



# goodhealth

RECIPE BOOK II

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HEALTHY FOOD IDEAS WITH DAIRY



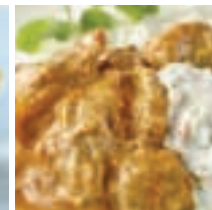
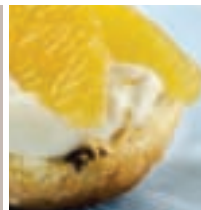


# health

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# dairy good recipes for health



For most of us, eating is one of life's great pleasures. In Australia we are fortunate to have access to one of the world's most abundant and varied food supplies. However, in spite of all the fresh food and choice available to us, many of us are getting the balance wrong. Many are gaining too much weight. We have increasing rates of serious health conditions such as diabetes, osteoporosis, high blood pressure and cholesterol.

The good news is the risk of developing these conditions can be reduced by getting your lifestyle balance right. Healthy eating, combined with regular physical activity, can help control weight and prevent or help manage high cholesterol, high blood pressure and diabetes. Your bones also rely on a good diet and exercise.

One of the fastest ways to better health is to simply get your body moving with regular physical activity such as walking. Aim for at least 30 minutes a day. The best part is this can be squeezed into a busy lifestyle in 10 minute blocks.

Healthy eating can be a taste sensation and it is quick and easy with a little know how and healthy ingredients.

Balancing your food intake means enjoying a wide variety of foods. As well as providing interest and taste, this will ensure your nutritional needs for health and wellbeing are met.

This includes:

- » Eating plenty of fruits and vegetables, legumes, wholegrain breads and cereals, including rice, pasta and noodles
- » Choosing lean meat, fish, poultry and/or alternatives
- » Enjoying milk, yogurt, cheese - preferably reduced-fat varieties, and
- » Drinking plenty of water.

This booklet contains recipes that combine great taste with good nutrition. The recipes feature dairy foods such as milk, cheese and yogurt making it easy for you to enjoy the benefits of consuming 3 serves\* of dairy each day. Dairy foods are naturally packed with calcium and contain nine other essential nutrients. Dairy foods can play an important role in the management of your weight, blood cholesterol, blood pressure, osteoporosis and diabetes#.

The recipes in this book include dairy foods, and are lower in fat, salt† and added sugar than traditional recipes. Each recipe includes a nutrient analysis per serve to use as a guide for you to meet your lifestyle needs. It is intended that this booklet be given to you by your healthcare professional as one part of your overall care plan.

The following pages provide a range of great meal and snack ideas to help guide you in the right direction. For individual nutrition advice see your General Practitioner or Accredited Practising Dietitian. To find an Accredited Practising Dietitian, visit the website of the Dietitians Association of Australia at [www.daa.asn.au](http://www.daa.asn.au) or call 1800 812 942.

We hope the recipes in this booklet will help inspire a love of healthy eating.

\* Eating 3 serves of dairy every day as part of a healthy, balanced eating plan will provide most people with their average dietary requirement for calcium. One serve of dairy is equivalent to: 1 glass of milk (250ml), 1 tub of yogurt (200g) or 2 slices of cheese (40g).

# For more detailed information on dairy foods and the management of a range of health conditions visit [www.dairyaustralia.com.au](http://www.dairyaustralia.com.au).

† Recipes contain less than 350mg sodium/100g.

# meals for all occasions

The recipes in this booklet can be imaginatively combined to create some delicious menus that are also nutritionally balanced.

Here are some ideas to get you started.

## Anyone for Breakfast?

What better way to start your day than with a 'skinny' café latte and this light and lazy weekend breakfast or brunch!



Scrambled cheddar eggs on wholegrain > page 10



Vanilla bean yogurt with poached rhubarb > page 20

## Lets Celebrate!

Matched with a crisp green salad and perhaps a glass of your favourite wine, this elegant but simple meal will be sure to delight all at your table.



Trio of dips > page 21



Smoked salmon, rocket and ricotta linguine > page 24



Vanilla custard tartlets with strawberries > page 30

## Simple Solutions

Busy people need simple solutions. You'll love this quick and satisfying midweek meal.



Lemon chicken skewers with green olive yogurt > page 26



Thyme baked potatoes with feta > page 26



Creamy date and apricot couscous > page 31

## Lunch on the Go

When the same old sandwich just won't do, pack your thermos and lunch box for a delicious picnic or homemade lunch at work...  
...and don't forget that afternoon snack!



Zucchini and pea soup with minted yogurt > page 13



Vegetable and ricotta filo roll > page 12



Spiced apple and yogurt slice > page 19



breakfast

BREAKFAST



## RASPBERRY AND YOGURT BIRCHER MUESLI

Serves 4

- 1½ cups rolled oats
- 1¼ cups Australian reduced-fat milk
- 1 apple, grated
- 2 tablespoons pepitas (pumpkin seeds)
- ¼ cup freshly squeezed orange juice
- ½ teaspoon finely grated orange rind
- 200g fresh or frozen raspberries
- 200g Australian low-fat natural yogurt
- 2 tablespoons pistachios, chopped (optional)

1. Combine oats, milk, apple, pepitas and orange juice in a bowl. Cover and refrigerate overnight.
2. Stir orange rind through muesli, divide between serving bowls and top with fresh raspberries, a dollop of yogurt and pistachios.

*Tip: Use strawberries or other seasonal fruits in place of raspberries if desired.*

### Nutrients Per Serve

Energy (kJ)	1324	Sugars (g)	16
Protein (g)	13	Dietary Fibre (g)	7
Total Fat (g)	9.7	Sodium (mg)	79
Saturated Fat (g)	2.0	Calcium (mg)	253
Carbohydrate (g)	40	Iron (mg)	3

## RICOTTA AND BANANA WRAPS WITH WARM HONEY

Serves 2

- 100g Australian reduced-fat smooth ricotta
- 1 banana, chopped
- 2 teaspoons currants
- ½ teaspoon mixed spice
- 1 piece wholemeal lavash or mountain bread, cut in half
- 1 tablespoon honey
- ¼ teaspoon cinnamon

1. Combine ricotta, banana, currants and half of the mixed spice in a bowl.
2. Spread ricotta mixture over the first third of each piece of lavash, across the shorter end. Then fold over with edges folded in, until enclosed like a parcel.
3. Place wrap into a pre-heated non-stick frying pan, or into a flat sandwich press and cook until golden on both sides.
4. Place remaining mixed spice and cinnamon into frying pan and heat gently until just fragrant. Add honey to pan until warmed through. Serve drizzled over wraps.

### Nutrients Per Serve

Energy (kJ)	1050	Sugars (g)	24
Protein (g)	9	Dietary Fibre (g)	4
Total Fat (g)	5.2	Sodium (mg)	254
Saturated Fat (g)	3.0	Calcium (mg)	144
Carbohydrate (g)	41	Iron (mg)	1





BREAKFAST

## SCRAMBLED CHEDDAR EGGS ON WHOLEGRAIN

Serves 2

6-8 cherry tomatoes

2 eggs

1 egg white

2 tablespoons Australian reduced-fat milk

40g Australian reduced-fat cheddar  
cheese, grated

2 teaspoons chopped flat leaf parsley

freshly ground black pepper, to taste

2 thick slices wholegrain bread, toasted

1. Place tomatoes onto a lined oven tray and bake at 180°C for 5-8 minutes until heated through and skins are just starting to split.
2. Whisk the eggs and milk together. Pour into a pre-heated non-stick frying pan and cook over a medium heat stirring occasionally until just cooked.
3. Stir cheese, parsley and pepper through egg mixture and serve on toast with tomatoes.

### Nutrients Per Serve

Energy (kJ)	1129	Sugars (g)	4
Protein (g)	19	Dietary Fibre (g)	3
Total Fat (g)	11.4	Sodium (mg)	474
Saturated Fat (g)	4.9	Calcium (mg)	238
Carbohydrate (g)	21	Iron (mg)	2

**Nutrients Per Serve**

Energy (kJ)	652	Sugars (g)	4
Protein (g)	10	Dietary Fibre (g)	3
Total Fat (g)	6.0	Sodium (mg)	279
Saturated Fat (g)	3.1	Calcium (mg)	179
Carbohydrate (g)	15	Iron (mg)	1

LUNCH

## VEGETABLE AND RICOTTA FILO ROLL

Serves 6

2 zucchini, thickly sliced  
1 red onion, sliced  
1 red capsicum, sliced  
100g mushrooms, chopped  
olive oil spray  
300g Australian reduced-fat fresh ricotta  
½ cup drained halved artichoke hearts  
¼ cup basil leaves, chopped  
2 cloves garlic, finely chopped  
8 sheets filo pastry  
2 tablespoons Australian reduced-fat milk  
100g mixed salad greens, for serving

1. Spray the zucchini, onion, capsicum and mushrooms with oil and place onto a lined oven tray. Bake at 200°C for 10-15 minutes until tender. Allow to cool slightly and combine with the crumbled ricotta, artichokes, basil and garlic.
2. Layer pastry sheets on top of each other, brushing every second sheet with milk. Cut into two equal portions.
3. Spoon mixture over two thirds of each pile of pastry from the shorter end and roll up like a Swiss roll. Brush each roll with milk, sprinkle with pepper and place onto a lined oven tray and bake at 200°C for 15-18 minutes or until crisp and golden.
4. For serving, slice and accompany with salad greens.

## ZUCCHINI AND PEA SOUP WITH MINTED YOGURT

Serves 8

olive oil spray  
4 medium zucchini, chopped  
4 spring onions, chopped  
2 garlic cloves, finely chopped  
3 cups salt-reduced liquid chicken stock  
1 cup frozen green peas, thawed  
¾ cup Australian reduced-fat milk  
½ cup Australian reduced-fat natural yogurt  
¼ cup fresh mint leaves, finely sliced  
2 teaspoon fresh lime juice  
freshly ground black pepper, to taste

1. Spray a large saucepan with oil. Add zucchini, spring onions and garlic and cook stirring for 3-4 minutes until tender. Pour in stock, bring to the boil, reduce heat and simmer for 8-10 minutes. Add peas and cook a further 2 minutes. Remove from heat and puree soup with a handheld blender or food processor until smooth.
2. Return to the saucepan, stir in milk and gently simmer for 3-4 minutes until hot, do not boil.
3. Combine yogurt, mint, lime juice and pepper.
4. Serve soup in bowls and finish with a swirl of minted yogurt.

### Nutrients Per Serve

Energy (kJ)	255	Sugars (g)	5
Protein (g)	4	Dietary Fibre (g)	2
Total Fat (g)	1.5	Sodium (mg)	261
Saturated Fat (g)	0.5	Calcium (mg)	80
Carbohydrate (g)	7	Iron (mg)	1



*Tip: This soup can also be served in espresso cups as a starter to a meal.*



## CHILLI CHICKEN AND SOUR CREAM BURRITOS

Serves 4

200g skinless chicken breast fillet,  
cut into strips

1 teaspoon mild chilli powder

1 teaspoon ground cumin

½ teaspoon ground coriander

1 teaspoon olive oil

½ onion, sliced

½ red capsicum, cut into strips

1 zucchini, cut into strips

4 burrito tortillas, warmed

60g Australian reduced-fat cheddar  
cheese, grated

¼ cup Australian light sour cream

1. Toss chicken in combined spices until coated. Heat oil in non-stick frying pan and cook the onion, capsicum and zucchini for 2 minutes, add chicken and cook a further 3 minutes until golden. Pour in 1 tablespoon water and heat through.

2. To assemble burrito, lay tortillas onto benchtop, sprinkle evenly in the centre with cheese, top with chicken mixture and a dollop of sour cream. Roll tortilla up from the bottom, then fold in from each side to enclose.

*Tip: Wrap tortilla in a serviette for easy handling.*

### Nutrients Per Serve

Energy (kJ)	923	Sugars (g)	3
Protein (g)	18	Dietary Fibre (g)	1
Total Fat (g)	10.6	Sodium (mg)	233
Saturated Fat (g)	4.7	Calcium (mg)	193
Carbohydrate (g)	12	Iron (mg)	1





## PROSCIUTTO, PUMPKIN AND BOCCONCINI PIZZA

Serves 4

**7g (1 sachet) dry yeast**

**1 teaspoon sugar**

**185ml warm water**

**1½ cups plain flour**

**½ teaspoon salt**

**300g pumpkin, peeled and cut into 2cm cubes**

**olive oil spray**

**freshly ground black pepper, to taste**

**¼ cup passata\* or Italian cooking sauce**

**100g Australian bocconcini cheese, drained and sliced**

**2 thin slices prosciutto, roughly torn**

**6-8 small basil leaves, roughly torn**

**50g rocket leaves**

**1 teaspoon red wine vinegar**

1. Place yeast, sugar and water in a bowl. Whisk with a fork and set aside for 5-8 minutes until the surface is frothy.
2. Sift flour and salt into a large bowl. Make a well in the centre, pour in the yeast mixture, and combine until a dough forms. Turn out onto a floured benchtop and knead for 8-10 minutes until smooth and elastic. Place into a bowl, cover and set aside in a warm place for 30 minutes or until doubled in size.
3. Place pumpkin onto a lined oven tray, spray with oil and sprinkle with pepper. Bake at 200°C for 10 minutes or until tender.
4. Knock back dough, knead lightly on a floured benchtop and divide into two. Roll into 20cm circles and place onto a lined oven tray.
5. Spread pizza bases with sauce and top with pumpkin, bocconcini, prosciutto and basil. Bake at 200°C for 10 minutes until base is crisp.
6. Toss rocket leaves in vinegar and serve with pizza slices.

### Nutrients Per Serve

Energy (kJ)	1269	Sugars (g)	5
Protein (g)	14	Dietary Fibre (g)	3
Total Fat (g)	6.6	Sodium (mg)	606
Saturated Fat (g)	3.2	Calcium (mg)	140
Carbohydrate (g)	45	Iron (mg)	2

\* Passata is pureed tomato sauce available at the supermarket that can be used in pasta sauces, casseroles and for pizza toppings.



LUNCH



## KING PRAWN AND MANGO SALAD WITH THAI INSPIRED YOGURT

Serves 4

300g Australian reduced-fat yogurt  
 1 tablespoon chopped coriander  
 1 teaspoon fish sauce  
 1 teaspoon brown sugar  
 finely grated rind of 1 lime  
 ½ baby cos lettuce, washed and sliced  
 ½ continental cucumber, sliced with a peeler  
 1 mango, peeled and sliced  
 100g sugar snap peas, blanched  
 10g coriander sprigs, extra  
 12 cooked king prawns, peeled and deveined  
 1 tablespoon dry roasted unsalted peanuts, chopped

1. Combine yogurt, coriander, fish sauce, sugar and lime rind. Refrigerate until required.
2. Assemble remaining ingredients between serving plates and drizzle with yogurt dressing. Serve immediately.

*Tip: Prawns can be substituted with 300g sliced chicken if desired.*

Nutrients Per Serve			
Energy (kJ)	733	Sugars (g)	15
Protein (g)	18	Dietary Fibre (g)	3
Total Fat (g)	3.6	Sodium (mg)	404
Saturated Fat (g)	1.1	Calcium (mg)	230
Carbohydrate (g)	15	Iron (mg)	1

## BAKED HERBED RICOTTA WITH CHERRY TOMATO SALSA

Serves 8-10

800g Australian reduced-fat fresh ricotta  
 1 cup fresh wholegrain breadcrumbs  
 1 cup flat leaf parsley, chopped  
 ½ cup basil leaves, chopped  
 ¼ cup chopped chives  
 ¼ cup grated Australian parmesan  
 freshly ground black pepper, to taste  
 2 egg whites  
 250g cherry tomatoes, quartered  
 2 spring onions, finely chopped  
 2 teaspoons balsamic vinegar  
 2 teaspoons olive oil  
 crisp green salad, for serving

1. Combine ricotta, breadcrumbs, herbs, parmesan and pepper.
2. Whisk egg whites until stiff peaks form and fold through ricotta mixture. Press into a lined 20cm springform pan and bake at 180°C for 45 minutes. Allow to cool slightly before removing from pan.
3. Toss together remaining ingredients and serve with a slice of baked ricotta accompanied with crisp greens.

Nutrients Per Serve†			
Energy (kJ)	596	Sugars (g)	3
Protein (g)	11	Dietary Fibre (g)	1
Total Fat (g)	8.8	Sodium (mg)	225
Saturated Fat (g)	5.1	Calcium (mg)	243
Carbohydrate (g)	5	Iron (mg)	1

† Analysis does not include serving suggestion.





## ORANGE BUTTERMILK SCONES

Makes 12

- 400g Australian reduced-fat natural yogurt**
- 30g Australian salt reduced butter**
- 2 cups self-raising flour**
- 1 tablespoon sugar**
- 1 cup Australian buttermilk**
- ½ cup raisins, chopped and soaked in ¼ cup warm water**
- 1 tablespoon Australian buttermilk, extra**
- ¼ teaspoon finely grated orange rind**
- orange segments, for serving**

1. Place yogurt into paper towel lined sieve over large bowl. Cover and refrigerate for 30 minutes.
2. Rub butter into combined flour and sugar or pulse in a food processor until the mixture resembles fine crumbs. Remove to a large bowl, make a well in the centre and add buttermilk and drained raisins. Stir the mixture until just combined.
3. Turn the dough onto a floured surface and knead lightly. Pat out to 3 cm thickness and using a floured cutter, cut out scones and place onto a lined oven tray.
4. Brush scones with extra buttermilk and bake at 200°C for 10-12 minutes.
5. Stir orange rind through yogurt and serve on scones with orange segments.

### Nutrients Per Serve

Energy (kJ)	660	Sugars (g)	9
Protein (g)	5	Dietary Fibre (g)	1
Total Fat (g)	3.4	Sodium (mg)	208
Saturated Fat (g)	2.1	Calcium (mg)	109
Carbohydrate (g)	25	Iron (mg)	0



## MANGO AND MINT SMOOTHIE

Serves 2

- 2 cups Australian reduced-fat milk**
- 1 cup Australian reduced-fat natural yogurt**
- 1½ cups chopped mango, fresh or frozen**
- 6 mint leaves**

1. Combine all ingredients in a blender and process until smooth.
2. Pour into glasses over crushed ice and serve immediately.

### Flavour combinations to try:

- peach and honey
- banana and passionfruit
- strawberry and vanilla

### Nutrients Per Serve

Energy (kJ)	1236	Sugars (g)	39
Protein (g)	18	Dietary Fibre (g)	2
Total Fat (g)	6.1	Sodium (mg)	210
Saturated Fat (g)	3.8	Calcium (mg)	574
Carbohydrate (g)	40	Iron (mg)	1

## FRUIT TOAST WITH RICOTTA AND HONEY

Serves 4

**400g fresh seasonal fruit**  
eg: plums, bananas, strawberries  
**4 slices fruit bread**  
**320g Australian reduced-fat  
fresh ricotta**  
**2 tablespoons honey**

1. Cut fruit into thick wedges.
2. Toast fruit bread and top with crumbled ricotta and fruit wedges.
3. Drizzle with honey and serve.

### Nutrients Per Serve

Energy (kJ)	1209	Sugars (g)	30
Protein (g)	11	Dietary Fibre (g)	3
Total Fat (g)	8.2	Sodium (mg)	224
Saturated Fat (g)	4.7	Calcium (mg)	232
Carbohydrate (g)	42	Iron (mg)	1



## SPICED APPLE AND YOGURT SLICE

Makes 12

**3 eggs**  
**¼ cup caster sugar**  
**2 teaspoons finely grated lemon rind**  
**1½ cups plain flour**  
**2 teaspoons baking powder**  
**1 teaspoon cinnamon**  
**⅔ cup Australian reduced-fat milk**  
**100g Australian light cream cheese**  
**400g Australian honey or vanilla  
flavoured diet yogurt**  
**2 apples, peeled, cored and sliced**

1. Beat 2 eggs with sugar and 1 teaspoon lemon rind until thick and pale. Sift dry ingredients and fold gently into egg mixture alternately with milk until well combined. Pour into a lined 25cm x 18cm slice tin.
2. Combine cream cheese, 100g yogurt and remaining egg until smooth. Using a spatula, carefully swirl through the cake mixture.
3. Press apples into the slice and bake at 180°C for 40-45 minutes, until golden and set. Allow to cool 5 minutes before turning onto a wire rack to cool completely.
4. For serving, combine remaining yogurt and lemon rind and drizzle over slice.

### Nutrients Per Serve

Energy (kJ)	624	Sugars (g)	10
Protein (g)	7	Dietary Fibre (g)	1
Total Fat (g)	3.1	Sodium (mg)	176
Saturated Fat (g)	1.5	Calcium (mg)	107
Carbohydrate (g)	23	Iron (mg)	1





## VANILLA BEAN YOGURT WITH POACHED RHUBARB

Serves 4

- 600g Australian reduced-fat natural yogurt
- 300g rhubarb, approx. 6 stems, cut into 5cm lengths
- 2 tablespoons water
- 1½ tablespoons caster sugar
- 1 strip orange rind
- 1 teaspoon vanilla essence or scraped seeds from a vanilla bean

*Tip: Rhubarb can be substituted with plums, apples or nectarines - although cooking time will vary slightly.*

1. Place yogurt into a paper towel lined sieve over a large bowl. Cover and refrigerate for at least 30 minutes or overnight.
2. Place rhubarb, water, sugar and rind in a frying pan and simmer gently for 6-8 minutes until rhubarb is tender. Cool.
3. Stir vanilla into yogurt and spoon between serving dishes. Top with rhubarb mixture and serve.

### Nutrients Per Serve

Energy (kJ)	618	Sugars (g)	19
Protein (g)	9	Dietary Fibre (g)	2
Total Fat (g)	2.7	Sodium (mg)	104
Saturated Fat (g)	1.7	Calcium (mg)	260
Carbohydrate (g)	19	Iron (mg)	0



## SPINACH AND CHEESE POLENTA MUFFINS

Makes 12

- 1 cup Australian reduced-fat milk
- ¼ cup olive oil
- 1 egg
- 1 tablespoon chopped chives
- 1 cup plain flour
- ½ cup polenta (cornmeal)
- 1 teaspoon baking powder
- 60g Australian reduced fat cheddar cheese, grated
- 1 tablespoon grated Australian parmesan cheese
- 1 roasted red capsicum, skin and membrane removed, sliced
- 50g baby spinach leaves, washed and chopped
- freshly ground black pepper, to taste

1. Whisk together the milk, oil, egg and chives.
2. Combine remaining ingredients in a large bowl. Pour in milk mixture and stir until just combined.
3. Spoon between 12 x ½ cup capacity lightly oiled muffin pans and bake at 200°C for 15 minutes or until golden.
4. Remove from pan and serve warm.

### Nutrients Per Serve

Energy (kJ)	587	Sugars (g)	1
Protein (g)	5	Dietary Fibre (g)	1
Total Fat (g)	6.9	Sodium (mg)	110
Saturated Fat (g)	1.7	Calcium (mg)	85
Carbohydrate (g)	14	Iron (mg)	1



## TRIO OF DIPS

Serves 4

*Note: Serve dips accompanied with fresh wholemeal pita bread or vegetables.*

### White Bean Dip:

1 x 300g can butter beans, drained and rinsed  
 1 tablespoon lemon juice  
 2 cloves garlic, finely chopped  
 freshly ground black pepper, to taste  
 200g tub Australian reduced-fat natural yogurt

Blend beans, lemon juice, garlic and pepper in a food processor until smooth. Stir in yogurt and refrigerate until required.

Nutrients Per Serve†			
Energy (kJ)	231	Sugars (g)	5
Protein (g)	4	Dietary Fibre (g)	2
Total Fat (g)	1.0	Sodium (mg)	34
Saturated Fat (g)	0.6	Calcium (mg)	93
Carbohydrate (g)	6	Iron (mg)	0

### Beetroot and Chive Dip:

2 beetroots, boiled until tender  
 2 teaspoons red wine vinegar  
 200g tub Australian reduced-fat natural yogurt  
 1 tablespoon finely chopped chives  
 freshly ground black pepper, to taste

Remove skin from beetroot and chop. Blend in a food processor with vinegar until smooth. Stir in yogurt, chives and pepper. Refrigerate until required.

Nutrients Per Serve†			
Energy (kJ)	198	Sugars (g)	6
Protein (g)	3	Dietary Fibre (g)	1
Total Fat (g)	1.0	Sodium (mg)	44
Saturated Fat (g)	0.6	Calcium (mg)	83
Carbohydrate (g)	6	Iron (mg)	0

### Lemon Herb Yogurt Dip:

200g tub Australian reduced-fat natural yogurt  
 ¼ cup finely chopped chives  
 ¼ cup flat leaf parsley leaves, chopped  
 2 tablespoons mint, finely chopped  
 2 teaspoons capers, drained and chopped  
 ½ teaspoon finely grated lemon rind  
 1 clove garlic, finely chopped  
 freshly ground black pepper, to taste

Blend all ingredients in a food processor until combined. Refrigerate until required.

Nutrients Per Serve†			
Energy (kJ)	166	Sugars (g)	4
Protein (g)	3	Dietary Fibre (g)	1
Total Fat (g)	0.9	Sodium (mg)	47
Saturated Fat (g)	0.6	Calcium (mg)	97
Carbohydrate (g)	4	Iron (mg)	1

† Analysis does not include serving suggestion.



# dinner & sides

DINNER & SIDES

## LAMB KORMA WITH RAITA

Serves 4

olive oil spray

1 brown onion, cut into wedges

2 tablespoons korma curry paste

400g diced trim lamb or trimmed lamb

leg steaks cut into bite sized pieces

400g can diced tomatoes

1 cup reduced salt liquid chicken stock

$\frac{3}{4}$  cup fresh coriander leaves

$\frac{1}{2}$  lebanese cucumber, grated

$\frac{1}{2}$  small carrot, peeled and grated

2 cups Australian reduced-fat natural yogurt

steamed basmati rice and green beans,  
for serving

1. Spray a frying pan with oil, add onion and curry paste. Cook stirring for 2 minutes over medium heat. Add the lamb and cook over high heat for 5 minutes. Pour in tomatoes and stock, bring to the boil, reduce heat and simmer uncovered for 30-40 minutes.

2. To make raita, finely chop half the coriander leaves and combine with cucumber, carrot and half the yogurt.

3. Remove curry from the heat and stir in remaining yogurt. Serve with rice, beans, raita, and garnish with remaining coriander.

### Nutrients Per Serve†

Energy (kJ)	1230	Sugars (g)	15
Protein (g)	29	Dietary Fibre (g)	3
Total Fat (g)	10.8	Sodium (mg)	708
Saturated Fat (g)	3.6	Calcium (mg)	285
Carbohydrate (g)	17	Iron (mg)	4

† Analysis does not include serving suggestion.

## CREAMY CRISPY FISH PIE

Serves 4

2 teaspoons olive oil

1 leek, finely sliced

2 cloves garlic, finely chopped

2 cups Australian reduced-fat milk

1 teaspoon salt-reduced chicken stock powder

2 tablespoons cornflour

400g firm white fish fillets, cut into cubes

300g broccoli, cut into florets

$\frac{1}{2}$  cup frozen green peas, thawed

6 sheets filo pastry

2 tablespoons Australian reduced-fat milk,  
extra olive oil spray

1. Heat oil in a large frying pan. Add leek and garlic, cooking for 2 minutes until tender. Pour in milk and stock powder, simmer gently.

2. Combine cornflour with 2 tablespoons of water to form a smooth paste. Add to milk mixture and continue stirring over low heat until thickened.

3. Add fish, broccoli and peas to sauce and heat through. Transfer to a 2 litre ovenproof dish.

4. Lightly brush pastry sheets with extra milk and layer on top of each other. Cut widthways into 6 strips.

5. Scrunch each length of pastry and place on fish mixture. Spray lightly with oil and bake at 180°C for 10-15 minutes, until pastry is golden and fish and vegetables are tender.



### Nutrients Per Serve

Energy (kJ)	1380	Sugars (g)	10
Protein (g)	33	Dietary Fibre (g)	6
Total Fat (g)	8.5	Sodium (mg)	482
Saturated Fat (g)	2.5	Calcium (mg)	257
Carbohydrate (g)	27	Iron (mg)	2



## SMOKED SALMON, ROCKET AND RICOTTA LINGUINE

Serves 4

- 250g linguine pasta or spaghetti
- 250g Australian reduced-fat fresh ricotta, crumbled
- 100g smoked salmon, torn into bite sized pieces
- 100g rocket leaves
- ½ cup basil leaves, roughly chopped
- 2 spring onions, finely sliced
- ½ teaspoon finely grated lemon rind
- 2 tablespoons lemon juice
- 2 teaspoons olive oil
- freshly ground black pepper, to taste
- ⅓ cup shaved Australian parmesan, for serving

1. Cook linguine according to packet directions or until tender, drain and return to pasta pot with a small amount of pasta water.
2. Stir in ricotta, salmon, rocket, basil, spring onions, lemon rind and juice, oil and pepper.
3. Divide between bowls and serve with shaved parmesan.

*Tip: Try adding 300g sliced smoked chicken in place of smoked salmon.*

### Nutrients Per Serve

Energy (kJ)	1614	Sugars (g)	2
Protein (g)	23	Dietary Fibre (g)	3
Total Fat (g)	11.9	Sodium (mg)	647
Saturated Fat (g)	5.5	Calcium (mg)	297
Carbohydrate (g)	45	Iron (mg)	1





SIDE DISH

## SHREDDED SLAW WITH ORANGE YOGURT DRESSING

Serves 4

- 100g red cabbage, thinly shredded
- 100g snowpeas, thinly sliced
- 1 large carrot, peeled and grated
- ½ red capsicum, thinly sliced
- ½ cup Australian reduced-fat natural yogurt
- ½ cup coriander leaves, chopped
- 1 teaspoon finely grated orange rind
- freshly ground black pepper, to taste

1. Toss the vegetables together in a large bowl. Add remaining ingredients and mix until well coated. Serve.

### Nutrients Per Serve

Energy (kJ)	209	Sugars (g)	5
Protein (g)	3	Dietary Fibre (g)	2
Total Fat (g)	0.7	Sodium (mg)	33
Saturated Fat (g)	0.4	Calcium (mg)	82
Carbohydrate (g)	6	Iron (mg)	1

## CHEESY ITALIAN MEATBALLS

Serves 6

- 1 teaspoon olive oil
- 1 carrot, grated
- ½ onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 x 700ml bottle tomato passata\* or salt-reduced crushed tomatoes
- ½ cup water
- 400g lean minced beef
- ½ cup fresh wholemeal breadcrumbs
- ¼ cup flat leaf parsley, chopped
- 1 egg, lightly beaten
- freshly ground black pepper, to taste
- 100g Australian low-fat cheddar cheese, cut into 2cm cubes
- ¼ cup shaved Australian parmesan and chopped flat leaf parsley, for serving

1. Heat oil in a heavy based dish and add half the carrot, onion and garlic. Cook over low heat for 2 minutes until softened. Stir in passata and water, simmer for 5 minutes.
2. Combine remaining carrot, onion and garlic with mince, breadcrumbs, parsley, egg and pepper. Mix thoroughly and shape into meatballs. Stuff each with a cube of cheddar ensuring it is fully enclosed.
3. Place meatballs into the simmering sauce and cook over low heat, covered for 20 minutes, stirring occasionally.
4. Serve meatballs with parmesan and parsley, accompanied with seasonal vegetables.

\* *Passata is a pureed tomato sauce available at the supermarket that can be used in pasta sauces, casseroles and for pizza toppings.*

† *Analysis does not include serving suggestion.*



### Nutrients Per Serve†

Energy (kJ)	877	Sugars (g)	5
Protein (g)	24	Dietary Fibre (g)	1
Total Fat (g)	9.0	Sodium (mg)	474
Saturated Fat (g)	4.0	Calcium (mg)	237
Carbohydrate (g)	8	Iron (mg)	2



## LEMON CHICKEN SKEWERS WITH GREEN OLIVE YOGURT

Serves 4

- 1 teaspoon grated lemon rind
- ⅓ cup lemon juice
- ¼ cup chopped fresh mint
- 1 clove garlic, crushed
- ¼ teaspoon smoked paprika
- freshly ground black pepper, to taste
- 300g skinless chicken breast fillets, cut into strips
- 1 cup Australian reduced-fat natural yogurt
- 1 red capsicum, diced
- 2 spring onions, sliced
- ½ cup stuffed green olives, chopped
- 8 bamboo skewers, soaked
- crisp green salad, for serving

1. Combine lemon rind and juice, mint, garlic, paprika and pepper.
2. Toss half the lemon mixture with chicken strips, and marinate for 20 minutes. Combine remaining lemon mixture with yogurt, capsicum, spring onions and olives, refrigerate until required.
3. Thread chicken strips onto skewers. Cook on a pre-heated barbecue or grill plate for 2 minutes each side or until cooked through.
4. Serve chicken with green olive yogurt and crisp green salad.

### Nutrients Per Serve†

Energy (kJ)	765	Sugars (g)	11
Protein (g)	20	Dietary Fibre (g)	1
Total Fat (g)	5.6	Sodium (mg)	203
Saturated Fat (g)	2.0	Calcium (mg)	133
Carbohydrate (g)	11	Iron (mg)	1

† Analysis does not include serving suggestion.

SIDE DISH



## THYME BAKED POTATOES WITH FETA

Serves 4

- 4 medium potatoes, cubed
- olive oil spray
- 1 teaspoon fresh thyme leaves, chopped
- ½ teaspoon finely grated lemon rind
- freshly ground black pepper, to taste
- 40g Australian reduced-fat feta, crumbled

1. Place potatoes onto a lined oven tray and spray with oil. Sprinkle with thyme, lemon rind and pepper. Bake at 200°C for 15-20 minutes or until golden and tender.
2. Place potatoes in a serving bowl and sprinkle with feta. Serve warm.

### Nutrients Per Serve

Energy (kJ)	542	Sugars (g)	1
Protein (g)	6	Dietary Fibre (g)	3
Total Fat (g)	1.9	Sodium (mg)	115
Saturated Fat (g)	1.0	Calcium (mg)	41
Carbohydrate (g)	20	Iron (mg)	1

## SPICED BEEF FILLET WITH CORIANDER PESTO

Serves 4

50g Australian reduced-fat natural yogurt

1 teaspoon ground cumin

1 teaspoon ground coriander

½ teaspoon ground ginger

¼ teaspoon garam masala

500g piece eye fillet, trimmed

2 cups coriander leaves

20g unsalted peanuts

1 tablespoon lime juice

½ teaspoon fish sauce

2 cloves garlic, chopped

300g Australian reduced-fat natural  
yogurt, extra

seasonal steamed vegetables, for serving

1. Combine yogurt with spices and coat beef until well covered. Bake on a lined oven tray at 180°C for 40-45 minutes, or until cooked to your liking. Allow to rest covered for 10 minutes before slicing.

2. Blend coriander, peanuts, lime juice, fish sauce and garlic in a food processor until a chunky paste is formed. Stir into extra yogurt and serve with beef slices and vegetables.

### Nutrients Per Serve†

Energy (kJ)	1078	Sugars (g)	7
Protein (g)	32	Dietary Fibre (g)	1
Total Fat (g)	10.0	Sodium (mg)	176
Saturated Fat (g)	3.9	Calcium (mg)	184
Carbohydrate (g)	8	Iron (mg)	5

† Analysis does not include serving suggestion.



**Nutrients Per Serve**

Energy (kj)	1165	Sugars (g)	5
Protein (g)	10	Dietary Fibre (g)	3
Total Fat (g)	4.2	Sodium (mg)	660
Saturated Fat (g)	2.0	Calcium (mg)	157
Carbohydrate (g)	48	Iron (mg)	1

## ROASTED TOMATO AND MUSHROOM RISOTTO

Serves 6

- 200g punnet cherry tomatoes
- 1 teaspoon olive oil
- 1 brown onion, chopped
- 2 cloves garlic, crushed
- 1 teaspoon fresh thyme leaves
- 300g button mushrooms, quartered
- 1½ cups arborio rice
- 1.25L salt-reduced chicken or vegetable stock, boiling
- 250ml Australian reduced-fat milk, warmed
- ½ cup Australian parmesan, shaved
- ⅓ cup basil leaves, for serving
- freshly ground black pepper, to taste

1. Place cherry tomatoes on a lined oven tray. Bake at 180°C for 5-8 minutes, until skins are just beginning to split.
2. Heat olive oil in a heavy based frying pan over medium heat. Cook onion, garlic and thyme until softened. Add mushrooms and rice, cook, stirring a further 30 seconds.
3. Pour in ½ cup hot stock, reduce heat and simmer, stirring gently until absorbed. Repeat with remaining stock ½ cup at a time. When all stock is absorbed, add the milk and continue stirring over low heat for 3-4 minutes until the rice is tender. Stir in half of the parmesan cheese and tomatoes.
4. For serving, divide risotto between bowls, top with basil leaves, remaining parmesan and pepper.

SIDE DISH



## ROCKET, APPLE AND PARMESAN SALAD

Serves 4

- 100g rocket leaves
- 1 lebanese cucumber, sliced
- 1 red apple, thinly sliced
- ¼ red onion, thinly sliced
- 3 teaspoons olive oil
- 2 teaspoons lemon juice
- 1 teaspoon wholegrain mustard
- freshly ground black pepper, to taste
- 40g Australian parmesan, shaved

1. Assemble rocket, cucumber, apple and onion onto serving dish.
2. Whisk together the oil, lemon juice, mustard and pepper. Drizzle over salad and top with shaved parmesan.

### Nutrients Per Serve

Energy (kJ)	454	Sugars (g)	5
Protein (g)	5	Dietary Fibre (g)	1
Total Fat (g)	7.0	Sodium (mg)	183
Saturated Fat (g)	2.6	Calcium (mg)	174
Carbohydrate (g)	6	Iron (mg)	1

SIDE DISH



## SPICED PUMPKIN AND CARROT SALAD

Serves 4

- 400g pumpkin, peeled and thinly sliced
- 2 carrots, peeled and sliced
- 1 teaspoon olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon ground ginger
- ¼ teaspoon garam masala
- 50g baby spinach leaves
- 1 tablespoon currants
- 1 tablespoon flaked almonds, lightly toasted
- ½ cup Australian reduced-fat natural yogurt
- 2 teaspoons lemon juice

1. Toss pumpkin and carrot with oil and spices. Spread onto a lined oven tray and bake at 200°C for 15 minutes until tender. Allow to cool.
2. Assemble roast vegetables, spinach, currants and almonds on serving dish.
3. Combine yogurt with lemon juice and drizzle over salad.

### Nutrients Per Serve

Energy (kJ)	469	Sugars (g)	10
Protein (g)	5	Dietary Fibre (g)	3
Total Fat (g)	3.8	Sodium (mg)	39
Saturated Fat (g)	0.9	Calcium (mg)	109
Carbohydrate (g)	13	Iron (mg)	1



desserts

## VANILLA CUSTARD TARTLETS WITH STRAWBERRIES

*Makes 12*

**2 sheets reduced-fat puff pastry, defrosted**  
**¼ cup custard powder**  
**1 tablespoon caster sugar**  
**2 cups Australian reduced-fat milk**  
**1 teaspoon vanilla essence**  
**2 teaspoons icing sugar**  
**250g punnet strawberries, hulled and sliced**

1. Cut out 12 x 8cm rounds of pastry and press into a lightly oiled ½ cup capacity muffin tray. Prick each round several times with a fork and bake at 200°C for 6-8 minutes, until golden and crisp. Remove from oven, press pastry down into pan if they have risen slightly and allow to cool on a wire rack.
2. Combine custard powder, castor sugar and ¼ cup of the milk in a saucepan, to form a paste. Stir in remaining milk and the vanilla. Cook over a low heat for 1-2 minutes or until thickened. Cool slightly.
3. For serving, spoon custard between pastry cases, sprinkle lightly with icing sugar and top with strawberries.

### Nutrients Per Serve

Energy (kJ)	562	Sugars (g)	5
Protein (g)	4	Dietary Fibre (g)	1
Total Fat (g)	5.3	Sodium (mg)	143
Saturated Fat (g)	3.1	Calcium (mg)	64
Carbohydrate (g)	17	Iron (mg)	0

## RED WINE POACHED PEARS WITH CINNAMON YOGURT

Serves 4

**400g Australian reduced-fat natural yogurt**  
**2 cups red wine**  
**2 cups water**  
**½ cup caster sugar**  
**2 strips orange rind**  
**1 star anise or cinnamon stick**  
**4 firm pears, peeled, and halved**  
**¼ teaspoon cinnamon**  
**2 tablespoons unsalted pistachios, chopped**

1. Place yogurt into a paper towel lined sieve over a large bowl. Cover and refrigerate for at least 30 minutes or overnight.
2. Combine wine, water, sugar, orange rind and star anise in a large saucepan. Bring to the boil stirring until sugar has dissolved. Reduce heat, add pear halves and simmer for 15 minutes or until tender. Remove pear halves with half of the liquid. Set aside. Boil remaining liquid until reduced and thickened slightly.
3. Mix the yogurt and cinnamon until well combined.
4. For serving, drain pears from liquid and divide between serving bowls. Drizzle with reduced liquid and accompany with yogurt and pistachios.



Nutrients Per Serve			
Energy (kJ)	1401	Sugars (g)	51
Protein (g)	7	Dietary Fibre (g)	4
Total Fat (g)	5.0	Sodium (mg)	72
Saturated Fat (g)	1.5	Calcium (mg)	180
Carbohydrate (g)	57	Iron (mg)	1

## CREAMY DATE AND APRICOT COUSCOUS

Serves 6

**1¼ cups Australian reduced-fat milk**  
**1 cinnamon stick, broken in half**  
**2 cardamom pods\*, bruised**  
**1 kaffir lime leaf or a strip of lime rind**  
**1 cup couscous**  
**4 fresh dates, pitted and sliced**  
**¼ cup dried apricots, chopped**  
**¼ cup blanched almonds, lightly toasted and chopped**  
**1 cup Australian reduced-fat natural yogurt**  
**fresh mint leaves, for serving**

1. Gently heat milk in a saucepan with cinnamon stick, cardamom and lime leaf for 3-4 minutes. Drain, reserving milk.
2. Pour hot milk over combined couscous, dates and apricots and stand covered for 3 minutes. Fluff with a fork, stir in half the yogurt and the almonds.
3. Serve topped with remaining yogurt and fresh mint.

Nutrients Per Serve			
Energy (kJ)	1003	Sugars (g)	13
Protein (g)	10	Dietary Fibre (g)	2
Total Fat (g)	5.2	Sodium (mg)	61
Saturated Fat (g)	1.2	Calcium (mg)	176
Carbohydrate (g)	37	Iron (mg)	1

\* Cardamom pods are available in the herb and spice section of your supermarket or fruit shop.



# goodhealth

RECIPE BOOK II

For expert nutrition and dietary advice contact an Accredited Practising Dietitian (APD) by visiting the "Find an Accredited Practising Dietitian" section on the Dietitians Association of Australia website at [www.daa.asn.au](http://www.daa.asn.au) or call 1800 812 942.

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