

Recipes and Ideas



Recipes and Ideas

1. 'Free Food' Recipes
2. Portion Planned Recipes and Ideas

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Recipes and Ideas

'Free Food' Recipes



'Free Food' Recipes

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"Tell me what you eat and I will tell you what you are"
- Anthelme Brillat-Savarin

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Free Food and Drink Ingredients

Vegetables

alfalfa sprouts	garlic
artichoke hearts	ginger
asian greens	green beans
asparagus	kale
bamboo shoots	leeks
bean sprouts	lettuce
broccoli	mushrooms
brussels sprouts	onion
cabbage	peas
capsicum	pumpkin
carrot	radish
cauliflower	silver beet
celeriac	spinach
celery	spring onions
chinese mixed vegies	squash, button
choko	swede
cucumber	tomato (fresh or tinned)
dill pickles	water chestnuts
eggplant	watercress
fennel	zucchini

Fruit

blueberries / blackberries (fresh/frozen)
 lemon / lime
 passionfruit
 raspberries (fresh/frozen)
 rhubarb
 strawberries (fresh/frozen)

Condiments

fat free salad dressing
 herbs (dry or fresh)
 horseradish
 mustard
 pepper
 soy sauce - low sodium
 spices
 sweet pickles
 vinegar
 Worcestershire Sauce™

Drinks

water
 sparkling mineral water
 plain mineral water
 tea or coffee (water based)
 diet cordial
 diet soft drink
 soda water
 Bonox™
 vegetable juice
 tomato juice

Soups

1. Zucchini and basil soup

Ingredients:

- 1 kg small zucchini halved lengthways
 - 1 medium brown onion, finely chopped
 - 2 cloves garlic, crushed
 - 1/3 cup roughly chopped basil leaves
 - 1 litre of salt reduced chicken or vegetable stock
1. Lightly spray a stock pot or deep saucepan with oil and heat over a medium-high heat.
 2. Cook onion, stirring occasionally, until onion becomes translucent.
 3. Add the zucchini and garlic and stir fry for approx 10 mins or until zucchini starts to soften.
 4. Add the stock and bring mixture to the boil.
 5. Reduce heat to low and simmer for 15 to 20mins or until zucchini is tender.
 6. Stir in chopped basil leaves.
 7. Blend or puree the soup till smooth and season to taste. Serve.

May be refrigerated or frozen for later use.



2. Roasted tomato soup

Ingredients:

- 10 Roma tomatoes, halved
- 1 tablespoon fresh basil, torn (or less if dried)
- 1 tablespoon chopped fresh oregano (or less if dried)
- Olive oil spray
- 2 onions, finely chopped
- 2 cloves garlic, crushed
- 1/4 cup tomato paste
- 2 cups salt reduced chicken stock

1. Preheat oven to 200°C.
2. Place tomatoes cut side up on an oven tray lined with baking paper. Lightly spray with oil and sprinkle with basil and oregano.
3. Bake for 25 minutes, or until tomatoes are soft.
4. Saute onions and garlic in a large saucepan until soft.
5. Add roasted tomatoes, tomato paste and stock and simmer for 10 minutes.
6. Puree tomato mixture until smooth and serve.

May be refrigerated or frozen for later use.

3. Pumpkin soup

Ingredients:

- Half a small size round pumpkin (QLD blue or similar) cubed
 - 1 medium onion, finely chopped
 - 1 clove garlic, crushed
 - 2 to 4 stalks of celery, finely chopped
 - 1 litre of water
 - Parsley
 - Black pepper
1. Add onions, garlic and celery to a pot and cook on medium for a few minutes.
 2. Add the pumpkin and black pepper to taste, enough water to just cover the vegetables.
 3. Add half the parsley and cook until the pumpkin is cooked.
 4. Using a blender, pulp and then add the rest of the parsley (to taste) and serve.

May be refrigerated or frozen for later use.

Salads and Side Dishes

1. Warm Asian salad

Ingredients:

- 2 teaspoons sesame or peanut oil
- 1 clove garlic, crushed
- 1 red capsicum, sliced
- 1 bunch baby asparagus, chopped
- 425g canned bamboo shoots
- 6 shallots, sliced thinly
- 2 bunches baby bok choy, washed and chopped
- 1 tablespoon sesame seeds

Dressing ingredients:

- 1 tablespoon sweet chilli sauce
- 2 teaspoons soy sauce

1. Heat oil in a wok or a large saucepan, add garlic and sauté for 1 minute.
2. Add capsicum, asparagus and bamboo shoots and stir-fry for 2 minutes, then add shallots and bok choy and stir-fry for a further 2 minutes or until the bok choy has wilted.
3. Combine dressing ingredients in a small bowl and toss through warm vegetables.
4. Sprinkle with sesame seeds and serve.

2. Baby spinach and balsamic salad

Ingredients:

- 150g packet of baby spinach leaves
- 250g punnet of cherry tomatoes, halved
- ¼ Spanish onion sliced thinly
- 1½ cups fresh basil leaves
- Fat free balsamic vinaigrette

1. Toss the baby spinach leaves, tomatoes, onion and basil leaves in a large serving bowl.
2. Drizzle sparingly with dressing to taste.

Serve as a side dish with grilled lamb or chicken.

3. Tri-colour coleslaw

Ingredients:

- ¼ green cabbage, chopped
- ¼ red Cabbage, chopped
- 2 medium carrots, grated
- ½ red capsicum, finely diced
- ½ green capsicum, finely diced
- 2 sticks celery, finely chopped
- ½ spanish onion, finely diced

Dressing ingredients (optional):

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- ½ teaspoon salt

1. Combine salad ingredients in a large bowl.
2. Mix dressing ingredients and toss through salad.

Serve as a side dish with lean chicken, fish or pork.

4. Ratatouille

Ingredients:

- 1 medium eggplant
- 1 red capsicum, sliced
- 1 green capsicum, sliced
- 3 zucchini, cut in 3cm chunks
- 1 large onion, sliced
- 1 clove garlic, crushed
- Fresh herbs to taste (eg: marjoram, basil or thyme)
- 2 large tomatoes, chopped
- Black pepper



1. Cut eggplant lengthwise into 2 cm thick slices, sprinkle with salt and allow to stand for 20-30 minutes.
2. Wash off all juices and salt, dry and cut into chunks.
3. Place all ingredients (except tomatoes) in a pan which will hold them comfortably and simmer gently for 30 minutes, stirring occasionally.
4. Add tomatoes and freshly ground black pepper.
5. Simmer gently for a further 15 minutes, uncovered.
6. Allow to cool and sprinkle with chopped parsley.

5. Cauliflower mash

Ingredients:

- 1 head of cauliflower (washed & diced)
- 1 handful of green peas
- Fresh chopped mint to taste

1. Steam cauliflower until tender.
2. Transfer to blender and blend till smooth.
3. Stir through peas and mint.

Serve with grilled fish or meat and vegetables.

6. Fennel and baby bean salad

Ingredients:

- 2 bulbs baby fennel, sliced thinly
- 2 large spring onions, finely chopped
- 180g baby beans
- ½ cup chopped flat-leaf parsley

Dressing ingredients:

- 1 tablespoon Dijon mustard
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- Salt and freshly ground black pepper, to taste

1. Cover beans with boiling water, leave for a few minutes to blanch then transfer them immediately to a bowl of ice water to preserve crispness and bright green colour.
2. Drain through a colander or sieve.
3. Combine dressing ingredients in a large bowl and whisk.
4. Toss sliced fennel, beans, spring onions and parsley through dressing.

Serve with grilled fish or other seafood of choice.

7. Roasted Italian style vegetables

Ingredients:

- 1 medium red onion, cut into thick wedges
- 2 capsicums (any colours), quartered & seeds removed
- 4 medium zucchinis, cut into thick strips lengthways
- 3 cloves garlic, slightly crushed with the flat of a knife
- Fresh herbs to taste (eg: marjoram, basil or thyme)
- 2 baby fennel bulbs, trimmed & quartered lengthways
- 250g mini Roma or cherry tomatoes
- ¼ cup flat leaf parsley leaves roughly chopped.

1. Preheat oven to 200°C.
2. Place garlic, onions, capsicums, zucchini and fennel in a large roasting pan or onto a baking tray.
3. Spray lightly with olive oil and season with pepper and salt.
4. Bake for 35 minutes, turning once approximately halfway through baking process.
5. Remove from oven, add tomatoes and roughly toss with other vegetables.
6. Return to oven and bake for further 10 to 15 minutes or until tender.
7. Sprinkle with parsley and serve.

Desserts

1. Warm berry compote

Ingredients:

- 1 cup mixed frozen or fresh berries
- Sugar substitute (optional)

1. Heat berries in a microwave dish until juices are released.
2. Add sweetener to taste.

2. Robyn's rhubarb and raspberry delight

Ingredients:

- 2 bunches of rhubarb diced
- 1 packet frozen raspberries
- Flesh of 1 lime diced
- 1 heaped teaspoon crushed ginger
- 1 teaspoon of cinnamon
- Half a cup of water
- Stevia or sugar substitute to taste (alternative - a splash of low calorie raspberry cordial)

1. Put everything into a microwave dish and stir.
2. Microwave for 5 minutes, stir again, and cook further till desired consistency is reached.

Enjoy warm or cold.

Snacks and Entertaining

1. Roasted semi-dried tomatoes

Ingredients:

- 1 clove garlic, crushed
- Half a cup of balsamic vinegar
- 4 Roma tomatoes, halved lengthways
- Fresh or dried herbs (eg: basil, oregano, thyme or rosemary)

1. Pre heat oven to 180°C
2. Add garlic to balsamic vinegar and allow to sit for 5 minutes.
3. Slice tomatoes lengthways into halves.
4. Place flesh side up on tray lined with baking paper.
5. Use a pastry brush to cover tomatoes with balsamic vinegar and garlic mixture. Sprinkle with fresh or dried herbs.
6. Place in oven and bake for 40-50 minutes.

Serve as a side dish or snack with freshly ground black pepper.

2. Spicy eggplant dip

Ingredients:

- 2 large eggplants
- 1 tablespoon olive oil
- 3 tablespoons lemon juice
- 2 cloves garlic, crushed
- ½ teaspoon ground cumin

1. Preheat oven to 200°C.
2. Roast whole eggplants on baking tray for approximately 30 minutes until wrinkly and soft.
3. Scoop out flesh from eggplants.
4. Blend with oil, lemon juice, garlic and cumin in a food processor until smooth.

Serve as a dip with vegetable batons or as a spread on sandwiches.



3. Balsamic garlic mushrooms

Ingredients:

- 1 clove garlic, chopped
- 2 cups sliced mushrooms
- Balsamic vinegar
- Fresh or dried herbs and pepper to taste

1. Spray a frypan with olive oil spray. Stir fry garlic for 1 minute.
2. Add mushrooms.
3. Cook for 3 minutes or until mushrooms soften.
4. Add a liberal splash of balsamic vinegar and season with herbs and pepper.

Serve as a side dish or a snack.

4. Soy and sesame mushrooms

Ingredients:

- 350 g button mushrooms
- 1 tablespoon salt reduced soy sauce
- 1 teaspoon sesame seeds

1. Preheat oven to 180°C.
2. Toss mushrooms in soy sauce and sprinkle with sesame seeds.
3. Spread mushrooms on an oven tray and bake for 10 minutes, turn them over and return them to the oven for a further 15 minutes.

Serve warm.

5. Quick 'n' easy salsa

Ingredients:

- 1 large tomato, finely diced
- 1 green capsicum, finely diced
- 1 small Spanish onion, finely diced
- 1 teaspoon ground cumin
- 1 tablespoon chopped fresh coriander
- 2 tablespoons lime juice
- Optional – finely diced small red chilli for extra bite!

1. Combine all ingredients together in a bowl. Mix well.

Enjoy with vegetable batons as a snack between meals, or as a side dish with a tossed green salad and grilled lean chicken, fish or steak.

6. Roasted or BBQ vegetable kebabs

Ingredients:

- 2 baby eggplant, sliced
- 1 medium zucchini, sliced
- 1 red capsicum, cut into thick chunks
- 4 yellow squash, quartered
- Punnet of cherry or grape tomatoes
- 250g button mushrooms, halved

1. Soak wooden skewers in water for 30 minutes to prevent burning.
2. Thread vegetable pieces onto skewers, starting and ending with mushrooms.
3. Brush lightly with olive oil and a little balsamic vinegar.
4. Roast in a 200°C oven, or cook on BBQ grill plate turning occasionally, until lightly brown on all sides.

Serve as a snack or a side dish.



Drinks

1. Berry nice ice blocks

Ingredients:

- Fresh raspberries, diced strawberries, mulberries, blueberries, or other seasonal or frozen berries
- Low-joule apple and blackcurrant cordial (or other flavour of choice)

1. Place fresh or frozen berries into ice block moulds.
2. Fill to top with pre-prepared low joule raspberry cordial.
3. Replace mould tops, freeze and enjoy as a cool snack or dessert.

2. Ginger, berry and lime punch

Ingredients:

- 2 litres diet ginger beer
- 2 litres diet cranberry juice
- 2 litres of soda water or diet mineral water
- Juice of 2 limes
- 1 punnet hulled and sliced strawberries, or whole raspberries
- 1 sliced lime
- Ice cubes
- Mint leaves to garnish

1. Combine all ingredients in a large punch bowl and stir gently.

Ladle into glasses and enjoy.

3. Virgin strawberry "daiquiri"

Ingredients:

- ½ cup diet lemonade
- ½ cup strawberries
- Crushed ice

1. Add lemonade, strawberries and ice cubes to blender.
2. Blend until slushy. Add more ice if needed.

Serve in a margarita glass, garnished with a strawberry on the rim of the glass and add a little umbrella.

4. Ginger sparkle

Ingredients (serves four):

- 2 cups (500ml) diet ginger ale
- 2 cups diet ginger beer
- Ice cubes
- Lemon or lime slices
- Berries

1. Combine ginger ale and ginger beer.
2. Serve as a long drink with ice and garnish with a slice of lemon or lime and some berries.

