



**Healthy Recipes**  
**For**  
**Breakfast, Lunch & Dinner**

# Breakfast

## For a Healthy Breakfast Try to Include:

- 1 serve fat e.g., butter or oil
- and 2 serves dairy e.g., cheese or yoghurt
- and 1 serve vegetables and/or fruit
- and 2 serves complex carbohydrates

A serve of breakfast carbohydrate food is equal to:

- 1 slice of bread, or,
- 2/3 cup of porridge, cereal flakes e.g. Special K, or
- 1/4 cup of natural muesli, or
- 2 Weet-Bix

Therefore, you can have double this amount for breakfast e.g. 2 slices of bread OR 1 ½ cups of porridge/cereal OR ½ cup of muesli OR 4 weet-bix

By keeping in mind these guidelines for breakfast you can modify most recipes to be a healthy balanced meal which gives you flexibility and variation.

You may need to reduce the complex carbohydrate serve size if you are having milk and fruit with your breakfast (as these both contain carbohydrates as well), or if you are having a protein-rich breakfast such as eggs have 1 piece of toast and add some non-starchy vegetables like mushrooms, tomato and/or spinach.

Have a look at some of the following recipes for ideas!



## Porridge with Fruit Topping

**Serves 2**

**Preparation time:** 5 minutes

**Cooking time:** 3-5 minutes

### Ingredients

- 1 cup Wholegrain Rolled Oats
- 2 cups of cold water
- 1 pinch of salt
- 1 cup fresh, tinned or frozen and thawed fruit
- 1 cup cold skim or reduced fat milk, for serving

### Instructions

1. Place oats, salt and cold water in a saucepan. Stir and stand for 5 minutes.
2. Place saucepan over a medium heat and stir occasionally until the porridge comes to the boil.
3. Reduce heat to low and stir constantly for 3-5 minutes.
4. Serve 1 cup of cooked porridge with ½ cup of fruit (stewed, fresh or frozen) and ½ a cup of milk.

**Tip:** Stirring the porridge during cooking is the secret to the creamy result.

From [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

---



## Ham, Cheese and Spinach Omelette

**Serves 4**

**Cooking time:** 2 minutes

### Ingredients

- 8 eggs
- 3 tbs water
- 2 tbs chopped flat leaf parsley
- 2 tsp margarine
- 4 tbs finely grated parmesan cheese
- 60g baby spinach leaves
- 200g reduced fat shaved ham, chopped
- 4 slices wholegrain bread, toasted
- Black pepper, to season

### Instructions

1. Whisk the eggs, water and parsley in a medium bowl. Season with freshly ground black pepper.
2. Heat a non-stick frying pan (about 20-22 cm base) over medium heat. Add half the margarine spread and swirl to coat the base of the pan. Pour in half the omelette mixture, reduce heat to low and cook uncovered for 2 minutes until just set.
3. Sprinkle over 1 tablespoon cheese. Pile half the spinach onto one-half of the omelette, top with 100g of ham and scatter over the other tablespoon of cheese.
4. Fold in half to enclose the filling, season with pepper, slide onto a plate and cover to keep warm. Repeat to make the second omelette.
5. Cut both omelettes in half and serve with 1 piece of multigrain toast.

From [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

---



## Smoothie

**Serves 1**

**Preparation time:** 5 minutes

### Ingredients

- 1 small mango peeled, ½ passionfruit, ½ small banana, ¼ cup of frozen berries and 125g of chopped strawberries
- ¾ cup of reduced fat or skim milk
- ¼ cup reduced fat natural yoghurt
- 1 tbs honey
- 1 tsp wheat germ or psyllium husks (see tip)
- ¼ cup crushed ice

### Instructions

1. Cut the mango flesh from the seed and chop the flesh. Place into a blender with the milk, yoghurt, honey, wheat germ and ice.
2. Blend until smooth, stir in the passionfruit pulp and pour into chilled serving glass. Serve immediately.

**Tip:** Wheat germ or psyllium husks are a good way to boost the fibre in your smoothies. They are available from the health food section of supermarkets or health food shop. Once opened keep in an airtight container in the freezer to prevent weevils.

From [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

---



## Scrambled Eggs

**Serves 1**

**Preparation time:** 5 minutes

**Cooking time:** 5 minutes

### Ingredients

- 1 slice of grain bread
- 2 medium eggs
- 1 tsp olive oil
- 40ml reduced fat milk
- Cracked black pepper
- Chopped parsley to taste
- 1 medium tomato

### Instructions

1. Add 1 tsp of olive oil to a hot non-stick frying pan.
2. Beat together reduced fat milk with two eggs, black pepper and chopped parsley. Once combined pour it into the pan
3. Stir it around for a few minutes – and once the eggs start to thicken take them off the heat straight away.
4. Toast the bread and spoon the eggs on top of the bread. Serve with a grilled tomato.

From [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

---



## Bircher Muesli

**Serves 4-5**

### **Ingredients**

- 1 cup rolled whole oats
- 1 large apple, grated with skin
- 1 tablespoon sunflower seeds
- 1 tablespoon almonds, flaked or chopped
- 1 tablespoon walnuts
- 1 teaspoon ground linseed (flaxseed)
- 1 cup 98% fat free natural yoghurt
- 2 tablespoons sultanas
- 2 tablespoons cranberries
- pinch of cinnamon

### **Instructions**

1. Combine apple, seeds, almonds, walnuts, berries, cinnamon + yoghurt. Mix through and spoon into a serving bowl.
2. The mix can be made the night before and refrigerated or eaten straight away.

Adapted from [www.thehealthychef.com](http://www.thehealthychef.com)

---



## Whole-meal Pancakes

These pancakes are a good breakfast and can also be eaten as a snack, either savoury or sweet. Leftovers can be eaten as a snack or for lunch topped with cold meats and salads; as they stay moist and carry flavour quite well.

**Makes:** 12 pancakes

**Preparation time:** 10 minutes

**Cooking time:** 15 minutes

### Ingredients:

- 2 cups wholemeal self-raising flour
- 2 cups skim milk
- 1 teaspoon canola oil
- 2 egg whites, beaten until stiff
- Spray canola oil for cooking
- Your choice of toppings – fruit and cinnamon for breakfast or salads and meat for lunch or dinner

### Instructions:

1. Mix the flour with milk and oil in a suitable bowl. When combined fold in the egg whites and let sit for 5 minutes.
2. Spray a crepe/pancake pan with minimal oil and cook each pancake. Turn when the bubbles start to appear. Flip over and cook through.
3. Serve the pancakes with fruit (e.g. sliced banana) and a sprinkle of cinnamon for breakfast or your usual sandwich toppings for a snack or lunch.

From Diabetes Australia

---

## Lunch or Dinner

### For a Lunch or Dinner Try to Include:

- 1 serve fat e.g., butter or oil (including in dressing)
- and 1 serve of protein e.g., chicken, red meat or eggs
- and 1 serve dairy e.g., cheese
- and 2-4 serves of vegetables
- and 1 serve fruit
- and 1 (dinner) or 2 (lunch) serves complex carbohydrates

A serve of Lunch/Dinner carbohydrate is equal to:

- 1 slice bread, or
- ½ lunch roll, or
- 4 Vita-weat biscuits or 2 Ryvitas or 3 Corn Thins, or
- ½ cup cooked Rice, or
- ½ cup cooked pasta of any kind, or
- ½ cup rice noodles, or
- ½ cup cooked lentils/ dried beans/ baked beans/ chickpeas, or
- ½ cup cooked sweet potato/ corn kernels/ potato, or
- 1 small boiled potato

Lunch and dinner are very similar in content however for lunch you can have 2 serves of complex carbohydrates and at dinner it is best to just have one serve and fill-up on non-starchy vegetables and lean protein instead.

## Bean and Roast Vegetable Salad

### Ingredients

- 1 medium red capsicum, thickly sliced
- 1 medium yellow capsicum, thickly sliced
- 2 medium zucchini, cut diagonally into 1cm-thick slices
- 100g button mushrooms, halved
- 1 medium red onion, cut into wedges
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 2 garlic cloves, crushed
- 250g cherry tomatoes
- 200g green beans, trimmed
- 2 tablespoons pine nuts, toasted

### Instructions

1. Preheat oven to 180-200°C. Place capsicum, zucchini, mushrooms and onion in a large baking dish. Combine oil, vinegar and garlic in a bowl. Drizzle over vegetables. Toss to coat.
2. Roast for 20 minutes. Add tomatoes. Roast for 15 minutes or until vegetables are tender and tomatoes are starting to collapse.
3. Meanwhile, bring a large saucepan of water to the boil over high heat. Cook beans for 3 minutes or until bright green and just tender. Drain. Refresh in a bowl of iced water. Drain. Pat dry with paper towel.
4. Add beans to vegetable mixture. Toss to combine. Sprinkle with pine nuts. Season with salt and pepper. Serve with ½ cup of boiled quinoa/ couscous or rice. For extra protein serve with some grilled chicken, fish or beef.

From <http://www.taste.com.au/recipes/collections/diabetes+friendly>

---

## Honey-Soy beef with Sweet Potato and Asian Greens

**Serves: 4**

**Preparation time:** 10 minutes

**Cooking time:** 15 minutes

### Ingredients

- 2 tbs salt-reduced soy sauce
- 2 tbs mirin (rice wine)
- 1 tsp honey
- 4 (about 125g each) beef fillet steaks
- 700g orange sweet potato (kumara), peeled, coarsely chopped
- Olive Oil Spray
- 1 tsp olive oil
- 2 tsp finely grated ginger
- 1 long fresh red chilli, deseeded, finely chopped
- 1 tbs chopped fresh coriander
- Steamed Asian greens, to serve

### Instructions

1. Combine the soy sauce, mirin and honey in a shallow glass or ceramic dish. Add the beef and stir to coat. Cover with plastic wrap and place in the fridge for 30 minutes to marinate.
2. Cook the sweet potato in a large saucepan of boiling water for 12 minutes or until tender. Drain and return to the pan. Use a potato masher to mash until almost smooth.
3. Meanwhile, preheat a chargrill on high. Spray with olive oil spray to lightly grease. Drain the beef from the marinade. Cook the beef on grill for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover loosely with foil. Set aside for 2 minutes to rest.
4. Heat the oil in a small frying pan over medium heat. Add the ginger and chilli. Cook, stirring, for 1 minute or until aromatic. Add the ginger mixture and coriander to the sweet potato and stir to combine. Taste and season with pepper.
5. Divide the sweet potato mixture and Asian greens among serving plates. Top with the beef and serve immediately.

From <http://www.taste.com.au/recipes/collections/diabetes+friendly>

---



## Fish in Tomato

**Serves: 2**

**Preparation time:** 5 minutes

**Cooking time:** 15 minutes

### Ingredients

- 500 ml tomato puree (passata)
- 1 red onion, finely diced
- 1 tablespoon olive oil
- 400 g white fish fillet
- 1 punnet, cherry tomatoes, halved
- 2 tablespoons fresh chopped parsley
- 1 clove raw garlic, finely chopped
- zest from 1 lemon
- Serve with green vegetables or salad and ½ cup of rice/ quinoa or couscous

### Instructions

1. Sauté onion in the olive oil over a medium heat for 1 minute.
2. Add the tomato puree and cherry tomatoes. Simmer for 3 minutes.
3. Season with a little salt and pepper.
4. Lay the fish over the tomato in the pan.
5. Cover with a lid and simmer for about 12 – 15 minutes until cooked.
6. Combine parsley, garlic and lemon zest.
7. Sprinkle over the fish just before serving.
8. Enjoy with green vegetables or salad.

Adapted from [www.thehealthychef.com](http://www.thehealthychef.com)

---

## Chicken and Vegetable Casserole

**Serves 8**

**Preparation time:** 15 minutes

**Cooking time:** 45 minutes

### Ingredients

- 1/4 cup plain flour
- 8 skinless chicken thigh fillets, trimmed, halved
- Olive oil cooking spray
- 1 medium leek, trimmed, halved, washed, roughly chopped
- 3 cups salt-reduced chicken stock
- 2 medium carrots, peeled, chopped
- 1 medium turnip, trimmed, peeled, chopped
- 600g nicola potatoes, peeled, chopped
- 3 sprigs fresh thyme
- 3 dried bay leaves
- 1 cup dry white wine
- 75g baby spinach

### Instructions:

1. Place flour and chicken in a bowl. Toss to coat. Remove chicken from bowl, shaking off excess flour.
2. Spray a heavy-based saucepan with oil. Heat over medium-high heat.
3. Cook chicken, in batches, for 4 minutes each side or until golden. Transfer to a plate.
4. Whilst hot, deglaze the pan with the white wine (the alcohol evaporates out but leaves the flavour)
5. Add leek and ½ cup of stock to the pan. Cook for 3 to 4 minutes or until softened.
6. Add chicken, carrot, turnip, potato, thyme, bay leaves, remaining stock. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 30 minutes or until chicken is cooked through and vegetables are tender.
7. Remove and discard bay leaves.
8. Stir through spinach and season with pepper.
9. Serve with a green salad and a ½ cup of cooked rice, quinoa or couscous.

From <http://www.taste.com.au/recipes/collections/diabetes+friendly>

---

## Moroccan Meatballs with Vegetable Couscous

Serves 4

Cooking time: 30 minutes

### Ingredients

- 500g extra trim beef mince
- 2 tsp ground paprika
- 1 tsp ground cumin
- 2 tbs low fat natural yoghurt
- 1 small bunch mint, finely chopped
- Black pepper, to season
- 2 tsp olive oil
- 425g tin no added salt diced tomatoes
- 375ml reduced salt chicken stock
- 1 Spanish onion, cut in wedges
- 1 large red capsicum, chopped
- 2 large zucchinis, sliced
- 2 baby eggplants or 1 large (200g), sliced
- 1 1/2 cups water
- 1 tbs margarine
- Couscous

### Instructions

1. Place mince, paprika, cumin, yoghurt and 1/4 cup of chopped mint in a large bowl, season with pepper and mix with clean hands until thoroughly combined. Roll level tablespoons of mixture into balls.
2. Heat oil in a large, non-stick frypan, add meatballs and cook until lightly browned all over. Stir in tomatoes and stock and bring to the boil. Reduce heat and simmer uncovered for 20-25 minutes until meatballs are cooked through and liquid has reduced and thickened, stirring occasionally.
3. Grease heated grill plate or BBQ with cooking spray and cook onion, capsicum and zucchini until lightly browned.
4. Bring water and margarine to the boil in a saucepan. Add couscous, cover and stand for 5 minutes. Fluff with a fork and stir in char-grilled vegetables and the remaining chopped mint.
5. Serve meatballs with vegetable couscous and accompany with steamed green beans.

**Tip:** Meatballs can be prepared several hours ahead. Place on a tray and keep covered in refrigerator. Cook as required.

From [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

---

## Low-Carb Zucchini Spaghetti Bolognaise

**Serves 4**

**Preparation time:** 15 minutes

**Cooking time:** 50 minutes

### Ingredients

- 1 onion, chopped
- 2 carrots, grated
- 2 sticks celery, chopped
- 250 g brown mushrooms, quartered
- 400 g lean (grass fed beef )
- 800 g tomato puree (passata)
- 250 g baby spinach
- 400g zucchini
- handful fresh basil or parsley
- 30 g Parmesan cheese to serve
- 1 lemon

### Instructions

1. Sauté the onion and garlic in a little olive oil or water until softened.
2. Add the beef and cook stirring consistently for 5 minutes until separated.
3. Add the carrot and celery and cook for a further 5 minutes.
4. Stir through the tomato.
5. Cover and cook over a low heat for 45 minutes until the sauce is thick and rich then add the spinach and stir through until it has wilted.
6. Season with a little pepper and fold through herbs.
7. Run the zucchini along a mandolin to form nice long spaghetti strips.
8. Toss zucchini in a pan over a medium heat for 3 – 5 minutes with a small splash of olive oil, a little salt, pepper and chopped parsley until it heats through.
9. Then drizzle in a little lemon.
10. Divide zucchini spaghetti into serving bowls and top with bolognaise sauce and freshly grated Parmesan. Serve immediately and enjoy.

**Tip:** If you still want to include ½ a cup of pasta then you can, the zucchini spaghetti will just bulk it up and you will hardly be able to tell the difference between the two!

From [www.thehealthychef.com](http://www.thehealthychef.com)

---

## Lentil Soup

**Serves 4**

**Preparation time:** 5 minutes

**Cooking time:** 1.5 hours

### Ingredients

- 1 med sized onion, finely chopped
- 1 clove garlic, squeezed in garlic press
- 1 med carrot, chopped into small chunks
- 2-3 tbsp olive oil
- 3-4 med tomatoes, chopped
- 1-2 tbsp tomato paste
- freshly ground black pepper
- 375 g brown or green dried lentils (Puy are good)
- A kettle full of boiling water for starters
- 2-3 bay leaves
- 1 tsp of salt or to taste

### Instructions

1. Cook the onion, garlic and carrot in the olive oil in a largish pot over a med. heat until the onion is soft, 5-10 minutes
  2. Add the tomatoes and tomato paste, season with black pepper, stir and cover, turn down heat and simmer for about 10 minutes till it thickens slightly
  3. Add the lentils, stir and heat for a minute or so
  4. Add water to cover (at least 1.5 litres, maybe even two) and bay leaves, stir, turn up heat to bring back to boil, then turn down and cover and adjust heat so its simmering nicely
  5. The lentils will absorb a lot of the water so keep an eye on it, adding more water if they start to stick and stir every ten minutes or so
  6. After about 1/2 hour fish out the bay leaves so they don't overpower the taste of the soup
  7. Keep cooking for at least an hour or an hour and-a-half until the lentils are soft and the tomato has completely disintegrated. The soup shouldn't be watery at all but a kind of creamy brown texture. The lentils will keep their shape so you can't really overcook it (as long as it doesn't burn) so cook for longer than you think you need as the flavour will be better.
  8. Add the salt and stir well. Serve with some fresh coriander or parsley roughly chopped and a piece of crusty bread. Adding a few drops of a good vinegar or tobacco can nicely complement the soup.
-

## Tabbouleh with Quinoa

### Ingredients

- ½ bunch spring onions
- A large bunch parsley
- 3 Lebanese cucumbers
- 1 punnet of grape tomatoes
- Quinoa – this can be bought affordably from wholefoods stores
- 2 tbsp olive oil
- 1 tblsp dried mint
- Juice of 2 lemons
- Juice of 1 lime
- Salt and pepper to taste

### Instructions

1. Finely chop spring onions and parsley, place in a bowl.
2. Dice 3 Lebanese cucumbers and quarter 1 punnet of grape tomatoes, add these to the bowl.
3. Rinse 2 cups of quinoa well in a sieve and cook like rice until soft
4. Once cooked dress in olive oil, mint, salt and pepper.
5. Stir the quinoa and add to the bowl of other ingredients.
6. Combine all ingredients well.
7. Dress with the juice of 2 lemons and one lime.

**Tip:** This salad can be served with grilled lean meat of any kind. A yoghurt dressing with garlic, lemon, salt a pepper would accompany the meat well.

Adapted from <http://www.mamamia.com.au/food/seven-spectacular-salad-recipes/>

---

## Vietnamese Chicken Salad

### Ingredients

#### Salad:

- Cabbage – ½ green, ½ red
- ½ bunch spring onions
- 4 carrots
- 1 bunch of coriander
- 1 bunch of mint
- 2 tbsp vegetable oil

#### Dressing:

- Tsp sesame oil
- 3 tbsp rice vinegar
- 2 tbsp light soy
- Juice ½ lime
- 1 tsp pepper
- ¼ cup roughly chopped peanuts to serve

### Instructions

1. Grate or finely slice 1/2 head of green cabbage and 1/2 head of red cabbage. Mix together in a bowl.
2. Finely chop 1/2 bunch spring onions. Add to cabbage.
3. Julienne (cut very, very thin strips) 4 carrots. Add to cabbage/onions and mix everything together.
4. Roughly chop the mint and coriander and add to the salad
5. Dress with Asian 'slaw dressing (whisk together vegetable oil with sesame oil, rice vinegar, light soy sauce, lime and pepper).
6. Garnish with roughly chopped roasted peanuts.
7. This meal can be served with anything from tofu, to shredded beef or chicken

**Tip:** If you are particularly time-poor try buying pre-made “coleslaw salad mix” which makes this salad really easy to prepare

Adapted from <http://www.mamamia.com.au/food/seven-spectacular-salad-recipes/>

---