



Healthy Holiday Meals



Palmerston North 27th September/8th November

Feilding 25th October

The holiday period can be one of overindulgence.

Aim to control portion sizes and make a large quantity of your meals
vegetables.



Salmon Cucumber canapes

Serves 32

Recipe from Nadialim.com

Ingredients

smoked salmon 200gm

dill or parsley 1 Tbsp., chopped

Light Sour cream 2 Tbsp.

lemon zest 1 teaspoon, finely grated

Lebanese cucumbers 4 washed and ends trimmed off

chives or dill, to garnish 1/2 tablespoon, finely chopped

Method

1. Flake/chop salmon into a medium bowl and discard the skin. Check for bones.
2. In a small bowl, mix chopped herbs, sour cream, zest and some freshly ground black pepper to taste. Add flaked salmon and mix.
3. Use a potato peeler to remove a few strips from each cucumber (this will create a striped effect once they are cut). Cut cucumbers into 2cm-thick slices (you should get about eight slices from each one)
4. Use a teaspoon to scoop out a little flesh from the centre of each cucumber slice.
5. Fill each little hollow with a heaped teaspoonful of salmon filling. Season + top with herbs

Nutrition per serve (2 canapes): Energy: 117kj Protein: 3.1gm Fat: 1.3gm,
Carbohydrate: 0.6 gm Sodium: 160mg



Edamame salad

Serves 6 as a side

Recipe adapted from Geniuskitchen.com

Ingredients

Frozen corn , 1 cup

Red Capsicum, 1 chopped

Frozen shelled edamame beans, 450gm packet

Cherry tomatoes, 1 cup chopped into quarters

Red onion, 1/4 cup finely chopped

Avocado, 1 large chopped

Chives, (optional)

Dressing

Juice of 1 **lemon** + 1 **lime**

Dijon mustard, 2 Tbsp.

Olive oil, 2 Tbsp.

Salt + pepper, to season

Method

1. Cook edamame according to package instructions. Drain, rinse and set aside to cool.
2. Combine corn, capsicum, tomatoes and onion
3. Whisk dressing ingredients together in a medium sized bowl.
4. Add dressing + avocado to other ingredients and combine.
5. Season with salt + pepper and chives

Nutrition per serve: Energy: 1080kj Protein: 10gm Fat: 17gm, Carbohydrate: 20gm
Fibre: 3.6gm Sodium: 100mg



Moroccan Chicken with Israeli Couscous

Serves 4

Recipe adapted from recipetineats.com

Ingredients

Couscous

Olive oil, 2 tsp

Crushed garlic, 1tsp

Onion, 1/2 small finely chopped

Israeli Couscous (Pearl Couscous), 1.5 cups

Low sodium stock (chicken or vege), 1.5 cups

Water, 1 cup

Chicken

Chicken thighs, 4 –6

Moroccan spice rub, 1-2 Tbsp.

Salad

Cucumber, 1 diced

Cherry tomatoes, 250gm punnet chopped into halves

Baby spinach, 1 /2 packet finely chopped

Mint, 1/4 cup finely chopped (or sub for parsley/coriander)

Sultanas/Raisins 1/3 cup

Dressing

Orange, zest & juice of 1

Dijon mustard, 1 tsp.

Olive oil, 3 Tbsp.

Salt + pepper, to season



Moroccan Chicken with Israeli Couscous

Method

Chicken + Couscous

1. Rub chicken with spice mix and place in fridge to marinade
2. Heat oil in a large saucepan or small pot over a medium heat. Add onion and garlic, sauté until browned
3. Add couscous and stir cooking for 1 minute. Add broth and water, place the lid on and turn the heat to medium low
4. Cook for 10 minutes until the liquid is absorbed and couscous is cooked through but still firm. Use a fork to separate and transfer to a large bowl to cool.
5. In a separate pan, spray with oil and cook chicken on a medium heat until cooked through. Cool then slice.

Salad + Dressing

1. Combine dressing ingredients in a jar and shake well
2. Add chopped salad ingredients to Couscous, Pour over dressing and toss.
3. Top with chicken and serve.

Nutrition per serve : Energy: 2500kj Protein: 25gm Fat: 22gm, Carbohydrate: 67gm ,
Fibre: 7.5gm, Sodium: 380mg



Yoghurt Berry Crunch

Serves 12+

Recipe adapted from greatbritishchefs.com

This recipe can be made in individual cups or as one large dessert

Ingredients

Frozen berries e.g. boysenberries/blackberries, 750gm defrosted

Greek yoghurt with honey , ~750gm

Dry roasted almonds, 1 cup

Rolled oats, 1 cup

Coconut thread, 1/2 cup

Method

1. Mash berries using a fork or food processor
2. Blend almonds, oats and coconut in a blender or food processor
3. Place a layer of the nut mix, then add a yoghurt layer followed by a berry layer & repeat layers. Sprinkle a little of the almond mix on top.

Nutrition per serve (based on 12 serves): Energy: 1040kj Protein: 7.6gm Fat: 11.5gm,
Carbohydrate: 27gm Fibre: 3gm Sodium: 45mg