

HEALTHY RECIPES: SUMMER 2009

Light Meal *Pearl Barley Salad with Griddled Chicken*

METHOD

1. Brush each chicken piece with a little oil. Heat a griddle until hot and cook the chicken for 4 - 5 minutes on each side until cooked and browned. Cut each breast into 4 slices.
2. Stir the remaining oil into the barley, and add the onion, chilli, coriander, lime rind and juice, and red capsicum. Season to taste with salt and pepper and stir to combine.
3. Serve the barley topped with the chicken, garnished with parsley and lime wedges.



Recipe from "Quick Cooking for Diabetes" by Louise Blair and Norma McGough.

Prep time 10 minutes

Cooking time 10 minutes

Serves 4 people

4 boneless, skinless chicken breasts
1 tablespoon olive oil
125g pearl barley, cooked according to packet instructions
1 red onion, finely chopped
1 red chilli, finely chopped
4 tablespoons chopped coriander leaves
Grated rind and juice of 2 limes
1 red capsicum, finely chopped
Salt and pepper

TO GARNISH

Parsley sprigs
Lime wedges

Nutritional Facts

GI rating - Low
Energy - 1151kj (274 Kcals)
Protein - 27g
Carbohydrate - 31g
Fat - 5g

Nutritional Tip

Pearl barley is high in soluble fibre and can be used as a substitute for rice.

Main Meal *Thai Beef & Noodle Salad*

METHOD

1. Heat a griddle or frying pan until very hot. Add the steak and fry for 1 - 2 minutes on each side, depending how you prefer your meat cooked. Remove from the heat and leave to rest for about 5 minutes.
2. Toss the bean sprouts, capsicum, cucumber and rocket with the noodles.
3. Mix together the dressing ingredients, pour over the salad and combine well. Divide between 4 plates.
4. Slice steak into thin strips and place on top of the individual salads, then serve.



Prep time 10 minutes

Cooking time 20 minutes

Serves 4 people

250g piece lean sirloin steak
150g bean sprouts
1 red capsicum, finely sliced
1/2 cucumber, peeled and sliced
60g rocket
200g dried egg noodles, cooked according to packet instructions

DRESSING

Grated rind and juice of 1 lime
1 tablespoon sesame oil
1 tablespoon Thai fish sauce
1 red chilli, deseeded and finely sliced
4 tablespoons chopped coriander leaves

Nutritional Facts

GI rating - Low
Energy - 1331kj (317 Kcals)
Protein - 18g
Carbohydrate - 40g
Fat - 10g

Nutritional Tip

Lean red meat is low in fat and calories; it is also a good source of iron.

Recipe from "Quick Cooking for Diabetes" by Louise Blair and Norma McGough.

Dessert *Berry Ricotta Puddings*

METHOD

1. Preheat oven to 180°C. Line the sides of 4 x 1 cup (250ml) capacity moulds with baking paper.
2. If using frozen berries, put the berries into a pan with 2 teaspoons of water and gently heat to release the juice. Divide among the prepared moulds.
3. Put the ricotta, rosewater and honey into a bowl and mix well. Fold in the egg whites. Spoon the mixture over the berries.
4. Put the moulds into a baking dish and pour enough boiling water to come halfway up the sides of the moulds. Bake for 15 minutes or until the puddings are set. Invert onto plates and serve.

Prep time 10 minutes

Cooking time 20 minutes

Serves 4 people

200g fresh or frozen mixed berries
500g fresh low-fat ricotta cheese
2 teaspoons rosewater (optional)
2 teaspoons yellow box honey
2 egg whites, lightly beaten



Nutritional Facts

GI rating - Low
Energy - 659kj (157 Kcals)
Protein - 14.6g
Carbohydrate - 10g
Fat - 6.3g
Saturated Fat - 2.2g
Fibre - 1.1g
Cholesterol - 1mg
Sodium - 174mg

Recipe from “Little Ides: Diabetes - Desserts / Celebrate” by Jody Vassallo.

Family Meal *Healthy Hamburgers*

METHOD

1. In a large bowl lightly mash the kidney beans. Add the mince, carrot, zucchini, onion flakes, garlic, tomato paste, egg and half the breadcrumbs. Mix well to combine and then shape into 6 patties.
2. Roll each patty lightly in the remaining breadcrumbs.
3. Heat a non-stick frypan and spray with oil. Light fry for 10 - 15 minutes, turning once.
4. Place lettuce, tomato and beetroot on the base of each bread roll, top with a patty, pineapple slice and tomato sauce, and serve.



Prep time 15 minutes

Cooking time 15 minutes

Serves 6 people

125g canned kidney beans, drained
500g lean beef mince
1 small carrot, grated
1 small zucchini, grated
1 tablespoon onion flakes
2 teaspoons crushed garlic
2 tablespoons tomato paste (no added salt)
1 egg, lightly whisked
3/4 cup fresh multigrain breadcrumbs
Olive oil spray
6 medium multigrain bread rolls
6 large lettuce leaves
2 medium tomatoes, sliced
6 slices beetroot, drained
6 slices pineapple (canned in natural juice), drained
3 tablespoons tomato sauce

Nutritional Facts

GI rating - Low
Energy - 1644kj (391 Kcals)
Carbohydrate - 47g
Fat - 10g
Saturated Fat - 3g
Fibre - 8g
Sodium - 666mg

Recipe from "Diabetes Kids & Teens Food" by Melinda Morrison.

Lunchbox *Turkey Cranberry Wrap*

METHOD

1. Spread each Lavash with half the cream cheese and half the cranberry sauce.
2. Layer shaved turkey, baby spinach and cherry tomatoes evenly over the entire Lavash.
3. Roll up the Lavash to make a wrap, cut in half and serve.



Prep time 10 minutes

Cooking time 0 minutes

Serves 2 people

2 pieces Lavash bread

1 tablespoon extra-light cream cheese

1 tablespoon cranberry sauce

75g lean, shaved turkey breast

1 cup baby English spinach leaves

6 cherry tomatoes, sliced

Nutritional Facts

GI rating - Medium

Energy - 1114kj (265Kcals)

Carbohydrate - 39g

Fat - 4g

Saturated Fat - <1g

Fibre - 6g

Sodium - 429mg

Nutritional Tip

You could use wholegrain tortilla wraps to increase fibre and lower GI or use a gluten-free alternative.

Recipe from “Diabetes Kids & Teens Food” by Melinda Morrison.