

Healthy Weight for Life

Free Food Recipes Vol3

Entrées & Side Dishes using Free Foods

Roasted Tomato Soup

- 10 Roma tomatoes, halved
- 1 tablespoon fresh basil, torn
- 1 tablespoon chopped fresh oregano
- olive oil spray
- 2 onions, diced
- 2 cloves garlic, crushed
- ¼ cup tomato paste
- 2 cups salt reduced chicken stock



Preheat oven to 200°C.

Cut tomatoes into halves & place cut side up on an oven tray lined with baking paper.

Lightly spray with oil and sprinkle with basil and oregano.

Bake for 25 minutes, or until tomatoes are soft.

Saute onions and garlic in a large non-stick pan until soft.

Add roasted tomatoes, tomato paste and stock and simmer for 10 minutes.

Puree tomato mixture until smooth.

Reheat and serve.

Warm Asian Salad

- 2 teaspoons sesame or peanut oil
- 1 clove garlic, crushed
- 1 red capsicum, sliced
- 1 bunch baby asparagus, chopped
- 425g canned bamboo shoots
- 6 shallots, sliced thinly
- 2 bunches baby bok choy, washed and chopped
- 1 tablespoon sesame seeds

Dressing

- 1 tablespoon sweet chilli sauce
- 2 teaspoons soy sauce



Heat oil in a wok or a large saucepan, add garlic and sauté for 1 minute.

Add capsicum, asparagus and bamboo shoots and stir-fry for 2 minutes, then add shallots and bok choy and stir-fry for a further 2 minutes or until the bok choy has wilted.

Combine dressing ingredients in a small bowl and toss through warm vegetables.

Sprinkle with sesame seeds and serve.

Prima Health Solutions - PO Box 6011 Frenchs Forest, NSW 2086

Tel: 1800 226 180 Fax: (02) 9454-7700 e-mail: info@primahealth.com.au

Healthy Weight for Life

Free Food Recipes Vol3

Snacks & Side Dishes using Free Foods

Soy & Sesame Mushrooms

- 350 g button mushrooms
- 1 tabs salt reduced soy sauce
- 1 tsp sesame seeds



Preheat oven to 180°C.

Toss mushrooms in soy sauce & sprinkle with sesame seeds.

Spread mushrooms on an oven tray and bake for 10 minutes, turn them over and return them to the oven for a further 15 mins.

Serve warm.

Quick 'n' Easy Salsa

- 1 large tomato, finely diced
- 1 green capsicum, finely diced
- 1 small Spanish onion, finely diced
- 1 teaspoon ground cumin
- 1 tablespoon chopped fresh coriander
- 2 tablespoons lime juice
- Optional – finely diced small red chilli for extra bite!



Combine all ingredients together in a bowl.

Mix well.

Enjoy with vegetable batons as a snack between meals, or as a side dish with a tossed green salad and grilled lean chicken, fish or steak.