

Our next meeting will be held on Tuesday 26th July at 7 pm.

Please mark the date in your diary.

If you have enjoyed the program tonight, do invite your family and friends to our next meeting.

See you then.

Contact Lynette on 0409 215 436 for more information and bookings



The Family Who Eats Together Stays Together

When was the last time your family enjoyed a meal together?

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://hamilton.adventist.org.au/hrc>

EATING for HEALTH

RECIPE CLUB

28th June, 2016



COOKING WITH ANDREW

- **COSMOPOLITAN SALAD[®]**
- **MINESTRONE**
- **SAUCY CHICKPEAS**
- **BANANA CRUMBLE**

A Community Service of the Seventh Day Adventist Church

Cosmopolitan Salad ©

makes approximately 6 cups

½ medium Continental Cucumber, diced, or 1 small Zucchini, grated
1 stick Celery, diced
½ Red Capsicum, diced
1 Tomato, diced or ½ punnet Cherry Tomatoes
2 Spring Onions (green tops included), sliced
1 carrot, peeled & coarsely grated
400g can 4-Bean Mix, drained and rinsed (or equivalent home-cooked)
1 tablespoon chopped parsley

1. Mix all ingredients together in a large bowl.
2. Stir through chilled Tomato French Dressing just before serving.

Serving suggestion:

- Makes a nourishing and sustaining meal when accompanied by a wholemeal bread roll.

Variation:

- May use any legume (eg. chick peas) instead of 4-bean mix.

Hint:

If taking as a packed lunch, put the dressing in a small, separate container, and stir through just before eating.

Tomato French Dressing

½ cup tomato soup	¼ cup lemon juice
1 tablespoon oil	1 teaspoon minced onion
⅛ teaspoon salt	2 teaspoons honey

Beat or blend all ingredients together and chill.

Hint:

Suggest making several quantities of dressing and freezing in quantities to suit needs.

~ NOTES ~

~ NOTES ~

Minestrone

makes 8 cups for \$5 approx.

1 Garlic Clove, crushed
1 Onion, diced
1 Carrot, diced
1 Celery stick, chopped
1 litre Water
1½ Massel 'Chicken style' stock cubes
½ cup Wholemeal Pasta Spirals
1 teaspoon Italian Herbs or Dried Basil
400g can Tomatoes with juice, chopped
1½ tablespoons Tomato Paste
400g can 4 Bean Mix, drained
1 tablespoon chopped fresh Parsley, for garnish

Method:

1. Place the vegetables, water, stock cubes, wholemeal pasta and herbs in a large saucepan.
2. Cover and simmer until the vegetables and pasta are tender (approximately 20 minutes).
3. Add the tomatoes, tomato paste and beans and reheat.
4. Serve with a sprinkle of chopped parsley.

Serving Suggestions:

- With wholemeal bread or heated wholemeal bread rolls, this makes a very satisfying, delicious and nutritious meal.
- Great for a packed lunch using a thermos.

Saucy Chick Peas

makes approx. 5 cups

note: 1 metric tablespoon = 20 ml or 4 teaspoons

2 large onions, diced

½ cup water

1 Massell “chicken” Ultracube (contains no animal products or trans fat)

½ cup tomato paste

2 tablespoons tahini (sesame seed paste) OR ¼ cup peanut butter

400g can diced tomatoes

400g can chick peas, drained

Method:

1. Steam onions in water until tender.
2. Add Ultracube, tomato paste and tahini (or peanut butter) and stir until well combined.
3. Add remaining ingredients, heat through and serve.

Variations:

May substitute black-eyed peas, cannellini, lima beans or pinto beans, etc., for chick peas.

Serving suggestions:

- Delicious served over hot brown rice or toast.
- May also top with mashed potato (like a Shepherd’s Pie).
- Makes a great filling in a toasted sandwich maker.

Note: It’s ideal to eat legumes daily.

Banana Crumble

serves 4-6

note: 1 metric tablespoon = 20 ml or 4 teaspoons

1 tablespoon margarine

1 tablespoon honey

6 bananas

1½ cups Light & Tasty or Sustain (cereal)

Method:

1. Melt margarine and honey together in bowl in microwave or in a saucepan using gentle heat.
2. While this is happening, slice bananas into a shallow ovenproof dish (a flan dish is ideal).
3. Pour Light & Tasty into honey and margarine mixture and fold through to coat the flakes.
4. Spread over bananas and bake approx. 15 minutes at 180° C.
5. Serve immediately.

Note:

This is very quick, delicious and wholesome recipe. It’s also a real life-saver when unexpected guests arrive if you have the ingredients on hand! If placed in the oven when the main course is commenced the timing is perfect.