

RELISH

Easy Recipes for cooking in the comfort of your own home

Third
Edition
2019

A publication of Meals on Wheels NSW Ltd



..... New recipes and helpful hints inside

More
than just
a meal



nswmealsonwheels.org.au   

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**More
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a meal**



Meals on Wheels

New South Wales

Should I try to lose weight?

“I think I am overweight. Should I try to lose weight?”

There is now evidence that being overweight is not necessarily associated with higher mortality in people over 65 years of age.

It seems that older people have better health outcomes if they are heavier rather than thin. The health benefits of actively trying to lose weight, especially by restricting calories, are uncertain. Deliberate weight loss in older people can lead to muscle loss, loss of ability to function properly and loss of independence.

In some cases weight loss may be necessary to ease arthritis or improve mobility. If you do need to lose weight it is important to prevent muscle loss. This means eating plenty of protein rich foods (at every meal) followed by exercise. Obtaining guidance from a dietitian and/or a physiotherapist is advised.

Protein rich foods include: eggs, cheese, meat, yoghurt, legumes (ie: baked beans, soy beans, lentils, butter beans etc.), tofu.

If you can manage a cooked breakfast, high protein food ideas include : bacon and eggs; mince on toast; baked beans on toast topped with melted cheese; Quiche; sardines, salmon or tuna on toast; peanut butter on toast plus a milk drink or yoghurt; a milk smoothie with added milk powder and yoghurt.

Many of the breakfast ideas could be on the lunch or evening meal menu (along with some vegetables).

Don't forget those milky desserts (especially if you add extra milk powder) are a good source of protein. Examples of milk desserts include creamed rice, custard, creamed sago and tapioca, baked custard, bread and butter custard, custard tart.

(Nutrition Services, Gosford Hospital, CCLHD)

This magazine is designed to be a resource which will help clients, volunteers, carers and staff increase their knowledge on a range of subjects, including, but not limited too, food safety, nutritious recipes, meal plans, general knowledge and helpful hints.

Navigating the world of good nutrition can be tough, especially when your appetite may be reduced but you still need to assure your nutrient intake is optimal. Meals on Wheels NSW Ltd follows the National Meal Guidelines, therefore we aspire to have a consistent approach.

We welcome your comments, feedback and input on each edition of the Relish magazine, your ideas, suggestions for how we can ensure our focus of keeping people healthy in their homes is improved and continued.

Contact: nswmow@nswmealsonwheels.org.au

How is your appetite?

Do you:

- Eat very small meals
- Split your 'Meals on Wheels' to make two meals
- Only have dessert as your evening meal
- Not feel like eating at all

If you do any or all of the above, you may not be eating enough food to get the nourishment your body needs.

So why not try some of the following ideas

- If you are having very small meals or 'splitting' your 'Meals on Wheels' try to include a milky dessert such as instant pudding (made on milk), creamed rice (home- made or canned), creamed sago or creamed tapioca, custard. Make custard yourself or buy ready to eat 'long life' custard. Try to have at least ½ cup of custard as a serve. Remember to refrigerate 'long life' custard once it has been opened.
- If you can't manage to eat a dessert as well as the main meal then why not have a milk drink to finish your meal. Increase the food value of milk by adding an extra tablespoon (or two) of powdered milk to a each cup of milk.
- If you really are struggling to eat the meat and vegetable part of your meal perhaps (from time to time) a dessert could be the meal. If this ever happens, the dessert would need to be nourishing. This means a milky dessert with extra milk powder, plus fruit and then finish with a milk drink.
- If you are not hungry at main meal times try to have nourishing snacks and drinks throughout the day. Ideas include custard, milky desserts, cheese and crackers, thick and hearty soups (home- made or cans of 'ready to heat and eat' soup) and milk drinks such as smoothies or milk shakes.

'Mini Meals' from 'Meals on Wheels' may be just right for your appetite.

(Nutrition Services, Gosford Hospital, CCLHD)



Meals on Wheels
New South Wales



Exercise – why bother?

Everyone can benefit from regular exercise or physical activity. This includes people who use walking aids, need wheelchairs, have arthritis or those who suffer from chronic pain. It is never too late to start!

Exercise helps improve muscle strength, balance and mobility and this will:

1. Help to prevent falls
2. Maintain ability to do to household tasks
3. Help maintain independence
4. Improve appetite
5. Promote a feeling of 'well- being'.

There are different types of exercise:

a) Resistance/Strength Exercise - benefits include

- Increases muscle strength and muscle mass
- Improves balance
- Increases bone density and strength

b) Balance Exercise – benefits include

- Falls prevention
- Decreased fear of falling

c) Flexibility Exercise – benefits include

- Increased joint movement

d) Aerobic Exercise – benefits include

- Reduces blood pressure
- Possible improvement of arthritis symptoms.

Always seek professional advice to determine the best and safest exercise program for you.

Important: Along with exercise it is important to eat well and include plenty of protein rich foods to minimise muscle loss. Losing muscle means losing strength.

Foods that are rich in protein include meat, chicken (and other poultry), eggs, fish and other seafood, milk, cheese, custard, yoghurt, peanut butter, legumes (chick peas, butter beans, baked beans etc.)

To help retain muscle try to have a good serve of protein rich food at each main meal time. Having small amounts of protein throughout the day is not as good.

(Nutrition Services, Gosford Hospital, CCLHD)

Vegetables

- are good for you!

More on vegetables - how to store, cook and eat.

- **Variety: different vegetables bring different nutrients.**

- **Colour:** The colour of vegetables is a good indicator of their nutrition. The deeper and brighter the colour, the better. Giving those dark green outer leaves of lettuce and cabbage to the rabbit makes for a very healthy rabbit!!

- **How much vegetable:** Aim for five serves of vegetables a day. A serve is 1/2 cup of cooked vegetable or 1 cup of salad. This is quite a lot so, eat to your appetite. Enjoy vegetable soup, vegetables at main meal time, left over vegetables as snacks and vegetable slices (see recipes in this edition of Relish)

- **Fresh, frozen or canned:** All are good. Look for 'no added salt' or 'reduced salt' if you need to watch your salt intake

- **Cooking:** When boiling vegetables, the water does not have to cover the vegetables. Less water means less 'washing' out of vitamins and minerals. Using little or no water means that less food value is lost. Microwaving or steaming vegetables results in minimal nutrient loss

- **Overcooking:** spoils colour and causes greater loss of nutrients. Chewing is good for teeth and gums so cook vegetables until just tender

- **Frozen vegetables:** need little or no cooking as the freezing process has already softened them. For frozen peas, beans and corn, bringing to the boil is usually enough. Frozen vegetables are as good for you as fresh vegetables

- **Legumes are vegetables:** They provide protein, fibre and energy. Legumes include chick peas, butter beans, baked beans, red kidney beans, brown lentils, red lentils and 'Four Bean mix'. Legumes are available canned or raw. Canned legumes are usually cheap. Raw legumes must be cooked by moist heat and can take up to an hour to cook (even if soaked first). Red lentils are the exception. Uncooked red lentils don't have to be soaked or cooked before adding to soups, stews and casseroles. They take only about 20 minutes to cook. They soften and break up when cooked so thicken liquid of casseroles etc. Allow about 1 tablespoon of red lentils for each serve of the food you are cooking.

- **Storage of vegetables to help avoid waste:**

Potatoes and onions – Take out of plastic bag and store in a cool, dark cupboard

Leafy vegetables and root vegetables eg. carrots –to help prevent wilting and softening, leave in plastic bag (that has a few small holes for ventilation)and place in fridge

Pumpkin- store in crisper section of fridge. Wrap in plastic or place in plastic bag to help prevent the cut surface from drying out. Removing seeds before storing may help pumpkin to last longer

Tomatoes- can be placed straight into crisper section of fridge.

(Nutrition Services, Gosford Hospital, CCLHD)



Zucchini slice

This recipe makes about 4 serves and can be eaten hot or cold. It is easy to make. Zucchini slice can be covered and kept in the fridge for 2 days.

It can be frozen. Before freezing wrap well in plastic wrap or place in airtight containers.

Ingredients

- 2 medium zucchini, washed and grated
- 1 onion chopped finely
- 1 cup grated cheese
- 1 cup self-raising flour (refined or whole-meal)
- 6 eggs, well beaten

Method

1. Preheat oven to moderate (180)
2. Mix all ingredients together
3. Grease a baking dish
4. Pour mixture into baking dish and place in oven
5. Cook until firm to touch. This will take about 20-30 minutes

Tips

- Shallot could be used instead of onion. Onion could be left out all together
- An extra cup of vegetable could be added eg. frozen peas or corn, grated carrot, grated sweet potato, drained canned butter beans or finely chopped celery
- Cut up cooked meat or cooked chicken could be added (about 1 cup)
- Mixture could be cooked in muffin tins instead of a baking dish. Bake muffins for about 15 minutes or until firm to touch.

(Nutrition Services, Gosford Hospital, CCLHD)



Drink milk

If you are losing weight, have no appetite or need to put on weight, milk drinks can be an easy way of getting nourishment and kilojoules (calories). Why not try the following milk drink recipes. Any type of milk can be used - fresh, UHT, powdered or evaporated milk.

Thick shake

This recipe makes 1 generous serve and will provides 12 grams of protein and 280 calories.

Ingredients

- 1 cup full cream milk
- 1 tablespoon full cream milk powder
- 1 scoop of ice-cream (about 4 dessertspoons)
- 2 teaspoons flavouring

Method

Mix all ingredients together



Tips

- If you don't have any ice-cream, add ¼ cup cream or ¼ cup undiluted canned evaporated milk. Any left- over evaporated milk is good in coffee or on cereal.
- 1 tablespoon of Milo™ could be added instead of flavouring
- 1 tablespoon of protein powder could be added to the above recipe
- Milk drinks must be refrigerated if not drinking straight away
- Do not keep longer than 24 hours.

Iced coffee

This recipe makes 1 generous serve and provides 12 grams of protein and 320 calories

Ingredients

- 1 cup full cream milk
- 1 tablespoon full cream milk powder
- 1 scoop ice-cream (about 4 dessertspoons)
- 1 teaspoon instant coffee

Method: Mix all ingredients together.

Add sugar or honey (if you like)to suit your taste

Tips

- If you don't have ice-cream you could use cream
- Refrigerate if not drinking straight away.
- Don't keep longer than 24 hours

(Nutrition Services, Gosford Hospital, CCLHD)



Did you know?

- **Dates are an excellent snacking food especially if your appetite is poor.**

Fresh or dried, these sweet fruits of the date palm are high in calories. One fresh date provides about 66 calories. One regular pitted dried date provides about 20 calories.

Fresh dates are harvested, cleaned and packed. They are moist and soft and although they are more expensive than regular dried pitted dates, they are good value.

If you have a poor appetite or are not hungry you could probably manage to eat three or four dried dates or at least one fresh date. Either way, this would mean that you would be getting about the same number of calories you would get if you ate one slice of white bread.

Fresh dates will keep at room temperature for about 45 days or up to 6 months in the fridge. Dried dates have a long shelf life which means they are fine to keep in the cupboard.

- **Keeping up your fluid intake in the winter time is as important as in the summer months**

People are usually know they need plenty of fluid in summer but serious dehydration can happen in the winter months as a result of household heating and illnesses such as colds and flu.

Most people need a total of 6 – 8 cups of fluid a day and the need for fluid does not decrease with age. Fluid includes water, juice, custard, jelly, tea, coffee, milk etc.

Because the sense of thirst decreases with age it is important to get into the habit of having a 'cuppa' (or other drink) at each meal and snack time.

- **Teeth and gum problems have a great impact on eating, food enjoyment and nutrition**

Ways to help prevent teeth and gum problems include

- Brush teeth at least twice a day using a soft toothbrush and fluoride toothpaste
- Clean dentures each day using a soft toothbrush. Do not use abrasive powders or cleaners
- Clean gums under dentures using a very soft toothbrush or soft cloth
- Try to finish mealtimes with a 'tooth friendly food' eg. milk drinks, milk dessert, cheese
- Avoid picking at food or grazing constantly through the day. Try to leave about 2 hours between meals and snacks as this allows tooth enamel to 'recover'
- If you snack regularly through the day it is a good idea to rinse your mouth with water after eating. This is helpful for tooth and gum health
- Have regular dental 'check ups' to help avoid tooth and mouth problems.

(Nutrition Services, Gosford Hospital, CCLHD)



Sweet potato and date cake

This cake is not hard to make. It is very moist and it can be frozen. Before freezing cool completely then wrap in plastic wrap. The recipe will cut up into about 16 serve size pieces.

Ingredients

- 2 1/2 cups self- raising, wholemeal flour
- 1/2 cup brown sugar
- 1/2 teaspoon bicarbonate soda (measure carefully, make sure there are no lumps)
- 3 cups grated, sweet potato (orange colour)
- 10 - 12 fresh dates, remove the seeds and chop into small pieces
- 1 cup vegetable oil
- 3 eggs, beaten

Method

1. Preheat oven to 180
2. Grease of a 20 centimetre (8 inch) round or square cake tin and line the bottom of tin
3. In a large bowl, mix together the flour, bicarbonate soda, sugar, sweet potato and dates
4. Mix the eggs and oil together then stir this into the flour mix
5. Pour mixture into the baking tin
6. Cook for about 1 hour or until a skewer placed into the centre of the cake comes out clean
7. Remove from oven, leave in cake tin for about 5 minutes then turn out onto a cake cooler
8. Cool completely before cutting.

Tips

- If you don't have any bicarbonate of soda, it could be left out completely. The resulting cake will not be quite as dark in colour and may be a little less moist
- Using kitchen scissors to chop dates may be easier than chopping with a knife
- Instead of fresh dates you could use 2 cups chopped dried dates mixed with 1/3 cup milk or 1/3 cup of orange juice. Let stand for about an hour to soften the dried dates
- 1/2 cup chopped walnuts could be added
- Grated pumpkin could replace sweet potato

Note: Just in case you don't have a food processor to grate the sweet potato this recipe was also made using cooked, mashed and cooled sweet potato (about 2 cups when mashed). Although not quite as moist (as grated sweet potato), the result was fine. This may be a useful tip if you find it hard to use a hand held grater.

(Nutrition Services, Gosford Hospital, CCLHD)

Date slice

This time honoured recipe never loses popularity. It has a pastry base, date filling and a crunchy topping.

Pastry

3 tablespoons margarine (100 grams)

¼ cup sugar

1 egg

½ cup self- raising flour

½ cup plain flour

Method : Mix flour and sugar together. Melt margarine (do not allow to get hot). Mix the beaten egg and melted margarine into flour. Press the resulting soft dough into a baking dish (20x15 cm. or 8x6 inches)

Date filling

2 cups chopped pitted dates (about 100 grams)

1 tablespoon sugar

Juice of 1 lemon or juice of 1 orange

¼ cup water

Method

Place all ingredients in a saucepan and boil gently for about 10 minutes. Remove from heat and beat well so that the date filling has a smooth consistency. Spread over pastry base.

Topping

Place in a bowl 1 tablespoon of sugar, ¼ cup self- raising flour and ½ cup coconut. Rub in 2 tablespoons margarine. Sprinkle this over the date spread.

Place slice into a moderate oven (180) and bake for about 30minutes.

Tips

- Using kitchen scissors to chop dates may be easier than using a knife
- ½ cup of juice from canned fruit could replace lemon juice
- Coconut could be left out or replaced with bran or rice flakes (if you have any)
- Don't try to roll the pastry out. Just press it into the baking dish with lightly floured hands
- Wholemeal flour could be used for both the base and the topping.

(Nutrition Services, Gosford Hospital, CCLHD)



Pudding in a mug

There is still a bit of winter weather left so why not try a 'pudding in a mug' recipe. They are easy to make and quick to cook in the microwave!!

Chocolate pudding in a mug

You will need 2 microwave safe mugs or ramekin dishes. You may have some ramekin dishes at the back of your cupboard (left over from the 60's). Grease them well with margarine or butter.

Ingredients to make 2 puddings

- 1/2 cup wholemeal self-raising flour
- 1 tablespoon of cocoa
- 2 tablespoons brown sugar
- 3 tablespoons milk
- 1 egg, beaten
- 2 tablespoons melted margarine



Method

1. In a bowl, mix together the flour, cocoa and sugar
2. Stir together the egg, milk and melted margarine and pour into the dry ingredients. Mix gently
3. Spoon the mixture evenly into the mugs, leaving at least a 1 centimetre from top
4. Place into microwave and cook for 90 seconds on high (no need to cover). Test in the centre of pudding with a skewer. If there is uncooked batter on the skewer, return to microwave for another 5 seconds.

Tips

- Refined flour could be used
- 2 tablespoons of Milo™ or drinking chocolate could replace cocoa
- White sugar can be used instead of brown sugar
- Butter could be used instead of margarine or you could use 2 tablespoons of oil
- You could add 1/4 cup chopped walnuts.

(Nutrition Services, Gosford Hospital, CCLHD)

Golden syrup pudding in a mug

To make 2 puddings

Ingredients

- 1/2 cup self-raising flour (wholemeal flour is a good choice)
- 2 tablespoons margarine
- 2 tablespoons sugar (white or brown)
- 1 egg, beaten
- 2 - 3 tablespoons milk
- 1/4 cup chopped dates
- 2 tablespoons golden syrup

Method

1. Grease two microwave safe mugs with margarine. Put 1 tablespoon of golden syrup into each mug
2. Cream the margarine and sugar together then beat in the egg
3. Add the dates
4. Add the milk and flour. Mix gently to make a soft batter
5. Divide mixture evenly into cups
6. Place into microwave oven (no need to cover) Cook for 90 seconds on high
7. Test by inserting a skewer in the centre. If there is uncooked batter on the skewer, place in microwave for a further 5 seconds.

Tips

- 2 tablespoons of butter or oil can be used instead of margarine
- Sultanas, raisins or chopped dried apricots could be used instead of dates. Dried fruit could be left out completely
- Jam or honey could replace golden syrup

(Nutrition Services, Gosford Hospital, CCLHD)



Make meat go further

Are you buying less meat because of the cost?

Meat provides good quality protein, vitamins and minerals. Protein is important for everyone and especially important if you are an older person or if you are recovering from an illness.

Some ways to spend less money on meat and still get the protein your body needs

- Choose lean meat with little or no bone. Why pay for something you can't eat
- Avoid cheap fatty meat as paying for the fat is a waste of money

(Something worth knowing: when 500g of good quality mince and 500g of the cheapest mince were baked then allowed to get cold, the fat on each was compared. There was very little fat on the good quality mince and a lot of fat on the poor quality mince. The result was that the actual meat of the poorer quality mince was just as expensive as the good quality mince)

- Make meat go further by adding other protein containing foods. **Legumes** such as butter beans, kidney beans, soy beans, chick peas and green and red lentils provide significant amounts of protein. Canned legumes are easy to use and usually cheap to buy.

Ways to make meat go further when making meat loaf or rissoles

Try using $\frac{1}{4}$ mashed legumes to $\frac{3}{4}$ mince meat. Drain and mash legume before mixing with the meat. Add a beaten egg to further increase the protein and help the rissole to hold its shape. It is suggested that butter beans be used as they are fairly easy to mash and have a texture like potato

How to make meat go further when making stews and casseroles

Once again, legumes are the way to go. Canned legumes make life easy. Raw legumes are cheap to buy but must be cooked for up to an hour before adding to stews or casseroles. Red lentils are the exception as they can be added to stews and casseroles at the beginning of the cooking time. Red lentils cook and soften while the stew is cooking. Red lentils break up when cooked so help to thicken the liquid. If making bolognese sauce add red lentils at beginning of cooking meat. Add 1 – 2 tablespoons of red lentils for every serve of the food you are cooking ie. if the stew is to serve 2 people, add 2 – 4 tablespoons of red lentils.

Add Legumes to soup

Any kind of canned legumes can be added to soup to improve the food value. Soup made with plenty of legumes can replace meat from time to time. The food value of any soup will be improved by adding legumes. If you buy ready to 'heat and eat' soup, add canned legumes to increase food value (no need to drain canned legumes unless you want to) Serve the soup with wholemeal toast followed by fruit and custard or a milk drink and, you will have done yourself proud!

(Nutrition Services, Gosford Hospital, CCLHD)

More
than just
a meal

Mexican mince and beans

To make 4 serves

Ingredients

- 250 grams lean mince
- 1 onion, chopped
- 1 tomato, chopped
- ¼ cup tomato paste
- 1 beef stock cube
- 400 gram can red kidney beans, drained
- 2 cups wholemeal pasta spirals or wholemeal macaroni
- 1 cup grated tasty cheese
- small packet corn chips, crushed (optional)

Method

1. Cook pasta until tender in boiling water then drain (wholemeal pasta shapes usually cook in about 10 minutes)
2. While the pasta is cooking place the meat, onion, tomato and broken up stock cube into a frypan or saucepan, cook gently for 20 minutes
3. Add drained kidney beans
4. Spread the cooked and drained pasta onto the base of a baking dish. Spoon mince over the pasta
5. Sprinkle crushed corn chips then grated cheese over the top
6. Reheat in moderate(180) oven for about 15 minutes
7. Serve with vegetables or salad.

Tips

- Tomato sauce could be used instead of tomato paste
- Wholemeal spaghetti can be used but it will take about 20 minutes to cook
- 2 teaspoons of stock powder can be used instead of a stock cube
- Canned legumes such as butter bean or legumes can be used instead of red kidney beans
- Corn chips could be left out OR they could be replaced with breadcrumbs or rolled oats. If you do use either of these ingredients (instead of the corn chips), mix them with the grated cheese then sprinkle over meat
- Rather than reheating in the oven, the mince with beans could be served along with the pasta then sprinkled with the cheese. This means that the meal could be completed without having to use the oven. Crushed corn chips could be left off or sprinkled over the top along with the cheese.

(Nutrition Services, Gosford Hospital, CCLHD)



SOCIAL ISOLATION CAN AFFECT THE DESIRE
AND MOTIVATION TO CONSUME FOOD. WHY NOT
JOIN US AT A CENTRE BASED MEAL EVENT?

