

Stracciatella Soup with Baby Spinach

Serves 4

\$1.85 per serve

Preparation time: 10 minutes, cooking time: 5 minutes

- 2 eggs
 - 4 cups chicken stock, salt reduced
 - 2 tbsp parmesan cheese, finely grated
 - 2 cups baby spinach leaves, washed
 - 2 tbsp chopped parsley
 - Freshly ground pepper
1. Bring the chicken stock to the boil
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 3. In a small bowl whisk the eggs and parmesan cheese.
 4. Reduce the heat, gently stir the stock and drizzle in the egg mixture.
 5. Stir gently to form thin stands of egg.
 6. Add the spinach, simmer for one minute, season with pepper and serve.



To serve:

1. Serve with crusty wholemeal bread.

Nutritional Analysis (not including sides)

Serving size: 300ml

	Quantity per serve	%DI / RDI*
Energy	515kJ	6%
Protein	7.7g	15%
Fat, Total	4.6g	7%
- Saturated	2.1g	9%
Carbohydrate	11.9g	4%
- Sugars	0.8g	1%
Dietary Fibre	2.4g	8%
Sodium	530mg	23%
Folate	51mcg	26%
Iron	2mg	17%
Vitamin A	160mcg	21%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

A serve of Stracciatella Soup with Baby Spinach is a good source of folate and a source of fibre, iron and vitamin A.

Egg Pan with Leg Ham, Red Onion and Capsicum

Serves 1

\$3.95 per serve

Preparation time: 10 minutes, cooking time: 15 minutes

- 2 eggs
- ½ small spanish onion, peeled and sliced
- ¼ red capsicum, de-seeded, washed and sliced
- 80g lean salt reduced leg ham, cut into large strips
- Spray oil
- Salt and pepper to taste
- 1 small crusty wholemeal bread roll

1. Preheat oven to 160c.
2. Use a fry pan with ovenproof handle, heat over medium heat and add the oil.
3. Add sliced onion and capsicum and sauté until semi soft.
4. Add ham, sauté for a further minute or two then place eggs on top.
5. Place in the oven and bake until eggs are done to your liking.
6. Remove pan from the oven and Place pan onto a heat resistant surface.
7. Eat straight out of the pan, be careful, as the handle will be very hot.
8. Serve with crusty bread rolls.

TIP

Add other vegetables such as mushrooms, celery and spinach.

Nutritional Analysis (not including sides)

Serving size:

	Quantity per serve	%DI / RDI*
Energy	1465kJ	17%
Protein	31g	62%
Fat, Total	16.6g	24%
- Saturated	4.9g	20%
Carbohydrate	19g	61%
- Sugars	4.2g	5%
Dietary Fibre	2.7g	9%
Sodium	560mg	24%
Folate	120mcg	60%
Iron	3.7mg	31%
Vitamin A	300mcg	40%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling

A serve of Egg Pan with Leg Ham, Red Onion and Capsicum is a good source of folate, iron and vitamin A and a source of fibre.



Pink Cupcakes

Serves 12

\$0.40 per serve

Preparation time: 15 minutes, cooking time: 25-30 minutes

Cupcakes

- 125g polyunsaturated margarine
- 1 cup caster sugar
- 3 eggs
- 1 tsp vanilla essence
- 1 ½ cups wholemeal plain flour
- 1 tsp baking powder
- ¾ cup low fat milk
- 24 muffin papers

Icing

- 25g polyunsaturated margarine
- 1 cup icing sugar
- 1 tbsp low fat milk
- Few drops of pink food colouring

1. Preheat oven to 180 c.
2. Place muffin papers in to cupcake baking trays.
3. Place margarine into a bowl and beat with an electric mixer until creamy and pale in colour.
4. Add sugar slowly until well combined.
5. Add the eggs very slowly one after the other.
6. Add the vanilla essence and beat until all ingredients are well combined.
7. Sift flour and baking powder, add half to the margarine mixture with half the milk, mix until well combined and repeat by adding the remaining flour, baking powder and milk.
8. Fill papers ¾ full, place into the oven and bake for about 25-30 minutes, insert a skewer into the middle of a cupcake if it comes out clean the cupcakes are ready.
9. Transfer to a cooling rack and set aside to cool completely.
10. For the icing, cream the margarine until pale and smooth.
11. Add the milk and half the icing sugar and a few drops of food colouring.
12. Beat until well combined than add the remaining icing sugar and beat to a light and fluffy spreadable texture.
13. Spread the icing onto the cold cupcakes and serve.

TIP

If the icing is to thin add a little more icing sugar, if it is to firm add more milk.

Nutritional Analysis

Serving size: 2 pink cupcakes = 90g

	Quantity per serve	%DI / RDI*
Energy	1180kJ (282Cal)	14%
Protein	4.4g	9%
Fat, Total	10.6g	15%
- Saturated	2.1g	9%
Carbohydrate	40.9g	13%
- Sugars	30.0g	33%
Dietary Fibre	2.0g	7%
Sodium	128mg	6%
Vitamin A	139mcg	19%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes



Egg, Smoked Salmon and Cucumber Double Decker Sandwiches

Serves 6

\$4.50 per serve

Preparation time: 10 minutes, cooking time: -

- 4 eggs, hard boiled and peeled
- 4 tbsp low fat mayonnaise
- 9 slices wholegrain bread
- 100g smoked salmon, sliced
- 1 medium size Lebanese cucumber, peeled and thinly sliced
- ¼ spanish onion, peeled and thinly sliced
- Pepper to taste

1. Place eggs into a bowl, add mayonnaise and pepper and mash with a fork.
2. Place four slices of bread onto a clean surface.
3. Top with salmon, cucumber and onion.
4. Top with another slice of bread and spread over the egg mixture.
5. Finish with the remaining bread slices.
6. Cut into fingers and serve.

TIP

Delicious with baby capers in the smoked salmon layer

Nutritional Analysis

Serving size: 1.5 fingers = 124g

	Quantity per serve	%DI / RDI*
Energy	763kJ (182Cal)	9%
Protein	12.2g	24%
Fat, Total	6.0g	9%
- Saturated	1.5g	6%
Carbohydrate	18.6g	6%
- Sugars	2.5g	3%
Dietary Fibre	2.2g	7%
Sodium	554mg	24%
Folate	53mcg	27%
Iron	1.5mg	12%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

A serve of Egg, Smoked Salmon and Cucumber Double Decker Sandwiches is a good source of folate, and a source of fibre and iron.



Omelette with Crab and Dill Filling

Serves 4

\$3.40 per serve

Preparation time: 10 minutes, cooking time: 3-5 minutes

- 8 eggs
- 2 tbsp reduced fat cheese, grated
- 300 g crabmeat, cooked
- 1 spring onion, finely sliced
- ½ bunch dill, chopped
- ¼ lemon, juiced
- Pepper

1. Turn on the grill to a medium heat.
2. In a bowl combine crabmeat, spring onion, dill, lemon juice and season with pepper.
3. Crack the eggs into a bowl add cheese and whisk, season with a pinch of pepper.
4. Heat a non stick fry pan, add a ¼ of the egg mixture and cook gently stirring occasionally until almost set.
5. Spoon a ¼ of the crab mixture onto the omelette, place under the grill to warm though.
6. Remove from grill and fold in a rolling motion.
7. Place onto a plate, garnish with sprigs of dill and sliced spring onions.
8. Repeat the process for to make the remaining omelettes.



To serve:

1. Serve with a side salad of rocket leaves, tomato, cucumber and grated carrot with a balsamic vinaigrette. To increase fibre.

TIP

Crab can be replaced with cooked, peeled and chopped prawns or smoked salmon.

Nutritional Analysis including side salad

Serving size: 326g

	Quantity per serve	%DI / RDI*
Energy	1100kJ (264Cal)	13%
Protein	33.6g	67%
Fat, Total	12.2g	17%
- Saturated	4.0g	17%
Carbohydrate	3.9g	1%
- Sugars	3.7g	4%
Dietary Fibre	2.0g	7%
Sodium	555mg	24%
Folate	92mcg	46%
Iron	3.0mg	25%
Vitamin A	532mcg	71%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

A serve of Omelette with Crab and Dill Filling is a good source of folate, vitamin A and iron and a source of fibre.

Eggs Kebab with Fresh Tomato Dressing

Serves 4

\$1.88 per serve

Preparation time: 10 minutes, cooking time: 10 minutes

- 8 eggs, almost hard boiled and peeled
- 2 tomatoes, seeded and chopped
- ½ red onion, finely chopped
- ½ clove garlic
- 1 tbsp white wine vinegar
- 1 tbsp extra virgin olive oil
- Sugar and pepper to taste
- 16 bamboo skewers

1. Place tomato, onion, garlic, vinegar and oil into a food processor and blend until smooth, season with sugar and pepper.
2. Cut the eggs in half longways and pierce a skewer through each of the halves.
3. Place into a bowl and serve with the tomato dressing on the side for dipping.



To serve:

1. Raw baby carrots, celery sticks and/or other vegetables for a healthy snack or a great addition to any barbeque.

Nutritional Analysis (not including sides)

Serving size: 4 kebabs with dressing = 290g

	Quantity per serve	%DI / RDI*
Energy	947kJ (226Cal)	11%
Protein	15.1g	30%
Fat, Total	15.7g	22%
- Saturated	4.0g	16%
Carbohydrate	5.4g	2%
- Sugars	5.1g	6%
Dietary Fibre	2.4g	8%
Sodium	135mg	6%
Folate	63mcg	32%
Iron	2.4mg	20%
Vitamin A	247mcg	33%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

4 Egg Kebabs with Fresh Tomato Dressing are a good source of folate and vitamin A and a source of fibre and iron.

Carrot and Muesli Muffins

Makes 12

\$0.75 each

Preparation time: 10 minutes, cooking time: 15 minutes

- 4 eggs
- 300g wholemeal self raising flour
- 300g muesli with mixed fruit
- 200g Carrots, peeled and grated
- 160g brown sugar
- 1 tsp ground cinnamon
- 165ml olive oil
- 12 muffin papers

1. Preheat the oven to 180 c.
2. Place muffin papers into a large muffin tin.
3. In a bowl combine flour, muesli, carrot, sugar and cinnamon.
4. Lightly whisk the eggs, add the oil and pour into the flour mix.
5. Mix with a wooden spoon until well combined.
6. Spoon evenly into the muffin tins.
7. Place into the oven and bake for 15 minute, insert a skewer into the middle of a muffin if it comes out clean the muffins are ready.
8. Rest in the tin for 5 minutes than transfer to a cooling rack.



TIP

Best result is with muesli that is full of fruit

Nutritional Analysis

Serving size: 1 muffin = 109g

	Quantity per serve	%DI / RDI*
Energy	1570kJ (376Cal)	18%
Protein	7.6g	15%
Fat, Total	17.4g	25%
- Saturated	3.4g	14%
Carbohydrate	44.4g	14%
- Sugars	20.6g	23%
Dietary Fibre	5.3g	17%
Sodium	247mg	11%
Iron	2.0mg	17%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

1 carrot and muesli muffin is a good source of fibre and a source of iron.

Chocolate Soufflé Omelette with Berries and Yoghurt

Serves 4

\$4.40 per serve

Preparation time: 10 minutes, cooking time: 10 minutes

- 4 egg yolks
- 8 tsp castor sugar
- 2 tsp vanilla essence
- 2 tbsp cocoa powder
- 8 egg whites
- 6 tbsp castor sugar
- 20g polyunsaturated margarine
- 2 cups Berries (Raspberries, Strawberries, Blueberries)
- 1 cup low fat yoghurt (vanilla)

1. Preheat oven to 180c
2. Place egg yolks, sugar, vanilla and cocoa into a bowl and combine with a wooden spoon.
3. Place egg white into a clean bowl and whisk until semi soft using an electric whisk.
4. Gradually add the sugar to the egg whites while whisking until mixture forms peaks.
5. Gently fold the egg whites into the egg yolk mixture.
6. Place a non-stick ovenproof fry pan onto the stove top, add margarine and heat.
7. Add omelette mixture and gently cook for 2-3 minute.
8. Place in the oven until just cooked.
9. Place berries and yoghurt in the centre, fold and serve immediately.



Nutritional Analysis (not including sides)

Serving size: 275g

	Quantity per serve	%DI / RDI*
Energy	1330kJ (318Cal)	15%
Protein	15.6g	31%
Fat, Total	9.1g	13%
- Saturated	2.5g	10%
Carbohydrate	41.0g	13%
- Sugars	40.1g	45%
Dietary Fibre	2.1g	7%
Sodium	199mg	9%
Folate	54mcg	27%
Iron	2.0mg	16%
Vitamin A	128mcg	17%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

A serve of Chocolate Soufflé Omelette with Berries and Yoghurt is a good source of folate and a source of fibre, iron and vitamin A.

Soft Boiled Eggs and Baked Potato Wedges

Serves 4

\$1.85 per serve

Preparation time: 5 minutes, cooking time: 10-15 minutes

- 8 eggs
 - 4 large potatoes, washed
 - 1.5 tbsp olive oil
 - Rosemary (finely chopped), pepper and paprika
1. Pre-heat oven to 180c.
 2. Cut potatoes into wedges, place into a bowl, add oil, seasoning and toss until well coated.
 3. Place potato wedges onto a baking tray lined with baking paper and place into the oven.
 4. Bake for about 10-15 minutes depending on the size of your wedges, tossing occasionally.
 5. In the meantime boil the eggs until soft in the centre.
 6. Place wedges on to a plate with the eggs, ready for dipping.



Nutritional Analysis

Serving size: 258g

	Quantity per serve	%DI / RDI*
Energy	1290kJ (307Cal)	15%
Protein	16.5g	33%
Fat, Total	17.2g	25%
- Saturated	4.1g	17%
Carbohydrate	20.3g	7%
- Sugars	1.2g	1%
Dietary Fibre	3.2g	11%
Sodium	138mg	6%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

A serve of Soft Boiled Eggs with Baked Potato Wedges is a good source of fibre.

French Toast with Berry Compote

Serves 2

\$4.05 per serve

Preparation time: 5 minutes, cooking time: 5 minutes

- 4 eggs
- 4 slices wholegrain bread
- ½ cup low fat milk
- 1 pinch ground cinnamon
- 1 tsp polyunsaturated margarine
- 1 cup berries (any type, fresh or frozen)
- 2 tbsp brown sugar

1. Whisk eggs, milk and cinnamon until combined.
2. Heat a non-stick fry pan and melt margarine.
3. Dip bread into egg mixture and fry gently on both sides for about 2-3 minutes.
4. Add berries to a small saucepan, add sugar and bring to a gentle simmer, be mindful not to overcook the berries.
5. Place French toast on to plates and serve with berries.

TIP

Cut bread into different shapes using a cookie cutter.



Nutritional Analysis

Serving size: 302g

	Quantity per serve	%DI / RDI*
Energy	1370kJ (328Cal)	16%
Protein	21.3g	43%
Fat, Total	11.8g	17%
- Saturated	3.3g	14%
Carbohydrate	31.8g	10%
- Sugars	10.1g	11%
Dietary Fibre	4.5g	15%
Sodium	433mg	19%
Folate	108mcg	54%
Iron	3.0mg	25%
Vitamin A	163mcg	22%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

A serve of French Toast with Berry Compote is a good source of fibre, folate and iron and a source of vitamin A.

Healthy Lentil and Tuna Frittata with Tomato Salad

Serves 4

\$2.90 per serve

Preparation time: 10 minutes, cooking time: 15 minutes

Frittata

- 8 eggs
- ½ cup low fat milk
- 1 can lentils
- 1 onion, diced
- ½ red capsicum, diced
- 1 can tuna in spring water
- Pepper to taste
- Spray oil

Tomato Salad

- 4 tomatoes, medium sized, cut into wedges (use different colours and shapes if available)
- ½ red onion, diced
- ½ bunch chives, chopped
- 1 tsp balsamic vinegar
- 3 tsp extra virgin olive oil
- Pepper to taste

1. Preheat oven to 180c.
2. Crack the eggs into a bowl add milk and whisk.
3. Spray an ovenproof pan or dish with oil place onto the stovetop and heat.
4. Add onions and capsicum and sauté lightly.
5. Add tuna and lentils, stir and then add the egg mixture.
6. Stir and place into the oven for around 15 minutes or until cooked.
7. In the mean time place tomatoes onto a plate, sprinkle with onions, chives and drizzle with oil and vinegar, season with pepper.
8. Remove frittata from oven, leave to cool for 5 minutes than remove from pan and cut into portion size triangles.

TIP

Use fresh basil leaves instead of chives.

Nutritional Analysis

Serving size: 439g

	Quantity per serve	%DI / RDI*
Energy	1200kJ (287Cal)	14%
Protein	24.5g	49%
Fat, Total	14.5g	21%
- Saturated	3.8g	16%
Carbohydrate	12.5g	4%
- Sugars	7.7g	9%
Dietary Fibre	4.6g	15%
Sodium	356mg	15%
Folate	109mcg	55%
Iron	3.8mg	32%
Vitamin A	315ug	42%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

