

# Healthy Weight for Life

Free Food Winter Warmer Recipes Vol2

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## Entrées or Mains using Free Foods

### **Roasted Italian Style Vegetables**

- 1 medium red onion, cut into thick wedges
- 2 capsicums (any colours), quartered & seeds removed
- 4 medium zucchini, cut into thick strips lengthways
- 3 cloves garlic, slightly crushed with the flat of a knife
- Fresh herbs to taste, marjoram, basil, thyme
- 2 baby fennel bulbs, trimmed & quartered lengthways
- 250g mini Roma or cherry tomatoes
- ¼ cup flat leaf parsley leaves roughly chopped.



Preheat oven to 200°C.

Place garlic, onions, capsicums, zucchini and fennel in a large roasting pan or onto a baking tray.

Spray lightly with olive oil & season with pepper & salt.

Bake for 35 mins, turning once approximately halfway through baking process.

Remove from oven, add tomatoes and roughly toss with other vegetables.

Return to oven and bake for further 10 to 15 mins until tender.

Sprinkle with parsley & serve.

### **Zucchini & Basil Soup**

- 1 kg small zucchini halved lengthways
- 1 medium brown onion, finely chopped
- 2 cloves garlic - crushed
- 1/3 cup roughly chopped basil leaves
- roughly a litre of chicken or vegetable stock

Lightly spray a non-stick fry pan with oil and heat over a medium-high heat.

Cook, stirring occasionally, until onion becomes translucent.

Add the zucchini & garlic and stir fry for approx 10 mins or until zucchini starts to soften.

Transfer to a stock pot or deep saucepan, add the stock and bring mixture to the boil.

Reduce heat to low, cover and simmer for 15 - 20 mins or until zucchini is tender.

Stir in chopped basil leaves.

Blend or puree the soup till smooth and season to taste. Re-heat and serve.

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## **Snacks & Side Dishes using Free Foods**

### **Roasted or BBQ Vegetable Kebabs**

- 2 baby eggplant, sliced
- 1 medium zucchini, sliced
- 1 red capsicum, cut into thick chunks
- 4 yellow squash, quartered
- punnet of cherry or grape tomatoes
- 250g button mushrooms, halved

Soak wooden skewers in water for 30mins to prevent burning  
Thread vegetable pieces onto skewers, starting and ending with mushrooms.  
Brush lightly with olive oil and a little balsamic vinegar.  
Roast in a 200°C oven, or cook on BBQ grill plate turning occasionally, until lightly brown on all sides.  
Serve as a snack or a side dish.

### **Spicy Eggplant Dip**

- 2 large eggplants
- 1 tabs olive oil
- 3 tabs lemon juice
- 2 cloves crushed garlic
- ½ tsp cumin powder



Preheat oven to 200°C.  
Roast whole eggplants on baking tray for approx 30mins until wrinkly & soft.  
Scoop out flesh from eggplants.  
Blend with oil, lemon juice, garlic & cumin in a food processor until smooth.  
Serve as a dip with vegetable batons or as a spread on sandwiches.