



Go for 2&5[®]
FRUIT VEG

Warm Up this Winter with Fruit and Veg!

SIX DELICIOUS QUICK RECIPES





Shake those Winter blues and put the bounce back into your step with these six easy recipes. They taste great, use affordable ingredients and will have you bursting with health and vitality.

So warm up with some of South Australia's great Winter fruits and vegetables. Hearty vegetable soups, warm vegetable casseroles, pasta

and rice dishes and delicious baked desserts are at the top of the menu. Or why not try a veggie lasagne? Packed full of vegetables this recipe will definitely boost your intake of vegies and get you on your way to at least 5 serves of vegetables a day!

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

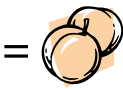
Remember to Go for 2&5® and happy eating!

What's a serve?

One serve of FRUIT is 150 grams of fresh fruit or:



1 medium
piece
(eg apple)



2 small
pieces
(eg apricots)



1 cup chopped
or canned fruit

One serve of VEGETABLES is 75 grams or:



1/2 cup cooked
vegetables or
cooked legumes



1 medium
potato





1 cup salad
vegetables

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													
Tamarillos													
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)		

Orange Loaf



Serves 8.

 20 minutes preparation
+ 35-40 minutes cooking

 5 serves of fruit in this recipe

Ingredients:

Olive or canola oil spray
2 cups self-raising flour
½ cup caster sugar
½ cup sultanas
Rind of 2 oranges, grated
⅔ cup freshly-squeezed orange juice
2 eggs
¼ cup low-fat milk
1 tablespoon margarine, melted

Topping

125g reduced-fat ricotta
Rind of 1 small orange, grated
2 teaspoons freshly-squeezed orange juice

Method: Preheat oven to 180°C. Lightly spray a loaf tin. Combine flour, sugar and sultanas in a mixing bowl. In another bowl mix remaining ingredients. Add wet ingredients to dry, stir and spoon into tin. Bake for 35–40 minutes until cooked and golden. Turn onto wire cooling rack. When cool, spread with ricotta topping. Store in refrigerator.

Topping: Whip ricotta, rind and juice until smooth.

Variation: Replace half the flour with wholemeal self-raising flour and use 1 cup chopped dried apricots instead of sultanas.


Serving suggestion: Serve with freshly sliced citrus fruit as a gourmet breakfast, or spread with a little marmalade and cheese, e.g quark or cottage cheese, for a delicious snack.




Hearty Minestrone Soup

A hearty Italian soup, and a great way to include legumes and pasta.

Serves 6.

 15 minutes preparation
+ 20 minutes cooking

 17 serves of vegies in
this recipe

Ingredients:

- 1 medium brown onion,
chopped
- 1 clove garlic, crushed
- 425g can crushed tomatoes
- 1 carrot, peeled and diced
- 2 sticks celery, sliced
- 1 large parsnip, peeled
and diced
- 1 tablespoon tomato paste
- 1 bay leaf
- 4 cups beef stock
- 2 cups water
- ½ cup small pasta
- 6 Brussels sprouts, finely sliced
or 1 cup sliced cabbage
- 300g can four bean mix, rinsed
and drained

Method: Cook onion and garlic in a large pot with a little water until onion is translucent. Add tomato, carrot, celery, parsnip, tomato paste, bay leaf, beef stock and water. Bring to the boil, add the pasta and simmer for 15 minutes or until tender. Add Brussels sprouts and beans. Cook for a further 5 minutes.

Variation: Substitute lentils or butter beans for the four bean mix. Spinach or peas are tasty alternatives to Brussels sprouts and cabbage.



Fried Rice

Serves 6.

⌚ 10 minutes preparation +
15 minutes cooking (plus
cooking and cooling time
for rice)

🥗 13 serves of vegies in this
recipe

Ingredients:

- 1 cup long grain rice
- 2 eggs, beaten
- Olive or canola oil spray
- 1 teaspoon olive or sesame oil
- 75g lean leg ham, diced
- 1 onion, diced
- 1 red or green capsicum,
seeded and diced
- 2 cups Chinese cabbage,
shredded
- 1 cup green peas, cooked
- 1 cup sweet corn kernels, cooked
- 200g can peeled baby prawns
(optional)
- 1 cup bean shoots
- 2 spring onions, diced
- 3 tablespoons reduced-salt
soy sauce
- 1 tablespoon oyster sauce

Method: Cook rice following packet directions, drain and cool completely. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside. Lightly spray the same pan with oil and cook ham and onion until golden. Add capsicum, cabbage, peas, corn and prawns. Cover and toss well for several minutes. Add remaining ingredients except omelette. Stir until sauce has mixed through. Fold in sliced omelette. Serve hot.

Serves 4.

🕒 25 minutes preparation +
2-2½ hours cooking

🍲 16 serves of vegies in this
recipe

Ingredients:

2 teaspoons olive oil
4 lamb shanks, tipped
Freshly ground or cracked
black pepper, to taste
2 tablespoons plain flour
2 cloves garlic, crushed
1 large onion, sliced
2 turnips, peeled and cut
into chunks
2 parsnips, peeled and cut
into chunks
2 sticks celery, sliced
150g mushrooms, sliced
400g can whole tomatoes
1 $\frac{2}{3}$ cup (400ml) water
 $\frac{1}{2}$ cup red wine (optional)

A few fresh herbs (parsley, thyme, marjoram, oregano) or $\frac{1}{2}$ teaspoon dried Italian herbs

Method: Preheat oven to 160°C. Heat oil in a frypan. Toss lamb with flour and pepper in a plastic bag. Remove lamb, pan-fry until brown on all sides and place in a large casserole dish. Add all vegetables except tomatoes to the pan and cook for 5 minutes, turning constantly until they begin to colour slightly. Tip in remaining seasoned flour from the plastic bag. Add tomatoes and water and stir into vegetables. Add red wine and herbs. Bring to the boil and pour over lamb. Cover closely with a lid and bake in oven for 2-2½ hours until meat is falling off the bones.

Variation: 500g cubed chuck or blade steak may be used instead of lamb shanks.


Serving suggestion: Serve with steamed, whole or mashed potatoes, broccoli florets and halved Brussels sprouts.


Lamb Shank Casserole

Tipped or Frenched lamb shanks are prepared by detaching the meat from the top of the bone and pushing it down removing the skin and gristle.



Serves 6.

 25 minutes preparation +
30 minutes cooking

 22 serves of vegies in this
recipe

Ingredients:

500g pumpkin or sweet
potato, peeled and sliced
2 bunches English spinach
or young silver beet,
washed and sliced
500g reduced-fat ricotta
6 spring onions, sliced
½ cup chopped parsley
12 sheets instant lasagne,
softened in hot water
425g jar tomato pasta sauce

Topping

2 eggs
2 tablespoons plain flour
2 cups low-fat milk
Pinch pepper and ground
nutmeg to taste
½ cup grated Parmesan or Romano cheese

Method: Preheat oven to 180 °C. Steam the pumpkin for 3 minutes, then cool. Plunge spinach into boiling water until wilted and drain well to remove excess liquid. In a large bowl combine ricotta, onion and parsley. Arrange 3 sheets of lasagne on the base of an ovenproof pan (33cm x 23cm). Top with ⅓ each of pumpkin, tomato sauce and spinach ricotta mixture. Repeat twice and top with remaining lasagne sheets. To make topping, break eggs into flour and mix well to remove lumps. Whisk milk, pour into a saucepan and bring to the boil, whisking until smooth and thickened. Add pepper, pour over top of lasagne and sprinkle with cheese. Bake for 30 minutes or until golden brown.

Serving suggestion: Cut into squares and serve with a green salad.

Vegie Lasagne



Serves 6.

🕒 20 minutes preparation
+ 20-30 minutes
cooking

🍏 7 serves of fruit in this
recipe

Ingredients:

4 pears peeled, cored
and diced
2 cups rhubarb (4 stalks),
diced
2 tablespoons sugar
2 tablespoons water

Crumble

2 tablespoons honey
2 teaspoons margarine
1½ cups untoasted muesli
½ cup plain flour

Method: Preheat oven
to 180°C. Place pears,
rhubarb, sugar and water in
a saucepan, cover and cook
for 8-10 minutes until softened.

Spoon fruit into an ovenproof dish. Combine honey and margarine in a small bowl and microwave on HIGH (100%) for 20 seconds.

In a separate bowl, combine muesli and flour. Stir in honey mixture, mixing until the crumble resembles coarse breadcrumbs. Spread over fruit and bake for 20-30 minutes until golden. Serve hot.

Variation: Substitute nashi fruit or apples for pears.

Rhubarb and Pear Crumble





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An Australian Government, State and Territory health initiative.

For more information visit:

www.gofor2and5.com.au



Government of South Australia

SA Health

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