

Turkey Meatballs in Homemade Tomato Sauce

With the dark evenings closing in, this meatball dish is a real winter warmer.

Easy to prepare and cook, it freezes well and is ideal for the mid-term break. The kids will love it, so will the parents!

The table below shows the amount of food group servings per personal portion of this recipe.

This recipe feeds 4 and take 15 min to prepare and cook.



Protein	Restricted Veg	Free Veg
2 ½	1	¼

Ingredients

For the meatballs

- 480g turkey mince
- 2 eggs
- ½ tsp thyme
- 1 tbsp Worcestershire sauce
- 1 tbsp breadcrumbs
- 1 garlic clove, minced
- ½ onion, finely diced

For the sauce

- 800g chopped tomatoes
- 1 onion, finely diced
- 2 cloves garlic, minced
- 1 tsp Italian herb seasoning
- 1 red pepper, chopped finely
- ½ tsp salt
- ½ tsp pepper
- ½ tsp chilli flakes (optional)

Directions

1. Preheat the oven to 180°C
2. Mix all ingredients for the meatballs together in a large bowl, divide mixture into small balls.
3. Spread the meatballs out in a casserole dish.
4. For the sauce, heat a large heavy bottomed pan over a medium heat and spray with low calorie cooking spray.
5. Add the chopped onions, sauté them for 5 mins before adding the garlic and pepper. Cook for a further 2 mins.
6. Add the chopped tomatoes, salt, pepper, mixed herbs and chilli flakes if desired. Stir well and allow the mixture to come to a bubble before turning down the heat to a simmer.
7. After about 20 minutes remove from the heat and pour over the meatballs in the casserole dish.
8. Cook in the oven for about 20 to 25 minutes or until the meatballs are cooked through.

Mexican Fajitas

This recipe takes 15 minutes to get ready and serve.

It can double as a lunch or dinner recipe, depending on whether the kids are coming or going, or both as the case may be.

The table below shows the amount of food group servings per personal portion of this recipe.

This recipe feeds 4.



Protein	Carbs	Free Veg	Dairy
3	2	1	¼

Ingredients

- 400g of chicken or lean beef, sliced
- 1 red onion, finely sliced
- 1 red pepper, deseeded and chopped
- 2 jalapeno peppers, chopped up (optional)
- 1 red chilli, deseeded and chopped
- 2 garlic cloves, minced
- 5-6 drops of tabasco
- 1 packet of fajita seasoning mix

Should you wish you can also make your own fajita seasoning, you'll need:

- 2 tsp smoked paprika
- ½ tsp ground cumin
- 1 tsp salt (optional)
- 2 tsp chilli powder
- 1 tsp ground black pepper
- 1 tsp garlic powder
- ½ tsp oregano

• **To serve**

- • 4 tbsp low sugar salsa
- • 4 small tortilla wraps
- • 2 limes
- • Fresh coriander
- • 4 tbsp low fat natural yogurt

Directions

1. Spray a wok or non-stick pan with low calorie cooking spray. Add the meat and cook for 3-4 minutes.
2. Add the onions, garlic and peppers and cook for a further 3-4 minutes until soft.
3. Next add all of the dry seasonings followed by the tabasco.
4. Serve with toppings of your choice in a small wholegrain wrap.

Homemade Spiced Popcorn

Forget the microwave stuff, buy a bag of kernels and pop it yourself. You can then season the popcorn either sweet or savoury!

For something savoury...

Smoked Paprika Popcorn

Ingredients

- Zest of 1/2 lemon
- 2 tbsp vegetable oil
- 50g popcorn kernels
- 1 tbsp. chopped fresh thyme leaves
- 4 tsp. smoked paprika
- 1 tsp salt

Directions

1. Heat the oil in a large pot over a high heat and be extra careful that the oil does not burn. Add the popcorn kernels and cover.
2. Shake the pot often as the corn pops. When the popping slows to a few seconds between pops, remove from heat and let sit until the popping stops.
3. Transfer to a large bowl and drizzle with the lemon juice, sprinkle with thyme, paprika, and salt; toss again.

For something sweet...

Vanilla, Coconut and Cinnamon Popcorn

Ingredients

- 2 1/2 tbsp. of coconut oil
- 50g popcorn kernels
- 1 tbsp. coconut sugar
- 2 tsp. vanilla powder
- 3 tsp. ground cinnamon



Directions

1. Heat the oil in a large pot over a high heat and be extra careful that the oil does not burn. Add the popcorn kernels and cover.
2. Shake the pot often as the corn pops. When the popping slows to a few seconds between pops, remove from heat and let sit until the popping stops.
3. Heat the other half of the oil in a bowl in the microwave until melted, add in the rest of the ingredients and combine.
4. Pour the mix over the popcorn and toss again.

Create mini parcels of popcorn in squares of cling film or parchment paper tied with a Halloween themed ribbon and kids will be thrilled with something different!

Fruit Pops

Ingredients

- 300g fruit of your choice, bananas, apples and pineapple sticks work well
- 200g dark chocolate (70% dark or more)
- 2 tbsp of chopped nuts, dried fruit or desiccated coconut for decoration
- 12 wooden skewers



Directions

1. Start by cutting the fruit into small pieces, then skewer and place in the freezer until frozen.
2. Finely chop the nuts and dried fruit of choice, then set aside.
3. Melt the dark chocolate in the microwave or over a bain-marie. Keep the heat low and stir every few seconds.
4. When the chocolate has melted dip the frozen fruit pieces into the chocolate and lie flat on a tray, sprinkle with desired toppings.
5. Return to the freezer to set and serve when you're ready to eat them.

Make The Most Out Of Your Pumpkin

If you find yourself carving a pumpkin this year why not scrape out the insides and put the guts to good use?

The nutrient rich seeds are a great source of minerals such as zinc, phosphorus, magnesium, manganese, iron and copper. In addition, they contain vitamins E and K as well as the protein L-tryptophan which aids sleep and helps fight depression.

The low calorie pumpkin flesh is also a storehouse of many anti-oxidant vitamins such as vitamin-A, vitamin-C, and vitamin-E.

To roast the seeds

1. Preheat the oven to 150 degrees C. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.
2. Separate the seeds from the pulp and rinse the seeds in a colander under cold water.
3. Shake off as much liquid as possible and then spread the seeds in a single layer on an oiled baking sheet and roast for 30 minutes to dry them out.
4. Remove from the oven and add your spice of choice, I like to use 2 tsp freshly grated parmesan, 2 tsp of olive oil and 1 tsp Italian herb seasoning
5. Return to the oven and bake until crisp and golden, about 20 more minutes.
6. Leave to cool and store in an airtight container.



To use the flesh, try this coconut pumpkin soup!

Ingredients

2 medium onions, chopped
3 large garlic cloves, chopped
1 tbsp coconut oil
500ml vegetable stock
Flesh of 1 medium sized pumpkin, seeds removed
125ml of coconut milk
1 tsp salt
1/2 tsp black pepper

Directions

1. Preheat medium size pot on low-medium heat and swirl oil to coat. Add the onions and soften for a few minutes before adding the garlic, stirring occasionally.
2. Add the remaining ingredients, bring to a boil, cover and cook on low heat for 15-20 minutes.
3. When the soup is cooked, blend until smooth and creamy. Serve hot topped with roasted pumpkin seeds and coconut flakes!