

Healthy Weight for Life

“Free Food” Winter Warmer Recipes Vol 1

Entrées or Mains using Free Foods

Ratatouille

- 1 medium eggplant
- 1 red & 1 green capsicum, sliced
- 3 zucchini, cut in 3cm chunks
- 1 large onion and 1 clove crushed garlic, sliced
- Fresh herbs to taste, marjoram, basil, thyme
- 2 large tomatoes, chopped.

Cut eggplant lengthwise into 2 cm thick slices, sprinkle with salt and allow to stand for 20-30 minutes.

Wash off all juices and salt, dry and cut into chunks.

Place all ingredients (except tomatoes) in a pan which will hold them comfortably and simmer gently for 30 minutes, stirring occasionally.

Add tomatoes and freshly ground black pepper.

Simmer gently for a further 15 minutes, uncovered.

Allow to cool and sprinkle with chopped parsley.

Pumpkin Soup

- Half a small size round pumpkin (QLD blue or similar) cubed
- 1 medium onion
- 1 clove garlic - crushed
- 4 stalks of celery - or to your liking
- roughly a litre of water
- parsley
- Black pepper

Finely chop the onion and put in a pot, add garlic and cook on medium until translucent.

Add the pumpkin and black pepper to taste, enough water to just cover the vegetables.

Add the celery and half the parsley and cook till pumpkin is done.

Using a blender, pulp and then add the rest of the parsley (to taste) and serve.



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Snacks & Side Dishes using Free Foods

Roasted Semi-Dried Tomatoes

Add 1 clove crushed garlic to ½ cup of balsamic vinegar and allow to sit for 5 minutes.

Slice 4 Roma tomatoes lengthways into halves.

Place on tray lined with baking paper.

Use a pastry brush to cover tomatoes with balsamic vinegar and garlic mixture.

Sprinkle with liberal amounts of mixed dried herbs or fresh herbs such as basil, oregano, thyme or rosemary.

Place in moderately hot oven (180°C) and bake for 40-50 minutes.

Serve as a side dish or snack with freshly ground black pepper.



Balsamic Garlic Mushrooms

Spray a frypan with olive oil spray.

Stir fry 1 clove of chopped garlic for 1 minute.

Add 2 cups of sliced mushrooms.

Cook for 3 minutes or until mushrooms soften.

Add a liberal splash of balsamic vinegar.

Season with herbs and pepper.

Serve as a side dish or a snack.