

# Diabetic



## Mini Mediterranean Pies

These delightful filo pastry cases are filled with a tangy tomato and vegetable mixture.

PREPARATION: **20mins** COOKING: **20mins** MAKES: **12**

### Ingredients:

- 1-2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 1 small red chilli, finely chopped
- 1 zucchini, finely sliced
- 1 small eggplant, cut into chunks
- 1 carrot, cut into chunks
- 1 red capsicum, roughly chopped
- 300g can butter beans, rinsed and drained
- 220g jar salsa
- 100ml vegetable stock
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- pepper, to taste
- 3 eggs, lightly beaten
- 8 sheets filo pastry
- 6 slices KRAFT\* Extra Light Singles, quartered



### Method:

1. **HEAT** the oil and saute the onion, garlic and chilli for 2-3 minutes. Add the vegetables, beans, salsa, stock, tomato paste, cumin and pepper. Simmer for 6-8 minutes. Cool. Stir beaten egg through the vegetable mixture.
2. **SPLIT** filo pastry into two stacks of 4 sheets. Spray every second layer with olive oil. Cut each stack into six squares of pastry.
3. **PRESS** each square into a one-cup capacity muffin pan, spoon in the vegetable filling. On top, place two quarters of the cheese slices. Bake in a moderate oven at 180°C for 15 - 20 minutes or until golden brown. Serve hot or cold, with a green salad.

## Philly Tomato Toasts

A delicious bruchetta style snack.

PREPARATION: **15mins** COOKING: **10mins** MAKES: **6**

### Ingredients:

- 6 slices light rye ciabatta
- 125g KRAFT PHILADELPHIA\* Light Spreadable Cream Cheese
- 2 large ripe tomatoes, chopped
- ¼ cup chopped basil
- 1 tablespoon chopped parsley
- 2 teaspoons olive oil
- Black pepper to taste

### Method:

1. **TOAST** bread on both sides until golden. Spread bread with the Philly\*.
2. **COMBINE** the tomato, herbs, oil and seasonings, spoon onto the toast and garnish with extra basil.



### Handy Hint:

The best way to soften PHILADELPHIA\* block is to allow it to stand for 1 hour at room temperature or remove Philly\* from foil, cut into chunks and microwave.

## Chicken and Mushroom Risotto

A deliciously tasty dish.

PREPARATION: **10mins** COOKING: **15mins** SERVES: **6**

### Ingredients:

- 1-2 tablespoons olive oil
- 375g chicken strips, trimmed of all visible fat
- 1 leek, sliced
- 1 clove garlic, finely chopped
- 300g basmati rice
- 150ml white wine
- 3-4 cups boiling salt reduced vegetable stock
- 250g button mushrooms, chopped
- 60g baby spinach
- 1 teaspoon grated lemon rind
- 125g PHILADELPHIA\* Light Spreadable Cream Cheese



### Method:

1. **HEAT** half the oil in a saucepan and brown the chicken strips well, remove. Add the leek and garlic and saute 2-3 minutes, stir in the rice and mix until translucent in appearance.
2. **POUR** in the white wine and stir until liquid is absorbed. Gradually pour in the boiling stock, in small quantities; make sure that the rice grains are absorbing the liquid.
3. **COOK** the rice over a medium heat until almost tender, add the mushrooms, spinach, lemon rind and chicken, and cook until tender. Stir through the Philly\* until well combined. Serve immediately.

## Chicken and Cheese Burritos

A excellent Mexican dish

PREPARATION: **15mins** COOKING: **15mins** SERVES: **4**

### Ingredients:

- 1 tablespoon oil
- 1 onion, chopped
- 500g lean chicken mince
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 300g can red kidney beans, rinsed and drained
- 1 cup tomato salsa
- 2 tablespoons tomato paste
- 4 KRAFT\* Extra Light Singles, halved
- 8 burritos, warmed
- ½ lettuce washed and coarsely shredded
- 2 large ripe tomatoes, chopped
- 1 avocado, sliced



### Method:

1. **HEAT** the oil in a pan, fry the onion and chicken mince until browned, stir through the spices, beans, salsa and tomato paste, simmer 10 minutes or until cooked through.
2. **PLACE** 1 half of the cheese onto each burrito top with the hot chicken then lettuce, tomato and avocado. Roll to enclose the filling and serve immediately.

## Mango and Raspberry Philly\* Melba

An adaption on an old favourite

PREPARATION: **20mins** COOKING: **0mins** SERVES: **4**

### Ingredients:

- 125g PHILADELPHIA\* Light Spreadable Cream Cheese
- 125g No Fat Vanilla Yoghurt (no sugar added)
- Splenda, to taste
- 1 teaspoon grated lemon rind
- 425g can mango slices, drained or 1-2 fresh mango sliced
- 100g fresh or frozen raspberries
- Mint for garnish

### Method:

1. **COMBINE** Philly\*, yoghurt, Splenda and lemon rind. Chill.
2. **ARRANGE** mango slices and raspberries in serving glasses. Top with a dollop of Philly\* and yoghurt mixture.
3. **TOP** with remaining fruit until mixture finishes. Garnish with mint if desired.



## Satay Vegetable Kebabs

Satay is always a favourite with the family.

PREPARATION: **25mins** COOKING: **0mins** SERVES: **4**

### Ingredients:

- 300g firm tofu, cut into chunks
- 16 button mushrooms
- 4 pickling onions, peeled and cut in half
- 1 red capsicum, cut into chunks
- 1 green capsicum, cut into chunks
- Canola spray
  
- Satay Sauce
  
- 2 teaspoons olive oil
- 1 small onion, finely chopped
- 1 garlic, crushed
- ½ teaspoon curry powder
- ¼ - 1/2 teaspoon chilli powder
- ¼ cup KRAFT\* Light Peanut Spread
- 1 teaspoon salt reduced soy sauce
- 1 teaspoon water
- 1 teaspoon lemon juice



### Method:

1. **THREAD** vegetables and tofu evenly onto bamboo skewers to make 8, spray each lightly with canola and place under a grill for approximately 7 – 10 minutes.
2. **HEAT** the oil in a saucepan, Saute the onion, garlic, curry powder, chilli powder for 2 minutes. Stir in the remaining ingredients stir over a low heat until smooth. If sauce becomes a little thick, add a little extra water and stir well.
3. **REMOVE** kebabs from under the grill once cooked. Serve drizzled with Satay Sauce.