

# HEALTHY RECIPES: AUTUMN 2009

## Light Meal *Minestrone Soup*

### METHOD

1. Place all ingredients into a boiler or large saucepan. Bring to boil, simmer 20-25 minutes or til vegetables are tender. To avoid pasta sticking, stir occasionally.

### Serves 10

2 litres (8 cups) water  
1 cup sliced celery  
1 cup small broccoli florets  
1 cup cubed carrot  
1 cup cubed zucchini  
1 cup diced potato  
1 onion, chopped  
1 x 410g can of chopped tomatoes

1 x 440g can drained and washed kidney beans  
½ cup (60g) raw small pasta noodles  
½ cup tomato paste  
4 teaspoons beef powder stock  
1 teaspoon crushed garlic  
1 teaspoon basil  
1 teaspoon oregano  
½ cup chopped parsley  
Salt and pepper to taste



### Nutritional Facts

Fat	0.7g
Fibre	0.6g
Protein	5.9g
Carbohydrate	17.0g
Kilojoules	415
Calories	99

### Variation

This recipe is ideal for vegetarians – replace beef stock with vegetable stock cubes.

Recipe from “Simply Too Good To Be True”  
(revised edition) cookbook by Annette Sym.

## Main Meal *Moussaka*

### METHOD

Preheat oven to 200 degrees C fan forced. Cut unpeeled eggplant lengthways into 1cm slices. Generously coat a large non-stick frypan with cooking spray, fry sliced eggplant for 1 to 2 minutes on each side until slightly browned. Spray pan each time you add more eggplant slices. Leave to one side..

#### To make the Meat Sauce...

Coat the same frypan with cooking spray, sauté mince until cooked, drain off any liquid. Add onion and garlic to pan and cook 3 minute. Add all remaining ingredients. Once boiled simmer for 5 minutes. Leave to one side.

#### To make the White Sauce...

In a medium sized saucepan melt margarine, add flour and stir together well. Slowly add milk, using a whisk to avoid lumps. Stir continuously. Once boiled add cheese sauce sachet using a whisk to keep smooth. Leave to one side.

#### To assemble the Moussaka...

You will need 3 layers of eggplant slices so divide cooked eggplant into 3 portions. Coat a lasagne dish with cooking spray, place a layer of eggplant on base. Cover with ½ meat sauce then another layer of eggplant slices. Top with remaining meat sauce then cover with remaining eggplant slices. Spread white sauce over top then sprinkle with grated cheese over sauce. Bake 30-35 minutes.



Recipe from “Symply Too Good To Be True 4”  
cookbook by Annette Sym.

### Serves 6

2 medium sized eggplants (1 kilo)  
Cooking spray

#### Meat Sauce

500g very lean lamb mince  
1 cup onion, diced  
1 teaspoon crushed garlic (in jar)  
2 teaspoons beef stock powder  
2 tablespoons no added salt  
tomato paste  
1 x 410g can tomato paste  
1 x 425g can crushed tomatoes  
2 tablespoons fresh mint, chopped

#### White Sauce

1 tablespoon (15g) Flora Light  
margarine  
3 tablespoons plain flour  
2 cups skim milk  
1 x 30g sachet Continental  
4 cheese sauce

#### Topping

½ cup 25% reduced fat grated  
tasty cheese

#### Nutritional Facts

Fat	7.6g
Fibre	4.8g
Protein	20g
Carbohydrates	13.8g
Sugar	10.9g
Sodium	427mg
Kilojoules	854
Calories	203

#### Helpful Hint

This low-salt Moussaka is  
great for those with high  
blood pressure.

## Dessert *Baked Raisin, Date & Walnut Apples*

### METHOD

1. Place raisins and dates in a small bowl, pour over the port and set aside to macerate for 2-3 hours.
2. Preheat oven to 180 degrees C (350 degrees F / Gas 4). Spray the bottom of a non-stick baking pan with a little oil.
3. Place the soaked fruit, walnuts, orange zest, spices and sugar in a medium-sized bowl and mix well.
4. Using a sharp knife, make a shallow cut horizontally around the middle of each apple (to prevent them from bursting during cooking). Stuff each with the fruit filling and place in the prepared pan. Pour the apple juice into the base of the pan.
5. Cover the baking tray loosely with foil and bake, basting the apples occasionally with apple juice, for 30-40 minutes, or until apples are soft. Serve warm, with low fat vanilla ice-cream or yoghurt, if desired.

**Prep time** 15 minutes

**Macerating time** 2-3 hours

**Cooking time** 30-40 minutes

**Serves** 4

50g (1/3 cups) raisins

50g (1/3 cup) dates, finely chopped

2 tablespoons port

Olive oil spray

30g (1/4 cup) walnuts, finely chopped

1 teaspoon finely grated orange zest

½ teaspoon ground cinnamon

Pinch ground cloves

2 tablespoons brown sugar

4 large green apples, cored

250ml (1 cup) apple juice



### Nutritional Facts

Kilojoules	1143
Calories	273
Fat	6g
Fibre	6g
Protein	2g
Carbohydrate	50g

Recipe from "The Low GI Vegetarian Cookbook" by Prof Jennie Brand-Miller, Kaye Foster-Powell & Kate Marsh with Philippa Sandall.

## Family Meal *Tuscan Chicken with Pasta*

### METHOD

1. Cook pasta as instructed on pasta packet, leave to one side.
2. Cut chicken into bite size pieces. Cut 3cms off ends of asparagus spears and throw ends away. Cut spears into 2cm pieces.
3. Coat a non-stick frypan with cooking spray, sauté garlic for 15 seconds, add diced chicken and cook for 3 minutes. Place asparagus, zucchini, capsicum and onion in with chicken and cook 2 minutes.
4. Add all remaining ingredients to pan and bring to boil. Reduce heat and cook on slow boil for 5 minutes.
5. Stir in cooked pasta and serve.

#### Nutritional Facts

Fat	5.2g
Fibre	6.3g
Protein	38.0g
Carbohydrates	35.9g
Kilojoules	1540
Calories	367
GI rating	low

#### Healthy Hint

Through removing the skin from the chicken the amount of fat is reduced making it a suitable recipe for people with diabetes.

### Serves 4

- 1½ cups dried penne pasta
- 500g skinless chicken breasts
- 1 bunch fresh asparagus
- Cooking spray
- 2 teaspoons crushed garlic (in jar)
- 1 cup zucchini, sliced
- 1 cup capsicum, sliced
- 1 cup onion, diced
- 2 x 425g cans crushed tomatoes
- 2 tablespoons no added salt tomato paste
- 2 teaspoons salt reduced chicken-style stock powder
- ¾ teaspoon dried mixed herbs
- 2 tablespoons grated parmesan cheese



Recipe from “Simply Too Good To Be True 4”  
cookbook by Annette Sym.

## Lunchbox *Carrot & Spinach Slice*

### METHOD

1. Preheat oven to 180 degrees C fan forced. Wash silverbeet then remove white stalks (an easy way to do this is to hold the stalk in one hand and with the other hand pull away the green leaf).
2. Cut silverbeet leaves into thin strips. Microwave in a little water for 3 minutes. Drain really well by pushing out as much water as possible from silverbeet and leave to one side.
3. In a large mixing bowl beat eggs and whites well. Add dry soup mix, garlic, parmesan cheese, ½ cup tasty cheese and combine well.
4. Add in grated carrots, diced onion and spinach and mix. Stir in flour until combined well.
5. Coat a quiche dish with cooking spray then spread mixture into dish. Sprinkle extra 1/3 cup tasty cheese over top. Bake for 45 minutes or until browned and firm in centre.

### Nutritional Facts

Fat	6.8g
Fibre	4.1g
Protein	12.7g
Carbohydrates	16.8g
Sodium	464mg
Kilojoules	749
Calories	178

### Serves 6

- 1 bunch silverbeet / spinach
- 2 whole eggs
- 3 egg whites
- 1 x 35g packet salt reduced French Onion soup
- 1 teaspoon crushed garlic (in jar)
- 2 tablespoons grated parmesan cheese
- ½ cup 25% reduced fat grated tasty cheese
- 3 cups carrot, grated
- ½ cup onion, diced
- ¾ cup self raising flour
- Pepper to taste
- Cooking spray
- Extra ½ cup 25% reduced fat grated tasty cheese



Recipe from “Simply Too Good To Be True 4”  
cookbook by Annette Sym.