

## ROAST VEGETABLE SLICE

\*serves 6 (freeze any left-overs not eaten within a week)

### Ingredients

1 diced leek  
2 chillis (optional)  
1 red capsicum, diced  
2 good size zucchini  
600g butternut pumpkin, peeled  
800g potato, NOT peeled  
60g grated low fat cheese  
 $\frac{1}{2}$  cup low fat milk  
12 large eggs, beaten  
1 teaspoon salt

#### Nutritional Profile

(Per slice)

Energy	1590kJ
Fat	17g
Protein	26g
Carbs	28g
Fibre	6g

**Step 1:** Pre-heat oven to 180°C. Slice zucchini, pumpkin and potato into 1cm thick pieces and bake in oven until soft. Note: zucchini will cook faster than potato and pumpkin. While vegetables are cooking, heat dash of oil in a fry pan and cook leek, chilli and capsicum until soft.

**Step 2:** Layer large rectangle baking dish with 1 layer baked vegetable pieces and then add half the leek mixture, add another layer of the baked veggies and then add the remaining leek mixture. Beat the eggs with  $\frac{1}{2}$  cup milk and salt and pour over the vegetables, sprinkle cheese over the top then bake in oven for 30-40 minutes or until golden brown.

Serve with a green salad and ENJOY!

Each serve contains 2.5 serves of vegetables.



*“changing the way you eat”*

## ZUCCHINI & CARROT SLICE

\*serves 6 (freeze any left-overs not eaten within a week)

### Ingredients

2 crushed cloves garlic  
 2 red chillies (optional)  
 1 diced red onion (or leek)  
 Spray olive oil  
 3 zucchini, grated  
 4 large carrot, grated  
 1 head broccoli, cut into small florets  
 ½ cup grated low fat cheese  
 1 cup wholemeal s.r. flour  
 5 eggs, beaten  
 ½ teaspoon cumin  
 1 teaspoon salt

#### Nutritional Profile

(Per slice)

Energy	1193kJ
Fat	7g
Protein	20g
Carbs	30g
Fibre	11g

**Step 1:** Pre-heat oven to 180°C. Heat dash of oil in a fry pan and cook garlic, onion and chilli for 2 minutes. Combine all ingredients (except cheese) in a large bowl, mix well and pour into a large rectangle baking dish. Sprinkle with the cheese.

**Step 2:** Bake in oven for 30-40 minutes or until golden brown, check at 20mins and cover with foil half way through cooking if well browned.

Serve with a green salad and ENJOY!

Each serve contains 3 serves of vegetables.



*“changing the way you eat”*

## PENNE BOLOGNESE

\*serves 8 (freeze any left-overs not eaten within a week)

### Ingredients

4 cloves garlic, crushed	800g tin crushed tomatoes
1 large red onion, diced	Plenty fresh rosemary & oregano (or dried)
2 fresh chillies, chopped (optional)	2 tablespoon tomato paste
800g premium lean mince beef	1 beef stock cube
3 red capsicum, chopped	Balsamic vinegar
6 large carrots, diced	Worcester sauce
600g mushrooms, sliced	150ml red wine
400g tin 4 bean mix	

**Step 1:** Heat large cooking pot with a dash of oil, when hot: add garlic, chilli and onion and cook for 1-2 minutes. Add the mince and cook until well browned. Splash a little wine and vinegar in to add moisture and add the tomato paste, carrots, capsicum and fresh herbs. Add the mushrooms, tomatoes, 4 bean mix, Worcester sauce, more red wine and Balsamic vinegar and allow sauce to cook on low heat until mushrooms are cooked. Mix through baby spinach leaves just before serving, or serve over a bowl of spinach leaves instead of pasta. Go to step 2 if having pasta

**Step 2:** Cook 200g raw pasta (50g per person) and when pasta is ready, drain and either add to the Bolognese sauce or serve sauce over pasta on the plate. Add a little parmesan cheese and ENJOY!

<b>Nutritional Profile</b>	
<b>(Per serve, no pasta)</b>	
Energy	1336kJ
Fat	7g
Protein	30g
Carbs	28g
Fibre	15g



Each serve contains 4 serves of vegetables.

*"changing the way you eat"*

## TUNA SALAD with BROWN RICE & CHIVES

\*serves 4

### Ingredients

$\frac{1}{2}$  cup cooked brown rice (~100g)  
 1 carrot, grated  
 80g red cabbage, chopped  
 3 tbs Mung bean sprouts (optional)  
 95g tin tuna in oil (drain excess oil)  
 1 tablespoons fresh chives, chopped finely  
 Sea salt

#### Nutritional Profile

Energy	1634kJ
Fat	9g
Protein	27g
Carbs	38g
Fibre	8g

- Cook up 1 cup brown rice and keep extra in fridge to use over next few days (or use 1/3 packet instant microwave rice)
- Prepare vegetables as above
- Combine all ingredients in a large bowl and divide into 4 portions
- Enjoy warm\* or cold for lunch or dinner

\*To serve warm, heat rice and tuna together for 2-3 minutes, then mix through vegetables

**TIP:** You can also replace tuna with chicken, use shred or dice  $\frac{1}{2}$  a cold cooked chicken breast.



Each serve contains 3 serves of vegetables.

*"changing the way you eat"*

# POTATO & ROSEMARY FRITTATA

\*serves 6

## Ingredients

2 tsp olive or canola oil	1 punnet cherry tomatoes, halved
2-4 cloves garlic, crushed	4 sprigs fresh rosemary
3 chilies (optional)	$\frac{1}{2}$ cup milk
1 red capsicum, finely sliced	8 large eggs, beaten
600g chat potatoes	1 tsp salt
150g baby spinach leaves	Cracked black pepper
	30g grated low fat pizza cheese

**Step 1:** Heat oven to 200°C. Slice chat potatoes in half (do not peel) and place on foiled oven tray, spray lightly with canola oil and bake in oven until looking golden and crispy (about 15-20 minutes).

**Step 2:** Heat oil in fry pan: cook garlic & chili for 30 seconds, then add capsicum and cook on moderate heat for 2-3 minutes. Mix through half the baby spinach, half the cherry tomatoes and half the rosemary and leave to cook on low heat. Go to step 3.

**Step 3:** Beat the eggs in a large bowl with the milk, salt and pepper. Remove potatoes from oven and add half of them to the fry pan, place them evenly over the other vegetables. Now add the remaining spinach leaves, followed by the remaining rosemary, potatoes and cherry tomatoes. Ensuring the vegetables are evenly distributed within the fry pan, slowly pour the egg mixture over the vegetables and cook, uncovered, over low heat for 10-15 minutes or until egg mixture is almost set but the top is still runny.

**Step 4:** Preheat grill on medium. Sprinkle the frittata with the cheese and cook under preheated grill for 8-10 minutes or until the top is golden and the frittata is just set. Set aside for 5 minutes. Serve with a garden salad & **ENJOY!**



### Nutritional Profile

(Per serve)

Energy	1014kJ
Fat	11g
Protein	16g
Carbs	17g
Fibre	4g

Each serve contains 3 serves of vegetables.

*"changing the way you eat"*

## TUNA & VEG TOPPED BAKED POTATO

\*serves 1

### Ingredients

1 small (120g) Desiree or Pontiac potato, unpeeled  
 95g tin flavoured tuna (or salmon)  
 ¼ red onion, diced  
 8 cherry tomatoes, halved  
 2 tbs tinned sweetcorn kernels  
 2 tbs tinned 4 bean mix  
 1 large carrot, grated  
 Pinch salt  
 Cracked black pepper  
 Handful fresh flat leaf parsley  
 1 tbs Greek style yoghurt

### Nutritional Profile

(per serve)

Energy	1527kJ
Fat	8g
Protein	29g
Carbs	35g
Fibre	10g



**Step 1:** Heat oven to 220°C. Pierce unpeeled potato with a fork and microwave on high for 8 minutes.

**Step 2:** Spray potato with a little olive oil and place in oven for around 10 minutes. Now prepare vegetables as above.

**Step 3:** Spray fry pan with oil and heat. Add the onion, carrot and tomato and cook for 2 minutes. Now add the drained sweetcorn, 4 bean mix, parsley and cook for further 2 minutes.

**Step 4:** Remove potato from oven and place on dinner plate. Slit potato open into four without cutting all the way through. Top potato with tinned tuna and vegetable mixture, add dollop Greek yoghurt & **ENJOY!**

Each serve contains 4.5 serves of vegetables.



*“changing the way you eat”*

## ROASTED PUMPKIN & GOATS CHEESE PIZZA

\*serves 1-2

### Ingredients

- 1 medium pita bread (80g)
- 1 tbls tomato paste
- 40g baby spinach leaves
- 200g butternut pumpkin
- 50g sun-dried tomatoes, chopped
- $\frac{1}{4}$  red onion, cut into thin rings
- 20g grated low fat pizza cheese
- 30g goats cheese

#### Nutritional Profile

(Per pizza)

Energy	1963kJ
Fat	9g
Protein	25g
Carbs	66g
Fibre	10g

### Method

- Heat oven to 200°C. Slice pumpkin into 1 cm thick pieces and place on foiled oven tray, bake in oven until soft, about 8-10 minutes either side.
- Cover pita with tomato paste
- Add the spinach, cooked pumpkin, sun-dried tomatoes and red onion in this order
- Sprinkle goats cheese and pizza cheese over the top
- Cook in oven for around 10 - 15 minutes

Serve with a salad & **ENJOY!**



*"changing the way you eat"*

## SEASONED OVEN BAKED VEGETABLES

\*serves 2 (or halve veggies to serve 1)

### Ingredients

1 whole broccoli head (with the stem)  
 1 zucchini *or* 1 bunch asparagus  
 1 eggplant *or* 2 extra large field mushrooms  
 8 baby carrots (do not peel) *or* 10 cherry tomatoes  
 Masterfoods Tuscan seasoning®  
 Spray canola oil

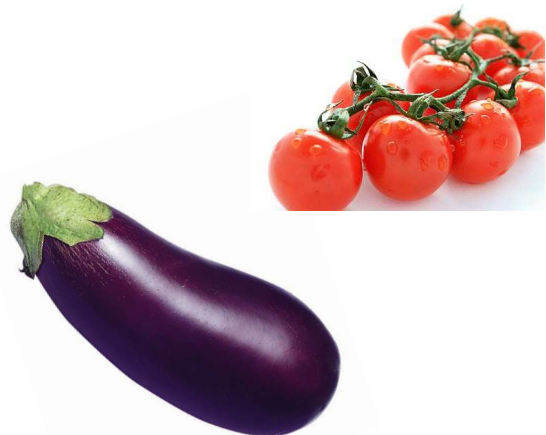
**Step 1:** Heat oven to 220°C. Line oven tray with foil, spray lightly with oil.

**Step 2:** Cut broccoli into florets with long stems and eggplant and zucchini into 1cm thick round pieces. Place all vegetables on oven tray, spray evenly with oil and sprinkle with Tuscan seasoning.

**Step 3:** Cook in oven for 10minutes or until cooked to your liking, serve as side dish to your meal, with a bowl of soup or as a snack on their own.

**Note:** Masterfoods Tuscan seasoning® contains salt and is not recommended for reduced salt diets.

<u>Nutritional Profile</u>	
<b>Per serve</b>	
Energy	460kJ
Fat	8g
Protein	1g
Carbs	11g
Fibre	12g



Each serve contains 4 serves of vegetables.

*“changing the way you eat”*

## HEARTY CHICKEN SOUP (CASSEROLE)

\*serves 8 (freeze any left-overs not eaten within a week)

### Ingredients

1kg casserole chicken pieces	1kg chat potatoes, unpeeled & whole
3 cloves garlic, chopped	800g tin crushed tomatoes
1 bunch celery, diced + leaves	Handful fresh rosemary
6 carrots, diced	3 Massel 7s chicken stock cubes
8 baby squash*, cut in quarters	Fresh chili, finely chopped

*\*use 2 large zucchini (sliced into 1 cm thick circles) if baby squash not available*

**Step 1:** Heat large cooking pot with olive oil and brown the chicken. Dissolve chicken stock in 800ml boiling water and add to the pot with the garlic, celery and celery leaves, cover and simmer on moderate heat.

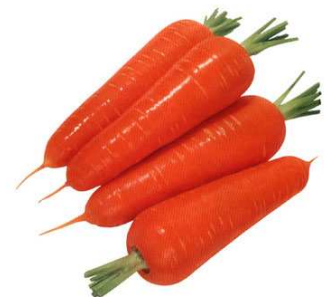
**Step 2:** Prepare the other vegetables - do not peel any - as listed and add all of them, except the potatoes, to the pot along with crushed tomatoes and rosemary. Cover and allow to simmer for 1 hour. Add the whole chat potatoes, a pinch of salt and the finely chopped chili and allow to simmer covered for further 30 minutes or until chicken is falling away from the bones.

Serve as a lunch or dinner & **ENJOY!**

#### Nutritional Profile

(Per serve)

Energy	1430kJ
Fat	10g
Protein	30g
Carbs	30g
Fibre	9g



Each serve contains 4.5 serves of vegetables.

*“changing the way you eat”*

# TUNA & VEGETABLE PASTA BAKE

\*serves 6 (freeze any left-overs not eaten within a week)

## Ingredients

3 crushed cloves garlic	400g tin tuna in oil, drained
1 leek, sliced (or use onion)	200g low fat ricotta cheese
2 zucchini, diced	200g low fat cottage cheese
2 large red capsicum, diced	125g penne pasta
20 mushrooms, sliced	$\frac{1}{2}$ cup fresh basil
2 fresh chilies (optional)	Rice bran or canola oil
	60g grated low fat cheese

**Step 1:** Preheat oven to 180°C. Heat large cooking pot with a touch of oil, when hot add the leek, garlic and chili and cook for 2-3 minutes. Now add the zucchini and mushrooms to the pot and cook on medium heat until most of excess liquid has evaporated. Add the capsicum and cook for about 5 minutes before turning off the heat.

**Step 2:** Meanwhile cook pasta according to instructions on packet. Then add the drained pasta, tuna, cottage cheese, ricotta cheese, basil and black pepper to the pot and fold all ingredients together. Season with a little salt to taste

**Step 3:** Spray an oven proof baking dish lightly with oil and transfer the mixture from the pan to the baking dish. Sprinkle with grated cheese and bake in oven for 15 - 20 minutes or until golden brown.

Serve with a side salad & **ENJOY!**



### Nutritional Profile

#### (Per serve)

Energy	1296kJ
Fat	11g
Protein	28g
Carbs	23g
Fibre	6g

Each serve contains 2.5 serves of vegetables.

*"changing the way you eat"*

# BIRCHER MUESLI

\*serves 2

## Ingredients

80g rolled oats  
2 small grated apples  
2 tablespoons mixed dried fruit  
 $\frac{1}{2}$  cup low fat milk  
6 tablespoons low fat yoghurt  
Handful grapes or berries to garnish

### Nutritional Profile

Per serve of muesli

Energy	1369kJ
Fat	5g
Protein	9g
Carbs	59g
Fibre	6g

## Method

- Mix all ingredients in a bowl (except the grapes/berries) and leave in fridge over night
- Serve muesli with some chopped grapes or mixed berries & **ENJOY!**



*"changing the way you eat"*