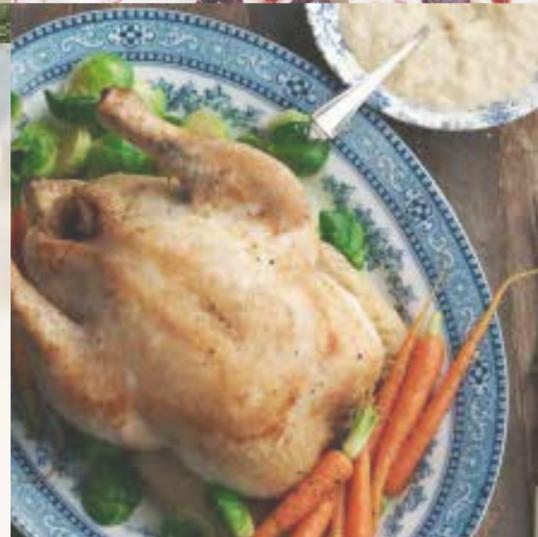




# 12 WAYS TO EAT WELL OVER THE HOLIDAY SEASON





The holiday season is upon us and as we get ready to celebrate with family and friends, life gets hectic. During this busy time our normal eating habits seem to go astray. At the beginning I embrace the change in routine but always find myself at the start of the new year regretting that we didn't maintain a balanced diet over the holiday period. This year I have put together easy recipes to help us and you eat well over the holiday season.

'Twelve Ways to Eat Well Over the Holiday Season' will help keep you on track with easy, nutritious and balanced meals from breakfast to lunch and dinner (and in between). You will find six recipes from myself and six from my friends at The Dairy Kitchen.

You will find that dairy has been included in each of these recipes which helps you reach your recommended daily intake, which is 2 ½ serves for adults and ranging from 1 ½ for toddlers up to 3 ½ for teenagers. Nine in 10 of us are failing to meet the Australian Dietary Guidelines' recommended intake of the dairy food group, and are missing out on its many benefits.

These recipes will show you that eating well and balanced is easy to achieve even when life gets hectic and routine gets thrown to the wind. Including dairy in your meals will ensure that you get all the goodness of vitamins, minerals and protein which are found naturally in dairy and are good for your health.

Flip through, find the first recipe you love, and get cooking! Feel free to share your creations with me on Instagram @cookingforbusymums and on Facebook — Cooking For Busy Mums or tag me with #12waystoatwell.

Happy holidays, and happy cooking.

**Amanda**  
**Cooking For Busy Mums**



# BLUEBERRY, GRANOLA AND YOGHURT ICE CREAMS

Homemade yoghurt ice creams make it easy for kids and big kids to enjoy a cool treat that is also healthy for them. Including fruits and low GI grains means their tummies will be happy, which makes these a perfect afternoon tea or even breakfast on a hot busy morning.

## INGREDIENTS

1 ½ cups natural yoghurt (avoid the low fat varieties so your ice cream is creamy)

2 tbs honey

½ cup blueberries, fresh or frozen

½ cup granola (I used a chocolate chia and spelt variety)

## LET'S PUT IT ALL TOGETHER

1. In a medium bowl mix together the yoghurt and honey.
2. In a small bowl smash the blueberries up a little.
3. Gather your ice cream moulds. First add the blueberries, followed by the yoghurt (about 2 tbs per mould), then finish with the granola. Push the granola gently into the yoghurt and then top with a little of the remaining yoghurt.
4. Insert the ice cream sticks and place into the freezer for a minimum of 4 hours or until set.

Makes 6

**Note:** depending on the size of your moulds you may need to double or triple the recipe.

Did you know that yoghurt is naturally low in lactose? This is because the friendly bacteria in yoghurt break down some of the lactose for you.



# YOGHURT & BERRY BARK

The kids will have so much fun making and eating this yoghurt and berry bark. It is such a great way to enjoy yoghurt during summer and is great for little mouths to suck on. Try different combinations by changing the flavour of your yoghurt, jam and berry varieties. The flavour combinations are endless.

## INGREDIENTS

2 cups natural yoghurt

$\frac{3}{4}$  cups berries (use a mixture of your favourites)

3 tbs strawberry jam

## LET'S PUT IT ALL TOGETHER

1. Line a 30cm x 15cm baking tray with baking paper.
2. Spread the yoghurt evenly over the baking paper.
3. Dollop on the jam and swirl through the yoghurt.
4. Add the berries, spreading them out evenly.
5. Place in the freezer for a minimum of 2 hours or until set.

When ready remove from the freezer and break into pieces. Enjoy straight from the freezer.

Makes 12 + pieces (depending on how you break it up).

Once broken up, store in a container or zip lock bag in the freezer.



Did you know freezing yoghurt doesn't destroy any of its nutritional goodness? Keep a bit of this bark in the freezer for a cool boost of essential nutrients in an instant!





# POT ROASTED CHICKEN IN MILK WITH HOMESTYLE BREAD SAUCE

Chicken in milk? Seems too crazy to be true. You won't believe how succulent and juicy this chook really is. Strain the flavoursome juices and thicken with breadcrumbs to make the simplest sauce, retaining all the nutritional goodness of milk. A fabulous way to use up any milk that's approaching its best before date!

## INGREDIENTS

20g butter  
1.5kg whole chicken  
2 cups (500ml) full cream milk  
zest of 1 lemon  
5 sprigs of thyme  
5 cloves unpeeled garlic  
2 tsp honey

**Bread Sauce**  
2 cups strained milk juice  
150g fresh white breadcrumbs  
50g butter, extra  
fresh nutmeg, to taste

## LET'S PUT IT ALL TOGETHER

1. Preheat an oven to 180°C (160°C fan forced). Heat a medium sized, ovenproof saucepan (with lid) over high heat. Add butter and pan-fry chicken on all sides until golden brown.
2. Add the milk, lemon, thyme, garlic, honey and season with salt and pepper. Cover with lid and place in the oven. Bake for 1 hour, basting every 15 minutes, or until cooked through.
3. Remove chicken, cover with foil and keep warm. Strain juices from pan chicken through a fine sieve into a clean small saucepan. Add the breadcrumbs, butter, nutmeg and season to taste. Stir over medium heat for 5 minutes or until slightly thickened. Serve chicken with sauce and steamed or roasted vegetables.

Serves 4

# COMPOST SLICE

Called 'compost' slice for the simple reason that this slice will clean out all the odds and ends in your fridge. Stale bread? Throw it in. Leftover roast turkey or veg you can't bear to look at anymore? In it goes. Fabulous for weekend lunches, or cold in the school lunchbox.

## INGREDIENTS

- 7 slices (300g) wholemeal sliced bread
- 2 large slices (125g) ham, cut into strips
- ½ punnet (125g) cherry tomatoes, halved
- ½ cup chopped green capsicum
- 2 spring onions, sliced
- 6 eggs, lightly beaten
- 1½ cups milk
- ¾ cup grated tasty cheese

## LET'S PUT IT ALL TOGETHER

1. Preheat oven to 180°C (160°C fan forced). Line the sides and the base of a 28cm x 17cm lamington pan.
2. Roughly tear bread, crusts included, into the pan. Top with ham, tomatoes, capsicum and onions and toss slightly. In a separate bowl, whisk together eggs and milk and season with salt and pepper. Pour over bread. Cover and stand for at least 1 hour.
3. Remove covering and sprinkle with cheese. Bake for 35-40 minutes or until cooked through and egg has set. Allow to stand for 10 minutes before removing from pan. Cut and serve warm or cold.

Makes 24



Cheese is naturally very low in lactose, so most people with lactose intolerance can still eat cheese. The general rule of thumb is, the harder the cheese, the lower in lactose.





## THREE INGREDIENT CHEESE SPREADS

When family and friends come over it's always nice to have a few snacks for them to enjoy while you chat away. Making your own homemade spreads to go with crackers or vegetable sticks is super easy and you get the satisfaction of making them yourself and knowing what is in them. You'll have everyone asking you for the recipes by the end of the party.

### INGREDIENTS

- 600g spreadable cream cheese
  - 3 tsp basil pesto
  - 3 tsp tomato pesto
  - 3 tbs parmesan cheese
  - 50g smooth feta cheese
  - 100g pickled onion flavoured cheese, grated or crumbled
  - 1 tbs onion powder
- To serve: crackers, cucumber and carrot sticks

### LET'S PUT IT ALL TOGETHER

1. Divide the cream cheese into three medium bowls (200g per bowl).
2. In the first bowl, add the basil pesto and parmesan cheese, mix well to combine.
3. In the second bowl, add the tomato pesto and feta cheese, mix well to combine.
4. In the third bowl, add the pickled onion cheese and onion powder, mix well to combine.

To serve simply spoon each spread into your serving tray and add your chosen dippers.

Once the cheese spread is made it can be kept in the fridge for up to 5 days, so you can make it in advance for when family and friends come over.

Whether it's parmesan or feta, all cheese contains the essential nutrients found in milk. However as a rule, the harder the cheese, the more concentrated the nutrients are. For example, to get an equivalent serve of calcium you could eat 27g parmesan cheese, 40g cheddar or 120g ricotta.



# MUSTARD CHICKEN QUESADILLAS

During the holiday season a store bought roast chicken is my saviour. You can grab one on your way home from work or in the afternoon and make a variety of easy dinners that will keep everyone happy. Using the chicken to make these quesadillas is one of my favourite ways to use roast chicken. Prep is minimal and you can alter the fillings to suit your family's favourite combinations.

## INGREDIENTS

1 store bought roast chicken  
1 packet large tortillas (normally 6 per packet)  
2 cups mozzarella cheese, grated  
wholegrain mustard  
mayonnaise  
avocado, diced  
tomato, diced  
salt and pepper

## LET'S PUT IT ALL TOGETHER

1. About 2 cups of diced chicken meat. Break the cooked meat off your roast chicken and dice. Place into a large bowl.
2. Add a few tablespoons of wholegrain mustard and mayonnaise to the chicken. Adjust the amount of mustard and mayonnaise to suit your taste. Season with a little salt and pepper.
3. Place one tortilla on a cutting board and evenly spread over the chicken mix. Top with the avocado and tomato and a good sprinkling of cheese. Note: make sure you don't overload the tortilla as it will make it hard to flip and eat.
4. Place another tortilla on top and then carefully transfer to a large frypan over a medium heat. Cook on the first side until browned and then flip carefully to cook on the other side until browned. Total time is about 5 minutes or until the cheese has melted and the two sides are now joined.
5. Place on the cutting board and cut into quarters.

Enjoy on their own or add a tossed salad.



Tasty (or cheddar) cheese is Australia's favourite cheese! Freeze grated cheddar and sprinkle it straight onto bakes, pizzas or toasties before popping in the oven – that way you'll never run out of the good stuff!



# BAKED CHICKEN & CHEESE TORTILLA PINWHEELS

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This is a pinwheel with a twist. Baking it makes all the difference between a boring sandwich wrap and something melty and delicious. Whether you serve it warm or cool, you can rest easy knowing with the goodness of chicken, veggies, cheese and a wholemeal wrap, you've got 4 of the 5 food groups covered!

## INGREDIENTS

- 1 cup chopped cooked chicken breast
- 1 cup grated mixed vegetables (red capsicum, zucchini, carrot, finely shredded spinach leaves)
- 1 spring onion, sliced
- 2 tbs mayonnaise
- $\frac{3}{4}$  cup grated tasty cheese
- 4 wholegrain or wholemeal square wraps/mountain bread

## LET'S PUT IT ALL TOGETHER

1. Preheat oven to 180°C (160°C fan forced). Combine chicken, vegetables, onion, mayonnaise and tasty cheese in a bowl.
2. Lay the wraps on the bench. Spread filling evenly over wrap, leaving a 2cm border on one edge. Spread the edge with a little mayonnaise. Roll up wrap towards the border edge and seal with mayonnaise. Trim the edges of each wrap and cut into 6 thick slices. Place the wraps, cut side down on a baking tray lined with paper.
3. Bake for 10-15 minutes or until golden brown. Serve warm or cool. Wraps can be kept in the fridge in a sealed container for up to 3 days.

**Makes 24**

Can substitute the chicken for well drained tuna or shredded ham.

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# PICNIC SAUSAGE ROLLS

If you thought sausage rolls were just party food, think again. The secret to this lighter version is the ricotta cheese, which keeps the lean chicken mince juicy and moist. We've packed in baby spinach for a veg boost, but you can add any veg you like! Enjoy hot from the oven, or pack cool for a picnic or lunchbox treat. And don't forget the tomato sauce!

## INGREDIENTS

50g baby spinach leaves  
150g wedge reduced fat ricotta cheese  
2 tbs grated parmesan cheese  
400g chicken mince  
1/3 cup dried multigrain breadcrumbs  
1 tbs chopped flat-leaf parsley  
freshly ground black pepper, to taste  
2 sheets reduced fat frozen puff pastry, just thawed  
1 egg, lightly beaten

## LET'S PUT IT ALL TOGETHER

1. Steam or microwave the spinach leaves until wilted, squeeze to remove excess liquid. Roughly chop and combine with ricotta, parmesan, mince, breadcrumbs, parsley and seasonings.
2. Cut each sheet of puff pastry in half. Shape 1/4 of the chicken filling along the centre of each piece of pastry, lengthways. Brush one edge with egg and roll pastry over the meat, pressing to seal the edge. Cut each length into 3 sausage rolls.
3. Place the sausage rolls on a baking paper lined oven tray, brush lightly with egg and bake at 200°C for 25 minutes or until golden and cooked through. Remove from oven and cool slightly before serving.

Makes 12



To use up extra ricotta cheese, try spreading it on fruit toast or crumpets with honey. Crumble over your favourite tomato or pesto based pasta, onto a pizza before baking, or over a salad of tomatoes and basil! For a dessert treat, toast ricotta in a sandwich with a scraping of Nutella and some berries.





# ONE PAN SWEET CHILLI CHICKEN

When you are short on time, one pan dinners are the ultimate saviour. Less washing up and minimal steps to get a delicious balanced dinner on the table. This sweet chilli chicken is so easy to make and the flavour is perfection. Bulk it up with extra steamed vegetables and serve with rice. It's also freezer friendly which means you can make a double batch and freeze the rest for another night when you don't have time to cook.

## INGREDIENTS

- 2 chicken breasts, cubed
- 2 tbs plain flour
- ½ red capsicum, diced
- ½ cup sweet chilli sauce
- 1 cup milk
- 2 tbs olive oil
- To serve, vegetables and rice

## LET'S PUT IT ALL TOGETHER

1. Dust the diced chicken breast with the flour. Pour the olive oil into a large frypan over a medium high heat. Once heated, add the chicken and cook, stirring regularly until golden. Reduce to a medium heat.
2. Add the capsicum and stir through. Let cook for 5 minutes or until just softened.
3. Add the sweet chilli sauce and stir through, followed by the milk. Mix through and then reduce to a simmer. Cook on a low simmer with the lid off for 10 minutes or until the sauce has just thickened.

Serve with steamed vegetables and rice.

**Note:** use a brand of sweet chilli sauce that your family already loves. Some sauces have a "hotter" chilli flavour than others. You can also reduce the amount of sweet chilli sauce.

Serves 4

Did you know, whether you choose low fat or whole milk, all milk contains the same essential nutrients? Either way, you're fuelling your body with goodness!



# SAVOURY CREPES

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Crepes are just like a really thin pancake and because they are thin you can fill them with all kinds of ingredients. Fold them over and you have a little pocket of goodness that everyone will love to eat. I like to use ham, cheese, baby spinach, relish, mushrooms, avocado, tomato and more to fill mine, which makes them a great quick breakfast, lunch or dinner option.

## INGREDIENTS

1 cup plain flour  
1 tsp white sugar  
250ml milk  
2 eggs (I use extra large)  
pinch salt  
butter, for cooking  
fillings: ham, cheese, baby spinach, relish, mushrooms, avocado, tomato, etc.

## LET'S PUT IT ALL TOGETHER

1. Add all the ingredients to a blender or food processor and process for 30 seconds. Leave to sit for about 30 minutes on the bench.
2. Place a large frypan over a medium high heat. Rub a little butter on to the pan and then pour in about ½ cup of the crepe batter. Working quickly, pick the frypan up and swirl the batter around until the flat surface of the frypan is completely covered. It will be a very thin covering. Place back on the heat for 30 seconds.
3. Place your fillings of choice, (cheese first) onto one half of the crepe gently lift up the other side with the help of a butter knife and fold over, and then again from the outer corner to form a triangle.
4. Remove from the frypan, repeat for your desired amount.

Makes 4

Note: any unused batter will last covered in the fridge for 24 hours.

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# MOROCCAN LAMB MEATBALLS WITH CHICKPEA YOGHURT & CARROT SALAD

The meatball mixture can be made into burgers if desired. Try serving leftover meatballs, salad and yoghurt in a pita pocket for lunch. Pepita, sesame or sunflower seeds add a great crunch to the salad.

## INGREDIENTS

### Meatballs

400g lean minced lamb  
1/4 cup breadcrumbs  
1 egg  
2 tbs milk or buttermilk  
1 tbs sesame seeds  
1 tsp Moroccan spice mix  
oil spray, for cooking

### Chickpea Yoghurt

1 cup chickpeas, drained and rinsed  
1 cup Greek-style natural yoghurt  
1/4 tsp ground cumin  
1 tbs roughly chopped fresh mint

### Carrot Salad

2 carrots, peeled and grated  
1/4 cup currants, soaked in boiling water for 5 minutes, drained  
2 tbs chopped toasted pistachios  
2 tsp lemon juice  
1/2 tsp finely grated lemon rind

## LET'S PUT IT ALL TOGETHER

1. Mix the meatball ingredients in a large bowl and knead until sticky (using clean hands). Shape the mixture into meatballs, lightly spray with oil and grill on a preheated barbecue or in a frypan until cooked through.
2. For the chickpea yoghurt, blend all the ingredients in a food processor or blend until smooth.
3. To make the salad, combine all ingredients in a bowl and stand for 5 minutes.
4. Serve warm meatballs and carrot salad drizzled with chickpea yoghurt.

Serves 4

Did you know that yoghurt makes a fabulous salad dressing? Try this chickpea yoghurt tossed into potato salad, over roasted carrots, sweet potato, pumpkin, or baby spinach, to fuel your body with protein, calcium and other nutrients.



# BANANA, DATE & WALNUT OVERNIGHT OATS

Prepare this simple recipe the night before for a fabulous brekky on the run! Soaking the oats makes them a lot easier for little mouths to chew and swallow. Dates and walnuts can be substituted for your family's favourite fruit, seeds or nuts.

## INGREDIENTS

- 1 cup rolled oats
- 1 cup milk
- 1 cup Greek-style yoghurt
- 2 bananas
- 6 fresh dates, sliced
- 2 tbs toasted walnuts

## LET'S PUT IT ALL TOGETHER

1. Mash one banana in a bowl and combine with 4 of the sliced dates, oats, milk and yoghurt. Refrigerate overnight or until the oats have absorbed the liquid and have become thick.
2. Divide the oats into two bowls. Slice remaining banana and scatter over oats with remaining dates and walnuts.

Serves 2

If the oats are a little chilly, give them a quick blast in the microwave for 20 seconds to take the edge off.



One serve of these oats for brekky will give you one of your dairy serves for the day!



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