

Recipe Makeover

Making a common family meal healthier is easy. All it takes is a few substitutions and you have transformed your meal.

Transform your meals with these helpful tips.

Step one: Look at the ingredients, aim to lower the fat, salt and sugar content. This can be achieved by eliminating, reducing or substituting ingredients. For example:

- Trim milk instead of blue milk
- Low fat/ light varieties of food e.g. edam cheese, lite coconut milk
- Choose lean meat
- Margarine/oil instead of butter
- Tomato based pasta sauce instead of creamy pasta

Step two: Increase the nutritional value of the meal by adding vegetables. This will make the meal go further, reduce the fat content and in many cases it will make a meal cheaper.

- Replace half meat with beans, lentils or vegetables
- Add colour and variety with fresh or frozen vegetables

Step three: Prepare and cook the ingredients to make the meal healthier.

- Cut the skin or fat off meat before cooking
- Bake with little or no oil, or grill
- Steam or boil vegetables

Macaroni Cheese This is a common family favourite, check out how this recipe can be modified to make it healthier for you and the family (**serves 4**).

Ingredients

225g Elbow macaroni cooked and drained
2Tbl Margarine (**Step 1:** instead of butter)
2tbls flour
2 cups of Trim milk (**Step 1:** instead of full fat milk)
5 slices of lean ham (**Step 1:** instead of bacon)
1 onion (**Step 2:** added)
1cup frozen peas/corn (**Step 2:** added)
1 tomato (**Step 2:** added)
1cup of Edam cheese (**Step 1:** instead of 2 cups of cheddar)
Salt and pepper to taste

Methods

1. Prepare macaroni, drain well
2. Dice onion and ham. Chop tomato into slices
3. In a saucepan, melt butter over a medium heat. Add the flour and stir to remove the lumps. Pour in low fat milk and cook until thickened. Season with salt and pepper
4. Add Macaroni, diced onion, ham and frozen vegetables. Add $\frac{3}{4}$ cup Edam cheese and stir
5. Add to casserole dish, top with $\frac{1}{4}$ c -Edam cheese and sliced tomatoes
6. Bake for 20 minutes at 180 °C

Healthy Nibbles

Nutrition Updates for High Schools

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Poari Hauora o Waitaha