

Easy Meals with Vegetables

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Heart Foundation Nutrition Philosophy

- Emphasis on eating mostly **vegetables and fruits**
- **Real foods** as close to how they are found in nature
- Stronger **focus on foods**, less focus on nutrients
- **Provide solutions/help/support** rather directing people
- Focus on **life skills** as mechanisms to good nutrition





Vegetable consumption



Vegetable consumption declining

- Only 51.7% of children = required number of serves
- Only 61.2% of adults = required number of serves

Lowest amongst non European and areas of high deprivation

Principal Partners



Involvement of Industry Associations



Skill Cards

Food skill information

- Availability
- Storage
- Preparing
- Cooking

Recipe

Hard copies ordered from HPA

Silverbeet



Available
All year round.

Buy
Choose crisp green leaves with firm stalks. Avoid leaves that are wilted or damaged.

Store
In plastic bags in the fridge.

Prepare



Wash stalks and leaves. Slice stalks. Remove centre stalks and slice. Slice leaves.

Cook
Can be:



Boiled Steamed Stir-fried

Added to:

- Soups
- Stews
- Baked dishes

Leek



Available
All year round. Limited supply from November to February.

Buy
Choose medium stems with fresh green tops and lots of white stem.

Store
In the vegetable bin in the fridge.

Prepare



Wash to remove any soil. Slice off the root end. Cut in half. Cut into even lengths. Slice stems and leaves.

Cook
Can be:



Steamed Stir-fried Baked Soup

Beetroot



Available
All year round. Most plentiful November – April.

Buy
Roots should be smooth with a firm skin. Red and golden varieties are available.

Store
In the vegetable bin in the fridge.

Prepare



Wash to remove the soil. Remove the tops and root end. Peel the beetroot. Grate the beetroot raw.

Tip Leave the skin on when cooking, this prevents colour loss. Rub the skins off cooked beetroot.

Cook
Can be:



Boiled Roasted Salad Preserved

Baked frittata (serves 4)



Ingredients

- 1 tablespoon canola oil
- 1 onion, peeled and sliced
- 4 eggs
- 1 cup milk
- 4 cups grated kumara
- 2-3 leaves silverbeet, finely sliced
- Ground pepper to taste

Method



1 Heat oil in a large pan, add onion and cook until clear. 2 Beat eggs and milk in a large bowl. 3 Add grated kumara. 4 Add finely sliced silverbeet. 5 Mix well and place in an oven dish. Bake at 180°C for 1 hour or until the mixture is set and golden brown.

Leek and lemon risotto (serves 4)



Ingredients

- 6 cups water
- 2 stock cubes
- 2 tablespoons oil
- 1 leek, washed and chopped
- 2 cloves garlic, crushed
- 1 cup short grain rice (motto rice)
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice

Method



1 In a pot boil the water. Add the stock cubes. In a separate pot, heat the oil and gently cook the leek and garlic until soft. 2 Increase the heat and add the rice to the leeks. Continue to cook for 2 minutes. Then add 1 cup of stock. 3 Once the stock is absorbed, add the rest cup. Continue to add until the rice is cooked and has a thick consistency. 4 Add the lemon zest and juice and stir through. Serve. 5

Beetroot, carrot and apple salad (serves 6)



Ingredients

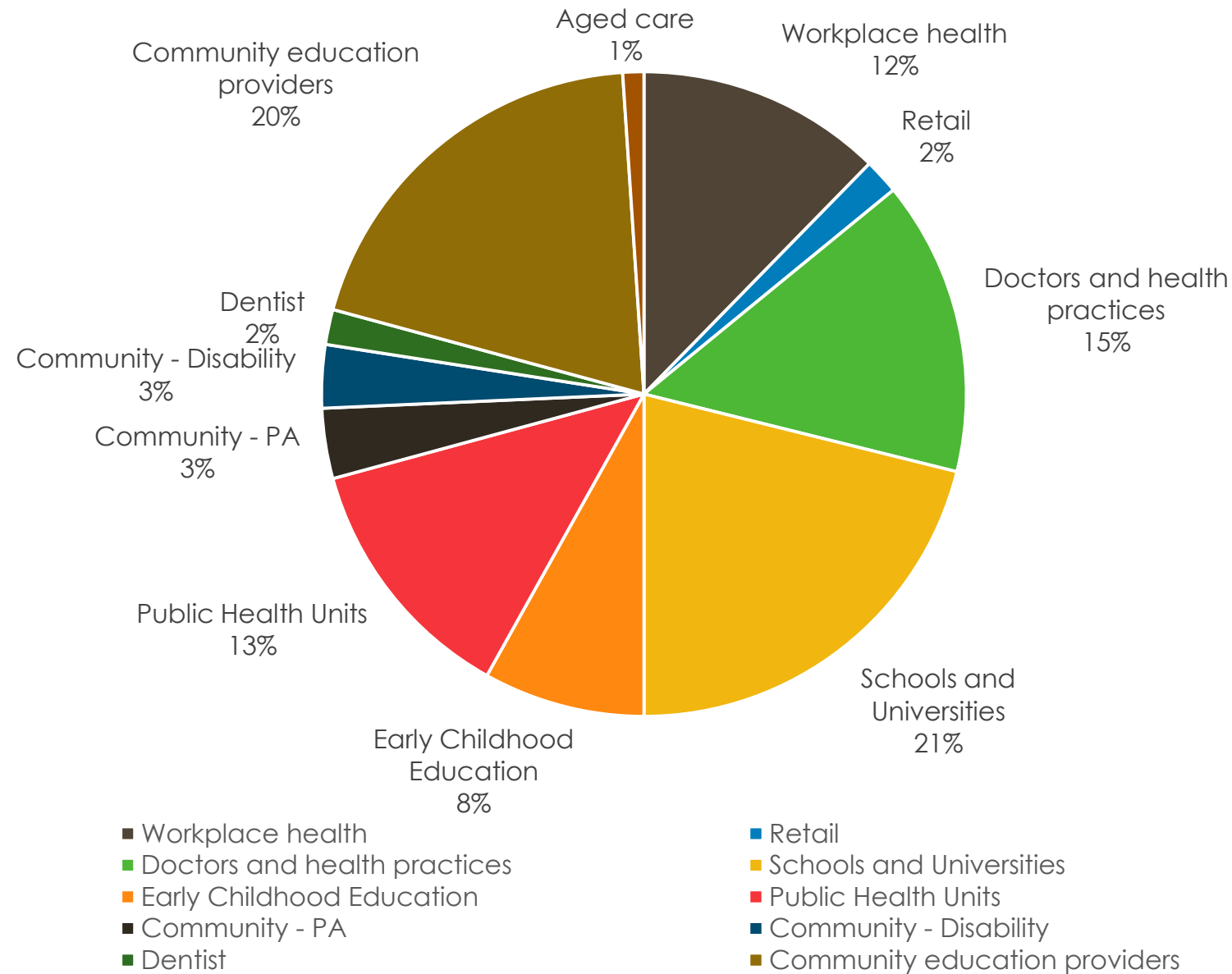
- 2 large beetroot, peeled and grated
- 3 medium carrots, peeled and grated
- 2 apples, grated
- 1 cup orange juice
- 1 cup oil
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin

Method



1 Toss the grated beetroot, carrot and apple together in a large bowl. 2 In a small bowl mix the orange juice, oil, paprika and cumin. Make sure there are no lumps. 3 Pour the dressing over the salad. 4 Mix well. Serve in a bread roll or as a side salad with cooked meat.

Who is ordering the cards ?



Evaluation of cards

56/63 people either strongly agree or agree with the statement: The Easy Meals with Vegetables cards help the people I work with by improving their confidence preparing and cooking vegetables

Quotes: How do you use the cards?

'To educate our clients about healthy cooking and how it's cheaper than relying on takeaway foods all the time, and how easy it is to create healthy foods that are filling and beneficial to their mental health.'

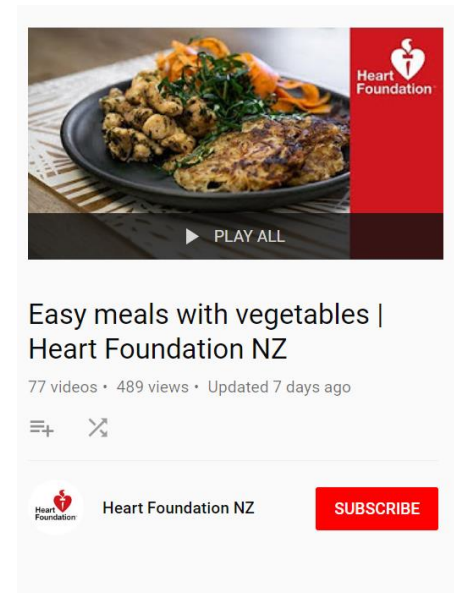
'Every week we supply approx 50 fruit and veg bags to local community at affordable prices - primarily low income families. We place one of these cards in each bag, as a way of showing families how they could use some of this produce.'






' Supplied as a bundle to women attending a smokefree pregnancy workshop. Families that smoke often have poorer diets due to a reduced food budget after buying cigarettes. They are always very well received' particularly the simple recipes.

Evaluation of cards

- Recommendations
 - Better promotion of the cards
 - Option of producing the cards in A5 format (potential booklet format)
 - Expand the information in the cards (frozen vegetables, freezing, microwave cooking, and examples of what vegetables go with what)

Videos



- 1  Pan-fried chicken recipe | Heart Foundation NZ
Heart Foundation NZ 1:49
- 2  Pasta tomato sauce | Heart Foundation NZ
Heart Foundation NZ 1:16
- 3  Egg fried rice - healthier recipe | Heart Foundation NZ
Heart Foundation NZ 1:19
- 4  Healthier potato salad recipe | Heart Foundation NZ
Heart Foundation NZ 0:56
- 5  Roasted seasonal vegetables recipe | Heart Foundation NZ
Heart Foundation NZ 1:33

<https://www.youtube.com/watch?v=78XDUAGSdZc>



TUNA MAC 'N' CHEESE

Food Technology resources <https://www.heartfoundation.org.nz/educators/edu-resources/food-tech>



Let's teach children about food and cooking.

We've developed a range of health and nutrition resources for Food Technology lessons. All are available for free download.

Use the categories below to take a look at the unit plans, posters, school worksheets and more that we have to offer.

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It's time for students to upskill their food knowledge with our colourful skill cards... [more»](#)

Videos

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Acknowledgements

Ministry of Health

