



Healthy Holiday Meals

The holiday period can be one of overindulgence. Try to keep portions under control and ensure you make half your plate vegies





Spanakopita

A traditional Greek comfort food classic. We've made this healthier by reducing the pastry, incorporating cottage cheese and reducing the oil content.

Serves 4

Estimated cost of recipe \$ 12.50



What you need

- 350gm frozen spinach (cook according to pack instructions)
- 1 Tbsp. olive oil
- 1 x medium onion finely diced
- 1tsp crushed garlic
- Handful parsley leaves (finely chopped)
- 250gm Cottage cheese
- 200gm Reduced fat feta (chopped/crumbled)
- ½ tsp nutmeg
- 2 x eggs
- Pepper
- 5 sheets filo pastry
- Oil spray
- (1tbsp pumpkin seeds) - optional

What you do

1. Preheat oven to 180 degrees C. Lightly oil a 22cm square/round baking dish.
2. Cook spinach via pack instructions. Cool and **drain well** using a sieve/wring moisture with hands.
3. Heat olive oil in a frypan over medium heat. Sauté onion and garlic until soft and lightly browned.
4. In a medium bowl, mix together eggs, cottage cheese, feta & pepper. Stir in spinach, parsley, onion and garlic.
5. Spread spinach and cheese mixture into the dish.
6. One at a time - spray each of the 5 sheets of filo, scrunch and place on top of the pie. Top with pumpkin seeds if desired. The mixture should be completely covered with scrunched-up pastry.
7. Bake in preheated oven for around 30 minutes until filling is cooked and the pastry is golden and crisp. Serve warm.

Nutrition per serve: Energy 1609kj, Carbohydrate 13.25gm, Fat: 20gm, Saturated Fat: 8.5gm Sugars: 3.5gm, Protein: 31gm, Fibre: 7gm

Recipe adapted from www.bite.co.nz/recipe/6578/Spanakopita/



Pea, feta and mint dip

A quick and easy dip sure to impress guests!

Estimated cost of recipe \$4.50

Serves 6 (as a starter) – makes about 1 ¼ cups of dip

What you need

- 1 cup frozen peas (semi thawed)
- 1tsp crushed garlic
- 100gm reduced fat feta
- Zest and juice of a small lemon or lime
- 1.5 Tbsp olive oil
- 1 large handful of mint leaves
- Salt to season (if necessary)
- 1 Tbsp pumpkin seeds – for garnish



What you do

1. Blitz all ingredients in a food processor
2. Transfer into a serving bowl and top with pumpkin seeds
3. Chill for around 1 hr and serve as part of tasting platter e.g. with crackers/breads/chopped vegetables.

Recipe adapted from www.eatori.com/2011/06/pea-feta-and-mint-dip.html

Nutrition per serve: Energy 485kj, Carbohydrate: 2.5 gm, sugars: 1.3gm, Fat: 8gm Saturated fat: 2.3gm Protein: 6.5 gm, Sodium: 209mg, Fibre: 2gm

Beef & lentil burgers

Adding lentils to these patties makes them more economical as well as increasing the fibre content. Perfect for the summer BBQ!

Estimated cost of recipe \$10.00

Makes 8 patties

What you need

- 400gm lean beef mince
- 400gm tin of lentils (drained and rinsed)
- **2 Tbsp tomato sauce**
- 1 egg
- ¼ cup parsley
- ½ medium onion finely chopped
- **¾ cup dried breadcrumbs**
- 1 carrot grated
- Pinch of salt and pepper
- Oil spray



What you do

1. Combine all ingredients
2. Knead mixture until well combined and sticking together
3. Divide mixture into 8 portions, then roll into a ball and flatten
4. Heat oil spray in a non-stick pan
5. Cook burgers on medium heat until well browned and cooked through, finish in oven if required
6. Serve with salad vegetables and a wholegrain burger bun

Recipe adapted from Heartfoundation.co.nz (full of beans cookbook)

Nutrition per pattie: Energy 735kj, Carbohydrate: 11 gm, sugars: 3gm, Fat: 7.8gm Saturated fat: 2.25gm Protein: 14gm, Sodium: 190mg, Fibre: 1.5gm

Bolded foods are high in carbohydrates



Green bean and cranberry salad

A quick and easy salad for the festive season

Estimated cost of recipe \$8

Serves 8 as a side dish

What you need

Dressing

- ¼ cup olive oil
- 1 Tbsp. red wine vinegar or balsamic vinegar
- 1 tsp caster sugar
- 1 tsp crushed garlic

Salad

- 750gm baby frozen beans
- ½ small red onion, thinly sliced
- ½ cup **dried cranberries (reduced sugar)**
- ¼ cup slivered almonds (toasted)



What you do

1. Make dressing: Place oil, vinegar, sugar and garlic in a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine
2. Heat almonds in a hot pan until browned.
3. Bring a saucepan of water to the boil over high heat. Cook beans for 3 minutes or until just tender. Drain. Rinse under cold water. Drain. Pat dry with paper towel. Place in a large bowl. Add onion, cranberries, almonds and dressing. Toss to combine. Serve.

Recipe adapted from taste.com.au/recipes/green-bean-dried-cranberry-salad

Nutrition per serve: Energy 603kj, Carbohydrate: 9.6 gm, Fat: 9.6gm Saturated fat: 1.25gm Protein: 6.5 gm, Sodium: 100mg, Fibre: 4gm

Bolded foods are high in carbohydrates

Christmas Bliss balls

These bliss balls are the perfect treat to give away as gifts or to enjoy on Christmas day. They are really easy to make and the cranberries give them a festive taste and colour.

Estimated cost of recipe \$ 5.50

Makes ~16 balls

What you need

- **½ cup of pitted dates**
- **½ cup dried cranberries (sugar reduced)**
- 2 Tbsp chia seeds
- ½ cup cashew pieces
- 1 Tbsp water
- **¼ cup oats**
- ¼ cup pumpkin seeds
- 4 Tbsp coconut
- 2 Tbsp cocoa



What you do

1. Soak cranberries and dates in boiling water for 5-10mins
2. Blend all dry ingredients together in a food processor
3. Add soaked berries and dates and blend. Add more water if needed and roll into balls. Coat in coconut/seeds/cocoa if desired or leave as is.
4. Keep refrigerated.

Recipe from studiorubix.co.nz

Nutrition per serve: Energy 380kj, Carbohydrate: 8.5gm, Sugar: Fat: 5gm Saturated fat: 5gm Protein: 2.12gm, Sodium: 4mg, Fibre: 6gm

Bolded foods are high in carbohydrates