



**HEALTHY  
RECIPES**

**WITH DAIRY FOODS**





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# HEALTHY RECIPES WITH DAIRY FOODS

## HAVE YOU BEEN ADVISED TO EAT A BALANCED DIET?

### WHAT ARE THE BENEFITS OF A MORE BALANCED DIET?

Maintaining a healthy balanced diet gives your body the important nutrients and energy it needs to function at its best. A balanced diet combined with regular physical activity\* can help you maintain a healthy body weight and can also help reduce your risk for some chronic conditions such as diabetes, high blood pressure and cholesterol.

### WHAT IS MEANT BY A BALANCED DIET?

A balanced diet contains a wide variety of foods from all of the five food groups, which are:

- Fruit
- Vegetables
- Cereal and grain products like bread, rice, pasta and noodles
- Lean meat, fish, poultry, and other protein sources like eggs, legumes and nuts
- Dairy foods like milk, cheese and yoghurt.

The amount of these foods that you need depends on your individual kilojoule or calorie requirements.

## HOW DO YOU ACHIEVE A BALANCED DIET?

With some planning, a little nutrition knowledge and an assortment of healthy recipes, you can adjust your diet bit by bit until you are eating the right mix of nutritious foods in each meal.

A balanced diet also means that you should reduce the amount of 'extra foods' you are eating. 'Extra foods' (sometimes called 'junk foods' or 'treats') are foods like cakes or potato chips, drinks such as soft drinks or alcohol, and take-away foods like pies, hamburgers or pizza. These foods are usually high in calories but low in nutrients. Too often, these foods replace more nutritious foods from the five food groups.

### HOW THIS RECIPE BOOKLET CAN HELP?

Each recipe in this booklet was developed with a dietitian to help you get the balance right. The recipes accommodate different tastes and budgets, and are delicious and easy to prepare.

The recipes are based around ingredients from the five food groups, and include a variety of 'whole' foods that are important to a balanced diet.

## WHY ARE DAIRY FOODS PART OF A BALANCED DIET?

Most Australian adults do not have enough dairy foods in their diets every day. Dairy foods contain a combination of high quality protein and essential vitamins and minerals. With a little know-how, a variety of dairy foods can easily be included in your diet.

Australians should aim for three serves of dairy foods every day. Whether you choose regular or low fat dairy foods depends on your needs and preferences. Regardless of your choice, make sure you include dairy foods as part of a healthy diet.

### WHAT IS A SERVE OF DAIRY?

A serve of dairy is equivalent to 250ml milk, 200g yoghurt or 40g cheese.

For more information and delicious recipes using dairy go to:

[dairy.com.au/health](http://dairy.com.au/health)

\*See your doctor first if you have health concerns.



# BREAKFAST



## TOASTED ORANGE AND CRANBERRY MUESLI

Serves 4

- finely grated rind of 1 orange
- ¾ cup freshly squeezed orange juice
- 2 cups rolled oats
- 2 tablespoons linseeds
- 2 tablespoons sunflower seeds
- ¼ cup dried cranberries
- ¼ cup finely chopped dried apricots
- 1 teaspoon ground cinnamon
- 2 cups whole milk, for serving
- 2 cups fresh seasonal fruit, for serving

- 1 Mix together the rind, juice, oats and seeds in a bowl and then pour into a large non-stick baking tray.
- 2 Bake at 180°C for 35-45 minutes, stirring occasionally, until the juice has been absorbed and the mixture is toasted and dry to touch. Cool completely on tray before stirring in dried fruits and cinnamon. Store in an airtight container.
- 3 Serve muesli with milk and fresh fruit.

### Nutrients per serve

Energy (kJ)	1,851	Sugars (g)	27.7
Protein (g)	13.4	Dietary fibre (g)	9.2
Total fat (g)	14.5	Sodium (mg)	65
Saturated fat (g)	4.4	Calcium (mg)	194
Carbohydrate (g)	62.2	Iron (mg)	2.8

Leftover muesli can be stored in an airtight container for up to one month.

## CAFFÉ LATTE PORRIDGE

Serves 4

- 1½ cups rolled oats
- 3 cups whole milk
- 60ml espresso coffee
- 2 teaspoons sugar
- 2 medium bananas, sliced
- 8 strawberries, chopped
- 2 tablespoons chopped roasted hazelnuts
- extra whole milk, for serving (optional)

- 1 Place oats, milk, coffee and sugar in a small saucepan and cook gently over low heat, stirring occasionally, for 8-10 minutes or until porridge is soft and creamy.
- 2 Spoon into serving bowls and top with bananas, strawberries and hazelnuts, serve with a drizzle of cold milk.

Serve porridge with a dollop of reduced fat vanilla yoghurt for added sweetness if desired.

### Nutrients per serve

Energy (kJ)	1,496	Sugars (g)	20.6
Protein (g)	12.3	Dietary fibre (g)	4.7
Total fat (g)	13.9	Sodium (mg)	82
Saturated fat (g)	5.5	Calcium (mg)	247
Carbohydrate (g)	44.2	Iron (mg)	2.1



## APPLE, LEMON AND RICOTTA PANCAKES

Serves 4

1 cup reduced fat smooth ricotta cheese

finely grated rind of 1 lemon

1 cup whole milk

2 eggs

1 cup self-raising flour

¼ teaspoon baking powder

½ cup rolled oats

1 apple, cored and diced

¼ cup sultanas

cooking oil spray

2 cups seasonal fruits (e.g. apples, figs, berries), for serving

- 1 Combine ricotta and lemon rind in a small bowl, set half aside for serving. Whisk remaining ricotta mixture together with milk and eggs.
- 2 Combine flour, baking powder, oats, apples and sultanas in a bowl. Stir in the milk mixture until well combined, rest for 5 minutes.
- 3 Spray a large non-stick frypan with oil and place over medium-high heat. Pour 1/3 cup of mixture into the frypan and cook for 1-2 minutes until bubbles form on the surface, turn and cook until golden and cooked through. Repeat with remaining mixture to make 8 pancakes.
- 4 Arrange 2 pancakes on each plate and top with fresh fruit and a spoonful of the reserved lemon ricotta.

### Nutrients per serve

Energy (kJ)	1,815	Sugars (g)	24.8
Protein (g)	17.9	Dietary fibre (g)	5.3
Total fat (g)	13.4	Sodium (mg)	430
Saturated fat (g)	6.4	Calcium (mg)	327
Carbohydrate (g)	58.4	Iron (mg)	1.9



## HOMEMADE BAKED BEANS WITH GRILLED CHEESE

Serves 4

- 2 teaspoons extra virgin olive oil
- 1 onion, finely chopped
- 1 stalk celery, finely chopped
- 1 carrot, finely chopped
- 1 clove garlic, crushed
- 400g can cherry tomatoes in juice
- 400g can salt reduced cannellini beans, drained and well rinsed
- 1 bay leaf
- 1 small sprig rosemary
- freshly ground black pepper, to taste
- 4 thick slices wholegrain toast
- 120g reduced fat vintage cheddar, sliced

- 1 Heat 1 teaspoon oil in a large saucepan over medium heat. Add onion, celery, carrot and garlic and sauté for 5 minutes until the vegetables have softened. Add tomatoes, then fill the empty can with water and pour into the pan with beans, bay leaf and rosemary. Cook covered for 30 minutes or until the mixture has thickened and vegetables are tender. Stir through remaining oil and season with pepper.
- 2 Top each slice of toast with cheese and grill for 2–3 minutes, until the cheese is bubbling and golden. Arrange a slice of grilled cheese toast on each serving plate and spoon over baked beans.

### Nutrients per serve

Energy (kJ)	1,342	Sugars (g)	7.4
Protein (g)	18.6	Dietary fibre (g)	9.1
Total fat (g)	11.4	Sodium (mg)	717
Saturated fat (g)	5.0	Calcium (mg)	331
Carbohydrate (g)	31.4	Iron (mg)	2.8

These baked beans will keep refrigerated for 2–3 days and can also be frozen for up to 3 months. Try adding the beans to a toasted sandwich with cheese, or even stir into a vegetable soup for added dietary fibre.



# LUNCH

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# SANDWICH SUGGESTIONS

USE SOME OF THE LEFTOVERS FROM RECIPES IN THIS BOOK TO MAKE A DELICIOUS LUNCH.

## WARM ITALIAN TOMATO AND BASIL WRAP



Spread 1 wholegrain pita bread with 1 tablespoon Basil, Lemon and Pinenut Dip (page 20), top with ½ sliced tomato and ½ cup baby spinach leaves, wrap and toast in a sandwich press until warm.

## SWISS AND SALAD WRAP WITH BEETROOT RELISH



Top a wholegrain wrap with ¼ cup Fresh Beetroot Relish (page 23), 5 slices cucumber, ¼ cup carrot peeled into ribbons and 1 slice Swiss-style cheese.

## BAKED BEAN AND CHEESE TOASTIE



Sandwich 1/3 cup Homemade Baked Beans (page 5) and 2 slices reduced fat cheddar cheese between 2 slices wholegrain bread. Toast in a sandwich press until warm and cheese has melted.

## ZUCCHINI FRITTER PANINO



Spread 1 wholegrain roll with 1 tablespoon tomato relish and fill with 1 slice reduced fat cheddar cheese, ¼ cup lettuce and 2 Zucchini Corn and Mint Fritters (page 8).

## CHICKEN AND COLESLAW SANDWICH



Sandwich 1/3 cup Apple, Lime and Yoghurt Slaw (page 25), ¼ cup shredded poached chicken and 1 slice colby cheese between 2 slices wholegrain bread.

### Nutrients per serve

Energy (kJ)	877
Protein (g)	8.1
Total fat (g)	2.8
Saturated fat (g)	0.9
Carbohydrate (g)	35.0
Sugars (g)	4.0
Dietary fibre (g)	5.1
Sodium (mg)	37.4
Calcium (mg)	23.17
Iron (mg)	0.93

### Nutrients per serve

Energy (kJ)	1,026
Protein (g)	12.2
Total fat (g)	7.3
Saturated fat (g)	3.9
Carbohydrate (g)	29.8
Sugars (g)	10.7
Dietary fibre (g)	5.6
Sodium (mg)	389
Calcium (mg)	271
Iron (mg)	0.6

### Nutrients per serve

Energy (kJ)	1,655
Protein (g)	22.4
Total fat (g)	15.0
Saturated fat (g)	6.6
Carbohydrate (g)	37.7
Sugars (g)	8.0
Dietary fibre (g)	9.4
Sodium (mg)	866
Calcium (mg)	415
Iron (mg)	3.3

### Nutrients per serve

Energy (kJ)	1,632
Protein (g)	24.7
Total fat (g)	11.5
Saturated fat (g)	5.0
Carbohydrate (g)	43.2
Sugars (g)	6.3
Dietary fibre (g)	7.1
Sodium (mg)	784
Calcium (mg)	309
Iron (mg)	2.8

### Nutrients per serve

Energy (kJ)	1,622
Protein (g)	23.7
Total fat (g)	11.5
Saturated fat (g)	5.1
Carbohydrate (g)	44.1
Sugars (g)	8.9
Dietary fibre (g)	5.6
Sodium (mg)	603
Calcium (mg)	250
Iron (mg)	1.9



## ZUCCHINI, CORN AND FETA FRITTERS WITH SMOKED SALMON

Serves 4

- ½ cup cottage cheese
- 50g reduced fat feta cheese, crumbled
- 1 cup fresh wholegrain breadcrumbs
- 1 egg, lightly beaten
- 1 medium zucchini, grated
- ¾ cup (1 cob) fresh corn kernels
- 1 tablespoon finely chopped mint
- freshly ground black pepper, to taste
- ½ cup reduced fat natural yoghurt
- 75g smoked salmon
- 1 cup green salad, for serving
- 4 slices wholegrain baguette, for serving
- 4 lemon wedges, for serving

- 1 Combine cheeses, breadcrumbs, egg, zucchini, corn, mint and pepper in a bowl.
- 2 Shape the mixture into 8 small patties and place on a baking paper lined oven tray. Bake at 200°C fan forced for 25-30 minutes or until cooked and golden.
- 3 Place two fritters on each serving plate, dollop with yoghurt, drape with smoked salmon and serve with salad, bread and lemon wedges.

### Nutrients per serve

Energy (kJ)	1,067	Sugars (g)	4.8
Protein (g)	20.3	Dietary fibre (g)	4.6
Total fat (g)	8.1	Sodium (mg)	733
Saturated fat (g)	3.4	Calcium (mg)	161
Carbohydrate (g)	22.4	Iron (mg)	2.2

These fritters will keep refrigerated for 2-3 days. Refresh by briefly toasting in a sandwich press or warm in a microwave. Serve as a snack with natural yoghurt.

To reduce the saltiness of feta cheese, try soaking it in milk for 30 minutes before use.



## PUMPKIN, BLUE CHEESE AND BARLEY RISOTTO

Serves 6

- 1 teaspoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 stalk celery, finely chopped
- 600g peeled pumpkin, chopped into 2.5cm cubes
- 1½ cups pearl barley
- 1 bay leaf
- 1.25 litres reduced salt vegetable or chicken stock, boiling
- 150g baby spinach leaves
- 50g reduced fat cream cheese
- 80g blue cheese
- freshly ground black pepper, to taste

The chewy texture of the barley gives this risotto a surprisingly pleasant difference!

- 1 Heat oil in a large saucepan and add onion, garlic and celery and cook gently for 5 minutes, until softened. Add pumpkin, barley and bay leaf and toss to coat.
- 2 Stir in 2-3 ladles of stock and simmer, stirring frequently until almost absorbed. Continue adding stock, 2-3 ladles at a time until nearly all absorbed and barley is tender, this will take about 50 minutes. Remove bayleaf and stir in the spinach until wilted. Remove from heat, stir through cream cheese and 50g of blue cheese, cover and stand for 10 minutes. Season with pepper and serve, topped with remaining blue cheese.

### Nutrients per serve

Energy (kJ)	1,270	Sugars (g)	7.4
Protein (g)	13.1	Dietary fibre (g)	7.9
Total fat (g)	8.4	Sodium (mg)	608
Saturated fat (g)	4.5	Calcium (mg)	133
Carbohydrate (g)	40.0	Iron (mg)	2.7





Taking time to caramelize the onions until soft and golden brown will give this soup a richer flavour.

## INDIAN CARAMELISED ONION AND SPLIT PEA SOUP

Serves 6

- 2 teaspoons vegetable oil
- 4 onions, finely sliced
- 2 cloves garlic, crushed
- 2 teaspoons finely grated ginger
- 2 teaspoons garam masala
- 1 teaspoon ground turmeric
- ½ teaspoon freshly ground black pepper
- 1½ cups dried yellow split peas, rinsed
- 1 potato, finely chopped
- 1 carrot, finely chopped
- 1 litre reduced salt vegetable stock
- 1 cup water
- 2 cups whole milk
- 200g reduced fat Greek-style yoghurt
- 1 tablespoon finely chopped mint leaves
- 6 slices wholegrain bread, for serving
- lemon wedges and mint leaves, for serving

- 1 Heat oil in a large non-stick saucepan over medium low heat. Add onions and cook gently for 15-20 minutes or until well browned. Stir in garlic, ginger and spices and cook for 1 minute, until fragrant.
- 2 Add split peas, vegetables, stock and water to the saucepan. Bring to the boil, reduce heat and simmer covered, for 50 minutes stirring occasionally or until the peas have broken down slightly and the soup is thick. Remove from heat and stir in milk.
- 3 Combine yoghurt and mint in a small bowl. Ladle the soup into serving bowls and top each with a swirl of minted yoghurt. Top with mint leaves, serve with wholegrain bread and lemon wedges.

### Nutrients per serve

Energy (kJ)	1,673	Sugars (g)	14.2
Protein (g)	24.3	Dietary fibre (g)	8.9
Total fat (g)	9.1	Sodium (mg)	626
Saturated fat (g)	3.6	Calcium (mg)	208
Carbohydrate (g)	51.6	Iron (mg)	3.1



## ROASTED CHICKEN, VEGETABLE AND RISONI SALAD

Serves 4

- 250g chicken tenderloins
- 200g sweet potato, cut into 1cm cubes
- 1 large red capsicum, cut into 2cm pieces
- 1 zucchini, cut into 2cm rounds
- 1 bunch asparagus, cut into 5cm lengths
- 1 large red onion, cut into thin wedges
- 1 teaspoon smoked paprika
- 3 cloves garlic, crushed
- 2 teaspoons olive oil
- 1 cup natural yoghurt
- 2 teaspoons red wine vinegar
- 1 cup risoni pasta, cooked until al dente
- ½ cup flat leaf parsley, chopped
- 2 tablespoons baby capers, rinsed and drained
- freshly ground black pepper, to taste

This salad can be made using leftover roast vegetables and skinless roasted chicken from the night before.

- 1 Toss the chicken, sweet potato, capsicum, zucchini, asparagus, red onion, paprika, garlic and oil together in a large bowl. Spread in a single layer onto a baking paper lined oven tray and bake at 180°C for 25–30 minutes or until the chicken and vegetables are cooked. Cool for 10 minutes.
- 2 Combine the yoghurt and vinegar to make a dressing.
- 3 Slice the chicken and place in a large bowl with the vegetables, risoni, parsley, capers, half the dressing and season with pepper. Toss to coat and serve warm or chilled drizzled with remaining dressing.

### Nutrients per serve

Energy (kJ)	1,606	Sugars (g)	9.8
Protein (g)	26.8	Dietary fibre (g)	5.8
Total fat (g)	9.6	Sodium (mg)	387
Saturated fat (g)	3.0	Calcium (mg)	173
Carbohydrate (g)	43.7	Iron (mg)	2.3





## BEETROOT LENTIL AND FETA SALAD

Serves 4

450g can whole baby beetroot, drained

400g can lentils, drained and rinsed

2 spring onions, finely sliced

50g wild rocket leaves

2 teaspoons extra virgin olive oil

1 teaspoon red wine vinegar

¼ cup crumbled feta cheese

freshly ground black pepper, to taste

- 1 Cut any larger beetroot in half and combine with lentils and spring onions in a bowl. Add the rocket and drizzle with combined oil and vinegar. Gently toss to coat.
- 2 Transfer salad to a serving platter, scatter with feta and a grinding of pepper.

To boost protein in this salad, add some grilled chicken or lamb.

### Nutrients per serve

Energy (kJ)	622	Sugars (g)	5.8
Protein (g)	7.5	Dietary fibre (g)	2.2
Total fat (g)	6.5	Sodium (mg)	407
Saturated fat (g)	2.9	Calcium (mg)	74
Carbohydrate (g)	12.5	Iron (mg)	0.3



## ZUCCHINI, CAPSICUM AND ARTICHOKE RICE SLICE

Serves 6

300g reduced fat smooth ricotta cheese

1 cup reduced fat milk

2 tablespoons grated parmesan cheese

2 eggs, lightly beaten

½ cup raw medium grain rice

2 zucchini, grated

1/3 cup frozen peas, thawed

4 spring onions, finely chopped

1 tablespoon finely chopped mint

1 cup roasted red capsicums, cut into strips

100g fat-free marinated artichoke hearts, drained and halved

¼ cup sunflower seeds

crisp green salad, for serving

- 1 Mix ricotta, milk, half the parmesan, eggs, rice, zucchini, peas, spring onions and mint together in a large bowl.
- 2 Pour mixture into a baking paper lined 28cm x 18cm slice tin, scatter with capsicum, stud with artichoke hearts and sprinkle with remaining parmesan and sunflower seeds. Bake at 180°C for 55-60 minutes or until rice is tender and slice is set. Cool slightly before slicing and serve warm or cool with salad.

Roasted capsicum and marinated artichokes can be purchased in jars in the antipasto section of the supermarket or from a deli.

### Nutrients per serve

Energy (kJ)	983	Sugars (g)	8.1
Protein (g)	14.5	Dietary fibre (g)	4.6
Total fat (g)	8.9	Sodium (mg)	296
Saturated fat (g)	4.3	Calcium (mg)	269
Carbohydrate (g)	22.1	Iron (mg)	1.6





## **SNACKS AND SIDES**







## PINEAPPLE, BANANA AND CARROT LOAF WITH RICOTTA FROSTING

Serves 12

- 1½ cups self-raising flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon baking powder
- ½ cup caster sugar
- ½ cup vanilla yoghurt
- 2 tablespoons vegetable oil
- 2 eggs
- 225g can pineapple pieces in juice, drained
- 1 ripe banana, mashed
- 1 small carrot, grated
- ¾ cup reduced fat smooth ricotta cheese
- ¼ cup chopped toasted pecan nuts
- 1 tablespoon finely chopped glacé ginger

- 1 Sift flour, spices and baking powder into a large bowl and stir in sugar.
- 2 Whisk yoghurt, oil and eggs together and stir into the dry ingredients, taking care not to overmix. Fold in the fruit and carrot.
- 3 Spoon the mixture into a baking paper lined 20cm loaf tin and bake at 170°C for 60-65 minutes, or until cooked through when tested with a skewer. Cool in pan for 10 minutes before turning onto a wire rack to cool completely.
- 4 Just prior to serving spread the loaf with ricotta and sprinkle with pecans and ginger.

### Nutrients per serve

Energy (kJ)	859	Sugars (g)	14.6
Protein (g)	5.5	Dietary fibre (g)	1.4
Total fat (g)	8.2	Sodium (mg)	173
Saturated fat (g)	2.2	Calcium (mg)	86
Carbohydrate (g)	27.2	Iron (mg)	0.5

This loaf will keep for 2-3 days in an airtight container. It is better to ice the loaf just before serving, or if preferred, spread each slice with ricotta and sprinkle with pecans and ginger.

## CINNAMON FRAPPÉ

Serves 2

- 1/3 cup freshly brewed coffee
- 1 teaspoon caster sugar
- 10 ice cubes
- 400ml whole milk
- ¼ teaspoon ground cinnamon, for dusting

- 1 Pour coffee, sugar, ice and milk into a blender.
- 2 Blend for 1 minute until ice is crushed and mixture is very frothy. Pour into glasses and dust with cinnamon.

### Nutrients per serve

Energy (kJ)	590
Protein (g)	6.8
Total fat (g)	7.8
Saturated fat (g)	5.2
Carbohydrate (g)	11.5
Sugars (g)	11.4
Dietary fibre (g)	0.0
Sodium (mg)	86
Calcium (mg)	236
Iron (mg)	0.3



## ROASTED PARMESAN POTATO WEDGES

Serves 4

300g potatoes, scrubbed and cut into chunky wedges

1 small (300g) sweet potato, scrubbed and cut into chunky wedges

1 teaspoon olive oil

40g finely grated parmesan cheese

- 1 Place regular potatoes in a microwave steamer or large bowl with 2 tablespoons water, cover and microwave on High for 5 minutes. Carefully remove cover to prevent scalding from hot steam and add sweet potatoes, microwave for a further 4 minutes, carefully drain and stand for 10 minutes.
- 2 Toss potatoes in a bowl with oil and cheese until coated. Transfer to a baking paper lined oven tray and roast at 180°C for 30 minutes or until cooked and golden. Serve hot from the oven.

### Nutrients per serve

Energy (kJ)	671	Sugars (g)	4.2
Protein (g)	6.8	Dietary fibre (g)	3.1
Total fat (g)	4.8	Sodium (mg)	177
Saturated fat (g)	2.2	Calcium (mg)	140
Carbohydrate (g)	20.7	Iron (mg)	0.9



## ZUCCHINI WITH MINT AND PARMESAN

Serves 4

2 zucchini, trimmed

olive oil spray

3 teaspoons red wine vinegar

40g shaved parmesan cheese

2 tablespoons small mint leaves

freshly ground black pepper, to taste

- 1 Cut the zucchini in half crosswise, then in ½cm thick slices lengthwise.
- 2 Spray a large non-stick frypan with oil and place over medium-high heat. Cook zucchini in batches for 2-3 minutes on each side, until just tender.
- 3 Arrange warm zucchini on a serving platter and drizzle with vinegar, sprinkle with parmesan, mint and a grinding of pepper.

### Nutrients per serve

Energy (kJ)	310	Sugars (g)	1.9
Protein (g)	5.0	Dietary fibre (g)	1.7
Total fat (g)	4.7	Sodium (mg)	146
Saturated fat (g)	2.2	Calcium (mg)	137
Carbohydrate (g)	2.0	Iron (mg)	0.7





## ASPARAGUS WITH GREEK SALAD DRESSING

Serves 6

- 3 bunches asparagus, trimmed
- 1 tablespoon extra virgin olive oil
- 1 teaspoon lemon juice
- ½ teaspoon dried oregano
- freshly ground black pepper, to taste
- 2/3 cup finely diced cucumber
- 2 tomatoes, finely diced
- 10 small pitted black olives, quartered
- 40g reduced salt feta cheese

- 1 Boil or steam asparagus for 3–5 minutes, until just tender. Drain and briefly rinse under cold running water then arrange on a serving platter.
- 2 Combine olive oil, lemon juice, oregano, pepper, cucumber, tomatoes and olives in a small bowl and spoon onto the asparagus, drizzling with any remaining juices. Sprinkle with feta and serve.

### Nutrients per serve

Energy (kJ)	458	Sugars (g)	2.4
Protein (g)	3.7	Dietary fibre (g)	1.6
Total fat (g)	8.8	Sodium (mg)	310
Saturated fat (g)	2.5	Calcium (mg)	41
Carbohydrate (g)	2.9	Iron (mg)	0.8



## CUMIN ROASTED CARROTS WITH TAHINI YOGHURT

Serves 4

- 3 bunches baby carrots, trimmed olive oil spray
- 1 teaspoon ground cumin
- 1/3 cup reduced fat Greek-style yoghurt
- 2 teaspoons tahini
- 2 teaspoons small coriander leaves
- ¼ teaspoon finely sliced red chilli

- 1 Place carrots on a baking paper lined oven tray and lightly spray with oil. Sprinkle with cumin, toss to coat and bake at 180°C for 35–45 minutes or until tender.
- 2 Combine yoghurt and tahini. Arrange carrots on a serving platter and spoon over the tahini yoghurt. Sprinkle with coriander and chilli. Serve warm.

### Nutrients per serve

Energy (kJ)	308	Sugars (g)	7.8
Protein (g)	3.0	Dietary fibre (g)	3.9
Total fat (g)	2.1	Sodium (mg)	82
Saturated fat (g)	0.5	Calcium (mg)	91
Carbohydrate (g)	8.7	Iron (mg)	0.7

This tahini dressing is also delicious served over roasted pumpkin, or root vegetables such as beetroot, parsnip and sweet potatoes.



## CHEESE AND SPINACH PULL APART LOAF

Serves 10

- ½ cup cottage cheese
- 80g reduced fat vintage cheddar, grated
- 100g frozen chopped spinach, thawed and squeezed of excess moisture
- 2 spring onions, finely chopped
- 1 clove garlic, crushed
- freshly ground black pepper, to taste
- 30g reduced fat dairy spread
- 2 cups wholemeal plain flour
- 2 teaspoons baking powder
- 1 cup buttermilk, plus extra for brushing
- 3 teaspoons sesame seeds

This loaf makes a warming and delicious accompaniment to winter soups. It will keep refrigerated for 2-3 days and is fabulous toasted in a sandwich press to freshen.

- 1 Mix cheeses, spinach, spring onions, garlic and pepper together.
- 2 Rub spread into sifted flour and baking powder until the mixture resembles fine crumbs. Stir in buttermilk until just combined. Turn dough onto a floured surface, knead lightly and shape into a 20cm log. Cut dough into 10 slices and pat each slice out into rough 10cm rectangles.
- 3 Spread the spinach mixture evenly over 9 of the rectangles and then arrange them into stacks of 3.
- 4 Line the base and sides of a 20cm loaf tin with baking paper.
- 5 Stand the loaf tin upright on the short side and place a stack of dough into the short side of the tin, continue stacking the dough on top of each other to fill the tin and then finish with the 10th plain rectangle.
- 6 Brush the top of the loaf with buttermilk, sprinkle with sesame seeds and bake at 200°C for 30-35 minutes, until brown and cooked through.

### Nutrients per serve

Energy (kJ)	706	Sugars (g)	2.1
Protein (g)	9.4	Dietary fibre (g)	3.9
Total fat (g)	6.3	Sodium (mg)	245
Saturated fat (g)	2.6	Calcium (mg)	147
Carbohydrate (g)	16.9	Iron (mg)	1.2



## ROSEWATER FRUIT WITH VANILLA YOGHURT

Serves 2

1 cup chopped watermelon

6 strawberries, halved

¼ teaspoon rosewater

200g tub vanilla yoghurt

- 1 Gently toss the fruit and rosewater in a bowl to combine. Serve with vanilla yoghurt.

### Nutrients per serve

Energy (kJ)	492
Protein (g)	5.8
Total fat (g)	3.6
Saturated fat (g)	2.2
Carbohydrate (g)	14.0
Sugars (g)	14.0
Dietary fibre (g)	1.3
Sodium (mg)	60
Calcium (mg)	179
Iron (mg)	0.6



This is a simple and versatile dip to serve at a party. Try using the leftovers as a sandwich spread.



## **BASIL, LEMON AND PINENUT DIP**

*Serves 6*

**125g reduced fat cream cheese**

**½ cup basil leaves**

**3 teaspoons toasted pinenuts**

**1 small clove garlic, crushed**

**½ teaspoon finely grated lemon rind**

**freshly ground black pepper, to taste**

**24 crackers, for serving**

**fresh vegetables, for serving**

- 1** Blend cheese, basil, nuts, garlic, rind and pepper in a food processor until smooth and combined. Transfer to a serving bowl, cover and refrigerate until required.
- 2** Serve dip with crackers and fresh vegetables.

### **Nutrients per serve**

Energy (kJ)	602
Protein (g)	4.5
Total fat (g)	6.6
Saturated fat (g)	3.2
Carbohydrate (g)	16.1
Sugars (g)	1.9
Dietary fibre (g)	1.5
Sodium (mg)	176
Calcium (mg)	42
Iron (mg)	0.7



## MINTY MELON WITH GINGER YOGHURT

Serves 2

8cm piece fresh ginger

200g natural yoghurt

120g chopped rockmelon

120g chopped honeydew melon

2 teaspoons shredded mint  
or small mint leaves

- 1 Finely grate the ginger onto a plate. Pour the grated ginger and any juices into a fine sieve and press over a bowl to collect all the juice. Stir the juice into the yoghurt.
- 2 Divide the melon between 2 serving bowls, top with ginger yoghurt and sprinkle with mint.

### Nutrients per serve

Energy (kJ)	552
Protein (g)	5.9
Total fat (g)	3.8
Saturated fat (g)	2.3
Carbohydrate (g)	17.0
Sugars (g)	16.9
Dietary fibre (g)	1.4
Sodium (mg)	90
Calcium (mg)	209
Iron (mg)	0.6



## DINNER

Marinating pork or chicken in buttermilk is a great trick for achieving really tender, juicy meat.



## SPICED LAMB BURGERS WITH YOGHURT AND FRESH BEETROOT RELISH

Serves 4

- 1 medium beetroot, peeled and grated
- 2 tablespoons red wine vinegar
- ¼ teaspoon finely grated ginger
- 1 tablespoon finely chopped coriander
- 400g lean lamb mince
- 3 spring onions, finely chopped
- 1 small carrot, grated
- 3 teaspoons sesame seeds
- 1 teaspoon ground cumin
- 1 egg, lightly beaten
- olive oil spray
- 4 wholegrain rolls, split in half
- 80g mixed lettuce
- 1 cucumber, peeled into ribbons
- 2/3 cup natural yoghurt
- extra coriander, for serving

- 1 In a small bowl mix together the beetroot, vinegar, ginger and coriander. Chill for at least 10 minutes or until the beetroot has softened slightly.
- 2 Combine the lamb with the onion, carrot, sesame seeds, cumin and egg until sticky. Shape into 4 burgers, spray lightly with oil and cook on a hot grill for 5 minutes each side or until cooked through, keep warm. Lightly toast bread rolls on the grill.
- 3 Fill each roll with lettuce, cucumber, a burger, some beetroot relish, yoghurt and extra coriander and serve immediately.

### Nutrients per serve

Energy (kJ)	1,617	Sugars (g)	7.6
Protein (g)	30.9	Dietary fibre (g)	5.4
Total fat (g)	14.0	Sodium (mg)	427
Saturated fat (g)	5.0	Calcium (mg)	142
Carbohydrate (g)	30.9	Iron (mg)	5.3

## ROSEMARY PORK SKEWERS WITH MACADAMIA AND BUTTERMILK POTATO SALAD

Serves 4

- 1 cup buttermilk
- 3 teaspoons finely chopped fresh rosemary
- 1 clove garlic, crushed
- 360g lean pork fillet, cut into 1½cm cubes
- 300g waxy potatoes, peeled and cut into 2cm cubes
- 300g sweet potato, peeled and cut into 2cm cubes
- 1 tablespoon wholegrain mustard
- 1 teaspoon red wine vinegar freshly ground black pepper, to taste
- 2 sticks celery, finely sliced
- 4 baby radishes, finely sliced
- 2 tablespoons snipped chives
- 2 tablespoons macadamia nuts, toasted and chopped

Next time you're making any potato salad try substituting half the potato for sweet potato to lower the GI of the overall dish.

- 1 In a shallow dish combine 1/2 cup buttermilk with rosemary and garlic. Add pork, cover and chill for at least one hour or overnight.
- 2 Place potatoes in a saucepan with cold water to cover by at least 3cm. Bring to the boil and cook uncovered for 5 minutes. Add sweet potatoes and cook for a further 15 minutes or until potatoes are tender. Drain and cool for 10 minutes.
- 3 Whisk the remaining buttermilk with mustard, vinegar and pepper to taste, to make a dressing. Gently toss potatoes, celery, radishes, chives and dressing in a large bowl until evenly coated, sprinkle with nuts.
- 4 Lift pork from the marinade and shake off excess. Discard marinade. Thread pork onto skewers and cook on a medium-hot grill, for 8-10 minutes or until cooked through.
- 5 Serve pork skewers alongside salad.

### Nutrients per serve

Energy (kJ)	1,110	Sugars (g)	6.9
Protein (g)	23.9	Dietary fibre (g)	4.2
Total fat (g)	7.7	Sodium (mg)	100
Saturated fat (g)	1.8	Calcium (mg)	99
Carbohydrate (g)	23.0	Iron (mg)	1.8



## THAI CHICKEN AND CASHEW YELLOW CURRY

Serves 4

- cooking oil spray
- 2 cloves garlic, crushed
- 2 teaspoons finely grated ginger
- 3 coriander roots, well washed and finely chopped
- 2 teaspoons Thai yellow curry paste
- 300g chicken breast fillet, cut into 1½cm pieces
- 300g pumpkin, cut into 2cm cubes
- 125g green beans, trimmed and halved
- 4 ripe tomatoes, chopped
- 1 cup reduced fat natural yoghurt
- 1 cup bean shoots
- ¼ cup fresh coriander leaves
- 2 tablespoons raw cashews, toasted and chopped
- 2 cups cooked basmati rice, for serving

This curry is also delicious cooked with prawns or a firm white fish.

- 1 Lightly spray a deep non-stick frypan or wok with oil and place over medium heat. Cook the garlic, ginger, coriander root and paste for 1-2 minutes or until fragrant. Stir in the chicken, pumpkin, beans and tomatoes, bring to a boil, cover, reduce heat and simmer for 10-15 minutes or until the chicken and pumpkin are cooked.
- 2 Remove curry from heat and stir through yoghurt.
- 3 Serve curry topped with bean shoots, coriander leaves and cashews and accompanied by rice.

### Nutrients per serve

Energy (kJ)	1,735	Sugars (g)	11.9
Protein (g)	30.3	Dietary fibre (g)	5.7
Total fat (g)	13.7	Sodium (mg)	325
Saturated fat (g)	3.5	Calcium (mg)	173
Carbohydrate (g)	38.4	Iron (mg)	2.6



## GRILLED SALMON WITH APPLE, LIME AND YOGHURT SLAW

Serves 4

- ¼ red cabbage, finely shredded
- 1 Granny Smith apple, cut into julienne strips
- 75g snow peas, trimmed and cut into julienne strips
- 2 tablespoons chopped coriander leaves
- 1 cup reduced fat natural yoghurt
- 1 teaspoon finely grated lime rind
- 2 teaspoons lime juice
- 4 x 140g pieces Atlantic salmon fillets
- 1 teaspoon sesame oil
- 200g buckwheat soba noodles, cooked to packet directions and chilled
- 2 teaspoons toasted sesame seeds
- 8 sprigs coriander, for serving

- 1 Combine cabbage, apple, snow peas and coriander in a large bowl.
- 2 Mix yoghurt, lime rind and juice in a small bowl to make a dressing. Pour two thirds of the dressing over the salad and gently toss to combine.
- 3 Coat salmon in sesame oil and cook skin side down in a hot frypan for 4-5 minutes. Turn and cook for a further 3 minutes until almost cooked through.
- 4 Divide soba noodles between 4 serving plates, top with salmon and coleslaw, drizzle with remaining dressing, sprinkle with sesame seeds and top with coriander.

### Nutrients per serve

Energy (kJ)	1,789	Sugars (g)	9.7
Protein (g)	43.3	Dietary fibre (g)	5.2
Total fat (g)	16.9	Sodium (mg)	212
Saturated fat (g)	3.5	Calcium (mg)	164
Carbohydrate (g)	22.5	Iron (mg)	1.9



Orechiette means "little ears" in Italian, the pasta's curved shape is perfect to hold this sauce, but it can be substituted with pasta shells.



## ORECHIETTE WITH CREAMY BASIL AND BROCCOLI SAUCE

Serves 4

200g broccoli, cut into florets

1 small zucchini, chopped

3 cloves garlic, peeled

1 cup basil leaves

150g reduced fat cream cheese

2 tablespoons grated parmesan cheese

freshly ground black pepper, to taste

250g orechiette or shell pasta

2 cups frozen peas

2 tablespoons shaved parmesan, for serving

- 1 Cook broccoli, zucchini and garlic in a large saucepan of boiling water for 5 minutes or until the broccoli is just tender and bright green. Using a slotted spoon, scoop vegetables and garlic into a food processor with 1/2 cup cooking water, basil, cream cheese, parmesan and pepper. Blend until a smooth sauce is formed.
- 2 Cook pasta in the same pot of boiling water, until al dente, drain.
- 3 Pour broccoli mixture into a separate saucepan, stir in peas and cook over low heat for 2-3 minutes until peas are just cooked, then toss in pasta. Serve immediately topped with a grinding of black pepper and shaved parmesan.

For something different try adding a couple of anchovies to the broccoli sauce when pureeing and try sprinkling with a few toasted slivered almonds before serving.

### Nutrients per serve

Energy (kJ)	1,644	Sugars (g)	3.4
Protein (g)	20.7	Dietary fibre (g)	9.9
Total fat (g)	10.0	Sodium (mg)	252
Saturated fat (g)	5.7	Calcium (mg)	188
Carbohydrate (g)	49.7	Iron (mg)	2.7



## SAFFRON LAMB, YOGHURT AND DATE TAGINE

Serves 4

1½ cups reduced fat natural yoghurt  
2 teaspoons ground coriander  
2 teaspoons ground cumin  
2 teaspoons ground cinnamon  
2 teaspoons ground ginger  
pinch saffron threads (optional)  
2 cloves garlic, crushed  
400g lean lamb leg, cut into 3cm pieces  
1 teaspoon vegetable oil  
2 red onions, cut into fine wedges  
400ml reduced salt chicken stock  
400g can no added salt chickpeas, drained and rinsed  
2 tablespoons coriander leaves, for garnish  
80g fresh dates, cut in half lengthwise  
2 teaspoons toasted sesame seeds  
2 bunches steamed baby carrots, tossed in chopped coriander, for serving  
125g couscous, prepared for serving

- 1 Combine 1/2 cup yoghurt with spices and garlic in a shallow container, stir through lamb until coated. Cover and refrigerate for at least 30 minutes.
- 2 Heat oil in a large non-stick saucepan and gently cook three quarters of the onion for 5 minutes or until tender and lightly browned. Reserve remaining onion for serving.
- 3 Add the lamb to the pan and cook over medium heat for 5–8 minutes or until browned. Add the stock and chickpeas, bring to the boil, cover and simmer for 1 hour or until the lamb is tender. Remove lid and simmer for a further 4–5 minutes or until the sauce is reduced and sticky.
- 4 To serve, spoon lamb into a serving bowl, top with reserved onion, dollops of remaining yoghurt and coriander. Dip the cut side of each date in sesame seeds and arrange over the tagine. Serve accompanied with carrots and couscous.

### Nutrients per serve

Energy (kJ)	1,574	Sugars (g)	21.1
Protein (g)	33.6	Dietary fibre (g)	6.5
Total fat (g)	11.5	Sodium (mg)	526
Saturated fat (g)	4.6	Calcium (mg)	224
Carbohydrate (g)	30.8	Iron (mg)	3.7



To segment citrus fruit, first peel the fruit removing any pith. Slide a small paring knife between each segment and the connective membrane, until you hit the middle of the fruit, turn the knife around on itself, hooking around the bottom of the segment and slip the knife up the other side of the segment to remove.

## DESSERT





## BAKED VANILLA AND RICOTTA TART WITH STAR ANISE CITRUS

Serves 12

600g wedge ricotta cheese

½ cup reduced fat vanilla yoghurt

3 eggs, lightly beaten

¼ cup caster sugar

2 teaspoons vanilla extract

600g citrus fruit e.g. oranges, ruby grapefruit, mandarins

1 star anise

mint leaves, to decorate

¾ cup reduced fat vanilla yoghurt, for serving

- 1 In a food processor, combine ricotta, yoghurt, eggs, sugar and vanilla until very smooth and creamy. Pour into a baking paper lined 23–24cm spring form tin. Bake at 150°C for 30 minutes or until just firm, turn off oven and allow tart to cool in the oven for 1 hour, stand at room temperature for 30 minutes and then refrigerate until cold.
- 2 Peel and segment the citrus fruits over a bowl to collect the juice, then squeeze any remaining juice out of the leftover membrane. Place the juice and star anise in a small saucepan and boil until slightly reduced and thickened. Pour the hot syrup over the segments and chill until required.
- 3 Remove tart from the tin and place on a serving platter, top with fruit, syrup and mint leaves. Serve slices of the tart with extra yoghurt dolloped on the side.

### Nutrients per serve

Energy (kJ)	659	Sugars (g)	14.0
Protein (g)	8.8	Dietary fibre (g)	1.0
Total fat (g)	7.4	Sodium (mg)	136
Saturated fat (g)	4.3	Calcium (mg)	171
Carbohydrate (g)	14.0	Iron (mg)	0.5



## PEACHES AND CREAM SLICE

Serves 16

1 cup self-raising flour

¼ cup custard powder

½ cup caster sugar

1 cup reduced fat vanilla yoghurt

2 tablespoons vegetable oil

2 eggs, lightly beaten

1 teaspoon coconut essence

440g can peach slices in natural juice, drained and cut in half

200g reduced fat cream cheese, broken into 1½cm chunks

- 1 Sift the flour and custard powder into a large bowl and then stir in sugar.
- 2 Whisk yoghurt, oil, eggs and essence together and fold into the dry ingredients, taking care not to overmix.
- 3 Spread the mixture over the base of a baking paper lined 28cm x 18cm slice tin. Dot with peaches and chunks of cream cheese.
- 4 Bake at 180°C for 35 minutes or until golden and cooked through. Cool for 15 minutes in tin before turning onto a wire rack to cool completely. Cut into 16 squares and serve at room temperature. Store leftovers refrigerated in an airtight container.

### Nutrients per serve

Energy (kJ)	599	Sugars (g)	12.1
Protein (g)	3.6	Dietary fibre (g)	0.6
Total fat (g)	5.4	Sodium (mg)	124
Saturated fat (g)	2.0	Calcium (mg)	46
Carbohydrate (g)	20.2	Iron (mg)	0.2



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