



Speedy Meals

Kia ora koutou,

In our busy world, taking time to purchase and prepare healthy food is not always our highest priority. Inevitably from time to time we can be caught out by a deadline, a long day at work, or lots of sports and other activities. It is easy and tempting to succumb to the temptation of takeaways— pay the money and you have an instant meal with no dishes. Sounds fantastic!

However, most takeaways aren't cost effective and do not look after our health. A takeaway can be enjoyed at a special occasion— at the beach or at the park, with family and friends, rather than an everyday meal. You never know, by reducing the amount of takeaways you purchase you could be saving money!

Here are some 'healthy in a hurry' alternatives to takeaways

- Homemade pizzas with tomato paste, vegetables, lean meat and cheese
- Omelette— with vegetables such as mushrooms, frozen peas, carrots, spinach, or served with a salad
- Cooked hot chicken, wholemeal rolls, and coleslaw/ salad
- Homemade burgers— with falafel or mushrooms, salad, and wholemeal bread rolls
- Wraps— with chilli beans, salad, and cheese
- Fish and chips— with frozen baked fish, oven baked wedges, and salad
- Rice and tuna salad— brown rice (microwave packet), can of tuna and vegetables
- Poached eggs on toast with a handful of spinach
- Baked potato with chilli beans, cheese, and salad
- Chickpea curry— canned lentils/ chickpeas, can of Indian flavoured canned tomatoes and microwave packet rice with some vegetables

Speedy Nachos

- 1 onion, finely chopped
- 2 tins tomatoes
- 1 can chilli beans (mild or hot depending on taste preference)
- 1 can black beans, drained and rinsed
- 1 packet nacho or taco seasoning (look for low sodium varieties)
- 2 grated carrots
- 1 can whole kernel corn, drained and rinsed
- Plain corn chips, or wholemeal wraps
- Grated cheese
- Plain unsweetened yoghurt
- Avocado (if it is in season)

Methods:

Sauté the onion in a dash of oil until it is soft and clear. Add the rest of the ingredients apart from corn chips, cheese, and yoghurt, mixing as it heats through (this should take 10 - 15 minutes). You may need to add half a cup of water if the mixture is too dry. Serve with wraps, corn chips or even baked potatoes. Add your favourite toppings. Enjoy!

Ngā mihi nui,
Beyning