

Arlene Normand Recipe Guide



Welcome to my recipe guide. This guide provides you with a wonderful array of **VEGETABLE RECIPES**. They are delicious and I hope you enjoy them.

All my best

Arlene

Arlene Normand

Arlene Normand

Recipe Guide



Asian greens and tofu salad

Ingredients (serves 6)

1 serve = 1 protein, 2 tsp

fat

3 bunches (about 840g) snake beans, cut into 7cm lengths
2 bunches (about 500g) baby bok choy, quartered lengthways, washed
1 bunch coriander, leaves picked
2 x 300g pkts firm tofu, drained, cut crossways into 1cm-thick slices
250ml (1 cup) peanut oil
100ml soy sauce
5cm piece fresh ginger, peeled, finely grated

Method

Cook the snake beans in a large saucepan of salted boiling water for 2-3 minutes or until bright green and tender crisp. Use a slotted spoon to transfer to a colander and refresh under cold running water.

Cook the bok choy in the same saucepan of salted boiling water for 1 minute. Drain and refresh under cold running water.

Combine the snake beans, baby bok choy and coriander in a large bowl and gently toss until combined. Cover with plastic wrap and place in the fridge until required.

Place the tofu in a single layer in a large shallow glass or ceramic dish.

Whisk together the peanut oil, soy sauce and ginger in a small bowl.

Spoon the marinade over the tofu. Cover with plastic wrap and place in the fridge for 1 hour to marinate.

Preheat a barbecue grill or chargrill on high.

Use an egg lifter to transfer the tofu slices to a plate lined with paper towel to drain. Reserve the marinade.

Cook the tofu on preheated barbecue grill or chargrill for 2 minutes each side or until browned and heated through.

Place the snake bean mixture in a large serving bowl and drizzle with half the reserved marinade. Gently toss to combine. Add the tofu to the snake bean salad and drizzle with the remaining marinade. Serve immediately.

Asian-style slaw with soy and chilli dressing

Ingredients (serves 6)

1 serve = 1 fat, 1 carbohydrate

1 bunch baby pak choy, leaves, separated, washed, finely shredded
2 carrots, peeled, cut into matchsticks
4 green shallots, ends trimmed, thinly sliced

Arlene Normand

Recipe Guide



130g (2 cups) bean sprouts, trimmed
1 x 100g pkt Chang's fried noodles
Soy & chilli dressing
60ml (1/4 cup) rice wine vinegar
55g (1/4 cup) caster sugar
1 small fresh red chilli, deseeded, finely chopped
1 tbs soy sauce

Method

To make the soy & chilli dressing, combine the vinegar and sugar in a small saucepan over low heat and cook, stirring, for 2-3 minutes or until the sugar dissolves and the dressing thickens slightly. Add the chilli and stir until well combined. Transfer to a heatproof bowl and set aside for 15 minutes to cool. Stir in the soy sauce.

Meanwhile, combine the pak choy, carrot, shallot and bean sprouts in a large bowl.

Add the noodles to the pak choy mixture and pour over the dressing. Toss until well combined. Serve immediately.

Asian-style coleslaw with marinated tofu

Ingredients (serves 4)

1 serve = 1 protein

1 Lebanese cucumber
1 large carrot, peeled
1/2 small (about 300g) Chinese cabbage (wombok) (see note)
200g marinated tofu (see note), thinly sliced (we used a teriyaki-flavoured tofu)
4 spring onions, finely shredded
1/2 cup each mint and coriander leaves

Dressing

2 tbs caster sugar
1/3 cup (80ml) rice vinegar
1 tbs light soy sauce
1/2 tsp sesame oil
Pinch of ground Szechuan pepper

Method

For the dressing, place sugar and vinegar in a small pan over low heat and stir for 1 minute until sugar dissolves. Increase heat to medium and gently simmer for 2-3 minutes until syrupy. Pour into a heatproof bowl, cool for 10 minutes, then stir in soy, sesame and Szechuan pepper.

Arlene Normand

Recipe Guide



Meanwhile, cut cucumber and carrot into thin matchsticks and place in a bowl. Finely shred cabbage and add to bowl with tofu, spring onion and herbs. Pour over the dressing and toss to combine, then serve.

Notes

Szechuan pepper, marinated tofu and Chinese cabbage (wombok), are available from Asian food shops and selected supermarkets.

Asparagus, bean and pine nut salad

Ingredients (serves 4)

2 tablespoons pine nuts
125g green beans, trimmed
1 bunch asparagus, trimmed
1/4 cup French dressing

Method

Preheat oven to 180°C/160°C fan-forced. Place pine nuts on a baking tray. Bake for 4 to 5 minutes or until golden.

Cook beans and asparagus in a saucepan of boiling water for 2 minutes or until just tender. Drain. Refresh under cold water.

Place pine nuts, beans and asparagus in a large bowl. Add dressing. Toss to combine. Serve.

Notes

Variation: You could use flaked almonds instead of pine nuts. Serve with grilled chicken, trout or tuna.

Asparagus & haloumi salad

Ingredients (serves 4)

1 serve = 1 protein

1 1/2 tbs olive oil
2 bunches asparagus, woody ends trimmed
1 x 250g pkt haloumi cheese, drained, cut into 4 lengthways
60g baby mesclun
Freshly ground black pepper

Method

Heat 2 tsp of the oil in a large non-stick frying pan over medium-high heat. Add the asparagus and cook, stirring, for 4-5 minutes or until bright green and tender crisp. Transfer to a plate and cover with foil to keep warm.

Arlene Normand

Recipe Guide



Reheat pan over high heat. Cook the haloumi for 1 minute each side or until golden.

Divide mesclun and asparagus among serving plates.

Top with a slice of haloumi. Drizzle with the remaining oil and season with pepper.

Asparagus and Rocket Stir Fry serves 4

750g asparagus	1 Tblsp olive oil
2 cloves garlic, crushed	1 red capsicum, seeded, sliced
2 Tblsp balsamic vinegar	2 Tblsp tomato paste
1 Tblsp water	125g rocket

Cut each asparagus spear into 3 pieces.

Heat oil in wok or large pan; Stir fry asparagus, garlic and capsicum until almost tender.

Add combined vinegar, paste and water; stir fry until asparagus is just tender.

Add rocket, stir until just wilted.

Baked Bananas serves 6 1 serve = 1 ½ carbohydrate

6 large firm ripe bananas	1 cup sultanas
1/3 cup chopped pecan nuts	1 cup maple syrup
1 Tblsp rum (optional)	1 tsp vanilla essence
½ tsp cinnamon	

Preheat oven to 180 degrees centigrade.

Spray a baking dish with non-stick cooking spray. Peel bananas and place in the baking dish. Scatter the sultanas and chopped pecan nuts into the dish.

Mix together the maple syrup, rum and vanilla essence, and pour over the bananas. Sprinkle the cinnamon over the top and bake for 25 minutes, basting occasionally, until the bananas are golden.

Serves 6

Baked Ricotta with Roasted Capsicum Salad

200grams low fat ricotta cheese
2 Tablespoons finely grated Parmesan cheese
1 egg beaten lightly
1 teaspoon coarsely chopped sage fresh
3 fresh bay leaves chopped coarsely

Arlene Normand

Recipe Guide



2 medium red capsicums
2 medium yellow capsicums
250 grams mesclun
¼ cup balsamic vinegar
1 Tablespoon olive oil
1 Tablespoon honey

Preheat oven to 160 degrees centigrade.

Oil eight holes of a 12-hole 1/3-cup non-stick muffin pan. Combine cheeses and egg in small bowl. Divide ricotta mixture among prepared holes; sprinkle with combined herbs.

Place muffin pan in large baking dish; add enough boiling water to come halfway up side of pan. Bake ricotta, uncovered, in moderately slow oven about 30 minutes, or until set. Stand 10 minutes before turning ricottas out.

Meanwhile quarter capsicums; remove and discard seeds and membranes. Roast under grill or in very hot oven, skin-side up, until skin blisters and blackens. Cover capsicum pieces with plastic or paper 5 minutes. Peel away skin; slice capsicum and mesclun in large bowl with combined remaining ingredients. Divide salad among serving plates; top each with two baked ricottas.

Serves 4

1 serve = 1 protein

BANANA HEALTH SMOOTHIE

2 cups skim milk
½ teaspoon ground cinnamon
1 tablespoon wheatgerm
1. Blend all ingredients until smooth.
Serves 2

2 ripe bananas, chopped
2 teaspoons honey
4 ice-cubes
1 serve = 1 carbohydrate

Baked spring rolls

Ingredients

carbohydrate)

80g cellophane (mung bean) noodles
225g can water chestnuts, drained, rinsed, finely chopped
2 cups finely shredded wombok (Chinese cabbage)

5 dried shiitake mushrooms
Serve 4 (1 serve = 1

Arlene Normand

Recipe Guide



2 carrots, peeled, coarsely grated
sprouts, ends trimmed
4 shallots, ends trimmed, thinly sliced
1 tablespoon finely grated fresh ginger
1 tablespoon caster sugar
20 (21.5 x 21.5cm) frozen spring roll wrappers, thawed
Olive oil spray
serve
Fresh mint leaves, to serve
Poonsin Vietnamese Dipping Sauce for Spring Rolls, to serve (I use sweet chilli sauce)

65g (1 cup) fresh bean
1/3 cup chopped fresh coriander
2 tablespoons fish sauce
Pinch of white pepper
Baby cos lettuce leaves, to

Method

Place noodles and mushrooms in separate heatproof bowls. Cover with boiling water. Set aside for 10 minutes to soak. Drain. Remove stems from the mushrooms and discard. Finely chop mushrooms. Use kitchen scissors to cut noodles into short lengths. Combine noodles, mushroom, water chestnut, wombok, carrot, bean sprouts, shallot, coriander, ginger, fish sauce, sugar and white pepper in a bowl.

Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Place 1 spring roll wrapper in a diamond shape on a work surface. Spoon 2 tablespoonfuls of mushroom mixture across lower corner. Brush top corner with water. Fold in the sides and roll up to enclose filling. Place on the prepared tray. Repeat with remaining spring roll wrappers and mushroom mixture.

Spray spring rolls with oil. Bake for 10 minutes. Turn. Spray with oil. Bake for 15 minutes or until lightly golden.

Cut spring rolls in half crossways. Serve with lettuce, mint and sauce.

Baked vegetables al forno

Ingredients

2 yellow capsicums, cut into 3cm pieces
2 red capsicums, cut into 3cm pieces
450g butternut, seeds removed, cut into 3cm pieces
2 red onions, skin on, cut into wedges
2 brown, skin on, cut into 5mm-thick sliced
1 large kumara, peeled, cut into wedges
½ cup extra-virgin olive oil
2 garlic cloves, finely chopped

Arlene Normand

Recipe Guide



6 thyme sprigs

Method

Step 1

Preheat oven to 190C and grease two large baking trays.

Step 2

Place all the vegetables on the trays. In a small bowl, mix the olive oil and garlic, pick the leaves from three thyme sprigs and add to the oil.

Step 3

Drizzle over the vegetables, season with salt and pepper, scatter with the remaining thyme sprigs.

Step 4

Bake for 40 minutes until the vegetables are cooked and golden at the edges. Serve hot or at room temperature.

Barbecued mushrooms with feta

Ingredients (serves 4)

1 serve = ½ protein

300g fresh shiitake mushrooms, halved if large

200g swiss brown mushrooms, halved if large

300g oyster mushrooms, halved if large

1 tbs olive oil

2 garlic cloves, crushed

1/3 cup (80ml) balsamic vinegar

150g mixed salad leaves (such as frisee, mizuna and rocket)

1/2 cup flat-leaf parsley leaves

75g reduced-fat feta, crumbled

Method

Place the mushrooms in a bowl with the olive oil, garlic and 1/4 cup (60ml) of the balsamic vinegar, and toss to coat mushrooms in the mixture.

Heat a lightly oiled chargrill over high heat. When hot, add the mushrooms in batches and cook for 3-4 minutes, tossing occasionally, until cooked all over.

Place salad and parsley leaves in a bowl with the remaining tablespoon of balsamic vinegar, then toss to combine.

Divide the salad among plates, then top with mushrooms and feta.

Arlene Normand

Recipe Guide



Barbecued pumpkin, red onion and spinach salad

Ingredients (serves 12) 1 serve = 1 protein, 1 carb

1 (about 1.5kg) butternut pumpkin, quartered lengthways, peeled, seeded, thinly sliced

1/4 cup (60ml) extra virgin olive oil

3 red onions, cut into wedges

300g baby spinach leaves

200g feta, crumbled

1 tbs wholegrain mustard

2 tbs red wine vinegar

Method

Preheat a barbecue on medium. Brush the pumpkin slices with a little of the oil and season with salt and pepper. Cook on barbecue for 1 minute each side or until tender. Transfer to a plate. Add onion to the barbecue and cook, turning, for 2 minutes or until it softens. Remove from heat. Place the spinach, feta, pumpkin and onion in a large serving bowl. Combine the mustard, vinegar and remaining oil in a screw-top jar and shake until well combined. Drizzle over the salad and serve immediately.

Bean and roast vegetable salad

(serves 6)

1 medium red capsicum, thickly sliced 1 medium yellow capsicum, thickly sliced

2 zucchini, cut diagonally 1cm-thick slices 100g button mushrooms, halved

1 medium red onion, cut into wedges 1 tablespoon olive oil

2 tablespoons balsamic vinegar 2 garlic cloves, crushed

250g cherry tomatoes 200g green beans, trimmed

2 tablespoons pine nuts, toasted

Method

Preheat oven to 200°C/180°C. Place capsicum, zucchini, mushrooms and onion in a large baking dish. Combine oil, vinegar and garlic in a bowl. Drizzle over vegetables. Toss to coat.

Roast for 20 minutes. Add tomatoes. Roast for 15 minutes or until vegetables are tender and tomatoes are starting to collapse.

Meanwhile, bring a large saucepan of water to the boil over high heat. Cook beans for 3 minutes or until bright green and just tender. Drain. Refresh in a bowl of iced water. Drain. Pat dry with paper towel.

Arlene Normand

Recipe Guide



1/2 cup dry-roasted hazelnuts, chopped
1/2 small red onion, thinly sliced
250g baked ricotta cheese, thinly sliced
60g mixed salad leaves
1 tablespoon olive oil

Method

Place beets, hazelnuts, onion, ricotta and salad leaves in a bowl. Toss to combine. Divide between plates. Drizzle with oil. Serve.

Beetroot and chickpea salad

Ingredients (serves 6)

1 bunch baby beetroot
olive oil
1 tablespoon balsamic vinegar
1 garlic clove, peeled and halved
spinach leaves
400g can chickpeas, rinsed and drained
thin wedges
100g reduced fat fetta

1 serve = 1 protein

1 tablespoon extra virgin
1/4 teaspoon Dijon mustard
80g baby English
1 red onion, cut into

Method

Preheat oven to 200°C. Wash beetroot and trim stems and roots, reserving any small beetroot leaves.

Wrap beets in a large sheet of foil and bake for 1 hour, or until the largest beetroot is tender when tested with a fork.

Combine olive oil, vinegar, mustard and garlic in a small screw-top jar. Shake to combine. Leave to stand for at least 15 minutes. Remove and discard garlic.

Carefully unwrap beetroot. Leave until cool enough to handle. Peel off skin (wear rubber gloves to avoid staining your hands). Cut into quarters, or halves for the smaller ones.

Combine spinach leaves, reserved beetroot leaves, chickpeas and onion in a large bowl. Add dressing and toss to combine. Divide between serving plates, top with beetroot, then crumble fetta over the top. Sprinkle with freshly ground black pepper and serve immediately.

Bocconcini, tomato & basil salad

Ingredients (serves 8)

2 tbs extra virgin olive oil

1 serve = 1 protein, 1 fat

1 1/2 tbs balsamic vinegar

Arlene Normand

Recipe Guide



1 garlic clove, crushed
600g ripe tomatoes, cut into thin wedges
1 x 220g ctn baby bocconcini, drained, torn in half
1 cup fresh basil leaves, large leaves torn

1 tsp caster sugar

Method

Place the oil, vinegar, garlic and sugar in a small screw-top jar. Season with salt and pepper. Shake until well combined.

Arrange the tomato and bocconcini in a shallow serving dish. Top with the basil. Drizzle over the dressing to serve.

BROCCOLI CORN SOUP

750g broccoli florets

1 onion, chopped

2 cups vegetable stock

1 x 440g can creamed corn

seasoning

salt and pepper to taste

3 potatoes, chopped

1 tablespoon chopped fresh parsley

2 cup skim milk

½ teaspoon Moroccan

1. Combine broccoli, potatoes, onion, parsley and stock in a pan. 2. Bring to boil; simmer, covered, for about 25 minutes or until potatoes are tender.

3. Blend broccoli mixture, in batches, until smooth. Return to pan; stir in milk, corn, seasoning and salt and pepper. Stir over heat until hot.

Serves 4

1 serve = 1 carbohydrate

Burghul, tomato and bean salad in lettuce cups

Ingredients (serves 4)

1 serve = 1 protein

1/4 cup (40g) burghul (cracked wheat)

200g grape tomatoes, thinly sliced

2 salad onions, thinly sliced

2 tbs roughly chopped mint leaves

1/2 cup roughly chopped chervil or flat leaf parsley

2 tbs lemon juice

2 tsp olive oil

400g can soy beans, rinsed, drained

4 large butter lettuce leaves

Method

Place the burghul in a bowl, pour over 1/2 cup (125ml) boiling water, and soak for 10 minutes. Drain well, then use your hands to squeeze out any excess moisture.

Arlene Normand

Recipe Guide



Place the burghul, in a large bowl with the tomatoes, onion, mint, chervil or parsley, lemon juice, oil and beans. Season to taste with salt and pepper, then toss well.

Place a lettuce leaf on each plate, spoon the burghul mixture on top and serve.

Notes

Burghul and canned soy beans are available from selected supermarkets and health food shops. Chervil is available from selected greengrocers.

Carrot soup

Ingredients (serves 4)

1 tablespoon olive oil
1 leek, halved lengthways, thinly sliced
6 carrots, peeled, chopped
4cm piece ginger, peeled, grated
2 cups salt-reduced vegetable stock
2 cups water
yoghurt, dill, and toast, to serve

Method

Heat oil in a large saucepan over medium heat. Add leek, carrots and ginger. Cook, uncovered, stirring occasionally, for 8 minutes, or until vegetables start to soften.

Add stock and water to saucepan. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, covered, for 20 minutes, or until carrots are very tender.

Remove from heat. Set aside to cool slightly. Process or blend soup until smooth. Return to saucepan. Heat over medium-high heat until hot.

Season with salt and pepper.

Ladle soup into bowls. Top with tablespoon yoghurt (optional) and dill. Serve with toast.

Carrot and ginger soup with yoghurt

Serves 4

1 serve = 1 carbohydrate

Ingredients

Olive oil spray
1 large brown onion, coarsely chopped
2 garlic cloves, crushed
2 tsp finely grated fresh ginger
2 tsp ground cumin

Arlene Normand

Recipe Guide



500g sweet potato (kumara), peeled, coarsely chopped
4 large (about 600g) carrots, peeled, coarsely chopped
1L (4 cups) water
1 tsp Massel Salt Reduced Chicken Style stock powder
130g (1/2 cup) low-fat natural yoghurt
Chopped fresh chives, to serve

Method

Step 1

Heat a large saucepan over medium heat. Spray with olive oil spray. Add the onion and cook, stirring occasionally, for 5 minutes or until soft. Add the garlic, ginger and cumin. Cook, stirring, for 1-2 minutes or until aromatic.

Step 2

Add the sweet potato, carrot, water and stock powder. Increase heat to high. Bring to the boil. Cover and reduce heat to low. Cook for 15-20 minutes or until the vegetables are soft. Set aside to cool slightly.

Step 3

Place half the sweet potato mixture in the jug of a blender. Blend until smooth. Transfer the soup to a clean saucepan. Repeat with the remaining sweet potato mixture. Place the soup over low heat and stir until heated through. Season with pepper.

Step 4

Ladle the soup among serving bowls. Top with yoghurt and chives to serve.

Carrot and apple salad

Ingredients (serves 4)

1 serve = 1/2 protein; 1/2

carbohydrate

100g (1 cup) walnut kernels
6 carrots, cut into matchsticks
1 green apple, peeled, cut into matchsticks
125ml (1/2 cup) fresh lemon juice
65g (1/3 cup) sultanas
60ml (1/4 cup) olive oil
1 tbs honey

Method

Arlene Normand

Recipe Guide



Preheat oven to 180°C. Place the walnuts on a baking tray. Bake for 5 minutes. Cool.

Place the carrot and apple in a bowl. Add half the lemon juice and toss to combine. Stir in the walnuts and sultanas.

Combine oil, honey and remaining lemon juice in a screw-top jar. Season with salt and pepper. Drizzle over salad. Toss to combine.

Broccoli and lentil salad with chilli and pine nuts

Ingredients (serves 4)

600g broccoli, trimmed, cut into florets
lentils, rinsed, drained
2 tsp balsamic vinegar
6 shallots, ends trimmed, thinly sliced
deseeded, finely chopped
2 garlic cloves, thinly sliced
2 tbs toasted pine nuts

1 serve = 1 protein

400g can brown
1 tbs olive oil
1 long fresh red chilli,
75g baby spinach leaves

Method

Cook the broccoli in a large saucepan of boiling water for 3-4 minutes or until bright green and tender crisp. Refresh under cold running water.

Drain.

Place the lentils in a bowl. Whisk together the vinegar and 2 teaspoons of olive oil. Add to lentils. Stir to combine.

Heat the remaining oil in a large non-stick frying pan over medium heat. Add the shallot, chilli and garlic. Cook, stirring, for 1 minute or until aromatic. Add the broccoli and cook, stirring occasionally, for 2 minutes or until heated through and the broccoli is coated in the shallot mixture.

Add the broccoli mixture and spinach to the lentil mixture. Season with pepper. Toss to combine.

Divide the salad among serving bowls. Sprinkle with the pine nuts to serve.

Carrot & ginger soup with yoghurt

Ingredients (serves 4)

Olive oil spray
1 large brown onion, coarsely chopped
2 garlic cloves, crushed
2 tsp finely grated fresh ginger

1 serve = 1 protein

Arlene Normand

Recipe Guide



2 tsp ground cumin
500g sweet potato (kumara), peeled, coarsely chopped
4 large (about 600g) carrots, peeled, coarsely chopped
1L (4 cups) water
1 tsp Massel Salt Reduced Chicken Style stock powder
130g (1/2 cup) low-fat natural yoghurt
Chopped fresh chives, to serve

Method

Heat a large saucepan over medium heat. Spray with olive oil spray. Add the onion and cook, stirring occasionally, for 5 minutes or until soft. Add the garlic, ginger and cumin. Cook, stirring, for 1-2 minutes or until aromatic.

Add the sweet potato, carrot, water and stock powder. Increase heat to high. Bring to the boil. Cover and reduce heat to low. Cook for 15-20 minutes or until the vegetables are soft. Set aside to cool slightly.

Place half the sweet potato mixture in the jug of a blender. Blend until smooth. Transfer the soup to a clean saucepan. Repeat with the remaining sweet potato mixture. Place the soup over low heat and stir until heated through. Season with pepper.

Ladle the soup among serving bowls. Top with yoghurt and chives to serve.

Caprese salad

This traditional caprese salad shines in the simplicity of the ingredients.

Ingredients (serves 2) 1 serve = 1 protein

2 large ripe tomatoes, thickly sliced
1 large fresh mozzarella or bocconcini ball, thickly sliced
Handful of fresh basil leaves
1/4 cup (60ml) Jingilli Extra Virgin
Olive Oil

Method

Overlap the tomato and cheese slices on a serving plate. Scatter over the basil leaves, then drizzle over the olive oil. Season to taste with salt and pepper.

Carrot and radish salad

Ingredients (serves 6) 1 serve = 1 tsp fat
60ml (1/4 cup) olive oil 60ml (1/4 cup) fresh lemon juice

Arlene Normand

Recipe Guide



2 garlic cloves, finely chopped 1 tbs honey
1 tsp ground cumin 1 tsp mild paprika
1/4 tsp ground cinnamon 1/4 tsp rosewater essence (optional) (see note)

3 carrots, peeled, thinly sliced crossways
1 bunch radish, ends trimmed, thinly sliced
1 cup fresh mint leaves, torn

Method

Whisk oil, lemon juice, garlic, honey, cumin, paprika, cinnamon and rosewater, if desired, in a bowl. Season with salt and pepper.

Combine the carrot and radish in a large bowl.

Add dressing and mint to the salad. Toss to combine. Serve.

Notes

Although optional, rosewater adds a delicate fragrance to this dish.

Make it ahead: Prepare to the end of step 1 up to 1 day ahead. Store in an airtight container in the fridge. Continue to the end of step 2 up to 3 hours ahead. Cover and store in the fridge. Continue from step 3 just before serving.

Cauliflower, chickpea, tomato & coriander curry

Looking for interesting, healthy ways to increase your vegie intake? Do it Indian style with this bright and spicy meal. Spring vegies and stir-fried spices give this low-fat curry loads of flavour.

Ingredients (serves 4)

1 serve = 1 protein

Olive oil spray
wedges

1 red onion, halved, cut into thin

2 garlic cloves, crushed

2 long fresh green chillies, halved, deseeded, finely chopped

1 tsp cumin seeds, lightly crushed (see tip) 2 tsp ground coriander

1/2 tsp ground turmeric 500g cherry tomatoes, halved

500g cauliflower, trimmed, cut into florets 125ml (1/2 cup) water

1 x 400g can chickpeas, rinsed, drained 200g green beans, cut into 3cm lengths

2 tbs chopped fresh coriander

Steamed basmati rice, to serve

Fresh coriander leaves, to serve

Method

Spray a wok or large non-stick frying pan lightly with olive oil spray.

Heat over medium-high heat. Add the onion and stir-fry for 3 minutes or

Arlene Normand

Recipe Guide



until light golden. Add the garlic, chilli, cumin seeds, ground coriander and turmeric. Stir-fry for 1 minute or until aromatic.

Stir in the tomato, cauliflower and water. Bring to the boil. Reduce heat to low. Simmer, covered, for 6 minutes.

Stir in the chickpeas and beans. Simmer, covered, for 3 minutes or until beans are bright green and tender crisp.

Stir in the chopped coriander and season with pepper. Divide the rice and curry among serving bowls. Top with coriander leaves to serve.

Notes & tips

Use a mortar and pestle, or the end of a rolling pin, to crush the cumin seeds.

Chargrilled vegetable and bocconcini salad

Ingredients (serves 4) 1 serve = 1 protein, 2 tsp oil

2 eggplants, cut into 1cm-thick slices

2 zucchini, sliced lengthways

1 large yellow capsicum, halved, deseeded, thickly sliced

3 tomatoes, cut into 1cm-thick slices

olive oil cooking spray

180g baby bocconcini, drained, sliced

1/2 cup kalamata olives, pitted, halved

1 tablespoon extra virgin olive oil

crusty bread, to serve

Method

Place eggplant into a sieve. Sprinkle with salt. Set aside for 20 minutes. Rinse and pat-dry. Spray vegetables with oil. Season with salt and pepper. Preheat a barbecue grill on medium-high heat. Cook eggplant, zucchini and capsicum for 2 to 3 minutes each side, or until tender. Transfer to a heat-proof dish. Cook tomatoes for 30 seconds each side. Remove to a plate.

Arrange vegetables, bocconcini and olives on plates. Season. Drizzle each plate evenly with oil. Serve with bread.

Chickpea Salad with Lemon, Parmesan, and Fresh Herbs

The beauty of this basic recipe is that it can be tweaked in numerous ways. For a spicy version, add some sriracha sauce. Try swapping out the lemon juice for lime juice and use feta cheese instead of Parmesan and mix in some chopped fresh coriander and chopped red onion or shallot.

Arlene Normand

Recipe Guide



For a curried chickpea salad, leave out the Parmesan and add curry powder to taste, dried currants, sliced green onions, and shredded carrots.

Ingredients

400g can chickpeas (garbanzo beans), rinsed, drained
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh Italian parsley
2 tablespoons fresh lemon juice
4 teaspoons extra-virgin olive oil
1 small garlic clove, pressed
1/3 cup (packed) freshly grated Parmesan cheese
Coarse salt

Preparation

Combine rinsed and drained chickpeas, chopped fresh basil, chopped Italian parsley, fresh lemon juice, extra-virgin olive oil, and pressed garlic clove in medium bowl. Add grated Parmesan cheese and toss gently to blend all ingredients thoroughly. Season chickpea salad to taste with coarse kosher salt and freshly ground black pepper. **DO AHEAD:** Chickpea salad can be made 4 hours ahead. Cover and refrigerate. Serve salad chilled or at room temperature.

Chickpea salad

Ingredients

400g can chickpeas, drained
1 green capsicum, sliced
1 carrot, grated
2 handfuls bean sprouts

Dressing:

1 dessertspoon sesame oil
1/4 cup lemon juice
grated
1 clove garlic
toasted

1 serve = protein

3 spring onions, sliced
2-3 sticks celery, diced
1/2 cup fresh coriander

salt and pepper

tabasco to taste
thumb-sized piece fresh ginger,

1 dessertspoon sesame seeds,

Instructions

Arlene Normand

Recipe Guide



Combine dressing ingredients and mix well. Set aside.
Chop all the vegetables and combine in a large bowl.
Add the dressing and use your hands to mix together.
This is great by itself as a light meal or serve with grilled chicken, fish or steak for a substantial dinner.

Chickpea tagine with figs

Ingredients

2 tsp olive oil	1 onion, chopped
2 garlic cloves, finely chopped (see note)	2 tsp Moroccan spice mix
2 x 400g cans chickpeas, rinsed, drained	400g can chopped tomatoes
2 cups (500ml) salt-reduced vegetable stock	2 zucchini, chopped
175g green beans, trimmed, halved	1/2 cup (100g) chopped dried figs
2 cups (400g) couscous	2 tbs chopped coriander leaves
1 tbs harissa	

Method

Step 1

Heat oil in a saucepan over medium heat. Add onion, garlic, spice mix and some salt and pepper, and cook, stirring, for 5 minutes until soft. Stir in chickpeas, tomato and stock. Bring to the boil, then cover, reduce heat to low and simmer for 10 minutes. Add the zucchini, beans and figs and cook for a further 5-8 minutes until the vegetables are tender.

Step 2

Meanwhile, place the couscous in a large heatproof bowl and pour over 2 cups (500ml) boiling water. Cover the bowl with a clean tea towel. Set aside for 5 minutes, then fluff up with a fork.

Step 3

Divide couscous and vegetable tagine among plates, garnish with coriander then serve with harissa, if desired.

Serves 6
carbohydrates

1 serve = 1 protein, 2

Chickpea and feta salad

Ingredients (serves 4)

4 lavash breads, each cut into 8 wedges

1 serve = 1 protein

Arlene Normand

Recipe Guide



olive oil cooking spray
2 Lebanese cucumbers, diced
3 green onions, thinly sliced
250g cherry or grape tomatoes, halved
400g can chickpeas, drained, rinsed
1 cup flat-leaf parsley, roughly chopped
2 tablespoons mint, finely chopped
125g Greek feta, roughly chopped
2 tablespoons extra virgin olive oil

Method

Preheat a grill on medium-high heat. Lightly spray both sides of bread with oil. Place onto grill tray. Grill bread, turning once, until crisp. Set aside.

Place cucumbers, onions, tomatoes, chickpeas, parsley, mint and feta into a large bowl. Drizzle with oil. Season with salt and pepper. Gently toss to combine.

Arrange grilled bread on serving plates. Top with salad. Serve immediately.

CHICKPEA CASSEROLE

SERVES 4

1 serve = 1

protein, 1 carbohydrate

1 cup spiral pasta 2 teaspoons oil 1 small onion,
chopped

1 clove garlic, crushed 400g can crushed tomatoes 310g can
chickpeas, drained

2 Tblspfruit chutney 1 tsp Worcestershire sauce 1

tablespoon chopped fresh parsley1 1 small carrot, thinly sliced 200g
broccoli, chopped

1. Add pasta to a large pan of boiling water; boil until just tender; drain well.

2. Heat oil in a pan; add onion and garlic, cook until soft. Stir in undrained tomatoes, chickpeas, chutney and sauce. Simmer, uncovered,

Arlene Normand

Recipe Guide



for about 10 minutes, or until liquid is reduced by about one-third. 3. Stir in parsley, carrot and broccoli. Bring to boil, simmer for about 5 minutes, or until vegetables are tender. Add pasta, stir over heat until warmed through.

Chilled cucumber soup

Ingredients (serves 4)

4 Lebanese cucumbers, ends trimmed, coarsely chopped
390g (1 1/2 cups) Vaalia low-fat natural yoghurt
1/2 cup shredded fresh mint
2 green shallots, ends trimmed, thinly sliced
1 tbs finely grated lemon rind
60ml (1/4 cup) fresh lemon juice
Salt & freshly ground black pepper

Method

Place cucumber, yoghurt, mint, green shallot, lemon rind and lemon juice in the jug of a blender and blend until almost smooth. Taste and season with salt and pepper.

Transfer to a large bowl and place in the fridge for 1 hour to chill.

Chunky tomato, celery and bean soup

Ingredients (serves 4) 1 cup = 1 carbohydrate

2 tbs olive oil, plus 1 tbs extra to drizzle
1 large onion, finely chopped
2 celery stalks, finely chopped
1 tbs chopped fresh rosemary leaves
2 garlic cloves, finely chopped
2 x 400g cans cannellini beans, rinsed, drained
2 cups (500ml) chicken or vegetable stock
5 tomatoes (750g total), chopped
2 tbs chopped flat-leaf parsley leaves

Method

Heat oil in a large pan over medium heat. Add onion, celery, rosemary and garlic and stir for 5 minutes until vegetables soften. Add beans, stock and tomatoes. Season with salt and pepper, bring to the boil over high

Arlene Normand

Recipe Guide



heat, then reduce heat to low, cover and gently simmer for 15 minutes or until thickened. Stir in parsley, then spoon soup into bowls.

Chinese broccoli with oyster sauce

Ingredients

bunches gai lan (Chinese broccoli), washed
60ml (1/4 cup) oyster sauce
1 garlic clove, crushed
1 1/2 tbs light soy sauce
1 tsp caster sugar
1 tbs vegetable oil
2 tsp sesame oil

Method

Step 1

Cut the gai lan stems from the leaves. Cut the stems in half lengthways. Cut the leaves in half crossways.

Step 2

Combine the oyster sauce, garlic, soy sauce and sugar in a small bowl, and stir until the sugar dissolves.

Step 3

Cook the gai lan stems and leaves in a large saucepan of boiling water for 2-3 minutes or until bright green and tender crisp. Refresh under cold running water. Drain. Transfer to a serving platter.

Step 4

Heat the vegetable oil and sesame oil in a saucepan over high heat for 30 seconds. Pour over the gai lan. Drizzle over the oyster sauce mixture and serve.

CORN AND SPINACH SHORT SOUP

4 cups vegetable stock	4 cups water
2 x 310g cans creamed corn	1 clove garlic, crushed
2 tablespoons light soy sauce	4 spring onions, finely sliced
80g baby spinach leaves	

WONTONS

2 spring onions, finely sliced	1 clove garlic, crushed
--------------------------------	-------------------------

Arlene Normand

Recipe Guide



- 60g tofu
16 wonton wrappers
- 1/4 cup chopped parsley leaves
1 egg, lightly beaten
1. Place stock, water, corn, garlic and sauce in a large pan. Bring to boil; simmer, uncovered, for 10 minutes. Stir in spring onions and spinach.
 2. Wontons. Process spring onions, garlic, tofu and parsley in a food processor until combined. Spoon a teaspoon of mixture into center of each wrapper. Brush edges with egg, gather at the top to form punches; pinch to seal.
 3. Cook wontons in a pan of boiling water for about 10 minutes or until they float to the top; drain.
 4. Divide hot soup among four bowl with four wontons in each.
- Serves 4 1 serve = 1 protein, 1 carbohydrate

Crunchy vegetable stir-fry with oyster sauce

Ingredients

- 1 1/2 tablespoons sunflower oil
- 2 garlic cloves, thinly sliced
- 4 spring onions, cut into 3cm lengths
- 2 bunches broccolini, stems trimmed, halved lengthways
- 1 bunch asparagus, ends trimmed, halved
- 200g snow peas, trimmed
- 4 small zucchini, cut into chunks
- 1/3 cup (80ml) oyster sauce
- 1/3 cup roughly chopped coriander
- 1 long red chilli, thinly sliced
- Lime wedges, to serve

Method

Heat the oil in a wok over high heat. Stir-fry the garlic and spring onion for 30 seconds. Add the broccolini, asparagus, snow peas and zucchini, then stir-fry for 1 minute. Add 1/4 cup (60ml) warm water and stir-fry for 2 minutes until the vegetables are bright green and almost tender. Add the oyster sauce, chopped coriander and sliced chilli, then stir-fry for a further 30 seconds or until heated through. Serve immediately, with lime wedges to squeeze.

CREAMY MUSHROOM SOUP

SERVES 4

2 teaspoons oil

1 serve = 2 tsp fat

2 medium onions, chopped

Arlene Normand

Recipe Guide



3 cloves garlic, crushed
1 litre (4-cups) vegetable stock
1/4 cup reduced-fat cream
thyme
salt and pepper to taste

500g flat mushrooms, chopped
2 tablespoons Worcestershire
sauce
1 tablespoon chopped fresh
thyme

1. Heat oil in a large pan, add onions and garlic; cook, stirring, until soft. Add mushrooms, cook, covered, stirring occasionally, for 10 minutes.
2. Add stock and sauce; simmer, uncovered, for about 5 minutes, or until mushrooms are tender; cool slightly.
3. Blend soup, in batches, until smooth. Return to same pan with cream; stir over heat, until hot. Stir in thyme then season with salt and pepper.

Eggplant, zucchini and goat's cheese salad

Ingredients (serves 4) 1 serve = 1 protein, 1 fat

1 large eggplant, trimmed, cut into 1cm-thick slices
3 zucchini, trimmed, thinly sliced lengthways
2 red capsicums, quartered, seeded
1/4 cup (60ml) extra virgin olive oil
2 tsp cumin seeds
1 bunch mint, leaves picked
100g goat's cheese, crumbled
1/2 cup (80g) toasted pine nuts
1 tbs sherry vinegar
Char-grilled crusty bread, to serve

Method

Preheat a barbecue or char-grill pan on high. Brush the eggplant, zucchini and capsicum with 2 tablespoonfuls of the oil and sprinkle with cumin seeds. Season with salt and pepper. Add a quarter of the vegetables to the grill and cook for 1-2 minutes each side or until charred and tender. Transfer to a bowl. Repeat in 3 more batches with remaining vegetables. Add the mint, goat's cheese and pine nuts and gently toss to combine. Place on serving plates. Whisk the vinegar and remaining oil in a bowl. Drizzle over the salad. Serve with char-grilled crusty bread, if desired.

Notes

If you aren't a fan of goat's cheese, substitute with another soft, crumbly cheese such as feta. Or try grilled haloumi.

FARMHOUSE SOUP

Arlene Normand

Recipe Guide



1 tbs lemon juice
70g piece parmesan or pecorino Romano
2 tbs walnuts, toasted, roughly chopped

Method

Thinly slice the fennel across the bulb with a sharp knife or mandoline. To slice the pears, hold upright on the bench and thinly slice down each cheek to keep the natural shape. Place fennel and pear in a bowl. Whisk oil and lemon juice together in a bowl, season, then lighten with a dash of water. Toss with fennel and pear, divide among plates, then scatter with chunks of parmesan, walnuts and fennel fronds.

Fragrant chickpeas

Serves 6 1 serve = 1 protein

Ingredients

2 Tablespoons flat leaf parsley
1 Tablespoon olive oil
1 onion, halved, sliced
2 cloves crushed garlic
¼ tsp ground cinnamon
¼ tsp cayenne pepper
½ tsp ground tumeric
2 x 400g cans chickpeas, rinsed, drained
1 cup vegetable stock
½ cup sultanas

Method

Step 1

Heat the oil in a large deep frying pan over medium heat. Add onion and cook for 5 mins or until golden. Stir in the garlic, cinnamon, cayenne pepper and turmeric for 30 secs.

Step 2

Add the chickpeas, stock and sultanas. Bring to a simmer. Cook, stirring occasionally, for 10 mins. Season to taste. Sprinkle with parsley.

Fresh asparagus soup

Ingredients (serves 2)

2 bunches (about 400g) fresh asparagus, trimmed
1 tbs olive oil

Arlene Normand

Recipe Guide



1 onion, finely chopped
2 1/2 cups (625ml) vegetable stock or water
1/2 small lemon, juiced
Salt and freshly ground pepper
Chopped fresh dill, to serve

Method

Chop the asparagus into 3cm pieces. Heat the oil in a saucepan over a medium heat. Add the onion and cook for 3-4 minutes or until soft. Add the asparagus and cook, stirring occasionally, for 5 minutes. Add the stock or water. Bring to the boil. Reduce the heat and simmer for 20 minutes. Set aside to cool slightly. Blend the mixture in a food processor until smooth. Return to the saucepan. Add the lemon juice and season with salt and pepper. Serve with the chopped dill and freshly ground pepper

Full-of-greens frittata

Ingredients

250g spinach leaves	2 teaspoons olive oil
1 garlic clove, crushed grated	250g zucchini coarsely
1 teaspoon finely grated lemon rind	4 eggs
4 egg whites	100g reduced fat fresh ricotta
2 Tablespoons finely grated parmesan cheese	1/4 cup chopped fresh chives
100g skinless roasted red capsicum, finely chopped	

Methods

Step 1

Preheat oven to 180oC. Grease and line a 20cm (base measurement) round cake pan. Place spinach in a heatproof bowl. Cover with boiling water. Stand for 30 seconds. Refresh. Drain, squeezing excess liquid. Coarsely chop.

Step 2

Heat oil in a frying pan over medium-high heat. Stir garlic for 30 seconds or until aromatic. Stir in zucchini and lemon rind for 2 minutes or until zucchini is bright green. Cool.

Step 3

Arlene Normand

Recipe Guide



Whisk eggs, egg whites, ricotta and parmesan in a bowl. Stir in zucchini mixture, spinach and two-thirds of chives. Pour into pan. Bake for 25-30 minutes or until set.

Step 4

Combine the capsicum and remaining chives in a bowl. Serve with the frittata.

Gazpacho

Makes 2 cups (1 cup = 1 carbohydrate and 2 tsp oil)

Ingredients

2 large slices (about 70g) day-old crusty bread, crusts removed, torn

2 tbs red wine vinegar

1kg truss tomatoes, stems removed, coarsely chopped

2 shallots, ends trimmed, thinly sliced

1 garlic clove, chopped

1 tsp raw or caster sugar

2 tbs extra virgin olive oil

Finely chopped cucumber, to serve

Method

Combine the bread and vinegar in a bowl. Set aside for 10 minutes to soak.

Process the bread mixture, tomato, shallot, garlic and sugar in a food processor for 2 minutes. Add the oil and process until well combined. Strain through a fine sieve, pressing down with the back of a spoon to extract the liquid, into an airtight container. Discard the pulp. Taste and season with salt and pepper. Cover and place in the fridge for 4 hours or until well chilled.

Top with cucumber.

Ginger tofu with mushrooms

Ingredients (serves 6)

1 serve = 1 protein, 2

carbohydrates

1 tablespoon vegetable oil

1 brown onion, thinly sliced

2 garlic cloves, sliced

4cm piece fresh ginger, peeled, cut into thin matchsticks

600g firm tofu, cut into 3cm squares

Arlene Normand

Recipe Guide



200g Swiss brown mushrooms, halved
100g enoki mushrooms, trimmed
2 tablespoons light soy sauce
1/3 cup vegetarian stir-fry sauce (see note)
1 bunch gai lan (Chinese broccoli), chopped
440g packet udon noodles

Method

Heat oil in a wok over medium-high heat. Stir-fry onion and garlic for 2 to 3 minutes or until just soft. Add ginger and tofu. Stir-fry for 3 minutes. Add mushrooms, soy sauce and stir-fry sauce. Stir-fry for 2 minutes. Add gai lan. Stir-fry 1 to 2 minutes or until gai lan is just tender. Remove from heat.

Place noodles in a heatproof bowl. Cover with boiling water. Set aside for 2 to 3 minutes or until heated through. a fork, separate noodles. Drain.

Serve noodles with ginger tofu and mushrooms.

Notes

Vegetarian stir-fry sauce is made using shiitake mushrooms, and can be substituted for oyster sauce.

Ginger Tofu and Vegetable Stir-Fry

3 large mushrooms
1 medium carrot
1 medium yellow capsicum
375g packet firm tofu, drained
2 teaspoons peanut oil
1-teaspoon sesame seed oil
2 teaspoons grated fresh ginger
2 cloves garlic, crushed
1-cup bean sprouts
½ bunch baby bok choy, shredded
1/3 cup drained water chestnuts, sliced
2 Tablespoons oyster sauce
2 teaspoons cornflour
1 Tablespoon water
6 lettuce leaves

Cut carrots, mushrooms, and capsicum into thin strips.

Cut tofu into 1 cm cubes.

Arlene Normand

Recipe Guide



Preheat a chargrill pan on high. Spray asparagus with olive oil spray and cook, turning, for 3-4 minutes or until bright green and tender crisp.

Transfer to a bowl.

Cook the peas in a saucepan of salted boiling water for 4-5 minutes or until tender. Refresh under cold running water. Drain. Add to the asparagus.

Combine the capsicum, onion, lime juice, mint and sugar in a bowl. Taste and season with salt and pepper.

Add the capsicum mixture to the asparagus mixture and toss to combine. Arrange on a serving platter and serve.

Greek Salad

1 head Romaine lettuce	¼ Spanish onion, thinly sliced
1 green capsicum, thinly sliced	½ cup radishes thinly sliced
1 large tomato cut into wedges	120 grams Feta cheese
¼ cup olive oil	1/8 cup lemon juice or wine vinegar
¼ tsp dry mustard	salt and pepper to taste
¼ tsp oregano	8 Calamata olives
½ can flat anchovies well-drained	

Wash lettuce and spin dry.

Place lettuce, peppers, radishes, olives and onion in a bowl. Crumble feta and add to salad.

Mix in blender garlic, lemon juice, mustard oregano, oil. Season with salt and pepper to taste. Pour over salad. Toss well.

Arrange anchovies like the spokes of a wheel over the top of the salad.

Serves 4

1 serve = 1 protein, 2 tsp fat

Grilled Chicken, Rocket, Pear and Parmesan Salad

300g skinless chicken breast fillet	120g rocket
1 punnet cherry tomatoes halved	2 medium pears thinly sliced
50g shaved parmesan cheese	¼ cup balsamic vinegar

Grill chicken until golden brown and cooked through. Remove, cut into slices and keep warm.

Arrange rocket in four serving bowls. Top with sliced chicken, cherry tomatoes and pear slices.

Top with Parmesan cheese and drizzle with balsamic vinegar.

Arlene Normand

Recipe Guide



Serves 4

1 cup = 1 carbohydrate

Indian-style gazpacho

Spain's famous chilled tomato and vegetable soup, made Indian with fresh chilli, ginger and pappadums, is the perfect start to your night.

Ingredients (serves 6)

250g vine-ripened tomatoes, quartered
1/2 red onion, chopped
1/2 red capsicum, deseeded, coarsely chopped
Lebanese cucumber, peeled, deseeded, finely chopped
1 garlic clove, crushed
1 tsp grated fresh ginger
1 small fresh red chilli, deseeded, finely chopped
1 tbs chopped fresh coriander
2 small cooked pappadums, coarsely broken
250ml (1 cup) chilled vegetable stock
1 tbs white wine vinegar
1 tsp caster sugar
Natural yoghurt, to serve
Coriander leaves, to serve

Method

Place the tomato, onion, capsicum, cucumber, garlic, ginger, chilli and coriander in the jug of a blender and blend until almost smooth. Add pappadum and blend until the mixture thickens slightly.

Transfer the tomato mixture to a large bowl. Stir in the stock, vinegar and sugar. Season with salt and pepper. Transfer the tomato mixture to an airtight container. Place in the fridge for 1 hour to chill.

Pour the tomato mixture among serving glasses. Top each glass with a small dollop of yoghurt and a coriander leaf to serve.

Notes & tips

You can prepare this recipe to the end of step 2 up to 1 day ahead. Continue from step 3 just before serving.

Italian-style risoni soup

Ingredients (serves 6)

1 serve = 1 carbohydrate

1 tbs olive oil
1 medium fennel bulb, ends trimmed, finely chopped
1 large carrot, peeled, finely chopped
1 large zucchini, ends trimmed, finely chopped

Arlene Normand

Recipe Guide



2 garlic cloves, crushed
3 x 500ml ctns chicken consomme
75g (1/3 cup) risoni
85g (1/2 cup) shelled fresh peas
1 tbs finely chopped fresh tarragon
Salt & freshly ground black pepper

Method

Heat the oil in a large saucepan over high heat. Add the fennel, carrot, zucchini and garlic and cook, stirring, for 5 minutes or until just tender. Add the consomme and bring to the boil. Add the risoni and cook, stirring occasionally, for 10 minutes or until pasta is al dente. Add the peas and cook for 2 minutes or until peas are bright green and tender. Remove from heat.

Add the tarragon and stir to combine. Taste and season with salt and pepper.

Couscous and Mushroom Casserole

1 cup couscous	2 cups water or vegetable broth
6 shallots chopped	1 red capsicum chopped
1 green capsicum chopped	2 cloves crushed garlic
2 tsp olive/canola oil	1 cup sliced mushrooms
1 cup canned chickpeas	1 medium carrot, grated
Salt and papper to taste	½ tsp dried basil
2 Tblsp minced fresh dill (or 1 tsp dried)	

In a large saucepan sauté shallots, capsicum and garlic in oil until softened. Add mushrooms and sauté 3-4 minutes longer. Add water or broth and bring to boil. Stir in couscous along with remaining ingredients. Bring back to boil and simmer until all liquid is absorbed (5-10 minutes).

Serves 4 1 serve = 2 carbohydrates

Layered vegetable bake

Ingredients	Serves 4	1 serving = 1 carbohydrate
Olive oil, to grease		2 medium (about 300g)
beetroots		

Arlene Normand

Recipe Guide



Method

Heat the oil in a wok over high heat. Stir-fry the garlic and spring onion for 30 seconds. Add the broccolini, asparagus, snow peas and zucchini, then stir-fry for 1 minute. Add 1/4 cup (60ml) warm water and stir-fry for 2 minutes until the vegetables are bright green and almost tender. Add the oyster sauce, chopped coriander and sliced chilli, then stir-fry for a further 30 seconds or until heated through. Serve immediately, with lime wedges to squeeze.

Lentil soup

Ingredients (serves 4)

1 cup = 1 protein

2 tbs extra virgin olive oil, plus extra to drizzle	1 leek (pale part only), thinly sliced
2 carrots, finely chopped	2 celery stalks, finely chopped
2 tbs tomato paste	1 cup (200g) green or brown lentils, rinsed, drained
2L (8 cups) vegetable stock	400g can chopped tomatoes
400g can cannellini beans, rinsed, drained	2 tsp ground coriander
1 tsp smoked paprika (pimenton) (see note)	1/3 cup finely chopped flat-leaf parsley

Method

Heat the oil in a large saucepan over medium heat. Add the leek, carrot and celery, then cook, stirring, for 3-4 minutes until softened. Add the tomato paste and cook for 1 minute. Add the lentils and stock and bring to the boil. Reduce heat to medium-low and simmer gently for 1 hour, skimming the surface occasionally, until the lentils are tender.

Add the tomato, cannellini beans, coriander, paprika and some salt and pepper to the pan, then cook, stirring occasionally, for a further 20 minutes or until soup is thick. Taste for spices and seasoning, then stir in half the parsley.

Divide soup among shallow bowls and top with remaining parsley, a drizzle of extra virgin olive oil and freshly ground pepper. Serve with crusty bread.

Notes

Smoked paprika is available from gourmet food shops and selected delis. It's good to pick over the lentils and ditch any discoloured ones, then rinse (there's no need to soak).

If your celery comes with leaves, chop and add them as well.

Arlene Normand

Recipe Guide



onion is soft. Add cumin and paprika, and stir for 1 minute or until fragrant. Add grape tomatoes and stir to coat in onion mixture. Add truss tomatoes, cover with a lid and cook for 8 minutes or until all tomatoes have softened. Add verjuice mixture and bring to a simmer. Season. Layer eggplant and tomatoes with cooking juices on a platter. Scatter with pine nuts to serve.

Mexican spiced tomato soup

Ingredients

2 tablespoons olive oil	1 cup = 1 carbohydrate
2 cloves garlic, chopped	2 large onions, chopped
	3 teaspoons Mexican seasoning (see below)
2 cans chopped tomatoes	1 teaspoon Vegemite
2 tablespoons Worcestershire sauce	6 cups vegetable stock
1 1/2 cups red lentils	1/3 cup tomato paste
2 tablespoons brown sugar	1/2 cup fresh coriander, chopped
(or use parsley)	

Mexican seasoning: In an airtight container or small jar, combine the following:

1 heaped tablespoon ground cumin
2 teaspoons brown sugar

Instructions

- 1 Heat oil in a large saucepan. Add onions and garlic and cook until light golden.
- 2 Mix in 3 teaspoons of the Mexican seasoning, then add tomatoes, Vegemite, Worcestershire sauce, stock, lentils, tomato paste and sugar. Bring to the boil and stir, then reduce heat and simmer for 45 minutes.
- 3 Add chopped fresh herbs.

Moroccan pumpkin soup

Take an Australian classic like pumpkin soup, add a Moroccan twist and make this "souper" meal which is vegan friendly.

Ingredients (serves 6)

1/4 cup (60ml) olive oil
1 leek, white part only, thinly sliced

1 cup = 1 carbohydrate

Arlene Normand

Recipe Guide



3 cloves garlic, finely chopped
1 red chilli, finely chopped
1 cinnamon stick
3cm piece ginger, peeled, thinly sliced
1 1/2 tsp cumin seeds
2 carrots, peeled, coarsely chopped
1.5kg butternut or pumpkin, peeled, seeded (see note), cut into 3cm pieces
1/3 cup (70g) yellow split peas
Juice of 1/2 lemon
Coriander sprigs and soup sprinkles, to serve

Method

Heat oil in a large saucepan over low-medium heat and cook leek, garlic and 2 tsp salt, stirring occasionally, for 3 minutes or until soft. Add chilli, cinnamon, ginger and cumin and stir for 1 minute or until fragrant. Add carrots, pumpkin and split peas. Stir to coat in onion mixture.

Add 1.5 litres water to saucepan and bring to the boil, then simmer for 50 minutes or until split peas are soft.

Remove and discard cinnamon stick from soup. Add lemon juice then process or blend soup, in small batches, in a food processor or blender until smooth. Return soup to pan and reheat over medium heat. Serve topped with coriander sprigs and soup sprinkles.

Notes

Reserve 1/2 cup pumpkin seeds for soup sprinkles.

NOODLES PRIMAVERA

2 tps vegetable oil
2 cloves garlic, crushed
Salt and pepper to taste
250g packet vermicelli egg noodles
1 bunch asparagus, trimmed, cut into 2cm lengths
1 cup frozen peas
1 cup loosely packed fresh basil leaves
200g button mushrooms, sliced
1 x 425g can crushed tomatoes
3 cups small broccoli florets

Heat oil in a large pan; add mushrooms and garlic, cook, stirring, until mushrooms are soft. Add undrained tomatoes; bring to boil.

Arlene Normand

Recipe Guide



Reduce heat; simmer, uncovered, for 5 minutes. Season with salt and pepper.

Meanwhile, add noodles to a large pan of boiling water; boil, uncovered, until just tender. Add asparagus, peas and broccoli to noodles in pan; boil for 1 minute. Drain noodles and vegetables well.

Return to pan.

Add tomato mixture and basil to noodles; toss gently to combine. Serve primavera topped with shaved Parmesan cheese.

Serves 4. 1 serve = 1 protein, 2 carbohydrates

OVEN BAKED VEGIE RISOTTO

2 cups arborio rice

3 cups vegetable stock

2 cups water

1 tablespoon margarine

salt and pepper to taste

200g button mushrooms, thinly sliced

3 spring onions, finely sliced

½ cup frozen peas, thawed

2 tablespoons grated parmesan cheese

1. Combine rice, stock, water, margarine, salt and pepper and mushrooms in a large ovenproof dish. Cover dish tightly with a lid.

2. Cook in a hot oven, 200oC, for about 30 minutes, or until rice is tender and liquid absorbed.

3. Stir in spring onions, peas and cheese. Cover; stand 2 minutes before serving.

Serves 4

1 serve = 2 carbohydrates, 1 protein

Parsnip curry soup

Ingredients (serves 4)

roll = 2 carbohydrates

2 onions, chopped

30g butter

1 tbs curry powder

1kg parsnips, peeled, chopped

Salt & freshly ground pepper

4 ciabatta rolls, warmed

Method

Place the onion, butter and curry powder in a large saucepan. Cook over a medium heat for 2-3 minutes or until soft.

Arlene Normand



Recipe Guide

Stir in the parsnips and cook, stirring often, for 10 minutes. Add 6 cups (1.25 litres) water and cook for 30 minutes or until the parsnips are tender.

Set aside for 10 minutes to cool slightly. In batches place the mixture in a food processor and process until smooth. Transfer to a clean saucepan.

Stir over a medium heat until heated through. Season with salt and pepper and serve with ciabatta rolls.

POTATO WEDGES

8 x 120g washed potatoes, unpeeled

2 teaspoons Greek seasoning

1/4 teaspoon ground turmeric

2 teaspoons vegetable oil

1 tablespoon finely grated Parmesan cheese

Salt and pepper to taste

1. Cut each potato into 6 wedges.

2. Combine wedges, seasoning, turmeric, oil and cheese in a large bowl; mix well. Season with salt and pepper. Place wedges into a large baking paper-lined baking dish.

3. Cook, uncovered, in a moderate oven, 180°C, for about 40 minutes or until crisp and tender.

Serves 8

Pumpkin and spinach salad

Ingredients

600g butternut pumpkin, deseeded, peeled, cut into wedges

2 tsp olive oil

2 tsp honey

2 tsp sesame seeds

1 tbs fresh lemon juice

1 tbs honey, extra

2 tbs extra virgin olive oil

2 tsp wholegrain mustard

1 x 150g pkt baby spinach leaves

1 x 75g pkt toasted pine nuts

Method

Arlene Normand

Recipe Guide



Step 1

Preheat oven to 220°C. Line a baking tray with non-stick baking paper. Place the pumpkin in a large bowl. Drizzle with oil and honey. Season with salt and pepper. Gently toss until the pumpkin is well coated. Place in a single layer on the lined tray. Bake, turning once during cooking, for 25 minutes or until golden brown. Remove from oven and sprinkle evenly with the sesame seeds. Return to oven and bake for 5 minutes or until the seeds are lightly toasted. Remove from oven and set aside for 30 minutes to cool.

Step 2

Combine the lemon juice, extra virgin olive oil, mustard and extra honey in a screw-top jar and shake until well combined. Season with salt and pepper.

Step 3

Place the pumpkin, spinach and pine nuts in a large bowl. Drizzle with the dressing and gently toss until just combined. Serve immediately.

Serves 4

1 Serve = 1 carbohydrate

Quick vegetable curry

Ingredients (serves 4)

1 tbs sunflower oil

1 onion, finely sliced

2 tbs mild curry paste

400g canned chopped tomatoes (we used canned cherry tomatoes)

600g cauliflower, cut into florets

150g baby spinach

1 tbs chopped coriander, plus extra leaves to serve

Low-fat yoghurt, to serve

Method

Heat the oil in a large saucepan over medium heat, add onion and cook over medium heat for 2-3 minutes until softened. Add curry paste and cook, stirring, for a further 1-2 minutes. Add tomatoes, cauliflower and 200ml water, bring to the boil, then reduce heat to low, cover and simmer for 10 minutes or until cauliflower is tender. Remove from the heat and season with salt and pepper. Add spinach and chopped coriander, then stir through until spinach is just wilted. Serve topped with coriander leaves and yoghurt.

Arlene Normand

Recipe Guide



Quinoa Pilaf Recipe

Serves 6

1 serve = 2 carbohydrates

2 Tbsp. olive oil

1 medium onion, chopped finely

3 cloves garlic, minced

1 cup finely-diced carrots

1 medium red pepper, chopped

2 cups quinoa, rinsed thoroughly through a fine sieve

4 cups vegetable broth

1 cup frozen peas, thawed

kosher salt or [Maldon sea salt](#) and pepper to taste

Heat olive oil in a large skillet over medium-high heat. Add onion and cook until soft, 3 minutes. Add garlic, carrots and red pepper, cooking until soft, about 5 minutes. Add quinoa and broth. Bring to a boil over high heat, then reduce heat to medium-low. Simmer, covered, 20 minutes or until water is absorbed. Stir in frozen peas and salt and pepper.

Quinoa salad with asparagus and feta

Ingredients (serves 4)

1 serve = 1 protein, 2

carbohydrates

500ml (2 cups) water

150g (1 cup) quinoa, rinsed, drained

Olive oil spray

2 bunches asparagus, woody ends trimmed, cut into 4cm lengths

1 large red capsicum, halved, seeded, coarsely chopped

75g (1/2 cup) crumbled reduced-fat feta

40g (1/4 cup) sunflower seed kernels

4 shallots, trimmed, thinly sliced

2 tbs chopped fresh continental parsley

1 1/2 tbs fresh lemon juice

2 tsp honey

2 tsp olive oil

1 tsp sweet paprika

100g baby rocket leaves

Method

Combine water and quinoa in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to low. Cover and simmer for 12-15

Arlene Normand

Recipe Guide



minutes or until the liquid is absorbed. Transfer to a large bowl. Set aside to cool.

Meanwhile, preheat a large chargrill on high. Spray lightly with oil. Cook the asparagus for 2-3 minutes or until tender crisp. Add the asparagus, capsicum, feta, sunflower seed kernels, shallot and parsley to the quinoa. Whisk the lemon juice, honey, oil and paprika in a small bowl until well combined. Add the dressing and rocket to the quinoa mixture. Season with pepper and toss to combine.

Notes

Shopping tip: Find quinoa, the seeds of a plant related to spinach, in the health food section.

Roasted capsicum and spinach fritters

Makes 16

Ingredients (serves 4)

120g roasted red capsicum, thinly sliced	1/3 cup finely grated
parmesan cheese	
1 roma tomato, deseeded, finely chopped	60g baby spinach,
shredded	
baby spinach and diced tomato, to serve	

Basic batter

2/3 cup self-raising flour	2 eggs
1/2 cup milk	

Method

Make Basic batter: Sift flour into a bowl. Make a well in the centre. Whisk milk and eggs together in a jug. Add egg mixture to flour. Whisk until smooth. Stir in capsicum, cheese, tomato and spinach. Heat 1 tablespoon oil in a frying pan over medium heat. Using 1 heaped tablespoon mixture per fritter, cook 4 fritters for 3 minutes each side or until golden and cooked through. Repeat to make 16 fritters. Serve with spinach and tomato.

Notes

When cooking in batches, transfer to a plate lined with paper towel while cooking remaining fritters.
Use olive oil to cook fritters.

Easy Vegetable Curry

Serve 4

Ingredients:

Arlene Normand

Recipe Guide



1 cup finely chopped carrot
1 cup finely chopped zucchini
1 cup finely chopped squash
2 tablespoons onion powder
1 tablespoon ground ginger
1 tablespoon garlic powder
1 cup water
1 tablespoons extra virgin olive oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon ground cardamom (optional)
Dash of cayenne pepper sauce or dried cayenne pepper
1 tablespoon tomato paste
1 bay leaf
Salt to taste
Fresh ground pepper to taste
1 tablespoon lemon juice (optional)
2 servings instant brown rice or quinoa

Directions:

Heat olive oil in a large skillet on medium-high heat.
Add vegetables, onion powder, ginger, garlic powder and 1/4 cup of water.
Cook mixture until vegetables are slightly tender.
Add curry powder, cumin, cardamom, cayenne pepper, and tomato paste.
Cook until mixture is brick red.
Add remaining water, bay leaf, salt, pepper and lemon juice.
Bring mixture to a boil.
Reduce heat and simmer for 15 minutes, stirring occasionally. The sauce should thicken.
Fish out the bay leaf and discard.
Add cooked rice or quinoa to mixture and stir.

Potato and Leek Soup

serves 4 1 serve = 1 carbohydrate

300g potato, peeled and cubed	1 onion, chopped	1
clove garlic, crushed	1 medium leek, sliced	
2 chicken stock cubes	2 cups water	
375 ml evaporated skim milk	½ tsp dried thyme	
pepper to taste	2 Tblsp fresh coriander, chopped	

Arlene Normand

Recipe Guide



1. Heat oil in a large pan; add onion, garlic and curry powder. Cook until onion is soft. Stir in chickpeas, lentils, stock and juice. Simmer, covered, stirring occasionally, for 20 minutes.
2. Stir in spinach; simmer, uncovered, for about 5 minutes, or until spinach is just wilted.

Serves 4

1 serving = 1 carbohydrate

Red lentil & sweet potato soup

Ingredients (serves 4) 1 serve= 1 carbohydrate

1 tbs olive oil

1 brown onion, finely chopped

2 garlic cloves, crushed

500g orange sweet potato (kumara), peeled, cut into 2cm pieces

110g (1/2 cup) dried split red lentils

875ml (3 1/2 cups) vegetable stock

1 zucchini, coarsely grated

Plain savoury biscuits or bread, to serve

Method

Heat the oil in a large saucepan over medium heat. Add the onion and garlic, and cook, stirring frequently, for 3 minutes or until the onion softens slightly.

Add the sweet potato, lentils and stock to the pan, and stir well to combine. Increase heat to high and bring to the boil. Reduce heat to medium and cook, covered, stirring frequently, for 20-25 minutes or until the lentils are tender.

Stir in zucchini and cook, uncovered, for 5 minutes. Serve with biscuits or bread.

Vegetable stir-fry

Ingredients (serves 4)

2 tbs vegetable oil

100g carrots, cut into thin matchsticks

mushrooms, sliced

175g baby corn

250g baby spinach

1 tbs honey

1 onion, thinly sliced

225g Swiss brown

225g bean sprouts, trimmed

1 lime, juiced

Stir-fry sauce

Arlene Normand

Recipe Guide



150ml teriyaki marinade
3 tbs Worcestershire sauce
crushed
50g grated ginger

85ml soy sauce
2 garlic cloves,

Method

To make the sauce, combine teriyaki marinade, the sauces, garlic and ginger in a bowl and set aside.

Heat oil and butter in a wok over high heat. Add onion and cook for about 30 seconds. Add carrot, mushroom and corn, and stir-fry for 1 minute. Add bean sprouts and baby spinach and continue cooking for about 30 seconds until spinach begins to wilt.

Stir in sauce, lime juice and honey, and cook for long enough to just heat the sauce through.

Vegetable tagine salad

Ingredients (serves 4)

1 serve = 1 protein, 1

carbohydrate

1/2 butternut pumpkin, peeled, chopped into 2cm pieces (to give 300g)	
1 carrot, sliced 2cm thick	1 zucchini, sliced 2cm thick
400g can chickpeas, rinsed, drained (see note)	2 tbs Moroccan seasoning
1/3 cup (80ml) olive oil	1 cup (200g) couscous
1 1/2 cups (375ml) vegetable stock, heated	Grated zest and juice of 1 lemon
250g punnet cherry tomatoes, halved	1 red onion, thinly sliced
1/2 bunch mint, leaves picked	1/2 bunch coriander, leaves picked
2 tbs flaked almonds, toasted	170g tub tzatziki

Method

Preheat the oven to 200°C and line a baking tray with baking paper. In a large bowl, toss the pumpkin, carrot and zucchini with the chickpeas, Moroccan seasoning and 2 tablespoons oil. Stir well so the vegetables are evenly coated in the oil and spices, and season. Arrange in a single layer on the baking tray and roast for 20-25 minutes until golden and just tender.

Meanwhile, place the couscous in a large heatproof bowl. Pour over the hot stock, cover with plastic wrap and stand for 5 minutes. Fluff the grains with a fork to separate. Whisk together the lemon juice and zest with the remaining 2 tablespoons oil.

Arlene Normand

Recipe Guide



Stir the dressing into the couscous. Gently toss the roasted vegetables, cherry tomatoes, onion, mint and coriander with the couscous. Spoon the salad onto plates and sprinkle over the toasted almonds. Serve with the tzatziki.

Thai chilli and cucumber salad

Ingredients (serves 4)

2 large Lebanese cucumbers, halved, deseeded, sliced
3 cups beansprouts, trimmed
2 green onions, thinly sliced
1/4 cup small fresh Thai basil leaves
1/4 cup small fresh mint leaves
1 long red chilli, deseeded, thinly sliced
1/2 cup Thai-style dressing (see note)

Method

Place cucumber, beansprouts, onion, basil, mint and chilli in a large bowl. Add dressing. Toss to combine. Serve.

Notes

Thai-style dressing is available from the Asian aisle of the supermarket. To make your own, combine 2 teaspoons brown sugar, 2 teaspoons rice wine vinegar and 1 tablespoon each of lime juice, fish sauce and peanut oil.

Serve with chargrilled chicken, fish

Thai sweet potato and lentil soup

Ingredients (serves 4)

1 serve = 1 carbohydrate

Canola oil cooking spray
1 medium brown onion, finely chopped
3cm piece fresh ginger, peeled, finely grated
1 tablespoon Thai red curry paste
750g orange sweet potato, peeled, diced
3/4 cup red lentils, rinsed
3 cups salt-reduced vegetable stock
1 tablespoon lime juice
1 tablespoon fish sauce
2 teaspoons brown sugar

Arlene Normand

Recipe Guide



Fresh coriander leaves, to serve

Method

Spray a large, heavy-based saucepan with oil. Heat over medium-low heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add ginger and curry paste. Cook, stirring, for 1 minute or until fragrant. Add sweet potato, lentils, stock and 2 cups cold water. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 15 to 20 minutes or until potato and lentils are soft. Set aside for 5 minutes to cool. Process until smooth.

Return mixture to pan over low heat. Add lime juice, fish sauce and sugar. Cook, stirring, for 5 minutes or until heated through. Serve topped with coriander.

Tofu and Vegetable Stir Fry

350g cauliflower, chopped

1 bunch asparagus, sliced

¼ cup olive oil

1-tablespoon fresh thyme

corns

375g packed firm tofu, cubed

250g button mushrooms, sliced

1 vegetable stock cube

1-cup water

350g broccoli, chopped

350g green beans, sliced

2 cloves garlic, crushed

1 teaspoon cracked black pepper

2 medium onions, sliced

½ cup white wine

3 teaspoons cornflour

¼ cup grated Parmesan cheese

Add cauliflower, broccoli, asparagus, beans and carrots to large pan of boiling water, boil 2 minutes, drain; rinse, drain.

Heat oil in wok or non-stick pan.

Add garlic, thyme, peppercorns and tofu, stir-fry until tofu is lightly browned, and remove.

Add onions and mushrooms to wok, stir-fry until onions are soft.

Add vegetable mixture, wine, crumbled stock cube and blended cornflour and water. Stir until sauce boils and thickens.

Stir in tofu.

Serve sprinkled with cheese.

Serves 4 1 serve = 1 protein

Arlene Normand

Recipe Guide



ROAST PUMPKIN ROCKET SALAD

750g-butternut pumpkin, peeled Cooking oil spray
4 cloves unpeeled garlic Salt pepper to taste
2 bunches asparagus, trimmed, chopped
200g baby rocket leaves

¼ cup shaved Parmesan cheese

1/3 cup bottled no fat dressing

Cut pumpkin into 3cm pieces. Place into a baking dish with garlic. Spray lightly with oil; season with salt and pepper.

Cook in a moderately hot oven, 190oC, for about 35 minutes, gently turning pumpkin over, or until tender and browned.

Microwave asparagus until tender; rinse under cold water, drain well.

Gently toss warm pumpkin with asparagus, rocket and cheese in a large bowl; drizzle with Dressing.

SERVES 8

PUMPKIN SOUP

1 teaspoon oil

1 large onion, coarsely chopped

2 cloves garlic, crushed

1kg Queensland blue pumpkin, peeled,

coarsely chopped

1 litre chicken stock

2 cups water

1/4 teaspoon ground nutmeg

salt and pepper to taste

1/4 cup light sour cream

1 tablespoon chopped fresh chives

1. Heat oil in a large non-stick pan. Add onion and garlic; cook, stirring, until onion is soft. Add pumpkin, stock, water and nutmeg.

Bring to boil; simmer, uncovered, for about 20 minutes or until pumpkin is soft.

2. Blend soup, in batches, until smooth. Return soup to pan. Bring to boil; season with salt and pepper.

3. Serve soup topped with sour cream; garnish with fresh chives.

Serves 4

1 cup = 1 carbohydrate

PUMPKIN SOUP

1 teaspoon oil

1 large onion, coarsely chopped

2 cloves garlic, crushed

1kg Queensland blue pumpkin, peeled, coarsely chopped

1 litre chicken stock

2 cups water

Arlene Normand

Recipe Guide



1/4 teaspoon ground nutmeg

salt and pepper to taste

1/4 cup light sour cream

1 tablespoon chopped fresh chives

1. Heat oil in a large non-stick pan. Add onion and garlic; cook, stirring, until onion is soft. Add pumpkin, stock, water and nutmeg. Bring to boil; simmer, uncovered, for about 20 minutes or until pumpkin is soft.

2. Blend soup, in batches, until smooth. Return soup to pan. Bring to boil; season with salt and pepper.

3. Serve soup topped with sour cream; garnish with fresh chives.

Serves 4

Ricotta and Rocket Cannelloni

2 spring onions, finely chopped

125g ricotta cheese

50g rocket or spinach leaves, blanched and roughly chopped

Fresh ground black pepper, to taste

2 tsp continental chopped

parsley

1 fresh sheet lasagne

1 cup tomato pasta sauce

10g extra rocket for serving

20g shaved parmesan cheese

for serving

Combine spring onions, ricotta and rocket or spinach leaves. Season to taste.

Cut lasagne into four. Cook sheets in a large pot of boiling water for 3 minutes or until tender, then refresh in cold water. Divide ricotta mixture evenly along the longest length of the sheet. Roll up to form a tube. Place in a 30cm x 18cm baking dish.

Pour tomato pasta sauce over cannelloni and bake at 180 degrees for 20 minutes or until heated through. Serve cannelloni topped with rocket and shaved Parmesan.

Serves 2 1 serve = 1 protein, 1 carbohydrate

ROASTED TOMATO CARROT SOUP

6 large ripe tomatoes

2 medium carrots, halved

salt and cracked black pepper to taste

2 teaspoons olive oil

1 large leek, chopped

1 clove garlic, crushed

Arlene Normand Recipe Guide



1/2 teaspoon sweet paprika
stock

1 litre (4-cups) vegetable

1/4 cup shredded fresh basil leaves

1. Quarter tomatoes. Place tomatoes and carrots in a non-stick baking dish. Sprinkle with salt and pepper.
2. Cook in a moderate oven, 180oC, for about 45 minutes or until tomatoes are wrinkled; cool.
3. Heat oil in a large pan; add leek, garlic and paprika, cook stirring for about 5 minutes, or until soft. Add tomatoes, carrots and stock; simmer, covered, for 15 minutes. Cool slightly.
4. Blend soup, in batches, until smooth. Return to pan; stir over heat until hot. Stir in basil.

Serves 4

Sesame Bok Choy

serves 4

2 tsp cornflour

2 Tblsp water

2 Tblsp

hoisin sauce 1 Tblsp oyster sauce

2 tsp soy sauce

2

tsp sesame oil

800g bok choy

1 Tblsp toasted sesame seeds

Blend cornflour with water in small jug. Stir in sauces.

Heat oil in wok or large pan. Stir fry bok choy and seed until bok choy is just tender.

Stir in sauce mixture; stir until mixture boils and thickens.

STIR-FRIED TOFU VEGETABLES

cooking oil spray

1 medium onion, sliced

thinly

200g hokkien noodles

2 cloves garlic,

crushed

350g broccoli, cut into florets

1 red capsicum, sliced

thinly

100g button mushrooms, sliced

120g snow peas, halved

150g bean shoots

200g firm tofu, cut into

cubes

1/3 cup Thai sweet chilli sauce

2 tablespoons honey

Arlene Normand

Recipe Guide



1. Soak noodles in boiling water for 5 minutes; drain.
2. Spray a heated wok or pan with cooking oil; add onion and garlic, stir-fry until soft.
3. Add remaining vegetables; stir-fry for a few minutes or until just softened. Add tofu, blended sauce and honey and noodles, toss until heated through.

Serves 4 1 serve = 1 protein, 2 carbohydrates

SCRAMBLED EGGS WITH TOMATO SALSA AND BACON

4 egg-whites 1/4 cup reduced-fat milk
1 tablespoon chopped fresh chives 2 teaspoons oil
1/3 cup reduced-fat cheese

TOMATO SALSA

1/2 small red onion, finely chopped 2 tomatoes, seeded, finely chopped
1 medium red capsicum, seeded, finely chopped
2 tablespoons chopped fresh parsley 1 tbspoon chopped fresh coriander
salt and pepper to taste

1. Tomato Salsa. Combine all ingredients in a bowl; mix well.
2. Lightly whisk egg whites in a small bowl until combined; whisk in milk and chives.
3. Heat oil in a medium non-stick pan; add egg mixture. Cook, stirring, until just set.
4. Meanwhile, cook bacon in a non-stick pan, on both sides, until browned.
5. Divide scrambled eggs between plates; top with cheese and Tomato Salsa.

Serves 2 1 serve = 1 protein

Vegetable stir-fry

Ingredients (serves 4)

1 Tbs vegetable oil 1 onion, thinly sliced
100g carrots, cut into thin matchsticks 225g Swiss brown mushrooms, sliced
175g baby corn 225g bean sprouts, trimmed
250g baby spinach 1 lime, juiced
1 tbs honey

Stir-fry sauce

150ml teriyaki marinade 85ml soy sauce
3 tbs Worcestershire sauce 2 garlic cloves, crushed

Arlene Normand

Recipe Guide



50g grated ginger

Method

To make the sauce, combine teriyaki marinade, the sauces, garlic and ginger in a bowl and set aside.

Heat oil in a wok over high heat. Add onion and cook for about 30 seconds. Add carrot, mushroom and corn, and stir-fry for 1 minute. Add bean sprouts and baby spinach and continue cooking for about 30 seconds until spinach begins to wilt.

Stir in sauce, lime juice and honey, and cook for long enough to just heat the sauce through.

Vegetarian biryani

Ingredients (serves 6)

1 tablespoon vegetable oil sliced
2 garlic cloves, sliced
6 cardamom pods, bruised
1/4 teaspoon chilli powder
3 cups vegetable stock
200g cauliflower, cut into florets
1/2 cup fresh coriander leaves
1/4 cup low-fat yoghurt

1 serve = 2 carbohydrate

1 brown onion, halved, thinly sliced
1 cinnamon stick
1 1/2 teaspoons ground cumin
2 cups basmati rice
175g baby green beans, trimmed
100g button mushrooms, halved
2 tablespoons flaked almonds, toasted

Method

Heat oil in a large, heavy-based saucepan over medium heat. Cook onion and garlic for 3 to 5 minutes or until onion is soft. Add cinnamon, cardamom, cumin and chilli. Cook for 30 seconds or until fragrant. Add rice. Stir to coat. Add stock, beans, cauliflower and mushrooms. Bring to the boil. Reduce heat to medium-low. Simmer, covered, for 12 minutes or until liquid is absorbed. Remove from heat. Stand, covered, for 10 minutes or until rice is tender. Remove cinnamon stick. Top biryani with coriander and almonds. Serve with yoghurt.

Warm pumpkin & goat's cheese salad (vegetarian)

4 Servings

1 serve = 1 protein 2 carbohydrates

Ingredients

1/2 small jap pumpkin (skin on), cut into thin wedges
100ml olive oil

Arlene Normand

Recipe Guide



1 tablespoon thyme leaves
150g firm goat's cheese, cut into rounds
1 cup panko breadcrumbs
2 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
4 cups baby salad leaves (mesclun)

Method

Step 1

Preheat the oven to 200C.

Step 2

Toss pumpkin with 2 tablespoons of the oil and thyme. Season with salt and freshly ground black pepper. Place on a baking tray and roast for 30 minutes, turning once, until cooked and lightly caramelised. Set aside to cool slightly.

Step 3

Meanwhile, brush the cheese rounds with 1 tablespoon of the remaining olive oil and coat in the breadcrumbs. Place on a separate greased baking tray and chill until just before you're ready to serve the salad.

Step 4

Whisk together the vinegar, mustard and remaining 2 tablespoons of oil. Season to taste with salt and pepper.

Step 5

Place the goat's cheese in the oven for 5-6 minutes until crumbs are golden.

Step 6

Toss the salad leaves and pumpkin in half the vinaigrette and pile onto plates. Add the warmed goat's cheese and drizzle with the remaining vinaigrette.

Wild Rice Salad

Serves 4

1 serve = 1 carbohydrate

250g wild rice

60g peeled pistachio

150g soft dried apricot, soaked in hot water for 5 minutes

1 small bunch of mint, leaves picked

1 small bunch of rocket

3 spring onions, roughly chopped

Zest and juice of 1 lemon

Arlene Normand

Recipe Guide



2 tbsp olive oil
1 large clove of garlic, crushed
Sea salt and freshly ground black pepper

Place the rice in a large pot and cover with water, bring to the boil then reduce the heat and cook for 30-40 minutes, depending on the variety, or until the rice is cooked al dente. Drain and rinse under cold water.

While the rice is cooking, roast the pistachio in a dry pan over a medium heat for 8-10 minutes. Coarsely chop them with a large knife. Drain the apricot and coarsely chop them too.

In a bowl mix the rice, apricots and pistachios. Add the rest of the ingredients, toss well and season with salt and pepper to taste.

Veggie Surprise

1 brown onion diced	2 Tblsp olive oil
2 large potatoes, peeled and diced	2 carrots, diced
2 cloves garlic, crushed	1 cup diced pumpkin
1 cup diced sweet potato	1 zucchini, sliced
1 head of broccoli cut into florets	½ med head of cauliflower roughly cut
2 cups chicken/veg stock	1 bay leaf
2 Tblsp tomato paste	1 tsp oregano
½ cup low fat tasty cheese	2 Tblsp parsley

In a large saucepan cook onion in olive oil for 3-4 minutes until soft. Add remaining ingredients except cheese and parsley. Simmer over low heat for 30-40 minutes, or cook covered in moderate oven (180 degrees) for 45 minutes.

Remove bay leaf, spoon into vegetable serving bowls and top with tasty cheese and chopped parsley.

Serves 4 1 serve = 1 protein, 1 carbohydrate

Moroccan chickpea soup

Ingredients

Arlene Normand

Recipe Guide



2 teaspoons olive oil
1 large carrot, peeled, diced
diced
2 cloves garlic, crushed
seasoning
2 x 400g cans chickpeas, rinsed, drained
tomatoes
2 cups salt-reduced vegetable stock (or chicken stock) and 1 cup water
black pepper, to season
(optional)
coriander leaves, to garnish

1 onion, finely chopped
2 sticks celery, trimmed,
2 teaspoons Moroccan
400g can chopped
low-fat yoghurt, to serve

Instructions

Heat oil in a large heavy-based saucepan over a medium heat. Add onion, carrot and celery. Cook, stirring, for 5-6 minutes or until vegetables are soft. Add garlic and seasoning. Cook for 1 minute.

Add chickpeas, tomatoes and stock. Bring to the boil. Reduce heat to low, partially cover and simmer for 15 minutes. Set aside to cool slightly.

Place half the soup in a blender. Blend until smooth. Return to pan with remaining soup. Place over a medium heat, season with pepper and warm through. Ladle into bowls, top with a dollop of yoghurt (if using) and garnish with coriander.

Serves 4 1 serve = 1 carbohydrate

Pumpkin, Basil and Chilli Stir Fry

1 tsp peanut oil
2 cloves garlic, sliced thinly
thinly
1 kg pumpkin, chopped coarsely
250g sugar snap peas
2 Tbsp soy sauce
4 green onions, sliced thinly
peanuts, halved

1 brown onion, thinly sliced
4 fresh Thai chillies, sliced
1 tsp grated palm sugar
¼ cup vegetable stock
¾ cup loosely packed basil leaves
¼ cup unsalted roasted

Heat oil in a wok and stir-fry brown onion until browned and crisp. Drain on absorbent paper.

Stir fry garlic and chill in wok until fragrant. Add pumpkin and stir fry until browned all over and just tender.

Add peas, sugar, stock and sauce. Stir fry until sauce thickens.

Arlene Normand

Recipe Guide



Remove from heat. Toss basil, green onion and nuts through the stir fry until well combined. Serve topped with fried onion.

Serves 4 1 serve = 1 protein, 1 carbohydrate

RICOTTA FRUIT SALAD

500g chopped fresh pineapple chopped	2 kiwi fruit, peeled,
2 mangoes, peeled, chopped	2 peaches, chopped
2 plums, chopped	1 passionfruit
1 x 250g punnet strawberries, quartered	

RICOTTA TOPPING

200g ricotta cheese	¼ cup icing sugar
½ cup low-fat mango-flavoured yoghurt	1 passionfruit

- 1. Combine pineapple, kiwi fruit, mangoes, peaches, plums and strawberries in a large bowl. Add passionfruit pulp; stir gently. Cover; refrigerate until serving.**
 - 2. RICOTTA TOPPING. Combine ricotta cheese, icing sugar, yoghurt and passionfruit pulp in a bowl; mix well.**
 - 3. Serve fruit salad with Ricotta Topping.**
- SERVES 4.**

Roast Pumpkin and Goat's Cheese Salad

750g peeled pumpkin, diced	Vegetable oil spray
1 Tblsp olive oil	2 large onions, halved and thinly sliced
1 Tblsp brown sugar	2 Tblsp balsamic vinegar
Freshly ground black pepper	1 head butter lettuce
120g fresh goats' cheese crumbled	

Preheat oven to 200 degrees centigrade. Place pumpkin in a roasting dish and spray with vegetable oil spray. Roast for 30 minutes, until soft and golden.

Meanwhile, heat olive oil in a non-stick pan. Cook onion over medium heat for 3-5 minutes. Add brown sugar, balsamic vinegar and pepper. Cook until brown and syrupy. Place lettuce leaves on plate. Top with the pumpkin, caramelised onions and goat's cheese.

Arlene Normand

Recipe Guide



Serve 4

1 serve = 1 protein, 1 carbohydrate.

TOFU AND VEGETABLE STIR FRY

**350 grams cauliflower, chopped
chopped**

**250 grams asparagus, sliced
sliced**

3 medium carrots, sliced

2 cloves garlic crushed

1 teaspoon cracked black pepper

**2 medium onions, sliced
sliced**

½ cup dry white wine

3 teaspoons corn flour

¼ cup grated parmesan cheese

350 grams broccoli,

350 grams green beans,

1 tablespoon olive oil

1 tablespoon fresh thyme

375 grams firm tofu, cubed

250 grams button mushrooms,

1 vegetable stock cube

1 cup water

Add cauliflower, broccoli, asparagus, beans and carrots to large pan of boiling water; boil, uncovered, 2 minutes, drain. Rinse under cold water; drain.

Heat oil in wok or large non-stick pan; stir fry garlic, thyme, pepper, tofu until tofu is browned lightly, remove from pan.

Add onions and mushrooms to same pan; stir-fry until onions are soft. Stir in vegetable mixture, wine, crumbled stock cube and blended cornflour and water; stir over heat until mixture boils and thickens. Stir in tofu; serve sprinkled with cheese.

Serves 4

1 serve = 1 protein

Vegetable Fried Rice

You will need to cook about 1/3 cup long grain rice for this recipe.

1 clove garlic crushed

2 Tbsp water

2 small zucchini chopped finely ½ red capsicum finely chopped

1 cup cooked long grain rice

1 tsp finely grated fresh ginger

1 medium carrot finely chopped

2 Tbsp soy sauce

Arlene Normand

Recipe Guide



3 shallots finely chopped
leaves

2 Tblsp finely chopped fresh coriander

Combine garlic, ginger and the water in wok or large non-stick frying pan; cook over heat until ginger is soft. Add carrot, capsicum and zucchini; cook for 5 minutes. Stir in remaining ingredients; stir over heat until heated through.

Serves 2

1 serve = 1 ½ carbohydrate

VEGETABLES WITH COUSCOUS

1 teaspoon vegetable oil
sliced

6 spring onions, sliced

1 green zucchini, sliced

1 ½ cups couscous

2 tomatoes, seeded, chopped

½ cup plain low-fat yoghurt

150g button mushrooms,

2 cloves garlic, crushed

1 ½ cups vegetable stock

salt and pepper to taste

¼ cup chopped fresh mint

1. Heat oil in a large non-stick pan; add mushrooms, spring onions and garlic, cook, stirring, until mushrooms are soft. Add zucchini, cook, stirring for a further 2 minutes. 2. Stir in stock; bring to boil. Remove from heat. Stir in couscous; stand, covered, for 5 minutes. Season with salt and pepper. Use a fork to gently stir in tomatoes.

3. Serve couscous topped with combined mint and yoghurt.

Serves 4

1 serve = 2 carbohydrates

WARM VEGETABLE SALAD

300g pumpkin, peeled, chopped

1 red capsicum, chopped

1 red onion, cut in wedges

2 medium carrots, chopped

1 small fennel bulb, quartered

3 zucchini, cut in half

DRESSING

1/3 cup balsamic vinegar

¼ cup vegetable stock

salt and pepper to taste

rosemary

1 tablespoon brown sugar

1 tablespoon oil

1 tablespoon chopped fresh

1. Dressing. Combine all ingredients in a bowl; mix well.

2. Place vegetables in a baking dish; pour Dressing over top.

Arlene Normand

Recipe Guide



3. Cook, uncovered, in a moderately hot oven, 190oC, for about 40 minutes, turning vegetables occasionally, or until tender and browned.

Serves 4

1 serve = 1 protein

Watercress soup

Ingredients (serves 6)

100g unsalted butter

1 leek, sliced

chopped

350g watercress, leaves picked
water

300ml buttermilk

1 serve = 1 carbohydrate

1 onion, sliced

500g potatoes peeled,

1L chicken or vegetable stock or

Method

Place the butter in a large saucepan over low heat. When melted, add the onion and leek and cook for 2-3 minutes or until softened. Add the potato, half the watercress and the stock. Increase heat and bring to the boil, then reduce heat to low and simmer for about 20 minutes or until the potato is softened. Cool slightly, then stir the buttermilk and remaining watercress into the soup. Blend in batches until smooth, and season well with salt and pepper. The soup can be reheated gently and served drizzled with a little extra buttermilk, or chilled and garnished with small cubes of ice.

Wok-fried vegetables

Ingredients (serves 4)

2 tsp vegetable oil
grated

1 garlic clove, crushed

100g sugar snap peas, ends trimmed

2 green shallots, ends trimmed, thinly sliced lengthways

1 bunch choy sum, ends trimmed, finely shredded

1/2 baby wombok (Chinese cabbage), finely shredded

1 tbs light soy sauce

2cm-piece fresh ginger, peeled, finely

2 carrots, peeled, cut into batons

125ml (1/2 cup) vegetable stock

Method

Heat the oil in a large wok over high heat until just smoking. Add the ginger and garlic, and stir-fry for 1 minute or until aromatic. Add the carrot and sugar snap peas, and stir-fry for 2 minutes or until sugar snap

Arlene Normand

Recipe Guide



peas are bright green and tender crisp. Add the green shallot, choy sum, wombok, soy sauce and stock, and stir-fry for 1 minute or until choy sum and wombok just wilt. Remove from heat.

Divide vegetable mixture among serving plates. Serve immediately.

ZUCCHINI BEAN SALAD

2 medium zucchini, thinly sliced 2 medium onions, thinly sliced

1 tablespoon salt

1/2 cup spiral macaroni pasta

1/4 cup caster sugar

1/3 cup white vinegar

2 teaspoons mustard seeds

1/2 teaspoon ground turmeric

1 x 420g can four bean mix, rinsed, drained

2 sticks celery, thinly sliced

1 medium red capsicum, thinly sliced

1. Place zucchini and onions in a colander; sprinkle evenly with salt. Cover with a clean dry tea-towel; stand for 2 hours. Rinse vegetables well under cold water; drain well.

2. Meanwhile, add pasta to a large pan of boiling water; boil, uncovered, until tender; drain well.

3. Combine sugar, vinegar, seeds and turmeric in a pan, stir until boiling. Then simmer, uncovered, for 3 minutes.

4. Stir in zucchini and onions, pasta, beans, celery and capsicums; simmer, uncovered, for a further 2 minutes. Pour mixture into a large bowl; refrigerate until serving.

SERVES 4

1 serve = 1 carbohydrate

Vegetarian Casserole

Ingredients

1 Tbsp canola oil

1 onion finely chopped

3 garlic cloves sliced

1 tsp smoked paprika

1/2 tsp cumin

1 Tbsp dried thyme

3 medium carrots sliced

2 medium sticks celery, finely sliced

1 red capsicum

1 yellow capsicum

2 x 400g tins tomatoes or peeled cherry tomatoes

Arlene Normand



Recipe Guide

250 ml vegetable stock cube
2 zucchini sliced thickly
2 sprigs fresh thyme
250g cooked lentils

Method

1. Heat the oil in a large, heavy based pan. Add the onions and cook gently for 5-10 minutes until softened.
2. Add the garlic, spices, dried thyme, carrots, celery and capsicum and cook for 5 minutes.
3. Add the tomatoes, stock, zucchini and fresh thyme and cook for 20-25 minutes.
4. Take out the thyme sprigs. Stir in the lentils and bring back to the simmer. Serve with wild and which basmati rice or quinoa.