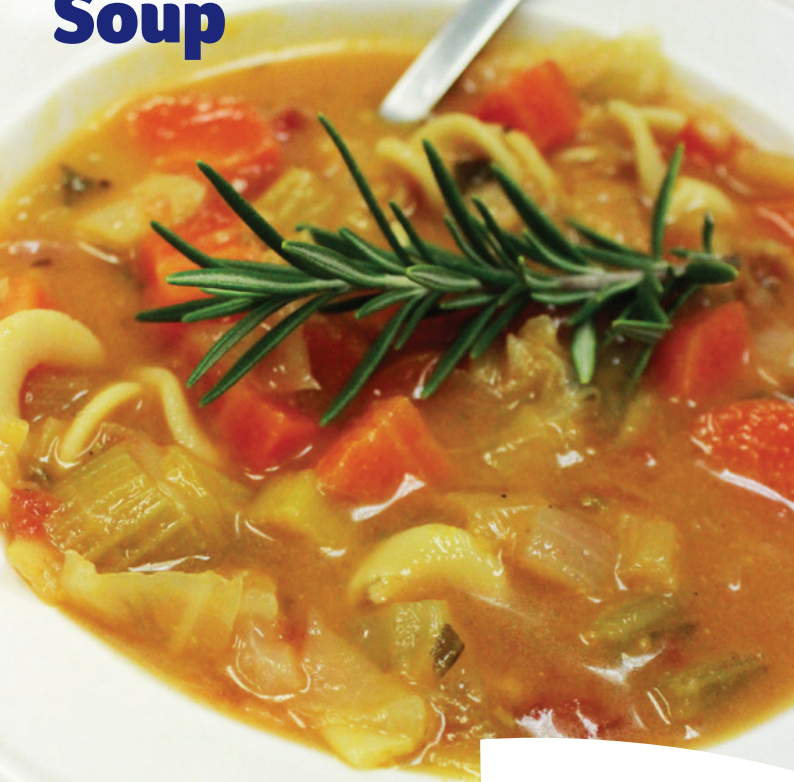


Minestrone Soup



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Minestrone Soup

Serves: 4

Dietary fibre per serve: 6g

Preparation time: 15 minutes

Cook time: 40 minutes

Ingredients

- 1 medium brown onion, chopped
- 1 clove garlic, crushed
- 2 x 400g tins crushed tomatoes
- 2 carrots, diced
- 2 sticks celery, sliced
- 1 large zucchini, diced
- 1 large potato, diced
- 1 tbsp tomato paste
- 1 bay leaf
- 4 cups reduced-salt beef stock
- 2 cups water
- ½ cup wholemeal pasta (penne, spirals, elbows, shells)
- 1 cup sliced cabbage
- 400g tin four bean mix, rinsed and drained

Method

1. Cook onion and garlic in a large pot with 2 tbsp water until onion is translucent.
2. Add tomato, carrot, celery, zucchini, potato, tomato paste, bay leaf, beef stock and water.
3. Bring to the boil, add the pasta and simmer for 15 minutes or until tender.
4. Add cabbage and beans.
5. Cook for a further 5 minutes or until cabbage is soft.
6. Serve by itself or with a small wholemeal bread roll.

Alternatives

- Make it gluten-free by substituting ½ cup wholemeal pasta for ½ cup gluten-free pasta.
- Use vegetable stock to make it vegetarian.
- Don't have cabbage? Try Brussels sprouts, kale or spinach instead.

Pasta Bake



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Pasta Bake

Serves: 6

Dietary fibre per serve: 11g

Preparation time: 10 minutes

Cook time: 40 minutes

Ingredients

- 1 tbsp olive oil
- 1 small onion, diced
- 2 gloves garlic, finely chopped
- 2 cups mushrooms
- 400g tin brown lentils
- 2 x 400g tins crushed tomato
- ¼ cup olives
- 2 cups spinach leaves, washed
- 2 cups wholemeal penne pasta
- 1 cup reduced-fat cheddar cheese, grated

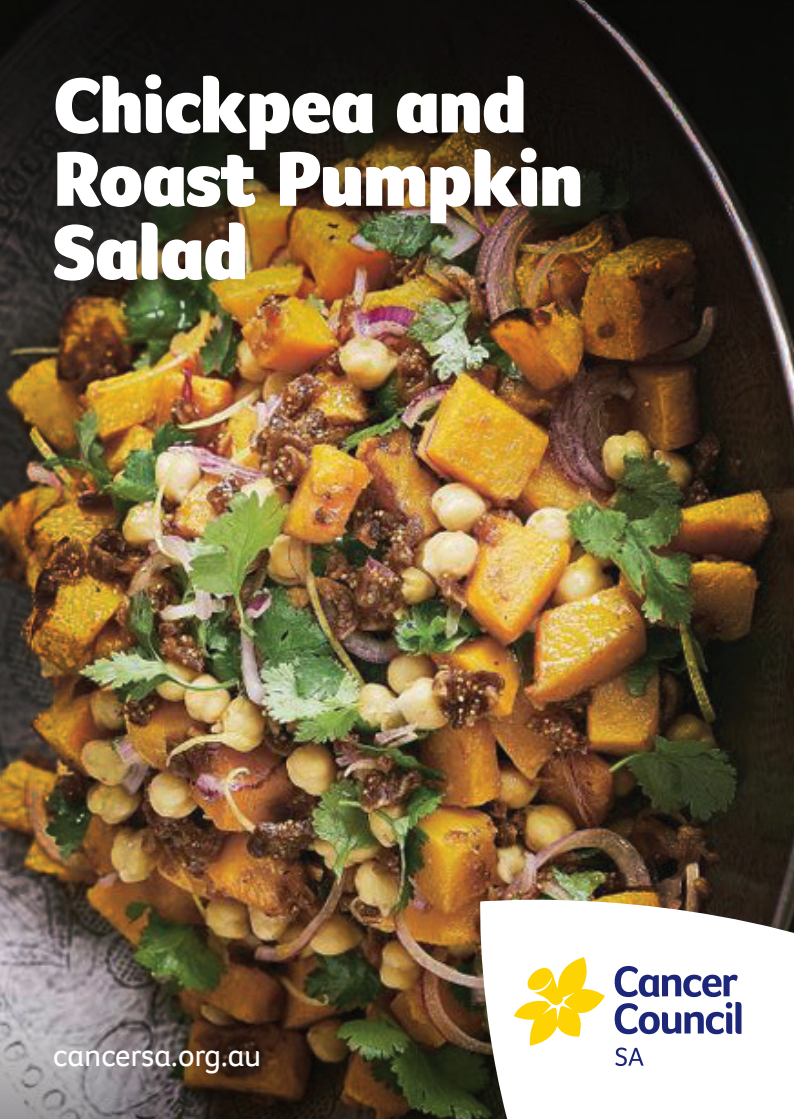
Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
 2. Meanwhile, add oil to large non-stick frypan on medium high heat, add onion, garlic and mushrooms and cook until soft.
 3. Add lentils, olives and tomatoes. Simmer for 5 minutes or until reduced to a thick consistency.
 4. Prepare the pasta according to the packet instructions. Drain and rinse pasta in colander, removing most of the water.
 5. Stir spinach through sauce until lightly wilted. Add pasta and mix until well-combined.
 6. Brush a large baking dish (lasagne style) with olive oil and pour the pasta and sauce mix in.
 7. Sprinkle cheese evenly over the top.
 8. Bake for 15 minutes or until the cheese has melted and begins to turn golden brown.
- Serve with a side salad.

Alternatives

- Make it gluten-free by substituting 2 cups wholemeal pasta for 2 cups gluten-free pasta.
- Try swapping spinach for kale.
- Swap mushrooms for capsicum, eggplant and zucchini.

Chickpea and Roast Pumpkin Salad



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Chickpea and Roast Pumpkin Salad

Serves: 4

Dietary fibre per serve: 12g

Preparation time: 10 minutes

Cook time: 30 minutes

Ingredients

- ½ butternut pumpkin, diced
- 1 sprig rosemary
- 1 red onion, sliced
- 400g tin chickpeas, drained and rinsed
- 400g tin baby beetroot, drained
- 1 punnet cherry tomatoes, halved
- 2 cups rocket, washed
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp Dijon mustard

Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Cook pumpkin and rosemary for 25 minutes or until pumpkin is soft.
3. Meanwhile, cook onion in frying pan with splashes of water until the onion is soft.
4. Combine olive oil, lemon juice and Dijon in a jar, shaking until combined.
5. Mix cooked pumpkin, onion, chickpeas, beetroot, cherry tomatoes and rocket.
6. Serve with dressing.

Alternatives

- Swap rocket for spinach.
- Swap chickpeas for brown lentils.
- Swap beetroot for halved strawberries.
- Swap lemon juice for apple cider vinegar.

Beetroot, Pear and Lentil Salad

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Beetroot, Pear and Lentil Salad

Serves: 2

Dietary fibre per serve: 18g

Preparation time: 10 minutes

Cook time: none!

Ingredients

- 1 tin (400g) brown lentils, drained and rinsed
- 1 tin (400g) baby beetroots, drained and quartered
- 1 medium pear, diced
- 1 cup of spinach or rocket leaves
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- ¼ tsp mustard powder
- 1 clove garlic, crushed
- Pepper to taste

Method

1. Place lentils, baby beets and spinach or rocket leaves in a large bowl.
2. In a screw-top jar, add olive oil, vinegar, mustard and garlic and shake to combine to make dressing.
3. Drizzle dressing over salad vegetables and toss to combine.
4. Season with pepper and serve.

Zucchini Slice

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Zucchini Slice

Serves: 8

Dietary fibre per serve: 4g

Preparation time: 30 minutes

Cook time: 45 minutes

Ingredients

- 5 eggs
- 2 medium zucchinis, grated
- 200g butternut pumpkin, grated
- 1 tin reduced-salt corn kernels
- 1 medium brown onion, peeled and diced
- 2 tsp dried mixed herbs
- $\frac{3}{4}$ cup wholemeal self-raising flour
- 1 cup reduced-fat grated cheddar cheese
- Pepper to taste
- Olive or canola oil spray

Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Whisk eggs in a medium bowl.
3. In a large bowl combine vegetables, egg, flour, cheese, herbs and pepper.
4. Add eggs and stir mixture until well combined.
5. Spray a large baking dish with oil. Pour in mixture and flatten.
6. Bake for 40-45 minutes or until firm and golden brown.
7. Rest in the pan for 10 minutes before cutting into 8 slices.

Alternatives

- Make it gluten-free by substituting $\frac{1}{2}$ cup of wholemeal self-raising flour for $\frac{1}{2}$ cup gluten-free self-raising flour.
- Try swapping pumpkin for carrot or sweet potato.

Notes

- Recipe can be frozen for up to two months. Cool to room temperature and cut into serving slices before freezing.

Date Muesli Slice



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Date Muesli Slice

Serves: 24

Dietary fibre per serve: 2g

Preparation time: 10 minutes

Cook time: 50 minutes

Ingredients

- 2 medium apples, core removed, coarsely grated with skin left on
- $\frac{1}{3}$ cup water (80mL)
- $\frac{1}{4}$ cup margarine (50g)
- 2 cups seeded dates, chopped
- 2 cups rolled oats
- 1 cup pecans, chopped
- 1 cup wholemeal plain flour
- 1 tsp ground cinnamon

Method

1. Preheat oven to 180°C (160°C fan forced) for 10 minutes. Line slice tin with baking paper.
2. Add apple, water, margarine and dates to a small saucepan and bring to the boil.
3. Reduce heat, cover and simmer for 5 minutes until the apple is soft. Cook uncovered for a further 5 minutes and stir occasionally until mixture thickens to a paste-like consistency.
4. While apple and date mixture is cooking, place oats in a large frypan. Stir over low heat for 5 minutes until lightly browned.
5. Sift flour into a large bowl. Return husk remaining in the sieve to the bowl.
6. Add cinnamon and oats to the flours and mix to combine. Stir into the date mixture. Gently mix in pecans.
7. Spoon into prepared tin and bake for 20 minutes until firm.
8. Cool in tin before cutting into 24 pieces.

Alternatives

- Swap dates for dried apricots, sultanas or cranberries.
- Swap apples for pears or pumpkin.
- Swap pecans for walnuts, almonds, pistachios or pepitas.

Overnight Oats



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Overnight Oats

Serves: 2

Dietary fibre per serve: 9g

Preparation time: 5 minutes

Standing time: 1-8 hours

Ingredients

- 1 medium apple, grated
- 1 cup rolled oats
- ½ cup apple juice (no added sugar)
- ½ cup low-fat natural yoghurt
- ¾ cup tinned peaches in the juice, drained and roughly chopped
- 2 tbsp dried cranberries
- 2 tbsp almond slivers
- 2 tbsp pepitas

Method

1. Mix the grated apple, rolled oats, apple juice, yoghurt, peaches and dried cranberries into a medium bowl. Cover and place in the refrigerator for 1 hour or overnight.
2. Combine the almond slivers and pepitas. Stir half through the oat mixture. You may need to add extra yoghurt to the mixture if you prefer a smoother consistency.
3. Serve into bowls and sprinkle over the remaining almonds and pepitas.

Notes

- Uncooked oats can be stored in the fridge for 2 days.

PB&J Brekky Smoothie



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PB&J Brekky Smoothie

Serves: 1

Dietary fibre per serve: 14g

Preparation time: 5 minutes

Cook time: none!

Ingredients

- 1 cup low-fat milk
- 2 tbsp low-fat Greek-style yoghurt
- 1 tbsp natural peanut butter
- ½ banana
- ½ cup strawberries, washed and chopped
- 1 cup spinach, washed
- ½ cup bran cereal

Method

1. Add all ingredients to blender and blend until smooth.

Notes

- Chop and freeze your fruit for a cold and refreshing smoothie.
- Swap low-fat milk for a calcium-fortified non-dairy alternative.
- Swap strawberries for blueberries or raspberries
- Swap bran cereal for oats.
- Swap peanut butter for almond butter or a small handful of nuts.