

# PARSLEY DIP



Dips can be a great way to encourage children to eat more vegetables and legumes.

# PARSLEY DIP

## Method

1. Blend all ingredients together using a food processor.
2. Add water if necessary to get a creamy consistency.

Approx. \$0.52 per serve (Mar 2017)



INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
canned chickpeas (400 g)	1 x can	2 ½ x cans (1 kg)	5 x cans (2 kg)
lite sour cream	2 Tbsp	5 Tbsp	10 Tbsp
lite mayonnaise	2 Tbsp	5 Tbsp	10 Tbsp
sesame oil	2 Tbsp	5 Tbsp	10 Tbsp
parsley leaves	½ cup	1¼ cups	2 ½ cups
finely grated lemon zest	½ tsp	1¼ tsp	2 ½ tsp
ground cumin	¼ tsp	½ tsp	1¼ tsp
water as required			

TIP

This recipe is so versatile! Use it as a spread on sandwiches or serve with fresh vegetables for dipping.



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# POTATO & TUNA PATTIES



These patties are great in a burger, with salad or in the lunchbox.

[heartfoundation.org.nz](http://heartfoundation.org.nz)

# POTATO & TUNA PATTIES



## Method

1. Chop potato and boil until tender, drain.
2. Mash potato in a bowl.
3. Add spring onion, tuna, parsley, lemon rind and pepper. Mix well.
4. Scoop mix into 12 portions and shape into patties on a lightly floured benchtop.
5. Heat a non-stick pan.
6. Add a little spray, cook patties until brown on both sides.

Approx. \$0.39 per serve (Mar 2017)



INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
large mashing potato	1	2.5	5
spring onions, finely chopped	2	5	10
canned tuna in springwater (180 g)	1 x can	2 ½ x cans (450 g)	900 g
chopped parsley	2 Tbsp	5 Tbsp	½ cup
finely grated lemon rind	1 Tbsp	2 ½ Tbsp	¼ cup
white pepper to taste			
flour for dusting			
canola oil spray			

## TIP

Oily fish such as salmon, tuna, mackerel and sardines and some seafood like mussels are good sources of omega-3 fatty acids. Omega-3 is an important nutrient for a healthy heart.



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# SPINACH SMOOTHIE



The great thing about smoothies is that you can use different fruit or veggies, depending on what is in season.

[heartfoundation.org.nz](http://heartfoundation.org.nz)

# SPINACH SMOOTHIE

## Method

1. Place all ingredients in a blender.
2. Process until completely combined.
3. Serve chilled.

\$1.10 per serve (Mar 2017)



INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
courgette, chopped	2 ½	6 (1.25 kg)	12 ½ (2.5 kg)
finely chopped fresh ginger or ground cinnamon	½ tsp	1 ½ tsp	3 tsp
spinach, stalks removed	10 leaves	25 leaves	50 leaves
lite tinned pears in natural juice	500 g	1.25 kg	2.5 kg
almond milk (calcium fortified)	2 ½ cups	6 cups (1.5 L)	12 cups (3 L)

TIP

This recipe uses almond milk but you could use calcium-fortified soy milk instead. You can also use plain milk as an affordable dairy option.



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# FRESH TOMATO & CAPSICUM PASTA SAUCE



Here's a quick and easy way to make your own sauce and pack it full of veges.

[heartfoundation.org.nz](http://heartfoundation.org.nz)

# FRESH TOMATO & CAPSICUM PASTA SAUCE



## Method

1. Heat oil in a heavy-based saucepan. Add onion and cook until transparent.
2. Add tomatoes and capsicums, and simmer for 2-3 minutes.
3. Add tomato sauce, and pepper.
4. Add a little water if sauce is too thick and bring to the boil, reduce heat and cook for a further 4-6 minutes until steaming hot.
11. Use a stick blender to blend until smooth.
12. Serve over cooked wholemeal pasta.

Approx. \$0.23 per serve (Mar 2017)



INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
canola oil	1 Tbsp	2 ½ Tbsp	5 Tbsp
onion, finely chopped	½	1¼ (225 g)	2 ½ (425 g)
medium tomatoes, chopped	6	15 (1.5 kg)	30 (3 kg)
red capsicum, deseeded and chopped	1	2 ½ (185 g)	5 (370 g)
tomato sauce	¼ cup	½ cup	1 cup
water (optional)	1-2 cups	2½-5 cups	5-10 cups
freshly ground white pepper, to taste			

TIP

To make this a complete meal, add a source of protein such as lean meat, chicken or fish. Legumes (eg. beans, chickpeas or lentils) are perfect for a vegetarian option.



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# ZESTY COURGETTE MUFFINS





# ZESTY COURGETTE MUFFINS

## Method

1. Preheat oven to 200°C, spray muffin pan(s) with a little oil.
2. Sift white flour and baking powder into a large bowl. Add wholemeal flour and salt. Mix well.
3. Stir in sugar, cinnamon, orange zest and courgettes (squeeze extra liquid out from courgettes first). Make a well in the centre.
4. Beat egg, milk, juice and oil together in a bowl, then pour into dry ingredients, stir until just combined. Spoon mixture into the muffin pan(s).
5. Bake for 12-15 minutes until golden. A skewer should come out clean when inserted into the middle.
6. Allow to cool slightly then transfer to a wire rack to cool completely.

Cost per standard muffin: \$0.30 (as at Jan 19)

INGREDIENTS	12 SERVES (OR 36 MINI SIZED)	24 SERVES (OR 72 MINI SIZED)	48 SERVES (OR 144 MINI SIZED)
White flour	1 cup	2 cups	4 cups
Wholemeal flour	1 cup	2 cups	4 cups
Baking powder	1 Tbsp	2 Tbsp	4 Tbsp
Salt	Pinch	¼ teaspoon	½ teaspoon
Sugar	2 Tbsp	¼ cup	½ cup
Cinnamon	½ tsp	1 tsp	2 tsp
Orange zest	2 tsp	1 ½ Tbsp	3 Tbsp
Courgette, grated	1-2 (approx. 2 cups)	3-4 (approx. 4 cups)	7-8 (approx. 8 cups)
Egg	1	2	4
Milk	¾ cup	1 ½ cups	3 cups
Orange juice	¼ cup	½ cup	1 cup
Canola oil	¼ cup	½ cup	1 cup



TIP

Carrot can be used when courgette is not in season. Baking can be made in batches and stored in the freezer until needed.



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# QUESADILLA TOASTIES





# QUESADILLA TOASTIES

## Method

1. Lay one wrap on a clean chopping board.
2. Sprinkle ¼ cup of cheese over the wrap. Add 1 cup vegetables, ¼ can black beans, then the remaining ¼ cup of cheese.
3. Place the second wrap on top of the cheese layer.
4. Carefully transfer each wrap to a hot sandwich press. Toast until golden brown and the cheese has melted.
5. Cut each quesadilla into 4 wedges (or 6 wedges for smaller children).
6. Serve hot by themselves or with a dip (eg. guacamole).

## Alternative combination

- Replace beans with canned tuna, add corn, red capsicum and paprika

1 serve = ½ of a quesadilla toastie  
 Cost per serve: \$2.25 (as at Jan 19)

INGREDIENTS	10 SERVES	20 SERVES	50 SERVES
Wholemeal wraps	10	20	50
Edam cheese, grated	2 ½ cups	5 cups	12 ½ cups
Vegetables (eg. chopped spinach, grated carrot, grated courgette, diced capsicum, diced tomato, sliced mushrooms and/or corn kernels)	5 cups	10 cups	25 cups
Canned black beans (drained and rinsed)	1 can	2 ½ cans	6 cans



**TIP** No sandwich press? Try grilling in oven or frypan instead.



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# BLACK BEAN DIP



Dips can be a great way to encourage children to eat more vegetables and legumes.

# BLACK BEAN DIP



## Method

1. Place all ingredients in commercial blender and process until smooth.
2. Serve with fresh vegetable sticks and pita crisps for dipping.

Cost per serve: \$0.26 (as at Jan 19)



INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
Canned black beans, drained and rinsed	1 x 440g can	2 x 440g can	4 x 440g cans
Orange, segmented (peel, pith and core removed)	½	1	2
Orange juice	¼ cup	½ cup	1 cup
Garlic clove, peeled and roughly chopped	½	1	2
Chilli powder (optional)	Pinch	Pinch	Pinch

TIP

It's a great spread for sandwiches, rolls and wraps.



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# BANANA & CARROT SLICE





# BANANA & CARROT SLICE

## Method

1. Preheat oven to 175°C. Lightly spray a 25cm x 30cm baking tray (for 24 serves) with oil and line with baking paper.
2. In a bowl, add wholemeal flour. Sift in white flour, baking soda and baking powder. Combine.
3. In a large bowl, whisk together eggs, brown sugar, yoghurt, oil, and milk.
4. Add dry ingredients to wet ingredients and fold gently.
5. Add mashed banana and grated carrot to mixture. Continue to fold gently.
6. Spoon mixture into lined tray(s) and spread evenly.
7. Bake for approximately 30 minutes or until golden brown and cooked through.
8. Cool in tray(s). Slice into squares and remove from tin.

Cost per serve: \$0.21 (as at Jan 19)

INGREDIENT	24 SERVES	50 SERVES
Wholemeal flour	¾ cup	1 ½ cups
White flour	1 ⅓ cups	2 ⅔ cups
Baking soda	1 tsp	2 tsp
Baking powder	1 tsp	2 tsp
Eggs	2	4
Brown sugar	3 Tbsp	⅓ cup
Natural yoghurt	3 Tbsp	⅓ cup
Vegetable oil	¼ cup	½ cup
Reduced fat milk	¼ cup	½ cup
Bananas, mashed	3-4	7-8
Carrots, grated	2 cups	4 cups



TIP

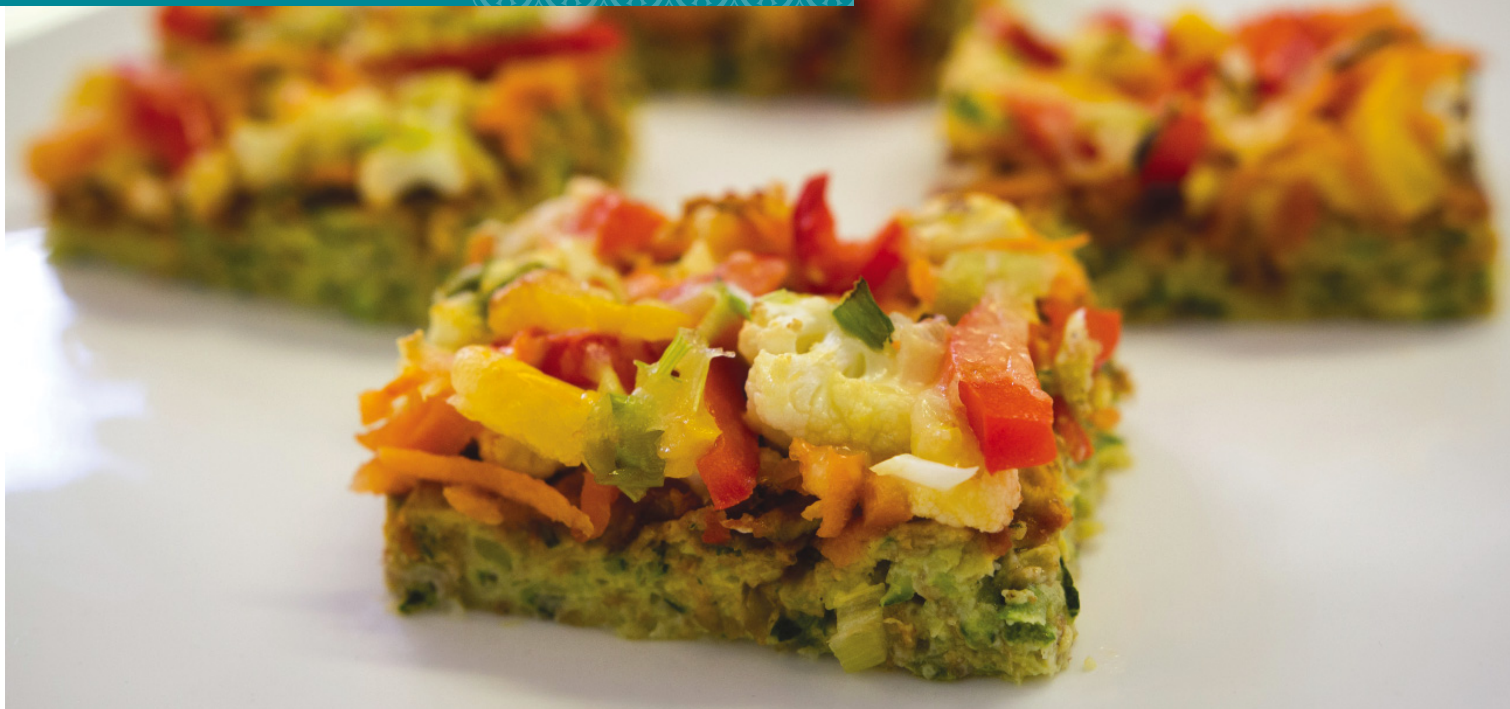
Cut into smaller squares for younger children.



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# COURGETTE PIZZA



# COURGETTE PIZZA



## Method

1. Place grated courgette in a colander and allow to drain for 30 minutes.
2. Preheat oven to 180°C and spray a baking dish with a little canola oil.
3. Beat eggs and canola oil together in a large bowl, add flour and mix.
4. Add the drained courgette, chopped parsley and pepper and mix together.
5. Spread the mixture in a baking dish and bake for 10-15 minutes until the base is firm.
6. Remove from oven, spread with tomato paste.
7. Place prepared vegetables – chopped capsicum, tomatoes, broccoli on top and sprinkle with Edam cheese.
8. Return to the oven and bake at 180°C for about 25 minutes.
9. Remove from oven, cool and slice into squares.

INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
courgette, grated	500 g	1.25 kg	2.50 kg
eggs	3	8	15
canola oil	¼ cup	150 ml	300 ml
flour, white	½ cup	1 ¼ cup	2 ½ cup
parsley, chopped	2 Tbsp	¼ cup	½ cup
black pepper	to taste	to taste	to taste
tomato paste	2 Tbsp	75 g	150 g
prepared vegetables, eg. chopped capsicum, tomatoes, broccoli	3 cups	2.25 kg	5.50 kg
Edam cheese, grated	60 g	150 g	300 g



# VEGETABLE PIE





# VEGETABLE PIE

## Method

1. Place potatoes in a pot, cover with cold water, add a lid, bring to the boil, reduce heat and simmer until potatoes are soft when pierced with a knife.
2. Drain, return to the heat and heat through to dry any moisture.
3. Mash potato and add milk,  $\frac{2}{3}$  of the oil and white pepper to taste.
4. Heat remaining  $\frac{1}{3}$  of the oil in a large pan. Add onions and cook for 3-4 minutes, add garlic and stir until golden brown. Remove from the heat, add wholemeal flour and mix through, then add water and stir well.
5. Add carrots, courgette, celery stalks, tomatoes, kumara, silverbeet, parsley and paprika.
6. Cover and bring to the boil, reduce heat and simmer for 10-15 minutes.
7. Spray a baking dish with a little canola oil, add the vegetables. Spoon the mashed potatoes onto the vegetables, then use a spatula to smooth over the top. Sprinkle with grated Edam cheese.
8. Return to oven and bake for a further 15 minutes until steaming hot.
9. Sprinkle with chopped parsley and serve

INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
mashing potatoes, peeled and chopped	750 g	1.8 kg	3.6 kg
milk, reduced fat	$\frac{1}{4}$ cup	150 ml	300 ml
canola oil	3 Tbsp	110 ml	220 ml
white pepper	to taste	to taste	to taste
onions, peeled and chopped	2	5	10
garlic, crushed	2 cloves	5 cloves	10 cloves
wholemeal flour	2 Tbsp	50 g	100 g
water	2 cups	750 ml	300 ml
carrots, chopped	2	5	10
courgette, grated	1	3	6
celery stalks, chopped	2	5	10
tomatoes, skinned and diced	2	5	10
kumara, peeled and chopped	2	5	10
silverbeet leaves, chopped	4	325 g	750 g
parsley, chopped	2 Tbsp	50 g	100 g
paprika	1 tsp	1 Tbsp	2 Tbsp
Edam cheese, grated	3 Tbsp	125 g	250 g



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# KUMARA FRITTATA





# KUMARA FRITTATA

## Method

1. Preheat oven to 180°C.
2. Heat the oil in a pan, add onions, sauté until tender.
3. Spray the baking dish with oil, arrange kumara over the bottom, layer with half the baby spinach leaves, pineapple, onions and diced ham. Repeat and finish with a layer of kumara.
4. Place milk in a bowl and beat eggs, add Parmesan cheese, basil and pepper to taste. Pour this mixture over the kumara.
5. Sprinkle the top with Edam cheese.
6. Bake at 180°C for about 50 minutes, until set. Remove from oven and stand for 10 minutes before cutting into portions.
7. Sprinkle with chopped parsley and serve with salad.

INGREDIENTS	10 SERVES	25 SERVES	50 SERVES
canola oil	1 Tbsp	40 ml	80 ml
onions, peeled and chopped	1-2	3	6
kumara, peeled, cooked and sliced	1 kg	2.5 kg	5 kg
baby spinach	1½ cups		
crushed pineapple, drained	1 cup	2½ cup	5 cup
ham, diced	½ cup	300 ml	600 ml
milk, reduced fat	200 ml	500 ml	1 L
eggs	3	8	16
Parmesan cheese, grated	1 Tbsp	25 g	50 g
dried basil	½ tsp	1 ¼ tsp	2 ½ tsp
pepper	to taste	to taste	to taste
Edam cheese, grated	3 Tbsp	125 g	250 g
chopped parsley	1-2 Tbsp	¼ cup	½ cup



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