

# Healthy Eating

## Savoury



## Low Fat Caesar

Enjoy - without the guilt trip!

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

### Ingredients:

- 6 slices prosciutto
- 3 slices wholegrain bread, crusts removed
- Olive oil spray
- 1 cos lettuce, chopped
- ½ cup KRAFT FREE\* Caesar Dressing
- 9 anchovies (optional), drained on absorbent paper, broken into pieces
- 2 spring onions, finely sliced
- 1 avocado, sliced
- 1 ½ tablespoons KRAFT FREE\* Caesar Dressing
- 30g shaved Parmesan

### Method:

1. **LAY** prosciutto on an oven tray, and bake at 180°C fan-forced for 6-8 minutes until crisp. Remove to absorbent paper, and break into pieces.
2. **CUT** bread into triangular pieces, and lightly spray with olive oil. Bake for 5 minutes until golden and crisp.
3. **TOSS** together the cos and dressing; pile onto a serving platter or plates. Top with prosciutto, croutons, anchovies, spring onions, avocado, extra dressing and Parmesan. Serve immediately.
4. **OPTIONAL:** Serve with a poached egg or lean grilled chicken breast for a more substantial salad.



## Thai Chicken Lettuce Cups

Deliciously light and tasty, these will be a huge hit!

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

### Ingredients:

- 2 teaspoons canola oil
- 500g lean chicken mince
- 2 spring onions, chopped
- 1 clove garlic, crushed
- 2 tablespoons KRAFT\* Light Smooth Peanut Spread
- 1 ½ tablespoons lime juice
- 1 tablespoon fish sauce
- 1 tablespoon sweet chilli sauce
- 6 small iceberg lettuce cups, washed and rinsed
- Extra sweet chilli sauce, to drizzle
- Fresh coriander sprigs, to serve

### Method:

1. **HEAT** oil in a frying pan or wok over medium heat. Add chicken and cook until golden and cooked through. Add spring onions and garlic, cook a further 2-3 minutes.
2. **STIR** in the peanut spread, lime juice, fish sauce and sweet chilli until well combined. Cook a further 2-3 minutes.
3. **SPOON** chicken mixture into lettuce cups, drizzle with extra sweet chilli sauce and garnish with coriander sprigs. Serve immediately.



## Baked Cheesy Cauliflower

A terrific vegetable accompaniment!

PREPARATION: 10mins COOKING: 15mins SERVES: 6

### Ingredients:

- 1 head cauliflower, trimmed of outer leaves and cut into large florets
- 6 slices KRAFT FREE\* Singles, halved diagonally
- 1 cup multigrain breadcrumbs
- 1/2 cup parsley leaves, roughly chopped
- Black pepper

### Method:

1. **STEAM** or boil cauliflower until just tender. Arrange into a baking dish. Top with cheese slices and combined breadcrumbs, parsley and pepper. Bake at 180°C for 10 to 15 minutes until cheese is melted and crumbs are golden.

### Handy Hints:

- **Cauliflower** can be replaced with broccoli or other vegetables of choice.



## Chilli Con Carne

A warming family favourite!

PREPARATION: 10mins COOKING: 20mins SERVES: 4

### Ingredients:

- 1 tablespoon olive oil
- 1 red onion, chopped
- ½ teaspoon ground chilli
- ½ teaspoon ground oregano
- 500g lean beef mince
- 810g can crushed tomatoes
- 420g can red kidney beans, drained and rinsed
- 1 tablespoon tomato paste
- 2 teaspoons Vegemite\*
- Wholemeal pita bread, to serve
- Green salad, to serve

### Method:

1. **HEAT** oil in a large non-stick pan. Sauté the onion for 2-3 minutes until softened, add the spices and cook until fragrant. Increase the heat, then cook the mince for 6-8 minutes, until well browned.
2. **MIX** the tomatoes, beans, paste and Vegemite\* into the meat mixture and simmer a further 10 minutes. Serve with wholemeal pitas and crisp green salad.



## Capsicum and Corn Muffins

A good excuse for brunch!

PREPARATION: 15mins COOKING: 20mins SERVES: 4

### Ingredients:

- 2 ½ cups self-raising flour
- 1 teaspoon baking powder
- ¼ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 1 ¼ cups reduced fat milk
- 1/3 cup canola oil
- 2 eggs
- 270g can sweet corn kernels, drained
- 1 red capsicum, diced
- 1 tablespoon chopped chives
- 125g PHILADELPHIA\* Light Spreadable Cream Cheese
- Sweet chilli sauce, optional



### Method:

1. **SIFT** the flour, baking powder and spices into a large bowl. Combine the milk, oil and eggs. Add to the flour mix with the corn, capsicum and chives. Mix until smooth.
2. **SPOON** into 8 lightly oiled ½ cup capacity muffin pans. Bake at 190°C for 20 minutes. Allow to cool slightly, break open and spread with Philly\* and drizzle with sweet chilli sauce.
3. **Serve** warm or cold.

## Chicken & Pea Risotto

Succulent chicken and green peas, risotto doesn't get much better!

PREPARATION: 15mins COOKING: 40mins SERVES: 6

### Ingredients:

- 1 ½ tablespoons olive oil
- 400g skinless chicken breast fillets
- Freshly ground black pepper, to taste
- 1 onion, finely chopped
- 1 ½ cups arborio rice
- 3 ½ cups reduced-salt chicken stock, heated
- 1 cup fresh or frozen peas
- ½ cup fresh basil leaves, roughly chopped
- ¼ cup KRAFT\* 33% Less Fat Grated Parmesan Cheese
- 2 tablespoons lemon juice



### Method:

1. **LIGHTLY** brush chicken fillets with some of the oil, sprinkle with pepper. Cook in a large, heavy based pan for 5 minutes each side over medium heat, or until just cooked through. Remove and keep warm.
2. **HEAT** remaining oil in the same pan, add onion and cook until softened. Add rice and stir over medium heat for 2-3 minutes. Add 1 cup of the stock and stir until absorbed. Reduce heat to low and add remaining stock, 1 cup at a time, stirring often, until absorbed.
3. **STIR** in peas with the last addition of stock. When rice is tender and all the stock is absorbed, stir in the basil, Parmesan and lemon juice. Serve risotto with sliced chicken and extra Parmesan if desired.