

Winter warming meals

Meatballs/meatloaves/hamburgers

Ingredients

- 500g lean minced beef
- 1 cup breadcrumbs
- $\frac{1}{2}$ cup rolled oats
- 2 Tbspns cold water
- 1 tspn minced garlic
- $\frac{1}{4}$ cup chopped parsley
- 1 tspn dried basil or 1 Tbspn fresh
- $\frac{1}{2}$ cup grated carrot
- 1 onion, finely chopped
- 1 egg
- 1 tspn garlic salt
- 1 tspn curry powder

Method

Place all ingredients in a bowl.

Mix well.

Use in a variety of ways

Meatballs: shape into balls the size of a walnut and place in one layer on a plate that can be microwaved. Microwave each plate full on high for 4 minutes. Drain any liquid off meatballs and place in one layer in an ovenproof dish. Pour pasta sauce over the top and bake for approximately 25 minutes at 180 C. Serve with pasta, rice or polenta.

Mini meat loaves: Lightly oil muffin tins, press in the mixture and shape into mini meat loaves. Top with tomato paste or pasta sauce and bake for around 20 minutes at 180C

Hamburgers: Shape into hamburger shapes and grill, barbeque or fry in a non-stick pan. Serve in a bun with relish/chutney, tomato slices, shredded lettuce, red onion, grated carrot etc

Health Habits for Main Courses:

- Use lean meats; no skin or fat
- Use oil spray or small amount of oil to brown or fry, not butter
- Bulk out meat dishes with lots of vegetables, lentils, kidney beans etc
- Do not add cream to enrich
- Where a recipe calls for coconut cream, use the light version
- Poach fish rather than fry it
- When using cheese, use Edam rather than cheddar
- On pizzas use lean meats/chicken/fish or baked/chilli beans; top with LOTS of veges

Fruit Crumble

Ingredients

Stewed, canned or bottled fruit eg apples, rhubarb, pears
Crumble topping:

- 1 cup rolled oats
- $\frac{3}{4}$ cup wholemeal flour
- $\frac{1}{2}$ cup brown sugar
- 2 tspns cinnamon
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{4}$ cup trim milk

Method

Place stewed fruit in ovenproof baking dish. Sprinkle over the crumble topping and bake at 180C for 15 - 20 minutes or until crisp and golden. Serve with custard or yoghurt.

To make crumble topping

Combine oats, flour, sugar, cinnamon and walnuts in a bowl. Add skim milk and mix. The mixture should stay together when pressed but should not be wet. Serves 6

Healthy Nibbles

Nutrition & physical activity information for primary schools
For more information visit: www.cph.co.nz