



Recipes

Low-Fat Caesar Salad

Ingredients

- 4 slices sourdough bread
- 4 slices (40g) prosciutto, fat removed
- 1/4 cup (70g) low-fat natural yoghurt
- 1/4 cup (75g) low-fat mayonnaise
- 2 cloves garlic, quartered
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon Dijon mustard
- 1 1/2 tablespoons lemon juice
- 4 baby cos lettuces
- 1/4 cup (20g) finely grated parmesan cheese
- 5 anchovy fillets, drained– if desired

PREPARATION TIME: 20 min

TOTAL COOKING TIME: 5 min

SERVES: 8

Method

1. Preheat oven to moderate (180°C).
2. Remove crusts from bread. Cut bread into 1cm cubes. Place on oven tray and bake, uncovered, for about 5 minutes or until croutons are just toasted lightly.
3. Meanwhile, fry prosciutto, uncovered, stirring, in medium hot dry non-stick frying pan until browned and crisp. Chop coarsely .
4. Blend or process yoghurt, mayonnaise, garlic, anchovy, worcestershire sauce, mustard and juice until almost smooth.
5. Combine croutons, prosciutto, yoghurt mixture, lettuce leaves and cheese. Toss gently to combine.

Nutritional Breakdown

Nutrition Per Serve:

Protein 7g; Fat 4g; Carbohydrate 15g; 130cal.

Serving Suggestions

Add chicken to salad if desired.

Rice Paper Rolls

Ingredients

- Packs of circular rice paper sheets
- 500g tofu, chicken or beef strips
- 1 (200g) red capsicum and 1 (200g) yellow capsicum
- 1 cup snow peas
- 2 carrots
- 1 Continental cucumber
- 2 cups mung bean or alfalfa sprouts
- Shallots
- 1 teaspoon peanut oil
- 2 tablespoons soy sauce
- 1 tablespoon honey
- Sweet chilli or hoi-sin sauce
- Basil leaves

PREPARATION TIME: 20 Min

TOTAL COOKING TIME: 10 Min

SERVES 6 (~6 rolls each person)

Method

1. Place the tofu, beef or chicken strips into honey soy mixture, marinade while preparing other ingredients.
2. Wash and cut the capsicums, carrots, shallots, snow peas and cucumbers into small strips. Place in bowls.
3. In a frying pan or wok, heat the peanut oil and add the tofu, beef or chicken. Stir-fry until cooked.
4. Boil water and place into large dish. Dip the rice paper sheets into the dish until soft. Place onto plates.
5. In the centre of the sheet, place a small amount of each ingredient (vegetable strips, sprouts and basil). Fold one end over to create a sealed end and roll the sheet. Alternatively place all ingredients onto the table and allow people to roll their own.
6. Serve dipped into sweet chilli sauce.

Nutritional Breakdown

Nutrition Per Serve:

Tofu: Protein 14g; Fat 8g; Carbohydrate 20g; 210cal.

Beef/chicken: Protein 22g; Fat 6g; Carbohydrate 20g; 210cal