

Festive & Summer Eats 2022



Mediterranean Chicken Kebabs



From: www.deliciousmeetsheathy.com Prep Time: 00 min
Cook Time: 00 min
Serves: 4 generous serves

Instructions

1:
Mix all the ingredients for the marinade in a bowl. Divide in half and put in two separate bowl. Place the vegetables in a bowl and cover with 1/2 the marinade. Marinade in the fridge for at least 30 minutes. Place the chicken in a second bowl and cover with the other 1/2 of the marinade.; marinate for at least 30 minutes.

2:
If using wooden skewers, while the chicken and veggies are marinating, soak the skewers in water for about 15 minutes (this keeps them from igniting on the grill).

3:
Thread the chicken and peppers and onions on the skewers—about 5—6 pieces chicken and a combo of peppers and onions in between.

4:
If cooking on the BBQ, spray the grates lightly with oil and grill for about 5 minutes on each side, or until the chicken is no longer pink inside.

5:
If baking, preheat the oven to 200. Place chicken skewers on roasting racks over two foil-lined baking sheets and bake for about 10—15 minutes. Turn over once and bake for another 10—15 minutes on the other side, or until they are baked through.

Notes

You can easily swap out the capsicum and onions in this recipe for other vegetables such as courgettes, mushrooms, eggplant or par-boiled new potatoes. To make it meatless, use chunks of firm tofu instead.

Chicken kebabs

- 3 skinless chicken breasts, cut into 1 inch (2.5 cm) cubes
- 2 red, orange or yellow capsicum, cut into 1 inch (2.5 cm) cubes
- 2 green capsicum, cut into 1 inch (2.5 cm) cubes
- 1 red onion, cut into 1—inch (2.5 cm) wedges

Kebab marinade

- 2/3 cup extra virgin olive
- Juice of two lemons
- 6 cloves of garlic, chopped
- 2 teaspoon paprika
- 1 teaspoon thyme
- 2 teaspoon oregano
- 4 teaspoon salt
- 2 teaspoon freshly ground pepper



Festive Kumara Salad



Adapted from: <https://www.recipetineats.com/sweet-potato-salad/>

Serves: 4

Prep Time: 35 min

Cook Time: 25 min

Instructions

1:

Preheat the oven to 200 C. Coat the kumara in olive oil. Sprinkle with salt and pepper. Roast for 20 minutes. Flip, then cook for another 5 minutes on the other side until the edges are crisp.

2:

Place rocket, red onion, and almonds in a bowl. Toss with 2 tbsp dressing.

3:

Place on a platter, then top with the kumara, feta cheese and red onion. Drizzle with more dressing. Serve

Notes

This recipe provides a delicious base for many different variations. Swap out the kumara for roasted beetroot, pumpkin or potato. Try toasted pumpkin seeds, pistachios or walnuts instead of almonds. Swap out dried cranberries for dried blueberries, fresh strawberries or sliced pear.

Ingredients

1 medium (about 400 g) kumara, peeled and cut into 1 cm cubes

1 tbsp olive oil

120 g rocket or baby spinach

1/3 cup chopped roasted almonds

1/4 red onion, thinly sliced

1/4 cup dried cranberries

90 g feta cheese, crumbled

Balsamic vinaigrette dressing or honey mustard dressing
(See next page).

Nutrition per serve (not including the dressing):

Energy 1236 Kj | Carbohydrate 25 g | Protein 11 g
| Saturated fat 3.3 g | Sodium 282 mg



Balsamic Vinaigrette



From: <https://www.langbein.com/recipes/balsamic-vinaigrette>

Prep Time: 5 min

Serves: 10

Instructions

1: Whisk all the ingredients, or shake together in a jar.

Notes

This dressing tastes way better than store bought vinaigrettes and can be used on variety of salads! The dressing will keep in the refrigerator for up to 2 weeks.

Nutrition per serve (10):

Energy 443 KJ | Carbohydrate 0.8g | Protein 0.1 g
| Saturated fat 1.8 g | Sodium 133 mg

Ingredients

1/2 cup olive oil

2 tbsp balsamic vinegar

1 lemon, juice of

1 tsp brown sugar

1 tsp Dijon mustard

1/2 tsp salt

Ground pepper



Honey Mustard Dressing



From: <https://www.langbein.com/recipes/mixed-leaf-salad-with-honey-mustard-dressing>

Prep Time: 5 min

Serves: 8

Instructions

1: Whisk all the ingredients, or shake together in a jar.

Ingredients

1 1/2 tsp mild honey

1 1/2 tsp Dijon mustard

1/4 cup white wine vinegar

1/2 cup extra virgin olive oil

1/2 clove garlic

1 Lemon, juice of

Salt and ground pepper to taste

Nutrition per serve (8):

Energy 575 Kj | Carbohydrate 1.4g | Protein 0.1 g
| Saturated fat 2.2 g | Sodium 160mg



Mango Frozen Yoghurt



Source: <https://healthyrecipesblogs.com/mango-frozen-yogurt/#recipe>

Prep Time: 10minutes

Set Time: 3 hours

Serves: 4

Instructions

1:

Place mango cubes in the food processor or smoothie maker, and process until completely smooth, stopping once to scrape the sides and bottom of the bowl.

2:

Add the yoghurt, sweetener and vanilla and process until combined, stopping once or twice to scrape the sides and bottom of the food processor bowl. The mixture will start out grainy, especially if you use frozen mango. Keep processing, and it will eventually become nice and smooth.

3:

Process for 1 more minute, until light and fluffy. Transfer the mixture into a square 23 cm pan. Cover and freeze for 45 minutes.

4:

Remove the pan from the freezer. Use a rubber spatula to stir the already-frozen edges into the still-soft centre, then mix everything together until smooth.

5:

When the entire mixture is frozen, serve immediately as a soft-serve yoghurt (use chilled bowls), or freeze for 1-2 more hours for a firmer consistency that you can scoop out with an ice cream scoop.

Notes

This is a refreshing and cool dessert in the summer months. If you end up storing the frozen yoghurt for longer than overnight or a couple of days, remove it from the freezer 20 minutes before serving, to allow it to soften. Check out other recipes on this website that use frozen berries as an alternative.

Nutrition per serve (about 1/2 cup):

Energy 423 KJ | Carbohydrate 18 g | Protein 4 g
| 0.6 Saturated fat g | Sodium 44 mg

Ingredients

- 2 cups frozen mango (or 1 large very ripe mango cubed)
- 1 cup low fat, plain Greek yoghurt
- 2—3 teaspoons stevia
- 1 teaspoon vanilla essence



Chocolate Bark with Pistachios & Dried Cranberries



From: Colorado State Univer- Prep Time: 10 min
sity Extension Set Time: 45 min
Servings: 20

Instructions

- 1:
Line the bottom and sides of a baking sheet with parchment paper.
- 2:
Melt the chocolate in a double broiler over hot water. (Alternatively, microwave n low in 30 second bursts.) Stir often with a rubber spatula so it melts evenly (takes about 2 minutes in total).
- 3:
Add the zest, half of the pistachios, and half the cranberries (or cherries) to the chocolate; stir to mix well. Scrape the chocolate onto the pan, spreading it an even thickness 1/4 inch (6 mm) with a rubber spatula. Sprinkle the remaining pistachios and cranberries on top; gently press it into the chocolate with your finger tips. Let cool at room temperature until completely cool and set
- 4:
Place the baking paper on to a large cutting board. Remove the pan and baking paper. Using the top of a sharp knife, score the chocolate lengthwise into 2 to 3 inch chunks.
- 5:
Once the bark has been broken up, store in an airtight container in the refrigerator for up to 2 weeks.

Notes

This recipe is rich in health-promoting antioxidants from the dark chocolate, dried cherries and pistachios and has none of the 'extras' that other holiday sweets have such as biscuits, sweetened condensed milk and/or caramel. You can make the bark anyway you like—using other nuts, dried fruits and chocolates of varying darkness. The darker the chocolate, the more antioxidants it contains.

Remember a little goes a long way so when enjoy in small amounts and savor every bite.

Nutrition per serve (2 pieces):

Energy 308 Kj | Carbohydrate 7.8 g | Protein 1.3 g
| Saturated fat 3.4 g | Sodium 19 mg

Ingredients

250 g (8.3 oz) dark chocolate
> 65% cocoa

1/3 cup (60g) roasted, shelled pistachios,
coarsely chopped

1/3 cup dried cranberries or cherries,
coarsely chopped

1/2 tsp freshly grated orange zest
Name of ingredient

