

# 3 Healthy + Affordable foods

## Legumes, pulses & lentils

These foods are some of the best sources of protein from plants, they are also very cheap compared to meat.

Some examples: chickpeas, lentils, black beans, cannellini beans, butter beans, kidney beans, navy beans, borlotti beans, haricot beans.

You can buy them canned or dried in the bulk bins. Canned legumes can be used straight away (just drain them), dried legumes/beans need to be soaked overnight (throw away the water) before boiling them in water until they are just soft.

- Try brown lentils mixed with canned tomatoes and frozen mixed vegetables for a healthy, nutritious and filling meal
- Use ½ the amount of mince you usually would and add brown lentils and grated carrot to bulk out the meal
- Drain canned chickpeas and mash with a potato masher adding lemon juice, garlic and a dash of oil to make hummus (a healthy dip – scoop onto carrot sticks, cucumber and capsicum)

## Canned tomatoes

Not only are canned tomatoes very reasonable, they can also be the base of many great healthy meals. Try using them to make:

- *Soup* – canned tomatoes mixed with LOTS of any vegetables you have
- *Pasta sauces* – onions cooked with garlic, canned tomatoes, oregano/basil + vegetables (remember to use more vegetables than pasta)
- *Homemade baked beans* – cook up onion, garlic, add canned butter beans and canned tomatoes (can add spices for a bit more flavour)
- *Red poached eggs* – cook up onion and garlic, add canned tomatoes and crack in 2 eggs and cover to poach until the eggs are just cooked

## Eggs



Eggs are a very nutritious source of healthy fats and protein. They are also very cheap!

- Hard boiled eggs (boil in shell for 8 minutes) sliced up and added to lettuce, carrot and tomato as nutritious salad
- Scrambled eggs and avocado for breakfast
- Omelette – break 2 eggs, heat up a pan and put in eggs, drag the sides into the middle, tilting the pan to move around the uncooked egg, before you fold in half, add sliced spinach or greens