

RECIPE BOOK



HEALTHY LIVING LADIES TALK

18 May 2013

Menu

Item	Details
Sandwiches	Chicken and walnut
	Cucumber and lettuce
	Cheese and cherry tomato
	Salmon
	Cold meat
Muffins	Carrot
	Date
Scones	Plain (wholemeal)
Dips	Eggplant
	Beetroot
	Olive
	Yogurt
Vegies to go with dip	Carrot
	Celery
	Cucumber
	Crackers
Chicken Squares	
Tuna Bake	
Bowl of grapes	

Date Muffins

Ingredients:

1 cups walnuts/pecans/almonds
2 cups all bran flakes
½ cup oil
1 ½ cups flour (brown/white)
2 tsp bi-carb
2 cups dates
1 cup nutty wheat/ Weet – bix
2 eggs
2 cups milk
1 tsp vanilla essence (optional)
Pinch of salt

Method:

1. Mix all ingredients together.
2. Bake at 180 degrees Celsius for 15-20 mins.

Carrot Muffins

Ingredients

A.

2 ½ cups plain flour
1 ½ tsp bicarbonate of soda
1 tsp salt
2 tsp baking powder
3 tsp cinnamon

B.

1 ½ cups sugar
1 ½ cups oil
4 eggs

C.

2 cups grated carrot
½ a cup pecan nuts
250g pineapple drained and crushed

Method:

1. Beat B well, add C to B. Then add A.
2. Bake at 180 degrees Celsius for 45mins until browned.

Topping

3. 125g butter + 250g cream cheese + 500g icing sugar beat well.

Scones

Ingredients:

4 cups (500g) self-raising flour

1 ¼ cup (300mls) fresh cream

1 cup (250mls) soda water

Method:

1. Preheat the oven to 220 deg.
2. Line a baking tray with baking paper.
3. Sift the flour into a bowl, make a well in the centre, and pour in cream and soda water.
4. Mix to make a firm dough.
5. Roll the dough out and cut with a scone cutter.
6. Arrange closely on a baking tray and bake until golden brown, about 12 minutes.
7. Optional: add some tasty cheese, fresh herbs or semi-dried tomatoes for a 'savoury scone

Baba Ganoush Dip

Ingredients:

1 large eggplant

1 crushed clove of garlic

¼ cup lemon juice

3 tab tahini

1 tsp salt

3 tsp olive oil

Topping:

2 tab lemon juice

2 tsp olive oil

Method:

1. Preheat oven to 375 degrees and bake eggplant for 30 minutes, or until outside is crisp and inside is soft.
2. Allow to cool for 20 minutes.
3. Cut open eggplant and scoop out the flesh into colander and allow to drain for 10 minutes.
4. Removing the excess liquid helps to eliminate a bitter flavour.
5. Place eggplant flesh in a medium bowl. Add remaining ingredients and mash together. You can also use a food processor and pulse for about 2 minutes.
6. Place in serving bowl and top with lemon juice and olive oil. Add other garnish according to taste.
7. Serve with warm or toasted pita, flatbread or Turkish bread

Garnishing Ideas for Baba Ganoush

Baba Ganoush always has to have olive oil on top for garnish. However you can spice things up a bit by adding crushed red pepper, a dash of cumin, parsley or coriander.

Beetroot Dip:

Ingredients:

1 x 450g can baby beetroot, drained, and coarsely chopped
250g (1 cup) Greek-style yoghurt
2 tbsp fresh lemon juice
1 tsp ground cumin
1 tsp ground coriander
Salt & freshly ground black pepper
Kurrajong Kitchens Lavosh crisps, to serve

Method:

1. Combine ingredients thoroughly in a bowl.
2. Taste and season with salt and pepper.
3. Serve in bowl with Lavosh crisps.

Olive Dip:

Ingredients:

- (8 ounce) package cream cheese, softened
- 1/2 cup reduced-fat sour cream
- 1 (4 1/4 ounce) can chopped black olives
- 1/4 cup finely chopped onion
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper, to taste

Method:

1. Mix everything together until thoroughly blended.
2. Serve or chill until ready to serve.

Tzatziki (Yoghurt dip)

Ingredients:

500g (2 cups) plain Greek-style yoghurt
1 telegraph cucumber, peeled, halved, seeded
1 large garlic clove, crushed
1 tbsp finely chopped fresh chives
2 tbsp olive oil
1 1/2 tbsp fresh lemon juice
Salt, to taste

Method:

1. Place yoghurt in a sieve lined with muslin over a bowl and stand for 5-10 minutes to allow the excess whey to drain away.
2. Place yoghurt in a bowl and discard the whey.
3. Meanwhile, coarsely grate the cucumber and squeeze out excess moisture with your hands.
4. Combine yoghurt, cucumber, garlic, chives, olive oil and lemon juice in a bowl and mix well.
5. Season with salt.
6. Cover and place in fridge for a day before serving to allow flavours to develop.
7. Serve with the warm flat bread, marinated feta and marinated olives garnished with fresh herbs of your choice.

Tuna Bake

Ingredients:

2 tins Tuna, any flavour but I prefer the mustard. (in brine or spring water if you watching your weight remembering to drain out the liquid)	3 eggs
1 green pepper finely diced	5 ml lemon pepper
1 large onion finely diced	½ cup of cheese
¼ cup olive oil	2 tsp ground green chillies
10ml lemon juice	1 tsp garlic flakes
	½ cup milk
	1 cup sifted chana/besan flour
	1 tsp baking powder
	Salt to taste
	Chopped spinach (optional)

Method:

1. Beat together eggs and milk and add remaining ingredients.
2. Set half the mixture in an oven proof casserole dish, layer with the chopped spinach and top with remaining half of the mixture.
3. Sprinkle with slivered almonds, sesame seeds or poppy seeds or a mixture of all of the above, dot with butter and bake at 180 degrees until light brown.
4. Cut into squares and serve hot with a sauce or lemon wedges as an entrée or with salad as a light lunch.

Chicken Squares

Ingredients:

1. 500g chicken fillet, finely cubed
2. 1 tsp ground green chillies
3. 1 tsp salt
4. 1 tsp lemon pepper
5. 2 tab lemon juice
6. 1 tab olive oil
7. 1 ¼ low fat milk
8. 4 slices of brown/light rye bread
9. 2 eggs
10. 2tsp baking powder

Method:

1. Combine milk and beaten eggs and soak bread in this mixture.
2. Braise chicken in olive oil with ingredients 2 to 6, cook over medium heat until chicken is tender and mixture is dry.
3. Combine both the mixtures with a hand beater, beating for approx 30 seconds, lastly add baking powder.
4. Pour mixture into a greased ovenproof dish, or muffin pans, sprinkle with kus kus, sesame seeds and slivered almonds and bake at 180degrees for approx half an hour.
5. Cut into squares and serve warm with chutneys

Sandwiches variations

Using Bread of your choice, fill with any of the below toppings:

1. Cold meat
2. Salmon
3. Cheese and cherry tomato
4. Cucumber and lettuce
5. Chicken and walnut