

Delicious ways to increase your Vegetable intake

Vietnamese Chicken Mint Salad

Ingredients

Salad

2 large carrots, grated
equal amount of grated green papaya (original recipe uses
bean sprouts)
1 cup of mint leaves
½ cup roasted peanuts
sprig fresh coriander (this is my addition- can be omitted)
2 poached chicken breasts, shredded (or: baked/pan fried
fish, flaked; tofu chunks)

Dressing

3 tbsps fresh lime juice (bottled also works if fresh not
available)
1 tbsp rice wine vinegar
3 tbsp fish sauce (soy sauce as a substitute for vegetarians)
1 tbsp palm or brown sugar
2 cloves garlic, minced (can be omitted)
3 tbsps oil (peanut, light olive, safflower OK)
1-2 teasps sesame oil
3 shallots sliced thinly
finely chopped chili to taste.

Method

- Combine dressing ingredients and let sit for an hour for the flavours to develop
- Toss salad ingredients together
- Pour dressing over just prior to serving

Alternative serving suggestions

Lay all salad ingredients out on a plate in the middle of the table. Each person can choose what they wish to include (some people have peanut allergy, some hate coriander, some are vegetarian), in either

- rice paper wraps (place bowls of hot water on the table for softening)
- lettuce leaves as a wrap



Fassolada (Greek White Bean Soup)

Ingredients

2 tbsps olive oil
6 tomatoes (or a bottle of passata if not available)
2 tbsps tomato paste
1 large onion, chopped
2 large carrots, chopped
2 sticks celery, chopped
1 green capsicum, chopped
4-5 cups water or vege stock
2 cans cannellini beans, drained and rinsed
1 tin sweet corn, drained
salt and pepper to taste
basil pesto and grated parmesan to serve



Method

- Place the tomatoes and the tomato paste in a food processor and whizz until smooth
- In a large saucepan, heat the oil and fry the onion until softened
- add the tomato mixture and fry for a further few minutes
- add water or stock
- add the carrot celery and capsicum, salt and pepper (easy on the salt if you have used stock)
- bring to the boil then simmer till veggies are soft
- add the corn and beans and keep simmering until just heated through(the beans tend to fall apart if simmered for too long)

Serve

Place a tablespoon of basil pesto in each bowl on top of the soup.
Sprinkle with parmesan to taste.

Alternative serving suggestion

Use Moroccan spices (fry them with the onion) and substitute chickpeas for the cannellini beans to make a middle eastern version.

Dairy Free Banana “Ice Cream”

Ingredients

3 frozen overripe bananas, chopped
2 tablespoons peanut butter
1 tablespoon maple syrup



Blend til smooth then freeze.
Too easy, and really yummy.