

Recipes

Breakfast

Eggs on toast

Ingredients

1 slice wholegrain toast
2 eggs
1 diced tomato
2 sliced mushrooms
1 slice fat reduced cheese
Spray olive oil

Method

1. Spray non-stick pan with olive oil
2. Over medium heat, crack eggs into egg rings in pan
3. Add vegetables to the pan and toss until cooked
4. Top toast with eggs, vegetables and cheese
5. Place in microwave for 30 seconds until cheese is melted

Scrambled Eggs

Ingredients

1 slice wholegrain toast
2 eggs
½ small red capsicum, diced
1 small zucchini, grated
Spray olive oil

Method

1. Microwave zucchini until softened
2. Beat eggs until light and fluffy
3. Add zucchini and capsicum to egg mixture
4. Spray non-stick pan with olive oil
5. Over medium heat, pour egg mixture into pan, mixing until eggs are cooked
6. Spoon egg mixture onto toast and serve

Pancakes (makes 6 serves)

Ingredients**Pancakes**

1 cup low fat milk
½ cup wholemeal self raising flour
½ cup white self raising flour
1 egg
Spray olive oil

Topping

200g low fat yoghurt
½ cup frozen mixed berries

Method

1. Mix all pancake ingredients together and beat until mixture is smooth
 2. Spray a non-stick pan with olive oil
 3. Pour small amounts of mixture into pan over medium heat
 4. Turn pancakes when first side is golden brown
 5. Once pancake is cooked, top with yoghurt and berries
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Lunch

Lentil and vegetable soup

Ingredients

1 cup spinach
1 cup shredded cabbage
½ cup diced mushrooms
1 diced carrot
1 diced zucchini
½ cup tinned lentils, drained
1 tin crushed tomatoes
1 cup salt reduced vegetable stock
Garlic if desired
2 teaspoons parmesan cheese
Mixed herbs to taste

Method

1. Place all ingredients (except cheese) in a saucepan and bring to the boil, stirring regularly
 2. Reduce heat and simmer for a further 30 minutes
 3. Serve topped with parmesan cheese with a wholegrain bread roll
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Sweet potato and chickpea hotpot

Ingredients

½ cup tinned chickpeas
½ small cubed sweet potato
1 sliced zucchini
½ onion, sliced
½ diced capsicum
1 sliced carrot
1 tablespoon tomato paste
½ teaspoon paprika or chilli powder
½ teaspoon cumin
1 litre salt reduced vegetable stock

Method

1. Place vegetables in a saucepan and cover with stock
2. Add remaining ingredients and bring to the boil
3. Simmer for a further 30 minutes, stirring occasionally
4. Serve with wholegrain roll once vegetables are soft

Dinner

Cajun chicken and vegetables

Ingredients

150g skinless chicken breast fillet
½ cup diced sweet potato
½ cup broccoli florets
½ cup cauliflower florets
Handful of green beans
1 sliced carrot
Spray olive oil
Cajun spices

Method

1. Soften sweet potato in the microwave and then spray with oil and place on a baking tray
2. Bake in a moderate oven (180°C) until browned
3. Over medium heat, place chicken fillet into a non-stick frypan that has been sprayed with oil
4. Cook until browned and sprinkle with Cajun spices
5. Steam vegetables and serve with chicken

Spaghetti Bolognese

Ingredients

½ cup dry penne
½ cup lean mince meat
½ diced onion
1 cup tomato pasta sauce
¼ cup red wine
1 tablespoon olive oil
½ cup peas
½ cup diced carrot
½ cup diced mushroom
½ cup diced capsicum
1 clove garlic if desired
2 teaspoons parmesan cheese
Basil to taste

Method

1. Brown mince meat and onion in olive oil
2. Add pasta sauce, red wine, garlic and basil, mix well
3. Add other vegetables and reduce heat to simmer
4. Boil pasta until tender
5. Drain pasta and top with sauce and cheese

Vegetable omelette

Ingredients

2 eggs
¼ cup sliced mushrooms
¼ small grated zucchini
¼ small grated carrot
Black pepper to taste
Spray oil
Salad of lettuce, tomato, cucumber, beetroot, ¼ avocado and ½ cup corn
Oil free dressing

Method

1. Microwave vegetables until softened
 2. Crack and beat eggs
 3. Mix eggs with vegetables and black pepper to taste
 4. Spray a small non-stick pan with oil
 5. Over medium heat, pour in egg and vegetable mixture
 6. Allow to set on the hot plate and then transfer to the griller to brown the top
 7. Serve with salad made with oil free dressing
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Pan fried fish with rice and salad

Ingredients

120g fish fillet
1/3 cup uncooked basmati rice
2 cups lettuce
1 medium tomato
1/2 cup cucumber slices
1/2 cup red capsicum
Oil free salad dressing
Lemon wedges
Cracked pepper if desired

Method

1. Boil rice until soft but not gluey
2. Spray a non-stick pan with olive oil spray
3. Cook fish both sides – around 4 minutes each side for thick deep sea fish and around 2 minutes per side for a thin white fillet
4. Prepare salad with oil free dressing
5. Top fish with lemon juice and cracked pepper and serve with salad

BBQ steak and vegetables

Ingredients

150g lean fillet of steak
1 thinly sliced potato
6 sliced mushrooms
1 sliced zucchini
1/2 cup thinly sliced pumpkin
1 tablespoon olive oil

Method

1. Pre-heat BBQ plate and spread olive oil over plate using a pastry brush
 2. Place potatoes, pumpkin and zucchini on the BBQ, turning often
 3. When vegetables are partly cooked, place steak and mushrooms on the BBQ plate
 4. Cook steak to your liking and ensure vegetables are browned
 5. Serve with a small wholegrain dinner roll
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Chicken and vegetable pizza

Ingredients

100g cooked skinless chicken
1 small wholemeal pita-bread
2 tablespoons tomato paste
2 sliced mushrooms
½ diced capsicum
½ cup baby spinach leaves
40g grated mozzarella cheese
Salad of lettuce, tomato, cucumber, carrot, snow peas and ½ avocado
Oil free salad dressing

Method

1. Top pita bread with tomato paste
 2. Add chicken and vegetables
 3. Sprinkle cheese over pizza
 4. Cook pizza in a moderate oven (180°C) for 15-20 minutes until cheese is melted and base is crisp
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Beef and vegetable stir fry

Ingredients

100g lean beef strips
1 sliced carrot
½ sliced onion
3 sliced mushrooms
½ sliced red capsicum
1 cup baby spinach leaves
1 cup hokkien noodles
1 tablespoon soy sauce
1 tablespoon oyster sauce
1 tablespoon sweet chilli sauce

Method

1. Place noodles in a glass bowl and cover with boiling water
 2. Spray a pan with olive oil
 3. Over medium heat, quickly fry beef strips until browned (set aside)
 4. Add onion and carrot to pan and cook until softened
 5. Add mushrooms and baby spinach to vegetables
 6. When vegetables are cooked, add soy, oyster and sweet chilli sauce and return meat to the pan, mixing well
 7. Separate noodles with a fork, drain and serve topped with stir fry meat and vegetables
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Supper

Baked apple with custard

Ingredients

1 medium apple
1 tablespoon sultanas
½ teaspoon cinnamon
½ cup low fat custard

Method

1. Remove core from apple
2. Mix sultanas and cinnamon together
3. Stuff sultana mixture into apple core
4. Microwave apple on high for 4-5 minutes until soft
5. Microwave custard on high for 1 minute
6. Pour warm custard over apple and serve