

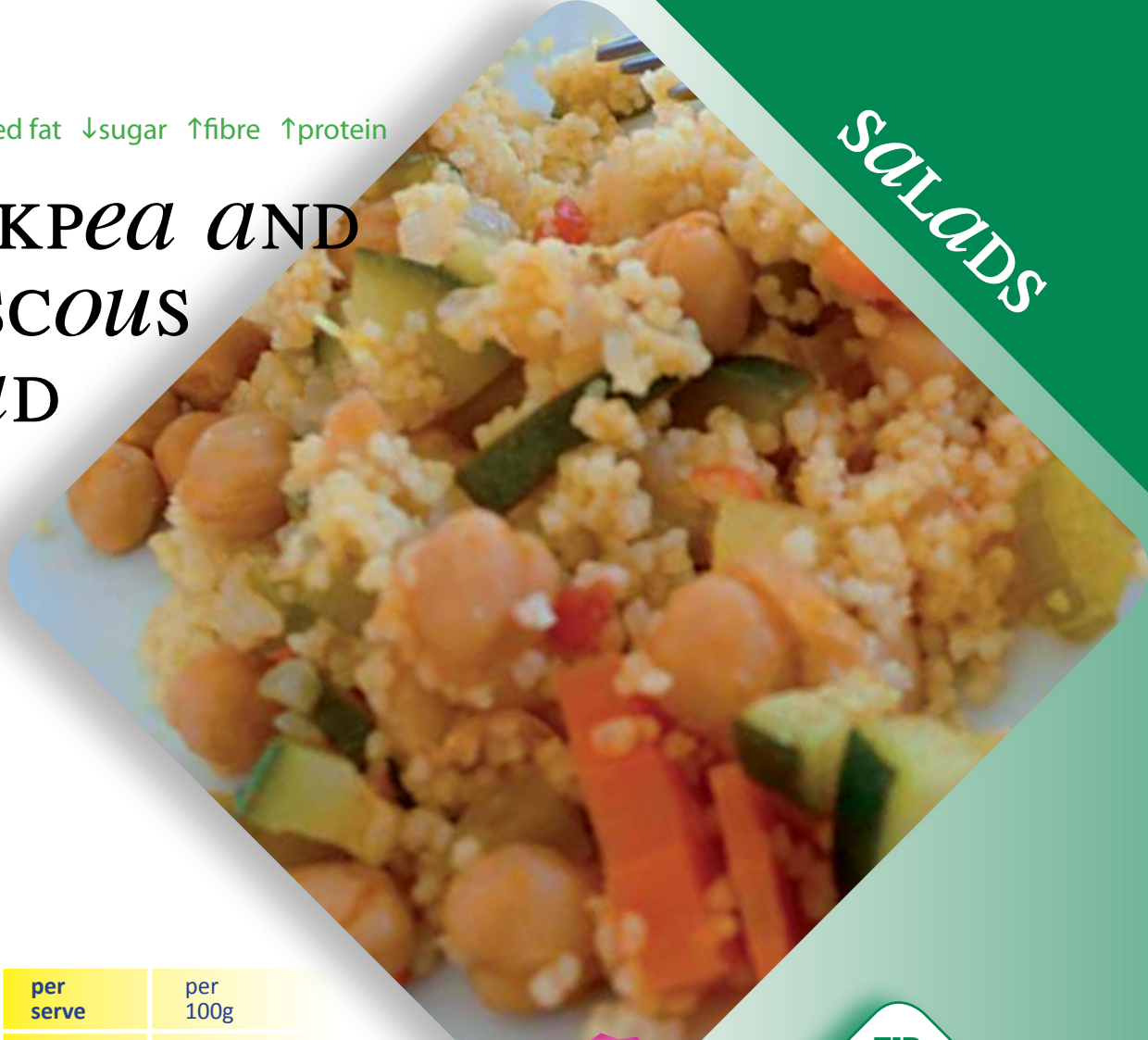
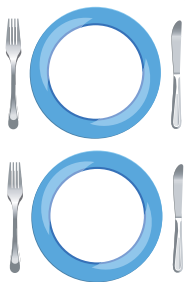
SALADS



↓fat ↓saturated fat ↓sugar ↑fibre ↑protein

CHICKPEA AND COUSCOUS SALAD

SALADS



NUTRITION INFO	per serve	per 100g
Energy	1300 kJ	500 kJ
Protein	13.4g	5.0g
Total fat	3.7g	1.4g
Saturated fat	0.5g	0.2g
Sugar	5.3g	1.0g
Sodium	455mg	170mg
Fibre	6.0g	2.2g



TIP
If reheating on stovetop, stir continuously so the couscous does not stick

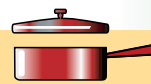
STORAGE:



FREEZING:



REHEATING:



METHOD

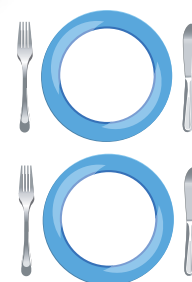
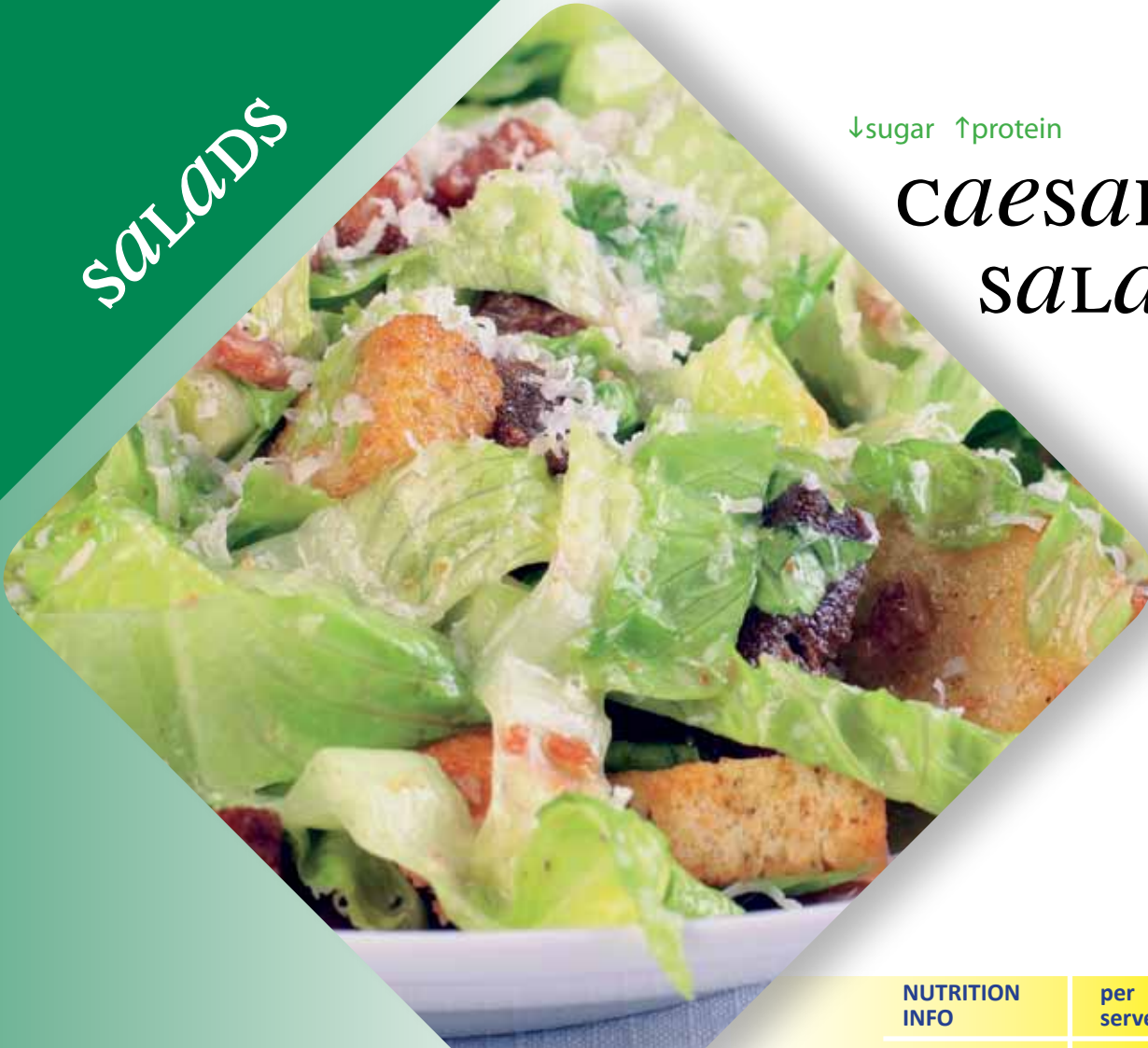
- 1 Into a saucepan add the water, stock cube and parsley, and bring to the boil.
- 2 Remove the saucepan from the heat, add in the couscous and stir.
- 3 Cover the saucepan and allow to stand for 5 minutes, until the couscous has absorbed all liquid.
- 4 The carrot, onion and capsicum can either be sauteed in a fry pan with some oil for 5 minutes, or cooked in a microwave for 4 minutes.
- 5 Combine the vegetables, chickpeas, couscous and lemon in the saucepan and stir.
- 6 Serve hot or cold.

CHICKPEA AND COUSCOUS SALAD INGREDIENTS

- ◆ 100g couscous (uncooked)
- ◆ 1/4 cup carrot (thinly sliced)
- ◆ 1/4 cup onion (chopped)
- ◆ 1/4 cup green capsicum (diced)
- ◆ 200g (can) chickpeas (drained and rinsed)
- ◆ 1/2 cup water
- ◆ 1/2 vegetable stock cube
- ◆ 1/2 teaspoon canola oil
- ◆ 1/2 tablespoon dried parsley
- ◆ 1/2 tablespoon lemon juice (from bottle)




↓sugar ↑protein

Caesar SALAD



G.I.
52
LOW

NUTRITION INFO	per serve	per 100g
Energy	1200 kJ	695 kJ
Protein	14g	8.2g
Total fat	20g	11.5g
Saturated fat	4.0g	2.3g
Sugar	1.0g	0.6g
Sodium	630mg	365mg
Fibre	2.3g	1.4g

STORAGE:  FREEZING:  REHEATING: 

caesar salad

ingredients

- 50g short-cut bacon ◆
(remove fat)
- 1/2 cos lettuce or 1/4 iceberg lettuce ◆
(washed)
- 1 hard-boiled egg (cooled and sliced) ◆
- 1 tablespoon parmesan cheese ◆
- 2 tablespoons low-fat Caesar Salad dressing ◆
- 4 anchovies (optional) ◆
- 2 slices multigrain bread ◆
- 1/2 teaspoon canola oil ◆

METHOD (CROUTONS)

- 1 Toast bread, then remove crusts and cut slices into cubes.
- 2 Heat oil in a fry pan and cook bread cubes until golden.
- 3 Place bread on paper towel to drain excess oil.

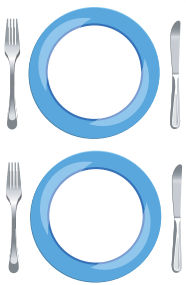
METHOD (SALAD)

- 1 Heat fry pan and cook bacon.
- 2 Place bacon on paper towel to drain oil then cut into cubes.
- 3 Cut lettuce into large chunks and place in a bowl.
- 4 Scatter the sliced egg, bacon, croutons and anchovies (if desired) over the lettuce.
- 5 Add the dressing, then toss the salad and sprinkle the parmesan cheese over the top.

↓fat ↓saturated fat ↓sugar ↓salt ↑fibre

GARDEN BEAN SALAD

V



G.I.
35
LOW

NUTRITION INFO	per serve	per 100g
Energy	450 kJ	134 kJ
Protein	6.0g	1.8g
Total fat	0.5g	0.15g
Saturated fat	<1.0g	<1.0g
Sugar	8.9g	2.7g
Sodium	400mg	120mg
Fibre	7.0g	2.1g

TIP
Add 100g of
canned tuna in
springwater for
more protein
content

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Cut the lettuce into large chunks and place into a bowl.
- 2 Add all the other ingredients, then toss the salad and serve.

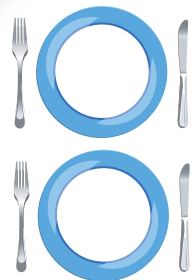
*an easy way to include
LEGUMES in your day!*

GARDEN BEAN SALAD INGREDIENTS

- ◆ 1/4 common lettuce (washed)
- ◆ 2 tomatoes (fresh – cubed)
- ◆ 1/2 carrot (fresh – cut into sticks)
- ◆ 1 celery stalk (sliced)
- ◆ 100g (can) 4-bean-mix (drained and rinsed)
- ◆ 2 tablespoons fat-free salad dressing (eg French or Italian, etc)
- ◆ 2 fresh mushrooms (optional – sliced)

↓fat ↓saturated fat ↓sugar ↑fibre

Sweet Rice SALAD



G.I.
68
MID

NUTRITION INFO	per serve	per 100g
Energy	1300 kJ	546 kJ
Protein	7.6g	3.2g
Total fat	1.0g	0.5g
Saturated fat	0.1g	<0.1g
Sugar	11.5g	4.8g
Sodium	316mg	130mg
Fibre	5.2g	2.1g

STORAGE:



FREEZING:



REHEATING:



Sweet rice salad ingredients

- 1+1/2 cups **cold** cooked rice ♦
(approx. 1/2 cup uncooked – see p 60)
- 1/2 red capsicum (diced) ♦
- 1/4 red onion (chopped) ♦
- 100g (can) pineapple pieces ♦
(drained and chopped)
- 150g (can) corn kernels (drained) ♦
- 1/4 cup peas (frozen or can) ♦
- pepper to taste ♦
- 1 tablespoon fat-free salad dressing ♦
(eg French or Italian, etc)

METHOD

- 1 Into a mixing bowl place all the ingredients then toss well.
- 2 Refrigerate for 1 hour before serving.

*GREAT FOR MAKING use
OF LEFT-OVER rice!*

↓fat ↓saturated fat ↓sugar ↓salt

POTATO SALAD

V



SALADS

NUTRITION INFO	per serve	per 100g
Energy	540 kJ	330 kJ
Protein	4.0g	2.5g
Total fat	3.0g	1.9g
Saturated fat	0.6g	0.4g
Sugar	5.5g	3.4g
Sodium	180mg	112mg
Fibre	3.8g	2.4g

G.I.
68
MID

TIP
Add 100g of diced ham for more protein content after veggies cooled

STORAGE:



FREEZING:



REHEATING:



METHOD

- 1 Cook potatoes in boiling water until tender.
- 2 Add peas and cook for 2 minutes (frozen) or for 1 minute (canned).
- 3 Remove from heat and drain.
- 4 To the bowl of potatoes and peas add the carrot and then place in refrigerator.
- 4 In a separate bowl, combine mayonnaise, mustard, pepper and onion and mix well.
- 5 Gently mix the mayonnaise mixture with the cooled vegetables and serve.

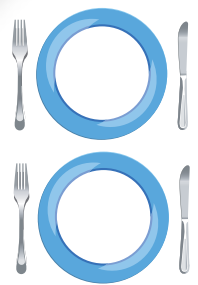
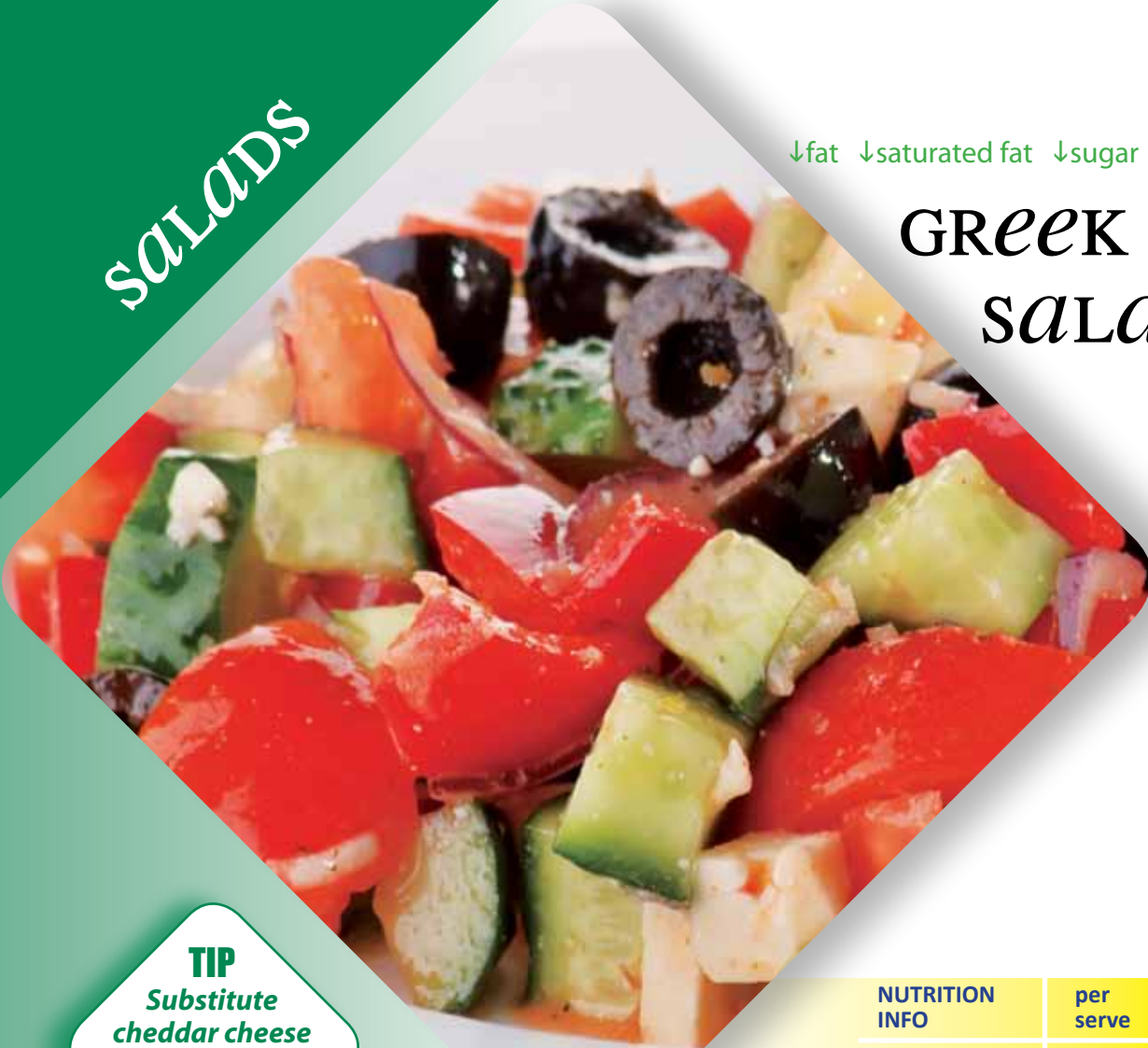
POTATO SALAD INGREDIENTS

- ◆ 2 potatoes (peeled and cubed)
- ◆ 1 medium carrot (grated)
- ◆ 1/4 cup peas (frozen or canned)
- ◆ 1/4 onion (finely chopped)
- ◆ 3 tablespoons low-fat mayonnaise
- ◆ 1/2 teaspoon wholegrain mustard (optional)
- ◆ pepper to taste

**REFRIGERATE OVERNIGHT
FOR BEST RESULTS!**

↓fat ↓saturated fat ↓sugar ↑fibre ↑protein

GREEK SALAD



TIP
Substitute cheddar cheese for feta if you prefer the taste

G.I. LOW

NUTRITION INFO	per serve	per 100g
Energy	960 kJ	220 kJ
Protein	19.3g	4.4g
Total fat	9.7g	2.2g
Saturated fat	5.9g	1.3g
Sugar	13g	3.0g
Sodium	1070mg	245mg
Fibre	4.3g	1.0g

STORAGE: 

FREEZING: 

REHEATING: 

GREEK SALAD

INGREDIENTS

- 1/4 common (iceberg) lettuce ◆
- 1/2 small red onion (finely chopped) ◆
- 1/4 red capsicum (chopped) ◆
- 1/2 small cucumber (cubed) ◆
- 2 tomatoes (cubed) ◆
- 10 black olives (pitted) ◆
- 125g skim milk feta cheese (cubed) ◆
- 2 tablespoons fat-free Greek salad dressing ◆

METHOD

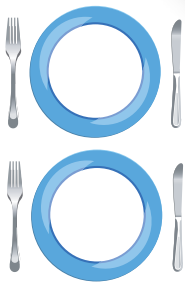
- 1 Wash lettuce, cut into chunks and place in a bowl.
- 2 Add all remaining ingredients and toss well.
- 3 Pour dressing over the salad, toss again, and serve.

TIP
Add 100g of canned tuna in springwater for more protein content

↓fat ↓saturated fat ↓sugar ↑fibre ↑protein

BABY SPINACH, CHICKEN AND CHICKPEA SALAD

SALADS



NUTRITION INFO	per serve	per 100g
Energy	1400 kJ	455 kJ
Protein	26g	8.5g
Total fat	19.5g	6.4g
Saturated fat	4.0g	1.2g
Sugar	7.0g	1.1g
Sodium	385mg	125mg
Fibre	6.4g	2.1g

G.I.
37
LOW

TIP
Substitute
200g of firm tofu
for chicken for a
vegetarian
option

STORAGE:



FREEZING:



REHEATING:



BABY SPINACH, CHICKEN AND CHICKPEA SALAD INGREDIENTS

METHOD

- 1 Remove skin and all visible fat from chicken, then cut into chunks. For the vegetarian option, cut the firm tofu into cubes.
- 2 Place the chicken or tofu in a bowl with oil, garlic and parsley and refrigerate for 20 minutes.
- 3 Return the chicken – or tofu – to a fry pan over medium heat and stirfry until golden.
- 4 Into a large bowl add the baby spinach, chickpeas and grated carrot, and toss well.
- 5 Remove the chicken or tofu from the fry pan and mix into the salad bowl.
- 6 Add dressing and toss well, top with sprinkle of parmesan cheese, and serve.

- ◆ 200g chicken thigh (or firm tofu)
- ◆ 1 teaspoon canola oil
- ◆ 1 teaspoon dried parsley
- ◆ 200g baby spinach (washed)
- ◆ 100g (can) chickpeas (drained and rinsed)
- ◆ 1/2 cup carrot (grated)
- ◆ 1 teaspoon minced garlic (from jar)
- ◆ 1 tablespoon parmesan cheese (packet)
- ◆ 1 tablespoon fat-free salad dressing (eg French or Italian, etc)
- ◆ canola oil cooking spray