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Water is the best family drink!

In the winter months it is important to keep well hydrated. Tap water makes the best drink. It has no added kilojoules, is freely available and helps protect the teeth.

Avoid cordials, soft drinks and sport drinks

Too many sweetened drinks add too much sugar to the diet, adding kilojoules and potentially damaging teeth.

Limit fruit juice to 100mls a day and add water to it (1 part water to one part juice)

Sugar contents of drinks

Drinks	Teaspoons of Sugar
Can of soft drink – 375ml	8-9 tsp
Bottle of soft drink – 600ml	15-18tsp
Fruit juice – 250ml	3-5tsp
Cordial – 250ml diluted	4-5tsp
Water	nil

Go for 2 fruit and 5 veg

Eating more fruit and vegetables provides vitamins, minerals and fibre essential for children's growth and development

Did you know.....

- Red plant foods, like **tomatoes** and **watermelon** contain lycopene, which is thought to reduce the risk of some cancers and heart disease.
- Green vegetables, including **spinach**, **cabbage** and **broccoli**, contain lutein and zeaxanthin, which can protect against certain eye diseases.
- Blue and purple foods, like **eggplant** and **blueberries**, contain anthocyanin, which protect against cancers.
- White foods, like **cauliflower** contain sulforaphane, which protect against cancer.
- Raw vegetables can be rich in the antioxidant vitamin C.

Tips that can be used in some of these recipes

- Use full fat dairy products including milk, cheese, yoghurt for children under 2 years.
- When the recipe says to use fresh vegetables or fruit you can use frozen or canned. Make sure the canned fruit is in natural juice.
- Instead of fish sauce you can use soy sauce
- When the recipe says to use chicken breast you can use chicken thigh fillets
- Instead of cream you can use low-fat evaporated milk
- You can use water or stock instead of white wine or alcohol
- For variation you can use chicken, beef, lamb or pork in recipes which used diced or minced meats
- You can use Lebanese bread, pita bread or muffins instead of pizza bases
- You can use ½ wholemeal flour and ½ white flour in recipes to increase the fibre content of the recipe
- Substitute fruit and vegetables that are in season in the recipes
- For variation use rice, noodles and pasta in recipes
- cream can be substituted with low fat evaporated milk
- You can use filo pastry instead of puff or short crust pastry
- Serving sizes are based on adult serves

Chicken Slice

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients:

1 large chicken breast, skin removed
4 eggs, lightly beaten
300ml light sour cream
¾ cup cottage cheese
½ cup plain flour
1 large carrot, finely grated
1 large zucchini, grated
2 tablespoons fresh parsley, chopped
seasoning to taste

Notes:

For people who need more energy (kilojoules) in their diet, Replace light sour cream with cream. Replace cottage cheese with tasty cheese

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Place chicken breast in a medium sized saucepan and add enough cold water to cover the chicken. Bring to simmer over medium heat.
2. Poach for 4 - 5 minutes or until the chicken is cooked through.
3. Drain chicken and cool.
4. Preheat oven to 180 degrees. Place chicken breast in a food processor and process 30 seconds or until finely chopped.
5. Line a Swiss-roll pan with non stick paper. Whisk eggs, cream and cheese in a bowl. Mix in chicken, flour, carrot, zucchini, parsley and seasoning.
6. Place chicken breast in a food processor and finely process. Line a swiss roll pan with non stick paper.
7. Whisk eggs, cream and cheese in a bowl. Mix in processed chicken, flour, carrot, zucchini, parsley and seasoning. Pour mixture into prepared pan and bake for 35 minutes at 180°C or until set.

Contributed by:



Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Guacamole

Serves 6-8

Preparation time: 10 minutes

Ingredients:

2 ripe avocados, peeled and stones removed

1 ripe tomato, finely chopped

1 clove garlic, crushed

Juice of ½ lemon

¼ red onion, finely chopped

1 tablespoon coriander or parsley, chopped

Freshly ground or cracked black pepper, to taste

Chilli sauce or Tabasco sauce, to taste

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

Mash avocado and combine with tomato, garlic, lemon juice, onion and coriander. Season with pepper and enough chilli sauce to give a gentle 'kick'.

Serving suggestion

Serve with crackers or with vegetable sticks.
Also great on jacket potatoes.

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Pikelets – fruity

Makes 12 pikelets.

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients:

$\frac{3}{4}$ cup self-raising flour

1 tablespoon brown sugar

1 egg

$\frac{2}{3}$ cup reduced fat milk

$\frac{1}{2}$ teaspoon vanilla

1 tablespoon margarine, mono- or poly-unsaturated
sliced apple, persimmon or pear

icing sugar, (optional)

Notes:

For variety, you can top with other fruit and serve with reduced fat yoghurt.

✔ Store covered in fridge (under 5°C)

Method:

1. Combine flour, sugar, egg, milk and vanilla in a small bowl.
2. Heat margarine in a non-stick frypan. Cook tablespoons of mixture until bubbles form on uncooked surface of pikelets, about 2 minutes.
3. Gently press sliced fruit on top, then flip over and cook 2 minutes.
4. Remove from pan and dust with icing sugar.

Good source of: calcium

Contributed by:

Market Fresh™

Quiche - mini vegetable

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients:

½ leek, finely sliced
1 tablespoon oil
5 eggs, beaten
½ cup reduced fat milk
½ cup milk
½ cup curd style cottage cheese
1 tablespoon parmesan cheese, finely grated
½ cup corn, canned, cream style
1 large zucchini, grated
2 mushrooms, finely diced
1 cup baby spinach
pepper

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Notes:

Makes 36 For people who need more energy (kilojoules) in their diet, Replace ½ cup of milk with 1 cup of cream. Replace ½ cup curd style cottage cheese with ½ cup tasty cheese.

Method:

1. Pre heat oven to 200°C.
2. In a saucepan, fry the leek, mushroom, zucchini and spinach in oil until just softened. Set aside.
3. In a large mixing bowl combine eggs, cream, milk, cheese and corn. Season with pepper.
4. Add leek mixture to bowl and stir well.
5. Spoon the mixture into a greased-shallow patty tins (or use small muffin tray).
7. Place in the oven for 15-20 minutes or until golden brown and firm.
8. Allow to cool then remove from tray and serve.

Contributed by:



Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Sausage rolls - chicken and vegetable

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients:

- 1 chicken fillet , skin removed and chopped
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 potato, cooked and roughly chopped
- 100g pumpkin, cooked and chopped
- 2 tablespoons tomato sauce
- 1 teaspoon Worcestershire sauce
- 2 eggs
- 1 cup fresh wholemeal breadcrumbs
- 3 sheets pre rolled canola puff pastry, or shortcrust pastry

- ✔ Suitable to freeze
- ✔ Store covered in freezer (under 18°C)

Method:

1. Blend chicken, onion, garlic, carrot, zucchini, potato, pumpkin, the sauces and the eggs in a food processor to smooth consistency.
2. Pour mixture into a large bowl. Add breadcrumbs and mix well.
3. Cut 3 sheets of prepared canola puff or short crust pastry into 3 long strips.
4. Place mixture along length of pastry and roll.
5. Glaze edge with milk and seal.
6. Cut each roll into 4.
7. Bake in oven at 180°C for 20 - 25 min or until pastry is golden brown.

Notes:

For extra fibre, use pastry with grains added

Contributed by:



Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003

Tzatziki

(yoghurt-based dip, also used as a sauce or salad dressing).

Serves 6-8.

Preparation time: 10 minutes

Ingredients:

- 2 Lebanese cucumbers, peeled and finely diced
- 2 cups low-fat natural yoghurt
- 2 cloves garlic, crushed
- 2 tablespoons chopped mint, or 1 tablespoon dried mint

✔ Can be stored in the refrigerator for 2 days

Method:

Gently squeeze excess moisture from cucumber in paper towels. Combine yoghurt, garlic and mint in a small bowl. Stir cucumber into yoghurt mixture. To serve as a raita dip with curry, remove garlic. Serve as an accompaniment to a Greek salad with pita bread.

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Chicken and Sweetcorn

Serves: 6

Preparation time: 5 minutes

Cooking time: 15 minutes

Ingredients:

300g chicken tenderloins
5 spring onions, thinly sliced
2 teaspoons fresh ginger, finely chopped or grated
6 cups chicken stock
1 X 400g can creamed corn
2 tablespoons chopped fresh parsley
pinch cayenne pepper
canola or olive oil spray

Notes:

This soup is ideal with accompanied with focaccia, herb or specialty bread.

✓ Store covered in fridge (under 5°C)

Method:

1. Spray a non-stick frypan with oil and heat.
2. Cook the chicken for 5 minutes, turning occasionally, or until lightly browned and cooked through. Cool, cut into fine slices and set aside.
3. Heat another spray of oil in a large saucepan. Add the spring onions and cook over medium heat for 2 minutes or until soft.
4. Add the ginger and cayenne pepper and cook, stirring, for a further 1 minute.
5. Add the stock, corn and cooked chicken to the pan.
6. Bring to the boil, reduce the heat and simmer for 5 minutes.
7. Stir in the parsley just before serving.

Contributed by:



Source: Australian Institute of Sport (1999), *Survival for the fittest*, Murdoch Magazines, NSW.

Hearty Minestrone

Serves 6

Preparation time: 15 minutes

Ingredients:

1 medium brown onion, chopped
1 clove garlic, crushed
425g can crushed tomatoes
1 carrot, peeled and diced
2 sticks celery, sliced
1 large parsnip, peeled and diced
1 tablespoon tomato paste
1 bay leaf 4 cups beef stock
2 cups water
½ cup small pasta
6 Brussels sprouts, finely sliced or 1 cup sliced cabbage
300g can four bean mix, rinsed and drained

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

Cook onion and garlic in a large pot with a little water until onion is translucent. Add tomato, carrot, celery, parsnip, tomato paste, bay leaf, beef stock and water. Bring to the boil, add the pasta and simmer for 15 minutes or until tender. Add Brussels sprouts and beans. Cook for a further 5 minutes.

Variation

Substitute lentils or butter beans for the four bean mix. Spinach or peas are tasty alternatives to Brussels sprouts and cabbage.

Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Hearty Vegetable

Serves: 6

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients:

- 1 onion, chopped
- ½ cup macaroni
- 2 carrots, chopped
- 300g pumpkin, peeled and chopped
- 1 large zucchini, chopped
- 4 stalks celery, chopped
- 4 cups vegetable stock
- 1 400g can chopped tomatoes
- 1 teaspoon dried oregano
- 2 cloves garlic, finely chopped
- 1 X 300g can butter beans, rinsed and drained
- 2 tablespoons chopped fresh parsley

Notes:

This recipe can be adapted with 200g trim lamb fillets

Contributed by:



- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

(cut into thin strips and quickly stir-fried over medium-high heat for 2 to 3 minutes) added to the soup at the end of cooking. Delicious with damper or crusty rolls.

Method:

1. Heat the oil in a large pan and cook the onion over medium heat for 3 minutes or until soft.
2. Add the garlic and cook for 1 more minute.
3. Add the carrot, celery, pumpkin and zucchini and stir into the onion mixture.
4. Add the stock, tomatoes and oregano, and bring to the boil.
5. Reduce the heat and simmer, partially covered, for 10 minutes.
6. Add the pasta and cook a further 10 minutes or until the pasta and vegetables are tender.
7. Stir in the butter beans and heat through. Just before serving, stir in the parsley.

Good source of: folate

Source: Australian Institute of Sport (1999), *Survival for the fittest*, Murdoch Magazines, NSW

Pumpkin Honey and Yoghurt

Serves: 4

Preparation time: 10 minutes

Cooking time: 30 minutes

Ingredients:

500g pumpkin

¼ cup pumpkin seeds

2 leeks, washed well and sliced

3 cups chicken stock

2 teaspoons olive oil

black pepper, to taste

1 tablespoon honey

reduced fat natural yoghurt, to garnish

- ✓ Suitable to microwave
- ✓ Suitable to freeze
- ✓ Store covered in fridge (under 5°C)

Method:

1. Peel and chop pumpkin into pieces.
2. Heat oil, add leeks, cover and cook over a low heat for 10 minutes.
3. Add stock, pumpkin and honey. Cover and simmer for 20 minutes or until pumpkin is tender. Puree.
4. Reheat and season with black pepper and pumpkin seeds.
5. Serve with a dollop of natural yoghurt and crusty bread.

Good source of: folate

Contributed by:



Baked Jacket Potatoes

Cooking time: 40-60 minutes

Ingredients:

Topping suggestions

- Sliced avocado and lemon juice
- Baked Beans
- Chopped tomatoes and olives
- Salsa (see recipe)
- Roasted eggplant strips
- Roasted capsicum strips
- Sliced and sautéed mushrooms
- Ratatouille
- Chilli con carne
- Lean ham and pineapple
- Creamed corn and tuna

Can top with equal quantities of low-fat natural yoghurt and reduced-fat ricotta cheese, and a few chopped chives

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Method:

Preheat oven to 220°C. Scrub potatoes and brush skins lightly with oil to ensure a dry crisp surface. Bake on a tray for 40-60 minutes depending on size, until cooked. Slice potato in half. Spread with a spoonful of dressing and spoon over desired toppings.

Hint

For an alternative way of serving, make a cross on top of potato with a knife. Press from the base to open up potato. Top as above.

Variation

Wrap potatoes in foil squares for soft melting skins. Open foil and fold down to fill with toppings. Serve hot in foil.

EASY BEEF HOTPOT

Preparation time: 15 minutes

Cooking time: 2 hours

Ingredients:

- 1kg chuck or blade steak, cubed
- 2 tablespoons flour
- 2 teaspoons paprika
- 425g can crushed tomatoes
- 2 medium onions, sliced
- 1 clove garlic, crushed
- 2 sticks celery, sliced
- 2 large carrots, thickly sliced
- 1 turnip, cut into large chunks
- 3 medium potatoes, cut into large chunks
- 1 cup red wine or stock

Method:

1. Preheat oven to 180°C.
2. Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish.
3. Add all remaining ingredients and stir to combine.
4. Press a piece of baking paper over the ingredients and cover closely with a lid.
5. Cook for 2 hours without lifting the lid.
6. Check for seasoning and tenderness, returning to oven if more cooking time is required.

Serve with mashed potatoes and steamed green vegetables.

Source: 18 serves of vegies in this recipe

Contributed by: © Healthy Food Fast, State of Western Australia, 2006.

Permission is required to reproduce this recipe.

Chicken and vegetable patties

Makes: 20

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients:

- 1 chicken fillet, skin removed and roughly chopped
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 carrot, grated
- 1 zucchini, grated
- 1 potato, cooked and roughly chopped
- 100g pumpkin, cooked and chopped
- 2 tablespoons tomato sauce
- 1 teaspoon Worcestershire sauce
- 2 eggs
- 1 cup fresh wholemeal bread crumbs
- 2 tablespoons olive oil

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Blend chicken, onion, garlic, carrot, zucchini, potato, pumpkin, the sauces and eggs in a food processor to smooth consistency.
2. Pour mixture into a large bowl. Add breadcrumbs and mix well.
3. Heat 1 tablespoon of oil in non-stick frypan on medium heat.
4. Add spoonfuls of mixture to pan, and cook until golden brown on both sides and well cooked in the centre. Add remaining oil and cook rest of patties.

Notes:

Serve with natural yoghurt or mayonnaise

Contributed by:



Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Chicken & Veggie Stir-Fry

Serves 4.

Preparation time: 20 minutes

Cooking time: 10 minutes

Ingredients:

- 2 cups rice
- 1 teaspoon vegetable oil
- 250g chicken breast, skin removed and cut into strips
- 1-2 cloves garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, thinly sliced
- 1 stick celery, sliced
- 1 red capsicum, seeded and diced
- 125g snow peas, ends and strings removed
- 1 bunch bok choy, or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced-salt soy sauce
- ½ cup chicken stock
- 1 tablespoon sweet chilli sauce

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Method:

Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside.

Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce.

Pour into stir-fry and heat through. Serve with rice.

Variation

Use lean pork loin instead of chicken. Try noodles instead of rice.

Source: Source: 9 serves of vegies in this recipe

Chicken Cacciatore Casserole

Serves: 4

Preparation time: 20 minutes

Cooking time: 40 minutes

Ingredients:

750g chicken thighs, skin removed

1 medium onion, chopped

1 clove garlic, crushed

½ cup white wine

1 X 875g can peeled tomatoes

2 potatoes, peeled and diced

1 carrot, sliced

300g mushrooms, sliced

½ cup red lentils

1 cup reduced fat natural yoghurt

1 tablespoon cornflour, (gluten free)

2 tablespoons chopped fresh parsley

canola or olive oil spray

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Spray a large non-stick saucepan with oil and heat. Brown the chicken on both sides.
2. Add the onion, garlic and wine and cook for 1 to 2 minutes.
3. Add the tomatoes, potato, carrot, mushrooms and lentils and simmer covered for 35 minutes or until chicken is cooked through and lentils are tender.
4. Combine yoghurt, cornflour and parsley and add to the pan. Reheat without boiling. Serve with a green salad and crusty bread.

Good source of: calcium

Contributed by:



Microwave Risotto

Serves 4.

There is no need to stir constantly with this recipe.

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients:

Ingredients:

1 brown onion, chopped

2 teaspoons olive oil

1 cup Arborio rice

½ cup white wine (optional)

2½ cups chicken or vegetable stock

1 cup sweet corn kernels, fresh or canned

1 cup frozen peas

1 cup cooked chicken, diced

1 tablespoon grated Parmesan cheese

✔ Suitable to freeze

✔ Store covered in fridge (under 5°C)

Method:

Combine onion and oil in a microwave-safe container. Microwave on HIGH (100%) for 3 minutes.

Add rice, wine and stock and microwave, covered, for 12 minutes on HIGH (100%). Stir well then add corn, peas and chicken.

Cover and microwave on HIGH (100%) for 8 minutes. Allow to stand for 2 minutes. Stir and sprinkle with cheese.

Variation

The white wine can be replaced with water. Substitute 2 cups cooked, cubed butternut pumpkin for corn. When asparagus is in season, chop 6 stems into short lengths and add with the peas and chicken.

Source: 7 serves of vegies in this recipe

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Pasta spirals with chicken and mushrooms

Serves: 5

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients:

Ingredients:

500g spiral pasta

500g skinless chicken breast fillets, chopped into small cubes

200g mushrooms, quartered

5 spring onions, sliced

1½ tablespoons cornflour

1 X 375 ml can reduced fat evaporated milk

½ cup chicken stock

freshly ground black pepper, to taste

canola or olive oil spray

Notes: Use wholemeal pasta if you want to increase your fibre intake. Serve with a salad or add more vegetables to the pasta to make a complete meal.

Contributed by:



- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Start cooking the spirals in a large saucepan of boiling water.
2. Spray a non-stick frypan or wok with oil and heat. Cook the chicken over high heat for about 5 minutes or until browned. Remove from the pan and set aside.
3. Reduce the heat to medium, add the mushrooms and spring onions to the pan and cook, stirring frequently, for 3 minutes or until soft.
4. Put cornflour into a small bowl and gradually add ½ cup milk, stirring until smooth. Pour the remaining milk and chicken stock into the pan, then gradually add the cornflour mixture, stirring constantly. Keep stirring until the sauce boils and thickens. Season to taste.
5. Stir the chicken mixture into the sauce and gently heat through. When the pasta is al denté (cooked but still firm), drain and serve topped with the sauce.

Good source of: calcium

Source: Australian Institute of Sport (1999), *Survival for the fittest*, Murdoch Magazines, NSW.

Chilli Con Carne

Serves: 6

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients:

- 1 onion, diced
- 2 cloves garlic, finely chopped
- 400g lean minced beef
- ½ teaspoon chilli powder
- 2 teaspoons cocoa powder
- 500g tomato-based bottled pasta sauce
- 1 X 440g can kidney beans
- ½ cup water
- 250g frozen mixed vegetables
- 1 teaspoon olive oil
- ½ bunch parsley or coriander

✔ Store covered in fridge (under 5°C)

Method:

1. Heat oil in a large saucepan. Add onion and garlic, cook over a medium heat until onion is soft.
2. Add minced beef, cook until lightly browned.
3. Add chilli powder, cocoa powder, pasta sauce, kidney beans, frozen vegetables and water. Simmer over a low heat for 20 minutes, stirring occasionally.
4. Add chopped coriander/parsley and serve.

Notes:

Serve with plain rice, reduced fat natural yoghurt and a green salad.

Good source of: fibre

Contributed by:



Fried Rice

Serves 6.

Preparation time: 10 minutes

Cooking time: 15 minutes (plus cooking and cooling time for rice)

Ingredients:

- 1 cup long grain rice
- 2 eggs, beaten
- Olive or canola oil spray
- 1 teaspoon olive or sesame oil
- 75g lean leg ham, diced
- 1 onion, diced
- 1 red or green capsicum, seeded and diced
- 2 cups Chinese cabbage, shredded
- 1 cup green peas, cooked
- 1 cup sweet corn kernels, cooked
- 200g can peeled baby prawns (optional)
- 1 cup bean shoots
- 2 spring onions, diced
- 3 tablespoons reduced-salt soy sauce
- 1 tablespoon oyster sauce

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Method:

Cook rice following packet directions, drain and cool completely. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside. Lightly spray the same pan with oil and cook ham and onion until golden. Add capsicum, cabbage, peas, corn and prawns. Cover and toss well for several minutes. Add remaining ingredients except omelette. Stir until sauce has mixed through. Fold in sliced omelette. Serve hot.

Source: 13 serves of vegies in this recipe

Frittata with vegetables

Serves: 4

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

2 teaspoons olive oil

1 small onion, sliced thinly

250g zucchini, sliced thinly

250g mushrooms, sliced thinly

1 X 310g can corn kernels, salt reduced, drained

4 eggs

½ red capsicum, seeded and sliced thinly

2 tablespoons fresh basil, chopped

1 parsley, chopped

✔ Store covered in fridge (under 5°C)

Notes:

If you have one, use a food processor to slice the vegetables to make this a quick easy meal. Serve with salad and crusty bread for a balanced light meal. Leftovers may be reheated in the microwave

Method:

1. Heat oil in large non-stick pan.
2. Gently cook onion for 3-4 minutes until soft but not coloured.
3. Add zucchini, mushrooms, capsicum and corn, cover and cook over gentle heat for about 7 to 8 minutes, stirring occasionally.
4. Sprinkle parsley and basil over vegetables.
5. Beat eggs and pour over vegetables.
6. Cover and cook over moderate heat until set, about 7-8 minutes.

Good source of: folate

Contributed by:



Source: *The Good Gut Cookbook*

Jambalaya

Serves: 4

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients:

- 1 cup quick-cooking brown rice
- 1 X 250g packet frozen broccoli, yellow bean and capsicum mix
- 1 tablespoon canola oil
- 1 onion, chopped
- 1 teaspoon cajun spice mix
- 1 X 425g can tomatoes and herbs
- 1 X 300g can red kidney beans, drained and rinsed

Notes:

This dish is easily varied. Replace the beans with diced ham, cooked chopped barbecued chicken or peeled prawns. For a fresh touch, serve with a crisp green salad. A mixture of cos lettuce, endive, watercress and sliced spring onions drizzled with dressing compliments this dish well.

Contributed by:



- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Cook the rice according to the directions on the packet. Drain and set aside.
2. Meanwhile, steam the frozen vegetables or cook them in the microwave until tender. Set aside.
3. Heat the oil in a large saucepan, add the onions and spice mix and stir-fry over a high heat for 2 minutes.
4. Add the steamed vegetables, tomatoes and kidney beans and bring the mixture to the boil. Reduce the heat slightly and cook until the liquid reduces and thickens, 3 to 4 minutes.
5. Stir in the rice and cook over a low heat until heated through, about 5 minutes.

Good source of: fibre

Source: *Lifetrack (1999), Eat! Enjoy! The Lifetrack cookbook, Melbourne.*

Moussaka

This is a traditional Greek dish of layered eggplant and tomato.

Preparation time: 40 minutes preparation

Cooking time: 45 minutes cooking

Ingredients:

- 1 medium eggplant, cut into 1cm slices
- 400g lean lamb mince
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 1 large carrot, peeled and grated
- 425g can crushed tomatoes with herbs
- 1 tablespoon tomato paste
- ½ cup white wine (optional)
- 1 bay leaf
- Olive or canola oil spray

Cheesy sauce

- 1¼ cups low-fat milk
- 1½ tablespoons plain flour
- 15g grated Parmesan cheese
- 1 cup reduced-fat ricotta
- Pinch cayenne pepper
- Pinch ground nutmeg

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Method:

Preheat oven to 180°C. Sprinkle eggplant with salt and leave for 30 minutes. Heat non-stick frypan and cook lamb over medium-high heat until browned. Remove lamb and cook the onion and garlic in meat juices until softened. Return the meat, add carrot, tomatoes, tomato paste, wine and bay leaf, cover and simmer for 15–20 minutes. Heat the grill. Rinse eggplant slices with water and pat dry with paper towels. Spray lightly with oil and grill until golden on each side. Lay half the slices in an oblong baking dish (30cm x 20cm). Cover with half the meat sauce. Repeat. In a saucepan, mix a little milk and flour until smooth. Stir in remaining milk. Cook, stirring, over low heat until thickened. Remove from heat and stir through Parmesan cheese. Stir in ricotta, cayenne pepper and nutmeg. Pour over dish and bake for 40–45 minutes until golden brown.

16 serves of vegies in this recipe

Pasta - quick casserole

Serves: 5

Preparation time: 15 minutes preparation

Cooking time: 40 minutes cooking

Ingredients:

1 onion, chopped
 300 g lean lamb mince
 2 zucchini, thinly sliced
 1 carrot, thinly sliced
 100 g button mushrooms, thinly sliced
 1 X 400g can diced tomatoes
 1 X 375g jar tomato-based pasta sauce
 375 g cooked shell pasta

Sauce:

1½ tablespoons cornflour
 1 X 375mL can reduced fat evaporated milk
 ½ cup reduced fat grated tasty cheese
 canola or olive oil spray

Notes: Use wholemeal pasta if you need to increase your fibre intake. Substitute other chopped vegetables as desired. Use egg free pasta if you are preparing food for people with an allergy to egg.

Contributed by:



- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Preheat the oven to moderate (180°C). Spray a large pan with oil and heat. Add the onion and cook over medium heat for 3 minutes or until soft.
2. Add the mince and cook for about 5 minutes, or until browned, breaking up any lumps with a fork. Add the remaining ingredients, except the pasta. Bring to the boil, reduce the heat and simmer for 5 minutes.
3. Stir in the pasta and transfer to a 2 litre (8 cup) capacity casserole dish.

Sauce:

1. Put the cornflour into a small bowl and gradually add ¼ cup milk, stirring until smooth.
2. Pour the remaining milk into a small pan over a low heat, gradually add the cornflour mixture and stir constantly until the sauce boils and thickens. Remove from the heat, add half the cheese and stir until melted.
3. Pour the sauce over the pasta mixture and sprinkle with remaining cheese. Bake for 25 minutes or until golden brown on top.

Source: Australian Institute of Sport (1999), *Survival for the fittest*, Murdoch Magazines, NSW.

Shepherd's pie

Serves: 2

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

2 teaspoons canola or olive oil
 200g lean minced veal or beef
 ½ cup thinly sliced carrots
 1 X 125g can diced tomatoes
 1½ cup diced celery
 1 onion, chopped
 1½ tablespoons chopped fresh thyme
 ½ beef stock cube, dissolved in ¼ cup hot water
 300g cooked peeled potatoes, hot
 ¼ cup reduced fat milk
 pepper and garlic salt, to taste

Contributed by:



- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Notes:

Serve with lightly steamed or stir fried green vegetables

Method:

1. Heat oil in non-stick frypan, add minced meat and stir-fry for 5 minutes or until browned.
2. Stir in carrots, tomato, celery, onion, tomato paste, thyme and stock. Reduce heat, cover and cook stirring often for 15 minutes.
3. Meanwhile place potatoes, milk, pepper and garlic salt in a bowl and mash until smooth.
4. Place veal mixture into a casserole dish and arrange mashed potato decoratively over veal mixture. Place under griller and grill 2 to 3 minutes or until the potato is golden brown. Garnish with a sprig of thyme.

Good source of: fibre

Source: Kathryn Moore (2000), *Eggless recipes*, Broadmeadow.

Salmon potato casserole

Serves: 4

Preparation time: 15 minutes

Cooking time: 40 minutes

Ingredients:

2 X 200g cans salmon, drained
3 large potatoes, thinly sliced
1 X 425g can crushed tomatoes
1 cup grated zucchini
1 cup chopped green capsicum
1 cup grated carrot
1 cup chopped parsley
breadcrumbs, (optional)
canola or olive oil spray
2 tablespoons grated reduced fat cheese, (optional)
black pepper, to taste

✔ Store covered in fridge (under 5°C)

Notes:

Serve with lightly steamed broccoli.

Method:

1. Spray a casserole lightly with canola or olive oil spray.
2. Place a layer of potatoes then the flaked salmon on the base of an ovenproof dish.
3. Cover with layers of tomatoes, zucchini, capsicum and carrot. Sprinkle with parsley and season with black pepper.
4. Repeat layers until all vegetables are used.
5. If desired, sprinkle breadcrumbs and low fat cheese over the top. Cook in a 180°C oven for approximately 40 minutes or until golden brown.

Good source of: calcium

Contributed by:



Source: *International Diabetes Institute (1997), Diabetes, eating for health recipes, Caulfield.*

Tropical Pizza

Serves 4

Preparation time: 5 minutes

Cooking time: 10-15 minutes

Ingredients:

25cm pizza base or Turkish bread

¼ cup tomato pasta sauce

100g ham, chopped

225g can pineapple pieces (in natural juice), drained

1 medium red or green capsicum, seeded and chopped

100g mushrooms, sliced

100g grated Mozzarella cheese

1 tablespoon chopped herbs (parsley, oregano and/or basil) or a pinch of dried mixed herbs

Method:

Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned.

Hint

Make 8 mini pizzas using 4 halved English muffins as bases.

Variation

On top of the tomato sauce pile sliced onion, cooked red kidney beans, mushrooms, olives, cooked sliced potato and rosemary and top with cubes of reduced-salt feta cheese.

Source: 5 serves of vegies in this recipe

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Tuna and macaroni bake

Serves: 3

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredients:

200 g macaroni, cooked

1 X 110g can tuna in springwater

½ tablespoon margarine, mono- or poly-unsaturated

1 X 210g can tomato soup, (or equivalent amount of diced tomatoes)

2 stalks celery, chopped

1 medium onion, chopped

½ cup grated reduced fat cheddar cheese
oregano, parsley, thyme, basil, to taste

Notes:

This can be made into portions and refrigerated for 2 to 3 days, or frozen for a delicious emergency meal.

Simply defrost, heat in oven or microwave for 3 minutes on High setting.

Contributed by:



- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Preheat oven to 180°C.
2. Drain tuna and break into flakes.
3. Fry onion and celery in melted margarine.
4. Mix in tomato soup (or crushed tomatoes) and herbs and stir well.
5. Arrange alternate layers of macaroni and tuna sauce in a lightly greased casserole dish, sprinkling each layer with a little cheddar cheese.
6. Bake uncovered for 25 to 35 minutes, or until sauce is bubbling.

Good source of: calcium

Source: Cabrini Nutrition Department

Tuna and vegetable rissoles

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients:

- 400g potatoes, peeled and diced
- 1 cup zucchini, grated
- 1 cup carrot, grated
- 1 white onion, peeled and finely chopped
- 425g can tuna in brine, drained
- ½ cup parmesan cheese, grated
- ⅔ cup wholemeal flour
- 2 eggs
- 4 tablespoons olive oil

Notes:

Serve with a squeeze of lemon juice.

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Steam potatoes until tender. Drain.
2. Process potatoes with 1 tablespoon of oil in a food processor for 15 seconds or until smooth. Remove from food processor.
3. Process onion and tuna in food processor for 10 seconds.
4. Combine potatoes, tuna and onion in a large bowl.
5. Add zucchini, carrot, parmesan cheese and wholemeal flour. Mix until all ingredients are combined.
6. Beat the eggs with a fork and add to mixture.
7. Heat oil in large non-stick frying pan over medium heat. Spoon tablespoons of the potato mix into frying pan and cook until golden brown on both sides.

Contributed by:



Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Vegetable slice

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients:

½ cup zucchini, grated

½ cup carrot, grated

½ cup celery, finely chopped

½ cup leek, finely chopped

1 cup pumpkin, steamed, finely chopped

½ cup wholemeal self raising flour

2 tablespoons olive oil

4 eggs, lightly beaten

Notes:

Serve with fresh tomato sauce or relish.

- ✔ Suitable to freeze
- ✔ Store covered in fridge (under 5°C)

Method:

1. Sauté all the vegetables in olive oil in a frypan over moderate heat, for 3-5 minutes or until softened.
2. Place contents of frypan in a large bowl.
3. Toss flour through vegetables.
4. Line lamington tray or shallow baking dish with baking paper.
5. Place mixture into tray.
6. Stir the lightly beaten eggs through the mixture and spread out evenly.
7. Bake in moderate oven for 30 minutes or until set.
8. Loosen edges with knife. Cut into 20 squares

Contributed by:



Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Veggie Lasagne

Serves 6

Preparation time: 25 minutes

Cooking time: 30 minutes

Ingredients:

500g pumpkin or sweet potato, peeled and sliced
2 bunches English spinach or young silver beet,
washed and sliced

500g reduced-fat ricotta

6 spring onions, sliced

½ cup chopped parsley

12 sheets instant lasagna, softened in hot water

425g jar tomato pasta sauce

Topping

2 eggs

2 tablespoons plain flour

2 cups low-fat milk

Pinch pepper and ground nutmeg to taste

½ cup grated Parmesan or Romano cheese

Method:

Preheat oven to 180 °C. Steam the pumpkin for 3 minutes, then cool. Plunge spinach into boiling water until wilted and drain well to remove excess liquid. In a large bowl combine drained spinach ricotta, onion and parsley. Arrange 3 sheets of lasagna on the base of an ovenproof pan (33cm x 23cm). Top with ⅓ each of pumpkin, tomato sauce and spinach ricotta mixture. Repeat twice and top with remaining lasagna sheets. To make topping, break eggs into flour and mix well to remove lumps. Whisk in milk, pour into a saucepan and bring to the boil, whisking until smooth and thickened. Add pepper, pour over top of lasagna and sprinkle with cheese. Bake for 30 minutes or until golden brown.

Serving suggestion

Cut into squares and serve with a green salad.

Source: 22 serves of vegies in this recipe

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Cauliflower & Broccoli Gratin

Serves 6

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients:

- ½ medium cauliflower, cut into florets
- 1 head broccoli, cut into florets
- 2 tablespoons cornflour
- 2 cups low-fat milk
- 2 tablespoons (30g) grated reduced-fat cheese
- Pinch nutmeg
- ¼ cup fresh breadcrumbs
- 2 tablespoons grated Parmesan cheese

Method:

Steam vegetables for 6-8 minutes until tender and place in an ovenproof dish.

In a saucepan, mix cornflour with a little milk to form a paste, stir in remaining milk and bring to the boil, stirring until thickened. Add cheese and nutmeg and pour over vegetables. Top with breadcrumbs and Parmesan cheese.

Grill for 3-4 minutes until golden brown or bake in a moderate oven for 15-20 minutes.

Source: 6 serves of vegies in this recipe

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Fish & Crunchy Asian Salad

Serves 4

Preparation time: 10-15 minutes

Cooking time: 5 minutes

Ingredients:

Ingredients:

4 pieces white fish fillet

2 teaspoons olive oil

Salad

3 cups Chinese cabbage, sliced

1 Lebanese cucumber, sliced

1 bunch English spinach leaves

12 snow peas, ends and strings removed

4 radishes, sliced

3 spring onions, sliced

1 cup bean shoots

1 chilli, seeded and sliced

250g cooked egg noodles, chilled

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Asian-style dressing

4 tablespoons lime or lemon juice

2 tablespoons olive oil

1 teaspoon sesame oil

1 tablespoon reduced-salt soy sauce

½ teaspoon brown sugar

1 tablespoon fresh ginger, peeled and finely diced

1 small clove garlic, chopped

1 fresh chilli, seeded and finely diced

½ cup parsley, mint or coriander, chopped

Method:

Brush fish with oil and grill or pan-fry. Mix salad ingredients in a serving bowl. Combine dressing ingredients in a glass jar with lid.

Shake to combine and toss with salad.

Serve immediately with fish.

Any firm fish fillet, eg: snapper, perch, gummy shark, swordfish or salmon.

Source: *14 serves of vegies in this recipe*

Hash browns

Serves: 4

Preparation time: 10 minutes

Cooking time: 5 minutes

Ingredients:

1 cup grated potato

1 cup grated carrot

½ cup grated reduced fat cheese

2 teaspoon dried or fresh chives

4 eggs, lightly beaten

canola or olive oil spray

✓ Best served immediately

Method:

1. Squeeze excess moisture from grated potato and place in a small bowl with carrot, cheese, chives and egg. Stir well to combine.
2. Spray a non-stick frypan with canola or olive oil spray and place over medium heat. Place spoonfuls of potato mixture in heated frypan and flatten with a spatula.
3. Cook for 2 to 3 minutes , then turn over and cook other side for 2 minutes.
4. Serve hot with grilled tomatoes.

Good source of: folate

Contributed by:



Ratatouille

Serves: 4

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 onion, sliced
- 1 eggplant, sliced
- 1 capsicum, sliced
- 2 tomatoes, peeled and sliced
- 1 zucchini, sliced
- 1 clove garlic, crushed
- 2 tablespoons chopped parsley

✔ Store covered in fridge (under 5°C)

Notes:

This may also be cooked in a deep frying pan over a very low heat.

Method:

1. Preheat oven to 180°C.
2. Place olive oil in a 2.5L ovenproof dish and place onion rings over base.
3. Layer eggplant and capsicum, then tomatoes, zucchini and garlic.
4. Cover and bake for 45 minutes.
5. Serve garnished with parsley.

Contributed by:

VHETA
Victoria Home Economics and Textiles Teacher's Association

Source: Cameron & Russell (1998), *Cookery the Australian Way 6th ed.* Macmillan (page 114).

Apples - honey baked

Serves: 4

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients:

4 medium Granny Smith apples, with skin
½ cup walnuts
3 tablespoons raisins
4 teaspoons brown sugar
3 tablespoons honey
juice of ½ orange
1 cup grapes

✔ Store covered in fridge (under 5°C)

Method:

1. Preheat oven to 180°C.
2. Remove cores from apples.
3. Finely chop 2 tablespoons of walnuts and combine with raisins and sugar. Stuff mixture into cavities of apples.
4. Arrange apples on a lightly greased ovenproof dish and bake until tender, 20 to 25 minutes.
5. Combine honey, walnuts and orange juice in a small saucepan and heat gently for 5 minutes. Remove pan from stove and stir in grapes.
6. Spoon sauce over apples and serve.

Contributed by:

Market Fresh™

Banana Toastie

Serves 2

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients:

- 1 small egg, beaten
- 1 teaspoon orange juice
- 1 tablespoon reduced-fat ricotta cheese
- 1 teaspoon caster sugar
- 1 banana, sliced
- 1 tablespoon sultanas
- pinch of cinnamon
- 4 slices multigrain bread
- Olive or canola oil spray

Method:

Combine egg, juice, ricotta and sugar. Add banana, sultanas and cinnamon and mix. Lightly spray sandwich maker with oil. Place two slices of bread on the sandwich maker, divide mixture over the two slices, top with remaining slices of bread and toast until heated through and egg is cooked.

Source: 1 serve of fruit in this recipe

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Cup cakes - lemon

Preparation time: 15 minutes

Cooking time: 35 minutes

Ingredients:

½ cup self raising flour
¼ cup caster sugar
1½ teaspoons cornflour
¼ teaspoon bicarbonate of soda
1 egg yolk
¼ cup vanilla yoghurt
1 teaspoon lemon rind, finely chopped
Juice of one lemon
2 teaspoons margarine, melted

Notes:

To increase the fibre in this recipe add ½ cup wheat bran and extra tablespoon canola oil

- ✓ Suitable to microwave
- ✓ Suitable to freeze
- ✓ Store covered in fridge (under 5°C)

Method:

1. Preheat oven to 180°C.
2. Sift flour, sugar, cornflour and bicarbonate soda into a small bowl.
3. Stir in yolk, yoghurt, rind, juice and margarine. Mix until batter is smooth.
4. Spoon 1½ tablespoons of mixture into patty cases on oven tray. Bake for 10 minutes or until cooked.

Contributed by:



Source: These recipes were developed and tested by Consumer Science students studying Community Nutrition at RMIT University in 2003.

Fruity Rice Pudding

Serves 4

Preparation time: 5 minutes

Cooking time: 1-1.5 Hours

Ingredients:

½ cup short grain rice

2 cups low-fat milk

1 tablespoon honey

1 teaspoon grated orange or lemon rind

¼ cup dried apricots, chopped

¼ cup sultanas

Pinch nutmeg or cinnamon

Method:

Preheat oven to 160°C. In a 4-cup pie dish, mix all ingredients except the spice. Sprinkle nutmeg on top and bake for 1–1½ hours until the rice has absorbed most of the liquid. Serve hot or cold.

Variation

Other dried fruits may be substituted, eg: raisins, dried apple, pear, peaches, figs or dates.

Serving suggestion

Spoon a dollop of low-fat vanilla yoghurt and some chopped dried apricot on top.

Source: 4 serves of fruit in this recipe

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Ice delights

Serves 4

Preparation time: 10 minutes

Ingredients:

400 ml orange juice

½ banana

1 slice pineapple

1 teaspoon passionfruit pulp

✔ Store covered in fridge (under 18°C)

Method:

1. Peel and slice banana finely.
2. Chop pineapple finely.
3. Add the pineapple, banana and passionfruit pulp to plastic cups.
4. Pour orange juice evenly into each of the cups.
5. Place an icy pole stick in the centre of the cup.
6. Put cups in the freezer and freeze for five hours or until firm.
7. Remove frozen icy poles from the cups to serve.

Contributed by:



Pear & Banana Muffins

Makes 24 muffins

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients:

Olive or canola oil spray

2 cups wholemeal self-raising flour

2 cups white self-raising flour

1 cup brown sugar

2 eggs

150 mL low-fat natural yoghurt

½ cup orange juice

1 large banana, peeled and chopped

1 pear, cored and diced

½ cup buttermilk or low-fat milk

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.



Wrap muffins individually and freeze for a lunch box snack.

Method:

Preheat oven to 170°C. Lightly spray muffin trays with oil. Sift flours, returning husk from wholemeal flour to the bowl, add brown sugar. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool.

Variation

Any unsweetened fruit juice maybe used. Use apples, blueberries or other firm fruit to vary the flavour. Make 12 muffins and 1 loaf, by spooning half the mixture into a greased loaf tin. Bake the loaf in the middle of the oven for 35 minutes, or until firm and golden brown. Bake near the top of the oven for 18-20 minutes.

Source: 3 serves of fruit in this recipe

Rhubarb & Pear Crumble

Serves 6

Preparation time: 20 minutes

Cooking time: 20-30 minutes

Ingredients:

4 pears peeled, cored and diced
2 cups rhubarb (4 stalks), diced
2 tablespoons sugar
2 tablespoons water

Crumble

2 tablespoons honey
2 teaspoons margarine
1¼ cups untoasted muesli
½ cup plain flour

Method:

Preheat oven to 180°C. Place pears, rhubarb, sugar and water in a saucepan, cover and cook for 8–10 minutes until softened.

Spoon fruit into an ovenproof dish. Combine honey and margarine in a small bowl and microwave on HIGH (100%) for 20 seconds.

In a separate bowl, combine muesli and flour. Stir in honey mixture, mixing until the crumble resembles coarse breadcrumbs.

Spread over fruit and bake for 20–30 minutes until golden. Serve hot.

Variation

Substitute nashi fruit or apples for pears.

Source: 7 serves of fruit in this recipe

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Tropical Fruit Delight

Serves 8

Preparation time: 25 minutes (plus overnight to set in refrigerator)

Ingredients:

1 small packet sponge fingers
1 packet lemon jelly (to make 500mL)
250g reduced-fat ricotta cheese, smooth
250g quark or reduced-fat cream cheese
½ cup caster sugar
¼ cup lemon juice
170g can low-fat evaporated milk, chilled

Tropical fruit salad

2 cups strawberries, hulled and chopped
1 cup fresh or canned pineapple, chopped
1 cup kiwi fruit, peeled and sliced
2 cups fresh or canned mango, chopped
Pulp of 2 passionfruit

Contributed by: ©Healthy Food Fast, State of Western Australia, 2006.

Method:

Arrange sponge fingers in a 5–6 cup oblong dish. Make jelly following packet directions and allow to cool. Beat ricotta, cream cheese and sugar until creamy. Add lemon juice and beat well, then add jelly. In a separate bowl beat milk until thick. Fold into ricotta mix. Pour over the sponge fingers and refrigerate overnight until firm. Cut into 8 portions. Combine all the fruits to make a fresh tropical fruit salad then spoon on top.

Note: Quark cream cheese has a quarter the fat of cream cheese.

Source: 8 serves of fruit in this recipe