

Easy (no cooking involved)

- Coleslaw – use bagged or make-your-own. Use low-fat dressings sparingly
- Fresh fruit salad – use seasonal fruit. Fill clear containers with low-fat yoghurt and fruit (individual or mixed fruits)
- Mixed bean salad – drain and rinse four-bean mix and combine with celery, red onion and dressing of balsamic vinegar and olive oil
- Salmon, tuna or egg sandwich – mix canned salmon, tuna or egg with low-fat mayonnaise, onions, celery and shredded carrot. Serve on wholemeal bread. Try the zebra – combine one wholemeal slice and one white slice in the same sandwich
- Vegetables and dips – fill the bottom of a clear container with vegetable or low-fat dairy-based dips such as salsa, guacamole, hommus or tzatziki. Place seasonal vegetable sticks on top for an easy-to eat healthy treat
- Crunchy vegetable salad – chop up seasonal vegetables and brush with olive oil, herbs and balsamic vinegar

For the grill

- Chicken – remove the skin and grill. Combine with fresh salad ingredients to make a chicken salad
- Toasted sandwiches – try various fillings e.g. tomato, ham and cheese; tuna, tomato, cottage cheese
- Chicken and avocado; spinach, low-fat ricotta and tomato salsa. Vary the type of bread e.g. panini, Turkish bread, lavash bread or tortillas

For the oven or barbecue

- Baked potatoes – serve with healthy fillings such as beans, lean mince or chicken, and lots of salad
- Skinless chicken drumsticks – dip in garlic and herbs before baking
- Kebabs – make with lean cuts of meat and chunks of zucchini, capsicum, onion and cherry tomatoes.
- Vegetarian kebabs – use a variety of coloured vegetables such as zucchini, capsicum, mushrooms, and cherry tomatoes.
- Pita bread pizzas – spread pita bread with tomato paste and top with a variety of vegetables, lean meat or chicken, and a sprinkling of reduced-fat cheese. Add dried basil and thyme to tomato paste for extra flavour.

For the stove top

- Corn on the cob – boil to cook, cut in half and serve on a wooden skewer. Add extra flavour with mustard and honey, garlic or ginger.
- Healthy pasta or rice salads – cook pasta or rice and experiment with flavour combinations e.g. corn, bean, ham, tomato, avocado and low-fat dressing; zucchini, olive and feta; corn, pea, capsicum and tomato-based pasta sauce.
- Mexican wraps – fill tortillas with lean mince or four bean mix (combined with a teaspoon of chilli sauce), grated carrot, reduced-fat cheese and avocado.



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