



Go for 2&5<sup>®</sup>  
FRUIT VEG

# Smart Summer \$pend with Fruit and Veg

SIX DELICIOUS RECIPES





Keep cool this Summer with our refreshing recipes bursting with seasonal produce! They include Asian dishes, fresh salads, BBQ ideas and fruity ice treats. As well as being tasty they are packed full of fruit and vegies and as part of a healthy diet contribute to good health throughout life. Long term benefits include reduced risk of cardiovascular disease, obesity and some cancers.

It's best to go for produce that is in season. It usually provides better value for money and tastes better than produce that is not in season. Choose South Australian grown in-season fruit and vegetables to support our local growers. See the list in the front of this booklet to help with your shopping.

Team a healthy diet with physical activity for the best results for you and your family's health.

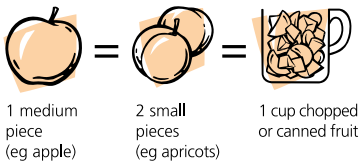
For more tasty recipes visit:

[www.gofor2and5.com.au](http://www.gofor2and5.com.au)

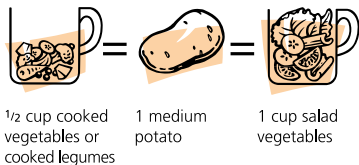
Remember to Go for 2&5® and happy eating!

## 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

Go for 2&5® everyday!

# What's in Season?


FRUIT	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
Apples													
Apricots													
Bananas													
Berries: Blackberries													
Blueberries													
Boysenberries													
Mulberries													
Raspberries													
Strawberries													
Cherries													
Cumquats													
Currants													
Custard Apples													
Dates													
Feijoas													
Figs													
Grapes													
Grapefruit													
Guavas													
Kiwifruit													
Lemons													
Limes													
Lychee													
Mandarin													
Mangoes													
Melons: Honey Dew													
Rockmelon													
Watermelon													
Nashis													
Nectarines													
Oranges													
Pawpaw													
Papaya													
Passionfruit													
Peaches													
Pears													
Persimmons													
Pineapple													
Plums													
Pomegranates													
Rhubarb													
Starfruit													
Tamarillo													
Tangelos													
	SUMMER			AUTUMN			WINTER			SPRING			
KEY	Unavailable	Heavy supply (Aust grown)			Available (Aust grown)			Heavy supply (SA grown)			Available (SA grown)		


VEGETABLES	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
Artichokes													
Asparagus													
Avocados													
Beans													
Beetroot													
Bok Choy													
Broccoli													
Broccoli di Rape													
Broccolini													
Brussels Sprouts													
Cabbages													
Capsicums													
Carrots													
Cauliflowers													
Celeriac													
Celery													
Chicory													
Chillies													
Chockos													
Cucumbers													
Eggplant													
Fennel													
Horseradish													
Kale													
Leeks													
Lettuce													
Lobok													
Marrows													
Mushrooms													
Okra													
Olives													
Onions													
Parsnips													
Peas													
Potatoes													
Pumpkins													
Radish													
Salsify													
Shallot Bulbs													
Shallots													
Silverbeet													
Spinach													
Squash													
Swedes													
Sweet Corn													
Sweet Potatoes													
Taro													
Tomatoes													
Turnips													
Witlof													
Zucchini													
	SUMMER			AUTUMN			WINTER			SPRING			
KEY	Unavailable	Heavy supply (Aust grown)			Available (Aust grown)			Heavy supply (SA grown)			Available (SA grown)		

# BBQ Vegies



Serves 6.

 7 minutes preparation  
+ 10 cooking

 17 serves of vegies in  
this recipe

## Ingredients:

- 1 tablespoon olive oil
- Juice of 1 lemon
- 1 large red onion, cut into wedges
- 3 flat mushrooms, sliced thick
- 3 baby eggplants, halved lengthways
- 3 baby zucchinis, halved lengthways
- 1 red capsicum, seeded and cut into six
- 3 yellow squash, halved
- 3 firm ripe tomatoes, halved
- Olive or canola oil spray


**Method:** Combine oil and juice in a small bowl. Brush vegetables with this mixture. Heat BBQ and lightly spray with oil. Barbecue vegetables until tender (about 10 minutes depending on thickness), turning after 5 minutes.


**Hint:** Leave root end of onion intact to avoid falling apart. If a Barbecue is unavailable use a heavy pan with grill markings on a gas hotplate or place vegetables under a grill on a foil-covered tray, turning after 5 minutes.

# Toasted Tortilla Sandwiches



Serves 2.

 5 minutes preparation  
+ 5 minutes cooking

 7 serves of vegies in  
this recipe

Tortillas are a flat bread made from either corn or wheat.

Tortillas can be warmed in the oven, steamed, grilled, heated in a microwave or toaster or baked in the oven.

## Ingredients:

- 4 small tortillas
- 300g can four bean mix, rinsed and drained
- 1 teaspoon chilli sauce
- 1 small avocado, peeled and sliced

**Method:** Mix beans and chilli sauce together and make sandwiches

of tortillas, beans and avocado slices. Place on a non-stick fry pan to brown. To flatten, place a plate on top and weight it down with a large can. When browned and crisp, turn over. Repeat for next sandwich.

**Hint:** The two types of tortillas, wheat and corn, come in small and large sizes. Choose size according to use.

**Variation:** Cook in a sandwich maker until crisp and brown.


**Serving suggestion:** Serve with a side salad of crisp lettuce, cucumber and tomato.


# Sang Choy Bow

A Chinese entrée of pork mince and vegetables served in crisp lettuce leaves.



Serves 4.

 15 minutes preparation  
+ 5 minutes cooking

 8 serves of vegies in  
this recipe

## Ingredients:

- 1 tablespoon oil
- 500g minced lean pork
- 6 spring onions, sliced
- 2 cloves garlic, crushed
- 1 small piece ginger, peeled and chopped
- 1 stick celery, diced
- 1 medium red capsicum, seeded and diced
- 100g mushrooms, diced
- 1 cup cooked rice
- 1 teaspoon cornflour
- 2 tablespoons reduced-salt soy sauce
- 1 tablespoon fish sauce
- 1 tablespoon chilli sauce
- 1 tablespoon rice wine vinegar or dry sherry
- 1 cup mung bean shoots
- 8 large iceberg lettuce leaves


**Method:** Heat oil in wok or frypan. Cook pork quickly until separate and cooked through, then set aside leaving oil in pan. Place onions, garlic, ginger, celery, capsicum, mushrooms and rice into the hot pan and cook gently, stirring until softened. Return the pork to the pan and mix well. Combine cornflour, sauces and vinegar in a small bowl, add to the pork mixture with the bean shoots and stir through until bean shoots are wilted and mixture has thickened slightly. Place two crisp lettuce leaves on each serving plate and spoon the filling onto each leaf. Serve at once.

**Serving suggestion:** Place leaves on a plate and pork mixture in a bowl and allow diners to fill each leaf with mixture, roll into a parcel and eat with their fingers.



Serves 4

 10 minutes preparation

 10 serves of vegies in this recipe

### Ingredients:

315g can tuna in  
spring water, drained  
300g can cannellini or  
butter beans, drained  
1 tomato, chopped  
1 avocado, skin and pip  
removed and chopped

### Dressing:

Juice of ½ lemon  
1 teaspoon grated  
lemon rind  
1 tablespoon chopped  
basil  
2 tablespoons low-fat,  
natural yoghurt  
Freshly ground or  
cracked black pepper, to taste

## Tuna and Avocado Salad



**Method:** In a bowl lightly fold tuna, beans, tomato and avocado. In a small bowl mix all dressing ingredients together and pour over tuna mixture.

**Serving suggestion:** Stuff the mixture into pita bread pockets; serve in a wholemeal roll; or pile on top of a baked jacket potato or toasted Turkish bread.

# Nectarine and Berry Salad

Serves 6.

🕒 5 minutes preparation +  
5 minutes cooking plus 1  
hour to chill

🍷 8 serves of fruit in this  
recipe

## Ingredients:

4 nectarines, sliced and stones  
removed

250g strawberries, washed  
and hulled

¼ cup fresh mint, washed and  
stalks removed

**Method:** Toss fruit and mint  
together. Combine dressing  
ingredients in a small saucepan  
and stir over low heat until  
sugar has dissolved.  
Increase temperature and  
simmer for 5 minutes. Remove  
from heat and cool. Pour  
dressing over fruit and chill.  
Serve cold.


**Variation:** Use canned peaches if nectarines are not in season.


**Serving suggestion:** Serve with reduced-fat vanilla ice cream or yoghurt.



## Fruity Ice Treats

Makes 6 cups.

 5 minutes preparation

 6 serves of fruit in this recipe

6 disposable plastic cups

6 pop sticks

### Ingredients:

1 punnet strawberries,  
hulled and chopped

2 kiwi fruit, peeled and  
chopped

1½ cups orange juice

**Method:** Drop strawberries and kiwi fruit into each disposable cup. Pour orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from cup.



### Tropical:

1 fresh mango, peeled and chopped or 425g can mango

1½ cups orange juice

410g can apricots in natural juice, drained and chopped

Puree mango in a blender and add orange juice. Divide apricots between plastic cups. Pour mango and orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from the cup.

Makes 6 cups.

**Variation:** Substitute your favourite fresh or canned fruits.

**Hint:** Mangoes are in heavy supply in Summer, so it's the best time to buy them.



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An Australian Government, State and Territory health initiative.

For more information visit:

[www.gofor2and5.com.au](http://www.gofor2and5.com.au)



**Government of South Australia**

SA Health

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