

Low cholesterol recipes

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Chicken and rice soup

*2 chicken breasts cooked, chopped
(skin and fat removed)
6 cups chicken stock (defatted)
1 medium onion, chopped
1 medium carrot, grated
1 large celery stalk, chopped*

*1/2 cup long grain wild rice
1 dessertspoon lemon juice
1/4 teaspoon thyme
Dash cayenne pepper
2 tablespoons cornflour, extra water
to mix*

Sauté vegetables in a little chicken stock, in a non-stick pan (lid on), until onion is tender (do not brown). Add vegetables with stock, rice, juice, thyme and cayenne pepper in large saucepan.

Gently simmer for 30–40 minutes until rice is cooked. Add chopped chicken about 10 minutes before serving. Thicken with cornflour.

Serves 4–6

Green bean soup

*4 medium potatoes, peeled and
sliced thinly
1 small onion, chopped finely
1 clove garlic, crushed
8 cups chicken stock (defatted)
1 bay leaf*

*2 cups green beans, finely sliced and
steamed
2 tablespoons skim milk powder
1 tablespoon cornflour with extra
water to mix
Pinch cayenne pepper (optional)*

Place potatoes, onions, garlic, stock and bay leaf in large saucepan (lid on). Simmer about 1/2 hour until potatoes are soft. Add cooked beans about 15 minutes before thickening with cornflour and skim milk powder mixed together. Remove bay leaf and serve.

Serves 6–8

Fish chowder

200g lean white fish (bones, skin removed)
6 cups fish stock (defatted)
3 medium sized potatoes, diced
1 small onion, diced
1 medium carrot, grated

1 stalk celery, diced
1/3 cup dry white wine (optional)
Pinch cayenne pepper
1/4 cup skim milk powder with extra water to mix
1 tablespoon cornflour with extra water to mix
1 shake garlic powder

Place all ingredients in large saucepan (lid on) except skim milk and cornflour. Gently simmer 1 hour until soup is fairly thick. Add mixed skim milk and cornflour just prior to serving.

Serves 4–6

Apple and carrot salad

2 medium sized yellow apples, cut into slices lengthwise
2 cups carrot, grated
1 cup watercress
2 tablespoons alfalfa sprouts
1/2 cup French dressing
1 teaspoon poppy seeds (optional)
1 dish lined with lettuce leaves

Arrange watercress around edge of dish. Fill the centre with grated carrot. Arrange sliced apple around watercress and on top of grated carrot. Top with alfalfa sprouts and sprinkle with poppy seeds. Gently pour over dressing.

Serves 4–6

Oriental Salad

2 cups mung bean sprouts (4–5 days' growth)
1 carrot grated
1 salad onion, finely chopped
1 cup fresh or unsweetened pineapple pieces

1/2 cup cooked asparagus, sliced across
1 tablespoon shallots, chopped
1/2 cup chick peas, cooked
3/4 cup French dressing
1/2 cup sprouted wheat (sprouted 2–3 days only)

Place all ingredients in a glass dish and gently toss through with French dressing. Chill and serve.

Variations: Add 1 cup diced, steamed chicken or turkey (skin and fat removed) or add 1/2 cup chopped prawns (shrimp).

Serves 4–6

Broccoli and cauliflower mornay

2 cups fresh broccoli, chopped in chunks

2 cups fresh cauliflower, chopped in chunks

1 small onion, finely diced

1/2 cup liquid skim milk

1 tablespoon cornflour, extra water to mix

1/4 cup dry breadcrumbs

1/2 tablespoon grated sapsago or geska cheese (1% fat maximum)

Paprika to sprinkle on top

Steam together broccoli, cauliflower and onion for 5 minutes only. Turn into a medium sized ovenproof dish.

Heat milk with mixed cornflour until thickened. Stir well. Pour the mixture over the broccoli and cauliflower. Top with breadcrumbs, grated cheese and paprika.

Place under the griller until top is golden brown.

Serves 4

Curried vegetable casserole

2 medium sized carrots, sliced

2 potatoes, diced

1/4 cauliflower, broken into flowerets

1 onion, chopped

1 cup corn kernels, fresh or canned

1 cup broccoli flowerets

6 brussel sprouts, peeled and halved

1 1/2 cups water

1 bay leaf

2 tablespoons cornflour, extra water to mix

2 tablespoons canned evaporated skim milk (1% fat maximum)

1 1/2 teaspoons curry powder

1/4 cup dry breadcrumbs

1 teaspoon sesame seeds

Preheat the oven to 200°C.

Place all of the vegetables, water and bay leaf in a large saucepan and boil for 5 minutes (lid on). Thicken the mixture with the cornflour, add canned evaporated skim milk and curry powder.

Remove the bay leaf and pour the mixture into an ovenproof dish. Top with the breadcrumbs and sesame seeds and bake in an oven for 15 minutes.

Serves 4

Fried rice special

*2 cups brown rice, cooked, drained
1 small onion, chopped
1 medium sized carrot, grated
4 medium sized mushrooms, sliced
1/2 cup peas, cooked
1/2 cup corn kernels, raw*

*1 cup mung bean sprouts (2 days' growth only)
1/2 cup unsweetened apple juice
2 tablespoons soy sauce, low salt
1 tablespoon chives, chopped*

Sauté the onion in a non-stick pan (lid on) in a little apple juice until soft. Add the remaining ingredients and gently fold until hot and thoroughly mixed, for about 4 to 5 minutes.

Serves 4

Chinese 'stir fried' beef

*400g lean round beef, cut into strips
30mm long, fat removed
1 clove garlic, crushed
1/4 cup dry white wine
1 onion, sliced into rings
1/3 cup unsweetened apple juice
4 silver beet leaves and stalks,
chopped*

*1 cup water chestnuts, sliced,
drained
24 snow peas
1 can (425g) baby corn
1/4 cup beef stock (defatted)
2 tablespoons cornflour, extra water
to mix
1 cup buckwheat noodles, cooked
and drained*

Marinate beef strips and crushed garlic in the wine. Sauté onion and apple juice, in a non-stick pan (lid on), until tender. Add chopped silver beet stalks, water chestnuts and snow peas. Simmer (lid on) for 2 minutes. Remove from pan and keep warm.

Sauté meat and wine at high temperature, turning the meat as it cooks, for 2 to 3 minutes. Add all the remaining ingredients, except the cornflour, gently tossing and mixing the ingredients at a high temperature.

Thicken with the mixed cornflour. Fold in the cooked noodles and serve at once.

Serves 4

Baked fish casserole

*400g lean white fish, skin removed
1 cup button mushrooms, sliced
1/3 cup dry white wine
2 tablespoons shallots, chopped*

*1 tablespoon lemon juice
Grated rind of 1 lemon
1/8 teaspoon tarragon*

Preheat the oven to 180°C.

Arrange the fish in a medium sized ovenproof dish. Mix all the other ingredients and pour over the fish. Cover and bake 45 minutes.

Serves 4

Peaches 'n cream

*1 large can unsweetened sliced
peaches, drained
Grated rind 1 orange
1/8 teaspoon cinnamon*

*1 tablespoon stoneground
wholemeal self-raising flour
Nutmeg
3 peach slices for garnish*

Topping

*2 egg whites, stiffly beaten, yolks discarded
1 tablespoon skim milk powder*

Preheat the oven to 220°C.

Arrange sliced peaches mixed with orange rind and cinnamon in an ovenproof dish.

Add flour and skim milk powder to the stiffly beaten egg whites. Spread the egg mixture over the peaches and shake grated nutmeg over. Bake in pre-heated oven for 30 minutes, until golden brown. Garnish with peach slices 5 minutes before end of cooking time.

Serves 4–6

Banana date cake

*2 cups stoneground wholemeal flour
1 teaspoon bicarbonate of soda
1 cup dates, pitted, halved
1/2 cup unsweetened dark grape
juice
2 bananas, mashed (1/2 cup)*

*1/4 cup skim milk powder
1 1/2 cups water
1/4 teaspoon mixed spice
1 egg white, yolk discarded
1/4 teaspoon poppy seeds for
topping*

Preheat the oven to 230°C. Line square cake tin (195 x 195 x 48mm) with non-stick paper.

Bring grape juice to the boil in a saucepan, then turn off heat. Add dates. Place lid on and cool. Thoroughly mix all other ingredients except poppy seeds. Add date mixture and pour into a lined square cake tin. Top with poppy seeds.

When cake goes into oven, reduce oven temperature to 180°C and bake for 35 to 40 minutes.

Carrot cake

1 cup dates, pitted and chopped
1 cup dark grape juice, unsweetened
3 cups carrot, grated
1/4 cup canned evaporated skim milk
1/4 cup sultanas
1/4 cup roasted chestnuts, chopped (optional)

1/3 cup unprocessed bran
1 egg white, yolk discarded
2 cups stone ground wholemeal flour
1 teaspoon bicarbonate of soda
1/3 cup canned evaporated skim milk (1% fat maximum)

Preheat the oven to 230°C. Line cake tin (213 x 112 x 64mm) with non-stick paper.

Place the dates and grape juice in a saucepan. Bring to the boil, take off heat and add grated carrot. Stir in well and cool. Mix remaining ingredients adding cold date and carrot mixture. Combine well and place in cake tin.

Reduce the heat to 180°C when placing the cake in the oven. Cook 1 hour. Cool and top with 'Creamy' cheese frosting (see below).

'Creamy' cheese frosting

1/2 cup low fat skim milk cottage cheese (1% fat maximum)
1 tablespoon canned evaporated skim milk (1% fat maximum)
1 tablespoon unsweetened apple juice concentrate
1/2 teaspoon grated lemon rind and 1/2 teaspoon lemon juice

Blend together all the ingredients in a processor until thoroughly mixed and smooth.