

Take 5



Easy 5 Ingredient Recipes for People with Diabetes

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Easy 5 - Ingredient Recipes for People with Diabetes

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 diet.

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Thank you

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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
- pepper
- water
- dried herbs, eg basil, thyme, oregano
- chilli flakes

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Appetisers and Dips

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

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

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

Cottage Cheese and Cucumber Spread

Ingredients

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

Mix cucumber, cottage cheese, pepper and herbs

Serve with low fat crackers.

Nutritional information per serve (1 tablespoon): energy 52KJ; fat 0.15g; protein 2.3g; carbohydrate 0.4g; fibre 0.1g

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
Extras: 2 tablespoons olive oil, cracked black pepper

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

Serve warm as an appetiser or entrée.

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

French Onion Dip

Ingredients

2 cups low fat ricotta cheese
1 tablespoon lemon juice
1 sachet French onion soup mix powder (salt reduced)

- 1) Mix ricotta cheese and lemon juice
- 2) Stir in soup mix
- 3) Serve with fresh vegetable sticks or low fat crackers

Nutritional information per serve (1 tablespoon): energy 123KJ; fat 1.9g; protein 2.4g; carbohydrate 0.5g; fibre negligible

Salmon Patè

Ingredients

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

Blend all ingredients together in a food processor until smooth.

Serve with low fat crackers.

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

Healthy Potato Wedges

Ingredients

Serves 6

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

Spicy Yoghurt Dip

Ingredients

½ cup reduced fat natural yoghurt
1½ tbsp sweet chilli sauce

- 1) Preheat oven to 210°C. Lightly grease two baking trays with oil spray.
- 2) Place egg white in a large bowl. Add potato wedges and toss to coat evenly.
- 3) Place potato wedges in a single layer on prepared baking trays. 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)
- 5) Meanwhile, combine yoghurt and sweet chilli sauce in a small bowl.

Serve wedges with sweet chilli yoghurt for dipping.

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

Tangy Chic Pea Dip

Ingredients

Serves 4

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

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

Tip: Cannellini beans can also be used for this recipe, omit the water

Nutritional information per serve: energy 469Kj, protein 6.6g, fat 2.3g, carbohydrate 14.2g, fibre 4.7g

Tuscan Style Beans with Tomatoes and Sage

Ingredients

Serves 4

125g or 1 cup of shelled fresh broad beans (or frozen)
2 garlic cloves, finely chopped
400g can Italian chopped tomatoes
400g can cannellini beans, rinsed and drained
1½ teaspoons finely chopped sage (or ½ teaspoon dried sage)
Extra: pepper to taste

- 1) Bring a saucepan of water to the boil and blanch the broad beans in boiling water for 3 minutes. Drain and refresh under cold running water. Peel the outer skins from the beans when they are cool enough to handle.
- 2) Spray a saucepan with oil spray. Cook the garlic for about 2 minutes. Add the tomatoes, cannellini beans and sage. Simmer uncovered for 10 minutes.
- 3) Stir in the broad beans and cook gently for a further 5 – 10 minutes, or until tender. Season with pepper.

Serve on toasted wholegrain bread.

Nutritional information per serve: energy 638KJ; protein 12g; fat 0.9g; carbohydrate 20g; fibre 10g

Roasted Eggplant and Red Capsicum Dip

Ingredients

Serves 6

1 eggplant
2 red capsicums
2 cloves garlic, crushed
2 tablespoons lemon juice
½ tsp paprika
Extras: 1 tablespoon olive oil

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

Serve with toasted pita bread.

Nutritional information per serve: energy 192KJ; fat 3g; protein 1g; carbohydrate 2.5g; fibre 1.3g

Soups and Salads

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
pepper to taste

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

Serve with warm crusty bread.

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)

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

Serve with wholegrain toast.

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

Sweet Potato Salad

Ingredients

Serves 4

- 3 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

- 1) Heat enough water to boiling to cover sweet potatoes. Add sweet potatoes and return to 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. Toss lightly with dressing and refrigerate.

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

Pasta Salad

Ingredients

Serves 6

- 1 packet macaroni pasta (cooked and drained) 500g
- 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

- 1) Combine ingredients and toss well.
- 2) Chill and serve with fat free salad dressing.

Nutritional information per serve: energy 1289KJ; fat 1g; protein 10.8g; carbohydrate 60.5g; 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)

- 1) Combine ingredients.
- 2) Chill one hour before serving.

Serve on a crisp bed of 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

Toss all ingredients and chill.

Serve on a bed of lettuce.

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

Orange and Avocado Salad

Ingredients

Serves 2 - 3

1 avocado
1 orange
4 lettuce leaves
1 tablespoon French dressing (ready made low fat)
Dash of Tabasco sauce and pepper to taste.

- 1) Peel orange so there is no pith and slice
- 2) Slice avocado
- 3) Tear lettuce leaves and arrange on serving bowl, add avocado, orange, Tabasco, pepper and dressing and toss.

Nutrition information per serve: energy 802kj; fat 18g; protein 3g; carbohydrate 4g; fibre 3g

Main Dishes

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)

- 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

Italian Mushroom Chicken

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

1. In a frypan, brown chicken in cooking oil spray.
2. Add onions and mushrooms and saute 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.
5. Serve pasta topped with chicken sauce.

Serve with a garden salad.

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

Garlic Snapper

Ingredients

Serves 4

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

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

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

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 (low salt)
4 wholemeal pocket breads

- 1) In frypan sprayed 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 15 more minutes.
- 4) Spoon pork mixture into a split pocket bread

Serve with salad.

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

Steak Bake

Ingredients

Serves 4

450g lean beef steak (trimmed of any visible fat)
4 large potatoes (peeled and quartered)
450g can champignons (reserve liquid)
1 sachet dry French onion soup mix (salt reduced)

- 1) Place steak in a large baking dish and sprinkle soup mix on top of steak.
- 2) Place potatoes evenly over steak and pour champignons over potatoes and steak. Pour liquid from champignons and $\frac{3}{4}$ cup of water over meat and vegetables.
- 3) Cover with foil and bake at 175°C for 1 hour or until meat is cooked and potatoes are soft.

Serve with roast vegetables.

Nutritional information per serve: energy 1063KJ; fat 7.25g; protein 28g; carbohydrate 18g; fibre 5.25g

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
 $\frac{1}{2}$ cup salt reduced chicken stock
12 asparagus spears

- 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. Simmer for 10-15 minutes or until mixture starts to thicken.
- 3) Add veal and cook for 5 minutes.
- 4) Stir in asparagus. Cook until veal is tender and well coated with sauce.
- 5) To serve, top veal with asparagus and spoon over sauce.

Serve with steamed rice and vegetables.

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

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 pocket breads
mixed salad

- 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

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
Extras: oil spray

- 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. Add the Hoisin sauce. Stir to coat through (add ¼ to ½ cup of water if needed to help distribute the sauce through).

Serve with Hokkien noodles.

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

Garlic Prawns

Ingredients

Serves 4

4 cloves garlic, crushed
6 spring onions, sliced
1 small red chilli, seeded and chopped
400g can tomatoes (chopped and undrained)
1 kg king prawns, peeled and deveined with tails intact
Extras: 2 teaspoons oil

- 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 their juice and cook until boiling
- 3) Add prawns and stir through tomatoes for approximately 5 minutes (or until cooked). Prawns may be cooked in smaller batches.

Serve with steamed basmati rice and salad.

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

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 pineapple, cubed

- 1) Spread pasta sauce over pita bread.
- 2) Arrange other ingredients on bread. Add fresh or dried herbs to taste.
- 3) Heat under a hot griller until crisp or bake in hot oven for 15 - 20 minutes.

Variations: Choose other toppings of your choice, eg sliced mushrooms, onion, capsicum and olives.

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

Fish and Leek Pie

Ingredients

Serves 6

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

- 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. Cool slightly then combine in a bowl with the fish, parsley and pepper. Spoon into the prepared dishes.
- 3) 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.
- 4) Bake for 30 minutes, or until the pastry is golden.

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
2 cups low fat natural yoghurt
1 tbsp lemon juice
1 ½ cups dried breadcrumbs
2 tbsp grated parmesan cheese
Extras: oil spray

- 1) Pre-heat oven to 180°C. Peel skin off raw drumsticks gently with a knife.
- 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).

Serve with roasted vegetables.

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

- 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.

Serve chicken over steamed Basmati rice and garnish with parsley.

Serve with 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
Extras: oil spray

- 1) Cut beef into 2cm cubes (remove any visible fat)
- 2) Spray a large fry pan with oil. Gently cook onion in pan until it softens.
- 3) Add beef to the pan, cook until brown.
- 4) Add curry paste and stir through beef and onion. Reduce heat and add ¾ cup of water. Allow to simmer for approximately 10 – 15 minutes (or until sauce has thickened and reduced).
- 5) Divide rice into 4 bowls and top each with beef. Sprinkle with coriander leaves for a garnish.

Serve with steamed vegetables.

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

Pasta, Noodles and Rice

Tuna and Corn Noodles

Ingredients

Serves 4

3 packets of low fat instant 2 minute noodles, discard flavour sachet.

½ cup prepared tomato pasta sauce

210g can sweet corn kernels, drained

425g can tuna in spring water, drained and flaked

1 red capsicum, finely chopped

- 1) Cook noodles in boiling water (as directed on packet). Drain.
- 2) Place pasta sauce, sweet corn, tuna and capsicum in a small saucepan. Cook, stirring, over medium heat for 2–3 minutes.
- 3) Add noodles and toss to combine.

Serve with a side-salad.

Nutritional information per serve: energy 1652KJ; fat 4.2g; protein 33g; carbohydrate 55g; fibre 3.6g

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, combine 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.
- 4) 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

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

- 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 herbs 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, chopped
1 cup Arborio rice
3 cups salt reduced chicken stock
1 cup broccoli florets
1 cup chopped pumpkin (softened in microwave or saucepan with water)

- 1) Dry fry onion in a saucepan until tender (or use oil spray). Add rice and cook for 1 minute.
- 2) 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.

Serve as an accompaniment to your favourite meat dish.

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

Savoury Noodle Casserole

Ingredients

Serves 4

500g lean beef mince
1 sachet French onion soup mix (salt reduced)
425g can tomato soup (salt reduced)
1 cup pasta elbows (dry)
2 cups mixed chopped vegetables of your choice

- 1) Mix all ingredients together in an ovenproof casserole dish. Stir through 2 cups water to cover.
- 2) Bake in a moderate oven for about 1 hour or until meat is cooked through.

Nutritional Information per serve: energy 1993KJ; fat 13g; protein 37g; carbohydrate 46.5g; fibre 8.8g

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
Extras: 1 tsp chilli flakes (optional)
1 tbsp olive oil

- 1) Put the olive oil in a pan and over medium heat sauté the garlic gently. 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.
- 4) Drain pasta, add the sauce. If desired, garnish with parsley.

Serve with salad or steamed greens.

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

Tuna Fettuccine

Ingredients

Serves 2

1 packet Continental Alfredo Pasta and Sauce
210g can tuna in spring water, drained

- 1) Make up Alfredo Pasta and Sauce mixture with water, as per directions on the pack.
- 2) Flake the tuna with a fork. Add tuna to pasta mixture and stir through on heat for 1 minute.

Serve with salad.

Nutritional information per serve: energy 1327KJ; protein 33g; fat 8g; carbohydrate 33g

On the BBQ

Fish with Lime

Ingredients

Serves 4

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

- 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 (or until fish flakes easily when tested with fork).
- 4) Squeeze juice of third lime over cooked fish.

Serve with low fat oven wedges and salad.

Nutritional information per serve: energy 624KJ; fat 3.2g; protein 23.5g; carbohydrate 0.4g; fibre 0.49g

Best 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

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

Serve it 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

- 1) Combine mayonnaise and mustard.
- 2) Coat chicken with mixture and roll into breadcrumbs.
- 3) Place on BBQ plate and cook both sides until well browned.

Serve with roasted sweet potato and vegetables (thin vegetable slices can be cooked on the BBQ).

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

Fruit Kebabs

Ingredients

Serves 3-4

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

- 1) Cut fruit up into small bite-sized pieces.
- 2) Soak wooden kebab sticks in water for 5 minutes. Thread fruit pieces onto sticks in any combination.
- 3) Baste with orange juice.
- 4) 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

Desserts

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) Mix together flour and oats, then make a well in the centre.
- 2) Combine margarine, egg and buttermilk then pour into flour well.
- 3) Mix lightly with a knife to form a stiff dough.
- 4) Turn out onto a lightly floured board and knead until smooth.
- 5) Roll out to 2cm (1 inch) thickness and cut rounds using a 7cm (3 inch) scone cutter.
- 6) Bake for 10 – 15 minutes in a hot oven (220°C/400° F).

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

Blueberry Yoghurt Delight

Ingredients

Serves 4

1½ cups low fat natural yoghurt
425 g can pie apple
1 punnet blueberries

- 1) Gently fold blueberries into yoghurt.
- 2) Layer yoghurt and apples into glasses and refrigerate for 30 minutes before serving.

Nutritional information per serve: energy 510KJ; fat 0.34g; protein 6.2g; carbohydrate 22g; fibre 2.3g

Apricot Pudding

Ingredients

Serves 6

1½ kg apricots
Juice of 2 oranges
Juice of ½ lemon
10g gelatine
150mls hot water
Optional – shelled pistachio nuts to decorate

- 1) Remove stones from apricots.
- 2) Puree the apricots in a blender together with the orange and lemon juice.
- 3) Dissolve the gelatine in the hot water and add to the apricots.
- 4) Blend until smooth and creamy.
- 5) Pour into a wet mould and refrigerate for 4 hours.
- 6) 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 5-6g

Milk Jelly

Ingredients

Serves 2 - 3

2 cups low fat milk
1 packet diet jelly
1½ tablespoons custard powder (mixed with a little milk)

- 1) Boil milk in a saucepan and stir in custard mixture.
- 2) Dissolve jelly in a little water then stir into custard.
- 3) Allow to set.

Serve with fruit.

Nutritional information per serve: energy 348KJ; fat 1.4g; protein 7g; carbohydrate 11g; fibre 0g

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

Apple Dumpling and Stewed Apple

Ingredients

Serves 6

2 cups stewed apple (stewed with plenty of water plus optional artificial sweetener) or tinned pie apple
1 small cup self raising flour
1 dessertspoon reduced fat margarine
1 teaspoon powdered Equal or Splenda

- 1) Simmer stewed apple in a saucepan.
- 2) Combine flour and sweetener. Rub in margarine to form a stiff dough.
- 3) Flatten dough and place on top of simmering fruit.
- 4) Simmer for 30mins on low heat until dough is cooked through.

Serve with low fat custard or ice cream and sprinkle of cinnamon.

Nutritional information per serve: energy 580KJ; fat 3g; protein 2.5g; carbohydrate 25g; fibre 2g

Fruit slice

Ingredients

Serves 12

1 cup sultanas or other dried fruit of your choice
1 cup self raising flour
1 cup skim evaporated milk
1/8 cup Equal

- 1) Place flour, Equal and sultanas in a bowl and combine.
- 2) Add evaporated milk and mix to combine with dry ingredients.
- 3) Pour into a greased, lined, slice tray.
- 4) Bake in a moderate oven (180°) for 15 minutes.

Nutritional information per serve: energy 440KJ; protein 3.3g, fat 0.3g; carbohydrate 26g; fibre 1g

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.

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

Custard

Ingredients

Serves 2

1 tbsp custard powder
300mls low fat milk
2 teaspoons of sugar or sugar substitute

- 1) Place custard powder in heat proof bowl.
- 2) From the 300mls of milk, add a little to the custard powder to make a thin paste.
- 3) Pour remainder of milk into a saucepan and add 1 tsp of the sugar into the milk. Bring to boiling point.
- 4) Whilst stirring the paste in the bowl, quickly add the hot milk and continue to stir until custard thickens. If custard does not thicken, return to saucepan and bring to the boil while stirring.

Serve with tinned fruit (in natural juice).

Nutritional information per serve (using sugar): energy 440KJ (304Kj using sweetener) protein 5.6g; fat 0.18g, carbohydrate 16.5g (12.3g using sweetener), fibre 0g

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

- 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.

Serve with 100% fruit spread and ricotta cream (see recipe for Ricotta Cream page 48).

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

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)

Mix all ingredients together until light and fluffy. Keep refrigerated.

Serve with wholemeal scones.

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

Grape Tarts

Ingredients

Serves 4

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

- 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. Fold in half and lightly spray again. Repeat with another 6 pieces of pastry. Place on the prepared tray and repeat with the remaining pastry to make 4 tarts.
- 3) Arrange the grapes in rows over the pastry. Bake for 10 minutes or until the pastry is browned on the edges.

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

- 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. Remove from the heat and spoon the mixture into the prepared dish.
- 3) Put the oats in a food processor and process until the mixture is coarse. Combine the oats in a bowl with the sugar, cinnamon and margarine. Mix together and spoon evenly over the apple.
- 4) Bake for 15 – 20 minutes, or until the crumble is crisp and golden.

Serve with low fat vanilla ice-cream or custard.

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

Banana and Sultana Loaf

Ingredients

Makes 12 Slices

2 eggs
1 cup low fat milk
1 cup wholemeal SR flour and 1 cup white SR flour, sifted
2 tbsp sultanas
200g mashed bananas

- 1) Preheat oven to 180°C (350°F).
- 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

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.

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

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 cinnamon

Extras: oil spray

- 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 slightly, then add the raisins, apples 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.

Serve with low fat custard.

Nutritional information per serve: energy 1145KJ, fat 5g, carbohydrate 55g, fibre 4g

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

Place strawberries in a bowl. Pour over the vinegar, sprinkle with the sugar and toss to combine. Divide the strawberries between four bowls and garnish with the mint leaves. 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