

Some basic recipes can be used in different ways to add variety to your menu, while saving you time and money.

**Note:** The recipes below make approximately 10 to 12 items.

## Serving suggestions for basic recipes

### Basic recipe

#### Pizza supreme topping

- ¼ cup (70g) tomato paste
- 1 cup (275g) reduced salt lean ham, diced
- 2 cups (300g) green capsicum, diced
- 2 cups (140g) button mushrooms, sliced
- 2 cups (160g) reduced fat cheese, grated

Combine ingredients in a bowl and store in the fridge.

This topping is best served hot.

#### Hawaiian mix

- ¾ cup (70g) tomato paste
- 1 cup (275g) reduced salt lean ham, diced
- 1 cup (150g) or 1 small can (225g) crushed pineapple (in natural juice), drained
- 1 cup (70g) button mushrooms, sliced
- 1½ cups (140g) reduced fat cheese, grated

Combine all ingredients and store in the fridge. Mixture should be sticky enough to hold together. If not, add more tomato paste or other tomato condiment.

This topping can be served hot or cold.

#### Crunchy tuna mix

- 1 large can (425g) tuna in spring water, drained
- 1 can (210g) corn kernels, drained and rinsed
- ½ cup (75g) celery or capsicum, diced
- ½ cup (75g) spring onions, chopped
- ½–1 cup (125–150mL) low fat mayonnaise
- Pepper to season

Combine ingredients in a bowl and store in the fridge.

This topping is best served cold.

### Serving suggestions

Use in a variety of menu items, for example:

- English muffins
- Pita pizzas
- Regular pizza bases
- Pizza pinwheels (using scone or pizza dough)
- Pizza subs (halved bread rolls)
- Hot wraps, pita pockets or hot rolls (hollow out, stuff with filling, heat)
- Toasted sandwiches
- Jacket baked spuds
- Filo parcels
- Bread cases
- Stir through hot pasta and top with grated cheese for a pasta bake
- Sandwiches, rolls, wraps and sushi



## Serving suggestions for basic recipes

### Basic recipe

#### Beef and bean bolognese or taco mix

- 500g lean beef mince
- 1 onion, peeled and chopped
- 2 cloves garlic or 1 teaspoon garlic paste
- 1 tablespoon (15mL) oil for frying
- 1 can (400g) red kidney beans (rinsed thoroughly)
- 2 large cans (800g) diced tomatoes
- ½ cup (140g) tomato paste
- Seasoning to taste – pepper, mixed herbs or 2 teaspoons taco seasoning

Heat oil in a frypan or saucepan. Sauté onion and garlic. Add meat and brown, breaking up clumps of meat. Drain juices from pan and discard. Add tomato paste, canned tomatoes and kidney beans and stir through. Add desired seasonings and simmer until cooked.

This topping is best served hot.

#### Spinach and ricotta filling

- 2 cups fresh spinach, cooked, or 250g frozen spinach
- 1kg reduced fat ricotta
- 2 eggs
- Pepper for seasoning

Combine ingredients in a bowl and store in the fridge. This recipe is only suitable for cooked items such as filo parcels or for vegetarian pizzas.

For a tasty alternative, replace 250g of ricotta with 250g of reduced-fat fetta.

This topping is best served hot.

### Serving suggestions

Use in a variety of menu items, for example:

- English muffins
- Pita pizzas
- Toasted sandwiches
- Bread cases,
- Hot wraps, pita pockets or hot rolls (hollow out, stuff with filling, heat)
- Pinwheels (use scone/pizza dough)
- Filo parcels or spinach and ricotta rolls (made with filo pastry)
- Stir through hot pasta and top with grated cheese for a pasta bake



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