



# ‘Healthier Choices’

Guidelines for Serving Healthier Foods at Local Council Meetings, Functions and Events





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# The Healthier Choices Guidelines:

The Healthier Choices Guidelines provide practical information and suggestions to assist your council to serve healthier food and drinks, and limit less healthy options at council functions and events. These guidelines are designed to make healthy choices, easy choices and help build a cancer smart environment in your workplace. Healthier Choices are based on the national guidelines for a healthy diet, in addition to Cancer Council NSW's recommendations for cancer prevention.

## Benefits to Local Councils

Local councils hold many functions and events throughout the year for staff and the community. By serving healthier food and drinks at functions and events, local councils can model healthy eating behaviours and promote positive health and nutrition messages to the wider community. There are many benefits to council staff and management including:

- Improving health and wellbeing
- Improving eating habits
- Improving productivity at work
- Reducing absenteeism
- Reducing health care costs
- Contributing to occupational health and safety
- Affirming management's commitment to staff well being
- Being a good role model for the local community.

## Background

Poor diet is a major risk factor for cancer, as well as other health problems including obesity, heart disease, and type 2 diabetes. After tobacco, diet, physical inactivity and excess body weight are the next most important preventable risk factors for cancer.

To lower cancer risk, Cancer Council NSW recommends adults:

- Maintain a healthy body weight
- Be physically active for at least 30 minutes each day
- Aim for at least 2 serves of fruit and 5 serves of vegetables each day
- Eat a variety of wholegrain, wholemeal and high-fibre foods i.e. cereals, breads, rice and pastas
- Limit or avoid drinking alcohol
- Have moderate amounts of lean red meat and limit or avoid processed meat
- Choose a diet low in salt and fat
- And of course don't smoke and avoid breathing other people's smoke.

## Healthy Eating Information

Eating a wide variety of different foods everyday provides our bodies with a range of nutrients that are essential for good health and well-being. The Australian Guide To Healthy Eating provides information about the types and amounts of foods that should be eaten everyday from each of the five food groups. The five food groups include:

1. Breads, cereals, rice, pasta, noodles
2. Vegetables, legumes
3. Fruit
4. Milk, yoghurt, cheese
5. Meat, fish, poultry, eggs, nuts, legumes.

### For a healthy diet:

- Eat plenty of plant foods
- Eat moderate amounts of animal foods,  
*and*
- Eat small amounts of extra food and drinks  
eg. biscuits, cakes, crisps, pies, fried foods,  
soft drinks and margarine.

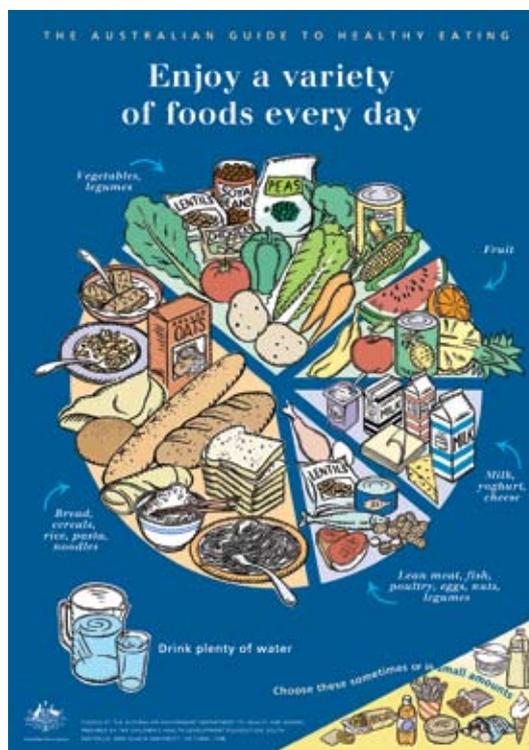
## Choosing a Suitable Caterer

When contacting a potential caterer to arrange the menu for functions and events you should:

- Explain the requirement for catering to offer a greater choice for healthy food and drinks (use the criteria below as a guide)
- Provide them with some healthy food and drink suggestions and food preparation ideas (pages 4-7)
- Offer to send them a copy of the Healthier Choices guidelines
- Ask them to send you a copy of the menu
- Use the Healthier Choices checklist to assess the suitability of the menu (page 9).

### Aim for the following when planning the food and drink menu for functions and events:

- Plenty of plant foods eg. vegetables, fruit, wholegrain breads and cereals
- Moderate amounts of animal foods eg. lean meat, skinless chicken, fish and reduced fat dairy products
- Include foods that are served fresh, steamed, stir-fried, lightly grilled, oven baked or poached. Keep fried foods and heavily char-grilled foods to a minimum
- Use poly- and mono-unsaturated fats eg. olive, canola, sunflower oils and margarine during food preparation
- Include only small amounts of extra foods eg. biscuits, cakes, chocolate, fried foods, cordial and soft drinks.



*The Australian Guide to Healthy Eating*

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# Healthy Food and Drink Suggestions:

Making some small changes to the food and drinks served at functions and events can make a big difference to the overall nutritional value. This section provides ideas and suggestions for tasty and nutritious food and drinks, as well as healthy eating tips and healthy recipes.

**Serve smaller portions of cakes, slices and muffins**  
**Serve slices and scones with poly- or mono-unsaturated margarine, or low fat ricotta cheese instead of butter or cream**

**Add chopped or grated fruit to pikelet, scone or muffin mixtures eg. apple and sultana, banana, pear, berry, dates, carrot, zucchini, cherry tomatoes or corn**

**Cheeses such as brie, camembert and Edam are higher in fat, therefore serve smaller amounts**

## Morning / Afternoon Tea

### Cold Food

#### Slices, cakes and scones

- Fruit buns or bread
- Fruit slice, cake or pikelets (preferably wholemeal)
- Scones with 100% fruit spread
- Fruit or savoury muffins (preferably wholemeal)
- Vegetable slice

#### Fruit and Vegetables

- Seasonal fruit platters eg. whole, sliced and cut fruit (including canned)
- Seasonal fruit kebabs with reduced fat yoghurt or passionfruit sauce
- Dried fruit eg. apricots, dates, figs, prunes, apple, sultanas, and mixed unsalted nuts eg. almonds, peanuts, walnuts or cashews
- Vegetable sticks or pieces with dips (see dips section below)
- Vegetable kebabs with dipping sauce (see healthy dipping sauces below)
- Stuffed vegetables eg. cherry tomatoes, mushrooms or zucchini

#### Sandwiches and Biscuits

- Finger sandwiches or wraps (see lunch and dinner section)
- Savoury biscuits eg. water crackers or salt reduced crisp breads. Toppings include cottage cheese, light cream cheese, tuna, sliced tomato, avocado or other vegetables

#### Dips

- Vegetable-based dips eg. hommos, tzatziki, eggplant or beetroot
- Use reduced fat cream cheese, reduced fat yoghurt, pureed vegetables or beans to prepare dips
- Flavour dips with herbs and spices eg. garlic, chilli, basil or coriander
- Serve dips with crackers, raw vegetable sticks or sliced French bread stick

#### Cheese Platters

- Offer reduced fat cheeses e.g. reduced fat tasty, fetta, cottage, or ricotta cheese
- Serve with crackers or sliced French bread stick

#### Other

- Sushi, California or rice paper rolls with dipping sauce
- Reduced fat and reduced salt pretzels
- Homemade popcorn (made with no butter or salt)

## Hot Food

- Skinless chicken, seafood or lean meat pieces, skewers or balls with dipping sauce (see healthy dipping sauces below)
- Baked filo pastry triangles with vegetable fillings eg. spinach and ricotta cheese. Brush sheets of filo pastry lightly with oil or reduced fat milk and bake in the oven
- Chunky potato skins - brush lightly with oil and bake in the oven
- Pita bread pizza slices topped with vegetables, lean meat and reduced fat mozzarella
- Vegetable frittata
- Mini quiches with lean meat and vegetables
- Corn on the cob
- Small baked potatoes with a reduced fat toppings eg. cottage cheese or low fat natural yoghurt and chives
- Brushetta with diced tomatoes or mushrooms
- Use reduced fat natural yoghurt as a healthy alternative to sour cream
- Healthy Dipping Sauces - tomato salsa, mango chutney, chilli and ginger or satay



**Sprinkle a small amount of parmesan cheese and/or breadcrumbs on top of lasagnes, frittatas or quiches**



Making some small changes to the food and drinks served at functions and events can make a big a difference to the overall nutritional value.

## Lunch / Dinner

### Sandwiches and Wraps

- Offer a variety of different breads - wholemeal, wholegrain, rye, soy and linseed, sourdough, high-fibre white e.g. bagels, rolls, baguettes, focaccias, pita, Lebanese or Turkish. Also consider offering a gluten-free bread
- Offer a variety of different fillings, approximately 70% vegetarian and 30% lean meat or fish
- Combine the following tasty sandwich fillings and spreads:
  - Salad
  - Vegetables – lightly grilled or roasted
  - Tabouli
  - Lean meat eg. roast beef, lean skinless chicken breast or turkey
  - Fish - tinned tuna, salmon or sardines (in springwater or brine)
  - Egg
  - Reduced fat tasty cheese
  - Dried fruit
  - Banana
  - Healthy spreads eg. avocado, hommos, low fat mayonnaise, low fat cottage, ricotta or cream cheese, mustard, chutney, pesto or salsa

**Use plenty of salad and grilled or roasted vegetables in sandwiches or wraps**

**For a creamy taste and appearance to soups, use evaporated skim milk rather than cream**

### Soups

- Vegetable-based soups, broths or consommés
- Soups containing legumes eg. red kidney beans, lentils, split peas, chick peas, rice or noodles

### Salads and vegetables

- Offer vegetables with all meals or menu items
- Serve dressings separately
- Prepare dressings using ingredients such as poly- or mono-unsaturated oils, balsamic vinegar, lemon juice, herbs and spices

**Use beans, lentils or vegetables to bulk up meat dishes where possible**

**Serve reduced fat yoghurt, ice cream or custard with desserts instead of cream**

### Meat dishes

- Use lean meat
- Trim visible fat from meat and skin from poultry eg. chicken, turkey
- Select a healthy cooking method eg. pan-fry, oven bake, stir-fry, boil, lightly grill, microwave, steam or poach
- Avoid processed meats as most are high in fat and salt eg. sausages, salami, frankfurts, kabana, devon, strassburg, mortadella, bacon and ham



## Desserts

- Desserts should contain fruit, eg:
  - Apple strudel (made with filo pastry)
  - Crepes with fruit
  - Stewed fruit
  - Fruit crumble (sprinkle rolled oats on top)
  - Fruit compote
  - Rice pudding with sultanas (prepared with reduced fat milk)
  - Baked apples
  - Serve fresh fruit – whole, sliced and pieces

**Serve reduced fat yoghurt, ice cream or custard with desserts instead of cream**

**Heavily processed cereals (eg. toasted and sweetened muesli and sugar coated cereals) have added sugar, fat or salt, so keep them to a minimum**



## Breakfast

### Fruit

- Fruit platters – fresh, tinned (natural juice) or dried
- 100% fruit juice (no added sugar)
- Fruit smoothies (made with reduced fat milk and yoghurt)

### Breads

- Provide a range of breads - wholemeal, wholegrain, rye, soy and linseed, sour dough, high-fibre white e.g. bagels, rolls, baguettes, English muffins, raisin toast, crumpets
- Small low fat bran or wholemeal muffins – plain or fruit

### Breakfast cereals

- Wholegrain or high fibre cereals eg. wheat breakfast biscuits, porridge, bran flakes or natural untoasted muesli
- Serve with reduced fat milk, soy milk and reduced fat yoghurt

### Cooked breakfast

- Pancakes, piklets, waffles or scones topped with sliced fruit eg. banana, strawberries etc, and reduced fat yoghurt
- Eggs - scrambled, poached, boiled or as omelettes
- Savoury tomatoes, baked beans, fish cakes (grilled or baked), creamed corn, onion and mushrooms, bubble and squeak (potato and vegetables)

### Toast Toppers

**(can also use on bread rolls, English muffins or crumpets)**

- Tomato and finely chopped onion
- Mushrooms
- Creamed corn
- Spinach
- Peanut butter
- Banana
- Spaghetti – reduced salt
- Baked beans – reduced salt
- Reduced fat cheese eg. cheddar, cream cheese, cottage or ricotta cheese.

## Responsible Service of Alcohol

Drinking alcohol increases the risk of cancers of the mouth, throat, pharynx, larynx, oesophagus, bowel, liver and breast. Cancer Council recommends that, to reduce the risk of cancer, alcohol consumption should be limited or avoided.

**Refer to your council's Responsible Service of Alcohol or OH&S policy for more information.**

## Food Safety Information

Food poisoning affects over five million Australians each year. Food safety refers to the careful handling, storage and preparation of foods to reduce the risk of food poisoning. All food handlers have a legal requirement to follow the health and hygiene requirements set out in the Food Safety Standards <http://www.foodstandards.gov.au>

Although Australia has one of the safest food supplies in the world, steps can still be taken to reduce our risk of food poisoning. Food poisoning usually occurs when food contaminated with unsafe levels of bacteria is eaten. Contaminated foods often do not look, smell or taste any different from foods that are safe.



## Reducing the Risk of Food Poisoning

The risk of food poisoning can be reduced and even eliminated if food is carefully handled, stored and prepared. Bacteria are most likely to multiply between 3°C (Degrees Celsius) and 60°C. This means that it is best to keep food very cold or very hot. Some suggestions to help eliminate the risk of food poisoning include:

- Wash and dry hands thoroughly before food preparation and between handling raw and cooked foods
- Do not prepare food if feeling unwell
- Separate raw and cooked foods to prevent cross contamination
- Use separate utensils when preparing:
  - Raw food to be cooked such as meat
  - Food to be eaten raw such as salad
  - If this is not possible, wash all utensils and chopping boards in hot soapy water and dry before re-using
- Clean work surfaces with hot soapy water
- Defrost frozen food in the fridge and cook immediately after thawing
- Do not re-freeze food
- Keep fridge temperature at or below 5°C and freezer temperature at -18°C or less
- Ensure all food is steaming hot and heated all the way through before serving. This is especially important if using a microwave
- Serve hot food hot and cold food cold
- Do not buy out of date or damaged food
- Store food as directed on the packaging
- Take insulated shopping bags to keep cold and frozen food cool, and ensure cold foods are refrigerated as soon as possible
- Refrigerate food once delivered, don't leave it out
- Cover and refrigerate leftovers promptly. If food is out of the fridge for more than 2 hours, throw it out.

**Refer to your council's Food Safety Guidelines for more information.**

Check that the menu offers		Tick
<b>Variety</b>	A wide range of nutritious foods from each of the food groups should be offered	
	A variety of plant foods should be available eg. vegetables, fruit, legumes, bread, rice and pasta	
<b>Vegetables &amp; Fruit</b>	Vegetables and fruit should be included in most of the menu items	
	Fruit should be offered either fresh, canned (in natural juice) or dried	
	Salads and vegetables should be available and fruit offered with dessert	
	Vegetarian items should be available	
<b>Breads &amp; Cereals</b>	A variety of breads or rolls should be offered - wholemeal, wholegrain, rye, high-fibre white eg. pita, Lebanese, Turkish, focaccia or raisin bread. Other examples include pasta, rice, couscous, noodles, crisp bread and water crackers	
	At breakfasts, high-fibre or wholegrain breakfast cereals are preferred (see breakfast suggestions)	
<b>Lean Meat / Poultry &amp; Fish</b>	Lean meats, skinless chicken, fish (fresh or tinned), eggs or legumes should be available	
	Processed meats should be kept to a minimum eg. sausages, salami, devon, ham, bacon and frankfurts	
<b>Dairy Products</b>	Reduced fat dairy products should be used in preference to full fat products eg: <ul style="list-style-type: none"> <li>• <b>Milk:</b> Offer reduced fat, full fat milk and soy milk (correctly labelled) with tea and coffee</li> </ul>	
	<ul style="list-style-type: none"> <li>• <b>Yoghurt:</b> Low fat fruit yoghurts can be offered as snacks or desserts, and natural yoghurt instead of cream</li> </ul>	
	<ul style="list-style-type: none"> <li>• <b>Cheese:</b> Cottage and ricotta cheese are both suitable options</li> </ul>	
<b>Fats and Oils</b>	Poly- or mono-unsaturated oils eg. olive, canola, sunflower, peanut used in food preparation	
	Poly- or mono-unsaturated margarines eg. olive, canola, sunflower should be used instead of butter	
<b>Food Preparation</b>	Healthy food preparation methods used eg. steaming, stir-frying, microwaving, light grilling, oven baking or poaching	
<b>Beverages (see Responsible Service of Alcohol Policy)</b>	Offer non-alcoholic beverages eg: <ul style="list-style-type: none"> <li>• <b>Water:</b> still, sparkling, soda or mineral (unflavoured)</li> </ul>	
	<ul style="list-style-type: none"> <li>• 100% fruit juices</li> </ul>	
	<ul style="list-style-type: none"> <li>• Fruit cocktails or fruit punch</li> </ul>	
	<ul style="list-style-type: none"> <li>• <b>Tea:</b> herbal, green or black</li> </ul>	
	<ul style="list-style-type: none"> <li>• <b>Coffee:</b> instant or filtered</li> </ul>	

## Breakfast



### Apple & Banana Hot Cakes

**10 minutes preparation  
+ 20 minutes cooking  
7 serves of fruit in this recipe**

- 2 eggs
- 2 teaspoons margarine, melted
- 2½ cups low-fat milk
- 2 cups self-raising flour
- 2 tablespoons sugar
- 3 medium apples, peeled, cored and grated
- 1 teaspoon vegetable oil
- 3 ripe bananas, sliced
- 1 tablespoon honey

In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey.

Makes 10.

**Variation: Add ¼ cup sultanas to dry mixture**



### Carrot & Parsnip Muffins

**15 minutes preparation  
+ 25 minutes cooking  
3 serves of vegies in this recipe**

- Olive or canola oil spray
- 1 cup wholemeal self-raising flour
- ¾ cup white self-raising flour
- ¼ teaspoon paprika or curry powder
- 1 large carrot, peeled and grated
- 1 parsnip, peeled and grated
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons chopped parsley or basil
- 2 eggs, beaten
- 2 tablespoons oil
- 1 cup low-fat milk

Preheat oven to 190°C. Lightly spray muffin trays with oil. Sift flours into a large bowl, returning husks to the bowl.

Add paprika and fold in carrot, parsnip, cheese and herbs. In a separate bowl mix eggs, oil and milk. Pour into the dry ingredients.

Lightly combine but do not over-mix. Spoon into a greased 12 - muffin tray and bake for 25 minutes or until golden brown and firm to touch. Cool on a wire rack.

Makes 12.

**Hint: These muffins freeze well and can be defrosted and microwaved to serve warm.**

## Morning tea



### Pear & Banana Muffins

**15 minutes preparation  
+ 20 minutes cooking  
3 serves of fruit per recipe**

- Olive or canola oil spray
- 2 cups whole meal self-raising flour
- 2 cups white self-raising flour
- 1 cup brown sugar
- 2 eggs
- 150 mL low-fat natural yoghurt
- ½ cup orange juice
- 1 large banana, peeled and chopped
- 1 pear, cored and diced
- ½ cup buttermilk or low-fat milk

Preheat oven to 170°C. Lightly spray muffin trays with oil. Sift flours, returning husk from whole meal flour to the bowl, add brown sugar. In a separate bowl mix eggs, yoghurt and juice. Combine with the flour mix and fold through fruit and milk (you may need less milk depending on moisture in fruit). Do not over-mix. Spoon mixture into trays. Bake near the top of the oven for 18-20 minutes. Turn onto a wire rack to cool.

Makes 24 muffins.



### Orange Loaf

**20 minutes preparation  
+ 35-40 minutes cooking  
5 serves of fruit in this recipe**

- Olive or canola oil spray
- 2 cups self-raising flour
- ½ cup caster sugar
- ½ cup sultanas
- Rind of 2 oranges, grated
- 1/3 cup freshly-squeezed orange juice
- 2 eggs
- ¼ cup low-fat milk
- 1 tablespoon margarine, melted

#### Topping

- 125g reduced-fat ricotta
- Rind of 1 small orange, grated
- 2 teaspoons freshly-squeezed orange juice

Preheat oven to 180°C. Lightly spray a loaf tin. Combine flour, sugar and sultanas in a mixing bowl. In another bowl mix remaining ingredients. Add wet ingredients to dry, stir and spoon into tin.

Bake for 35-40 minutes until cooked and golden. Turn onto wire cooling rack. When cool, spread with ricotta topping. Store in refrigerator.

Serves 8.

**Variation: Replace half the flour with wholemeal self-raising flour and use 1 cup chopped dried apricots instead of sultanas.**

## Morning tea *(continued)*



### Guacomole

**10 minutes preparation**  
**6 serves of vegies in this recipe**

- 2 ripe avocados, peeled and stones removed
- 1 ripe tomato, finely chopped
- 1 clove garlic, crushed
- Juice of ½ lemon
- ¼ red onion, finely chopped
- 1 tablespoon coriander or parsley, chopped
- Freshly ground or cracked black pepper, to taste
- Chilli sauce or Tabasco sauce, to taste

Mash avocado and combine with tomato, garlic, lemon juice, onion and coriander. Season with pepper and enough chilli sauce to give a gentle 'kick'.

Serves 6 -8.

### Tropical Pizza

**5 minutes preparation**  
**+ 10-15 minutes cooking**  
**5 serves of vegies in this recipe**

- 25cm pizza base or Turkish bread
- ¼ cup tomato pasta sauce
- 100g ham, chopped
- 225g can pineapple pieces (in natural juice), drained
- 1 medium red or green capsicum, seeded and chopped
- 100g mushrooms, sliced
- 100g grated Mozzarella cheese
- 1 tablespoon chopped herbs (parsley, oregano and/or basil) or a pinch of dried mixed herbs

Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned.

Serves 4.

**Variation: Make 8 mini pizzas using 4 halved English muffins as bases.**

## Lunch



### Mushroom & Tomato Bruschetta

**10 minutes preparation  
+ 20 minutes cooking  
10 serves of vegies in this recipe**

- 400g assorted mushrooms, sliced (swiss brown, flat, button)
- 3 ripe tomatoes, chopped
- 2 sprigs rosemary
- 1 teaspoon fresh parsley or sage, chopped
- 2 cloves garlic, peeled and crushed
- 1 teaspoon lemon juice
- 1 teaspoon balsamic vinegar
- 2 teaspoons olive oil
- ½ ciabatta loaf

Preheat oven to 200°C. Mix mushrooms, tomatoes and herbs in an ovenproof dish. Whisk garlic, lemon juice, vinegar and oil. Pour over mushroom mixture. Loosely cover with foil and cook in oven for 20-25 minutes. Heat the bread during the last 5 minutes of cooking. Cut the loaf in half lengthways and cut each half into 4. Spoon mushroom mixture onto bread, grill and garnish with rosemary.

Makes 8.



### Vegie Lentil Soup

**10 minutes preparation  
+ 35 minutes cooking  
11 serves of vegies in this recipe**

- 1 onion, chopped
- 1 clove garlic, crushed
- 1 carrot, diced
- 1 potato, diced
- 1 parsnip, peeled and diced
- 1 stick celery, diced
- 125g red lentils
- 6 cups chicken stock or water
- 1 tablespoon tomato paste
- 2 or 3 sprigs parsley, chopped

Sauté onion and garlic in a large pot with a little water until onion is translucent. Add carrot, potato, parsnip and celery and cook for a further 5 minutes. Stir in lentils, stock and tomato paste. Bring to the boil, cover and simmer for 30-35 minutes, stirring occasionally. When lentils and vegetables are just cooked, add parsley.

Serves 4.

## Lunch *(continued)*



### Wraps

**10 minutes preparation**  
**4 serves of vegies in this recipe**

**Variations: Sliced lean meats and chutney or sliced chicken and snow pea shoots may replace the cottage cheese.**

- 2 large tortillas
- 2 large lettuce leaves, washed and dried
- ½ cup low-fat cottage cheese
- 1 large ripe tomato, chopped
- ¼ red onion, chopped
- 1 small Lebanese cucumber, chopped
- 4 walnut halves

Warm tortillas in microwave on HIGH (100%) for 40 seconds. Lay a lettuce leaf on each tortilla, then top with cheese, tomato, onion, cucumber and walnuts. Wrap one end of the tortilla enclosing the filling then fold over sides. Serve immediately.

Serves 2.

### Tabbouleh

**10 minutes preparation**  
**11 serves of vegies in this recipe**

- 1 cup cracked wheat (bulgar)
- 2 large ripe tomatoes, diced
- 1 small cucumber, diced
- 3 spring onions, finely sliced
- 1 cup parsley, chopped
- 1 cup mint, chopped
- 2 tablespoons lemon juice
- 1 tablespoon olive oil

Cover the cracked wheat with cold water and soak for 15 minutes. Strain through a sieve and squeeze out excess moisture. Mix with remaining ingredients and serve chilled.

Serves 4.

**Variation: For a more substantial meal, add 425g can drained chickpeas.**



## Warm Roasted Vegetable Salad

**10 minutes preparation + 40 minutes cooking**  
**15 serves of vegies in this recipe**

- 300g butternut pumpkin, peeled and chopped into 2cm cubes
- 2 potatoes, peeled and chopped into 2cm cubes
- 1 capsicum, seeded and cut into large pieces
- 1 onion, chopped into eighths
- 100g flat mushrooms, quartered
- Olive or canola oil spray
- 1 bunch English spinach leaves, washed and drained

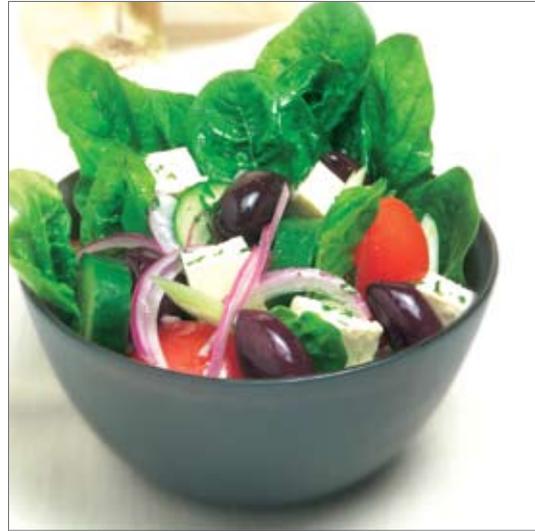
### Dressing

- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1 tablespoon fresh basil, chopped

Preheat oven to 220°C. Line a large baking tray with baking paper. Place pumpkin and potato in a microwave dish with a little water, cover with cling film and cook in microwave on HIGH (100%) for 4 minutes. Toss pumpkin, potato, capsicum, onion and mushrooms together then spread in a single layer over tray. Lightly spray with oil. Bake for 30-40 minutes, turning after 15 minutes. Mix dressing ingredients in a small bowl. When vegetables are cooked, pour over dressing. Line serving dish with spinach leaves and pile roast vegetables on top. Serve immediately.

Serves 4.

**Variation: Try including sweet potato, zucchini, carrots, beetroot, squash and baby eggplant when in season.**



## Greek Salad

**10 minutes preparation**  
**14 serves of vegies in this recipe**

- 1 cucumber, peeled, seeded and cubed
- ½ red onion, sliced
- 4 ripe tomatoes, cut into wedges
- 12 black olives
- 125g reduced-fat feta cheese, diced
- 1 spring onion, sliced
- 2 handfuls English spinach leaves, washed and drained
- 2 tablespoons parsley, chopped
- ½ cup reduced-fat Greek salad dressing

Combine ingredients in a serving bowl and mix well.

Serves 6.

## Desserts



### Baked Apples

**5 minutes preparation**  
**+ 8 minutes cooking**  
**7 serves of fruit in this recipe**

- 4 Granny Smith apples, washed and cored
- 1 tablespoon brown sugar
- 1 tablespoon honey
- 30g walnuts, chopped
- 50g dried mix fruit
- 1 teaspoon cinnamon

Run a knife around the middle of the apples to pierce the skin. Combine remaining ingredients in a small bowl. Spoon into apple cavities, leaving a little excess on top of each apple. Microwave on HIGH (100%) for 8 minutes or until apples are tender. Serve with extra sauce from the bottom of the dish.

Serves 4.



### Rhubarb & Pear Crumble

**20 minutes preparation**  
**+ 20-30 minutes cooking**  
**7 serves of fruit in this recipe**

- 4 pears peeled, cored and diced
- 2 cups rhubarb (4 stalks), diced
- 2 tablespoons sugar
- 2 tablespoons water

#### Crumble

- 2 tablespoons honey
- 2 teaspoons margarine
- 1¼ cups untoasted muesli
- ½ cup plain flour

Preheat oven to 180°C. Place pears, rhubarb, sugar and water in a saucepan, cover and cook for 8–10 minutes until softened.

Spoon fruit into an ovenproof dish. Combine honey and margarine in a small bowl and microwave on HIGH (100%) for 20 seconds.

In a separate bowl, combine muesli and flour. Stir in honey mixture, mixing until the crumble resembles coarse breadcrumbs.

Spread over fruit and bake for 20–30 minutes until golden. Serve hot.

Serves 6.



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