



RECIPE IDEAS

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THE UOW NUTRITION AND
DIETETICS ASSOCIATION

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TUNA AND OLIVE PASTA

SERVINGS: 2 | TIME: 30 MINS | TOTAL POINTS: 7

INGREDIENTS:

2 x 95g cans Tuna in olive oil
 $\frac{3}{4}$ cup of Tomato pasta sauce
250g Penne pasta

$\frac{1}{2}$ Onion, quartered
 $\frac{1}{2}$ Garlic clove
 $\frac{1}{2}$ cup finely chopped Parsley leaves
1 tsp olive oil
 $\frac{1}{2}$ cup pitted Kalamata olives
Salt and pepper to season

METHOD:

1. Drain tuna in olive oil into a strainer held above a saucepan, induce medium heat and add olive oil.
2. Finely chop onion and garlic, transfer to a bowl and add finely chopped parsley leaves. Add mixture to saucepan, stir occasionally for 7 minutes or until softened. Add tomato sauce, bring to the boil, then reduce heat to low and simmer uncovered for 10 minutes or until slightly thickened.
3. Meanwhile, cook pasta according to packet directions in a large saucepan of salted water. Then drain.
4. Stir drained tuna, olives and cooked pasta into the sauce, then stir over low heat until well combined and heated through. Season to taste, then serve.

OVERNIGHT OATS

SERVINGS: 1 | TIME: 3-5 MINS | TOTAL POINTS: 7

INGREDIENTS:

$\frac{1}{2}$ cup of Oats
 $\frac{3}{4}$ cup of Milk
Fruit salad pack

METHOD:

1. Mix all ingredients together
2. Refrigerate covered overnight





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BAKED BEANS & TOAST

SERVINGS: 2 | TIME: 5-10 MINS | TOTAL POINTS: 2

INGREDIENTS:

Baked beans with tomato sauce

Parsley, chopped - bunch

Red onion, chopped

Toast - Try low GI/multigrain or
wholemeal options

METHOD:

1. Heat up the fry pan and add the baked bean.
2. Add chopped red onions. Mix in the fresh parsley through
3. Meanwhile, Toast bread slices
4. Serve



CREAMY RICE PUDDING

SERVINGS: 4 | TIME: 50 MINS | TOTAL POINTS: 7

INGREDIENTS:

2 litres low-fat milk or milk alternative

2 cups medium-grain white rice

2 teaspoons of vanilla extract

Honey and/or cinnamon to serve

METHOD:

1. Add milk to a large saucepan over medium heat, mix in vanilla extract, and bring to a simmer.
1. Stir in rice, then cook partially covered on low heat, mixing regularly, for 45 minutes or until the mixture has thickened and the rice is cooked.
1. Serve warm, or cold from the fridge with honey and/or cinnamon.

