

RELISH

Easy Recipes for cooking in the comfort of your own home

Fourth
Edition
2019

A publication of Meals on Wheels NSW Ltd



..... New recipes and helpful hints inside



mealsonwheels.org.au



More
than just
a meal

Contact NSW Meals on Wheels Association Inc.

Street Address

Level 4/80 Cooper St, Surry Hills NSW 2010

Postal Address

Locked Bag 1100, Surry Hills NSW 2010

Phone: (02) 8219 4200

Fax: (02) 8219 4299

Email: nswmow@nswmealsonwheels.org.au

Website: www.nswmealsonwheels.org.au

Les MacDonald

Chief Executive Officer

Gail Carroll

General Manager Network

Strategy and Services

Claudia Odello

General Manager Marketing

and Fundraising

Puvana Thillai Nadesan

General Manager Corporate Services

Corinne Cox (APD)

Director, Evolve Nutrition and Health Solutions

Central Coast

Local Health District

Carolyn Bunney

Home Economist

Rudi Bartl

Dietitian

Public Health/Community Nutritionist

Nutrition Department

Board Members

Chris Watt, Rod Young, Roger Morris ,
Graeme Berwick, Ditte Kovac, Clayton Sippel,
Julie Logan, Carolyn McColl,
Damian Isaacs, Sharon Lawrence, Sheryl Garner
and Therese Ravell



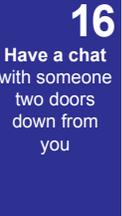
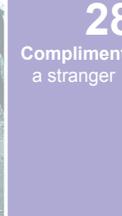
december 2019

More than just a meal

wellness calendar

Christmas is a wonderful time of year for most of us, but for some it can be the toughest. People can be feeling increased pressure, or may be struggling with feelings of loneliness or depression. A little kindness goes a long way, and is great for our wellbeing and for those around us!

As we are approaching the end of the year, we'd like to share this calendar with all of our Friends of Meals on Wheels. We hope you enjoy it!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																					
1 Call an old friend and say hello 	2 Share a photo of your favourite Christmas decoration on our Facebook page @MealsonWheelsNSW 	3 The Perfect Bow <i>(instructions available on our Facebook page today)</i> 	4 Have a chat to a stranger 	5 Take some time out to smell the roses 	6 Share one thing you like about everyone at your dinner table 	7 Christmas craft <i>(instructions will be available to download on our Facebook)</i> 	8 Spend time with someone you love 	9 Write an overdue thank you note 	10 Send a Christmas card to an old friend 	11 Take a leisurely stroll <i>(remember to slip, slop, slap)</i> 	12 13 Honey and Cinnamon Christmas Cookies <i>(recipe will be available on our Facebook page today)</i> 	14 Share your favourite Christmas recipe on our Facebook page 	15 Have a chat with someone two doors down from you 	16 Christmas Tree Napkins <i>(instructions will be available on our Facebook page today)</i> 	17 Share a photo of your Christmas lights to our Instagram page @mownsw 	18 Bake some Christmas treats 	19 Help an elderly person at the supermarket 	20 Summer Berry Tart <i>(recipe available on our Facebook page today)</i> 	21 Christmas Eve 	22 Christmas Day Merry Christmas! 	23 Boxing Day 	24 Go for an early morning walk with a friend 	25 Compliment a stranger 	26 Be kind to yourself 	27 Looking for a New Years Resolution? Why not consider volunteering for us 	28 New Years Eve 	To donate, volunteer or locate a Meals on Wheels Service, visit our website at nswmealsonwheels.org.au Like us on Facebook and keep an eye out for our craft activities and recipes during December. www.facebook.com/MealsonWheelsNSW www.instagram.com/mownsw www.youtube.com/mownsw  Meals on Wheels New South Wales

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

www.nswmealsonwheels.org.au

Are you eating a variety of foods?

It is important to eat a variety of foods as no one food will provide all the vitamins and minerals your body needs. Different foods contain different nutrients. For example, spinach and other green leafy vegetables contain folate; oranges contain vitamin C; bananas provide potassium and wholegrain bread contains thiamine. Red meat is good for protein, iron and zinc. Dairy foods are excellent for calcium, zinc and protein.

Don't forget to have plenty of fluids over the hot summer months. You may not always feel thirsty so it is a good idea to get into the habit of having something to drink when you get up in the morning as well as at every meal and snack time. Try to have about 6-8 cups (1 cup = 250ml) of fluid a day and remember, fluid is more than just water. You can count milk, juice, soup, custard, jelly, tea, coffee etc. Note: Alcohol is not counted. It does not help to hydrate the body.

Variety is important, so is food enjoyment. Hopefully you will make some of the recipes in this edition of 'Relish' and find them not only easy to make but pleasing to your palate.

The recipes have been chosen to

- Include more fish in your diet
- To be part of your Christmas food enjoyment
- Some recipes have ingredients to serve 4 – 6 people just in case you have visitors or have offered to contribute to Christmas dinner. If you would like to make those recipes, any 'leftover' can be refrigerated for a couple of days.

Just a bit about alcohol

If you like to have a drink with your meal, especially at Christmas time, enjoy! However, it is important to know that as people age their liver is less able to deal with alcohol. Too much alcohol could increase the likelihood of falls. The following non- alcoholic drink can be enjoyed by everyone and it looks great.

Place a litre of orange juice and a 1.25 litre bottle of lemonade (about same amount as juice) into a large bowl (a punch bowl if you still have one) then cover the surface with small scoops of ice-cream (use a teaspoon if you don't have a small ice-cream scoop). Any type of juice can be used, it doesn't have to be orange and any flavour of ice-cream is fine. Chopped up fruit could be added eg. strawberries, mango, canned apricots and passionfruit. You will need a punch spoon or a soup ladle for serving into cups.

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More
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What about fish?

Fish has a role to play in a healthy diet. It provides excellent quality protein and a range of other nutrients including vitamin B6, B12, riboflavin and folate. Edible soft bones (as in canned salmon and sardines) are a good source of calcium. Fatty fish is great for Omega-3 fatty acids (salmon, trout, herrings, mackerel and sardines). This fatty acid will help to reduce blood pressure, improve blood vessel health and help to prevent and manage heart disease. Because Omega-3 has anti-inflammatory properties it can help relieve the symptoms of rheumatoid arthritis.

Other foods containing Omega-3 fatty acids include walnuts and canola margarine and canola oil.

More about fish

- Try to include fish in your diet at least twice a week: Choose fresh or canned fish. Have fish at any meal time, breakfast, lunch or tea. Fatty fish is a good choice as it contains those heart friendly Omega-3 fatty acids
- To store fresh fish: Place in a covered container or wrap in plastic wrap. Always cook the day of purchase or the next day. Freeze if wanting to keep for longer
- Frozen fish is a good alternative to fresh fish: When cooking follow instructions on the packet. If frozen fish is not packaged and you wish to thaw it before cooking always thaw in the refrigerator (not on the kitchen bench!) If you use the microwave to thaw the frozen fish always cook as soon as fish is thawed.
- Fish has less connective tissue than meat: It is the connective tissue that holds the flesh together. The cooking time for fish is shorter than for meat. Overcooking fish will cause it to break up and become dry. To know when fish is cooked, place a small sharp knife or a fork into the thickest part of the fish and twist slightly. Fish is cooked if flesh just flakes and little and the flesh has become opaque. Once cooked remove fish from the heat as it overcooks easily.

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Did you know?

- Sardines can make an important contribution to your diet

The term 'sardine' was first used in English around the 15th century. The name probably was in reference to the island of Sardinia where large schools of this fish were found.

Canned sardines are very nutritious and usually cheap to buy. They are available in spring water, oil and in a variety of flavours.

92 grams of sardines provides about 190 calories, 22 grams of protein and 10 grams of fat. They provide a significant amount of calcium (as the bones are eaten). 100 grams of sardines has about 2.8 milligrams of iron. This is about the same as the amount of iron in 100 grams of red meat.

The fat found in sardines is rich in those heart friendly Omega-3 fatty acids.

Use canned sardines by their expiry date. Store left over canned sardines in a covered container in the refrigerator for up to three days.

There is no problem eating sardines on a regular basis. Have sardines on toast, as a sandwich filling, tossed through pasta or as part of a salad.

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Fish cakes (salmon rissoles)

Ingredients (to make 4 fish cakes)

- 2 medium potatoes, cooked and mashed
- 2 x 95 g cans salmon, well drained (press to squeeze out liquid)
- 1 large egg, beaten
- 1 small onion finely chopped
- ½ cup dried breadcrumbs (to coat fish cakes)
- 1 -2 tablespoons oil

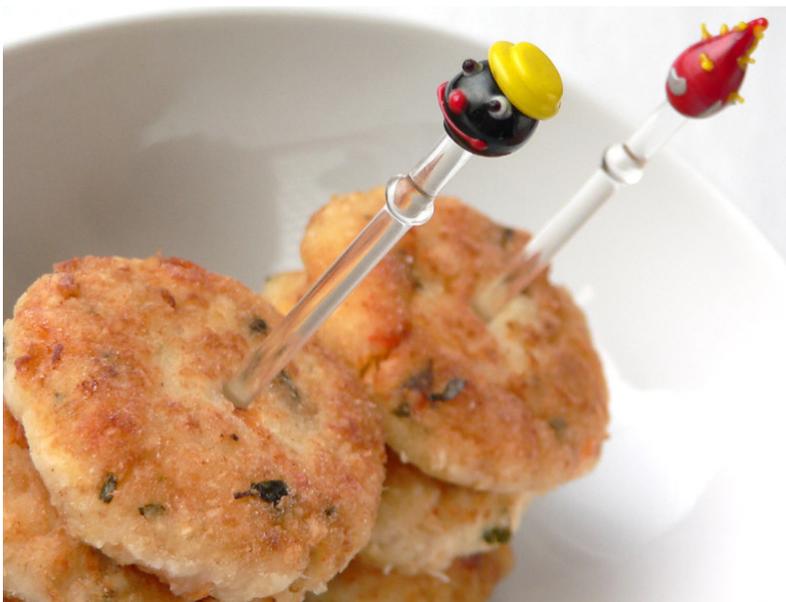
Method

1. Combine the mashed potato, beaten egg chopped onion and salmon
2. Place breadcrumbs onto a flat dinner plate
3. Using moderate temperature, heat oil in frying pan
4. Divide mixture into 4 rissoles and roll each one in the breadcrumbs before placing in frying pan, flatten slightly
5. Cook for 5 – 8 minutes then turn over using an egg slice or spatula. Cook for a further 5 minutes (until golden brown)
6. Serve with salad, a variety of vegetables or on a bread roll

Tips

- Tuna could be used instead of salmon
- Canned salmon in oil, spring water or other flavourings could be used
- Breadcrumbs could be replaced with crushed breakfast biscuits or bran flakes

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Pasta with creamy salmon sauce

This recipe is quick to make. It can be kept in the refrigerator for two days

Ingredients – to make 2 generous serves

- 1 cup of uncooked pasta shapes eg. macaroni, shells or twists
- 1 small onion or 1 shallot, chopped
- 1 tablespoon margarine (for cooking onion)
- ¼ cup milk
- 200g can condensed cream of chicken soup (you will need to buy a 410g can and use ½)
- 210g can salmon (drained)
- ½ cup grated cheese

Method

1. Cook pasta in lots of boiling water until just tender then drain
2. While pasta is cooking, melt margarine and cook onion using moderate heat
3. Stir soup and milk into cooked onion
4. Add the salmon. Break the salmon into small pieces
5. Stir in ½ the cheese
6. Place drained pasta into greased oven proof dish. Pour creamy salmon sauce over the pasta then sprinkle remainder of cheese on top
7. Place in a moderate (180) to heat for about 10 minutes

Tips

- Wholemeal pasta adds extra food value. Wholemeal pasta shapes cook in about 10 minutes
- Butter or oil can be used to cook onion instead of margarine
- Condensed asparagus soup or condensed vegetable soup could be used instead of chicken soup
- Left over soup can be kept in refrigerator for up to 3 days or frozen to keep for longer
- Tuna can be used instead of salmon
- You will not need to add any salt as both the soup and the cheese are salty. If you are on a restricted salt diet, don't use this recipe
- Rice could replace pasta
- It is not necessary to reheat in the oven. Just serve pasta (or rice) onto dinner plate then spoon hot creamy salmon sauce on top, sprinkle with remainder of cheese.

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Tuna curry

Ingredients to serve two

- 210g. can tuna, drained
- 1 tablespoon of margarine or butter
- 1 small onion, chopped
- 1 apple, chopped, no need to peel
- 1 banana, cut into 1/2 inch (1 centimetre) slices
- 1 tomato
- 2 teaspoons curry powder
- 1 tablespoon plain flour (or self- raising)
- 1 cup water
- 2 teaspoons chutney (if you have it)



Method

1. Melt margarine in a large saucepan or frying pan. Add onion and cook over moderate heat until just tender. Remove from heat
2. Stir flour in with onion and margarine. Cook gently for 1 minute, stirring all the time. Remove from heat
3. Add all other ingredients then simmer gently for about 3 minutes
4. Serve with rice or noodles

Tips

- Canned salmon or cooked chicken could be used instead of tuna
- If not wanting to cook rice from scratch, use packets of precooked savoury rice that need only a short time in the microwave. Follow directions on packet
- 'Dress curry up' curry and improve nutritional value by garnishing with slices of hard cooked egg.

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Fruit kebabs



Fruit kebabs require no cooking and are great for that Christmas day meal. Family or guests could help with the making.

You will need kebab sticks or skewers and a variety of fruit. Chunks or pieces of fruit (about 2 centimetres in size) Suitable fruits include water melon, pineapple (fresh or canned), peach, apricots and banana. To stop the banana going brown, dip in orange juice or the juice from canned fruit.

Thread fruit onto kebab sticks. Best to make fruit kebabs as close to eating time as possible however, they could be made early, covered and refrigerated until meal time.

Yoghurt dressing

This dressing is easy to make and can be used on salad, fish or cold meat. It will keep in the refrigerator for up to 4 days.

You will need

1 cup of plain yoghurt

1 tablespoon of lemon juice or 1 tablespoon of white vinegar

pinch of pepper

1/4 teaspoon of turmeric (if you have it) or 1/4 teaspoon curry powder

Method

Mix all ingredients together until smooth. Keep in a covered container in the refrigerator for up to 3 days.

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Tuna (rice base)quiche

Ingredients - to make 4-6 serves

Base

¾ cup brown or white rice

1 small onion, chopped (could be left out or replaced with shallot)

1 egg, beaten

Filling

2x180g. cans tuna

4 eggs, beaten

1 cup grated cheese

¾ cup milk

1 small onion chopped

¼ cup chopped parsley

Method

1. Cook rice, drain when cooked then mix with other base ingredients and press into greased baking dish
2. Mix together all filling ingredients and spoon over rice base
3. Bake in a moderate oven(180) for 1 hour or until filling has set

Tips

- The filling ingredients can be halved if you wish to make a smaller amount. Leave rice base ingredient amounts as per the recipe
- Rice can be cooked ahead of time. Cooked rice can be frozen
- This dish can be kept in refrigerated for up to 3 days.

Note: This recipe was also trialled serving rice separately (not as base for the quiche). This meant only the filling is baked in the ovenproof dish. If serving rice separately, cook your own rice or use precooked packet rice that only needs to be microwaved for 90 seconds (follow directions on packet).

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Spinach and ham slice

This recipe could be a tasty part of Christmas lunch. It can be served hot or cold.

Ingredients to serve 4 – 6

- 200g lean ham
- 1 onion chopped finely
- 1 cup (250ml) evaporated milk
- 1 ½ cups frozen spinach, well drained
- 1 tablespoon of butter or margarine
- 2 tablespoons plain flour
- 4 eggs, beaten
- 1 teaspoon French mustard (optional)
- 1 teaspoon mixed herbs (optional)

Method

1. Melt butter in large saucepan and fry onion using moderate heat until just soft. Remove from heat
2. Mix in the flour, return to moderate heat, cook for 1 minute stirring all the time. Remove from heat
3. Gradually stir in the evaporated milk then add ham, mustard and herbs
4. Add the spinach then stir in the eggs
5. Pour into a greased casserole dish and bake in a moderate oven for about 30 minutes or until firm to touch

Tips

- Cooked chicken or canned salmon or canned tuna could be used instead of ham
- ½ cup cream plus ½ cup milk could be used instead of evaporated milk
- To make individual serves, bake in greased muffin tins about 15 – 20 minutes
- For extra eye appeal, serve garnished with cherry tomatoes cut in half
- This dish is not suitable for freezing. Keep in the refrigerator for up to 3 days.

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Creamy potato bake

This dish could grace the Christmas table. It is easy and quick to prepare but will need about 1 hour to cook in a low to moderate oven (160 – 180).

Ingredients to serve 4 – 6 people

4 large potatoes

300 ml cream

1/2 cup milk 3/4 cup grated tasty cheese

2 crushed garlic cloves or 1 level teaspoon minced garlic (optional)

Method

1. Peel potatoes and cut into slices about 1/4 inch thick (about 1/2 centimetre)
2. Place potato slices into a greased baking dish (20cm x20cm or 8" x 8" with sides at least 2 1/2 inches high). There will probably be about 4 layers of potato slices
3. Pour milk and cream (mixed together) over the potato
4. Sprinkle with the cheese
5. Bake in a low to moderate oven (160 – 180) until potato is cooked. Test with a skewer or sharp knife
6. Serve with salad or other baked vegetables and Christmas ham.

Tips

- There is no need to peel clean smooth skinned potatoes, just wash
- Sweet potato could be used instead of (or as well as) potato
- Left over potato bake can be covered and kept in the refrigerator for up to three days.

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Food safety

Keeping food safe to eat is always important and even more important as we age.

The Christmas festive season in Australia occurs in the hottest months of the year. This is a wonderful time for sharing food with family and friends and it is important to keep food safe to eat.

We need to be especially careful as it is all too easy to leave high risk food out of the refrigerator for a length of time that would make it unsafe to eat. High risk foods are those foods in which bacteria thrive. High risk foods include all types of seafood, creamy mornay dishes, egg dishes, cooked rice, cooked pasta, all meats both hot and cold, dairy foods, soy products and meals made from dairy and soy foods.

High risk foods should not be left out of the refrigerator for more than 2 hours. This would be especially important if the food table is set up outside where there is no air conditioning.

It may be wise to throw high risk food away if it has been sitting at room temperature or outside for much longer than two hours.

It is probably better to waste some food than to have a food related illness.

If in doubt, throw it out!

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Bone health and preventing fractures

Healthy bones are important for the wellbeing of everyone but extremely important as we age.

How to help prevent bone fractures

Good nutrition is key to preventing fractures. Adequate Calcium, Vitamin D and protein will help to maintain good bone health. Think of these three nutrients as the same as a three-legged stool. All three legs are needed for the stool to be to be stable. All three nutrients are needed for bone health.

So what does each nutrient do, why are they important and where can we get them?

1. Calcium: Calcium is the building block of bones. It is also needed for teeth, nerve and muscle function and blood clotting. We can store calcium in our bones until around the mid-twenties. After that, if calcium needs are not met by food, calcium will be withdrawn from the 'calcium bank' in bones. This causes bones to become weaker and more prone to osteoporosis and fractures. People over about 60 years of age should aim to have four serves of dairy each day. A serve is 1 cup (250ml) milk or a small tub of yoghurt or 2 slices of cheese or 1 cup of custard. Soy milk is a suitable alternative to cow's milk if it has been fortified with at least 100mg. of calcium per 100ml of soy milk. Soft edible bones of canned fish provide calcium. A can of sardines provides 480mg of calcium (about 1/3 of daily needs).

2. Vitamin D: Vitamin D works with calcium to increase absorption of calcium into the bones. There is a very small amount of vitamin D in some foods but most will come from direct sunlight (UV rays don't penetrate glass). Try to be in sunlight for 10 - 15 minutes most days of the week (before 10 am and after 3pm – Eastern Standard Time). Expose arms and legs (face if you like). Sitting in the sun for that morning or afternoon cuppa is a great way to get vitamin D for the day.

3. Protein: Protein helps maintain bone health and muscle strength, reducing the risk of falls. Our muscle amount tends to reduce with age. To help rebuild muscle try to have about 25 – 30 g of protein at each meal. Great options to achieve this are: 2 eggs scrambled with extra cheese: a piece of meat about the size of the palm of your hand: a can of sardines provides 25g protein plus calcium.

For extra protein through the day you could snack on nuts or cheese and crackers, drink a glass of milk with morning tea and include dairy desserts such as custard, creamed rice and ice-cream. Add milk and/ or cheese wherever you can e.g. to mashed vegetables and soup.

What about supplements? If you think you may need calcium or vitamin D supplements, check with your G.P. If you take supplements, you still need protein and calories to help maintain muscle.

Putting it all together: Starting the day with scrambled eggs with cheese and a glass of milk, eaten outside in the sun is a great start to getting your calcium, protein and vitamin D. If you are able to go for a 30 minute walk after you have eaten, even better for muscles and bones!

Putting these small changes into practice will help support the health of bones and muscle and so reduce your risk of falls and bone fractures.

Samantha Stewart, Student Dietitian, Nutrition Services, Gosford Hospital, CCLHD



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