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Ricette di casa mia

Recipes from home



Simple Italian Recipes for Residential Aged Care Homes





These recipes have been compiled for residential aged care homes to assist in catering to the needs of Italian residents.

Nutritional value of each meal is displayed.

Some meals will vary slightly according to variation in ingredients.

All meals have been assessed and approved by a qualified Dietitian.

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Nutrition Information **Parmesan Cheese**

Analysis per serve (5g/1tsp)

Energy	92kj
Protein	1.9g
Fat, total	1.6g
-saturated	1.0g
Carbohydrate	0.0g
- sugars	0.0g
Sodium	72mg

Nutrition Information **Pork Meatloaf**

Analysis per serve (approx)

Energy	944kj
Protein	24.5g
Fat, total	10.1g
-saturated	4.2g
Carbohydrate	8.7g
- sugars	0.7g
Sodium	562mg

Nutrition Information **Tortellini-Ricotta & Spinach (Angelo's Pasta)**

Analysis per serve (100g)

Energy	1151kj
Protein	13.5g
Fat, total	5.7g
-saturated	3.7g
Carbohydrate	44.4g
- sugars	2.2g
Sodium	320mg

Nutrition Information **Penne, Ricotta & Herbs (without Pecorino Cheese)**

Analysis per serve (100g)

Energy	1968kj
Protein	20.3g
Fat, total	10.9g
-saturated	6.4g
Carbohydrate	70.1g
- sugars	1.9g
Sodium	263mg

Nutrition Information **Ravioli (Angelo's Pasta)**

Analysis per serve (100g)

Energy	1142kj
Protein	14.8g
Fat total	5.6g
-saturated	2.7g
Carbohydrate	42.7g
- sugars	3.7g
Sodium	420mg

Nutrition Information **Tuna Meatloaf**

Analysis per serve (approx)

Energy	726kj
Protein	24.3g
Fat total	6.5g
-saturated	3.3g
Carbohydrate	4.1g
- sugars	0.6g
Sodium	515mg

Nutrition Information **Butter**

Analysis per serve (20g)

Energy	3056kj
Protein	0.6g
Fat, total	82.0g
-saturated	54.0g
Carbohydrate	0.7g
- sugars	0.7g
Sodium	715mg

Nutrition Information **Fruit Salad**

Analysis per serve (200g)

Energy	338kj
Protein	1.4g
Fat, total	0.2g
-saturated	0.0g
Carbohydrate	16.4g
- sugars	16.2g
Sodium	4mg

Nutrition Information **Jam/Marmalade**

(sugar sweetened-all flavours)
Analysis per serve (10g)

Energy	1122kj
Protein	0.1g
Fat, total	0.0g
-saturated	0.0g
Carbohydrate	65.5g
- sugars	65.4g
Sodium	33mg

Nutrition Information **Crumbed Chicken Thigh**

Analysis per serve (approx)

Energy	2320kj
Protein	42.5g
Fat total	37.2g
-saturated	8.6g
Carbohydrate	13.2g
- sugars	0.9g
Sodium	392mg

Nutrition Information **Gnocchi (Angelo's Pasta)**

Analysis per serve (100g)

Energy	769kj
Protein	7.2g
Fat, total	0.9g
-saturated	0.5g
Carbohydrate	38.3g
- sugars	6.1g
Sodium	330mg

Nutrition Information **Low Fat Ice-Cream**

Analysis per serve (45g/1 scoop)

Energy	300kj
Protein	1.6g
Fat total	1.3g
-saturated	0.1g
Carbohydrate	132.g
- sugars	12.2g
Sodium	50mg

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Chicken Cacciatore

(serves 30)

Ingredients

30 Chicken thigh fillets (skinless)
(1 p/person 200g)
2 x 400 g tinned diced tomatoes
250 g black olives (pitted)
1 medium onion (sliced)
handful of parsley (chopped)
30 small potatoes

Accompaniment:

3 kg green vegetables eg. beans,
broccoli

3 kg orange vegetables eg. carrots, pumpkin

Nutrition Information	
Analysis per serve (approx)	
Energy	2400kj
Protein	52.8g
Fat, total	23.8g
-saturated	6.6g
Carbohydrate	30.5g
- sugars	8.9g
Sodium	331mg

Method

Place chicken in oven dish.

Place whole potatoes between chicken.

Combine all other ingredients except green vegetables and parsley and place over the chicken thigh fillets.

Drizzle with olive oil and cover with aluminium foil.

Cook in moderate oven for approximately 1 to 1½ hrs.

Sprinkle parsley over chicken before serving. Serve with cooked green and orange vegetables (200 g per serve).

Optional: Serve with white petit plain bread roll.

*(See *Extras for nutrition information on bread roll)*



Nutrition Information

Philadelphia Cream

Analysis per serve (approx)

Energy	316kj
Protein	1.8g
Fat, total	4.2g
-saturated	2.6g
Carbohydrate	7.4g
- sugars	0.5g
Sodium	102mg

Nutrition Information

Avocado

Analysis per serve (approx)

Energy	396kj
Protein	1.5g
Fat, total	6.6g
-saturated	1.7g
Carbohydrate	7.2g
- sugars	0.3g
Sodium	60mg

Nutrition Information

Marmalade

Analysis per serve (approx)

Energy	286kj
Protein	1.0g
Fat total	0.9g
-saturated	0.5g
Carbohydrate	13.6g
- sugars	6.8g
Sodium	63mg

Nutrition Information

Cheese and Tomato

Analysis per serve (approx)

Energy	608kj
Protein	7.5g
Fat, total	9.4g
-saturated	5.8g
Carbohydrate	7.5g
- sugars	0.6g
Sodium	224mg

Nutrition Information

Lite Ham

Analysis per serve (approx)

Energy	271kj
Protein	4.7g
Fat, total	1.8g
-saturated	0.8g
Carbohydrate	7.1g
- sugars	0.2g
Sodium	377mg

Nutrition Information

Nutella Spread

Analysis per serve (approx)

Energy	406kj
Protein	1.6g
Fat total	4.2g
-saturated	1.5g
Carbohydrate	12.8g
- sugars	5.9g
Sodium	65mg

Frozen Yoghurt (Bulla) and Fresh Fruit

Serve per person:

100 g Frozen yoghurt (fruit flavour)
200 g Fresh Fruit (combination of 3 fruits eg. watermelon, rockmelon, strawberries, banana, kiwi fruit or orange)

Nutrition Information	
Analysis per serve (approx)	
Energy	552kj
Protein	4.3g
Fat total	4.8g
-saturated	3.1g
Carbohydrate	18.9g
- sugars	18.1g
Sodium	50mg



Chicken Cacciatore in the Pot

(Serves 25)

Ingredients

25 pieces of chicken thigh fillets (skinless)
2 red capsicums (sliced)
250g black olives (sliced)
1 kg button mushrooms (thickly sliced)
2 large onions (sliced)
2 cloves garlic (crushed)
½ cup olive oil
2 tbsp tomato paste
2 x 400g tin diced tomato or ½ kg fresh ripe tomatoes (chopped)
3-4 cups water
1 tbsp rosemary (chopped)
1 tbsp parsley (chopped)
1 tbsp basil (chopped)
2½ kg green vegetables
13 cups rice
salt to taste

Nutrition Information	
Analysis per serve (approx)	
Energy	3434kj
Protein	54.3g
Fat, total	22.8g
-saturated	6g
Carbohydrate	96.5g
- sugars	g
Sodium	324mg

Method

Heat some oil in a large saucepan, add onion and sauté gently. Add chicken and sauté. Add capsicum and sauté for a further 5 minutes. Add tomato paste, diced tomato, water and herbs. Add chicken pieces, mushrooms and olives and simmer gently for 1½ hrs or until cooked. Serve on a bed of white rice with side serve of green vegetables.

Rice

Place rice in a large saucepan and cover with water - ensure water is approx 4 cm above the rice. Simmer gently until rice absorbs all water.

Crumbed Boneless Fish Fillets

(serves 6)

Ingredients

6 x 200 g raw boneless fish fillet
2 eggs (lightly beaten)
2 cups breadcrumbs
½ cup parmesan cheese
Parsley (finely chopped)
olive oil for frying

Accompaniment:

Green vegetables eg. beans, broccoli
Orange vegetables eg. carrots,
pumpkin
or
Mixed Salad

Nutrition Information

Analysis per serve (approx)

Energy	2360kj
Protein	44.5g
Fat total	37.2g
-saturated	9.0g
Carbohydrate	13.2g
- sugars	0.9g
Sodium	338mg

Method

Mix breadcrumbs with parmesan cheese, parsley and set aside.

Dip fish fillet into beaten egg then into breadcrumb mixture and pat down.

Shallow fry in olive oil.

Serve with green and orange vegetables or fresh garden salad.

Variation

Substitute Fish with Chicken thigh fillets.

*(See *Extras for nutrition information on Crumbed Chicken Thighs)*



Peaches and Jelly

(SPC or Goulburn Valley sliced peaches in natural juice served with Cottees low calorie jelly)

Serve per person:

150g Peaches
(canned in natural juice)
200g Jelly

Nutrition Information

Analysis per serve (approx)

Energy	319kj
Protein	5.7g
Fat total	0.0g
-saturated	0.0g
Carbohydrate	12.2g
- sugars	12.2g
Sodium	29mg

Low Fat Frozen Yoghurt and Peaches

Serves per person:

150g Peaches
(canned in natural juice)
150g Frozen Low fat yoghurt



Nutrition Information

Analysis per serve (approx)

Energy	1020kj
Protein	8.7g
Fat total	2.6g
-saturated	1.6g
Carbohydrate	44.8g
- sugars	44.8g
Sodium	102mg

Cake

Offered for birthdays and special celebrations
(Nutrition information will vary depending on cake)

Crackers

3 Premium wholemeal biscuits spread with either:

- Philadelphia cream cheese
- sliced cheese and tomato
- avocado
- lite ham
- marmalade
- Nutella spread

Add 1 Milk Arrowroot biscuit per person.

See next page for Nutrition Information

Nutrition Information White Petit Bread Roll Analysis per serve (1 roll)	
Energy	310kj
Protein	5.4g
Fat, total	1.1g
-saturated	0.3g
Carbohydrate	28.1g
- sugars	1.6g
Sodium	365mg

Nutrition Information Zucchini Slice with Carrots Analysis per serve (approx)	
Energy	1745kj
Protein	16.5g
Fat total	29.6g
-saturated	7.5g
Carbohydrate	20.3g
- sugars	3.1g
Sodium	696mg

Polenta and Italian Sausages

(serves 20)

Ingredients

3 cups polenta
9 cups water
Pinch of salt and a little pepper
1 cup cheese
Butter or oil
2 thick Italian sausages per person

Method

Combine polenta, water, salt and pepper in a bowl and stir.

Cook in microwave oven for approximately 5 minutes.
Stir and cook for a further 5 minutes longer if needed.
When cooked, add cheese, butter or oil, stirring well.

Serve with the Italian Sausages that have been sautéed and cooked in tomato sauce as per pasta sauce.

Serve with a green vegetable.

Nutrition Information Analysis per serve (approx)	
Energy	2426kj
Protein	24.3g
Fat, total	47.9g
-saturated	22.9g
Carbohydrate	10.4g
- sugars	2.0g
Sodium	1318mg

*This meal is only served with sausages
on special occasions*



Roast Rib Fillet and Vegetables

(serves 30)

Ingredients

4 kg whole Rib Fillet
 3 kg green vegetables eg. beans, broccoli, zucchini
 3 kg orange vegetables eg. pumpkin, carrots, sweet potatoes
 ½ cup olive oil
 ½ cup red wine
 ½ cup water
 Rosemary
 3-4 cloves Garlic
 Salt and pepper

Nutrition Information

Analysis per serve (approx)

Energy	1490kj 354kcal
Protein	33.3g
Fat total	8.4g
-saturated	3.1g
Carbohydrate	32.7g
- sugars	8.7g
Sodium	400mg

Method

Place whole piece of fillet in oven dish.
 With a sharp knife pierce meat and insert slivers of garlic and rosemary in holes.

Season with salt and pepper, oil, wine and water.

Bake until well cooked.

Variation:

Gravy can be made from pan juices.

Zucchini and Basil Muffins

(makes 12)

Ingredients

2 cups self-raising flour
 1 tbsp sugar
 1½ cups zucchini (coarsely grated)
 ½ cup fresh basil (chopped)
 ½ cup cheddar cheese (grated)
 2 eggs (lightly beaten)
 1 cup buttermilk
 2 tbsp olive oil
 fresh herbs to garnish

Nutrition Information

Analysis per serve (approx)

Energy	821kj
Protein	7.5g
Fat total	8.4g
-saturated	3.2g
Carbohydrate	21.6g
- sugars	3.7g
Sodium	267mg

Method

Preheat oven to 190°C

Grease a 12 hole muffin pan or spray with non stick coating.

Sift flour and sugar into a large bowl.

Stir in zucchini, basil and cheese.

Make a well in the centre, add eggs, buttermilk and oil.

Mix until just combined (do not over-mix).

Spoon mixture into prepared muffin pans.

Cook in oven for about 20 minutes or until cooked when tested.

Stand muffins in pan for 5 minutes.

Turn onto wire rack to cool.

Serve muffins warm or cold, garnish with fresh herbs.

Scones

(makes approximately 36)

Ingredients

750g (6 cups) self raising flour
2 tbsp sugar
½ tsp salt
90g butter
1 cup milk
1 cup water

Method

Preheat oven to 200°C

Sift flour, sugar and salt into bowl.

Rub butter into dry ingredients until mixture resembles fine breadcrumbs.

Mix to soft dough with combined milk and water, adding extra milk, if necessary.

Knead dough lightly.

Roll dough out and fit into greased lamington tray.

With sharp knife cut dough into approximately 36 squares and glaze with milk.

Bake in oven 15 to 20 minutes or until golden brown.

Serve scones with 1 tsp butter and 1 tsp strawberry jam on side of plate.

(See *Extra for nutrition information for butter and strawberry jam)

Nutrition Information	
Analysis per serve (approx)	
Energy	467kj
Protein	2.3g
Fat total	2.6g
-saturated	1.6g
Carbohydrate	19.2g
- sugars	4.5g
Sodium	187mg

Lasagna

(serves 20)

Ingredients

24 Latina fresh Lasagna sheets
1 kg mozzarella cheese (grated)
2 cups parmesan cheese

Meat Sauce:

1 kg diet mince
2½ kg cans diced tomato pieces
140g can tomato paste
2 cups water
1 cup olive oil
1 onion (finely chopped)
2 cloves garlic (chopped)
2 tsp mixed Italian herbs
½ cup basil (chopped)
1 tbsp salt

Béchamel Sauce (White Sauce):

1 tbsp butter
4 tbsp plain flour
2½ cups milk
salt and pepper to taste

Method

(Preheat oven to 180 C or 350 F)

(Meat Sauce)

Heat olive oil in heavy based saucepan.
Sauté onion and brown mince well.
Add remaining ingredients and bring to the boil.
Reduce heat and simmer gently for 1½ to 2 hours.
Season as required.

Nutrition Information	
Analysis per serve (approx)	
Energy	2120kj
Protein	32.6g
Fat, total	31.7g
-saturated	13.8g
Carbohydrate	21.9g
- sugars	6.4g
Sodium	566mg

Lasagna Cont'd

(Béchamel)

Melt butter in a medium sized saucepan.
Add flour and a little milk, mix well with whisk to avoid lumps.
Slowly add remaining milk, stirring constantly until sauce boils.
Add salt and pepper to taste.
Remove from heat, allow to rest for a few minutes for sauce to thicken.

Assembly

Spoon some meat sauce into the base of a lasagna dish.
Layer with lasagna sheets, béchamel sauce and meat sauce.
Sprinkle mozzarella and parmesan cheeses.
Continue to alternate sauce, lasagna sheets, béchamel, and cheeses until consumed.
Sprinkle last layer of lasagna sheet with mozzarella cheese.

Cover with aluminium foil (coat foil with cooking spray to stop cheese sticking).

Bake for 40-45 minutes, remove foil, cook a further 5-10 minutes until pasta is cooked and cheese is golden brown.

Allow lasagna to rest for 10 minutes.

Cut into square portions and serve.

Pumpkin Scones

(makes approximately 12)

Ingredients

30g butter (softened)
¼ cup castor sugar
1 cup cooked mashed pumpkin (approx 375g)
1 egg
2½ cups self raising flour
pinch salt
½ tsp cinnamon
¼ tsp nutmeg
¼ to ½ cup milk, depending on dryness of pumpkin

Method

Preheat oven to 180°C

Beat butter and sugar together until fluffy.
Add pumpkin and mix well.
Add egg and beat well.
Fold in sifted dry ingredients alternately with milk. If necessary, add remaining milk to make a soft, but not sticky dough.

Turn mixture onto a floured surface and knead lightly.
Pat out to 2 cm thickness, cut out with 5 cm floured cutter.

Arrange on a greased lamington tin and glaze with a little milk.
Bake in oven 12 to 15 minutes, or until well risen and golden brown.

Serve scones with 1 teaspoon butter and 1 teaspoon strawberry jam on side of plate.

*(See *Extra for nutrition information for butter and strawberry jam)*

Nutrition Information	
Analysis per serve (approx)	
Energy	758kj
Protein	4.8g
Fat total	3.4g
-saturated	1.8g
Carbohydrate	31.5g
- sugars	7.5g
Sodium	252mg

Pineapple Muffins

(serves 16)

Ingredients

1 x 450g pineapple pieces (drained)
 2 cups self-raising flour
 1 tsp bicarbonate of soda or baking powder
 2 tsp cinnamon
 1 cup sugar
 1/3 cup sultanas
 2 eggs (lightly beaten)
 1½ cups milk
 3/4 cup olive oil

Nutrition Information

Analysis per serve (approx)

Energy	1065kj
Protein	3.6g
Fat total	12.4g
-saturated	2.3g
Carbohydrate	32.4g
- sugars	20.0g
Sodium	210mg

Method

Preheat oven to 190°C

Sift flour, soda and cinnamon together.
 Add sugar, sultanas and pineapple.

Stir in eggs, milk and oil and mix gently until just combined (do not over mix).

Bake for approximately 20 minutes.

Pasta Carbonara

(serves 25)

Ingredients

5 x 500g pasta
 ½ kg bacon (chopped)
 1 cup parsley (chopped)
 1 cup white wine
 2 medium onions (chopped)
 1 clove garlic (finely chopped)
 2 x 600 ml light thickened cream
 7 eggs (beaten)
 60g butter
 ½cup Olive oil

Nutrition Information

Analysis per serve (approx)

Energy	2301kj
Protein	17.5g
Fat, total	20.0g
-saturated	9.6g
Carbohydrate	71.1g
- sugars	2.6g
Sodium	341mg

Method

In a pan add butter, oil, onion, garlic and bacon and sauté gently until soft.

Add wine and cream and simmer gently for 15 minutes.

In a bowl, whisk eggs with parsley, season with salt.

Cook pasta in boiling salted water.

Drain and return to pot. Add the white sauce mixture.

Return pot back on the heat and add egg mixture while stirring. Continue stirring until a curdled effect has been reached.



Pasta with Sugo Napoletana (Basic Sauce)

(serves 20-25)

Ingredients

Sugo Napoletana:

1 x 2½ kg tinned diced tomatoes
(can be blended for smoother texture)

½ cup tomato paste

1 large onion (diced)

2 cloves garlic (crushed)

2 tsp mixed Italian herbs

1 tbs salt

2-3 cups water

¼ cup basil (chopped)

1 cup olive oil

5 x 500g pasta - penne

(500g serves approx. 5 people)

Method

Heat oil in saucepan, add finely chopped onion and garlic and sauté lightly.

Add remaining ingredients and cook on moderate to low heat for 1½ to 2 hours.

In a large saucepan bring water to the boil.

Add penne and cook to desired consistency. Drain well and toss with the sugo.

Optional: Serve with 1 tsp parmesan cheese per person.

*(See *Extras for nutrition information on parmesan cheese)*

Nutrition Information	
Analysis per serve (approx 57g)	
Energy	1850kj
Protein	12.3g
Fat, total	10.1g
- saturated	1.4g
Carbohydrate	72.4g
- sugars	3.9g
Sodium	333mg



Pikelets

(makes 24 approximately)

Ingredients

4 cups self raising flour

4 eggs

½ cup sugar

1 tsp bicarbonate of soda

2¼ cup milk

2 tbsp vanilla

Method

Beat eggs, sugar and milk together for 1 minute in a medium sized mixing bowl.

Stir in bicarbonate of soda.

Gently fold in flour until combined.

Coat a skillet or frypan with cooking spray.

Drop spoonfuls onto hot pan. Flip pikelet over when bubbles form on the top.

Cook for a few minutes.

Repeat process until mixture has all been used.

Serve 2 pikelets with teaspoon butter and strawberry jam on side of plate.

*(See *Extra for nutrition information for butter and strawberry jam)*

Nutrition Information	
Analysis per serve (64g)	
Energy	585kj
Protein	4.5g
Fat, total	2.1g
- saturated	0.9g
Carbohydrate	24.8g
- sugars	6.4g
Sodium	203mg

Pancakes

(serves 24 - 1 each)

Ingredients

9 tsp baking powder
6 cups plain flour
6 tablespoons castor sugar
5 cups milk
6 eggs
180g melted butter

Method

Sift flour and baking powder into a large bowl.
Stir in the sugar.

Beat together the milk, eggs and cooled melted butter using a wooden spoon.

Stir mixture into the flour until well combined (don't worry if there are a few lumps).

Heat a small nonstick frying pan over medium heat, grease with melted butter or oil spray in can.

Pour 1/3 cup batter into pan - spread out to 14 cm diameter.
Cook 2 to 3 minutes or until bubbles appear on surface.

Carefully turn pancake over and cook for 2 minutes or until cooked through.

Transfer to a plate and keep warm.

Serve with your favourite topping.

Nutrition Information

Analysis per serve (approx)

Energy	1045kj
Protein	7.2g
Fat total	9.8g
-saturated	5.8g
Carbohydrate	32.5g
- sugars	6.8g
Sodium	269mg

Pasta e Fagioli (*Pasta and Bean Soup*)

(serves 25)

Ingredients

1½ kg small pasta shells - Ditalini
1½ kg Borlotti beans
2 large onions
4 cloves garlic (crushed)
3 stalks of celery (chopped finely)
3 carrots (finely chopped)
4 x 400g can diced tomatoes
1½ cup olive oil

Method

Soak beans overnight and drain. Cook in 8 litres of water for 1 hour, skimming as necessary.

Add the onions, garlic, celery, carrot and tomatoes.

Cook for a further hour or until the beans are soft.

Remove ¼ of the beans with a slotted spoon and mash or puree briefly in a food processor.

Return to the pot.

Bring a pot of water to the boil, add the pasta and cook until still firm.

Drain and return to the soup with the olive oil.

Check the seasonings and add salt and pepper.

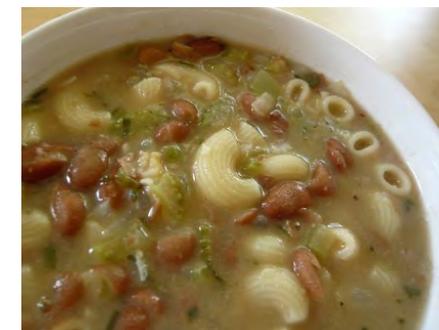
Simmer for a further 15 minutes, stirring occasionally.

Serve with fresh grated Romano cheese.

Nutrition Information

Analysis per serve (approx)

Energy	1923kj
Protein	14.5g
Fat total	14.9g
-saturated	2.2g
Carbohydrate	65.5g
- sugars	4.2g
Sodium	55.9mg



Penne Primavera

(serves 25)

Ingredients

1 Sugo Napoletana
(see recipe - Pasta with Sugo Napoletana)
5 x 500g pasta - penne
2 kg selected mixed vegetables (chopped) eg: red capsicum, carrots, zucchini, snow peas, eggplant and mushrooms

Nutrition Information

Analysis per serve (approx)

Energy	1980kj
Protein	14.0g
Fat, total	10.3g
- saturated	1.4g
Carbohydrate	75.8g
- sugars	5.8g
Sodium	354mg

Method

Heat olive oil in large saucepan.
Sauté capsicum and eggplant gently until soft.
Add to Sugo Napoletana.
Add all other chopped vegetables to sugo in the last 40 minutes of cooking.

In a large saucepan bring water to the boil.
Add penne and cook to desired consistency.
Drain well and toss with the sugo.

*Optional: Serve with 1 tsp parmesan cheese per person.
(See *Extras for nutrition information on parmesan cheese)*



Lemon or Orange and Poppy Seed Muffins

(makes 12)

Ingredients

1 tbsp margarine
½ cup sugar
2 eggs
½ cup skim milk
½ cup buttermilk
2 tsp lemon or orange rind (grated)
¼ cup lemon juice
1 tbsp poppy seeds
2 cups self raising flour
¼ tsp baking powder

Nutrition Information

Analysis per serve (approx)

Energy	778kj
Fibre	1.3g
Fat total	3.2 g
-saturated	0.7g
Carbohydrate	35.1g
- sugars	-
Sodium	240mg

Method

Preheat oven to 180°C

Lightly spray muffin tray with non stick coating.
Beat margarine and sugar together until creamy.
Beat in eggs, milks, lemon juice, rind and poppy seeds.
Fold in the dry ingredients.

Spoon mixture into muffin tray and bake for 20 minutes.
When cooked turn out onto wire rack to cool.

Note: When adding dry ingredients, gently fold into mixture or muffins will be tough.

Muffins freeze well



Golden Scones

(makes 12)

Ingredients

2 tbsp margarine
2½ cups self-raising flour
½ cup sweet potato, mashed
1 egg
½ cup milk

Method

Preheat oven to 180°C

Sift flour, sugar and salt into bowl.

Rub margarine into flour until mixture resembles fine breadcrumbs.

Add remaining ingredients and mix lightly to a soft dough,

Turn dough onto bench and pat down to 2 cm thickness.

Dust baking tray with flour.

Cut out with a scone cutter and place on tray upside down (this makes for better rising), making sure scones touch each other.

Bake for 12 to 15 minutes, until golden.

Serve scones with 1 tsp butter and 1 tsp strawberry jam on side of plate.

(See *Extra for nutrition information for butter and strawberry jam)

Note: Scones can be frozen.

Nutrition Information	
Analysis per serve (approx)	
Energy	547kj
Protein	-
Fat total	2.7g
-saturated	0.6g
Carbohydrate	22.3
- sugars	-
Fibre	1.3g
Sodium	225mg

Pasta with Sugo Napoletana and Meatballs

(serves 25)

Ingredients

5 x 500g pasta - penne
1 Sugo Napoletana (*see recipe - Pasta with Sugo Napoletana*)

Meatballs:

2 kg diet mince
1 large diced onion
½ cup parsley (chopped)
2 cloves garlic (crushed)
3 eggs
1 cup parmesan cheese
1 cup bread crumbs
1 tbs salt

Nutrition Information	
Meatballs	
Analysis 2 per serve (approx)	
Energy	721kj
Protein	20.0g
Fat, total	8.0g
-saturated	3.6g
Carbohydrate	4.7g
- sugars	0.6g
Sodium	407mg

Method

Combine all meatball ingredients, mix well and shape into medium sized meatballs (makes 50).

Prepare 1 quantity of Sugo Napoletana.

Add meatballs to sugo during last hour of cooking.

In a large saucepan bring water to the boil.

Add penne and cook to desired consistency.

Drain well and toss with the sugo.

Serve with 2 meatballs.

Optional: Serve with 1 tsp parmesan cheese per person.

*(See *Extras for nutrition information on parmesan cheese.)*

Variation

Other pasta can be substituted for penne eg. 100g gnocchi, ravioli or fettuccine.

(nutrition information will vary for different pasta)

Pasta with Sugo Napoletana and Tuna Balls

(serves 25)

Ingredients

5 x 500g pasta - penne
1 Sugo Napoletana (*see recipe*)

Tuna Balls:

1 kg canned Tuna in brine (drained)
½ cup parsley (chopped)
2 cloves garlic
2 eggs
1 cup parmesan cheese
1 cup bread crumbs

Nutrition Information

Tuna Balls

Analysis per serve (approx)

Energy	422kj
Protein	13.2g
Fat, total	3.3g
-saturated	1.6g
Carbohydrate	4.3g
- sugars	0.3g
Sodium	283mg

Method

Combine all ingredients for Tuna Ball.

Take 1 tbsp of mixture and shape into small ball (makes approx 50-60 balls)

Lightly spray a shallow baking dish with oil.

Bake tuna balls on medium heat for 15-20minutes.

In a large saucepan bring water to the boil. Add pasta and cook to desired consistency.

Drain well and toss pasta in the sugo reserving some sugo.

Place 3-4 tuna balls on top of pasta, pour over reserved sugo and serve.

Custard

(serves 15 per 1 litre milk)

Ingredients

5 tbsp custard powder
1 litre milk
2 tbsp sugar
2 tbsp vanilla

Method

Blend custard powder with 250 mls of cold milk. Whisk well to avoid lumps.

Place remainder of milk, sugar and vanilla in saucepan and slowly bring to boil, stirring continuously until custard thickens. Remove from heat and cover until ready to serve.

To microwave:

Follow preparation steps above.

Set timer for 10 minutes, stopping every 4 minutes to stir.

Continue cooking until custard thickens.

Nutrition Information

Analysis per serve (approx)

Energy	317kj
Protein	2.3g
Fat, total	2.6g
-saturated	1.7g
Carbohydrate	10.6g
- sugars	5.1g
Sodium	29mg

Serving suggestions:

- ◆ Custard with baked apple
- ◆ Custard with apple crumble

Carrot Muffins

(serves 12)

Ingredients

½ cup vegetable oil
 3 eggs (lightly beaten)
 1½ cups self-raising flour
 ¾ cup Castor sugar
 ½ tsp cinnamon
 2 cups carrot (grated)
 ¾ cup/160 g crushed pineapple (drained)
 1 cup sultanas

Frosting:

½ cup cream cheese
 2 cups icing sugar
 Juice of ½ a lemon

Method

Preheat oven to 180°C

Mix flour, sugar, cinnamon and sultanas.
 Add eggs and oil, mix gently.
 Add carrots and drained pineapple, mix gently.

Bake for 30 minutes in muffin pan.

Cool for 5 minutes before removing from pan.



Nutrition Information	
Analysis per serve (120g)	
Energy	743kj
Protein	4.0g
Fat total	1.3g
-saturated	0.4g
Carbohydrate	36.0g
- sugars	19.0g
Sodium	175mg

Pasta e Broccoli

(Serves 25)

Ingredients

5 x 500g pasta
 2½ kg broccoli (cut into florets)
 ½ kg bacon
 1 cup olive oil
 1 cup white wine
 1 teaspoon mixed herbs
 2 cloves crushed garlic

Method

In a pan, add oil, garlic and bacon and sauté gently until soft. Add wine and herbs and simmer gently for 10 minutes.

Cook pasta in salted water. Drain and put into a bowl.

In a separate pot bring water to a boil. Add broccoli and salt to taste. Do not over-cook broccoli.

Stir into the bacon mixture. Pour sauce over

Nutrition Information	
Analysis per serve (approx)	
Energy	1999kj
Protein	18.8g
Fat total	11.1g
-saturated	1.7g
Carbohydrate	69.1g
- sugars	.5g
Sodium	308mg



Penne with Ricotta and Fresh Herbs

(serves 25)

Ingredients

5 x 500 g Penne pasta
2 kg fresh Ricotta
Pecorino cheese (grated)
½ cup Italian parsley (chopped)
½ cup Basil (chopped)
½ cup Dill (chopped)
½ cup Chives (chopped)
2 cups milk
Salt and Pepper

Nutrition Information

Analysis per serve (approx)

Energy	2110kj
Protein	22.9g
Fat, total	13.5g
-saturated	8.1g
Carbohydrate	70.1g
- sugars	1.9g
Sodium	172mg

Method

Bring a pot of salted water to the boil, add pasta and cook.

While cooking the pasta, mash the Ricotta with a fork until smooth.

Add the fresh herbs, taste for seasoning and add salt, ground pepper and milk to moisten the ricotta.

Mix the cheese and herbs with the drained pasta and serve with the grated cheese.

Note:

Can be done with just chopped parsley.

(See *Extras for nutrition information for this meal without Pecorino cheese)



Blueberry Muffins

(Makes slices)

Ingredients

2 cups self raising flour
¾ cup firmly packed brown sugar
1 cup fresh or frozen blueberries
1 egg
¾ cup buttermilk
½ cup vegetable or olive oil

Nutrition Information

Analysis per serve (120g)

Energy	1512kj
Protein	5.4g
Fat total	15.9g
-saturated	2.3g
Carbohydrate	49.2g
- sugars	24.5g
Sodium	270mg

Method

Preheat oven to moderately hot.

Grease an 8 hole muffin pan.

Combine flour, sugar and blueberries in a large bowl.
Combine remaining ingredients and stir into flour mixture.

Spoon mixture into prepared pan.

Bake in hot oven for approximately 20 minutes.

Banana Sultana Muffins

(makes 12)

Ingredients

2 cups self-raising flour
1 tsp bicarbonate of soda
½ cup fine brown sugar
2 cups sultanas
2 ripe bananas (mashed)
2 passion fruit (pulp)
2 eggs (lightly beaten)
½ cup milk
125 gm butter (melted)

Nutrition Information

Analysis per serve (approx)

Energy	1314kj
Protein	4.9g
Fat, total	10.2g
-saturated	6.2g
Carbohydrate	49.9g
- sugars	31.7g
Sodium	356mg

Method

Preheat oven 180°. Grease muffin tray.

Sift flour and bicarbonate into bowl.
Add sugar and sultanas and mix well.

Combine bananas, passion fruit, eggs, milk and butter.
Pour liquids into dry ingredients and mix briefly.

Spoon into tray, filling each 2/3 full.

Bake for 15 minutes.
Allow to cool for 5 minutes before removing from muffin tray.

Riso al Pomodoro

(serves 30)

Ingredients

15 cups of rice (rice cooker measuring cup)
2½ kg diced tomatoes
1 onion
2 cloves garlic
4 carrots (grated)
4 sticks celery (finely chopped)
3 kg diet mince
1½ litre vegetable stock (salt reduced)
1 kg packet frozen peas
1 tbsp salt
1 cup oil
½ cup basil (chopped)

Nutrition Information

Analysis per serve (approx)

Energy	2800kj 666kcal
Protein	52.4g
Fat	9.8g
-saturated	4.0g
Carbohydrate	87.7g
- sugars	6.6g
Sodium	171mg

Method

Heat oil in saucepan.
Sauté garlic and onion, add mince and brown.
Add celery, carrots, salt and diced tomatoes and allow to simmer for 1½ to 2hrs.
Add peas in last 30 minutes.

Heat stock in separate saucepan and keep warm.
Place rice and water in rice cooker and cook (approx 20 minutes).
Place cooked rice in large bowl, add sauce and liquid stock and stir well.

Serve with white petit plain bread roll.



Risotto with Mushrooms and Baby Spinach

(serves 20)

Ingredients

2 kg Arborio Rice
 1½ kg button mushrooms (sliced)
 400 g lean bacon (diced)
 1 large onion (diced)
 1 tbsp salt
 1 kg fresh baby spinach
 4 lt beef stock

Method

Heat oil in frypan.
 Gently sauté bacon and onion until soft.
 Add mushrooms and cook gently for 20 minutes.

In a large saucepan bring stock to boil.
 Add salt and rice.
 Reduce heat and simmer rice until cooked, stirring frequently.

Add mushroom mixture to cooked rice.
 Add spinach in the last 5 minutes.

Serve with parmesan cheese.
 (See *Extras for nutrition information on parmesan cheese)

Note:

Keep some extra stock in a separate small saucepan in case rice requires more stock during cooking.

Nutrition Information	
Analysis per serve (approx)	
Energy	2050kj
Protein	17.8g
Fat, total	2.2g
-saturated	0.9g
Carbohydrate	93.5g
- sugars	1.4g
Sodium	2380mg



Banana Cake

(Makes 10 slices)

Ingredients

1½ cups self raising flour
 2 eggs
 ½ cup sugar
 ½ cup readymade apple sauce
 1 cup ripe bananas (mashed)
 (approx 2-3 bananas)
 ¾ tsp bicarbonate of soda
 ½ tsp cinnamon

Method

Preheat oven to 180°C

Beat eggs and sugar for 1 minute in medium sized mixing bowl.
 Mix Bicarbonate of soda with apple sauce (it will froth).
 Add cinnamon and apple mixture to bowl.
 Stir in mashed bananas.

Gently fold flour into mixture all together at once (do not beat as this will make the cake tough).

Pour into a round cake tin or loaf tin that has been coated with cooking spray.

Bake 30-35 minutes or until cake springs back when lightly pressed in centre.

Nutrition Information	
Analysis per serve (120g)	
Energy	743kj
Protein	4.0g
Fat total	1.3g
-saturated	0.4g
Carbohydrate	36.0g
- sugars	19.0g
Sodium	175mg

Baked Apple

Ingredients

1 x 200 g Granny Smith apple per person

Method

Remove apple core

Bake whole for 30-40 minutes or until soft.

Nutrition Information

Analysis per serve (approx)

Energy	214 kj
Protein	0.4g
Fat total	0.2g
-saturated	0.0 g
Carbohydrate	10.3g
- sugars	9.8g
Sodium	3mg

Serve with custard or 1 scoop of low fat ice cream.

(See Custard recipe for Nutrition information for Custard)

*(See *Extra for Nutrition information for one scoop low fat ice-cream)*



Bolognese Sauce with Peas

(serves 20)

Ingredients

5 x 500g pasta - penne
 500 g diet mince
 2½ g tin diced tomatoes
 125 g jar tomato paste
 1 onion (chopped)
 500g packet frozen peas
 2 cloves garlic
 1 cup oil
 1 tbs salt
 1 tbs mixed herbs
 2 tbs basil (chopped)

Nutrition Information

Analysis per serve (approx)

Energy	2540kj
Protein	21.8g
Fat, total	14.4g
- saturated	2.5g
Carbohydrate	92.8g
- sugars	5.4g
Sodium	432mg

Method

Heat oil in saucepan, add finely chopped onion and garlic and sauté lightly.

Add diet mince and cook well.

Add remaining ingredients and cook on moderate to low heat for 1½ to 2 hours.

Add frozen peas in the last ½ hour.

In a large saucepan bring water to the boil.

Add penne and cook to desired consistency.

Drain well and toss with the sugo.

Optional: Serve with 1 tsp parmesan cheese per person.

*(See *Extras for nutrition information on parmesan cheese)*



Minestrone

(serves 20)

Ingredients

2 kgs mixed vegetables (chopped)
1 medium onion (chopped)
2 cloves garlic (chopped)
½ kg bacon rashers (chopped)
4 ripe tomatoes (chopped)
500 g small shaped pasta - ditallini
1 tbsp salt

Method

Heat oil in a saucepan.
Sauté bacon, onion and garlic.
Add vegetables and tomatoes.
Cover with water and cook until vegetables are tender.
Season to taste.

In a separate saucepan, bring water to boil.
Add pasta and cook to desired consistency.
Drain well and toss with the vegetables.

Optional: Serve with white petit plain bread roll.
(See *Extras for nutrition information on bread roll)

Variation

Substitute bacon with 2 kg diced veal



Nutrition Information	
Analysis per serve (approx)	
Energy	666kj
Protein	8.47g
Fat total	1.77g
-saturated	.45g
Carbohydrate	25.34g
- sugars	g
Sodium	363mg

Apple Muffins

(Makes 12 large muffins)

Ingredients

2 cups self raising flour
1 cup plain flour
1 cup brown sugar
1 tsp bi-carbonate soda
1 can (400g) Pie Apples
2 eggs
2 tsp cinnamon
1½ cups milk
½ cup vegetable oil

Method

Preheat oven to 200°C

Mix all wet ingredients together.
Add dry ingredients and mix gently.

Spoon into muffin tray.

Bake for 20 minutes.

Nutrition Information	
Analysis per serve (approx)	
Energy	1276 kj
Protein	5.7g
Fat total	12.1g
-saturated	2.3g
Carbohydrate	43.1g
- sugars	18.2g
Sodium	303mg

Apple Crumble

(serves 20)

Ingredients

2 large cans of pie apples (820g)

Topping:

60g butter

1 cup plain flour

4 tbsp desiccated coconut

½ cup sugar

Method

Preheat oven to 180°C

Spread apple into greased baking dish.

In bowl, rub butter into flour until mixture resembles fine breadcrumbs.

Add coconut and sugar and stir well.

Spread over the top of apple and bake until top is golden.

Serve with custard or one scoop low fat ice cream.

(See Custard recipe for nutrition information for Custard)

(See *Extra for nutrition information for one scoop low fat ice-cream)

Nutrition Information	
Analysis per serve (120g)	
Energy	480kj
Protein	1.1g
Fat, total	4.5g
-saturated	3.4g
Carbohydrate	16.5g
- sugars	10.9g
Sodium	22.6mg

Pumpkin Soup

(serves 6)

Ingredients

2 leeks (diced)

1 clove garlic (crushed)

400g pumpkin (diced)

200g sweet potato (peeled)

1 litre vegetable stock

2 tbsp olive oil

200 mls water

Method

Heat olive oil in heavy bottomed saucepan with leeks and garlic until soft.

Add pumpkin and potato, stir well.

Add stock and water and simmer for 1 hr or until cooked and seasoned.

Blend until smooth with hand blender.

Optional: Serve with white petit plain bread roll.

(See *Extras for nutrition information on bread roll)

Nutrition Information	
Analysis per serve (approx)	
Energy	284kj
Protein	3.6g
Fat total	1.4g
-saturated	0.7g
Carbohydrate	9.1g
- sugars	5.2g
Sodium	5080mg



Quick Vegetable Soup

(serves 25)

Ingredients

1 kg sweet potatoes
 1½ kg frozen Julienne carrots
 3 sticks celery
 sufficient stock to cover vegetables
 (approx 750 mls)
 2 potatoes (chopped small)
 2 leeks (chopped small)
 2 cups water
 Salt and pepper to taste

Nutrition Information

Analysis per serve (approx)

Energy	205kj
Protein	1.8g
Fat, total	0.2g
-saturated	0.0g
Carbohydrate	8.5g
- sugars	4.3g
Sodium	26mg

Method

Place all ingredients into a pressure cooker and cook for 20 minutes.

Place soup in blender and blend until smooth.

Note: If pressure cooker is not available, place all vegetables in a large pot and bring to boil. Lower heat and simmer gently for 1 hr.

Variations: Add a drained can of chick peas, borlotti beans or lentils



Zucchini Slice

(serves 12)

Ingredients

750g Zucchini
 2 large onions or 1 cup chopped chives
 6 Bacon rashers
 1 cup cheddar cheese (grated)
 2 cups self-raising flour
 1 cup olive oil
 10 eggs
 Salt and pepper

Nutrition Information

Analysis per serve (approx)

Energy	1628kj
Protein	12.6g
Fat, total	29.6g
-saturated	7.2g
Carbohydrate	19.4g
- sugars	2.5g
Sodium	320mg

Method

Grate unpeeled zucchini coarsely, finely chopped onion or chives and bacon.

Combine zucchini, onion, bacon, cheese, sifted flour, oil and lightly beaten eggs. Season with salt and pepper. Pour into well greased tin. Bake in moderate oven 30 to 40 minutes or until browned.

*Optional: 2 large grated carrots can be added for colour.
 (See *Extras for nutrition information for this meal with Carrots)*



Zucchini Slice

Side Salad

(serves 20)

Ingredients

1 Iceberg lettuce
 1 packet mixed lettuce leaves
 6-7 Acid Free Roma tomatoes (cut into wedges)
 1 continental cucumber (peeled and sliced)
 Some sliced red onion

Dressing:

Oil
 Balsamic Vinegar
 Salt

Method

Wash salad vegetables.
 Tear lettuce into pieces and place into large bowl.
 Add cucumbers and tomatoes and red onion.
 Drizzle dressing over salad.

Serve salad on side of plate or in individual bowls.



Nutrition Information

Analysis per serve (approx)

Energy	170kj
Protein	0.7g
Fat, total	3.3g
-saturated	0.3g
Carbohydrate	1.6g
- sugars	1.5g
Sodium	147mg

Mediterranean Quiche

(serves 6) (to serve 24 - x recipe by 4)

Ingredients

1 tablespoon Olive oil
 2 smoked Chorizo sausages (finely chopped)
 1 small red onion (finely chopped)
 6 eggs
 300 g tub thickened cream
 ½ cup stuffed green olives (halved)
 ¼ cup flat leafed parsley (chopped)
 1½ cups Mozzarella cheese (grated)
 Salt and Pepper to taste

Nutrition Information

Analysis per serve (approx)

Energy	1648.8kj
Protein	12.6g
Fat, total	37.0g
-saturated	20.7g
Carbohydrate	2.72g
- sugars	0g
Sodium	622mg

Method

Preheat oven to 180°C
 (2 Rectangle lasagna dishes for 24 serves)

Grease 26 cm oven proof dish.

Heat oil in fry pan. Add sausages and onion and cook until onion is soft.

Beat eggs and cream together.
 Add salt and pepper.

Pour egg mixture into prepared dish.

Combine olives, parsley, cheese and sausage mixture. Sprinkle over egg mixture.

Cook uncovered for 35 minutes.



Roast Potatoes

(serves 30)

Ingredients

One potato per person - 30 (peeled)
Oil, salt, garlic, rosemary

Method

Preheat oven to 250°C

Peel potatoes, cut into quarters, or leave whole. Boil in salted water until just tender.

Drain and place in baking tray lined with baking paper.

Drizzle with oil and season with salt, rosemary. Chop garlic finely and sprinkle through the potatoes.

Bake in oven 20–30 minutes or until potatoes are crisp and golden.

Nutrition Information

Analysis per serve (approx)

Energy	596kj
Protein	3.2g
Fat, total	6.1g
-saturated	0.8g
Carbohydrate	17.6g
-sugars	0.8g
Sodium	257mg



Salmon Quiche

(serves 6) (to serve 24 - x recipe by 4)

Ingredients

6 eggs
300 g tub sour cream
210 g can red salmon, drained
6 green spring onions, finely chopped
¼ cup chopped dill

Method

Preheat oven to 180°C

Grease 26 cm ovenproof dish.

(2 Rectangle lasagna dishes for 24 serves)

Whisk eggs and sour cream.

Season with salt and pepper.

Add flaked salmon, spring onions and dill.

Mix well.

Pour into prepared dish.

Cook uncovered for 30 minutes.

Stand 10 minutes before cutting into square portions.

Note: If fresh dill is not available, use tube dill found in herb section of supermarket.

Nutrition Information

Analysis per serve (approx)

Energy	1589kj
Protein	21.0g
Fat total	32.1g
-saturated	16.5g
Carbohydrate	2.2g
-sugars	2.2g
Sodium	503mg

