

LIVING & STRONG

**Healthy Lifestyle
COOKBOOK**



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BACKGROUND INFORMATION

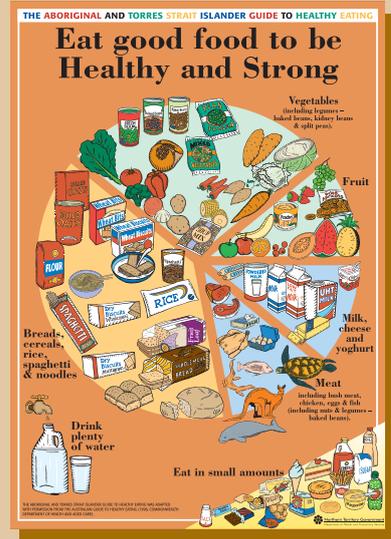
This cookbook provides a variety of healthy recipe ideas and some traditional cooking for you and your family to enjoy. The recipes are provided to encourage people to use more vegetables, fruit, lean meat and fish to make quick and easy nutritious meals.

The cookbook was developed in response to requests from many community members who have attended the Healthy Weight and Living Strong Programs over the years. They felt there was a need for a cookbook with healthy recipes to complement the program and to assist them in making healthier choices when preparing meals for their family.

Food has always been closely interwoven with the rich spiritual life of Aboriginal and Torres Strait people. Traditionally, Aboriginal and Torres Strait people relied on the land and sea for their foods. They ate a rich and balanced diet of seasonal fruits, nuts, roots, vegetables, meats and fish. Many of these foods are healthy choices and are still collected and harvested today. However, lifestyles have changed and many families now rely on local stores and supermarkets for most of their foods.

The Aboriginal and Torres Strait Islander Guide to Healthy Eating helps you to make healthy food choices and shows you the types of foods you can enjoy eating every day from the five essential food groups.

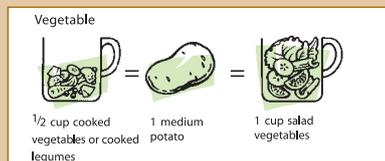
Fruit and vegetables are an important part of healthy eating as eating plenty of fruit and vegetables can reduce the risk of heart disease, some cancers, overweight and obesity, and constipation. They can also help to reduce blood pressure and blood cholesterol levels and improve control of diabetes.



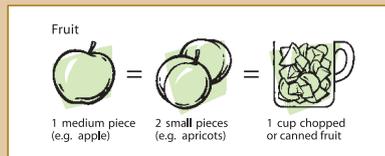
It is important to have 2 serves of fruit and 5 serves of vegetables every day.

What is a serve?

One serve of **vegetables** is 75 grams or:



One serve of **fruit** is 150 grams of fresh fruit or:



All of the recipes in this cookbook contain information about the number of serves of fruit and vegetables. Look for the cup symbol and the number next to it, which tells you how many serves of fruit and vegetables per recipe.



Please note that serve sizes provided are an approximate guide only.

For more information about healthy eating or physical activity contact your local Advanced Health Worker (Nutrition Promotion), Community Nutritionist, Aboriginal and Torres Strait Islander Medical Service or Community Health Service.



Fish Soup

Feeds 4



13 Serves

Ingredients

2 fresh fish fillets cut into chunks

½ chopped fresh chilli (optional)

1 crushed garlic clove

1 teaspoon crushed ginger

1 chopped onion

1 peeled and chopped carrot

2 sticks sliced celery

1 cup diced sweet potato

1 cup shredded cabbage

1 chopped zucchini

1 x 400g tin chopped tomato

(reduced salt)

2 cups water, extra water if needed

TUCKER TIP

Fish soup can be strained so only the liquid is left for serving.

For variety, add bok choy just before serving – cook for 1 minute until soft.



What to do

- In a large saucepan add fish, chilli, garlic, ginger, onion, carrot, celery, sweet potato, cabbage, zucchini and the can of tomatoes.
- Add enough water to cover the fish.
- Cover and cook on low heat until the vegetables are soft.
- Spoon into bowls and serve hot.

Step 1



Step 2



Step 3



Step 4



Sweet Potato Soup

Feeds 4



6 Serves

Ingredients

- 2 teaspoons canola or olive oil
- 2 crushed garlic cloves
- 1 finely chopped onion
- 1 teaspoon mild curry powder
- 2 peeled and chopped sweet potatoes
- 1 cup chopped pumpkin
- 2 peeled and diced carrots
- 2 cups water
- 1 crushed chicken stock cube
- 1½ cups low fat milk

TUCKER TIP

If fresh milk is not available, use UHT milk or make up powdered skim milk as shown on the packet instructions. Serve with wholemeal bread or add half a cup of red lentils in with the water, to increase the fibre and to make it go further to feed more people.



What to do

- Place oil, garlic, onion and curry powder in a large saucepan and cook on medium heat stirring constantly until onion is soft.
- Add sweet potato, pumpkin, carrot, water and stock cube.
- Cover and cook on low heat until the potatoes are cooked.
- Allow the mixture to cool.
- Blend or mash mixture until smooth, then gradually add milk and stir until combined.
- Return to low heat and stir for 2 minutes until heated through. Do not let soup boil.
- Spoon into bowls and serve hot.



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

Beef and Vegetable Soup

Feeds 6



17 Serves

Ingredients

4 beef bones or lamb shanks
 6 cups water, extra water if needed
 2 crushed beef stock cubes
 1 cup peeled and chopped sweet potato
 2 peeled and chopped medium potato
 1 chopped onion
 2 peeled and chopped carrots
 1 chopped celery stick
 1 chopped zucchini
 1 cup frozen mixed vegetables
 1 x 400g tin chopped tomatoes
 1 x 400g tin red kidney beans (drained and rinsed)
 ½ cup uncooked macaroni
 Pepper to taste

TUCKER TIP

If fresh vegetables are not available, frozen or tinned vegetables can be used. Sprinkle soup with a small amount of reduced fat grated cheese just before serving.

If you do not like meat on the bone, remove meat from bones before serving.



What to do

- Place bones or shanks in a large saucepan and add enough water to cover.
- Cover and cook on medium heat until the meat on the bones is tender then add stock cubes.
- Add pepper, potato, sweet potato, onion, carrot, celery, zucchini, frozen mixed vegetables, tomatoes, red kidney beans and macaroni.
- Cover and cook on low heat for 20 minutes or until macaroni is soft and vegetables are cooked but still firm.
- Spoon into bowls and serve hot.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Fish Cakes

Feeds 4



5 Serves

Ingredients

- 1 cup cooked potato, mashed
- 1 cup cooked mashed fish fillets or tinned fish in spring water (drained)
- 1 tablespoon lemon juice
- 1 tablespoon fresh or dried chopped parsley
- 1 small finely chopped onion
- ½ cup frozen diced mixed vegetables
- 1 beaten egg
- 2 cups breadcrumbs
- Canola or olive oil to grease baking tray
- Pepper to taste

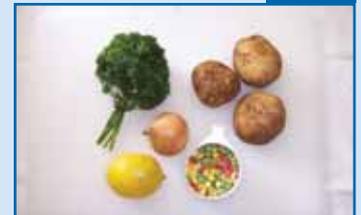
What to do

- Preheat oven to 180°C.
- In a large bowl, mix potato, fish, pepper, lemon juice, parsley, onion and mixed vegetables.
- Take approximately two tablespoons of the mixture and roll with the palm of your hands into a ball. Repeat for the rest of the mixture.
- Put the beaten egg into one bowl and the bread crumbs into another. Dip each ball into the beaten egg and then roll into the breadcrumbs.
- Place on lightly greased baking tray and cook until golden brown.
- Serve with salad and/or vegetables.
- Alternatively, use as a patty in a burger or as a sandwich filling.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



TUCKER TIP

For variety, if fresh fish is not available try tinned tuna or salmon.
Cooked mashed sweet potato instead of mashed potato is great as well.



Island Fish Sauce

Ingredients

4 tablespoons low fat mayonnaise
2 tablespoons low fat natural yoghurt
2 tablespoons finely chopped onion
2 tablespoons fresh parsley
2 teaspoons lemon juice

What to do

- Mix mayonnaise, yoghurt, onion, fresh parsley and lemon juice together.
- Serve on fish cakes or use as a dipping sauce, or with any fish or seafood.

Step 1



Step 2



Namas

Feeds 4



10 Serves

Ingredients

- 4 white fish fillets cut into thin strips (Trevally or Queen)
- 2 finely sliced onions
- 2 sliced tomatoes
- 1 chopped green capsicum
- 1 chopped red capsicum
- 1 tablespoon salt reduced soy sauce
- 3 cups brown vinegar to cover the fish
- 1 small fresh chilli
- 1 finely sliced lemon

TUCKER TIP

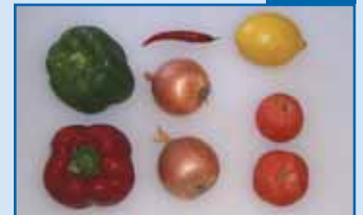
If you don't have red or green capsicums, you can use celery, zucchini or frozen or canned vegetables. Add diced apples or oranges to the mixture before marinating to add extra texture and a sweet flavour. Make sure you leave enough time to cook this recipe – remember that it has to marinate overnight.

What to do

- Place the sliced fish fillets into a container that has an airtight lid (don't seal it yet).
- Add onion, tomato, red capsicum, green capsicum and soy sauce.
- Add vinegar so the fish is covered.
- If you like a hot chilli taste, chop the chilli and mix in thoroughly. If not, just add whole chilli and you can remove it before serving.
- Cover with lemon slices or squeeze the juice on top of the mixture.
- Put lid on the container.
- Let the mixture marinate overnight in the fridge before serving.
- Namas can be eaten with rice and salad.



Step 1



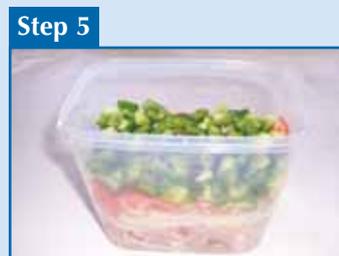
Step 2



Step 3



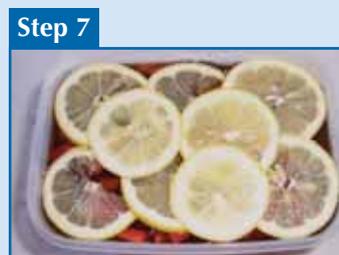
Step 4



Step 5



Step 6



Step 7



Bully Beef

Feeds 6



14 Serves

Ingredients

- 1 x 340g tin lite bully beef
- 2 to 3 cups of water
- Canola or olive oil spray
- 2 chopped onions
- 2 medium potatoes chopped into cubes
- 1 large sweet potato chopped into cubes (approx 400g)
- 1 large finely diced carrot
- 1 cup frozen mixed vegetables
- Pepper to taste
- 1/4 cup water, if needed

TUCKER TIP

It is important to drain the fat off the bully beef.
If fresh vegetables are not available try frozen or tinned vegetables.



What to do

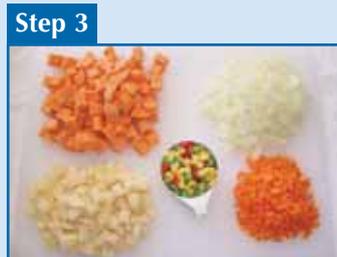
- Open the tin of bully beef and place in a pot of hot water making sure the water is only half way up the tin.
- Boil for 10 minutes until all the fat in the tin melts and settles on the top.
- Carefully remove the tin from the pot, remembering that it may be quite hot and drain off the fat.
- Lightly spray oil in a pan and cook onions on a medium heat until soft.
- Add the drained tin of bully beef, potato, sweet potato, carrot, mixed vegetables and pepper and cook on a low heat until vegetables are cooked but still firm. If the mixture gets too dry add 1/4 cup of water.
- Serve with rice and/or vegetables.



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

Bush Beef Stir Fry

Feeds 6



17 Serves

Ingredients

- Canola or olive oil spray
- 1 onion, diced
- 1 crushed garlic clove
- 1 tablespoon crushed ginger
- 750g lean beef cut into strips
- 1 sliced green capsicum
- 1 sliced red capsicum
- 1 bunch broccoli
- 2 large peeled and sliced carrots
- 1 cup sliced mushrooms
- 1 cup snow peas
- 1 sliced zucchini
- 2 tablespoons water
- 1 tablespoon cornflour
- 1 teaspoon honey
- 3 tablespoons salt reduced soy sauce
- 1 tablespoon sweet chilli sauce

TUCKER TIP

If fresh vegetables are not available try frozen or tinned vegetables. Other types of meat such as chicken (with the skin removed) or kangaroo can be used in the place of beef if desired.



What to do

- Lightly spray pan or wok with oil and cook onion, garlic and ginger on medium heat for 2 minutes.
- Add beef strips and cook until slightly brown all over.
- Add red capsicum, green capsicum, broccoli, carrot, mushroom, snow peas, and zucchini and cook for 3 minutes.
- In a bowl mix water, cornflour, honey, soy sauce and sweet chilli sauce. Pour this over the meat and vegetables. Stir and simmer for 5 minutes.
- Serve with rice or noodles.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Sweet Chilli Prawns

Feeds 4



2 Serves

Ingredients

Canola or olive oil spray
 1 teaspoon crushed ginger
 1 teaspoon crushed garlic
 1 kilo green prawns, peeled and cleaned
 ½ cup sliced shallots or onion
 1 green capsicum, finely chopped
 1 red capsicum, finely chopped
 2 teaspoons fish sauce
 1 teaspoon salt reduced soy sauce
 ½ cup sweet chilli sauce
 2 tablespoons cornflour
 1 cup low-fat evaporated milk

TUCKER TIP

Try basmati rice as it gives you more energy for longer.

If unable to get fresh ginger or garlic you can buy them in a paste or a jar.



What to do

- Peel and take the vein out of the prawns.
- Lightly spray pan or wok with oil and cook ginger, garlic and prawns on medium heat for 2 minutes or until prawns are a light pink colour.
- Toss in shallots and add fish sauce, soy sauce and sweet chilli sauce to prawn mixture.
- Mix the cornflour and the milk in a cup and pour over the prawns.
- Stir slowly and bring to a boil (this will help thicken the sauce).
- Serve with rice and/or a green salad.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Coconut Curry Chicken

Feeds 8



10 Serves

Ingredients

- Canola or olive oil spray
- 2 chopped onions
- 1 chopped garlic clove
- 2 tablespoons curry powder
- 1 kilo diced chicken thigh pieces (remove skin and fat)
- 2 peeled and cubed potatoes
- 1 peeled and cubed sweet potato
- ½ cup frozen beans
- 2 peeled and chopped carrots
- ½ cup water (as needed)
- 1 x 370g tin low fat coconut flavoured evaporated milk
- 1 teaspoon cornflour

TUCKER TIP

If you can't buy coconut-flavoured evaporated milk, you can use a tin of low-fat evaporated milk plus 3 tablespoons low fat coconut milk powder.



What to do

- Lightly spray pan with oil and cook onions, garlic and curry powder on a low heat, stirring constantly until onions are soft.
- Add chicken pieces and cook on a medium heat until chicken is browned all over and cooked through.
- Add potato, sweet potato, beans and carrot and cook until the vegetables are cooked but still firm.
- Add water if the mixture starts to get too dry.
- Add the evaporated milk and cornflour, and stir for 2 minutes or until heated through.
- Serve with basmati rice and a side salad.

Step 1



Step 2



Step 3



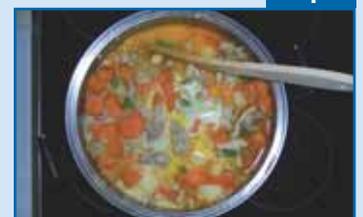
Step 4



Step 5



Step 6



Vegetable Pie

Feeds 8



10 Serves

Ingredients

6 eggs

½ cup low fat milk

1 cup self-raising wholemeal flour

1 cup white self-raising flour

1 chopped onion

2 large peeled and grated carrots

2 grated zucchinis

1 chopped red capsicum

1 cup corn kernels

2 chopped celery sticks

Canola or olive oil spray to grease
baking dish

TUCKER TIP

To tell if the pie has set, gently shake the baking dish from side to side. If the mixture is set it should only wobble slightly.



What to do

- Preheat oven to 180°C.
- In a bowl beat eggs and milk together.
- Mix all remaining ingredients together.
- Pour into a lightly greased baking dish.
- Bake in the oven uncovered for about 30 minutes or until the mixture is set.
- Serve with salad.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Kangaroo and Tomato Stew with Dumplings

Feeds 6



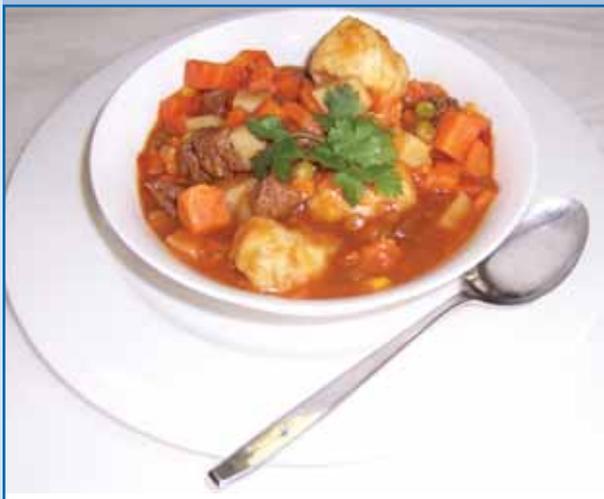
15 Serves

Ingredients

Canola or olive oil spray
 500g kangaroo meat, cubed
 (trim off the fat)
 1 chopped onion
 1 x 420g tin tomato soup (reduced salt)
 2 cups water
 2 peeled and cubed potatoes
 1 peeled and cubed sweet potato
 2 peeled and diced carrots
 1 cup frozen mixed vegetables
 1 teaspoon dried mixed herbs
 2 tablespoons plain flour
 Water
 Extra flour and water may be needed
 for the gravy

TUCKER TIP

If the tomato paste is in a jar, store the jar upside down in the fridge and make sure that only clean utensils are used to scoop paste out.



What to do

- Lightly spray a large saucepan with oil and cook the kangaroo on medium heat until browned all over.
- Add onion, tomato soup and water and cook covered until the meat is tender.
- Add potato, sweet potato, carrot, mixed vegetables and mixed herbs.
- In a bowl mix flour and water to make a thick smooth paste and add to stew.
- Cook on low heat until sauce has thickened and stew is heated through.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Dumplings

Makes 10



0 Serves

Ingredients

2³/₄ cups self-raising flour

1 teaspoon canola margarine

1 tablespoon fresh or dried parsley
or mixed herbs

1 cup water (extra water may be needed)

What to do

- In a large bowl, rub flour and margarine together with fingers.
- Add parsley or herbs and water and mix until a soft dough is formed (add a little extra water if mixture seems too dry or add a little extra flour if mixture seems too wet).
- Roll and cut dough into bite size balls.
- Carefully drop dumplings into the finished stew and cook on low heat for 20 minutes or until dumplings are firm.

Step 1



Step 2



Step 3



Step 4



Sweet Potato Bake

Feeds 4



12 Serves

Ingredients

- 2 peeled and sliced sweet potatoes
- 1 peeled and sliced medium potato
- 1 sliced onion
- 1 large peeled and sliced carrot
- 2 tablespoons cornflour
- ½ cup water (extra water if needed)
- 1½ cups low-fat milk
- ½ cup grated low fat cheese
for sprinkling
- Canola or olive oil spray to grease
baking dish

What to do

- Preheat oven to 180°C.
- Place sliced potato, sweet potato, onion and carrot in layers into a lightly greased baking dish.
- In a cup make a smooth liquid with the cornflour and water. Add milk and stir until mixture is smooth. Pour milk mixture over vegetables and sprinkle with cheese.
- Cover with foil and bake for 20 minutes. Remove foil and cook for about 25 minutes or until vegetables are soft and lightly browned.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Sop Sop

Feeds 8



14 Serves

Ingredients

- 2 peeled and sliced sweet potatoes
- 2 peeled and sliced potatoes
- 1 cup sliced yam
- 2 peeled and sliced carrots
- 200g peeled and sliced pumpkin
- 2 medium peeled and diced taros
- 2 peeled and sliced bananas
- 1 x 270g tin light coconut milk or low fat evaporated milk

TUCKER TIP

If you can't buy coconut milk, you can use a tin of low fat evaporated milk plus 3 tablespoons low fat coconut milk powder. Add a different flavour by putting fish pieces in with the vegetables.



What to do

- In a large saucepan add potato, sweet potato, yam, carrots, pumpkin, taro and place sliced banana on top.
- Add the evaporated milk. The liquid should not cover the vegetables.
- Cook on a low heat with the lid on for 30 minutes, until vegetables are cooked but still firm. Stir occasionally so vegetables don't stick to the bottom of the pan.
- Serve with meat or chicken dish.

Step 1



Step 2



Step 3



Step 4



Step 5



Vegetable and Tuna Pasta

Feeds 6



25 Serves

Ingredients

- 1 x 500g packet penne pasta
- 1 tablespoon crushed garlic cloves
- 2 diced onions
- 1 diced green capsicum
- 3 peeled and diced carrots
- 2 sliced medium zucchinis
- 2 diced celery sticks
- 1 tablespoon dried mixed herbs
- 2 tablespoons tomato paste
- 2 x 400g tin whole peeled tomatoes (reduced salt)
- 1 x 425g tin tuna in spring water
- 1 cup frozen corn
- Canola or olive oil to grease baking dish
- 1½ cups grated reduced fat cheese for sprinkle

TUCKER TIP

If the fresh vegetables listed aren't available, use frozen or tinned mixed vegetables instead, or try different types like broccoli or squash. Use the same amount of fresh fish instead of a tin of tuna.



What to do

- Preheat oven to 180°C
- Cook pasta according to packet instructions.
- In a large pan cook garlic, onion, capsicum, carrot, zucchini and celery on a medium heat until vegetables are cooked but still firm.
- Add mixed herbs, tomato paste and tomatoes and cook on a low heat for 2 minutes.
- Add drained tuna, corn and cooked drained pasta and mix through.
- Pour mixture into a lightly greased baking dish and sprinkle with grated cheese.
- Bake in the oven until cheese is golden brown and melted.
- Serve with a green salad.



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7

Coleslaw

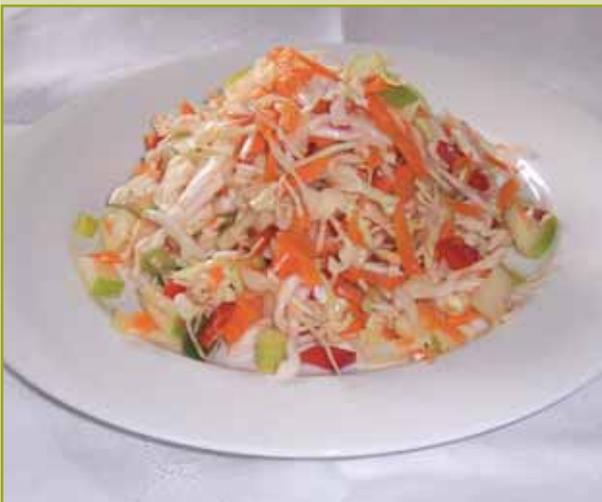
Feeds 6



16 Serves

Ingredients

- 1/2 a cabbage, finely shredded
- 1 finely chopped red capsicum
- 3 finely chopped shallots (or 1 finely chopped or grated brown onion)
- 2 large peeled and grated carrots
- 1 finely chopped red apple (leave the peel on)
- 1 finely chopped green apple (leave the peel on)
- 2 teaspoons lemon juice
- 3 tablespoons low fat mayonnaise
- 3 tablespoons low fat milk
- 1 teaspoon sugar



What to do

- In a large bowl, add cabbage, capsicum, shallots and carrot.
- In a small bowl toss finely chopped apples into the lemon juice to prevent browning.
- Add apples to the vegetables in the bigger bowl.
- Mix together the mayonnaise, milk and sugar in a cup to form a dressing and stir into the coleslaw mixture.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Dawny's Gourmet Salad

Feeds 6



16 Serves

Ingredients

- 1 Cos or Iceberg lettuce
- 1 cup cubed tomatoes
- ½ cup cubed red capsicum
- ½ cup cubed green capsicum
- 1 small thinly sliced red onion
- 1 small cubed cucumber
- ½ cup celery sticks
- ½ cup cubed low fat feta cheese
- 4 or 5 sliced black olives
- ⅓ cup French salad dressing (reduced fat)
- 1 teaspoon crushed garlic
- 1 teaspoon mustard

TUCKER TIP

If you don't have the ingredients listed, substitute with other items. For example, other salad vegetables that could be used include corn, carrot or leftover cooked vegetables.

Try other salad greens like baby spinach instead of lettuce.

Low fat cheddar cheese cubes can be used if feta isn't available.

What to do

- In a large salad bowl toss together lettuce, tomato, red capsicum, green capsicum, onion, cucumber and celery.
- Add the feta cheese and olives.
- Place French salad dressing, garlic and mustard in a container and mix well.
- Serve salad with salad dressing on the side.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Cucumber Salad

Feeds 4



4 Serves

Ingredients

1 peeled and diced cucumber (any kind of fresh cucumber)

1 finely chopped onion

2 teaspoons finely chopped mint

4 tablespoons low fat natural yoghurt

Pepper to taste

TUCKER TIP

Cucumber salad works well served with a curry meal because it is cool against the heat of the curry.

What to do

- In a large bowl add all ingredients. Add yoghurt and mix well.
- Add pepper to taste.
- Serve immediately or place in the fridge until ready to serve.

Step 1



Step 2



Step 3



Step 4



Step 5



Damper

Feeds 6



0 Serves

Ingredients

2 1/3 cups wholemeal self-raising flour

1 cup white self-raising flour

1 1/3 cups low fat milk or extra water
if needed

Canola or olive oil to grease baking tray

What to do

- Preheat oven to 200°C.
- In a large bowl, mix wholemeal and white flour together.
- Add milk and mix until combined and dough starts to form.
- Knead the dough on a lightly floured surface until dough is nice and soft (about 5-8 minutes).
- Make dough into a round shape and then place on a lightly greased oven tray.
- Cook for 30 to 40 minutes. You can tell when the damper is ready as it will be golden brown and have a hollow sound when tapped.
- Cut into slices and serve warm.

Step 1



Step 2



Step 3



Step 4



Step 5



TUCKER TIP

Damper can also be cooked on a hot open fire. Wrap the damper in aluminium foil or a banana leaf and place on or under the hot ashes. If using a camp oven, place hot ashes on the top of the lid and cook for 10 to 15 minutes.



Pumpkin Damper

Feeds 6 - 8



0.5 Serves

Ingredients

2½ cups self-raising flour

2½ cups wholemeal self-raising flour

1 teaspoon cinnamon

¼ cup sugar

1 tablespoon margarine

2 cups cooked mashed pumpkin

1 lightly beaten egg

½ cup reduced fat milk

Extra low fat milk to brush over
the dough

Canola or olive oil to grease baking tray

TUCKER TIP

Damper can also be cooked on a hot open fire. Wrap the damper in aluminium foil or a banana leaf and place on or under the hot ashes.

If using a camp oven, place hot ashes on the top of the lid and cook for 10 to 15 minutes.

You will be able to tell when the damper is ready as it will have a hollow sound when tapped.



What to do

- Preheat oven to 200°C.
- In a large bowl mix together self-raising flour, wholemeal self-raising flour, cinnamon and sugar. Rub the margarine into this dry mixture with your fingers.
- Add pumpkin, egg and milk and mix ingredients until dough starts to form.
- Knead on a lightly floured surface until smooth (about 5-8 minutes).
- Shape dough into a round circle.
- Place dough on a lightly greased oven tray and use a sharp knife to cut across the top of the dough.
- Brush the top of the dough with extra milk and bake for 30 to 35 minutes or until golden brown.



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7

Island Fruit Salad

Feeds 4



16 Serves

Ingredients

- 1 cup diced watermelon
- 1 cup diced honey dew
- 1 cup diced rockmelon
- ½ cup red grapes
- ½ cup green grapes
- 2 sliced kiwifruit
- 6 sliced strawberries
- 1 cup diced red apple (leave the peel on)
- 1 sliced banana
- 1 lemon, juiced

TUCKER TIP

For variety and convenience use fruits which are in season, but if fresh fruit is not available use a tin of mixed fruit in natural juice.

Passionfruit is good for adding moisture to the fruit salad.

Lime can be used instead of lemon to add a different flavour and prevent the fruit from browning.

What to do

- In a large bowl add watermelon, honey dew, rockmelon, grapes, kiwifruit and strawberries.
- In a separate bowl mix apple, banana and lemon juice to prevent the fruit from browning. Add to the large bowl of fruit salad and stir.
- Serve topped with yoghurt, custard or sweet cream (see sweet cream recipe).

Step 1



Step 2



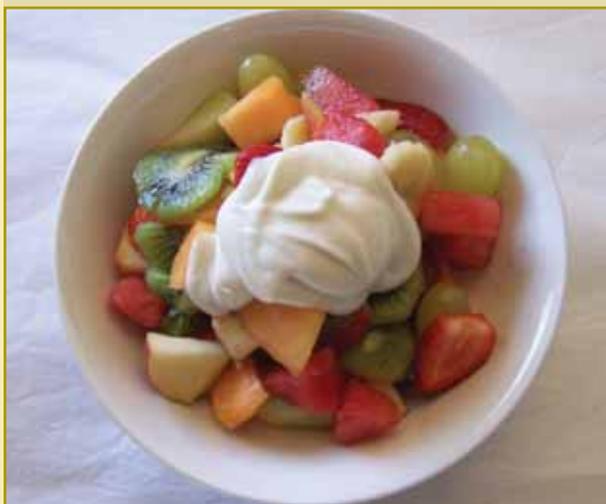
Step 3



Step 4



Step 5



Sweet Cream

Feeds 8



0 Serves

Ingredients

1 x 500g tub reduced fat cottage cheese

$\frac{1}{3}$ cup white sugar

$\frac{1}{2}$ teaspoon vanilla essence

TUCKER TIP

Sweet cream can be served with fruit salad or on top of damper with jam (see recipe for damper and pumpkin dampers).

What to do

- Beat cheese with a whisk or electric beaters until it is very smooth.
- Add sugar and vanilla essence and beat further until sugar has dissolved.
- Keep the cream refrigerated until it is ready to serve.

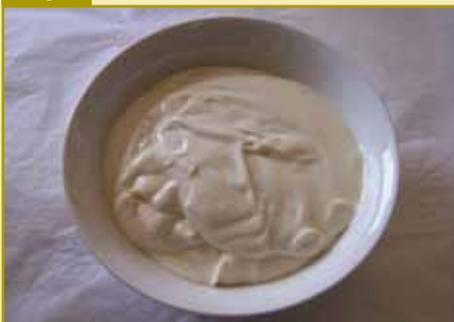
Step 1



Step 2



Step 3



Outback Apple Crumble

Feeds 6



11 Serves

Ingredients

- 2 finely crushed wheat biscuits
- 1 cup self-raising flour
- ½ cup brown sugar
- 1 teaspoon cinnamon
- 3 tablespoons melted margarine
- 2 tablespoons reduced fat milk
- 1 x 800g unsweetened tin pie apple
- Canola or olive oil to grease the baking dish

What to do

- Preheat oven to 180°C.
- In a large bowl mix crushed wheat biscuits, flour, sugar and cinnamon.
- Mix the melted margarine and milk together and then add into the dry ingredients.
- Stir until the mixture has a crumbled texture.
- Spread the apple evenly on the bottom of a lightly greased oven dish or cake tin.
- Sprinkle the crumble mixture over the pie apple and bake for 20 to 30 minutes or until golden brown.
- Allow to cool and serve with low fat custard.

TUCKER TIP

Add half a cup of sultanas for extra flavour.
 If you don't have tinned pie apple, you can use other unsweetened tinned fruits such as peaches, pears, or mixed apple and peaches. You can also mix a variety of tinned fruits together for added flavour. All tinned fruits will need to be drained.



Step 1



Step 2



Step 3



Step 4



Step 5



Smooth and Creamy Custard

Feeds 4



0 Serves

Ingredients

3 tablespoons custard powder

2 tablespoons sugar

2 tablespoons water

2½ cups low fat milk

TUCKER TIP

For thicker or thinner custard use more or less custard powder according to serve size.

A whisk is useful to get rid of any lumps in the mixture.



What to do

- In a saucepan add custard powder and sugar; mix with water to make a smooth paste.
- Gradually add the milk while stirring.
- Cook on a low heat and stir continuously until custard starts to boil.
- Serve hot or cold.

Step 1



Step 2



Step 3



Step 4



Low-fat Baked Cheesecake

Feeds 12



1 Serve

Ingredients

250g packet milk arrowroot biscuits

4 tablespoons margarine

2 tablespoons reduced fat milk

500g tub reduced fat cottage cheese

125g tub reduced fat Philadelphia cream cheese

3 tablespoons lemon juice

1 tablespoon grated lemon rind

1 teaspoon vanilla essence

$\frac{3}{4}$ cup sugar

3 beaten eggs

3 tablespoons plain flour

TUCKER TIP

Top the cheesecake with sliced mango, fresh fruit salad or a tin of fruit in natural juice. You can also pour fresh or tinned passionfruit or defrosted frozen berries over each slice before serving.

Using a food processor is an easy way to finely crush biscuits.

If you do not have a spring based cake tin, you can use a pie dish.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



What to do

- Preheat oven to 160°C.

Cheesecake Base

- In a large bowl finely crush biscuits. Mix in the margarine and milk. Lightly grease a 22cm spring based cake tin or pie dish and press biscuit mix into the base using the palm of your hand. Refrigerate whilst making the filling.

Cheesecake filling

- In a large bowl beat cottage cheese until very smooth. Mix in the cream cheese. Stir in lemon juice, lemon rind, and vanilla.
- Slowly add in the sugar, stirring until it dissolves. Fold in the eggs and then add flour.
- Pour this mixture evenly over the refrigerated biscuit base.
- Bake for 1 hour or until set.
- Once the cake has been removed from the oven, gently release the spring based tin to loosen the cheesecake. This will prevent the cheesecake from cracking as it cools.
- If using a pie dish leave the cheesecake to cool in the dish.
- Serve the cheesecake warm or cold.



Australian Better Health Initiative: A joint Australian, State and Territory government initiative



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