

Quick and Easy Nutritious Meals

First choose which starchy food you feel like eating – rice, pasta, potato, bread.

Rice based

To cook by microwave (2 serves): wash and drain $\frac{3}{4}$ cup white rice, add 1 $\frac{1}{2}$ cups water and pinch of salt, and cook uncovered on high for 10-12 minutes. Brown rice is best cooked slowly on cook top (approximately 25 minutes). Cooked rice can be frozen.

Serve with:

- Thinly sliced, cooked meat or chicken, frozen vegetables and add ready-made sauce.
- Tinned chili con carne/tortellini/ravioli and salad ingredients.
- Risotto ingredients – cooked sliced onion, diced ham, cooked or frozen vegetables.
- Diced lean pork and onion fried in a little oil with sweet sour sauce. Add microwave cooked florets of broccoli or cauliflower or sliced cabbage.
- Salad ingredients e.g. add diced celery, tomato, sultanas, chopped hard-boiled egg.

Pasta based

Cook pasta in plenty of boiling salted water according to directions on packet (fresh is usually 3-5 minutes, or dried approximately 10 minutes). Or choose pasta and vegetable mixes frozen ready to eat. Look for those with Pick the Tick logo also.

Serve with:

- Tomato based sauces or low fat creamy pasta sauces (less than 10%), fruit based, or sweet and sour sauce. Add a little diced and cooked meat or chicken, boiled egg, chopped nuts, tinned fish or tinned beans or peas for protein.
- Vegetables – canned or frozen. Serve with sliced or diced grilled lean meat or bacon.
- Canned fish- tuna, salmon in water, cooked chicken no skin, tinned cooked chickpeas or kidney beans with vegetables.

Potato based

Microwave each large potato for 6 minutes or boil or bake.

Serve with:

- Canned chili beans, salad vegetables and sparse sprinkling of cheese.
- Microwave cooked vegetables and canned or grilled fish.
- Mixed cottage cheese, creamed corn and cooked potato used as stuffing.
- Low fat oven fries with salad & canned fish in water or tomato sauce.

Bread based

Bread rolls or crusty French bread with chunky vegetable soup.

Flour tortillas or burritos filled with refried beans, served with salad & plain yoghurt.

Pita bread stuffed with cooked, diced lamb, salad and plain yoghurt.

Burgers – lean ham or beef steak and salad vegetables in flat baps or Burger buns.

Toast with baked beans and grilled mushrooms.

Bagels with a small serve of smoked salmon, salad vegetables & low-fat dressing.

Remember to keep frozen, canned or shelf-stable ready to eat low fat meals for times when you have no time at all to cook but want to avoid takeaways.