

RECIPE PAGE

Year 13 Food and Nutrition \$20 recipes for quick simple nutritious meals for a family of 4.

Hi there as part of our year 13 Food and Nutrition Assessment we are implementing an action plan that is focused on designing meals that are simple, nutritious and affordable. We have been researching food security in NZ and its implications on the New Zealand community. We have found out that some of the major causes of food insecurity are low income, education, and government policies. As part of our assessment we have to come up with an Action Plan that could make a difference. So we thought we would share some simple and nutritious recipes with our friends and families.

Any feedback would be greatly appreciated. Contact: sarah.myers@gghs.school.nz

Quick and Crispy Vegetable Fritters

PREP: 20 minutes. COOK: 5 MINUTES.

YIELD: About 12 fritters

Ingredients:

- 2 cups shredded zucchini
- 2 cups shredded carrots
- 2 cloves garlic, minced
- 2/3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1/3 cup sliced green onions (green and white parts)
- 2 Tablespoons olive oil
- Sour cream or yogurt, for serving

Directions: Place the shredded zucchini in a colander and sprinkle it lightly with salt. Let the zucchini sit for 10 minutes then using your hands, squeeze out as much liquid as possible.

Transfer the zucchini to a large bowl then add the carrots, garlic, flour, eggs, scallions, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stir the mixture until it is combined.

Line a plate with paper towels. Place a large sauté pan over medium-high heat and add the olive oil. Once the oil is shimmering, scoop 3-tablespoon mounds of the vegetable mixture into the pan, flattening the mounds slightly and spacing them at least 1 inch apart. Cook the fritters for 2 to 3 minutes then flip them once and continue cooking them an additional 1 to 2 minutes until they're golden brown and crispy. Transfer the fritters to the paper towel-lined plate, season them with salt and repeat the cooking process with the remaining mixture. Serve the fritters immediately topped with sour cream or sweet chilli sauce.

Nutrition Facts serving size 3 fritters

Calories- 210, total fat- 10g, saturated fat - 2g trans fat - 0g, cholesterol- 95mg, sodium- 70mg, total carbohydrate- 25g dietary fiber - 2g, total sugars - 5g, protein- 8g,

Cost of Ingredients to measurements;

Carrots x2 \$1.20, zucchini x3 \$2.87, 2 cloves of garlic 20c, 1/3 cup spring onion 75c

Sour cream \$1.39, eggs x2 78c, sweet chilli 25c, 2/3 flour 12c

Total \$7.56 could double recipe for more fritters and still keep the cost under \$20.



Bacon Hock Soup

Ingredients:

- 1 bacon hock
- 1 onion whole
- 1 carrot whole
- Celery stick
- Peppercorns
- 1 Pumpkin
- Hearty vegetable Maggi soup mix
- 1 continental beef stock jelly type

Directions:

Place the bacon hock, onion, carrot and celery {do not cut the onion, carrot or celery leave them whole} into a large or medium size pot. Then add water until the bacon hock is covered. Bring to a boil then simmer until onion and carrot are soft. Once this is done Discard the celery and take meat off the hock, mash the onion and carrot then add chopped pumpkin, Maggi vegetable soup mix and beef stock and cook through until pumpkin is soft. This soup is better the next day.

Cost of ingredients

Bacon hock \$5.80, onion \$ 45c, Maggi soup mix vegetable \$1.45, carrot 60c, celery \$1 pumpkin \$3.50, beef stock \$1.13

Nutrient value onions help to boost your immunity and are high in vitamin C

Carrots are a rich source of antioxidants and help to maintain healthy skin.

Pumpkin has a high source of fibre, potassium and vitamin C which all help to support a healthy heart.

Celery is an excellent source of vitamin K and molybdenum.

Bacon hock high in protein helps with muscle and tissue growth.



Chicken Hummus Wrap

Ingredients:

1 cup chicken shredded or cubed
(a great way to make leftovers go further)
4 tortillas
1 carrot
1 tomato
1 cup lettuce
hummus

Directions

Combine the chicken and hummus in a medium bowl, and serve in the tortilla with salad.

You can also serve on crackers, sandwich bread or a salad.

Pricing- this recipe to feed a family of 4 would work out at about \$15.

Chicken is a good source of protein is good for our health because, chicken is full of essential nutrients that your body needs, is also has less saturated fat than most red meat. A boneless, skinless chicken breast is an excellent low- fat food.

Tortillas are high in complex carbohydrates and fibre which provide energy and support health digestion. Tortillas are a good source of B vitamins, which support a healthy nervous system. Folate, found in whole grain tortillas, supports women's health during childbearing years and can prevent neural tube birth defects such as spina bifida. The iron in tortillas helps blood move oxygen throughout your body.

Carrot is rich in vitamin A, vitamin C, vitamin K, iron, copper, magnesium. The nutrients in carrots can provide protection against heart disease and cancer while helping to build strong bones and a healthy nervous system.

Lettuce contains moisture, energy, protein, fat, carbohydrates, dietary fibre, and sugars. The minerals and vitamins found in lettuce include calcium, iron, magnesium, phosphorous, potassium, sodium, zinc along with vitamins like thiamine, riboflavin, niacin, folate, vitamin B-6, C, A, E, and vitamin K.

Hummus can be used as a spread or as a dip with vegetables or pita chips. It is a Mediterranean spread made by combining chickpeas, olive oil, lemon, garlic and a sesame paste called tahini. These ingredients each contain health-promoting nutrients and when combined, form a dish packed with many health benefits.



Easy Chicken Stir-fry

300-400g chicken (diced)
1 onion
2-3 C chopped vegetables (carrot, broccoli, corn, mushrooms, capsicum, cabbage, and beans)
or 2 C Watties frozen stir-fry vegetables (for convenience).
2 T oil (peanut or sesame oil can add an authentic flavour)
2 t ginger (jar) or 2cm piece of ginger grated.
2 cloves or 2 t garlic (jar)
2T soy sauce
1 large T honey (optional)
1 ½ T oyster sauce (optional)
1 t chilli (optional)
1 -1/2 C rice

Method

1. Using 1 T, cook chicken and set aside.
2. Add remaining oil to the fry pan and cook onion and capsicum, when onions are transparent (clear) add the rest of the ingredients- (diced carrots, broccoli, beans, mushrooms etc.). Cook 2-3 mins.
3. Add garlic, ginger and sauces (soy, oyster and honey) and chilli if using. Mix with vegetable and further cook for approximately 1 minute. Then return chicken to the pan. Cook for a further 2-3 minutes making sure of chicken and vegetables are covered in sauce. If the sauce is too thick add 1-2 T water.
4. Serve with rice, couscous or bread.

To serve a family of 4 this meal costs approximately \$18.

Nutrition info

Chicken is a low fat good quality protein which is also high in selenium and B vitamins. Protein helps build and repair muscles as well as give energy. B vitamins are essential to aid our body to create energy from food, as well as supporting our nervous system. Selenium helps regulate our blood pressure and is an antioxidant (defence against cancer causing substances).

Onions contain good quantities of B vitamins as well as vitamin C which help maintain our immune system.

Carrots and Capsicums- red and orange vegetables are high in carotene which is not only a antioxidant but also great for helping maintain our sight.

Bright green vegetables, such as spinach, broccoli, and beans are high in Vitamin C, contain iron and lutein which can help support the blood and immune system and can help reduce the effects of cancer causing chemicals. Cabbage (especially red cabbage) contains moderately high amounts of vitamin C and potassium. Potassium is a mineral that helps with muscle contractions, and it is also beneficial if you have high blood pressure. Rice and couscous are carbohydrate which are our main source of energy as well as containing a range of B vitamins.

