

Tips for Serving Vegetarian Meals



Breakfast:

- Prepare a brown rice porridge for breakfast by using pre-cooked brown rice; add sultanas and/or sweetened dried cranberries (soaked/drained), mixing well. Warm in microwave oven. Top with fruit yoghurt or sliced bananas. Sprinkle with wheatgerm.
 - Make a quick fruit smoothie - use soy milk, and add banana, strawberries, canned peaches. Add honey and wheatgerm.
 - For a hearty breakfast, saute onions and add to baked beans. Serve with grilled tomato, sautéed mushrooms and a slice of wholegrain toast.
 - Add a variety of berries (strawberries, blueberries, raspberries) to a bowl of low fat yoghurt, and sprinkle with crushed almonds or pecans and wheatgerm or your favourite muesli.
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Lunch:

- For a healthy lunch wrap, spread wrap with generous serves of hummus then fill with salad items such as mixed salad leaves, grated carrot, cucumber slices (lengthwise), halved cherry tomatoes and a sprinkle of cheese.
 - Make an exotic and nutritious green rocket salad by adding sundried tomatoes, basil leaves, borlotti beans and bocconcini cheese. Include snow peas if desired. Top with a balsamic vinegar olive oil dressing.
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Dinner (or lunch):

- When making lasagne, add grated vegetables (zucchini, carrots) and a can of lentils to pasta sauce. Add a dash of curry powder for additional spice.
- Make a quick minestrone soup, with your favourite vegetables finely chopped plus a can of rinsed and drained kidney beans or borlotti beans.
- For a quick no fuss meal, top a baked/microwaved potato with cottage cheese, sautéed onion and mushrooms. Serve with a mixed leaves salad, sprinkled with sunflower seeds or crushed walnuts and cherry tomatoes.
- Make an easy nutritious vegetarian pizza by topping pita bread with favourite sauce, then sprinkle with chopped mushrooms, red capsicum, red onions, diced olives and broken basil leaves. Sprinkle with a small amount of mozzarella cheese or parmesan cheese.
- For a nutritious meal in one, sauté favourite vegetables including cherry tomatoes in olive oil, add to prepared pasta, adding additional olive oil and chopped herbs as required. Top with feta cheese or shaved parmesan cheese.



Baby Potato, Asparagus and Almond Salad



Preparation time: 15 minutes
Cooking time: 15 minutes

Per serve: 850kJ (205cal); Protein 6g; Total Fat 12g; Saturated Fat 1g; Carbohydrate 15g; Total Sugars 2g; Sodium 35mg; Potassium 845mg; Calcium 70mg; Iron 2.3mg; Fibre 4g.

- 400 g small new potatoes (chats), washed
- 2 bunches asparagus, trimmed
- 150 g green beans, trimmed
- 2 tbsp olive oil
- 1 tbsp baby capers, rinsed and chopped
- 2 garlic cloves, finely chopped
- ¼ cup lemon juice
- cup flat leaf parsley leaves, chopped
- 2 tbsp finely chopped chives
- 50 g rocket or baby spinach leaves
- 2 tbsp slivered almonds (toasted)

1. Cook potatoes in a large saucepan of boiling water for 12 minutes or until just tender. Drain, rinse in cold water and set aside to cool. Thickly slice potatoes
2. Cook asparagus and beans in a frying pan of simmering water for 3 minutes or until just tender. Drain and refresh in cold water. Pat vegetables dry with paper towel. Dry the pan.
3. Heat oil in the frying pan over medium heat. Add capers and garlic. Cook for 1 minute. Remove from heat. Add lemon juice, parsley and chives.
4. Mix ¾ of the warm lemon dressing with hot potatoes, then add asparagus, beans and rocket or spinach. Serve on a large platter (or serving plates). Drizzle the remaining dressing over the top and sprinkle with slivered almonds and serve.

Serves 4 (6 as side dish)



Tomato and Ricotta Tortellini



Preparation time: 20 minutes
Cooking time: 10 minutes

Per serve: 1610kJ (385cal); Protein 17g; Total Fat 16g; Saturated Fat 6g; Carbohydrate 90g; Total Sugars 17g; Sodium 420mg; Potassium 1500mg; Calcium 270mg; Iron 4.3mg; Fibre 8g.

Tomato and Ricotta Filling

- 250g ricotta cheese
- ¼ cup low fat semi dried tomatoes, finely chopped
- 1 egg yolk n ¼ cup basil leaves, chopped
- 1 tbsp grated parmesan
- 1 tbsp tomato juice n 20 wonton wrappers

Semi Dried Tomato Sauce

- 1 tbsp sunflower oil n ¼ cup basil leaves, torn
- 100g low fat semi dried tomatoes, halved
- 400g can low salt diced tomatoes
- 1 garlic clove, crushed
- 1 tbsp parmesan and extra to serve

1. To make the filling, mix together all the ingredients except wrappers.
2. Place a wonton wrapper on a bench, using a pastry brush, wet the edges with water.
3. Place 1 teaspoon of filling in the centre of each wrapper and fold over diagonally. Brush a little more water on two corners of each one and twist around your fingers so they come together. Press together to seal.
4. Cook the tortellini in boiling salted water for about 2 minutes or until cooked through, lift out with a slotted spoon.
5. To make sauce, heat oil in a saucepan over medium heat, add basil leaves, semi dried tomatoes, canned tomatoes, garlic and parmesan. Cook for 5-8 minutes or until heated through.

Serve over tortellini with extra parmesan if required.



Sweet Potato Rosti with Tomato Cannellini Beans



Per serve: 1390 kJ (330 Cal); Protein 10g; Total Fat 14g; Saturated Fat 2g; Carbohydrate 37g; Total Sugars 13g; Sodium 275mg; Potassium 705mg; Calcium 90mg; Iron 2.9mg; Fibre 8g.

- 1 egg
- 2 tbsp plain flour
- 550g sweet potatoes, grated
- 1 red onion, grated
- 2 tbsp oil

Tomato Cannellini Beans

- 1 can cannellini beans
- 1 tbsp oil
- 2 garlic cloves
- 2 sprigs sage, chopped
- 1 can reduced salt crushed tomatoes

1. Whisk the egg and flour together in a bowl. Squeeze excess moisture out of the sweet potatoes. Stir the potato into the egg mixture, then add the onion.
2. Heat oil in a large frying pan over a medium heat. Form the potato into four even sized balls. When the oil starts to heat, add the balls in batches and press down with a spatula to form patties.
3. Cook for 4-5 minutes, until brown. Transfer to the oven and cook for 5-7 minutes.
4. For beans, drain and rinse the cannellini beans.
5. Heat the oil in a medium saucepan, add garlic, sage, tomatoes and beans. Simmer for 10 minutes.

Serve on top of rosti.



Vegetable Massaman Curry



Preparation time: 10 minutes
Cooking time: 50 minutes

Per serve: 1049kJ (251 Cal); Protein 10g; Total Fat 14g; Sat fat 2g; Carbohydrate 19g; Total Sugars 8g; Sodium 555mg; Potassium 545mg Calcium 270mg; Iron 5.6mg; Fibre 5g.

- 250g hard tofu, cut into 3cm cubes
- 2tbs curry powder
- ¼ cup cornflour
- ¼ cup oil
- 1 red onion, diced
- 2 small cloves garlic, crushed
- ¼ cup vegetarian massaman curry paste
- 400ml light coconut milk
- 200g potatoes cut into 2cm cubes
- 2 medium carrots, peeled and cut into 2cm pieces
- 1 tbsp brown sugar
- 1 lime juice only
- 60g unsalted roasted peanuts
- ¼ cup torn coriander leaves, plus extra for garnish

1. Pat tofu dry on kitchen paper, then toss in combined curry powder and cornflour. Heat oil in a wok and add the tofu, fry until golden on all sides. Remove.
2. Heat remaining oil in a wok, add the onion, garlic and fry until golden. Add 2 tablespoons of the curry paste, stir briefly, then add the coconut milk and stir well. Add all the remaining ingredients in turn except the tofu coriander and peanuts. Simmer gently for 40 minutes, until the potatoes are tender but not mushy. Add brown sugar.
3. Combine cornflour and water and stir into curry to thicken. Add lime juice and the tofu and most of the peanuts, reserving some for garnish. If curry is too thick add a little hot water.
4. Serve with rice and garnish with coriander and extra peanuts.

Serves 6



Sweet Potato Tart with Grilled Vegetables



Preparation time: 20 minutes
Cooking time: 30 minutes

Per serve: 978kJ (230cal). Protein 7g. Total Fat 13g. Saturated Fat 5g. Carbohydrate 98g. Total Sugars 7g. Sodium 310mg. Potassium 180mg. Calcium 100mg. Iron 0.7mg. Fibre 2g.

2 sheets purchased shortcrust pastry

Filling

- Small jar basil pesto
- 600g sweet potato cooked and mashed
- 6 slices chargrilled eggplant, cut in half
- 6 slices chargrilled capsicum, cut in half
- 200g ricotta
- 2 tablespoons low fat cream
- 1 tablespoon parmesan cheese
- ½ punnet cherry tomatoes
- ½ punnet yellow grape tomatoes

1. Place 2 sheets of shortcrust pastry overlapping slightly on the bench, lightly roll to combine joins. Spray a 24cm base measurement, 4cm height tart tin and line tin with pastry, trim and prick the base. Cover with baking paper filled with pastry weights or rice.
2. Cook weighted for 15 minutes. Remove the paper and weights and bake for a further 5-10 minutes or until golden.
3. Line the tart with basil pesto, top with sweet potato mash and ricotta mix.
4. Arrange eggplants and capsicum in a fan shape. Top with tomatoes.
5. Bake for a further 10 minutes or until heated through.
6. Serve garnished with basil and with a rocket salad.

Serves 6



Warm Capsicum Tomato Burghul



Preparation time: 25 minutes
Standing time: 20 minutes
Cooking time: 40 minutes

Per serve: 1410kJ (335cal); Protein 12g; Total Fat 15g; Saturated Fat 5g; Carbohydrate 33g; Total Sugars 6g; Sodium 130mg; Potassium 470mg; Calcium 185mg; Iron 2mg; Fibre 9g.

- 250g fresh reduced fat ricotta cheese
- 1 tsp dried oregano
- 1 tbsp chopped chives
- 1 cup burghul (cracked wheat)
- 2 tsp olive oil
- 1 red onion, chopped
- 1 large red capsicum, cut into small strips
- 1 punnet (250g) cherry tomatoes, halved (quartered if large)
- ¼ cup chopped basil
- 1 tbsp balsamic vinegar, to taste
- 1 ½ tbsp olive oil, extra

1. To make the filling, mix together all the ingredients except wrappers.
2. Place a wonton wrapper on a bench, using a pastry brush, wet the edges with water.
3. Place 1 teaspoon of filling in the centre of each wrapper and fold over diagonally. Brush a little more water on two corners of each one and twist around your fingers so they come together. Press together to seal.
4. Cook the tortellini in boiling salted water for about 2 minutes or until cooked through, lift out with a slotted spoon.
5. To make sauce, heat oil in a saucepan over medium heat, add basil leaves, semi dried tomatoes, canned tomatoes, garlic and parmesan. Cook for 5-8 minutes or until heated through.

Serve over tortellini with extra parmesan if required.