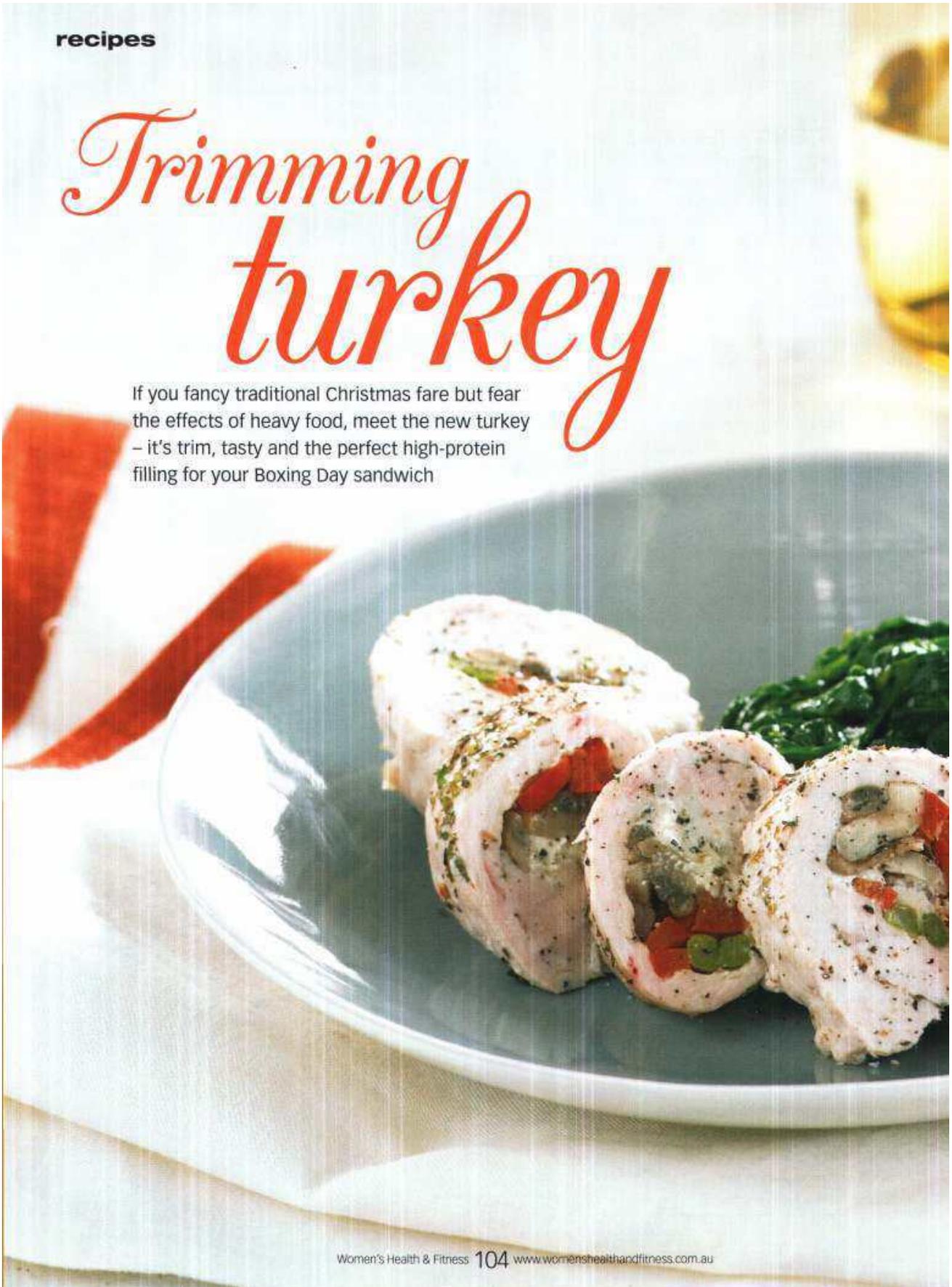


recipes

Trimming turkey

If you fancy traditional Christmas fare but fear the effects of heavy food, meet the new turkey – it's trim, tasty and the perfect high-protein filling for your Boxing Day sandwich





Turkey Involtini

Serves 4

Ingredients

- 600g turkey steaks (or 8 small steaks)*
- Italian dried herbs
- Sea salt and cracked black pepper
- 16 mini asparagus spears
- 1 red capsicum, sliced
- 8 mushrooms, sliced
- 120g low fat goats cheese
- Olive oil spray

Method

Pre-heat the oven to 180°C.

Heat a non-stick pan sprayed with oil and fry the capsicum, mushrooms and asparagus until slightly charred.

Using a meat tenderiser bash the turkey steaks flat and thin. Sprinkle with Italian herbs, sea salt and cracked black pepper.

Layer the asparagus, mushroom slices and capsicum across one end of the turkey steaks and dot with cheese. Roll up and secure with a toothpick. Spritz with olive spray oil.

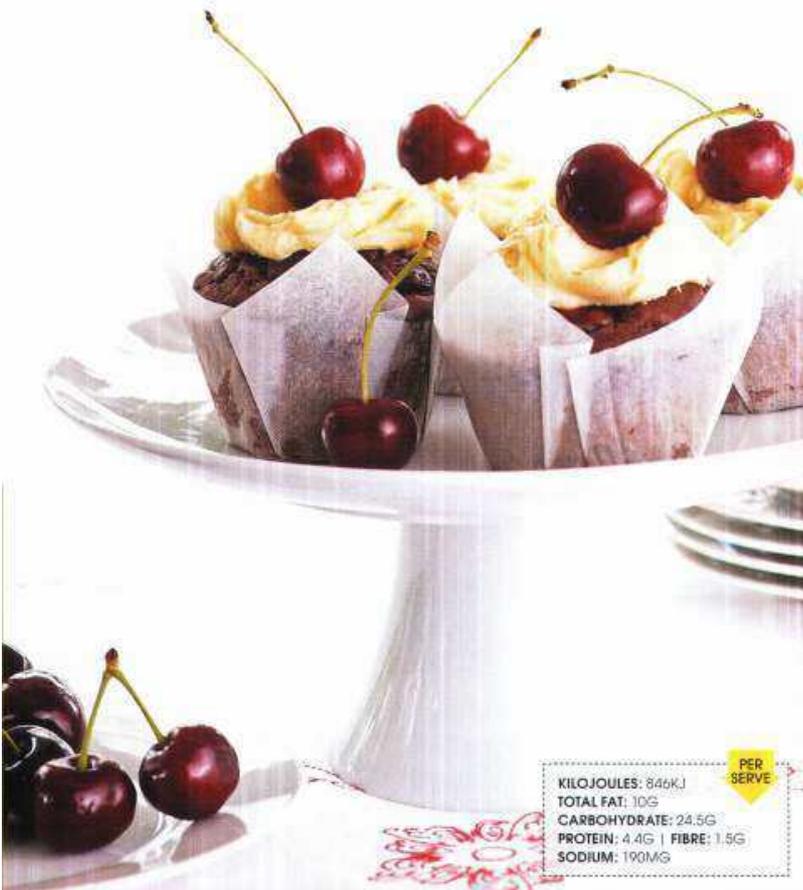
Place the turkey involtini into an ovenproof dish, cover with foil and bake for 30 minutes.

Serve with steamed greens. (For extra protein, try cannellini beans.)

PER SERVE
KILOJOULES: 1,050KJ
TOTAL FAT: 8.4G
CARBOHYDRATES: 3.4G
PROTEIN: 43.4G | FIBRE: 2.2G
SODIUM: 475MG



recipes



PER SERVE
 KILOJOULES: 846KJ
 TOTAL FAT: 10G
 CARBOHYDRATE: 24.5G
 PROTEIN: 4.4G | FIBRE: 1.5G
 SODIUM: 190MG

Black Forest Cupcakes

Serves 18

Ingredients

Cupcake Mixture:

- 125g reduced fat butter or margarine
- 1/2 cup caster/raw sugar
- 1/2 cup plain low fat yoghurt
- 2 eggs
- 2 cups self-raising flour
- 1 tsp baking powder
- 1/3 cup dark cocoa, sifted
- 1/2 cup low fat milk
- 200g pitted cherries, halved

Icing & Decoration

- 235g light cream cheese
- 1 cup icing sugar mixture
- 1 tsp vanilla extract*
- 1 tbsp low fat milk
- 18 whole cherries with stem on

Method:

Preheat oven to 180°C and place 18 cupcake patty casings in a muffin tin.

Place butter and sugar in a bowl and beat together until creamy. Add eggs and beat well until incorporated.

Stir in yoghurt and then gently fold in flour, baking powder, cocoa, cherries and milk until combined.

Spoon mixture into

prepared muffin tin and bake for 40 minutes or until golden and springy.

Remove cupcakes from muffin tin and allow to cool.

Make the icing by combining cream cheese, sugar and vanilla extract, and beating until smooth. Top each cake with a whole cherry to serve. (Dust with extra icing sugar if desired.)

Roast Turkey and Grilled Vegetable Bake

Serves 8

Ingredients

- 6 thick slices of wholemeal bread
- 300g jar/tub grilled vegetables, drained (or make your own)
- 1/2 small red onion, finely sliced
- 200g roast turkey, skin removed, cut into small pieces*
- 1/2 cup torn basil leaves
- 3/4 cup reduced fat mozzarella cheese
- 6 eggs
- 1 1/2 cups low fat milk
- 3/4 cup reduced fat tasty cheese, grated
- Olive oil spray

Method

Preheat oven to 180°C and spray oil into 2l baking dish.

Remove crusts from bread and cut into large 3cm cubes; place into a mixing bowl with grilled vegetables, onion, turkey and half of the basil leaves and mix well.

Spoon the mixture into the baking dish evenly and scatter with the remaining basil leaves and cheese.

Whisk eggs and milk together, seasoning with freshly ground black pepper. Pour over bread mixture and stand for five minutes.

Top with grated cheese and bake for 45 to 50 minutes or until egg is set and bread is golden. Serve hot with a fresh green salad or steamed asparagus.



PER SERVE
 KILOJOULES: 974KJ
 TOTAL FAT: 9.4G
 CARBOHYDRATE: 16G
 PROTEIN: 17.25 | FIBRE: 2.1G
 SODIUM: 398MG



Vanilla, Lychee and Pineapple Slushie

Serves 4

Ingredients

- 300ml lychee juice
- 1.25 litres pineapple juice
- 2 teaspoons vanilla extract*
- Plenty of ice

Method

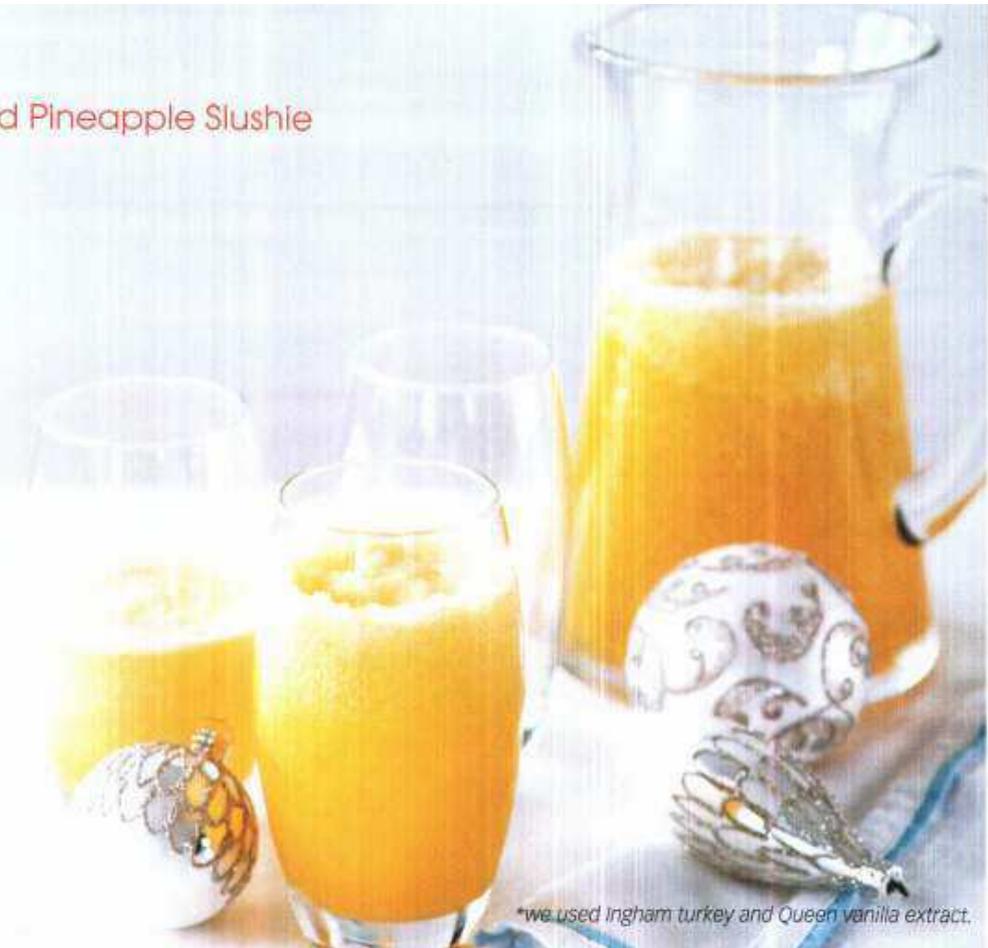
Place four serving glasses in the freezer to chill.

Place the lychee juice, pineapple juice and vanilla extract in a blender. Add plenty of ice and blend until nearly smooth – a slushie consistency.

Pour into a large jug and serve with chilled glasses.

Note: If desired add a drop of yellow food colouring to the slushie while blending. *

	PER SERVE
KILOJOULES:	635KJ
TOTAL FAT:	0.65G
CARBOHYDRATE:	35.5G
PROTEIN:	1.2G FIBRE 0.5G
SODIUM:	36.8MG



*we used Ingham turkey and Queen vanilla extract.