

Take Five Recipes

5

Ingredients



Fast, easy and healthy recipes
with 5 ingredients

Take 5

Easy 5 Ingredient Recipes

This 5-Ingredient recipe booklet contains recipes that are quick and easy to prepare and healthy to eat. The ingredients used are generally inexpensive and easy to find in most supermarkets. We hope that these simple recipes will be useful for people with diabetes and anyone who wants to follow a healthy eating plan.

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Thank you

A special thank you to previous Diabetes Action Group volunteers and staff at The Diabetes Centre who provided their special recipes.

Basic tools you will need to prepare these recipes

- aluminium foil
- non stick frypan
- medium-sized saucepan
- sharp knives for cutting raw vegetables and meat
- chopping board
- serving bowls and plates
- BBQ (optional – for use for ‘On the BBQ’ recipe section)

Extra ingredients

All of the recipes in this book include up to 5 main ingredients. However, you will notice that some recipes also require ‘extra ingredients’ that people usually stock in their kitchens all the time.

These include:

- oil
- oil spray
- salt
- pepper
- dried herbs, eg basil, thyme, oregano
- chilli flakes

Serving suggestions

The serving suggestions provide you with some ideas of foods you may wish to serve the recipe with.

Examples of these are:

- rice
- pasta
- side salad
- bread

Please note these ingredients have not been included in the nutritional information.

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Appetisers and Dips



Beetroot Dip

Ingredients:

1 x 450g can baby beetroot, drained, and coarsely chopped
250 g (1 cup) Greek-style yoghurt (drain any liquid from yoghurt)
2 tablespoon fresh lemon juice
1 teaspoon cumin
1 teaspoon ground coriander

Extra ingredients: salt & freshly ground black pepper
Serving suggestions: lavosh crackers or toasted pita bread

- 1) Combine ingredients thoroughly in a bowl. Taste and season with salt & pepper.
- 2) Serve with lavosh crackers or toasted pita bread.

*Nutritional information per serve (1 tablespoon): energy 59kJ;
protein 0.5g; fat 0.5g; carbohydrate 1.7g; fibre 0.3g*

Cottage Cheese and Cucumber Dip

Ingredients:

1 cup cucumber (finely chopped,)
1 cup low fat cottage cheese (97% fat free)
dash of pepper
1 teaspoon mixed herbs

Serving suggestions: low fat crackers or toasted pita bread

- 1) Squeeze cucumber in sieve to remove liquid.
- 2) Mix cucumber, cottage cheese, pepper and herbs together.
- 3) Serve on crackers or toasted pita bread.

*Nutritional information per serve (1 tablespoon): energy 52kJ; fat 0.2g;
protein 2.3g; carbohydrate 0.4g; fibre 0.1g*

Tangy Chick Pea Dip

Ingredients:

400g can chickpeas, rinsed and drained
2 teaspoons chicken stock powder
1 tablespoon lemon juice
1 teaspoon balsamic vinegar
2 tablespoons water

Serving suggestions: grissini, carrot and celery sticks

- 1) Place chickpeas in a food processor with chicken stock powder, lemon juice, vinegar and water.
- 2) Puree until smooth and transfer to a serving bowl.
- 3) Serve with grissini, carrot and celery sticks.

Nutritional information per serve (1 tablespoon): energy 86kJ, protein 1.2g; fat 0.4g; carbohydrate 2.6g; fibre 0.8g

Salmon Patè

Ingredients:

500g low fat ricotta cheese
440g red or pink salmon (in water, drained)
1 spring onion
Pepper

Serving suggestions: low fat crackers

- 1) Blend all ingredients together in a food processor until smooth.
- 2) Transfer to a small serving bowl and serve with low fat crackers.

Nutritional information per serve (1 tablespoon): energy 141kJ; fat 1.9g; protein 3.4g; carbohydrate 0.3g; fibre 0g

Kidney Bean Dip

Ingredients:

780g can red kidney beans
1 large onion or 6-8 spring onions
1 pkt taco seasoning mix
1 firm tomato

Serving suggestions Pita Crisps (see recipe - page 12)

- 1) Wash and drain kidney beans, blend in a blender until smooth.
- 2) Chop onion finely, stir seasoning and onion into bean mix.
- 3) Chop tomato finely and add to mix. Stir together and serve.

To store cover in refrigerator for up to two days.

Nutritional information per serve (1 tablespoon): energy 71kJ; fat 0.1g; protein 1g; carbohydrate 2.4g; fibre 1g

Curry Dip

Ingredients:

340g plain low-fat yoghurt
1 small red onion, finely diced
¼ cup mango chutney
2-3 teaspoons curry powder

Extra ingredients: salt & freshly ground black pepper

Serving suggestions: carrot and celery sticks or snow peas

- 1) In a small bowl stir together yoghurt, diced onion, mango chutney, curry powder and chill.
- 2) Serve with carrot and celery sticks or snow peas.
- 3) Store in refrigerator for up to two days.

Nutritional information per serve (1 tablespoon): energy 64kJ; fat 0.1g; protein 0.9g; carbohydrate 2.5g; fibre 0.1g

Roasted Eggplant and Red Capsicum Dip

Ingredients:

- 1 eggplant
- 2 red capsicums
- 2 cloves garlic, crushed
- 2 tablespoons lemon juice
- ½ teaspoon paprika

Extra ingredients: olive oil

Serving suggestions: Pita Crisps (see recipe - page 12)

- 1) Place eggplant on oven shelf and bake at 180°C for 30 minutes.
- 2) Halve the capsicums and place under a hot grill skin-side up until blackened.
- 3) Wrap capsicums in a clean, damp cloth or tea towel and gently rub skin off.
- 4) In a blender combine eggplant flesh (discard skin), capsicums, garlic and lemon juice, blend until smooth.
- 5) Pour into a serving dish, drizzle with olive oil and sprinkle with paprika.

Nutritional information per serve (1 tablespoon): energy 21kJ; fat 0.1g; protein 0.2g; carbohydrate 0.6g; fibre 0.3g

Spicy Yoghurt Dip

Ingredients:

- ½ cup reduced fat natural yoghurt
- 1½ tbsp sweet chilli sauce

Serving suggestions: Healthy Potato Wedges
(see recipe - page 11)

- 1) Combine yoghurt and sweet chilli sauce in a small bowl.
- 2) Serve with hot potato wedges.

Nutritional information per serve (1 tablespoon): energy 54kJ; fat 0.1g; protein 0.9g; carbohydrate 1.6g; fibre 0.1g

Baked Ricotta Mushrooms

Ingredients:

½ cup (100g) low fat ricotta cheese
1 tablespoon finely chopped Spanish (red) onion
1 teaspoon dried basil
2 tomatoes
12 button mushrooms

Extra ingredients: cracked black pepper

- 1) Combine ricotta cheese, onion and basil in a bowl, add pepper to taste.
- 2) Remove stems from mushrooms and fill with ricotta mixture, top with a slice of tomato.
- 3) Place on a paper-lined baking tray.
- 4) Bake at 180°C for 10-15 minutes or until filling is set.

Nutritional information per mushroom: energy 22kJ; fat 0.3g; protein 0.5g; carbohydrate 0.2g; fibre 0.1g

Healthy Potato Wedges

Ingredients:

Serves 6

1 egg white, lightly beaten
750g potatoes skin on, scrubbed and cut lengthways into wedges
Pizza or barbecue seasoning, to taste

Serving suggestions: Spicy Yoghurt Dip (see recipe – page 10)

- 1) Preheat oven to 210°C. Lightly grease two baking trays with oil spray.
- 2) Toss potato wedges in egg whites to coat evenly in a large bowl.
- 3) Place potato wedges in a single layer on prepared baking trays and sprinkle evenly with seasoning.
- 4) Roast wedges, turning occasionally, on the top shelf of the oven for 30 – 40 minutes (or until crisp and golden).

Nutritional information per serve: energy 444kJ; fat 0.3g; protein 5g; carbohydrate 19g; fibre 2.7g

Easy Bruschetta

Ingredients:

Serves 4

4 thick slices of continental bread (rye or wholemeal)
4 cloves garlic, peeled and halved
5 Roma tomatoes
2 tablespoons coarsely shredded basil leaves
2 tablespoons slivered olives

Extra ingredients: 2 tablespoons olive oil, cracked black pepper

- 1) Chop tomatoes finely, place in colander and allow to drain for 15- 20 minutes.
- 2) Remove to a mixing bowl and add 1 tbsp of the olive oil, basil, olives and pepper to taste.
- 3) Brush both sides of bread lightly with remaining oil and heat in a moderate oven until lightly browned and crisp.
- 4) Rub surface of bread with the cut garlic. Top with tomato mixture.
- 5) Serve warm as an appetiser or entrée.

Nutritional information per serve: energy 985kJ; protein 6g; fat 11g; carbohydrate 25g; fibre 6g

Pita Crisps

Ingredients:

1 packet of wholemeal pita bread
oil spray
mixed herbs of your choice

- 1) Split and chop pita bread into small strips or triangles. Place flat on a baking tray.
- 2) Spray lightly with oil spray. Sprinkle with herbs.
- 3) Place in moderate oven (180°C) for 20 minutes or until browned and crispy.

Nutritional information per serve: Energy 300kJ; Fat 1g; Protein 0.4g; carbohydrate 15g; Fibre 1g

Soups



Cream of Broccoli Soup

Ingredients:

Serves 4

1 litre of reduced salt chicken stock
500g broccoli
2 chopped onions
½ cup low fat evaporated milk

Serving suggestions: warm wholegrain crusty bread

- 1) Dry fry onions in a saucepan, add chicken stock and broccoli, slowly bring to the boil.
- 2) Simmer until broccoli is cooked, add pepper to taste.
- 3) Puree in a blender or through a sieve
- 4) Stir through evaporated milk.

Nutritional information per serve: energy 136kJ; fat 0.4g; protein 4.2g; carbohydrate 3g; fibre 2.5g

Easy Vegetable and Macaroni Soup

Ingredients:

Serves 4

1 large tin crushed tomatoes
1 litre reduced salt chicken stock
1 cup dry macaroni (shells, elbows or penne)
1 can (400g) red kidney beans or butter beans, drained
2 cups diced vegetables of your choice (frozen)

Extra ingredients: salt and pepper to taste

Serving suggestions: wholegrain toast

- 1) In a saucepan, add crushed tomatoes and stock and bring to the boil. Turn down heat to simmer and add pasta, vegetables and beans.
- 2) Stir and add more water if needed. Simmer until pasta is cooked through.

Nutritional information per serve: energy 406kJ; fat 0.6g; protein 4.6g; carbohydrate 18g; fibre 4.8g

Tomato and Red Capsicum Soup

Ingredients:

Serves 4

- 1 small red onion, thinly sliced
- 2 red capsicums, thinly sliced
- 2 x 400g cans diced tomatoes with garlic and basil
- 1 cup salt reduced vegetable stock
- 2 tablespoons finely chopped fresh chives (optional)

Extra ingredients: spray olive oil, water

Serving suggestions: chopped chives and wholegrain bread

- 1) Spray olive oil in a pan, cook onion and capsicum, stirring until onion is soft but not brown.
- 2) Add tomatoes, stock and 1¼ cups of water.
- 3) Bring to the boil, then reduce heat to medium-low and simmer uncovered for 10 minutes. Cool and blend until smooth.
- 4) Sprinkle with chopped chives.

Nutritional information per serve: energy 265kJ; fat 0.7g; protein 3.1g; carbohydrate 9.1g; fibre 3g

Cream of Celery Soup

Ingredients:

Serves 4

- 1 litre of reduced salt chicken stock
- 1 bunch celery (remove outer sticks that are stringy)
- 2 chopped onions
- 1 large potato peeled and quartered
- ½ cup low fat evaporated milk

Serving suggestions: wholegrain crusty bread

- 1) Dry fry onions in a saucepan.
- 2) Add chicken stock, potatoes and chopped celery, simmer until cooked through, cool.
- 3) Puree in a blender or through a sieve.
- 4) Stir through evaporated milk and serve with crusty bread.

Nutritional information per serve: energy 432kJ; fat 1.8g; protein 7.2 g; carbohydrate 13.5g; fibre 2.2g

Salads



Pasta Salad

Ingredients:

Serves 6

- 1 500g packet macaroni pasta (cooked and drained)
- 1 medium red capsicum (cut into thin strips)
- 1 cup fresh mushrooms (sliced)
- 1 cup broccoli florets
- ½ cup fat free/low fat dressing of your choice

Extra ingredients: fresh cracked pepper to taste

- 1) Combine all ingredients and toss well, chill.
- 2) Add fat free salad dressing just before serving.

Nutritional information per serve: energy 1289kJ; fat 1g; protein 10.8g; carbohydrate 60.5g; fibre 3.9g

Sweet Potato Salad

Ingredients:

Serves 4

- 3 whole sweet potatoes
- 1 medium onion (sliced into thin rings)
- 1 green or red capsicum (cut into thin strips)
- ¼ cup fat free/low fat dressing

Extra ingredients: fresh cracked pepper to taste

- 1) Boil water and add sweet potatoes, return to the boil.
- 2) Cover and cook 30 minutes or just until tender. Do not overcook.
- 3) Cool and slice.
- 4) Combine sweet potato slices, onion rings and green capsicum strips in large bowl.
- 5) Toss lightly with dressing and refrigerate before serving.

Nutritional information per serve: energy 628kJ; fat 0.3g; protein 4.3g; carbohydrate 30g; fibre 3.9g

Green Bean Salad

Ingredients:

Serves 4

400g can green beans (drained)
8 cherry tomatoes (halved)
1 onion (sliced)
½ cup French dressing (low fat ready made)

Extra ingredients: fresh cracked pepper to taste

Serving suggestions: iceberg lettuce

- 1) Combine all ingredients in a bowl.
- 2) Chill one hour before serving.
- 3) Serve on a bed of iceberg lettuce.

Nutritional information per serve: energy 85kJ; fat 0.2g; protein 1.6g; carbohydrate 2.8g; fibre 2g

Tuna Salad

Ingredients:

Serves 4

425g tin tuna in spring water (drained)
420g tin peas
¾ cup celery (finely chopped)
½ cup low fat mayonnaise

Extra ingredients: fresh cracked pepper to taste

Serving suggestions: baby spinach leaves

- 1) Toss all ingredients together in a large salad bowl and chill.
- 2) Serve on a bed of baby spinach leaves.

Nutritional information per serve: energy 832J; fat 6.7g; protein 23g; carbohydrate 11.8g; fibre 6g

Balsamic Beef Salad

Ingredients:

250g fillet steak
100g salad mix
1 cup grape tomatoes, halved
1 cup snow peas, sliced in half
¼ cup balsamic vinegar

Serves 2

Extra ingredients: sugar, olive oil spray, salt & pepper
1 tablespoon olive oil

Salad dressing

Mix balsamic vinegar, 1 tablespoon olive oil, pinch of sugar, and salt & pepper to taste, set aside.

- 1) Preheat frying pan over medium-high heat, lightly spray pan with olive oil spray.
- 2) Fry beef in pan and cook each side for about three minutes.
- 3) Place on plate, cover with foil to 'rest', set aside.
- 4) Arrange salad mix in bowl, add grape tomatoes and snow peas on top.
- 5) Cut beef into thin slices, place on salad and pour dressing over the top
- 6) Serve immediately.

Nutrition information per serve: energy 1167kJ; fat 12g; protein 35g; carbohydrate 4.3g; fibre 3.3g

Spinach and Apricot Salad

Ingredients:

Serves 4

8 cups baby spinach, torn
1/3 cup dried apricots sliced
1 clove garlic, thinly sliced (or minced)
4 teaspoons balsamic vinegar
2 tablespoons silvered almonds, toasted

Extra ingredients: freshly ground black pepper
1 tablespoon olive oil

- 1) Combine spinach with apricots in large bowl, set aside.
- 2) In a large frying pan heat olive oil over medium heat.
- 3) Cook and stir garlic in hot oil until golden, stir in the balsamic vinegar, bring to the boil and remove from heat.
- 4) Add the spinach-apricot mixture to pan. Return to heat and toss mixture in pan for about 1 minute or until spinach is just wilted.
- 5) Sprinkle with toasted silvered almonds, season to taste and serve salad immediately.

Nutritional information per serve: energy 420kJ; fat 5.7g; protein 4.2g; carbohydrate 5.9g; fibre 3.9g

Main Meals



Scrumptious Spuds

Ingredients:

Serves 4

4 medium potatoes, washed
425g can baked beans (salt reduced)
4 lettuce leaves
2 tomatoes, diced
½ cup reduced fat shredded cheese (optional)

Extra ingredients: salt and pepper to taste

- 1) Wrap potatoes in foil, prick with a fork and bake in a moderate oven for approximately 1 hour or until soft.
- 2) Heat baked beans in a saucepan.
- 3) Serve potatoes topped with baked beans, lettuce and tomatoes. Sprinkle with cheese if desired.

Nutritional Information per serve: energy 704kJ; fat 0.9g; protein 9g; carbohydrate 30g; fibre 9g

Herb-mushroom Chicken

Ingredients:

Serves 4

4 (150g) small chicken breast fillets (no skin)
3 large shallots, peeled
230g sliced mushrooms
1/3 cup dry sherry
1 teaspoon dried marjoram (crushed)

Extra ingredients: olive oil spray, freshly ground black pepper, salt

Serving suggestions: mashed potatoes and broccoli

- 1) Place chicken breasts between 2 sheets of plastic wrap, pound to ½ - 1cm thick using a meat mallet.
- 2) Season chicken with salt and black pepper; spray lightly with olive oil spray.
- 3) Heat a large non-stick pan over a medium heat, add chicken to pan, cook 5-6 minutes on each side or until cooked and browned slightly, remove from pan and set aside.
- 4) Cut shallots vertically into thin slices.
- 5) Lightly spray pan with olive oil spray, add mushrooms and shallots, cook 1 minute stirring constantly. Stir in sherry and marjoram.
- 6) Return chicken to pan with mushrooms and shallots, cook covered on low heat for 3-4 minutes or until chicken is cooked.
- 7) Transfer chicken to platter and pour over mushroom sauce.

Nutritional information per serve: energy 1012kJ; fat 8.4g; protein 34.2g; carbohydrate 1.3g; fibre 1.5g

Garlic Snapper

Ingredients:

Serves 4

4 snapper fillets
½ to 1 cup onion (chopped)
2 cloves garlic (crushed)
1 can chopped tomatoes (salt reduced)

Extra ingredients: olive oil spray

Serving suggestions: mixed salad, Basmati rice

- 1) Spray frypan with oil spray, saute onion and garlic for 30 seconds. Add tomatoes and simmer for 10 minutes.
- 2) Place snapper skin side down in a sprayed non-stick baking pan. Cover top of fish with sauce.
- 3) Bake uncovered at 180°C for 30 minutes.
- 4) If desired serve on a bed of Basmati rice with a side salad.

Nutritional information per serve: energy 658kJ; fat 4.5g; protein 24.6g; carbohydrate 4.12g; fibre 0.46g

Low Fat Tacos

Ingredients:

Serves 4

420g can red kidney beans, drained
400g lean mince
½ cup reduced salt tomato sauce or salsa
8 burrito tortillas or 4 small pita pocket breads
mixed salad

Extra ingredients: olive oil spray, salt and pepper to taste

- 1) Cook mince in frypan until well browned.
- 2) Stir through red kidney beans and tomato sauce.
- 3) Split pocket breads and fill with mince mixture and salad.

Nutritional information per serve: energy 1955kJ; fat 11.5g; protein 37g; carbohydrate 52g; fibre 13g

Pork Pockets

Ingredients:

Serves 4

450g lean pork tenderloin, cut into bite-size pieces
225g can pineapple chunks (in natural juice)
1 red capsicum (sliced)
2 tablespoons soy sauce (reduced salt)
4 wholemeal pita pocket breads

Extra ingredients: olive oil spray, salt and pepper to taste

Serving suggestions: garden salad

- 1) Spray frypan with oil spray, brown pork cubes on medium heat.
- 2) Add pineapple and natural juice, capsicum and soy sauce, cover and simmer 30 minutes.
- 3) Uncover, stir and simmer for a further 15 minutes.
- 4) Spoon pork mixture into a split pocket bread.
- 5) Serve with salad.

Nutritional information per serve: energy 1758kJ; fat 10g; protein 31g; carbohydrate 51g; fibre 7.3g

Pita Pizzas

Ingredients:

Serves 4

4 small wholemeal pita breads
1 cup tomato-based pasta sauce or pizza sauce
200g lean shaved ham
4 tbsp reduced fat grated cheese
½ cup cubed pineapple in natural juice

- 1) Spread pasta sauce over pita bread.
- 2) Arrange other ingredients on bread. Add fresh or dried herbs to taste. Bake in hot oven for 15 - 20 minutes.

Nutritional information per serve: energy 1515kJ; protein 25g; fat 10g; carbohydrate 39g; fibre 6g

Garlic Prawns

Ingredients:

Serves 4

1 kg king prawns, peeled and deveined with tails intact
4 cloves garlic, crushed
6 spring onions, sliced
1 small red chilli, seeded and chopped
400g can tomatoes (chopped and undrained)

Extra ingredients: 2 teaspoons olive oil, salt & pepper

Serving suggestions: Basmati rice, garden salad

- 1) Heat oil in a non stick fry pan and sauté garlic, spring onions and chilli for a few minutes.
- 2) Stir in tomatoes and juice and bring to the boil.
- 3) Add prawns and stir through tomatoes for approximately 5 minutes (or until cooked). Prawns may be cooked in smaller batches.
- 4) If desired serve with steamed Basmati rice and salad.

Nutritional information per serve: energy 1062kJ; protein 53g; fat 2g; carbohydrate 5g; fibre 2g

Citrus Veal with Asparagus

Ingredients:

Serves 4

500g lean veal steak medallions (or fillets)
1 cup unsweetened orange or lemon juice (or combination)
1 tablespoon salt reduced soy sauce
½ cup salt reduced chicken stock
12 asparagus spears

Extra ingredients: olive oil, salt & pepper

Serving suggestions: Basmati rice, vegetables

- 1) In frypan sprayed with oil spray, brown veal for 1-2 minutes each side. Remove from pan.
- 2) Add orange and/or lemon juices, soy sauce and stock. Bring to the boil then reduce heat.
- 3) Simmer for 10-15 minutes or until mixture starts to thicken.
- 4) Add veal and cook for 5 minutes.
- 5) Stir in asparagus. Cook until veal is tender and well coated with sauce.
- 6) To serve, top veal with asparagus and spoon over sauce.
- 7) If desired serve with steamed rice and vegetables.

Nutritional information per serve: energy 803kJ; fat 3.25g; protein 29.75g; carbohydrate 6.5g; fibre 0.9g

Lamb Stir-fry with Vegetables

Ingredients:

Serves 4

500g lean lamb fillet, cut into 2cm strips
2 cups shredded cabbage (or Chinese cabbage)
1 cup fresh green beans, trimmed and cut into 3cm pieces
½ red capsicum, sliced
4 tbsp Hoisin sauce

Extra ingredients: olive oil spray, salt & pepper

Serving suggestions: Hokkien noodles

- 1) Spray a non-stick wok or fry pan with oil.
- 2) On medium heat, stir fry the lamb until brown. Remove from heat and set aside.
- 3) Stir fry the cabbage, beans and capsicum for 1 –2 minutes.
- 4) Return the lamb to the pan with the vegetables.
- 5) Add the Hoisin sauce. Stir to coat through (add ¼ to ½ cup of water if needed to help distribute the sauce through)
- 6) Serve with Hokkien noodles.

Nutritional information per serve: energy 872kJ; fat 6g; protein 27g; carbohydrate 10g; fibre 4g

Fish and Leek Pie

Ingredients:

Serves 6

900g firm white fish fillets (eg bream, snapper) cut into 2cm cubes
4 large leeks, well rinsed and sliced
¼ cup parsley leaves, chopped
8 sheets filo pastry
1 tbsp oil

Extra ingredients: pepper, olive oil spray

Serving suggestions: Healthy Potato Wedges
(see recipe – page 11)
garden salad

- 1) Preheat oven to 200°C. Lightly spray six 1 cup capacity ovenproof dishes with oil spray.
- 2) Combine the leek and oil in a large non-stick fry-pan and cook over moderate heat until tender, about 10 minutes.
- 3) Cool slightly then combine in a bowl with the fish, parsley and pepper. Spoon into the prepared dishes.
- 4) Lay the filo pastry on a work surface. Cut the filo pastry into six rounds or squares of 8 layers (about 1 cm larger than the dishes). Spray with oil spray between every two layers and press a stack of filo pastry on each dish. Spray the top layer with oil spray.
- 5) Bake for 30 minutes, or until the pastry is golden.
- 6) Serve immediately with low fat potato wedges and garden salad.

Nutritional information per serve: energy 1056kJ; protein 34g; fat 7g; carbohydrate 12g; fibre 2g

Crispy Chicken Drumsticks

Ingredients:

Serves 4

8 chicken drumsticks, skin removed
2 cups low fat natural yoghurt
1 tbsp lemon juice
1 ½ cups dried breadcrumbs
2 tbsp grated parmesan cheese

Extra ingredients: olive oil spray, salt & pepper

Serving suggestions: roasted vegetables

- 1) Pre-heat oven to 180°C.
- 2) Prepare a baking tray by spraying lightly with oil.
- 3) Mix yoghurt and lemon juice in a bowl.
- 4) In a separate shallow bowl (or plate), mix together breadcrumbs and parmesan cheese.
- 5) Dip each drumstick in the yoghurt mixture, then into the breadcrumbs to coat evenly.
- 6) Place each coated drumstick into the baking tray and bake for 1 hour (or until chicken is cooked through and crispy on the outside).
- 7) Serve with roasted vegetables if desired.

Nutritional information per serve: energy 1906kJ; protein 45.3g;fat 11.9g; carbohydrate 38.6g; fibre 1.9g

Apricot Chicken

Ingredients:

Serves 4

4 small chicken breast fillets (no skin)
1 packet French onion soup mix (salt reduced)
1½ cups apricot nectar (unsweetened)
½ cup chopped parsley

Extra ingredients: 2 teaspoons olive oil, salt & pepper

Serving suggestions: Basmati rice, garden salad

- 1) Place chicken breasts in casserole dish and pour over apricot nectar and soup mix.
- 2) Bake in moderate oven (180°C) for 1¼ hours until chicken is cooked through and tender.
- 3) Garnish chicken dish with parsley.
- 4) Serve chicken over steamed Basmati rice and a side salad.

Nutritional information per serve: energy 2906kJ; protein 62g; fat 16g; carbohydrate 15g; fibre 1g

Red Beef Curry with Coriander

Ingredients:

Serves 4

500g lean beef (eg rump or blade steak), trimmed of fat
2 tablespoons ready-made red curry paste
1 onion, chopped
1 tbsp chopped coriander leaves
4 cups cooked Basmati rice

Extra ingredients: olive oil spray

Serving suggestions: steamed vegetables

- 1) Cut beef into 2cm cubes (remove any visible fat).
- 2) Spray a large fry pan with oil.
- 3) Gently cook onion in pan until it softens.
- 4) Add beef to the pan, cook until brown.
- 5) Add curry paste and stir through beef and onion. Reduce heat and add $\frac{3}{4}$ cup of water.
- 6) Allow to simmer for approximately 10 – 15 minutes (or until sauce has thickened and reduced).
- 7) Divide rice into 4 bowls and top each with beef.
- 8) Sprinkle with coriander leaves for a garnish.
- 9) Serve with steamed vegetables.

Nutritional information per serve: energy 1745kJ; protein 31g; fat 10g; carbohydrate 49g; fibre 2.5g

Mini Broccoli Frittatas

Ingredients:

Serves 4

200g broccoli, trimmed and cut into small florets
2 spring onions, chopped
4 eggs
½ tsp chilli flakes
50g grated reduced fat cheddar cheese

Extra ingredients: olive oil spray

Serving suggestions: green beans, crusty wholegrain bread

- 1) Preheat oven to 180°C, grease four muffin tins with cooking spray and line bases with baking paper.
- 2) Cook broccoli until just tender, drain and cool slightly.
- 3) Spray a non stick pan with olive oil spray, sauté spring onions for one minute.
- 4) Mix eggs, chilli flakes and grated cheese together. Stir through onions and cooled broccoli.
- 5) Spoon frittata mixture evenly between muffin tins and bake for 30 minutes, or until set and golden on top.
- 6) Stand in the tin for five minutes before removing.
- 7) Serve with green beans and wholegrain bread.

Nutritional information per serve: energy 546kJ; fat 8.1g; protein 12.4g; CHO 0.8g; fibre 2.2g

Ricotta and Zucchini Frittata

Ingredients:

Serves 4

4 eggs, lightly beaten
2 cloves garlic, crushed
2 green zucchini, coarsely grated
125g reduced-fat ricotta, crumbled.

Extra ingredients: olive oil, salt & pepper

Serving suggestions: tossed salad and crusty wholemeal bread

- 1) Heat the grill on medium-high.
- 2) Beat egg and garlic together in a bowl. Fold in zucchini and ricotta. Season to taste.
- 3) Heat the oil in a non stick frying pan over medium heat.
- 4) Add the zucchini mixture and cook for approximately 5-6 minutes or until frittata is set around the edge but still runny in the centre.
- 5) Cook under preheated grill for 2 minutes or until golden brown and just set.
- 6) Cut the frittata into wedges and serve with tossed salad and crusty wholemeal bread.

Nutritional information per serve: energy 506kJ; fat 7.9g; protein 10.3g; carbohydrate 1.7g; fibre 1g

Pasta, Noodles and Rice



Tuna with Lemony Fettuccine

Ingredients:

Serves 4

375g dried fettuccine pasta

1/3 cup pine nuts

425g can tuna in springwater, drained and flaked

1/4 lemon juice

1/3 cup roughly chopped fresh flat-leaf parsley leaves

Extra ingredients: olive oil, salt & pepper, lemon zest

- 1) Cook pasta in a large saucepan of boiling water until tender, drain
- 2) In a frying pan cook pine nuts over a medium heat for 1-2 minutes or until lightly golden.
- 3) Drain tuna and place in a large bowl.
- 4) Add oil, lemon juice, parsley, pine nuts and pasta, toss until combined.
- 5) Season with salt and pepper. Serve topped with lemon zest.

Nutritional information per serve: energy 2349kJ; fat 13.6g; protein 40.2g; carbohydrate 66.4g; fibre 3.3g

Easy Spaghetti Bolognese

Ingredients:

Serves 6

500g very lean beef mince
1 onion, finely chopped
¼ cup tomato paste (salt reduced)
425g can crushed tomatoes (no added salt)
500g packet of dry pasta

Extra ingredients: olive oil spray, fresh oregano to taste

Serving suggestions: mixed salad greens

- 1) Spray pan with oil and sauté onions over medium heat for 1 – 2 minutes.
- 2) Add mince stirring constantly until well browned.
- 3) Stir in remaining ingredients (except pasta). Add oregano to flavour if desired.
- 4) Cover and simmer gently for 20 minutes.
- 5) Boil pasta until tender.
- 6) Serve pasta topped with sauce.

Serve with mixed salad greens.

Nutritional information per serve: energy 1942kJ; fat 10g; protein 31.4g; carbohydrate 60g; fibre 5.6g

Pumpkin and Broccoli Risotto

Ingredients:

Serves 3 - 4

- 1 onion, diced
- 1 cup uncooked Arborio rice
- 3 cups salt reduced chicken stock
- 1 cup broccoli florets
- 1 cup chopped pumpkin (softened in saucepan with water)

Extra ingredients: olive oil spray, herbs of your choice

- 1) Spray large saucepan with oil spray.
- 2) Dry fry onion in a saucepan until tender. Add rice and cook for 1 minute. Add stock, bring to the boil and reduce heat. Cover and simmer gently for 10 minutes.
- 3) Add vegetables and cook for 5 minutes until softened. Add pepper and herbs to taste.

Nutritional information per serve: energy 866kJ; fat 0.8g; protein 4.9g; carbohydrate 45g; fibre 2g

Veggie Pasta Bake

Ingredients:

Serves 6

- 500g packet frozen mixed vegetables
- 500g packet macaroni (cooked and drained)
- 1 jar (420g) tomato-based pasta sauce
- ½ cup reduced fat mozzarella cheese (grated)

- 1) In large bowl mix vegetables, macaroni and pasta sauce.
- 2) Spray a rectangular baking dish with oil spray. Spoon half of the mixture into the dish and layer with half the cheese.
- 3) Add remaining pasta mixture, cover with foil and bake at 180°C for 20 minutes. Uncover and sprinkle remaining cheese on top. Bake uncovered for 10 minutes more until cheese is melted and brown.

Nutritional information per serve: energy 1586.9kJ; fat 3.4g; protein 15g; carbohydrate 67g; fibre 8g

Italian Mushroom Chicken Pasta

Ingredients:

Serves 6

4 skinless chicken breast fillets
2 cups fresh mushrooms (sliced)
1 cup chopped onion
500g jar tomato-based pasta sauce
500g packet dry pasta

Extra ingredients: olive oil spray, oregano, salt and pepper

Serving suggestions: garden salad

- 1) In a frypan, brown chicken in olive oil spray.
- 2) Add onions and mushrooms and sauté until tender.
- 3) Stir in pasta sauce, add dried herbs to season and cover frypan. Simmer for 25 minutes or until chicken is tender and cooked through.
- 4) Boil pasta until soft, pour the chicken sauce over pasta.
- 5) Serve with a garden salad.

Nutritional information per serve: energy 2006kJ; fat 3.1g; protein 33g; carbohydrate 66g; fibre 5.1g

Pasta Puttanesca

Ingredients:

Serves 4

300g penne pasta tubes
600g jar prepared tomato pasta sauce
12 black olives, pitted and sliced
50g anchovies, drained and chopped finely
2 cloves garlic, crushed

Extra ingredients: olive oil, 1 tsp chilli flakes (optional)

Serving suggestions: steamed greens, or green salad

- 1) In a large saucepan sauté the garlic gently in 1 tablespoon of olive oil. Stir in the anchovies and chillies.
- 2) Add tomato pasta sauce and simmer for 20 minutes. Stir through the olives.
- 3) Meanwhile, cook the pasta in boiling water until soft.
- 4) Drain pasta, stir through the sauce.
- 5) If desired, garnish with parsley.
- 6) Serve with salad or steamed greens.

Nutritional information per serve: energy 1425kJ; protein 13g; fat 6g; carbohydrate 54g; fibre 7g

On the BBQ



Fish with Lime

Ingredients:

Serves 4

4 firm fish fillets
3 fresh limes
½ cup dry white wine
1 teaspoon basil

Serving suggestions: Healthy Potato Wedges
(see recipe – page 11)
mixed salad

- 1) Place juice of 2 limes, white wine and basil in a plastic bag or container. Add fish and coat with mixture.
- 2) Refrigerate for 30 minutes to marinate.
- 3) Cook on BBQ for approximately 5 minutes per side .
- 4) Squeeze juice of third lime over cooked fish.

Serve with Healthy potato wedges and mixed salad.

Nutritional information per serve: energy 624kJ; fat 3.2g; protein 23.5g; carbohydrate 0.4g; fibre 0.5g

Turkey Burgers with Mango Chutney

Ingredients:

Serves 4

450g lean turkey mince
4 medium wholegrain rolls
1 large red onion, sliced
4 tablespoon mango chutney
2 cups shredded lettuce

Extra ingredients: salt and pepper, spray oil.

- 1) Preheat grill to medium-high.
- 2) Finely dice $\frac{1}{2}$ the onion. Combine diced onion with turkey, 1 tablespoon chutney and salt in a medium bowl, mix with hands until well combined and form into 4 burgers, about 1 -2 cm thick and oval in shape.
- 3) Spray oil the grill rack; grill the remaining onion rounds until softened.
- 4) Grill the burgers until cooked through, 4-5 minutes each side.
- 5) Grill the rolls, cut side down, until just beginning to char on the edges.
- 6) Spread the remaining mango chutney on the bottom of the roll, top with turkey burger, grilled onion and lettuce.

Nutritional Information per serve: energy 1634kJ; fat 9.8g; protein 36.2g; carbohydrate 36.8g; fibre 4.5g

BBQ Pork Tenderloin

Ingredients:

Serves 4

600g pork tenderloin (trimmed of any visible fat)

1 teaspoon black pepper

1 teaspoon rosemary leaves

1 cup barbecue sauce

Extra ingredients: olive oil spray, salt (optional)

Serving suggestions: steamed vegetables and corn on the cob.

- 1) Rub tenderloin with pepper and rosemary leaves.
- 2) Cook on BBQ plate until well browned.
- 3) Slice and spoon over warmed barbecue sauce.
- 4) Serve with vegetables and corn on the cob.

Nutritional information per serve: energy 1209kJ; fat 3.6g; protein 33g; carbohydrate 31g; fibre 0.8g

Chicken Dijon

Ingredients:

Serves 4

4 skinless chicken breast fillets

½ cup low fat mayonnaise

¼ cup Dijon mustard

1 cup dry bread crumbs

Extra ingredients: olive oil spray, salt (optional)

Serving suggestions: roasted sweet potato, and thinly sliced vegetables cooked on the BBQ.

- 1) Combine mayonnaise and mustard.
- 2) Coat chicken with mixture and roll into breadcrumbs.
- 3) Place on BBQ plate sprayed with olive oil spray, cook both sides until well browned and cooked through.
- 4) Serve with roasted sweet potato and vegetables.

Nutritional information per serve: energy 1251kJ; fat 10g; protein 27g; carbohydrate 22g; fibre 1.6g

Cakes/Desserts



Fruit Kebabs

Ingredients:

Serves 3-4

1 banana
1 apple
1 punnet strawberries
fresh or canned pineapple (in natural juice) drained
¼ cup orange juice

- 1) Cut fruit up into small bite-sized pieces.
- 2) Soak wooden kebab sticks in water for 5 minutes.
- 3) Thread fruit pieces onto sticks in any combination.
- 4) Baste with orange juice.
- 5) Cook on BBQ or under grill, basting occasionally with more orange juice.

Nutritional Information per kebab: energy 184kJ; fat 0g; protein 1g; carbohydrate 9.7g; fibre 1.8g

Apricot Pudding

Ingredients:

Serves 6

1½ kg apricots
Juice of 2 oranges
Juice of ½ lemon
10g gelatine
150mls hot water

Extra ingredients: Optional – shelled pistachio nuts to decorate

- 1) Remove stones from apricots. Puree the apricots in a blender together with the orange and lemon juice.
- 2) Dissolve the gelatine in the hot water and add to the apricots.
- 3) Blend until smooth and creamy.
- 4) Pour into a wet mould and refrigerate for 4 hours.
- 5) Turn onto a serving dish and decorate with pistachio nuts.

Nutritional information per serve: energy 632kJ; protein 4.2g; fat 0.6g, carbohydrate 28g; fibre 6g

Rice Pudding

Ingredients:

Serves 2

1 cup low fat milk
1 tablespoon rice (Basmati)
2 teaspoons sugar or sugar substitute
pinch nutmeg or cinnamon

- 1) Place milk in a saucepan on stove top.
- 2) Bring milk to the boil and add rice.
- 3) Simmer until rice is cooked, about 20 – 30 minutes, stirring frequently.
- 4) Stir through sugar or sugar substitute.
- 5) Serve in bowls and sprinkle with nutmeg or cinnamon.

Nutritional information per serve (using sugar): energy 376kJ; protein 5g; fat 0.1g; carbohydrate 17g; fibre 0g

Poached Pears in Apple and Blackcurrant Juice

Ingredients:

Serves 4

1 cup apple and blackcurrant juice
4 cloves
2 teaspoons orange rind
4 pears, peeled, cored and sliced
2 cups low fat vanilla yoghurt

- 1) In a medium sized saucepan, bring the blackcurrant juice, orange rind and cloves to the boil. Add the pears and cover.
- 2) Cook on medium heat for 35 – 40 minutes, stirring occasionally.
- 3) Remove from heat and allow the pears to cool in the juice. Remove the cloves.
- 4) Serve pears with low fat yoghurt and drizzle with the remaining juice.

Nutritional information per serve: energy 953kJ; protein 8g; fat 0.4g; carbohydrate 46g; fibre 3g

Italian Strawberries

Ingredients:

Serves 4

500g (3 1/3 cups) strawberries, sliced
2 tablespoons balsamic vinegar
2 tablespoons sugar
small mint leaves, to garnish
8 scoops low fat ice-cream or frozen yoghurt, to serve

- 1) Place strawberries in a bowl. Pour over the vinegar, sprinkle with the sugar and toss to combine.
- 2) Divide the strawberries between four bowls and garnish with the mint leaves.
- 3) Serve with a couple of scoops of ice-cream or frozen yoghurt.

Nutritional information per serve: energy 503kJ; protein 4g; fat 2g; carbohydrate 21g; fibre 3g

Grape Tarts

Ingredients:

Serves 4

8 sheets filo pastry
Olive oil spray
120g seedless green grapes, halved
120g seedless red grapes, halved

Serving suggestions: low fat vanilla ice-cream

- 1) Preheat oven to 220°C. Line a baking tray with baking paper.
- 2) Cut each sheet of filo pastry into 4 pieces. Lay 1 piece of pastry on a flat surface. Top with another piece of pastry and lightly spray with olive oil spray.
- 3) Fold in half and lightly spray again. Repeat with another 6 pieces of pastry.
- 4) Place on the prepared tray and repeat with the remaining pastry to make 4 tarts.
- 5) Arrange the grapes in rows over the pastry.
- 6) Bake for 10 minutes or until the pastry is browned on the edges.
- 7) Serve with a small scoop of low fat vanilla ice-cream.

Nutritional information per serve: energy 494kJ; protein 3g; fat 0.7g; carbohydrate 24g; fibre 1g

Apple Crumble

Ingredients:

Serves 4

3 cooking apples, such as Granny Smiths, peeled, cored and sliced
100g rolled oats
2 tbsp soft brown sugar or sugar substitute
½ teaspoon cinnamon
2 tbsp reduced fat margarine, melted

Extra ingredients: oil spray

Serving suggestions: low fat icecream

- 1) Preheat oven to 200°C. Lightly grease a 1 litre oven proof dish with oil spray.
- 2) Put the apples and 2 tablespoons of water in a saucepan. Bring to the boil, then reduce the heat to low, cover and simmer for 3 – 4 minutes, or until the apples have softened.
- 3) Remove from the heat and spoon the mixture into the prepared dish.
- 4) Process the oats in a food processor until the mixture is still coarse.
- 5) Combine the oats in a bowl with the sugar, cinnamon and margarine. Mix together and spoon evenly over the apple.
- 6) Bake for 15 – 20 minutes, or until the crumble is crisp and golden.
- 7) Serve with low fat vanilla ice-cream.

Nutritional information per serve (using sugar): energy 987kJ; protein 3g; fat 9g; carbohydrate 34g; fibre 3.8g

Peachy Pineapple Parfaits

Ingredients:

Serves 4

2 cups reduced fat peach yoghurt
1 ½ cups fresh frozen or canned pineapple (in natural juice) drained
1 ¼ cups fresh raspberries

- 1) Layer yoghurt, followed by fruit into parfait glasses.
- 2) Refrigerate 30 minutes before serving.

Nutritional information per serve: energy 603kJ; protein 7.8g; fat 0.5g, carbohydrate 24g; fibre 3.5g

Apple Tarte Tatin

Ingredients:

Serves 8

2 large pink lady apples, cored, cut into 4mm thick rounds
2 tablespoons unsweetened apple juice
1 tablespoon reduced fat margarine
2 tablespoons brown sugar
1 sheet frozen ready-rolled reduced fat puff pastry, partially thawed.

- 1) Heat oven to 200°C fan forced.
- 2) Place margarine, sugar, and apple juice in a 20cm oven proof frying pan over medium heat. Cook stirring for 3-4 minutes or until sugar has dissolved. Bring to the boil, cook for 1 minute or until thickened, remove from the heat.
- 3) Carefully arrange apple in frying pan, overlapping. Top with pastry, tucking in at edge.
- 4) Bake for 30 minutes or until pastry is golden and puffed.
- 5) Stand in pan for 5 minutes.
- 6) Turn out upside-down on a plate to serve.

Nutritional information per serve: energy 528.5kJ; fat 5.2g, protein 1.5g; carbohydrate 18g; fibre 1.5g

Bread Pudding

Ingredients:

Serves 4

1 tablespoon margarine
4 slices raisin bread or unsweetened fruit loaf
2 eggs
3 cups skim milk
¼ cup Splenda or sugar

- 1) Spread margarine on bread and cut into cubes. Place bread in a greased casserole dish.
- 2) Beat eggs, milk and Splenda together.
- 3) Pour milk mixture over bread, cover and bake in a moderate oven for 1 hour, removing the lid for the last half of the cooking.

Nutritional information per serve: energy 1148kJ, (938 if using Splenda), fat 7.7g; protein 12.56g; carbohydrate 39.3g (26g if using Splenda); fibre 1.3g

Ricotta Cream

Ingredients:

Serves 6

200g reduced fat ricotta cheese
1 tsp sugar or sugar substitute
½ tsp vanilla essence
(optional 1 tsp grated orange rind)

Serving suggestions: Wholemeal Scones (see recipe - page 55)
fresh fruit

- 1) Mix all ingredients together until light and fluffy. Keep refrigerated.
- 2) Serve with wholemeal scones.

Nutritional information per serve (using sugar): energy 189kJ; protein 3.5g; fat 3g; carbohydrate 1g; fibre 0g

Home-style Pancakes

Ingredients:

Makes 10

2 cups self raising flour
2 cups skim milk
2 eggs
60g salt reduced margarine melted
Pinch of salt

Extra ingredients:

spray oil

Serving suggestions:

Ricotta Cream (see recipe - page 52)
fresh fruit, ie strawberries/blackberries

- 1) Sift flour and salt in a large bowl, make a well in the centre.
- 2) Whisk together the milk and eggs in a large jug.
- 3) Add the milk mixture to the centre of the flour mixture, whisking as you add until a smooth batter forms, stir in the cooled melted butter.
- 4) Cover and place in the fridge for 30 minutes to rest.
- 5) Heat a non-stick frying pan over a medium heat, spray with oil to lightly grease the pan.
- 6) Pour $\frac{1}{3}$ cup of the batter into the pan to form a 15cm diameter pancake. Cook for 2-3 minutes or until bubbles appear on the surface and the pancake is golden underneath.
- 7) Turn and cook for a further 1-2 minutes or until golden.
- 8) Transfer to a plate and repeat in 9 more batches.
- 9) Serve hot.

Nutritional information per pancake: energy 748kJ; fat 6.3g; protein 6.1g; carbohydrate 23.7g; fibre 1.1g

Buttermilk Oat Cakes

Ingredients:

Makes 11 oat cakes

2 cups wholemeal self-raising flour
1½ cups rolled oats
2 tbsp margarine, melted
1 egg, lightly beaten
¾ cup buttermilk

- 1) Pre heat oven 220°C.
- 2) Mix together flour and oats, then make a well in the centre.
- 3) Combine margarine, egg and buttermilk then pour into flour well.
- 4) Mix lightly with a knife to form a stiff dough.
- 5) Turn out onto a lightly floured board and knead until smooth.
- 6) Roll out to 2cm (1 inch) thickness and cut rounds using a 7cm (3 inch) scone cutter.
- 7) Bake for 10-15 minutes.

Nutritional information per serve: energy 692kJ; fat 5.2g; protein 6g; carbohydrate 23g; fibre 4g

Banana and Sultana Loaf

Ingredients:

Makes 12 Slices

2 eggs
1 cup low fat milk
1 cup self-raising wholemeal and 1 cup self-raising white flour
2 tbsp sultanas
200g mashed bananas

- 1) Preheat oven to 180°C.
- 2) Mix all ingredients together in a bowl and spoon into a greased loaf tin.
- 3) Bake 45-50 minutes or until a skewer inserted in the middle comes out clean.

Nutritional information per slice: energy 531kJ; protein 5g; fat 1.5g; carbohydrate 22g; fibre 2g

Wholemeal Scones

Ingredients:

Makes 12 small scones

1 cup self raising wholemeal flour
1 cup self raising white flour
½ cup low fat milk
1 tablespoon margarine
¼ to 1/3 cup water

Serving suggestions: 100% fruit spread
Ricotta Cream (see recipe - page 52)

- 1) Mix flours in mixing bowl.
- 2) Rub margarine in lightly with fingertips until mixture resembles fine breadcrumbs.
- 3) Mix in milk and sufficient water to make a soft dough.
- 4) Transfer to a lightly floured board and roll out to a 1.5cm thickness. Cut into rounds and place scones on an oiled baking tray.
- 5) Bake in a hot oven, 200°C, for 12 – 15 minutes.
- 6) Serve with 100% fruit spread and ricotta cream.

Nutritional information per scone: energy 400kJ; protein 3g; fat 1.5g; carbohydrate 16g; fibre 2g

Super Strudel with Apple, Raisins & Cinnamon

Ingredients:

Serves 4

400g apples, cored, peeled and cut into cubes (or canned apple or dried apricot or frozen blueberries)

100g raisins

1 tsp cinnamon

4 sheets filo pastry

Extra ingredients: oil spray, cinnamon

Serving suggestions: low fat custard

- 1) Preheat the oven to 180°C.
- 2) Line a baking tray with baking paper.
- 3) Place the apples in a microwave-safe container and microwave on high for 4 minutes to soften.
- 4) Cool the apples slightly then add the raisins and cinnamon.
- 5) To prepare the filo pastry sheets, sprinkle cinnamon between each of the sheets. Spray lightly with oil to help the pastry stick together.
- 6) Spread the mixture over two-thirds of the filo pastry and then roll up the pastry.
- 7) Seal the ends with a little water and place the strudel, seam side down, on the baking tray.
- 8) Bake for 20 minutes until brown and crisp.
- 9) Serve with low fat custard

Nutritional information per serve: energy 713kJ, fat 1.7g, protein 2.2g, carbohydrate 35.8g, fibre 3.2g

Individual Blueberry Cakes

Ingredients:

Serves 4

2 cups blueberries
¼ cup and 2 tbsp sugar
65ml low fat milk
1 egg
2/3 cup self-raising flour

Extra ingredients: 1 tbsp margarine melted
water, ½ tsp cinnamon, or tbsp lemon juice
(if desired)

Serving suggestions: low fat custard

- 1) Preheat the oven to 175°C.
- 2) Place the blueberries in a bowl, with ½ cup of water; add the ¼ cup of sugar, cinnamon and lemon juice.
- 3) Stir until the blueberries are coated with the mixture. Divide between 4 ramekins.
- 4) In a separate bowl, whisk together 2 tbsp of sugar, the egg, milk and margarine.
- 5) Add to the flour and stir until just combined, don't over mix it.
- 6) Pour the mixture into the ramekins and sprinkle with cinnamon if desired.
- 7) Place the ramekins on a baking tray, to stop juice dripping in the oven.
- 8) Bake for 15-20 minutes, until well risen and golden brown.

Nutritional information per serve: energy 1094kJ, fat 5.5g, protein 5.1g, carbohydrate 47g, fibre 2.3g

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