

# Healthy Weight for Life

Free Food Recipes Vol 4

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## **Side Dishes using Free Foods**

### **Tri-Colour Coleslaw**

- ¼ green cabbage
- ¼ red Cabbage
- 2 medium carrots, grated
- ½ red capsicum, finely diced
- ½ green capsicum, finely diced
- 2 sticks celery, finely chopped
- ½ spanish onion, finely diced

#### *Optional Dressing*

- 2 tablespoons lemon juice
- 2 tablespoons light olive oil
- ½ teaspoon salt

Combine salad ingredients in a large bowl.  
Mix dressing ingredients and toss through salad.  
Serve as a side dish with lean chicken, fish or pork.



### **Baby Spinach & Balsamic Salad**

- 150g packet of baby spinach leaves
- 250g punnet of cherry tomatoes, halved
- ¼ Spanish onion sliced thinly
- 1½ cups fresh basil leaves
- Fat free balsamic vinaigrette

Toss the baby spinach leaves, tomatoes, onion and basil leaves in a large serving bowl.  
Drizzle sparingly with dressing to taste.  
Serve as a side dish with grilled lamb or chicken.



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## Snacks & Side Dishes using Free Foods (and nearly free foods)

### **Vietnamese Rice Paper Rolls**

- 250g rice or bean vermicelli
- 8 rice paper (spring roll) wrappers
- 1 carrot, peeled and julienned
- 1 punnet bean sprouts
- 1 red capsicum, thinly sliced
- 1/2 head iceberg lettuce, shredded
- 1 bunch vietnamese mint, shredded

### Dipping Sauce (optional)

- 1 tabs sweet chilli sauce
- ½ tabs white vinegar
- ½ tabs fish sauce

Soak vermicelli noodles as per packet directions till soft.

Taking just one at a time, soften rice paper in large shallow bowl of warm water until pliable.

Transfer softened rice paper to a damp tea towel and lay flat.

Lay a small amount of each ingredient on centre of rice paper allowing a margin all around for rolling.

Roll into a parcel and set aside on a plate.

Enjoy on their own (or with dipping sauce) as a snack.



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