

RELISH

Second
Edition
2019

Easy Recipes for cooking in the comfort of your own home

A publication of Meals on Wheels NSW Ltd



..... New recipes and helpful hints inside



Meals on Wheels
New South Wales

nswmealsonwheels.org.au



More
than just
a meal

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**More
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Meals on Wheels

New South Wales

Did you know?

- Older people should probably eat meat well done, not rare.

A recent (2017) report published in the American Journal of Clinical Nutrition suggested that people over the age of 65 should eat beef well done in order to get the most protein out of it. It would seem that well cooked meat protein is more easily used by the body than less cooked meat protein.

- Protein is important to help maintain muscle and bone strength.

To help prevent muscle loss older people need more protein in relation to their size than they did when they were younger. Muscle loss leads to loss of strength and this increases the risk of falling.

Good quality protein foods include eggs, meat, fish, milk and dairy products such as cheese and yoghurt. Other protein rich foods include nuts, peanut butter, legumes and soy products.

Exercise is important if protein is to do a good job of maintaining muscle strength. Try to do some 'muscle resistance exercise' about 30 minutes after eating a protein rich meal. Resistance training can result in significant gains in strength. For effective muscle resistance exercise or strength training, weights should be hard to lift but not cause pain.

It is advisable to talk to your doctor and a physiotherapist before starting any exercise program to make sure that it will be safe and effective for you ♥

(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 to, 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

Often asked questions

What exactly is yoghurt?

Yoghurt is a cultured milk product in which two types of bacteria are used. These bacteria act on the lactose (natural sugar found in milk) and protein in milk to give a fine soft curd with a slightly acid flavour. Yoghurt is a good source of protein and calcium.

Plain or fruit yoghurts are all good. Some have a more sugar than others but that should not be a worry to most people. All yoghurts are nutritious.

People with diabetes may include yoghurt in their diet.

To increase protein of yoghurt add 1 - 2 tablespoons of powdered milk to ½ cup yoghurt. Opened yoghurt will keep up to 5 days in the refrigerator.

Yoghurt can be

- Served as dessert or a snack
- Used as a dessert topping instead of custard or cream
- Used instead of cream in dishes such as Stroganoff
- Used to make a salad dressing
- Put into a fruit smoothie

Should I be worried about the cholesterol in eggs?

The short answer is NO. The cholesterol found in the yolk has next to no effect on blood cholesterol.

Eggs can be eaten every day. They can be part of a healthy diet. Eggs are cheap, easy to eat and can be cooked in many ways - boiled, scrambled, poached, made into an omelette, frittata and custard.

The good quality of egg protein is the yardstick by which other protein foods are compared.

Should eggs be stored in the fridge?

If you have your own egg laying hens, freshly laid eggs can be kept 'on the shelf' for a few weeks but will keep longer in the fridge.

Shop bought eggs are best kept in the fridge as they have been washed and this reduces the natural protective layer or 'bloom' egg shells have.

Eggs that have been in the refrigerated eggs should be kept in the refrigerator. When out of fridge condensation occurs on the shell. This allows bacteria to more easily get into the egg and cause spoilage. Don't leave refrigerated eggs out of the fridge for more than 2 hours.

How do I stop the greenish grey colour on the yolk of a hard-boiled egg?

This is caused by a reaction between sulphur in egg white and iron in the yolk. This can be reduced or avoided by not overcooking and cooling eggs quickly once cooked. Hard cooked eggs in the shell should keep for a week in fridge ♥

(Nutrition Services, Gosford Hospital, CCLHD)

Yoghurt salad dressing

Good for salads and good for spooning onto hot or cold potato.

Ingredients

- 1 cup natural yoghurt
- 1 tablespoon lemon juice
- Pinch pepper
- Pinch cumin
- Pinch turmeric

Method

1. Combine all ingredients and beat well until smooth
2. Refrigerate
3. Serve instead of mayonnaise or sour cream

Tip

- Instead of turmeric and cumin, a little curry powder could be used
- Keep you up to 5 days ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Wheatgerm and yoghurt smoothie

Ingredients for 1 person

- 1 tablespoon wheat germ
- 2 tablespoons natural yoghurt
- 1 teaspoon honey
- 2 tablespoons pureed fruit or one well mashed ripe banana
- ¾ cup milk

Method

Mix all together and serve as a snack or for breakfast - easy!

Tips

- Flavoured yoghurt can be used
- You can buy fruit already pureed, in small containers
- Any sugar can be used instead of the honey. Brown sugar gives a nice flavour
- Any milk can be used (fresh, powdered, long life or evaporated) ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Lemon sauce

Have this sauce with chicken, fish or salad

Ingredients

170g tub natural yoghurt

150g ricotta cheese

Zest and juice of 1 lemon

Method – Beat all ingredients together until smooth



Tip - Use half a 375g tub of ricotta or buy 150g from the deli section at the supermarket ♥

(Nutrition Services, Gosford Hospital, CCLHD)

Soup

Some interesting information about soup as per 'GOOGLE'

In the 16th century, the word 'restaurant' to refer to a concentrated and inexpensive soup that was sold by street vendors. This soup was advertised as 'an antidote for physical exhaustion' ('restaurant' being a word that means 'restoring')

In 1765 in Paris, a shop, specialising in such soups was opened. As a consequence, the word restaurant became the word for an eating establishment.

With winter on the way why not have more soups on the menu. Soup meals can be easy, nourishing and enjoyable (and just may restore your energy!). Soup is a good way to get vegetables into your diet. With that in mind, in this edition of 'Relish' there is a selection of soup recipes for you to try.

Hearty and thick soups with plenty of vegetables plus a protein food eg. meat, chicken, fish or milk, can be a meal in itself.

Most soups freeze well so, making more than you need for one meal makes sense. Cook up enough for a few meals and just freeze in meal size amounts for later.

Although there are plenty of soup recipes in this edition of 'Relish', you don't have to make soup from scratch. There is a place for commercially made soup on your menu. Ready to eat soups are available from the supermarket. Canned, ready to heat and eat soups are easy and extra ingredients could be added to increase their food value and flavour. Add foods that only need to be heated. Examples of suitable ingredients to add include frozen corn and peas, canned legumes such as butter beans, kidney beans or chick peas, canned corn or peas. You could add chopped up cooked chicken. A small can of salmon or tuna could be added.

Have soup for main meals or whenever you feel hungry. Soup is good for morning and/or afternoon tea. You could try this easy and quick 'energy' soup and have in between main meal times. Warm 1 cup milk, stir in 2 tablespoons powdered milk plus a sachet of instant soup mix eg. Pumpkin, chicken, vegetable ♥

Meals on Wheels are able to provide a variety of flavoursome soups to warm you on these chilly days.

(Nutrition Services, Gosford Hospital, CCLHD)

Pumpkin soup

This soup is easy to make. The recipe makes 4 generous serves and will keep up to 3 days in the fridge. It can be frozen.

Ingredients

- 1/2 kg pumpkin
- 1 onion
- 1 potato
- 2 chicken stock cubes
- 2 cup water

Method

1. Remove skin from pumpkin and cut pumpkin into pieces for cooking
2. Peel potato then cut into pieces for cooking (There is no need to peel clean smooth skinned potatoes)
3. Place all ingredients into a saucepan, bring to the boil
4. Boil gently until pumpkin and potato are soft
5. Puree or mash
6. Reheat if needed

Tips

- Already peeled and cut up pumpkin is available at greengrocers and supermarkets
- Sweet potato could replace pumpkin
- Leek or shallots could replace onion
- One teaspoon of preserved minced ginger could be added for extra flavour
- Chicken stock powder can be used instead of stock cubes
- 1/2 cup orange juice (juice of one orange) could be added for more flavour.
- For extra food value a can of legumes could be added near the end of cooking. Butter beans are a good choice as they puree easily. There is no need to drain the legumes before adding (you can if you like)
- When cooking the soup, add extra water if it is getting too thick.
- To make a cream soup, add a can of evaporated milk to soup after it has been pureed or mashed. If you are going to do this, don't add extra water during the cooking time or the soup may be too thin ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Fish and sweet corn chowder

The following recipe makes 3 – 4 serves and is quick to make

Ingredients

- 95g can salmon or tuna
- 1 carrot, thinly sliced or diced
- 1 small onion, chopped
- 420g can creamed corn
- 1 cup corn kernels (frozen or canned)
- ½ cup pasta such as macaroni or Risoni (rice shaped pasta)
- 1 cup water

Method

1. Place carrot, onion and water into a saucepan, bring to boil, turn heat down and simmer gently for 10 minutes
2. Add creamed corn, corn kernels and noodles. Simmer gently until pasta is soft
3. Add drained and mashed salmon. Reheat and serve

Tips

- ½ cup of cooked chopped up chicken could replace salmon
- Shallot or leek could be used instead of onion
- ¼ cup of red lentils could be added for extra protein and fibre. Add at beginning with carrot etc.
- ½ cup of frozen peas could be added along with the corn
- This soup will keep in the fridge for up to 2 days. Freeze if wanting to keep it for longer ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Broccoli and sweet potato soup

This recipe makes 4 generous serves

Ingredients

- 1 small onion, sliced or chopped
- 500g broccoli (about the size of your two hands clenched together)
- 500g orange sweet potato (1 medium)
- 3 cups vegetable stock (ready to use or made from stock powder or cubes)
- ½ cup (140g) plain yoghurt
- 2 - 3 Tablespoon oil

Method

1. Thinly slice the soft stems of broccoli (not the woody stem). Chop up florets
2. Wash, peel and roughly chop sweet potato into chunks
3. In a large saucepan, add the oil and using medium heat cook the broccoli stem, onion and sweet potato for 5 minutes. Stir while cooking.
4. Add stock and broccoli florets. Simmer gently until vegetables are tender. Add a little more water if soup is getting too thick
5. Cool slightly, blend or mash well
6. Serve into bowl or mug. Add a swirl of the yoghurt on top of soup. Enjoy!

Tips

- Use pumpkin instead of sweet potato
- Sweet potato could be grated (instead of chopped)
- Shallot or leek could replace onion or onion could be left out
- Once blended, a can of evaporated milk could be added to make a creamy soup and increase the protein content. Reheat using low heat. If you plan on adding evaporated milk, don't add extra water when cooking. There is no need for yoghurt if you add evaporated milk
- One teaspoon of preserved minced ginger could be added for extra flavour
- Chopped fresh parsley could be added to soup when served
- This soup will keep in the fridge for 3 days (2 days if you have added evaporated milk) If wanting to keep for longer, freeze. ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Celery, pumpkin and butter bean soup

(Nutrition Services, Gosford Hospital, CCLHD)

The following recipe makes 4 big serves

Ingredients

- 4 stalks celery
- 1/2 small butternut pumpkin
- 1 medium onion, chopped
- 425g can butter beans
- 1/2 cup red lentils
- 1 tablespoon stock powder or 2 stock cubes

Method

1. Wash celery, cut into small pieces
2. Peel and cut pumpkin into small pieces
3. Place celery, pumpkin, chopped onion, stock powder and red lentils into a large saucepan and cover with water
4. Bring to the boil and boil gently until pumpkin is soft
5. Add butter beans (no need to drain before adding)
6. Reheat if necessary and serve. You could top with a 'dollop' of sour cream

Tips

- Any type of pumpkin could be used. Why not buy already cut up pumpkin if available?
- Celery can often be purchased cut up
- Orange sweet potato could replace pumpkin
- Leek or shallots could be used instead of onion
- About 1 tablespoon of chopped ginger adds a different flavour
- This soup can be pureed. Soup will keep in the fridge for 3 days. It can be frozen ♥



Tomato and bean soup

This recipe makes four serves. It is quick and easy to make. It can be served hot or cold

Ingredients

- 440g can tomato soup
- 440g can crushed or chopped tomatoes
- 440g can baked- beans
- 1 small onion, chopped
- ½ teaspoon mixed herbs

Method

1. Mix all ingredients together in a saucepan
2. Bring to the boil, turn the heat down and simmer gently until heated through (about 2 minutes). Add a little water if the soup seems to be too thick.
3. Serve with a bread roll or toast

Tips

- Shallot could replace onion or, leave out all together
- Add chopped fresh parsley instead of dried mixed herbs
- Add a can of legumes such as butter beans or soy beans. No need to drain
- If you have to watch your salt intake choose 'reduced salt' or 'no added salt' canned foods
- This soup can be frozen but will keep in the fridge for 3 days ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Spinach and corn soup

This is a very easy to make soup and takes no more than 20 minutes to make.

Ingredients (to make 4 large serves especially if you add extra vegetables)

3 cups chicken stock

2 spring onions, chopped

250g frozen spinach

420g can creamed corn

1/2 cup milk powder (skim or full cream)

1/2 cup Swiss style grated cheese

1/4 teaspoon nutmeg

Method

1. Place stock, onion, spinach and corn into a saucepan, simmer for 10 minutes
2. Add milk powder and mix well
3. Reheat if needed
4. Serve then sprinkle with nutmeg and cheese

Tips

- Use leek or a small onion, well chopped, instead of spring onions
- You could lightly fry onion in 1 tablespoon of oil or margarine before mixing with the spinach, corn and stock, but you don't have to
- Chicken stock can be UHT stock or made from stock cubes or powder. If you already have beef or vegetable stock in the cupboard, it can be used instead of chicken stock
- Any grated cheese will do. Grated parmesan cheese is a good choice
- If keeping grated cheese for more than a week it can be frozen
- For extra protein, add a can of legumes such as butter beans or red kidney beans (no need to drain before adding)
- Why not add about 1 cup of frozen corn or 1 cup of frozen peas (or both)
- This soup can be frozen
- If you are watching your salt intake, buy 'no added salt' or 'salt reduced' products if available ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Wholemeal cheese scones

(to have with soup)

Ingredients to make 10 -12 scones

- 1 cup white self raising flour
- 1 cup of wholemeal self raising flour
- 2 tablespoons of margarine
- 1/2 cup grated cheese
- 1 egg
- 1/2 cup milk

Method

1. Beat the milk and egg together
2. Rub margarine into the flour then add the grated cheese
3. Stir in the egg/milk mix to make a soft dough
4. Tip dough onto a lightly floured board
5. Knead gently by patting out to about 2 centimetres thick, fold over and repeat 3 or 4 times
6. Cut into scones using a scone cutter dipped in flour
7. Place onto a greased tray or tray with baking paper
8. Bake in a hot oven (about 200) for 20 – 15 minutes

Tips

- If the dough is too soft to knead, place into a greased baking tin. It is best to line the bottom of tin with baking paper. Bake in a moderately hot oven (about 160-180) for 30 -40 minutes. A skewer placed into the centre should come out clean. Remove from baking tin and cut into slices when cool
- The egg could be left out but replace with an extra 1/4 cup milk
- Any grated cheese is suitable including parmesan cheese. You could buy already grated cheese. Any left- over grated cheese is best frozen unless you know you will use it in the next couple of weeks
- All white or all wholemeal flour can be used
- If you don't have a scone cutter, use a sharp knife dipped in flour and cut dough into square scones
- Scones freeze well ♥

(Nutrition Services, Gosford Hospital, CCLHD)



Purple fruits and vegetables

A pigment called anthocyanin gives purple colour to some plant foods. Anthocyanin is an antioxidant with anti-inflammatory properties. Apart from that, fruit and vegetables are an important and enjoyable part of a healthy diet.

Plant foods containing anthocyanin include blackberries, blueberries, cherries, cranberries, black grapes, dark grape juice, egg plant, purple cabbage, purple cauliflower, purple potatoes, dark plums, prunes and rhubarb stalks. Note: the colour of beetroot is caused by a different pigment.

There are many ways to include these foods in your diet both fresh and cooked. Add berries to smoothies; top breakfast cereal with berries; mix fresh berries through porridge; mix fresh berries through yoghurt or custard; include in fruit salad or top pavlova with a generous load of berries. Use purple cabbage and cauliflower in stir fries. Try the following recipe

Plum sponge pudding

The following recipe makes 4-6 serves

Ingredients

825g can plums (drain off about 1/2 the juice)

1 cup self raising flour

2 tablespoons butter or margarine

2 tablespoons sugar (brown or white)

1 egg, beaten

2/3 cup milk

Few drops vanilla (if you have any)

Method

1. Check there are no seeds in plums. Cut plums in half to make sure there are no seeds. Place plums with about half the juice into a baking dish with deep sides, at least 4 centimetres
2. Cream butter and sugar, stir in vanilla. Then slowly stir in the beaten egg
3. Stir in the milk then lightly fold through the flour to make a soft batter. Pour over plums
4. Place in a moderate oven (180) for about 30 minutes. If cooked a skewer placed into the centre of the batter mix should come out clean
5. Serve with custard, cream or ice-cream.

Tips

- Use wholemeal flour to increase fibre and give a change of texture
- Cake batter could be cooked alone then served with any stewed or canned fruit
- Recipe makes 4 – 6 serves. Will keep in fridge for a couple of days
- Keep any left over plums in fridge or freeze ♥



(Nutrition Services, Gosford Hospital, CCLHD)

Health loaf

Don't be put off by the word 'health'. This tasty, high fibre loaf is very easy to make. Once cooked and cooled it can be cut into 16 or 20 pieces or slices. It can be frozen. Serve 'as is' or with a little butter or margarine. Mashed banana goes well as a spread and makes a tasty snack to go with that cup of tea or coffee. Cream cheese would also be a good spread.

Ingredients

- 1 1/2 cups All bran™ or All bran buds
- 1/4 cup raw sugar
- 1 cup sultanas
- 1 1/2 cups of milk
- 1 egg, beaten
- 2 cups wholemeal self raising flour

Method

1. Mix together the All- bran, sugar, sultanas. Add milk and soak for 1 hour
2. Add beaten egg to the soaking ingredients
3. Fold in the flour
4. Place mixture into a greased, baking tin (approximately 20cm x 20cm) or loaf tin. It is probably a good idea to line base of baking tin.
5. Bake in moderate oven (160 – 180) until firm to touch or skewer placed in centre comes out clean. Baking time is approximately 30 minutes Note: that cake doesn't rise very much
6. Once cooked, turn out onto a cake cooler. Cut when cool.

Tips

- Chopped dates could replace sultanas
- Brown sugar could replace raw sugar, don't pack sugar down when measuring
- Milk can be skim, fat reduced or full cream
- Wholemeal flour will provide more fibre but could be replaced with 'white' flour
- Chopped walnuts could be added to the mix (about 1/2 cup)
- The dough could be cooked in muffin tins or patty papers and would only need about 15 minutes baking time
- The egg could be left out ♥

(Nutrition Services, Gosford Hospital, CCLHD)



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