



Celebrating National Nutrition Week 2016 with favourite recipes from your Healthy Workplace Committee

Help us fill this book with more delicious, healthy recipes! Send us your favourite dish either breakfast, lunch, dinner, smoothie or a snack and together we will create a CCQ cookbook!



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To be continued by you.... email your recipe to ccqhealthyworkplace@cancerqld.org.au

Thai Turkey Mince with Rice

Libby Stewart, Human Resources Advisor – Brisbane

"It is my super easy and fast meal that is always super yummy!!"

Ingredients

- 1 tablespoon peanut oil
- 750g turkey mince
- 2 garlic cloves, crushed
- 1 small red chilli, finely chopped
- 1/3 cup sweet chilli sauce
- 1/4 cup lime juice
- 1/2 red onion, halved, finely sliced
- 1 cup fresh coriander leaves, roughly chopped
- 4 iceberg lettuce leaves, shredded
- Steamed rice and lime wedges, to serve

Method

1. Heat oil in a frying pan over medium-high heat. Add mince, garlic and chilli. Cook, stirring constantly, for 4 to 5 minutes or until mince is browned and cooked through. Transfer to a large bowl.
2. Add sauce, lime juice, onion, coriander and lettuce. Toss to combine.
3. Serve with rice and lime wedges.



Nutrition Fact: Turkey mince has been found to be lower in kilojoules, total fat, and saturated fatty acids than other mince products.

Zucchini and Feta Fritters

Rachael Bagnall, Public Health Coordinator – Brisbane

"It's a simple one but it's perfect for a mid-week dinner or meat free evening. Also great leftovers for lunches. I usually double or triple the recipe."

Ingredients

- 1 cup self-raising flour (use wholemeal to add more fibre)
- 4 Eggs
- 2 tablespoons olive oil
- 180g Fetta (finely chopped)
- 1 clove of garlic, crushed
- 4 zucchinis, grated



TIP: *a variety other vegetables and herbs can also be added, including onion, capsicum, corn kernels and parsley.*

Method

1. Mix SR flour, egg and olive oil till smooth. Use an electric mixer if you have one.
2. Add fetta, garlic and zucchini and stir through.
3. Spoon mixture, 3 fritters at a time, into a pre-heated pan. Cook for 3 to 4 minutes each side or until golden and firm to touch in the centre.
4. Serve with avocado, tomato and a dollop of light sour cream.

Nutrition Fact: *Garlic is an excellent source of vitamin B6, manganese, selenium and vitamin C, here are some more ways you can use garlic: add garlic to chopped tomato, lime juice and mashed avocado to make a guacamole; add garlic to yoghurt with cucumber to make a tzatziki or sauté mushrooms in garlic and olive oil.*

Carrot Coconut Breakfast Loaf

Nicole Jonathan, Public Health Coordinator – Brisbane

"This healthy loaf makes for a great work snack for morning or afternoon tea."

Ingredients

- 3/4 cup almond meal
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 2 eggs
- 1/2 teaspoon vanilla extract
- 4 tablespoons olive oil
- 1/2 cup mashed bananas (2 very ripe medium bananas)
- 1/2 cup dates, pitted and chopped
- 1/2 cup carrots, coarsely grated
- 1/4 cup desiccated coconut
- 1/4 cup pistachios or hazelnuts, roughly chopped
- 1/4 cup cranberries

Method

1. Preheat oven to 180C/375F. Grease or line loaf tin with baking paper.
2. In a large bowl, combine almond meal, baking soda and cinnamon. Set aside.
3. In another bowl, whisk the eggs. Stir in vanilla, oil and mashed bananas. Combine wet and dry ingredients. Fold in dates, carrots, coconut, cranberries and chopped nuts. Break up bigger lumps of dates if they stick together.
4. Transfer batter to prepared loaf tin. Bake for 40 minutes or until cake tester comes out clean.



Nutrition Fact: Fibre is the indigestible parts of plant foods, such as vegetables, fruits, grains, beans and legumes. It is type of a carbohydrate that helps keep our digestive systems healthy!

Salade a la Maroc (Lentil & Couscous Salad)

Marie Yamamoto, Volunteer Recruitment Coordinator – Brisbane

“This recipe is very adaptable – try adding feta cheese and/or fresh tomatoes.”

Ingredients

- 2/3 cup extra virgin olive oil
- ½ cup white wine vinegar
- 2 tsp coarse Dijon mustard
- 1 ½ Tbsp. minced garlic
- ¾ tsp marjoram
- ¾ tsp oregano
- 1 ½ cups couscous
- 1 cup French green lentils
- ½ cup fresh chopped basil
- 1 cup diced cucumbers, peeled, seeded & drained
- ¾ cup diced red bell pepper
- ½ cup capers
- Nicoise olives
- 4 hard-boiled eggs, quartered
- Butter lettuce for garnish



Method

1. Boil 4 cups of water. Add lentils. Boil for about 15 minutes or until done. Drain.
2. Boil 1 ½ cup water and pour over couscous in a metal bowl. Stir once and put a lid on it. Let sit for 5 minutes. Drain if needed and then fluff.
3. Make vinaigrette: combine vinegar, mustard, marjoram, oregano and garlic. Add the oil in a slow, steady stream, whisking. Pour over couscous when it's done. Toss and cool completely.
4. Add lentils to the couscous when they are cool. Then add cucumbers, red bell pepper, basil and capers. Place on a bed of lettuce and garnish with olives and hard boiled eggs.

Nutrition Fact: *Vegetables, including legumes/beans, are nutrient dense, low in kilojoules, and contain important minerals and vitamins. Most adults should eat at least 5 serves of vegetables a day!*

Zucchini and Pea Fritters

Lisa Nielsen, Research Unit Manager – Brisbane

“These fritters are a delicious and easy mid-week meal, and are a great way to add some vegies to your day.”

Ingredients (Serves two)

- 1 cup (120g) frozen peas
- 1 small zucchini, coarsely grated
- 75g salt-reduced haloumi, coarsely grated
- 1 free range egg, lightly whisked
- 1/3 cup (50g) self-raising flour
- 2 tablespoons skim milk
- 2 teaspoons dill, finely chopped
- Olive oil spray
- 250g punnet cherry tomatoes, halved or quartered
- 1/2 cup small flat-leaf parsley leaves
- 1/3 cup (95g) low-fat tzatziki



Method

1. Cook the peas in a small saucepan of boiling water for 2 mins or until tender. Drain well. Place in a heatproof bowl. Use a potato masher to mash until coarsely crushed. Add the zucchini, haloumi and egg and gently toss to combine. Add flour and stir to combine. Add milk and dill and stir to combine.
2. Heat a non-stick frying pan over medium-low heat. Lightly spray with oil. Spoon three 2 tablespoons portions of mixture around the pan, allowing room to spread. Cook for 2 mins or until lightly golden and bubbles rise to top. Turn and cook for a further 1-2 mins or until golden brown and cooked through. Transfer to plate. Repeat with remaining mixture to make 3 more fritters.
3. Serve fritters with tzatziki, and mixed tomatoes and parsley leaves.

TIP: *Instead of haloumi you can also use Greek feta cheese, coarsely grated.*

Nutrition Fact: *Zucchini is low in kilojoules and carbohydrates due to its high water percentage. It is high in essential nutrients like potassium, manganese and vitamin C and A.*

Homemade Vegetarian Chili

Coby Hailes, Direct Marketing Senior Coordinator- Brisbane

"This is delicious!"

Ingredients

- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 large capsicum, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- ½ teaspoon salt, divided
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1 large can diced tomatoes
- 2 cans black beans, rinsed and drained
- 1 can pinto beans, rinsed and drained
- 2 cups vegetable broth or water
- 1 bay leaf
- 2 tablespoons chopped fresh coriander, plus more for garnishing
- 1 to 2 teaspoons red wine vinegar or lime juice, to taste
- Garnishes: coriander, sliced avocado, tortilla chips, sour cream or low fat grated cheese



Tip: lightly spray pitta bread or wholegrain wraps with olive oil and cook in the oven till crispy (approx. 5 minutes). Break into triangles and use to dip into the chili mix.

Method

1. In a large pot over medium heat, warm the olive oil. Add the chopped onion, capsicum, carrot, celery and ¼ teaspoon salt. Stir to combine and then cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika (go easy on the paprika if you're sensitive to spice) and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth (or water) and one bay leaf. Stir to combine, then bring the mixture to a simmer and continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from heat.
4. For the best texture and flavour, transfer 1½ cups of the chili to a blender and blend until smooth, then pour the blended mixture back into the pot. (Other options include blending briefly with an immersion blender or mashing the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the chopped coriander, stir to blend, and then mix in the vinegar, to taste. Add salt to taste.

Nutrition Fact: Legumes provide a range of essential nutrients including protein, carbohydrates, dietary fibre, minerals and vitamins. They help keep you feeling fuller for longer and are a great substitution when creating vegetarian meals.

Rainbow Salad

Lucy Bailey, Nurse Councillor - Brisbane

"I love this recipe because it's a quick to whip up when dinner preparations have been left to the last minute and I'm wondering what to serve with meat or fish! It can be adapted easily depending on what you have on hand – Chinese cabbage, beetroot, shallots, cauliflower, fresh mint and capsicum all work well. For a variation – sprinkle in some raw nuts and raisins. I used to call it Rainbow Salad to get my kids interested in vegies – it's been a winner!"

Ingredients

- 1 glove garlic - crushed
- 1 small green apple
- 1 broccoli head
- 1 carrot
- ¼ red onion
- sprig of parsley
- 2 tablespoons olive oil
- 2 tablespoons natural Greek yogurt
- Dash of lemon or lime

Method

1. Shred all raw ingredients in a food processor or cut to the texture you like.
2. Mix in olive oil, Greek yogurt and lemon or lime just before serving. Can be topped with crunchy noodles.



Nutrition Fact: Fruit and vegetables fall into five different colour categories: red, purple/blue, orange, green and white/brown. Each colour carries its own set of unique disease fighting chemicals called phytochemicals. It is these phytochemicals that give fruits and vegetables their vibrant colour and of course some of their healthy properties.

Crispy-Skinned Salmon with Garlic Greens and Sweet Potato

Rebecca Perkins, Public Health Coordinator – Brisbane

Ingredients (for two people)

- X2 salmon fillets (skin on)
- Olive oil
- ½ sweet potato – cut into slices or sticks
- X 6 cherry tomatoes
- X 4 brocolini spears
- X6 asparagus spears
- X2 cloves garlic
- Small bag of baby spinach
- X1 lemon or lime
- Salt & pepper



Method

1. Preheat oven to 180 degrees and place sliced sweet potato on a baking tray with olive oil and bake for 15 minutes or until soft on the inside. Option to use pumpkin, beetroot or white potatoes
2. Meanwhile prepare other vegetables by mincing the garlic, slicing the asparagus spears into 3 sections and removing the woody ends and slice the brocolini in half-length ways. Place garlic, asparagus and brocolini in a non-stick fry pan with olive oil and cook on the stove, tossing regularly.
3. Once the vegetables are cooking, heat another non-stick pan and add 2 tablespoons of olive oil. When the pan is hot place the salmon fillets skin down.
4. Add cherry tomatoes to vegetable mix and continue cooking. Once you can feel the surface of the salmon fillet turn slightly warm (after apparently 5 minutes depending on the thickness of the piece), flip the fillet and cook on the other side for only 3-4 minutes for medium rare.
5. Place a hand full of spinach on each plate and place the salmon fillet on the spinach. Add green vegetable, cherry tomato and garlic mix to the side and place sweet potato slices on the plate. Drizzle with lemon or lime and add salt and pepper to taste. Enjoy!

Nutrition Fact: *The most beneficial omega-3 fats occur naturally in oily fish as eicosapentanoic acid (EPA) and docosahexanoic acid (DHA). They contribute to healthy brain function, a healthy heart, joints and general wellbeing. Omega-3 is an essential fatty acid because the body cannot synthesise it itself and must be obtained from the diet. To optimise your body's supply of essential fats rich in EPA and DHA, aim to eat oily fish - such as salmon, mackerel, sardines, herring and fresh tuna - at least three times a week.*

Chia Parfait

Theresa Jennings, Corporate Services Administration Assistant-Brisbane

"A healthy dessert with an elegant twist."

Ingredients

- 1/8 cup of chia seeds
- ½ cup skim milk
- ½ teaspoon vanilla essence
- 1 teaspoon natural sweetener e.g. maple syrup or honey
- Low fat/ sugar yoghurt (coconut yoghurt is my favourite)
- Fruit e.g. blueberries and strawberries, but any fruit goes really well with this dessert!

Method (makes one)

To make the chia pudding

1. Place the seeds into a bowl and then pour over the milk. Stir.
2. Add the vanilla and maple syrup or honey. Stir.
3. Cover and refrigerate stirring occasionally until set (it will be set when the seeds form a sort of gel like consistency)

To make the parfait

Layer your parfait glass in any order you desire! I layered mine: chia, yoghurt, blueberries, chia, yoghurt, strawberries, chia, blueberries, yoghurt and then topped with fruit and shredded coconut.

Nutrition Fact: *Chia seeds are highly versatile. Soak them to create a pudding, blend them in a smoothie, and sprinkle them over salads and cereal. A single serve of chia seeds packs a mean nutritional punch being high in fibre, protein, magnesium, calcium, manganese, magnesium, vitamin B1, B2 and B3 and zinc.*



TO BE CONTINUED BY YOU...

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