

make your recipes healthier

Substituting staples for healthier options makes for nutritious meals, says dietitian Vanessa Schuldt

Favourite foods can play havoc with your best diet intentions. Unfortunately, many meals are energy dense and come laden with the wrong kind of fat. But there are easy ingredient swaps you can try that will make a big difference to your health and waistline. Try the following smart switches.

Ingredient swaps

TIPS TO REDUCE THE KILOJOULE AND SATURATED FAT COUNT

Recipe includes this...	Replace with this...	The switch will save you*...
Butter	Monounsaturated or polyunsaturated margarine spread (65% fat)	114kJ and 7g sat fat per tablespoon
Full-cream milk	Skim milk	143kJ and 2.2g sat fat per 100ml
Plain yoghurt	Low-fat plain yoghurt (99% fat free)	113kJ and 2.5g sat fat per 100g
Vanilla custard	Low-fat vanilla custard (99% fat free)	76kJ and 1.4g sat fat per 100g
Cheddar cheese	Reduced-fat cheddar (25% less fat)	318kJ and 7.6g sat fat per 100g
Cream cheese	Reduced-fat cream cheese (25% less fat)	200kJ and 3.4g sat fat per 100g
Ricotta cheese	Extra-light ricotta cheese (80% less fat)	302kJ and 6.1g sat fat per 100g
Mozzarella cheese	Reduced-fat mozzarella cheese (35% less fat)	220kJ and 5.2g sat fat per 100g
Beef mince, regular	Low-fat/premium beef mince	132kJ and 1.9g sat fat per 100g
Lamb cutlets	French-trimmed lamb cutlets	361kJ and 4.5g sat fat per 100g
Chicken thigh fillets	Skinless chicken breast	170kJ and 2g sat fat per 100g
Salami	Lean leg ham	1336kJ and 11.3g sat fat per 100g
Cream, regular	Low-fat evaporated milk (98.5% fat free)	932kJ and 20.6g sat fat per 100ml
Thickened cream	Extra-light thickened cream (13% fat)	703kJ and 14.9g sat fat per 100ml
Coconut cream	Reduced-fat coconut cream (40% less fat)	164kJ and 3.6g sat fat per 100ml
Coconut milk	Reduced-fat coconut flavoured evaporated milk (98.5% fat free)	252kJ and 13.4g sat fat per 100ml
Sour cream	Extra-lite sour cream (13% fat)	839kJ and 16.6g sat fat per 100g
Mayonnaise	Low-fat mayonnaise	362kJ and 1.3g sat fat per 100g
Vanilla ice-cream	Low-fat vanilla ice-cream	210kJ and 5g sat fat per 100g
Puff pastry made with butter	Puff pastry made with canola oil	23kJ and 7g sat fat per 100g



Turn the page for low-joule & low-fat recipes

*All values are averages. The energy and sat fat content will vary between different products and brands.



THAI CHICKEN NOODLE BROTH

Preparation + cooking time: 30 minutes

1 litre (4 cups) chicken stock
2 cups (500ml) water
3cm piece fresh ginger (15g), grated
1 fresh small red Thai chilli, chopped finely
400g chicken breast fillets, sliced thinly
400g fresh rice noodles
1 tablespoon fish sauce
1 tablespoon grated palm sugar
1 tablespoon lime juice
2 baby bok choy (300g), quartered
1/3 cup loosely packed fresh Thai basil leaves

1. Place stock, water, ginger and chilli in large saucepan and cover, and bring to the boil. Reduce heat and simmer five minutes. Add chicken, noodles, sauce, sugar and juice and simmer about 5 minutes or until chicken is cooked through and noodles are tender.

2. Divide bok choy among serving bowls and ladle chicken broth into bowls. Sprinkle with basil.

SERVES 4

Nutritional count per serve:
energy 1208kJ; total fat 7.1g (sat fat 2.2g); carbohydrate 27.5g; protein 27.6g; fibre 1.7g



ASIAN CRISPY NOODLE SALAD

Preparation + cooking time: 15 minutes

- ½ medium wombok (500g), shredded finely
- 227g can water chestnuts, drained, sliced thinly
- 150g snow peas, trimmed, sliced thinly
- 1 large red capsicum (350g), sliced thinly
- 100g packet fried noodles
- ⅓ cup (50g) roasted unsalted cashews, chopped coarsely
- 1 cup loosely packed fresh coriander leaves

SESAME SOY DRESSING

- 1 teaspoon sesame oil
- ¼ cup (60ml) soy sauce
- 1 tablespoon sweet chilli sauce
- 2 tablespoons lime juice

1. Place ingredients for sesame soy dressing in screw-top jar and shake well.
2. Combine wombok, water chestnuts, snow peas, capsicum and fried noodles in medium bowl.
3. Divide salad among serving bowls and sprinkle with nuts and coriander, drizzle with dressing.

SERVES 4

Nutritional count per serve: energy 869kJ; total fat 10.8g (sat fat 2.2g); carbohydrate 19.1g; protein 8.3g; fibre 6.4g

CHICKEN TANDOORI POCKETS WITH RAITA

Preparation + cooking time: 25 minutes

- 400g chicken tenderloins
- ⅓ cup (100g) tandoori paste
- ¼ cup (70g) yoghurt
- 1 tablespoon lime juice
- 8 large flour tortillas
- 60g snow pea sprouts

RAITA

- 1 cup (280g) yoghurt
- 1 Lebanese cucumber, halved, seeded, chopped finely
- 1 tablespoon finely chopped fresh mint

1. To make raita, combine ingredients in small bowl.
2. Combine chicken, tandoori paste, yoghurt and juice in medium bowl.

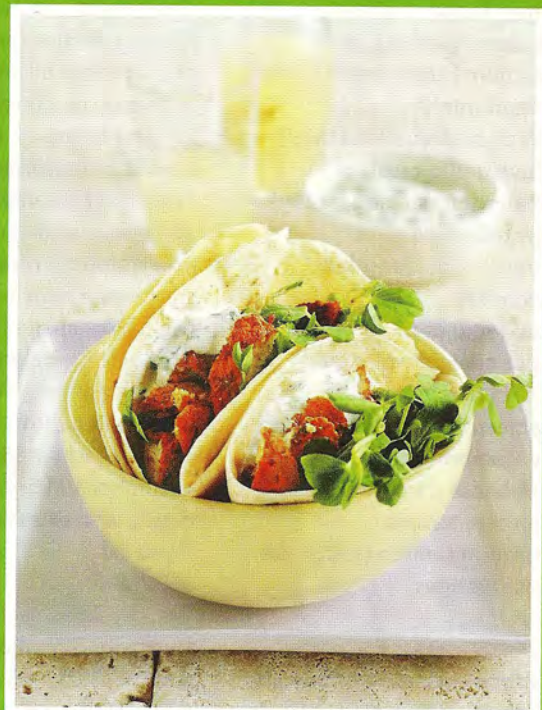
3. Cook chicken mixture on heated oiled grill plate (or grill or barbecue) until browned all over and cooked through. Stand 5 minutes and slice thickly.

4. Heat tortillas according to packet instructions.

5. Place equal amounts of chicken, sprouts and raita on a quarter of each tortilla and fold tortilla in half and then in half again to enclose filling and form triangle-shaped pockets.

MAKES 8

Nutritional count per pocket: energy 648kJ; total fat 8.2g (sat fat 2.2g); carbohydrate 5.2g; protein 14.2g; fibre 1.9g





NASI GORENG

Preparation + cooking time: 40 minutes

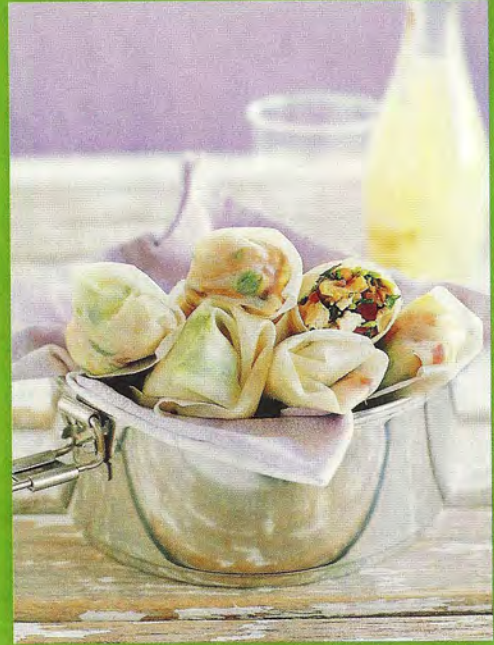
- 1 tablespoon peanut oil
- 2 eggs, beaten lightly
- 1 teaspoon sesame oil
- 1 medium brown onion (150g), sliced thinly
- 4 green onions, sliced thinly
- 1 clove garlic, crushed
- 5cm piece fresh ginger (25g), grated
- 2 cups (160g) shredded wombok
- 1 cup (80g) bean sprouts
- 3 cups cooked white long-grain rice
- 1 tablespoon sambal oelek
- 1 tablespoon kecap manis
- 1 Lebanese cucumber (130g), cut into batons
- 1 medium tomato (150g), cut into wedges

1. Heat one teaspoon of the peanut oil in large wok and add half the egg mixture, swirl wok to make a thin omelette. Remove

- from wok and roll omelette into cigar-shape, cut into thin strips. Repeat with one more teaspoon of the peanut oil and the remaining egg mixture.
2. Heat sesame oil and remaining peanut oil in wok and stir-fry brown and green onions, garlic and ginger until onions soften. Add wombok and sprouts and stir-fry over high heat until vegetables are just tender.
3. Add rice, omelette, sambal and kecap manis to wok and stir-fry until heated through.
4. Serve nasi goreng with cucumber and tomato and drizzle with extra kecap manis, if you like.

SERVES 4

Nutritional count per serve: energy 1292kJ; total fat 8.9g (sat fat 1.8g); carbohydrate 45.6g; protein 9.3g; fibre 4.1g



TERIYAKI RICE PAPER ROLLS

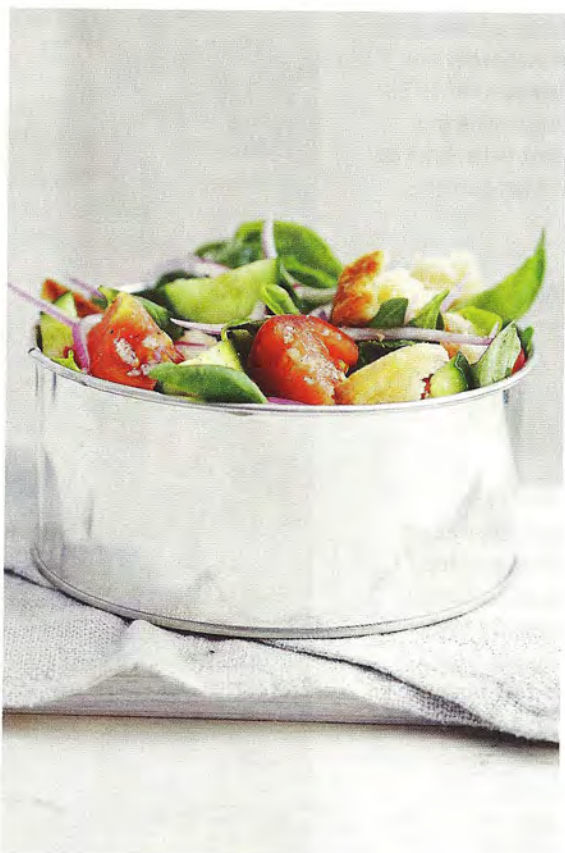
Preparation + cooking time: 30 minutes

- 1 cup (160g) shredded cooked chicken
- 1 small carrot (70g), coarsely grated
- 1 small red capsicum (150g), sliced thinly
- 100g shiitake mushrooms, sliced thinly
- 50g snow pea tendrils
- 2 tablespoons coarsely chopped fresh coriander
- 2 tablespoons teriyaki sauce
- 1 tablespoon sweet chilli sauce
- 12 x 22cm rice paper rounds

1. Combine chicken, carrot, capsicum, mushrooms, tendrils, coriander and sauces in large bowl.
2. Place one sheet of rice paper in medium bowl of warm water until just softened and lift sheet carefully from water, place on board, covered with a tea towel.
3. Place some of the filling in the centre of rice paper and fold in sides, roll top to bottom to enclose filling. Repeat filling and rolling with remaining rice paper and filling.
4. Serve rolls with extra sweet chilli sauce or soy sauce.

SERVES 4

Nutritional count per serve: energy 623kJ; total fat 3.6g (sat fat 1g); carbohydrate 13.7g; protein 14g; fibre 2.8g



PANZANELLA

Preparation + cooking time: 20 minutes

- 1 litre (4 cups) water
- 250g stale sourdough bread, cut into 2cm slices
- 2 large tomatoes (440g), chopped coarsely
- 1 small red onion (100g), sliced thinly
- 2 Lebanese cucumbers (260g), chopped coarsely
- 1 cup firmly packed fresh basil leaves
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 clove garlic, crushed

1. Place the water in large shallow bowl and briefly dip bread slices into water. Pat dry with absorbent paper and tear bread into large chunks.

2. Place bread in large bowl with remaining ingredients and toss gently to combine.

SERVES 4

Nutritional count per serve: energy 1104kJ; total fat 11g (sat fat 1.5g); carbohydrate 33.2g; protein 7.5g; fibre 6g

Recipes are from The Australian Women's Weekly cookbook *Come on Over* (ACP Books, \$34.95). Available from bookstores and online from www.magshop.com.au.

