

HEALTHY RECIPES



YOUR PARTNER IN LIFE STYLE CHANGE!

NEWS "BITES" APRIL 2022

Changing your life style one bite at a time!



OVEN-ROASTED TOMATO AND BASIL SOUP

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 15 ml Olive oil
- 1 onion, peeled and roughly chopped
- 3 cloves garlic, peeled and chopped or 10ml crushed
- Garlic (2t)
- 750g plum tomatoes cut into large chunks
- 1.25ml salt (1/4 t)
- freshly ground black pepper to taste
- 250ml fresh basil (1c or 30g)
- 1 tin whole tomatoes (410g)
- 10ml chicken stock powder (2t), dissolve in 500ml boiling water
- 5-10ml sugar (1-2t)

DIRECTIONS

1. Preheat oven to 200 C.
2. Pour the oil into a baking tray and heat the oven until the oil is thin and runny, but not smoking.
3. Remove from the oven and add the onions, garlic, fresh tomatoes, salt and pepper and toss so that all the vegetables are covered with oil.
4. Roast the vegetables for 20 minutes, tossing from time to time.
5. Pour the vegetables into a blender, together with the basil and tinned tomatoes. Blend until smooth.
6. Pour into saucepan, together with the prepared stock. Heat through on the stovetop. Add the sugar to balance the tartness of the tomatoes.
7. Serve with 1-2 slices of low GI bread and a little of lower fat cheese.

NOTES

Plum tomatoes are less acidic and give a sweeter and richer tomato flavour. If you can't get plum tomatoes, make sure you use ripe, red tomatoes. Canned, diced tomatoes with garlic, basil and organum make this soup especially tasty. This soup can practically be seen as a vegetable soup. Have it in winter with your light meal instead of salad.



CHICKEN PIE WITH FILO PASTRY

SERVINGS: 4

PREPPING & COOKING TIME: 1 HOUR 10 MINUTES

INGREDIENTS

- 2 leeks, trimmed and finely sliced
- 1–2 cloves garlic, finely diced
- 2 carrots, peeled and diced
- 200g mushrooms, quartered
- 500g skinless chicken breast, diced
- 1 teaspoon dried tarragon/thyme
- 400ml chicken stock
- 200ml water
- Freshly ground black pepper, to taste
- 1 tablespoon cornflour, mixed with 2 tablespoons cold water to form a smooth paste
- 1 teaspoon Dijon mustard (optional)
- 2 tablespoons fat-free Greek-style yoghurt
- 4 sheets filo pastry, cut into quarters
- Light cooking oil spray

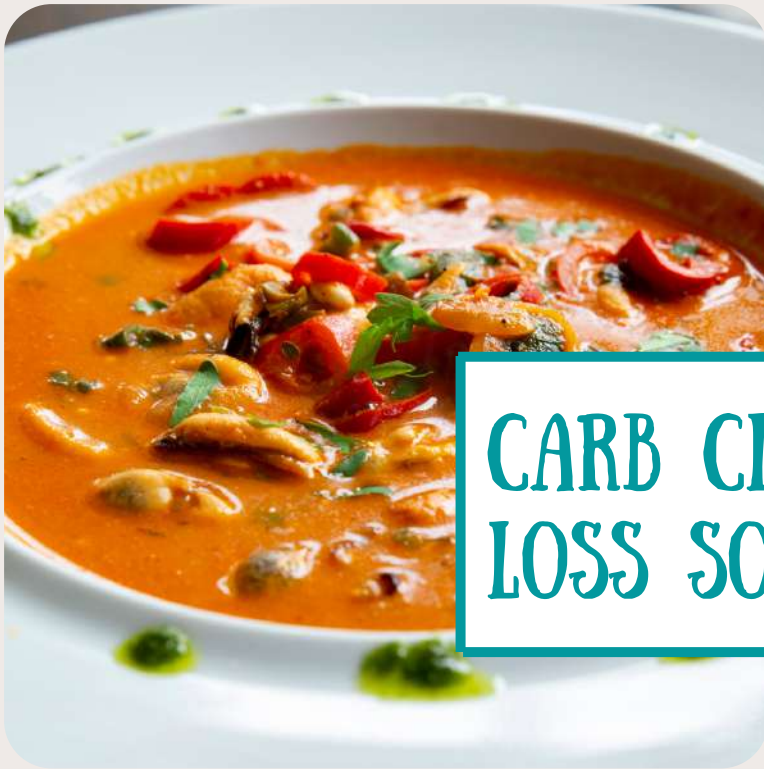
DIRECTIONS

1. Preheat the oven to 190°C/Fan 170°C.
2. Put the leeks, garlic, carrots, mushrooms, chicken, tarragon/thyme, stock, water and black pepper into a large saucepan and cook over a medium heat for about 15 minutes, stirring regularly.
3. Mix in the cornflour paste and cook for a further 4–5 minutes until the sauce has thickened and the chicken pieces have cooked through.
4. Remove from the heat. Stir through the mustard and yoghurt, and transfer into an ovenproof dish.
5. Gently scrunch one quarter of a filo sheet and lightly place on top of the chicken mixture, repeat until the top of the pie is covered.
6. Lightly spray the filo pastry with cooking spray. Bake in the oven for 20 minutes, until the filo pastry is crisp and golden on the edges.
7. Serve with a salad or low carb veggies e.g. green beans, spinach, gem squash

NOTES

Traditional pies are high in calories, many of which are hidden in the pastry.

However, swapping the more traditional crust or flaky pastry top for filo pastry is a really easy way to reduce the calories in your dish but still enjoy the some of the texture and flavour of pastry.



CARB CLEVER WEIGHT LOSS SOUP

PREPPING TIME: 10 MIN COOKING TIME: 25 MIN

INGREDIENTS

- 1 teaspoon olive oil
- small onion, diced
- 2 cloves garlic, crushed
- 4 cups cabbage, chopped (approx. ¼ head)
- 1 cup carrots, diced
- 1 cup green beans, chopped
- 2 whole bell peppers, chopped
- 2 cups cauliflower/broccoli florets
- Two tins (400ml each) diced tomatoes with juice
- 6 cups beef broth
- 2 tablespoons tomato paste
- 2 bay leaves
- ½ teaspoon thyme
- ½ teaspoon basil
- pepper to taste
- 2 cups zucchini, sliced

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion & garlic and cook until slightly softened, about 3 minutes.
2. Add cabbage, carrots, & green beans and cook for an additional 5 minutes.
3. Stir in bell peppers, cauliflower, undrained tomatoes, broth, tomato paste, bay leaves, and seasonings. Simmer 8-10 minutes.
4. Add in zucchini, simmer an additional 5 minutes or until softened.
5. Remove bay leaves before serving.

“HEALTHY EATING IS A WAY OF LIFE,
SO IT’S IMPORTANT TO ESTABLISH ROUTINES THAT ARE
SIMPLE, REALISTICALLY, AND ULTIMATELY LIVABLE.”