

HEALTHY RECIPES: AUTUMN 2009

Light Meal *Roasted Pumpkin & Mushroom Lasagne*

METHOD

1. Preheat oven to 200°C
2. Mix pumpkin, sweet potato, rosemary, garlic and pepper in a bowl.
3. Place on a lightly sprayed tray and bake for 20 mins until golden brown.
4. Scald milk with onion. Let sit for 10 mins. Dilute flour with a little water, add milk, simmer for 5 minutes and add the cottage cheese.
5. Spray lasagne dish with oil. Add layer of lasagne sheets then 1/4 of the sauce and 1/4 of the pumpkin, potato, mushroom and shallot. Continue until all of the pumpkin, shallot, potato, mushroom, sauce and lasagne sheets are used (4 layers).
6. Sprinkle with grated cheese. Bake 35-45 mins. Rest for 5 mins before cutting and serve with a salad.

Prep time 30 minutes

Cooking time 45 minutes

Serves 8

400g pumpkin, diced into 1 cm cubes

400g sweet potato, diced into
1 cm cubes

2 large sprigs rosemary

3 cloves garlic, crushed

pepper to taste

1 litre skim milk

1 large onion, sliced

3 heaped tablespoons flour

250g continental cottage cheese

200g mushrooms, sliced

1 shallot, sliced

50g reduced fat cheese, grated

250g dried lasagne sheets



Nutritional Facts

GI rating - Low

Energy - 1157kj

Total Fat - 2.7g

Saturated Fat - 1.6g

Carbohydrate - 44.5g

Fibre - 3.7g

Sodium - 155mg

Recipe from "Cooking With Conscience" cookbook
by Michelle Trute.

Main Meal *Pork & Apple Balls*

METHOD

1. Place pork in food processor and process until pork resembles mince.
2. Add remaining ingredients and process until combined.
3. Mould into 8 balls, place on a tray lined with baking paper and bake in a preheated oven at 180°C for about 12-15 minutes. These are also easy to do on a bbq by moulding around a skewer.
4. Enjoy with basmati rice and a side serve of salad or vegetables.



Prep time 10 minutes

Cooking time 15 minutes

Serves 2

175g lean pork, diced

75g 97% fat free ham

15g dried apples

1/4 cup rolled oats

1 shallot, diced

1 teaspoon parsley, chopped

Rind of 1/2 lemon, grated

1 egg white

Black pepper

Nutritional Facts

GI rating - Low

Energy - 889kj

Total Fat - 5.4g

Saturated Fat - 1.8g

Carbohydrate - 13.1g

Fibre - 1.8g

Sodium - 85mg

Recipe from "Cooking With Conscience" cookbook
by Michelle Trute.

Dessert *Chocolate Fruit Kebabs*

METHOD

1. Thread the grapes, banana, strawberries and mango onto 4 bamboo skewers. Put the skewers on a baking tray lined with baking paper.
2. Put the chocolate in a heat proof bowl over simmering water. Do not let the base of the bowl touch the water. Stir over low heat until the chocolate has melted. Use a fork to drizzle the chocolate over the kebabs.
3. Place the tray into the freezer for 10 minutes or until the chocolate has set. Transfer to an airtight container and refrigerate until ready to eat.

Prep time 10 minutes

Cooking time 10 minutes

Serves 4

100g seedless green grapes
1 just-ripe banana, thickly sliced
100g strawberries, hulled
1 firm ripe mango, cut into chunks
25g dark chocolate, chopped



Nutritional Facts

GI rating - Low
Energy - 448kj
Protein - 1.8g
Carbohydrate - 19.5g
Fat - 2.1g
Saturated Fat - 1.7g
Fibre - 2.4g
Cholesterol - <1mg
Sodium - 7mg

Recipe from “Big Ideas: Diabetes” cookbook by Jody Vassallo.

Family Meal *Lemon & Soy Chicken Drumsticks*

METHOD

1. Slice the drumsticks 3 times through the thickest part to allow the flavour in.
2. Mix the other ingredients together and toss the drumsticks in.
3. Cook on a bbq or health grill, turning occasionally. Or, cover a tray with alfoil and cook under your grill. Cook until juices run clear when pierced with a knife.
4. Serve hot or cold. Nice when served with salad / vegetables and noodles.

Prep time 10 minutes

Cooking time 10 minutes

Serves 4

8 chicken drumsticks, skinned
2 tablespoons lemon juice
2 tablespoons sugar
1 1/2 teaspoons ginger, minced
1 tablespoon soy sauce



Nutritional Facts

GI rating - Low
Energy - 2344kj
Total Fat - 20.5g
Saturated Fat - 5.6g
Carbohydrate - 32g
Fibre - 0g
Sodium - 642mg

Helpful Hint

You could use 2 minute noodles as a side serve.

Recipe from “Cooking With Conscience” cookbook
by Michelle Trute.

Lunchbox *Crunchy Lettuce Parcels*

METHOD

1. Turn on stove. Fill saucepan 3/4 full with water. Heat water (lid on) until it boils. Add rice, cook (lid off) for 40 minutes.
2. Microwave chicken on 'medium' for 10 minutes (or grill in oven for 20-25 minutes).
3. When chicken is cool, remove skin and chop.
4. Grate the rind (orange skin only) from orange and squeeze juice.
5. Slice celery into thin slices.
6. Rinse and drain the rice. Add rice to bowl.
7. Add all the ingredients to rice and mix well.
8. Place a heaped tablespoon of mixture on one end of lettuce leaf.
9. Fold sides of lettuce leaf to centre and roll up.
10. Wrap in plastic wrap (optional) and pack into lunchboxes.

Prep time 10 minutes

Cooking time 40 minutes

Serves 4 (347g per serve)

3/4 cup brown rice (dry)

2 chicken breasts

1 orange

1 stick celery

1 cup alfalfa sprouts

1 tablespoon margarine

8 large lettuce leaves

Nutritional Facts

GI rating - Medium

Energy - 2190kj

Protein - 34.1g

Carbohydrate - 39g

Fibre - 4g

Sodium - 138.9mg

Healthy Hint

Why not substitute the brown rice for a low GI rice such as basmati.



Recipe from "Kid's in the Kitchen" cookbook
by *Eat Well SA*.