



Go for 2&5[®]
FRUIT VEG

Warm Up this Winter with Fruit and Veg!

SIX DELICIOUS QUICK AND EASY RECIPES





Warm up this Winter with some of South Australia's great Winter fruits and vegetables. Hearty vegetable soups, warm vegetable casseroles, pastas, curries, stir fries and delicious baked desserts are at the top of the menu. Or why not try a vegie lasagne? Packed full of vegetables this recipe will definitely boost your intake of veggies and get you on your way to 5 serves of vegetables a day!

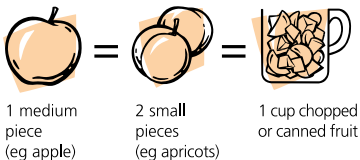
For more tasty recipes visit:

www.gofor2and5.com.au

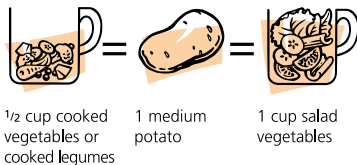
Remember to Go for 2&5® and happy eating!

What's a serve?

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




One serve of VEGETABLES is 75 grams or:




Abbreviations

ml = millilitre (s)

g = gram (s)

 = time

 = fruit and vegie serves per recipe

It's easy to Go for 2&5® everyday!

What's in Season?

Winter Fruit and Veg

June - August

Fruit	June	July	Aug
Apples	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Bananas	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Custard Apples	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Available (SA Grown)
Feijoas	Available (SA Grown)	Available (SA Grown)	Unavailable
Grapefruit	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Honey Dew	Unavailable	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Kiwifruit	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Lemons	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Limes	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Mandarin	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Nashis	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Oranges	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pawpaw	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Papaya	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Passionfruit	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Pears	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pineapple	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Rhubarb	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Starfruit	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Strawberries	Heavy supply (Aust Grown)	Available (SA Grown)	Available (SA Grown)
Tamarillos	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Tangellos	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Watermelon	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)

Key			
Available (SA Grown)	Available (SA Grown)	Heavy supply (Aust Grown)	Available (Aust Grown)

Vegetables	June	July	Aug
Artichokes			
Beans			
Beetroot			
Bok Choy			
Broccoli			
Brussels Sprouts			
Cabbage			
Capsicum			
Carrots			
Cauliflower			
Celeriac			
Celery			
Chokos	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Cucumber			
Fennel	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Horseradish	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Kale	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Leek			
Lettuce			
Marrow			
Mushrooms			
Okra	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Onions	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Parsnip			
Peas			
Potatoes			
Pumpkins			
Radish			
Salsify			
Shallots			
Silverbeet			
Spinach			
Squash	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Swedes	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Sweet Corn	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Sweet Potato	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Taro	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Tomatoes			
Turnips			
Witlof	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Zucchini			

Key

Heavy supply (SA Grown)

Available (SA Grown)


Heavy supply (Aust Grown)

Available (Aust Grown)

Carrot and Parsnip Muffins



Makes 12.

 15 minutes
preparation + 25
minutes cooking

 3

Ingredients:

Olive or canola oil spray

1 cup wholemeal
self-raising flour

$\frac{3}{4}$ cup white self-raising
flour

$\frac{1}{4}$ teaspoon paprika or
curry powder

1 large carrot, peeled
and grated

1 parsnip, peeled and
grated

2 tablespoons grated
Parmesan cheese

2 tablespoons chopped
parsley or basil

2 eggs, beaten

2 tablespoons oil

1 cup low-fat milk

Method: Preheat oven to 190°C. Lightly spray muffin trays with oil. Sift flours into a large bowl, returning husks to the bowl. Add paprika and fold in carrot, parsnip, cheese and herbs. In a separate bowl mix eggs, oil and milk. Pour into the dry ingredients. Lightly combine but do not over-mix. Spoon into a greased 12 - muffin tray and bake for 25 minutes or until golden brown and firm to touch. Cool on a wire rack.

Hint: These muffins freeze well and can be defrosted and microwaved to serve warm.

Serving suggestion: Serve with low-fat cheese such as cottage cheese, quark or labneh.

Hearty Bean and Ham Soup



Serves 6.

⌚ 15 minutes
preparation + 1 hr
15 minutes cooking

🍲 18 serves of vegies
in this recipe

Ingredients:


- 1 kg lean bacon bones
- 5 cups water
- 440g can haricot beans,
rinsed and drained
- 2 carrots, diced
- 2 sticks celery, sliced
- 2 zucchinis, diced
- 440g can tomatoes,
peeled and diced
- 1 tablespoon tomato
paste
- 2 tablespoons fresh
parsley, chopped


Method: Place bacon bones and water in a large pot. Bring to the boil and simmer for 1 hour. Remove bones, strip any lean meat from them and set aside. Skim any visible fat from top of pan with a large flat spoon (or blot with absorbent paper). Add remaining ingredients, except parsley, and return to the boil. Simmer over gentle heat for 15 minutes until soup looks thick and hearty. Return the lean meat and fold through parsley just before serving.

Variation: Use 300g dried beans and prepare according to packet directions. Add soaked dried beans with bacon bones. Replace haricot beans with borlotti or soya beans.

Chicken Burgers

Makes 6.

 15 minutes preparation
+ 5 minutes cooking

 8 serves of vegies in this recipe



Ingredients:

500g chicken mince
100g mushrooms, roughly chopped
1 stick celery, roughly chopped
1 onion, roughly chopped
1 large sprig parsley
1 egg
2 teaspoons reduced-salt soy sauce
½ -1 cup fresh breadcrumbs
A little flour to shape patties
Olive or canola oil spray

To serve


6 wholemeal rolls, cut open and spread with sweet chilli sauce
3 lettuce leaves, shredded
1 tomato, sliced
½ cucumber, sliced


Method: Place mince in a large bowl and process all other ingredients in a food processor until smooth. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture. Divide mixture into six and shape with a little flour to round patties larger than the width of the rolls. Spray a non-stick pan with oil and cook for 4–5 minutes on each side until brown and cooked through. Serve on a roll with lettuce, tomato and cucumber slices.

Alternative: For a beef burger, substitute lean minced beef for chicken.

Variation: Substitute low-fat cottage cheese or labneh for the sweet chilli sauce.

Serves 6.

 15 minutes preparation
+ 2 hours cooking

 18 serves of vegies in
this recipe

Ingredients:

- 1kg chuck or blade steak, cubed
- 2 tablespoons flour
- 2 teaspoons paprika
- 425g can crushed tomatoes
- 2 medium onions, sliced
- 1 clove garlic, crushed
- 2 sticks celery, sliced
- 2 large carrots, thickly sliced
- 1 turnip, cut into large chunks
- 3 medium potatoes, cut into large chunks
- 1 cup red wine or stock



Easy Beef Hotpot

Method: Preheat oven to 180°C. Toss meat, flour and paprika in a plastic bag, tip into a heavy casserole dish.


Add all remaining ingredients and stir to combine. Press a piece of baking paper over the ingredients and cover closely with a lid.


Cook for 2 hours without lifting the lid. Check for seasoning and tenderness, returning to oven if more cooking time is required.

Serving suggestion: Serve with mashed potatoes and steamed green vegetables.

Vegie Lasagne

Serves 6.

 25 minutes preparation
+ 30 minutes cooking

 22 serves of vegies in
this recipe

Ingredients:

500g pumpkin or sweet
potato, peeled and sliced

2 bunches English spinach
or young silver beet,
washed and sliced

500g reduced-fat ricotta

6 spring onions, sliced

½ cup chopped parsley

12 sheets instant lasagne,
softened in hot water

425g jar tomato pasta sauce

Topping

2 eggs

2 tablespoons plain flour

2 cups low-fat milk

Pinch pepper and ground
nutmeg to taste


½ cup grated Parmesan or
Romano cheese




Method: Preheat oven to 180 °C. Steam the pumpkin for 3 minutes, then cool. Plunge spinach into boiling water until wilted and drain well to remove excess liquid. In a large bowl combine ricotta, onion and parsley. Arrange 3 sheets of lasagne on the base of an ovenproof pan (33cm x 23cm). Top with 1/3 each of pumpkin, tomato sauce and spinach ricotta mixture. Repeat twice and top with remaining lasagne sheets. To make topping, break eggs into flour and mix well to remove lumps. Whisk milk, pour into a saucepan and bring to the boil, whisking until smooth and thickened. Add pepper, pour over top of lasagne and sprinkle with cheese. Bake for 30 minutes or until golden brown.

Serving suggestion: Cut into squares and serve with a green salad.

Serves 6.

 15 minutes
preparation + 25
minutes cooking

 7 serves of fruit in
this recipe

Ingredients:

800g can apricots,
drained
1 tablespoon honey
1 teaspoon cinnamon
½ cup dates, chopped
4 sheets filo pastry
(27cm x 47cm)
Olive or canola oil spray
2 tablespoons almonds,
flaked

Apricot Strudel



Method: Preheat oven to 200 °C. Combine apricots, honey, cinnamon and dates in a small bowl. Lightly spray pastry with oil. Lay pastry sheets on top of each other then spoon apricot mixture along the centre length. Fold pastry to encase, tucking neatly into a roll. Spray top with oil and sprinkle with almond flakes. Bake for 20–25 minutes until golden brown and crispy.

Hint: Always choose fruit canned in 'natural' juice or pie apples as these do not have 'added sugar'.

Variation: Canned peaches or apples could replace the apricots.



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An Australian Government, State and Territory health initiative.

For more information visit:

www.gofor2and5.com.au



Government of South Australia
Department of Health

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