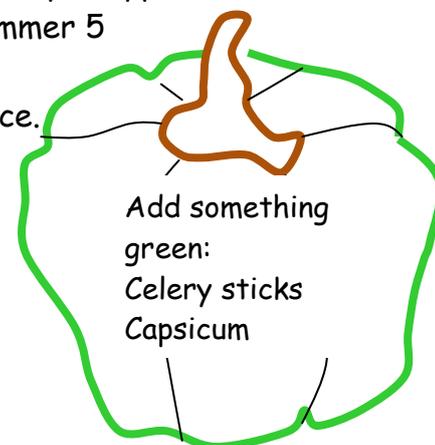
2. Sweet and Sour Tuna

What will I need?

1 small can pineapple
1 large can tuna
2 Tbsp cornflour
1 cup chicken stock
2 Tbsp vinegar
2 tsp soy sauce
1 cup frozen/fresh mixed vegies
1 1/2 cup cooked rice

How to do it

1. Drain pineapple and reserve liquid
2. Mix cornflour, pineapple liquid, stock, vinegar and soy sauce in a saucepan. Cook until thick stirring all the time.
3. Add tuna, zucchini and pineapple pieces. Cover and simmer 5 minutes.
4. Serve over boiled rice.



Variations:

Serve over cooked pasta

Add a can of Chinese vegetable

3. Impossible Pie

What will I need?

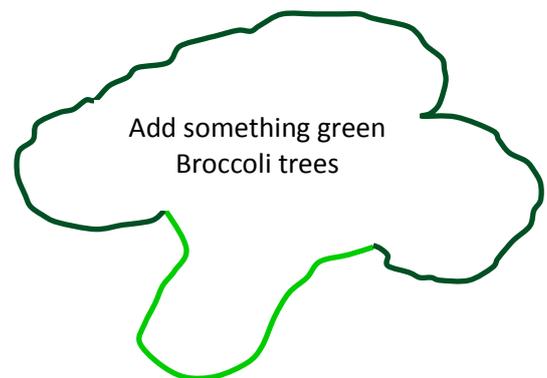
- 1/2 cup flour
- 4 eggs
- 2 cup milk
- 1x 180g can salmon or tuna
- 2 Tbsp shredded cheese
- 1c mixed frozen vegetables

How to do it

1. Preheat the oven to 180. Grease a pie dish.
2. Whisk eggs and milk in a bowl.
3. Add tuna, cheese and mixed vegetables.
4. Pour into the pie dish and bake for 1 hour.
5. Stand a little while to set.

Variations:

Add 1/2 tsp curry powder



4. Tuna Curry in a Hurry

What will I need?

- 1 large can tuna-drained
- 1 Tbsp margarine
- 1 onion- diced
- 1 small apple - diced
- 1 tsp curry powder
- 1 Tbsp flour
- 2 cup stock
- 2 Tbsp sultanas

How to do it

1. Melt margarine in a saucepan.
2. Add onion and apple and fry lightly. Add curry pdr.
3. Add flour and cook 1 minute.
4. Stir in stock and cook 3 minutes.
5. Add tuna and sultanas and cook another minute.
6. Serve over boiled rice.

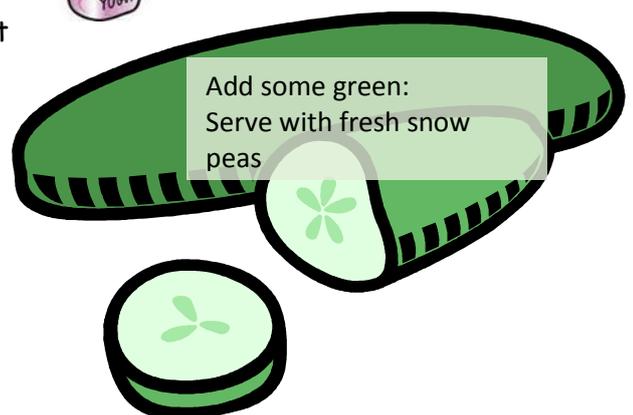
Variations:

Serve with chopped cucumber stirred into plain yoghurt

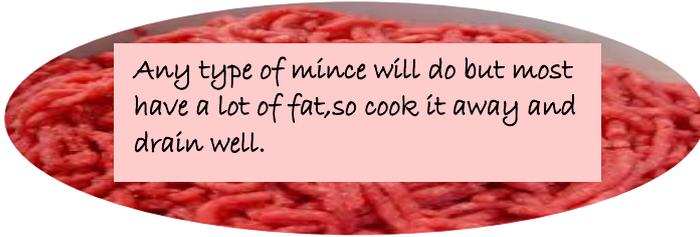
Serve with banana coated in lemon juice and coconut.

Use cold leftover meat in place of tuna

Serve with naan bread.



What can I do with...Mince



Any type of mince will do but most have a lot of fat, so cook it away and drain well.

1. Meat balls

What will I need?

- 500g minced beef or chicken
- 1 onion chopped finely
- 2 Tbsp flour or breadcrumbs
- $\frac{1}{2}$ tsp mixed herbs

How to do it.

1. Mix all ingredients together and form into balls or larger patties
To cook:
2. Place on a greased baking tray and bake at 180 for 20 minutes. Turning twice.
3. Place in a non-stick pan and cook on all sides for 10 minutes.
4. Flatten a little and barbecue. Then make into hamburgers.

Variations:

- Add grated cheese
- Add a small tin of red kidney beans
- Use taco mix as flavouring

Add
Something
green

Add grated zucchini
carrot to the mixture
Serve with

Tabouleh

2. Savoury Mince

What will I need?

- 500 minced beef
- 1 Tbsp oil
- 1 onion-diced
- Chopped vegetables-celery, carrots, zucchini spinach, capsicum, cabbage (or frozen)
- $\frac{1}{4}$ cup bottled sauce
- 1 tsp mixed herbs

How to do it.

1. Heat oil in your frypan.
2. Brown the mince then add the onion.
3. Add the vegetables. Cook 3 minutes.
4. Add your favourite sauce and herbs.
5. Cook for 3 more minutes.
6. Serve on a slice of toasted wholemeal bread

Variations:

- Add red kidney beans and some chilli
- For Chilli Con Carne**
 - Add mushrooms
 - Add tomatoes

Add something green:
Serve on spinach pasta

Serve on pasta with
pesto
Serve in lettuce cups

3. Meat Loaf

What will I need?

500g minced beef or pork
2 green apples -grated
2 Tbsp tomato sauce
1 tsp vegemite or black sauce
1 cup wholemeal
breadcrumbs
1 onion - diced
1 egg- lightly beaten

How to do it

1. Preheat the oven to 180.
2. Grease a loaf tin.
3. Mix all ingredients well and press into the tin.
4. Bake in the oven for 1 hour.
5. Turn out onto a plate. Slice and serve hot with vegetables or cold with salad



Variations:

Add grated carrots and zucchini
Put some hard boiled eggs in the centre.
Add some grated lemon or orange peel.



4. Lettuce Roll ups (San Chow Bow)

What will I need?

200g rice noodles
 $\frac{1}{2}$ tsp oil
11 tsp crushed garlic
1 tps grated ginger
500g mince- pork, chicken, turkey or beef
2 Tblsp soy or Hoi Sin sauce
2 carrots - grated
1 cup beans - chopped finely
 $\frac{1}{2}$ capsicum- diced finely
1 iceberg lettuce

How will I do it?

1. Soak noodles in a bowl of boiling water.
2. Fry garlic and ginger in oil.
3. Add mince and break up lumps.
4. Add sauce and cook 5 minutes.
5. Add vegetables and cook 5 minutes stirring continuously.
6. Drain noodles and add to mince.
7. Break apart lettuce into cups.
8. Spoon meat mixture into cups.
9. Roll up and enjoy.



Variations:

Toast some sesame seeds in the oil

What can I do with...Pasta or noodles



Choose fresh or dried noodles (not a cup of noodles.)

You can buy a jar of pasta sauce
or try a couple of basic recipes



A. Basic meat sauce

B. Basic tomato sauce

C. White sauce

Now you can combine them to make Spaghetti Bolognese, Lasagne, Pasta Bake etc

A. Basic meat sauce

500g lean mince
1 onion - diced
1 tsp crushed garlic
1 jar pasta sauce

1. Fry the meat, onion and garlic in a non-stick pan
2. Add herbs and pasta sauce
3. Simmer 10 minutes.

Variations:

Add grated carrot, zucchini, pumpkin into the sauce.



B. Basic tomato sauce

4 ripe tomatoes
1 tsp garlic crushed
1 tsp dried basil or fresh leaves
 $\frac{1}{2}$ tsp dried oregano or fresh
Pepper
2 Tbsp balsamic vinegar
2 tsp olive oil

1. Combine tomatoes, garlic, basil, oregano and pepper in a bowl.
2. Coat with vinegar and oil.
3. Allow to stand 30 minutes in the refrigerator.
4. Spoon over hot cooked pasta.

Variations:

Use tinned in place of fresh tomatoes
Cook this mixture gently before serving with pasta.



C. White sauce

1 Tsp margarine
1 Tbsp flour
1 $\frac{1}{2}$ cup lite milk

1. Melt butter
2. Add flour and stir 1 minute
3. Add milk and stir until boiling 3 minutes.

Variations:

Cook onion in the melted margarine then add 500g marina mix (seafood)
Add grated cheese for mornay sauce. Pour over vegetables.
Add some mustard to the sauce.



1. Spaghetti Bolognaise

Cook half a packet of wholemeal pasta and serve with Basic meat sauce. Sprinkle grated parmesan cheese on top.

Serve with fresh green salad.



2. Pasta Bake

Cook half a packet of spiral, shell or vegetable pasta. Drain.

Stir through basic meat sauce. Pour into a greased baking dish.

Sprinkle with grated cheese and breadcrumbs. Bake in the oven for 15 minutes at 180 degrees.



3. Lasagne

1. Grease the base and sides of a baking dish.
2. Line with a layer of lasagne sheets
3. Cover sparingly with meat sauce (then white sauce - optional)
4. Repeat twice then top with grated cheese and tomato slices



Variations

In place of meat sauce use a layer of tuna in spring water then basic tomato sauce.

In place of meat use a layer of mixed vegetables and basic white sauce.

For **spinach and corn lasagne** layer frozen spinach, basic tomato sauce then a layer of white sauce with corn kernels added to it.

Use ricotta cheese in place of white sauce.

Always serve pasta with a fresh green salad - maybe lettuce, cucumber and capsicum with a balsamic vinegar dressing.

4. Macaroni Salad

500g small macaroni or shell noodles

Dressing:

- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{4}$ cup white vinegar
- $\frac{1}{2}$ cup light mayonnaise
- 1 Tbsp garlic, crushed
- Pepper to taste

Cook the macaroni, drain.

Pour dressing over it while warm.

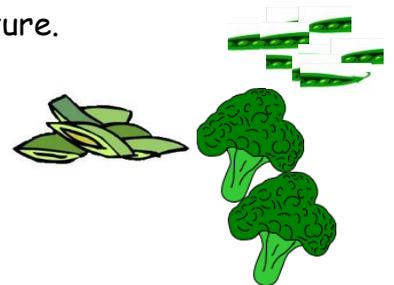
Mix well and cool.

Add eggs, ham, tomatoes and capsicum and toss gently.

Stand several hours.

Serve at room temperature.

- 4 hard boiled eggs, chopped
- 4 slices ham, diced
- 3 tomatoes, diced
- 1 green capsicum, diced



What can I do with a... Barbecued Chicken?



Easy - but
remove the
skin - it's
very fatty!!!

1. Baked chicken dinner

1 BBQ chicken

4 potatoes, washed but skin left on

$\frac{1}{4}$ pumpkin, cut in wedges skin on if possible

Spray oil

1 cup frozen peas and corn

1 $\frac{1}{2}$ Tbsp gravy sauce powder

1 cup water

1. Preheat oven to 180. Line an oven dish with a wire rack or baking paper.
2. Slice pumpkin spray lightly with oil and Bake 20 minutes in oven.
3. Microwave potatoes 4 minutes. Squash them a little. Spray with oil. Add them to the oven for 10 minutes.
4. Make up gravy sauce. Blend and cook in a saucepan.
5. Microwave some peas and corn.
6. Remove skin and break chicken into serving size pieces. Serve with gravy.

Variations:

Add some mustard or chilli sauce to the gravy



More green:
Green & white trees
(Broccoli & Cauliflower)
Bake zucchini for 10-15 mins
Cook a tin of corn with a
packet of frozen spinach

2. Thai Chicken Curry

1 BBQ chicken

1-2 Tbsp red curry paste

1 can coconut milk

$\frac{1}{2}$ c water

1 can pineapple pieces

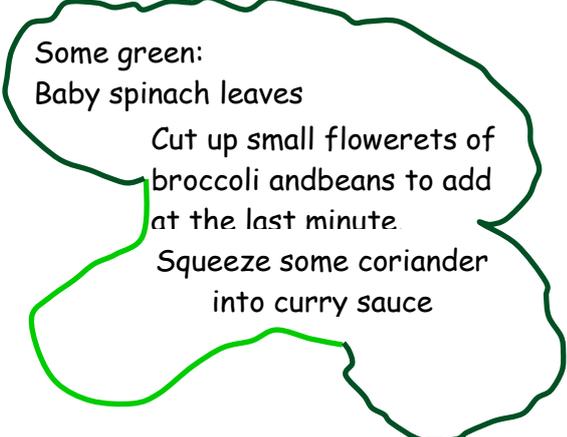
1 cup frozen peas

2-3 tomatoes, chopped

Coriander

1 cup jasmine rice

1. Remove skin on chicken and cut into serving sized pieces.
2. In a saucepan mix curry paste, coconut milk and water with pineapple juice. Cook 3 mins.
3. Add chicken and tomatoes. Simmer 5 mins.
4. Serve over a bowl of rice. Top with coriander leaves



Some green:
Baby spinach leaves

Cut up small flowerets of
broccoli and beans to add
at the last minute.

Squeeze some coriander
into curry sauce

Variation:

No coconut milk?

Mix a 220g evaporated milk and 3 drops of
Coconut essence.

Add some sliced mushrooms.

Use green curry paste

3. Corn and Chicken soup

2 cup shredded chicken
4 cup chicken stock
420 g can creamed corn

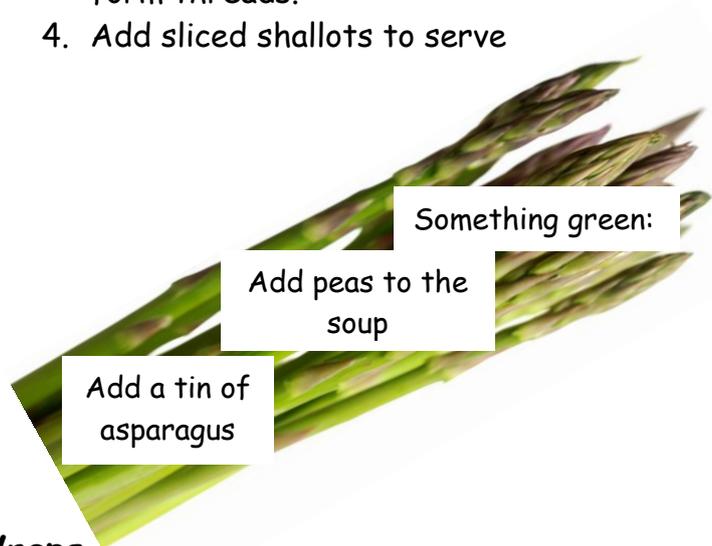
1 egg
Shallots, sliced

1. Combine chicken, stock and corn.
2. Bring to the boil.
3. Whisk the egg and stir into the soup to form threads.
4. Add sliced shallots to serve

Variations:

Add some chopped vegetables like
Potato, pumpkin, carrots.

Stir in some cooked pasta or macaroni



4. Chicken & Cream Cheese Wraps

$\frac{1}{2}$ BBQ chicken
1 wholemeal wrap
Shredded lettuce
 $\frac{1}{2}$ tomato chopped into small pieces
 $\frac{1}{2}$ cucumber, chopped into small pieces
 $\frac{1}{2}$ cup plain yoghurt

1. Shred the chicken meat.
2. Spread lite cream cheese on wrap
3. Lay some chicken, lettuce, tomato and cucumber in the middle of the wrap
4. Drizzle plain yoghurt over filling
5. Roll one side, then the bottom, then the other side

Variations:

Spread avocado on wrap before adding filling
Use tuna in spring water in place of chicken.

Add some feta cheese



What can I do with...A Can Of Baked Beans?



A handy little item to always have in the cupboard

1. Spicy Baked Beans and Rice

What do I need?

- 1 onion, diced
- 1 tsp garlic, crushed
- 1 Tsp curry powder
- $\frac{1}{4}$ tsp paprika
- 400g can baked beans
- 2 sticks celery, chopped
- 1 tomato, diced

How to do it?

1. Cook onion in a non-stick frypan. Add garlic and curry.
2. Add celery, baked beans and tomato.
3. Cook 5 minutes stirring occasionally or 2 minutes in the microwave.
4. Serve over boiled rice.

Variations:

Add corn and beans

Serve on toasted wholemeal bread or muffin.

Something green:
A bunch of snow peas
Baby spinach
Grated zucchini



2. Baked Bean Soup and Cheesy Potato Wedges

What do I need?

- 2x 400g cans baked beans
- 4 slices ham, diced
- 1 can diced tomatoes
- 1 cup chicken stock
- 250ml evaporated milk

How do I do it?

1. Mash or puree $1 \frac{1}{2}$ can baked beans
2. Add tomatoes and stock
3. Simmer 15 minutes.
4. Add ham, milk and the other $\frac{1}{2}$ can of baked beans.
5. Serve with cheesy potato wedges

Cheesy Potato Wedges

- 3 medium potatoes
- Olive oil spray
- 1 tsp paprika
- Grated parmesan cheese

Cut each potato into 6 wedges. Spray with oil and toss in parmesan and paprika mixture.

Bake 20 minutes turning occasionally.

Variations:

Add diced pumpkin or other vegies.

Something green
Peas
Chopped Beans



3. eZ4BBQP

(Easy BBQ Baked Beans Pie)

What do I need?

- 1 onion, diced
- 2 cans baked beans
- 1-2 Tbsp Worcestershire sauce
- $\frac{1}{2}$ tsp mixed herbs
- 3 crushed weetbix
- $\frac{1}{2}$ cup grated cheese
- Vegetable oil spray

How to do it?

1. Preheat oven to 180 or use the microwave.
2. Grease a pie dish or ramikans.
3. Fry onion in oil spray.
4. Add beans, sauce and herbs. Simmer 5 minutes.
5. Spoon into pie dish or ramikans.
6. Top with crushed weetbix and grated cheese.
7. Bake 7 minutes or 3 minutes in microwave.

Variations:

Use canned soy beans.

Add BBQ sauce



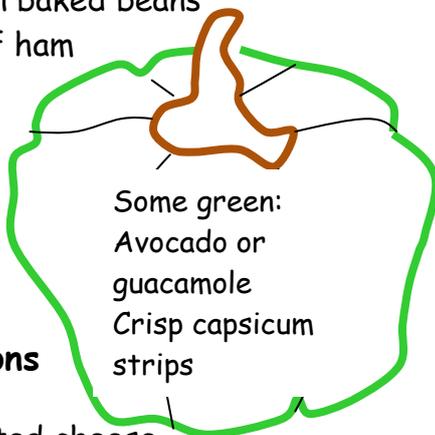
BAKED BEANS

- BBQBBPie
- BBBBQPie
- 4BBQPie
- 4BBQP 
- 4BQP 
- eZ4BBQP 

4. Amigo Potato

What do I need?

- 4 large potatoes, scrubbed
- Oil spray
- $\frac{1}{2}$ packet taco seasoning mix or Moroccan spice mix
- 420g can baked beans
- Slices of ham



Variations

Add grated cheese

How to do it?

1. Preheat oven to 190. Line a baking tray with non-stick paper or use the microwave.
2. Pierce potato skins several times.
3. Bake in hot oven about 45 minutes or microwave about 15 minutes
4. Spray pan with oil and fry onion for 2-3 minutes until soft
5. Add spices and baked beans and heat.
6. Place potatoes on a serving plate, cut top off potatoes to make a lid. Cut down centre
7. Fill with beans mixture.
8. Decorate and replace lid.

What can I do with...Rice

Choose brown rice because it has more fibre and makes you feel full longer.

1. Boiled rice

1 cup uncooked rice = 3 cups cooked rice

How to cook rice on the stove - **Absorption** method

1. Put 1 cup of rice into a saucepan.
2. Add 1 ½ cups cold water. Bring to the boil, stirring occasionally.
3. Turn down the heat to low and simmer, covered for 12-14 minutes for white rice and 25 minutes for wholemeal rice.
4. Take off the stove and stand 5-10 minutes. Fluff with a fork.



How to cook rice by the **Gentle Boiling** method

1. Three quarters fill a large saucepan with cold water. Bring it to the boil.
2. Gradually pour in 1 cup of rice.
3. Boil gently, lid off, stirring occasionally, for 12-14 minutes for white rice or 15-18 minutes for wholemeal rice.
4. Take off the stove. Drain and rinse with hot tap water before serving.



How to cook rice in the **microwave**.

1. Put 1 cup rice and 2 cups water into a tall microwave dish.
2. White Rice - Cook on high for 5 minutes. Stir it then cook 10 more minutes. Fluff with fork
3. Brown Rice - Cook on high for 10 minutes, Stir then cook 15 more minutes, stir then cook 10 more minutes.....nutty flavour - worth the extra cooking time 😊



Variations: Something green:

Add peas and corn as you cook.

Add chopped spinach to rice.

Cook by absorption in tomato juice

Add shallots or chives.

Stir through some fruit chutney

Serve rice / As a side dish
- pressed into the base of a pie plate
\ as the base for fried rice



2. Cooked Rice Plus

What will I need

Rice - Brown or Basmati
Chopped or grated veggies
Carrot
Onion
Cabbage
Peas
Capsicum
Cherry
Tomatoes
Avocados
Spring onions
Left overs
Flavoured tuna
Shredded BBQ Chicken
Chopped ham or roast beef
Small tin of crab or prawns



Small tin of 4 Bean Mix

Serving suggestions: serve with sliced shallots or cucumber rings

How to do it

1. Cook rice using one of the methods above. Heat oil in a pan; add rice, veggies and meat for a quick tasty meal. Add a splash of low salt soy sauce for a bit of extra flavour.
or
2. After rice is cool, add chopped or shredded veggies for a quick salad.
or
3. Get creative and add something different to the rice



3. Rainbow Rice

What will I need?

1 cup uncooked rice
1 Tbsp oil
1 onion, chopped finely
1 $\frac{1}{2}$ c chicken stock
 $\frac{1}{2}$ green capsicum, diced
2 carrots, grated
Small wedge Chinese cabbage, shredded
1 egg, whisked
3 slices ham, shredded
2 Tbsp parsley, chopped

Variations:

Use leftover meat in place of ham.
Put frozen corn or peas in with stock
Try purple cabbage.

How to do it

1. Heat oil in a pan, cook onion then add rice.
2. Add chicken stock and simmer gently 10 minutes.
3. Add capsicum and carrots. Cook 3 minutes
4. Add cabbage and cook 2 minutes only.
5. Stir egg through the mixture and cook only 2 more minutes.
6. Top with ham and parsley

Something green

Chopped chives

Broccoli florets



4. Porcupine Meat & Rice Balls

What will I need?

- 500g lean mince
- $\frac{1}{2}$ onion, grated
- $\frac{1}{2}$ cup uncooked rice
- 1 egg
- 1 can tomato soup
- 1 $\frac{1}{2}$ c water



How to do it.

1. Combine mince, onion, rice and egg in a bowl.
2. Roll into balls with wet hands.
3. Make up soup and water in a saucepan.
4. Add meatballs to hot soup and simmer 35 minutes until rice is cooked.
5. Serve with mashed pumpkin and potato.

Variations

- Change the type of soup.
- Use chicken mince.
- Add frozen veggies to the soup.

Something green:

Steamed broccoli or cauliflower



5. Fruity Rice Salad

What will I need

- 1 cup cooked brown rice
- 2 slices ham
- $\frac{1}{2}$ onion
- $\frac{1}{4}$ c chopped apricots
- $\frac{1}{4}$ c chopped prunes
- $\frac{1}{4}$ capsicum
- 2 Tbsp orange juice.

How to do it

1. Combine all ingredients in a bowl.
2. Put into the refrigerator for an hour.
3. Serve cold with a barbecue.



Variations

- Add chopped tomatoes and basil.
- Add chopped egg.

Something green

Serve in a lettuce cup.

