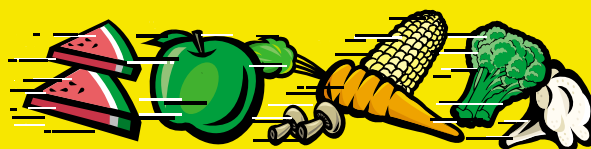


# WAYS TO USE FRUIT 'N' VEG



## Charge through your day

with 2 fruit & 5 vegetables

### Suggestions

#### Cabbage

- shred and serve raw in salads; add to soups
- serve cabbage leaves lightly steamed, fill with vegetables, rice or other savoury fillings
- stew red cabbage and sliced onion with grated apple and lemon juice until soft; add a teaspoon of brown sugar before serving.

#### Brussels sprouts

- cook with chopped onion, garlic, peeled tomatoes and basil or parsley
- steam and serve topped with lightly toasted flaked almonds
- add to winter stews and casseroles
- steam and toss with lemon juice, pepper and toasted sesame seeds.

#### Broccoli

- add to stir-fried dishes
- steam and add to salads and vegetable omelettes
- toss florets with a tomato sauce to serve with pasta
- serve raw or lightly steamed with dips.

#### Cauliflower

- steam and sprinkle with lemon juice and chopped parsley
- add to stir-fry dishes, vegetable pies and omelettes
- serve raw or lightly steamed with low-fat dips or added to salads.

#### Carrots

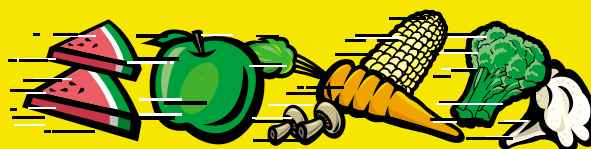
- steam and mash with orange juice and nutmeg or ginger
- toss with apple juice, grated orange rind and fresh ginger
- grate and add to savoury mixtures for patties, loaves and stuffings
- serve raw pieces as a snack with sultanas
- grate or chop and add to salads
- grate and add to low-fat muffins.

#### Pumpkin

- slice thinly, top with a little honey and sesame seeds and bake until tender
- bake butternut pumpkins as an edible container for savoury fillings
- puree cooked pumpkin and add to soups, stews and casseroles for extra flavour and thickness
- toss steamed cubes with chopped spring onions, celery, chopped ginger and low-fat dressing for a salad.



# WAYS TO USE FRUIT 'N' VEG



**Charge through your day**

**with 2 fruit & 5 vegetables**

## Spinach

- serve raw, shredded into salads with orange segments, capsicum and onion
- add shredded to mixtures for soups, stews and casseroles
- steam lightly and serve sprinkled with lemon juice and black pepper
- steam, mix with ricotta cheese and grated nutmeg, use as a stuffing for baked pumpkin.

## Capsicum

- chop into strips and serve raw with dips and as a snack
- add to salads and sandwiches
- use as an edible container for savoury fillings and bake until tender.

## Tomatoes

- delicious in sandwiches and salads
- add to soups, stews and casseroles
- use peeled or pureed to make savoury low-fat sauces.

## Apples and pears

- carry with you for a quick snack at any time
- core or halve, fill with chopped dried fruit and citrus rind, and bake or microwave until tender

- chop or grate and add to salads, coleslaw and sandwich fillings
- grate and add to stews, pie fillings and meat stuffings.

## Citrus fruit

- add segments to savoury salads
- serve as a topping for breakfast cereals
- add segmented citrus fruit like orange or grapefruit to savoury dishes like baked fish or chicken, or tuna salads.

## Bananas

- mash or slice and serve in a sandwich
- serve frozen
- blend with milk until smooth to make fruit smoothies.



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