

HEALTHY EATING *on a budget*

— 5 meals from 10 ingredients, plus tips on healthy eating —



Sanitarium
The Health Food Company



Do you find yourself thinking you want to eat healthier, but think it's too expensive, or you're simply not sure where to start?

Our dietitians have created 5 vegetarian meals using just 10 ingredients, which will feed a family of four for dinner all week - for less than \$50! They've also shared their insights for getting the most out of your shop - more food, more nutrients, and more healthy dinners.

CONTENTS



HEALTHY EATING TIPS / FOUR



RECIPES & SHOPPING LIST / SIX



SHAKSHUKA / EIGHT



CARAMELISED ONION RICE / TEN



NOURISH BOWL / TWELVE



ROAST SWEET POTATO / FOURTEEN



BROCCOLI PIZZA / SIXTEEN



Nine tips for *healthy eating*

There's a common misconception that healthy eating has to be expensive, but nothing could be further from the truth. Meal planning, being mindful of your food and creating healthy habits, goes a long way in eating on a budget.



More food: Spread your budget further

1. Planning ahead - Planning can make a huge difference to your overall shopping costs. To make it simple we have a shopping list for our vegetarian meals to make it easy. When planning your dinner meals look for ways to minimise waste and use up everything you buy, so you don't end up with a rough half broccoli or one or two carrots you can't use.

2. Stock up with specials - Look out for specials when stocking up on more expensive pantry items like olive oil, nuts and seeds.

3. Buy seasonal - In season fruit and veggies - usually the fresh produce on special out the front of the grocery section - not only helps to keep your grocery bills within budget, but it is fresher, better for your wellbeing and the planet's health too.

More nutrients: Make each mouthful count

4. Power pairings - Some foods work together to help your body to better access the nutrients they contain. For example in our Roasted Sweet Potatoes with Tomato and Bean Stew recipe, the vitamin C in a tomato helps your body absorb more of the iron from the kale and beans. Another power combo is good fats with foods that contain fat-soluble vitamins A, D, E or K. So how does that play out in the pan? Drizzle olive oil on your orange veggies, like sweet potatoes, before baking for more immunity-strengthening vitamin A. Or add avocado to your nourish bowl with some broccoli, spinach or kale to absorb more of those fat-soluble vitamins - great for dry winter skin.

5. Swap don't skip - If you're missing an ingredient don't cut the veggie out of the recipe, simply swap it up. Generally, with a recipe calling for beans you can use kidney beans, chickpeas or lentils. A sweet potato

can often be swapped for white potato or pumpkin. Most of your leafy greens are interchangeable and often cruciferous vegetables (broccoli, cauliflower, Brussel sprouts, Bok Choy and cabbage) can be swapped around. This way your veggie count stays up and so do the nutrients you're getting.

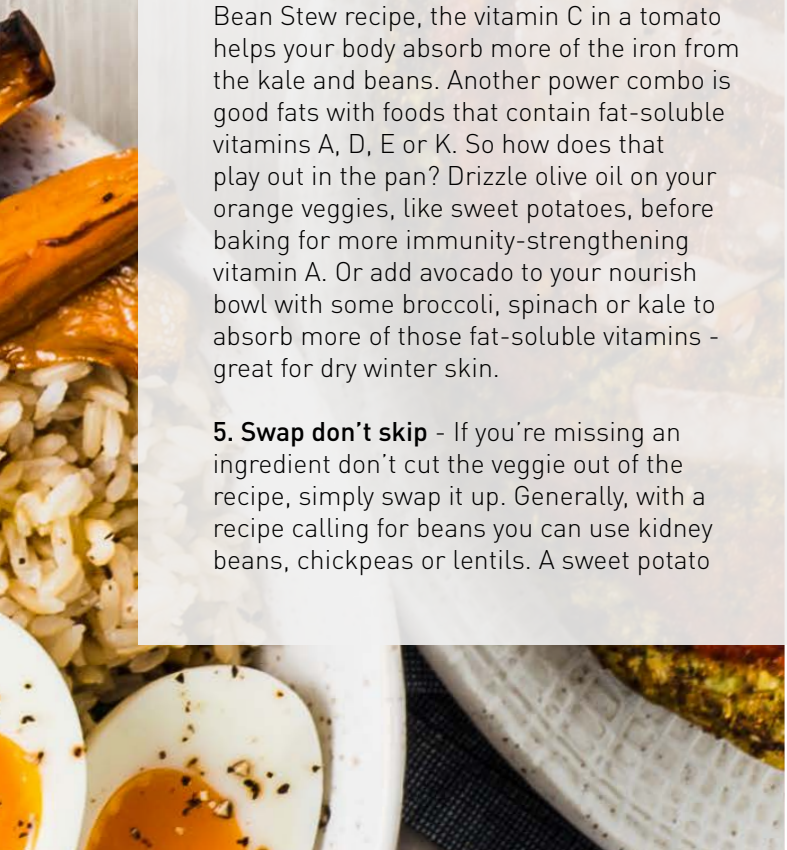
6. Frozen is ok too - Fruit and veggies don't have to be fresh to be healthy and packed with nutrients. Often for convenience and price, frozen veggies win out. Thankfully, the nutrient quality is similar to fresh veggies, because in many cases the vegetables are snap frozen within hours of picking. So, if frozen is easier for you, and it means you're eating more veg, then go for it.

7. Peel is unreal - For many fruit and veggies a lot of the fibre and powerful plant compounds are actually found in or near the skin. So whenever possible, give your fruit and veggies a good wash and eat them with the skin on. It's less time, less waste and much better for you than throwing away all those nutrients. There are a few exemptions when the skin is too hard and unpalatable like avocados, melons, bananas, oranges, etc.

More meals: Cook once, eat twice

8. Loving leftovers - Leftovers have been proven to taste better - you're not imagining it. This is because over time, flavours marinate and mature in a similar way to slow cooking. Extra tasty leftovers make an ideal lunch (we can vouch for the Caramelised Onion Rice in the meal plan) or can be reinvented into a new meal. Think about turning leftover roast veggies into a soup, adding them to a salad or sandwich, omelette or even using them as topping on a pizza.

9. Make friends with your freezer - Many dishes freeze incredibly well, so consider doubling recipes such as lasagnes, soups and casseroles and freeze leftovers. It's an instant healthy meal to reheat especially on nights you need a no fuss dinner.

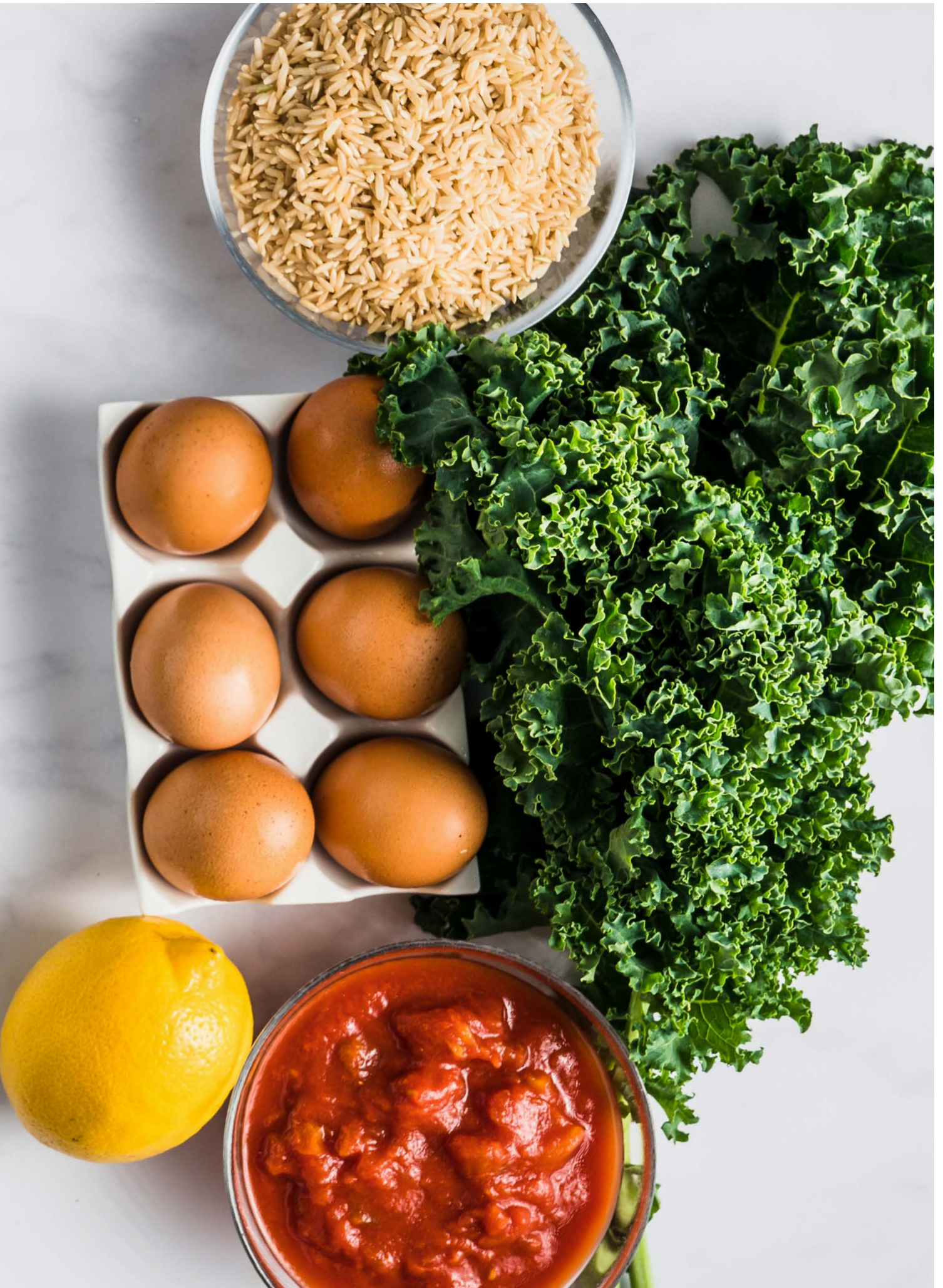




5 Vegetarian *Recipes*

INGREDIENTS LIST

- Broccoli, 4 heads
- Kale, 2 medium bunches
- Sweet potato, 6 medium
- Red onion, 4
- Tinned diced tomatoes, 4 tins
- Tinned cannellini beans, 4 tins
- Lemon, 3
- Brown rice, 1kg
- Parmesan, 150g-250g wedge
- Eggs, 12 pack



SHAKSHUKA



SERVES
4



PREP
5



COOK
25

INGREDIENTS

2 x 400g tins diced tomato
1 red onion, thinly sliced
4 large kale leaves, stems removed
1 x 400g tin cannellini beans, drained
4 eggs
2 cups cooked brown rice
2 tbsp grated parmesan, optional
1 tbsp olive oil
salt & pepper

This one pan dish makes for a hearty meal, any time of day.

1. Drizzle olive oil into a large skillet over medium heat. Add onion and cook 5 – 7 mins until onion just starts to soften and take on colour.
2. Add tomatoes and beans to onion and stir to combine. Reduce heat to low and simmer 10 – 15 minutes until thickened. Thinly slice kale leaves.
3. Increase heat to medium-low and add kale to skillet with tomato mixture. Stir for a minute or two until kale is wilted. Season sauce to taste with salt and pepper.
4. Make four indentations in the tomato mixture with a spoon. Carefully crack an egg into each cavity. Cover pan and cook 6-8 minutes, or until eggs are cooked to your liking.
5. Divide rice onto four plates. Spoon tomato sauce and eggs over rice, sprinkle with Parmesan, if using.

TIPS

- Swap wholegrain bread for the rice. Use any tinned beans you have in the pantry in place of cannellini. Kale can be replaced with baby spinach, silver beet, or other leafy greens. Use silken tofu instead of eggs for a vegan dish.
- Add a teaspoon of Italian herbs to the pan with the tomatoes, or turn up the heat with a good pinch of smoked paprika.



Use any leafy greens!



CARAMELISED ONION RICE



SERVES
4



PREP
5



COOK
45

INGREDIENTS

1 cup brown rice, rinsed and drained
1 1/2 cups water
2 red onions, thinly sliced
1 x 400g tin cannellini beans, drained
4 large kale leaves, stems removed
juice and zest from 1/2 lemon, plus lemon wedges to serve
4 fried eggs, optional
2 tbsp olive oil
salt & pepper

This simple meal is an unexpected explosion of flavour!

1. Drizzle 1 tsp oil into a medium saucepan over high heat. Add rice and stir to coat with the oil. Add water and bring to a boil. Immediately cover, reduce heat to low, and simmer 30 minutes. Remove pan from heat, keep covered, and set-aside for an additional 10 minutes.
2. While the rice cooks, prepare onions. Place a large skillet over medium-low heat, add remaining olive oil, sliced onions, and a good pinch of salt. Stir well, then cover and cook 10 minutes, stirring occasionally, until onions have started to soften.
3. Remove lid from onion pan, and cook a further 20 – 25 mins, stirring regularly, until onions are golden and caramelised. If the mixture looks a bit dry, add a small splash of water halfway through cooking.
4. Thinly slice kale leaves. Stir kale through caramelised onions, cooking just long enough to wilt. Add cooked rice and drained beans to pan with the onions, stir to combine. Season to taste with lemon juice, zest, salt and pepper.
5. Divide rice into serving bowls. Serve topped with a fried egg, if using, and extra lemon wedges.

TIPS

- Swap cannellini beans for any tinned beans you have in the pantry. Replace kale with zucchini or another leafy green.
- Add 1/2 tsp each ground cumin and ground coriander to the oil before adding the rice. Top rice with fresh parsley or coriander leaves before serving.

VEGETARIAN NOURISH BOWL



SERVES

4



PREP

5



COOK

25

INGREDIENTS

2 medium sweet potatoes,
scrubbed
4 large kale leaves, stems
removed
1 head broccoli
4 eggs
1 x 400g tin cannellini beans,
drained
1 cup cooked brown rice
1/4 cup shaved parmesan,
optional
juice from 1/2 lemon
1/4 cup olive oil
salt & pepper

Prep your ingredients in advance and pack up leftovers for a quick grab and go lunch!

1. Preheat oven to 180°C. Cut sweet potato into wedges and toss with 2 tsp olive oil. Arrange in a single layer on a lined baking tray and season with salt and pepper. Roast 25 mins, or until golden and tender. While sweet potato is roasting, prepare other ingredients.
2. Tear kale leaves into bite-sized pieces. Drizzle a further 2 tsp oil into a skillet over medium-high heat. Add kale, and a pinch of salt and pepper, and cook 3 - 5 minutes until tender.
3. Cut broccoli into florets. Leave raw, or blanch in boiling water for 30 seconds until bright green. Cook eggs to your liking.
4. Whisk together lemon juice and remaining olive oil to make a dressing. Stir a spoonful of dressing through the cannellini beans.
5. To serve, divide sweet potato, kale, broccoli, eggs, beans and rice into four bowls. Drizzle with dressing and sprinkle with parmesan cheese to serve. Alternatively, prep in advance and assemble in containers.

TIPS

- Use wedges of pumpkin or carrot battons instead of sweet potato. Swap cannellini beans for any tinned beans you have in the pantry. Replace eggs with quickly stir-fried firm tofu.
- Grate a clove of garlic into pan with kale as it cooks. Sprinkle seeds or nuts on top of bowl for extra crunch.
- For a soft-centred egg, cook in a pot of simmering water for 6 1/2 minutes.

Filling and nutritious!





ROASTED STUFFED SWEET POTATOES



SERVES
4



PREP
5



COOK
1 hr

INGREDIENTS

4 medium sweet potatoes
1 x 400g tin diced tomato
1 x 400g tin cannellini beans,
drained
1 red onion, diced
1 head broccoli, chopped
2 tbsp grated parmesan, optional
1 1/2 tbsp olive oil
salt & pepper

Dress up simple roasted sweet potatoes with a rich tomato bean stew.

1. Preheat the oven to 200°C. Line an oven tray with baking paper.
2. Place sweet potatoes on prepared tray and prick all over with a fork. Drizzle with 1 tsp olive oil and use your hands to evenly coat the potatoes. Sprinkle with a pinch of salt.
3. Bake sweet potatoes approximately 1 hour, or until golden on the outside and very soft on the inside. Prepare tomato topping while potatoes roast.
4. Place a large saucepan over medium heat, add onion and remaining olive oil. Cook onions 3 – 4 minutes until starting to soften. Add tomatoes, beans and broccoli to pan. Reduce heat and gently simmer 10-15 minutes until thickened. Season with salt and pepper.
5. To serve, place sweet potatoes onto plates and split lengthwise. Spoon over tomato stew, and sprinkle with parmesan if using.

TIPS

- Replace broccoli with cauliflower, kale, or zucchini. Use any tinned beans you have in the pantry in place of cannellini.
- Add a teaspoon dried Italian herbs, paprika, or cumin, to the tomato stew.

BROCCOLI & PARMESAN PIZZA



SERVES

4



PREP

10



COOK

25

INGREDIENTS

2 heads broccoli with stems,
roughly chopped (approx. 1 kg)

4 eggs

3/4 cups grated parmesan (75g)

salt & pepper

FOR THE TOPPING

3/4 cup tinned diced tomato,
mashed with a fork

1/4 cup shaved parmesan, or
more to taste (25g)

Pizza crust made with broccoli? You bet!

1. Preheat the oven to 200°C. Line two large, or four small, oven trays with baking paper. It's important to line your trays so the bases don't stick.
2. Place broccoli into a food processor and pulse in short bursts until it resembles the texture of rice or breadcrumbs – you may need to do this in batches. Alternatively, grate broccoli florets and stems with a fine grater.
3. Add eggs, grated parmesan, and a good pinch of salt and pepper to the riced broccoli. Mix well.
4. Divide broccoli mixture onto prepared trays and press into 4 x 22 cm rounds. Bake 20 - 25 mins until firm in the centre and starting to brown on the edges.
5. Remove bases from oven, spread with tomato, and sprinkle with shaved parmesan. Return to oven and bake a further 6 – 8 minutes. Cut into wedges to serve.

TIPS

- You can replace broccoli with cauliflower.
- Top bases with mozzarella cheese - in addition to, or instead of, Parmesan. Get creative with your favourite pizza toppings. Generously sprinkle pizza with dried Italian herbs, oregano, basil, or chilli flakes.






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