



D
O
R
S
E
T
H
E
A
T
W
E
L
L
N
I
B
B
L
E

ROASTED BEETROOT DIP

March | In Season | Beetroot



D
O
R
S
E
T
H
E
A
T
W
E
L
L
N
I
B
B
L
E

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from E-News Nibble Eat Well Tasmania.



ROASTED BEETROOT DIP

March | In Season | Beetroot

A nutritious, colourful, side to any snack or for entertaining.

10 minutes prep + 45 minutes cooking

Serves: 6

Ingredients

- 1 bunch beetroot (4 – 5)
- 2 cups of low-fat Greek yoghurt
- 1 head of garlic
- 2 tablespoons chopped mint

Method

Pre heat oven to 200°C.

Trim beetroot stalks and ends of garlic to 1cm.

Roast beetroot and whole garlic for 45 minutes, until tender.

Allow to cool.

Gently squeeze out garlic flesh and add to beetroot.

Blend till smooth then mix in yoghurt and herbs.

Cool and refrigerate for at least 2 hours to develop flavours.

Garnish with extra mint and serve with a platter of colourful vegetable sticks and wholemeal pita.

Suggestions

Wear disposable gloves to prevent staining from beetroot.





D
O
R
S
E
T
C
O
M
M
U
N
I
T
Y

SWEET POTATO AND CANNELLINI BEAN MASH

April | In Season | Sweet potato



D
O
R
S
E
T
C
O
M
M
U
N
I
T
Y

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from Burke's Backyard fact sheets. www.burkesbackyard.com.au/factsheets



SWEET POTATO AND CANNELLINI BEAN MASH

April | In Season | Sweet potato

10 minutes prep + 20 minutes cooking

Serves 4 - 6

Ingredients

600 - 800 grams sweet potato

400 gram can of white beans (e.g. cannellini) rinsed and drained

2 tablespoons low fat milk

Pepper to taste

Method

Cut the sweet potato into 2cm chunks then steam over a pan of boiling water for about 20 minutes until tender.

Add the drained cannellini beans to the sweet potato and mash together until smooth.

Add in the milk plus a grind of black pepper to taste (Optional) and serve as a side dish to accompany your favourite steamed greens.





D
O
R
S
E
T
H
E
A
R
T
F
O
U
N
D
A
T
I
O
N

SWEET POTATO AND SPINACH FRITTATA

April | In Season | Sweet potato



D
O
R
S
E
T
H
E
A
R
T
F
O
U
N
D
A
T
I
O
N

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Heart Foundation Organisation Recipes. www.heartfoundation.org.au/recipes



SWEET POTATO AND SPINACH FRITTATA

April | In Season | Sweet potato

15 – 20 minutes prep + 15 minutes cooking

Serves 6

Ingredients

800 grams sweet potato, peeled and cut into 2cm pieces

1 large red onion, halved and thinly sliced

50 grams baby spinach

250 grams of low fat ricotta

8 eggs at room temperature

2 tablespoons chopped flat leaf parsley

Cracked black pepper to season

Method

Steam sweet potato for 10 minutes or until tender.

In a heavy based large non-stick frying pan heat some oil over medium heat. Add the onions until soft, add sweet potato to the pan, cook, shaking until golden. Spread the mixture evenly over the base of the pan, then top with spinach. Sprinkle with ricotta and reduce heat to medium low.

Whisk the eggs in a bowl until well combined. Add parsley and season with pepper; pour the mixture over the potato and spinach, gently shaking to allow the egg to run between the potatoes. Cook for 10 minutes until base and edges are firm but the top is still a little soft, remove from heat.

Preheat grill on medium, place the frittata (still in frying pan) under the grill and cook for 5 minutes or until frittata is firm and light golden.





DELICIOUS

CARAMELISED ONION, POTATO, THYME AND FETA PIZZA

August | In Season | Onion



DORSET

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Heart Foundation Organisation Recipes. www.heartfoundation.org.au/recipes



CARAMELISED ONION, POTATO, THYME AND FETA PIZZA

August | In Season | Onion

10 minutes prep + 15 – 20 minutes cooking

Serves 4

Ingredients

2 large wholemeal pita breads

2 large red onions, thinly sliced

1 tbsp. brown sugar

1 tbsp. chopped thyme leaves, plus sprigs for the top

1 waxy potato such as Nicola sliced wafer thin

60 gram reduced fat feta cheese crumbled

Method

Preheat oven to 220°C (200°C fan-forced). Place the pita breads on a baking sheet.

In a heavy based large non-stick frying pan heat some oil over medium heat. Add the sugar, reduce heat to moderately low and cook for 10 minutes or until the onion caramelises. Stir in the chopped thyme and season with pepper.

Arrange potatoes on the pita breads, top with onions and sprinkle with cheese and thyme sprigs.

Baked for 15 minutes or until the cheese has melted and the pita breads are crisp.

Suggestions

Serve with a green salad and tomato.





SEASONAL
PRODUCE

SEASONAL
PRODUCE

ONION TART

August | In Season | Onion



Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from 'Greens Seasonal Guide to Tassie Produce 2014 Calendar'.



ONION TART

August | In Season | Onion

10 minutes prep + 30 minutes cooking
Serves 6

Ingredients

750 grams of onions finely diced
2 eggs
1 tablespoon pine nuts
50 grams grated low fat cheese
Pepper to taste
1 wholemeal short crust pastry sheet rolled out
Fresh oregano, parley or chives to season

Method

Pre heat oven to 180°C.

Line a non-stick flan pan with the pastry.

Heat oil in a large pan and cook the onions over medium heat until soft.

Place the onions in a large bowl, add eggs, grated cheese, oregano, parsley or chives.

Season with pepper (optional).

Pour the onion mixture into the pastry case, spreading evenly.

Bake for 30 minutes or until the edges of the tart start to brown.

Serve hot or cold.

Suggestions

Substitute low fat grated cheese for ricotta.



POTATO FRITTATA

December | In Season | Potato



Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from Eat Well Tasmania.



POTATO FRITTATA

December | In Season | Potato

15 minutes prep + 15 minutes cooking

Serves 4

Ingredients

250 grams sweet potato, sliced

250 grams potato sliced

1 onion diced

1 bunch baby spinach, washed and drained

3 eggs beaten

2 tablespoons low fat grated cheese

¼ teaspoon nutmeg

Method

Preheat grill.

Cook potato until tender and then drain well.

Heat oil in non-stick fry pan and add onion cooking until soft.

Add potato to onion and toss to combine.

Stir in spinach, cooking until wilted and moisture has evaporated.

Mix eggs, cheese and nutmeg in a bowl and pour into the pan.

Cook over low heat until set, remove and place under hot grill for 2 minutes until top is golden.

Suggestions

Try finely shredded Chinese cabbage instead of spinach.



PINK EYE POTATO SALAD

December | In Season | Potato



Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from Tracey Meharg, Wholesome Home.



PINK EYE POTATO SALAD

December | In Season | Potato

15 minutes prep + 15 minutes cooking

Serves 4

Ingredients

400 grams potato, sliced

60 ml extra virgin olive oil

60 ml verjuice

1 tablespoon finely chopped tarragon

1 tablespoon finely chopped chives

Method

Cook washed potatoes (skin on) until tender when pierced.

Whisk oil and verjuice together, when well combined stir in tarragon and chives.

Season to taste with pepper (optional).

Pour oil and verjuice over cooled potatoes.

Suggestions

Try a peppery extra virgin olive oil.

Verjuice is the juice of unripe wine grapes; it is not fermented, cooked or processed. It is an alternative to vinegar and lemon juice.





D
E
F
I
C
I
E
N
C
Y
S

COUS COUS STUFFED TOMATO

February | In Season | Tomato



D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from 'Greens Seasonal Guide to Tassie Produce 2014 Calendar'.



COUS COUS STUFFED TOMATO

February | In Season | Tomato

15 minutes prep + 20 mins cooking

Serves 4

Ingredients

4 large tomatoes

1 cup of cous cous

¼ capsicum, diced

1 small zucchini grated

2 tablespoons basil pesto

Basil for garnish

Method

Slice top of tomato; scoop out centre, place, cut side down on paper towel to drain.

Mix above ingredients in a bowl.

Spoon mixture into tomato.

Cook in a moderate pre heated oven for 20 – 30 minutes.

Suggestions

Add some low fat grated cheese to the mixture.

Substitute cous cous for brown rice.

Substitute tomatoes for capsicum or mushroom.





D
E
L
I
C
I
O
U
S

TOMATO, BASIL AND PARMESAN RISOTTO

February | In Season | Tomato



D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from E-News Nibble Eat Well Tasmania.



TOMATO, BASIL AND PARMESAN RISOTTO

February | In Season | Tomato

15 minutes prep + 30 mins cooking - Serves 2

Ingredients

- 2 large mushroom caps
- 1 ¼ cup of vegetable or chicken stock
- 1 ½ cup tomato puree (fresh tomatoes blended to a smooth liquid)
- 1 cup Arborio rice
- ½ cup of shredded basil leaves
- 2 tablespoons grated parmesan cheese

Method

Place stock and tomato puree into a saucepan over medium heat, allow to simmer. In another sauce pan heat some oil over medium heat, add rice cooking until translucent.

Add hot stock and tomato mixture one cup at a time, stirring after each cup has been added and absorbed into the rice. Continue adding stock until rice is tender and creamy.

While the risotto is cooking brush the mushrooms with oil and sprinkle with pepper. Place under a preheated hot grill and cook for five minutes until soft, keep warm. To serve, stir the cheese and ½ the basil into the risotto. Spoon risotto onto plates and top with the warm mushroom caps. Sprinkle with the remaining basil leaves.

Suggestions

If basil is hard to find use fresh parsley or coriander.
Consider using this recipe for tomato pasta sauce.





D
E
L
I
C
I
O
U
S

TZATZIKI

(Tzatziki is a Greek yoghurt-based dip,
also used as a sauce for salad dressing)

February | In Season | Cucumber



D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation –
North and Dorset Community House. The recipe is sourced and adapted from the
Healthy Food Fast Cook Book (copyright) State of Western Australia 2010.



TZATZIKI

(Tzatziki is a Greek yoghurt-based dip,
also used as a sauce for salad dressing)

February | In Season | Cucumber

10 minutes prep

Serves 6-8

Ingredients

2 Lebanese cucumbers, peeled and finely diced

2 cups low-fat natural yoghurt

2 cloves garlic crushed

2 tablespoons chopped mint, or 1 tablespoon dried mint

Method

Gently squeeze excess moisture from cucumber in paper towels.

Combine yoghurt, garlic and mint into a small bowl.

Stir cucumber into yoghurt mix.

Suggestions

Can be stored in refrigerator for 2 days.

To serve as a raita dip with curry, remove garlic.

Serve as an accompaniment to a Greek salad with pita bread.



ROASTED CAPSICUM

January | In Season | Capsicum



Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from 'Greens Seasonal Guide to Tassie Produce 2014 Calendar'.



ROASTED CAPSICUM

January | In Season | Capsicum

15 minutes prep + 30 mins cooking

Serves 4

Ingredients

4 large capsicums

1 cup of cooked brown rice

1/3 cup pine nuts

1 small zucchini grated

8 button mushrooms, finely diced

¼ cup of fresh herbs (oregano, parsley or chives)

½ cup of low fat grated cheese

Method

Slice top of capsicum.

Mix above ingredients in a bowl.

Spoon mixture into capsicums.

Cook in a moderate pre heated oven for 20 – 30 minutes.

Suggestions

Substitute suggested vegetables for tomato, carrot or other seasonal produce.

Substitute brown rice for cous cous.

Substitute capsicum for mushroom or tomatoes.





DELICIOUS

CAPSICUM AND PEA RISOTTO

January | In Season | Capsicum



DORSET

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Heart Foundation Organisation Recipes. www.heartfoundation.org.au/recipes



CAPSICUM AND PEA RISOTTO

January | In Season | Capsicum

10 minutes prep + 30 - 35 minutes cooking

Serves 4

Ingredients

2 cups of low salt vegetable stock

1 onion, finely chopped

1 red capsicum, halved, seeded, cut into thin slices

2 cloves garlic crushed

1 cup (200 gram) Arborio rice

1 cup (120 gram) frozen peas

Method

Combine vegetable stock with 2 cups of water in a saucepan and bring to boil, set aside.

In a heavy based large non-stick frying pan heat some oil over medium heat. Cook onion for 5 minutes, stirring until soft, add capsicum and cook for another 5 mins, stirring, until softened. Stir in garlic and rice and cook for 1 minute until rice is translucent.

Add 1 cup hot stock mixture, simmer, stirring constantly adding one ladle of stock at a time as liquid is absorbed. This should take 20 – 25 minutes, until rice is just tender. Stir through peas and cook for 2 – 3 minutes until heated through. Remove from heat.

Suggestions

Stir through ½ a cup of parmesan cheese prior to serving.

Serve with a green salad.

Add other vegetables such as mushrooms if desired.



Dorset
Community House



D
E
L
I
C
I
O
U
S

MUSHROOM OMELETTE

July | In Season | Mushrooms



D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from Fresh: The Seasonal Produce Cookbook 2001.



MUSHROOM OMELETTE

July | In Season | Mushrooms

10 minutes prep + 10 minutes cooking

Serves 2

Ingredients

200 grams mushrooms, thinly sliced

6 spring onions, thinly sliced

50 grams bean sprouts

6 medium eggs, beaten with black pepper

1 tablespoon balsamic vinegar

Method

Heat small amount of oil in wok over high heat, cook mushrooms until soft, add spring onions and bean sprouts, heat through then remove from wok and keep warm.

Wipe wok clean with paper towel, add small amount of oil, and heat swirling around and up the sides of the wok.

Mix the balsamic vinegar into the eggs and add half of the egg mixture to the wok, swirling up the sides. When nearly cooked add half the mushroom mixture, pull down the edges of the omelette to encase all of the ingredients. Place omelette on plate and repeat with remaining ingredients.

Suggestions

Balsamic vinegar has been used in this recipe as an alternative to soy sauce. Different mushrooms such as shitake can be used. Fillings such as cooked chicken, pork or bean curd can also be added.





SEASONAL
TASMANIAN
PRODUCE

COUS COUS BAKED MUSHROOM

July | In Season | Mushrooms



SEASONAL
TASMANIAN
PRODUCE

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from 'Greens Seasonal Guide to Tassie Produce 2014 Calendar'.



COUS COUS BAKED MUSHROOM

July | In Season | Mushrooms

15 minutes prep + 20 - 25 minutes cooking

Serves 6

Ingredients

6 large field mushrooms

1 cup of cous cous

1 tablespoon pine nuts

½ capsicum diced finely

1 small zucchini grated

1 cup low fat grated cheese

Fresh oregano, parley or chives to season

Method

Pre heat oven to 200°C.

Place mushrooms cavity side up on a tray lined with non stick baking paper. Combine cous cous, pine nuts, capsicum, zucchini, cheese and oregano in a large bowl.

Divide the mixture into the mushroom cavities.

Bake mushrooms for 15 – 20 minutes until topping is golden and mushrooms are tender.

Suggestions

Substitute cous cous for rice.

Substitute low fat grated cheese for ricotta.

Substitute mushrooms for tomatoes or capsicums.



Dorset
Community House

EGGPLANT, RED PEPPER AND OLIVES

June | In Season | Eggplant



Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from 'Low Carbohydrate High Flavour Recipes' Fiona Carns 2002.



EGGPLANT, RED PEPPER AND OLIVES

June | In Season | Eggplant

10 minutes prep + 65 minutes cooking time

Serves 4

Ingredients

2 cloves garlic crushed

400 grams fresh tomatoes (blended)

2 red peppers, chopped into 1cm cubes

1 medium or 2 small eggplant, chopped into 1cm cubes

12 Kalamata olives

Handful of fresh basil

Method

In a heated cast iron pot cook garlic until soft, add tomatoes and simmer for 5 minutes.

Add pepper and eggplant to tomato mix, reduce heat and simmer for about 1 hour.

Add basil and olives, stir and cook for a further minute and serve.

Suggestions

Cook double the quantity and freeze.

Use as a pasta sauce.





HEALTHY
FOODS

EGGPLANT DIP

(Also known as Baba Ghanoush or Bab Ghanouj,
a Middle Eastern dip made with Eggplant
and Tahini (A paste made from white sesame seeds))

June | In Season | Eggplant



HEALTHY
FOODS

Provided to you by Primary Health, Tasmanian Health Organisation –
North and Dorset Community House. The recipe is sourced and adapted from the
Healthy Food Fast Cook Book (copyright) State of Western Australia 2010.



EGGPLANT DIP

(Also known as Baba Ghanoush or Bab Ghanouj,
a Middle Eastern dip made with eggplant
and Tahini (A paste made from white sesame seeds))

June | In Season | Eggplant

10 minutes prep + 30 minutes cooking

Serves 6

Ingredients

1 medium eggplant (1kg)

2 cloves garlic crushed

Juice of 2 small lemons

¼ cup of tahini paste

Pinch of cumin

1 tablespoon chopped parsley

Method

In a preheated oven of 220°C place whole eggplant on baking tray and roast for 20 – 30 minutes or until soft.

Allow to cool and spoon out the flesh.

Mash with garlic, lemon juice, tahini and cumin.

Spoon into a bowl and sprinkle with parsley.

Refrigerate before serving.

Suggestions

Eggplant can be grilled whole on a barbecue, turning frequently until soft.

The dip will keep for 2 – 3 days in the refrigerator.

Serve on toasted pita or Lebanese bread, with vegetable crudités or mixed with cooked vegetables to fill pancakes or jacket potatoes.



Dorset
Community House

SWEETCORN AND ZUCCHINI SOUP

March | In Season | Sweetcorn



Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Healthy Food Fast Cook Book (copyright) State of Western Australia 2010.



SWEETCORN AND ZUCCHINI SOUP

March | In Season | Sweetcorn

10 minutes prep + 15 mins cooking

Serves 6

Ingredients

4 medium fresh sweetcorn

2 medium zucchinis

4 cups of vegetable or chicken stock

½ cup low-fat evaporated milk or yoghurt

Method

Steam corn until tender, allow to cool, remove kernels.

Combine with zucchini and stock in a large pot and bring to boil.

Simmer over gentle heat for 10 minutes or until zucchini and corn are tender, remove from heat and puree in a blender until smooth.

Stir through milk and or yoghurt.



Dorset
Community House



DELICIOUS

SPINACH AND HAM PIZZA

May | In Season | Spinach



DORSET

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Heart Foundation Organisation Recipes. www.heartfoundation.org.au/recipes



SPINACH AND HAM PIZZA

May | In Season | Spinach

10 minutes prep + 15 minutes cooking

Serves 4

Ingredients

4 pieces wholemeal flat bread (one per person)

500 grams frozen chopped spinach

2/3 of a cup of low fat cottage cheese

2 cloves garlic, crushed

½ cup tomato paste sauce

2 cups shredded reduced fat mozzarella or cheddar cheese

250 grams reduced fat shaved ham

Method

Place spinach in a medium bowl adding cottage cheese and garlic, mix well.

Spread each piece of bread with tomato paste.

Spread spinach mixture evenly over breads.

Sprinkle with some grated cheese, top with ham and remaining grated cheese, bake in preheated oven (180 – 200°C) for 10 – 15 minutes until cheese is golden.

Serve with a simple garden salad for a complete meal.

Suggestion

Substitute tomato paste for homemade tomato sauce recipes.

Try adding fresh spinach to pizza after baking.





D
E
L
I
C
I
O
U
S

SPINACH AND FETA QUICHE

May | In Season | Spinach



D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Heart Foundation Organisation Recipes. www.heartfoundation.org.au/recipes



SPINACH AND FETA QUICHE

May | In Season | Spinach

10 minutes prep + 65 minutes cooking

Serves 4

Ingredients

300 grams of English spinach

1 onion finely sliced

100 grams of low fat feta

4 eggs at room temperature

185 mls of buttermilk

2 tablespoons chives

Cracked black pepper to season

Method

Steam the spinach until wilted. Chop finely and squeeze off any excess moisture.

Sauté the onions in the olive oil until the onion is soft and translucent.

Beat the eggs together with the buttermilk, feta and pepper.

Spoon the spinach and onion over the tart and pour the egg mixture over the top.

Bake in the oven for 35 minutes or until the quiche has set.

Serve with a simple garden salad for a complete meal.

Suggestion

To make the pastry case follow the instructions for a basic shortcrust pastry recipe. Pastry can be high in saturated fat, this recipes suggests wholemeal shortcrust pastry.





D
O
R
S
E
T
H
E
A
T
W
E
L
L
N
I
B
B
L
E

CELERY BOATS

November | In Season | Celery



D
O
R
S
E
T
H
E
A
T
W
E
L
L
N
I
B
B
L
E

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from E-News Nibble Eat Well Tasmania.



CELERY BOATS

November | In Season | Celery

5 minutes prep

Serves 1

Ingredients

3 medium celery sticks

1 medium size grated carrot

Handful of sultanas

Low fat cream cheese

Method

Wash celery sticks.

Grate carrot and mix with cream cheese.

Spoon into celery.

Top with sultanas.

Suggestions

Substitute sultanas with cranberries.



Dorset
Community House



N
O
R
T
H
D
O
R
S
E
T

WALDORF SALAD

November | In Season | Celery



N
O
R
T
H
D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from Nutrition Australia.
www.nutritionaustralia.org/national/recipe



WALDORF SALAD

November | In Season | Celery

20 minutes prep

Serves 6

Ingredients

4 celery sticks

5 radishes

2 apples

½ cup of walnuts

¼ cup reduced fat sour cream (optional)

Method

Rinse the celery sticks and radishes, pat dry with a tea towel.

Cut the apples into quarters, remove the core and seeds, chop the quarters into small pieces and add to the bowl.

Slice the celery stick crossways into 5mm slices and add to the bowl.

Slice the radishes thinly and add to the bowl.

In a heavy based large non-stick frying pan heat some oil over medium heat, add the walnuts and stir with a wooden spoon until walnuts are lightly toasted.

Add the sour cream to the ingredients and stir to mix, and then add toasted walnuts.

Suggestions

Walnuts may be substituted for other nuts if desired.

Peeled orange or grapes may also be added.



Dorset
Community House



MOVE WELL
EAT WELL

PUMPKIN SOUP

October | In Season | Pumpkin



MOVE WELL
EAT WELL

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset
Community House. The recipe is sourced and adapted from
Move Well Eat Well. www.education.tas.gov.au/movewelleatwell



PUMPKIN SOUP

October | In Season | Pumpkin

15 minutes prep + 20 - 30 minutes cooking

Serves 10

Ingredients

- 1 kg chopped pumpkin
- 2 onions diced
- 2 teaspoons freshly crushed garlic
- 1 teaspoon freshly sliced ginger
- 1 celery stick chopped
- 2 medium potatoes peeled and chopped
- 3 litres homemade vegetable or chicken stock

Method

Heat oil in large pot and gently soften onions, garlic, ginger and celery. Add potato, pumpkin and stock. Bring to boil and simmer for 20 – 30 minutes. When vegetables are cooked through, blend in batches.

Suggestions

Soup can be thinned by adding more stock or reduced fat milk. Thickness of soup will depend on the type of pumpkin used. If you want the soup to have a rich flavour bake the pumpkin instead of boiling. Soup can be garnished with low fat yoghurt and chopped parsley. Add a touch of curry powder to the soup to enrich the flavour.





D
E
L
I
C
I
O
U
S

PUMPKIN AND LENTIL SOUP

October | In Season | Pumpkin



D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from E-News Nibble Eat Well Tasmania.



PUMPKIN AND LENTIL SOUP

October | In Season | Pumpkin

15 minutes prep + 45 minutes cooking

Serves 4

Ingredients

850 grams pumpkin peeled and cut into 2cm cubes

1 onion chopped

2 celery sticks chopped

1 carrot finely diced

½ cup of dried green/brown lentils

2 cups of water + 4 cups low salt or homemade chicken or vegetable stock

2 tablespoons lemon juice

Parsley garnish

Method

Heat oil in large pot over medium heat, stir in onion, celery and carrot, cooking until soft.

Add lentils, stock, water and lemon juice.

Bring to the boil.

Reduce heat to medium low and cook for further 10 minutes.

Add pumpkin and cook for a further twenty minutes until lentils and pumpkin are tender.

Suggestions

Soup can be thinned by adding more stock or reduced fat milk.

Thickness of soup will depend on the type of pumpkin used.





D
O
R
S
E
T
H
E
A
R
T
F
O
U
N
D
A
T
I
O
N

ZUCCHINI WITH BAKED RICE

September | In Season | Zucchini



D
O
R
S
E
T
H
E
A
R
T
F
O
U
N
D
A
T
I
O
N

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Heart Foundation Organisation Recipes. www.heartfoundation.org.au/recipes



ZUCCHINI WITH BAKED RICE

September | In Season | Zucchini

10 minutes prep + 1 hour cooking time

Serves 6

Ingredients

¾ cup brown rice

2 onions chopped

4 cloves of garlic, finely chopped

500 gram green zucchini, washed but not peeled, thinly sliced

500 gram yellow zucchini, washed but not peeled, thinly sliced

100 grams reduced fat ricotta

Fresh oregano, parsley or chives to season

Method

Pre heat oven to 200°C (180°C fan-forced).

Cook rice in unsalted boiling water, drain and set aside in medium bowl.

In a non-stick frying pan cook onions until soft then add garlic, stir for a further minute.

Add zucchini and cook for 5 minutes until tender, stir in oregano, parsley or chives.

Add zucchini mixture to the rice, stir in the ricotta and mix well.

Spread the mixture into an oven proof dish, cover with foil and bake for 20 minutes.

Remove foil and cook for a further ten minutes until top is golden brown.

Suggestions

Consider adding mushrooms or tomatoes to the mixture.





D
E
L
I
C
I
O
U
S

ZUCCHINI AND ROCKET PIZZA

September | In Season | Zucchini



D
O
R
S
E
T

Provided to you by Primary Health, Tasmanian Health Organisation – North and Dorset Community House. The recipe is sourced and adapted from the Heart Foundation Organisation Recipes. www.heartfoundation.org.au/recipes



ZUCCHINI AND ROCKET PIZZA

September | In Season | Zucchini

10 minutes prep + 15 - 20 minutes cooking

Serves 4

Ingredients

1 piece wholemeal pita or Lebanese bread per person

2 fresh tomatoes, mashed for paste

4 cloves of garlic, finely chopped

400 grams green / yellow zucchini, washed but not peeled, thinly sliced

200 grams grated reduced fat Mozzarella cheese

Fresh rocket leaves (washed)

Method

Pre heat oven to 200°C (180°C fan-forced).

Spread the mashed tomato paste on the pita bread.

Lightly sprinkle half of the cheese on the pita bread.

Add zucchini, garlic and rest of cheese.

Bake in oven for 15 – 20 minutes until top is golden brown.

Remove, sprinkle hot pizza with rocket leaves.

Suggestions

Consider adding a variety of vegetables to the pizza.

