

3 minute vegetarian stroganoff

VegJodie

Hi all, I've been reading all of your fabulous recipes and getting totally excited about the wide and varied choices there are when a little creativity is let loose. Thank you for all of them.

Today I came home from church famished and wanted to cook up something tasty that didn't take much time. I'm eating it as we speak and thought it was time I shared with you.

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### *3 min Stroganoff*

Half head of small broccoli including stalks  
6-7 small button mushrooms  
1 small onion  
½ clove garlic  
1 packet TF mushroom soup mix  
¼ bunch parsley  
1 zucchini, peeled lengthways all the way through

Dilute the mushroom soup in half the (boiling) water normally required. Set aside. Fry in a small amount of oil the roughly chopped onion and garlic. Add the chopped broccoli (cut each floret into 2) & chopped parsley. Cook for 1 minute and add extra cold water if needed to stop the veggies from burning: the broccoli should absorb most of the water very quickly and keep it quite green. Add mushrooms and soup mix and cook for a further 2 minutes. Serve on a bed of uncooked zucchini, slithered lengthways (like pasta).

This is a very filling dish, so leave it on a day when you have little time but a big craving for a satisfying meal.

This dish is a little unconventional having broccoli but I tend to put broccoli in everything. It's my favorite food. It's also been a long time since I've eaten stroganoff (reminds me of my childhood actually), so I can't actually remember the details and I've been vego for so many years that I can't remember what meat would go in it! For memory though, I think that a tomato goes in there somewhere too. Forgot it this time!

Don't underestimate how filling it is. It's great - perhaps particularly for those starting out, this would be a good one to try. I struggling to get through all of mine today 😊

I hope you can use it and enjoy it as much as I did.

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4 nice oven vegetarian dishes.

gigi a go go

Sausage and Veggie Bake.

In an oven proof dish throw in:

1 cup chopped spinach or baby spinach leaves
1 small tin of sliced champignons
handful of chopped parsley
1/4 bunch of chopped spring onion
1 grated zucchini
1/2 cup small broccoli heads
1/2 cup small cauliflower heads

Mix randomly (alter veggies to taste and portions depending on people)

Pour over the top:

100mls of an allowed tomatoe based pasta sauce
100mls of hot water
two teapoons of philadelphia cream chesse
two teaspoons tomato paste

Place on the top:

2 Sanitarium Soy Sausages per person served (check for allowed types) - cut into medallions, placed flat on the top of veggie mix to chreate a crust.
Very lightly sprinkle with parmesan cheese (10gms at most - helps brown the top).

Bake in the oven 180-200 degrees until the veggies have collapsed and the medallions are golden.

Can be made for one or many, is very filling, and the prep time is only about 5 - 10 minutes. Serve as is or with a side salad.

Spring Vegetable lasagne with Tofu.

Layer an oven proof dish from bottom to top:

Zucchini finely sliced long ways (acts as pasta layer)

Next: chopped spring onion, fresh tomato, mushrooms and capsicum.

Next: grate 1/2 protein serve of firm tofu or soy over the veggies (can use tofu puffs, tempeh, hydrated TVP or any of the allowed Sanitarium soy products - avoid silken tofu as it is too soft), then cover sparingly with an allowed tomato pasta sauce.

Add another zucchini layer.

Next: Fresh chopped spinach. Cover with 1 tablespoon of philly cream cheese prepared with 2 tablespoons of water and chopped parsley.

Add another zucchini layer.

Repeat the fresh veggie layer (without tofu this time).

Add another zucchini layer.

Finally grate the second half of the tofu on top of the zucchini, add another sparing layer of tomato sauce, and finally garnish with rounds of a chopped fresh tomato. Can again use a light dusting of parmesan to golden the top.

Bake at 180 - 200 degrees until golden.

Under 10 minutes to prepare. Tofu could be substituted for TVP or Beef Bolognese. Veggies will collapse quite a bit so be aware when determining serving sizes. Serve as is or with side salad with crispy onions. Make sure to add fresh tomatoes as they make it really zingy and light.

Crispy golden onions.

In a fry pan add:

4 red or brown onions sliced into rings

1 clove of garlic

Fry until squishy using water instead of oil

When done spread onions on a metal baking tray.

Dust with parmesan cheese and place in oven 180 degrees until golden.

Preparation about 15 minutes. These come out crispy and make a great savory treat especially in a salad.

TF Eggs Florentine.

Steam until wilted - 1 bunch of spinach or silverbeet.

Place greens into an oven proof dish with:

chopped spring onion

1 small tin sliced champignons.

Crack 2 eggs over the top of the mixture.

Liberally crack black pepper over the top and sprinkle lightly with parmesan.

Bake in the oven 160- 180 degrees until eggs are cooked.

Takes about 5 minutes to prepare - truly there is no better way to eat a whole bunch of spinach. Yum!!

These are all really fast to make and are very tasty ways to use your veggies!

Given that most cheat with a little parmesan, I will let you all know that the best

one for carb and fat content that i have found is the "Mailand" parmesan that comes in a black plastic packet.

Enjoy!!

A little bit of Info for Vegetarians

Q. [RNfromTX](#) Hi everyone.

I am now on my 3rd day of the program and so far so good. I haven't gotten any of the headaches that I have read that many suffer from.

My main problem is that i am a vegetarian and I don't think i can exist on ricotta and cottage cheese and tofu for the next several months. Does anyone know of any veggie burgers/sausages that would be allowed? Thanks for any and all help.

A. **Froggie** hello and welcome aboard I'm a meat eater so not much help but this is pinned in supermarket

- **Sanitarium Veggie Delights – Deli slices smoked (carbs are 6.4g/100g)**
- Sanitarium Veggie Delights – Curry sausages (7.7g carbs/100g)**
- Sanitarium Veggie Delights – Soy sausages – home style**
- Sanitarium Veggie Delights – Soy sausages – BBQ (8.8g carbs/100g)**
- Sanitarium Veggie Delights – Soy sausages – Original (5.4g carbs/100g)**
- Sanitarium Soy Fillets (5.7g carbs/100g)**
- Sanitarium Tender Soy Fillets (5.0g carbs/100g)**
- Pure land Organic Tofu (note: there are other varieties of tofu with low carbs that may be used)**
- Pantalica Smooth Light Ricotta cheese**

U can also do a search for what ur looking for by using the search button at the top of the page we also have a members forum with recipes and there might be som stuff in there ... just have a good look around

Another Use for Cauliflower

[crazycatlady](#)

This has probably been posted before, and many of you may already make it, but just recently I stumbled onto the recipe for mock potato salad using good old cauliflower. I enjoy nopotatoes so much I figured why not try a potato salad and it does go well with a salad.

I just boiled a couple of flowrets of cauliflower (fresh or frozen) until just tender and then added parsley, onion flakes (or you could use spring onions) and a few chives and then mixed it with a small amount of the praise whole egg mayonaise

and then pop it into the fridge for a little while to chill and then serve with the rest of you salad.

Baby Spinach Omlette

TayHay

Baby Spinach Omlette (sorry blurry pic!)



Serves 1

- 2 eggs
- pepper
- 1/2 of one shallot
- parsley
- 1/2 stick of celery
- handful of baby spinach

1. finely dice celery, parsley and shallot - put into microwave safe bowl
2. add baby spinach and tiny bit of water. Cover and microwave for 40 seconds until spinach wilts.
3. using fork, lightly whisk 2 eggs and pepper together and then add in spinach and other veges from microwave.
4. lightly spray small frypan with oil and pour egg and spinach mixture on.
5. Cook for a few minutes then flip and cook other side.

Serve with salad or veges of your choice!

Baked stuffed Zuchinni

ready to roll

A few nights ago I made this, both my hubby, youngest daughter and myself loved it.

Take a medium sized zucchini and cut in half, then scoop out centre. Cook up the centre with cauliflower and brocolli or any other vegies from the allowed list.

When cooked, put it through the blender until pureed. Spoon back into zucchini shell and bake in moderate oven until zucchini is cooked through.

Spray a saucepan with olive oil spray and dice up some mushrooms, with a little pepper. Cook over medium heat until shrunken and tender.

When zucchini is cooked, serve and top with the mushrooms.

A little mince could be added to this recipe or other meat if desired, for protein serve.

Also some Leggo's Spinach, Ricotta and Pecorino Cheese stir through sauce could be added when blending the vegetables.

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## *Cauliflower Rice*

Franca

### **INGREDIENTS:**

- 1 head cauliflower (or however much you want)

### **PREPARATION:**

To make this dish the most easily and to have it come out the best, three pieces of equipment are very helpful:

- A food processor
- A microwave
- A covered (or fairly tightly coverable) microwave-safe dish

1) Process fresh cauliflower until it is the size of rice, either using the plain steel blade or the shredder blade.

Alternatively, you can shred it with a hand-held grater, or even use a knife, if you have the dexterity to chop it up VERY finely.

2) Microwave it in a covered dish. **DO NOT ADD WATER.** Cauliflower absorbs water like crazy, and the "granules" will become gummy. To keep it fluffy, just let the moisture in the cauliflower do its work.

**Carb Count:** Each cup contains 5 grams of carbohydrate, about half of which is fibre, for a ECC of 2.5 grams.

I have been trying to find some low carb vegetable dishes and so far this is the best one i have come up with, I haven't tried it myself but i going to asap!

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Cauliflower Muffins!

BabyDoll

A friend put me on to this!

1/4 of a cauliflower (florets) chopped

1 x mini tub of light philli cheese onion and chive flavour (from the 4 pack)
1 egg
salt & pepper
mixed herbs

melt the philli cheese and mix with the egg, add cauliflower, mixed herbs and seasoning to taste. Pour into muffin tins and cook in the oven at 180C until egg has completely set. I served with other allowed vegies and just lessened our protein to allow for the egg.

Enjoy!

Cauliflower cous cous

Cherri

Hi all, borrowed the not fried rice, I cut up cauliflower, stalks and all, and processed it in a food processor till it looked a bit like rice, then I steamed it, and used it as a base for turkey stroganoff and it was very edible, DH says he would eat it once a week.

He said it was more like couscous than rice, I only steamed it for 10 minutes so it still had a little crunch and I drained it well before serving it on to the plate.

I am lucky enough to own a Thermomix so next time I cook this I will steam it with an appropriate stock to go with the rest of the meal.

I made the "Stroganoff" using Continental low fat creamy Chicken and Mushroom simmer sauce which states it has 4.3G Carbs per 100 ml. which I think, meets TF guidelines.

Cauliflower & Leek Soup

Ral Hi All,

Not sure if anyone has posted a cauliflower and leek soup before.... but I just made some up.... using a recipe I made up in my head.

2 cups of water with 2 chicken stock cubes..... boil this up until the cubes dissolve. Cut up a small cauliflower and a leek and add to the liquid..... add salt and pepper and just simmer until the cauli is tender and starting to fall apart. Get out your slender blender and blend until smooth and creamy..... It is quite nice, and looks just like potato and leek soup!!!!!! Add some more salt and pepper if you like or even a little bit of curry while it is cooking would be alright too.....

Celery Soup

AfricanQueen

Hi,

I love this celery soup and it fat free, its especially tasty for those who don't like to munch on celery.

I bunch of Celery stalks diced
I large red spanish onion
2 cloves of garlic
1 inch of ginger
1 red or green chilli (depending on how hot you like it)
mixed italian herbs
salt
pepper
1 cup water or vegetable stock

Spray a pan with olive oil and add the chopped onion, then add crushed garlic, ginger and chills to it, add the celery and season with salt(if adding vegetable stock, add salt if necessary), pepper and the italian herbs, add the water or vegetable stock and cook till tender.

then put it in the blender and process it. serve hot with chopped coriander

hope you all like it

Recipe....checked with TF staff

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## *Curried Veges*

notablond

Couldn't think what to have for my lunch today as I am having a salad and a handful of prawns for dinner tonight so I thought perhaps I should have some veges but didn't want to have them plain so decided to make curried veges.

1/4 red onion  
2 cloves of garlic  
2 squash quartered  
I whole zucchini sliced  
I whole eggplant sliced (the same shape as zucchini not the big one)  
cabbage as much as you want  
handful of green beans  
half tomato can use a whole one  
tumeric  
corriander  
curry powder  
garam masala  
salt to taste  
250ml of campbells chicken stock

Fry onion and garlic on low heat, add all spices and 250ml of chicken stock and let simmer for a few minutes just until all spices are mixed well in the stock, then add all veges and let simmer until cooked. With your spices I don't have measurements, but probably around the 1/4 teaspoon except for the curry powder, I added about 1 teaspoon at least. Tasted yummy to me 😊

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Frittata - Asian flavoring.....

im going to do it

Vegetables used

1/2 Onion

Whole red Capsicum

1/2 Zuchinni

One Carrot

Spring onions a couple

4 blocks of frozen spinach(i buy this from the freezer section in a bag)

Eggs x 4

Cut all veges similar sizes small and slender as then they look like a lot more, I sliced so all long and skinny about the size of half an Extra chewing gum!

Stir fry in small oil or no oil if using non stick pan. First onions and carrots, with a little garlic.

Then add Capsicum and Zuchinni after a minute or two. Then after another minute the spinach.(defrosted in Microwave for 2 mins)

Wisk eggs up in a container and pour over veges, reduce heat and spread egg evenly around put on a lid and let eggs set. (I couldn't wait long so bought the heat up to finish cooking.) You can also put under grill to finish if you want.

I served with a sauce made from..

cup of water

oxo - Beef

Lite Soy sauce

Sliced spring onions

reduced down while cooking frittata. (fancy name for Omelette!)

It was very forfilling and tasted great. It doesn't look like you have enough egg but it sets very well.

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## *fake baked potato... coleslaw style*

### **gigi a go go**

soooo my mum was having baked potato, which of course i wanted.

What i did instead was coleslaw with a ricotta base. I swear the texture was uncannily similar to eating a baked potato with coleslaw on top!

ADD:

grated carrot

diced red cabbage

spring onion

one clove of minced garlic

2 large tablespoons of low fat ricotta

stir and eat!

I use Mamma Lucia reduced fat ricotta from safeway/woolworths. The stuff is sublime - better than any other i have tried - rich and creamy.

Have fun! 🍪

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"Fried Rice" - no rice used

Phyllis

Hi all

I was browsing yesterday on the empower site and found this interesting recipe - it is called "Fried Rice" but has no rice in it at all.

Serves 4: Grams of carbohydrate per serve 5: Grams of protein per serve 40

Ingredients

500 grams cauliflower. 2 tablespoon olive oil

2 cloves garlic, crushed 100 g chopped onion 500grams diced meat
(chicken, beef, lamb, fish)

2 free range eggs 1 tablespoon soy sauce 1 teaspoon salt

1/2 teaspoon cracked black pepper

Method:

1. Grate the cauliflower, including the core. 2 Heat the olive and peanut oil in a wok, add garlic & onion. Fry until golden colour. 3. Add the meat and fry until just lightly browned. 4 Break the eggs and fry until softly scrambled. 5. Add the cauliflower, soy sauce, salt and pepper. 6. Fry for about 5 - 8 minutes, until meat is cooked.

Recipe copied from Empower site.

It sounds pretty interesting to me. I think I might try it over the weekend.

Phyllis 🍪🍪🍪

Micky

Hey Guys, I tried this on sunday (last) and I'm 100% sold . I halved everything and added ginger and celery and even my 81 year old father said it was "hey, that's not bad ". this (unbelieviably) really tastes like fried rice , I would not use. the added salt and would just use the soy sauce in future. But WOW.

NICE

Sarb

Hi Everyone

Wanted to share

my version of the NO RICE FRIED RICE or SAN CHOY BOUW mix

My BMI is over 40 so I am to have a protein with my lunch, so this is how I made it & have just finished it..YUMMOOO

2-3 cups of grated cauliflower
1 tsp grated garlic
1 tsp grated ginger
2 eggs
olive oil spray
1/2 cup diced lean bacon
1/2 cup diced snowpeas
1/2 cup diced mushroom
1/2 cup diced celery
1/2 cup diced beans
1/2 cup diced onion
1/2 cup diced shallots

sprayed pan added garlic, onion, ginger & bacon fried for 2 minutes
mix eggs in a cup with tbs water, microwaved for 1 minute
added rest (cauli, celery, shallots, beans, mushrooms & snowpeas)

fry for another 2 minutes
turn off heat, add eggs which I chopped up a bit, toss in 1 tbs soy sauce
Now I have made enough for lunch for the next 3 days.
I think with this recipe I get my protein with the bacon & egg

While eating it I wondered, if I cook it in sesame oil next time, I could spoon the mix into a lettuce leaf & it would be just like san choy bouw
Let me know what you think & also if I have made a boo boo

Thanks

Sarb

Mashed Potatoes

Ava

One of the things I miss on TF is mashed potatoes so I thought I would have a go at what is known of in Low Carb Land as fauxtatoes. There seems to be a number of versions to be found by googling, some use sour cream, some use cream, some use cheese, some use cream cheese, some use butter and some use a combo of the above.

I don't know how successful the results would be using the allowed ricotta or cottage cheese but all I had on hand was Philly Light so I used that.

I used a whole cauliflower (smallish size), cut into florets and steamed till just tender. Then I tossed it into the food processor with a small clove of roasted garlic (optional) and a level tablespoon of Philly Light and processed till smooth.

Seriously, it looks like mash potato, has the consistency of mash potato and

strangely tastes quite similar.

Once I teamed it up with my bbq'ed porterhouse and fried onions (oil spray only) and I thought it was mashed potatoes...it was so good.

Please note that Philly cheese is not allowed but I only used a level tablespoon (40 cal/ 0 carbs) and I will get 4 good serves out of this so this works out to 10 cal a serve.

Next time I make it I will go a bit easier on the garlic and seeing as how we are allowed to have a teaspoon of butter on our veg I will trade the philly for butter and see how that goes.

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### *really nice salad*

angelwings91

Chopped grape tomatoes, snow peas, celery, red, green and yellow capsicum, cucumber and alfalfa sprouts and shredded cabbage (chop vegies into small pieces like salsa). Place in freezer bag and add 5 ml Kraft fat free Italian dressing and 5 ml of S&W whole egg mayonaise and a sprinkle of black pepper. Toss bag gently to mix well .. presto .. beautiful colourful salad that's filling because it's something you need to eat with a fork and plenty of taste. Would also look good with chopped mushrooms but I don't like the taste. This salad is also really nice served over baked atlantic salmon.

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HELP - Recipe for Creamy Caesar Salad...

miss stix

Hi debbiem,

Woolies actually do one of their own that we are allowed. It's in the Woolworths Select range, and is called Creamy Caesar Dressing. I posted the nutritional info for it earlier today.

I also have a recipe that you might like to try, although, it's a little naughty!! 😊

Caesar Dressing

4 anchovy fillets

1 tablespoon mustard

1 garlic clove

1/2 teaspoon capers (about 4 - 6)

2 peeled, soft-boiled eggs (cold eggs into boiling water for 5 minutes)

I grind all of this up in a mortar and pestle (you could whiz it up in the food processor) with enough olive oil to make a smooth dressing, and add a little pepper. I also only put 2 anchovy fillets, to try to reduce the salt content! The eggs make the dressing quite creamy. I also add a little bit of lime juice to give some extra tang.

Like I said, it's a bit naughty, but I guess as a **very occasional** treat, may not be too bad.

Recipe for Creamy Caesar Salad...

gigi_a_go_go

my trick is to put 1 cap of paul neumans regular ceaser with a cap of hot water and a teasppon of philly light cream cheese. it keeps the carbs down, is delish, and less calories than most of the store brand creamy ceasars. I also like adding a dash of cajan spice for a kick. 🍴

Roasted Eggplant and Ricotta stack with...

Angie06

Tried this on the weekend as we had Vegie friends over for dinner. (for 4 people)

2 large eggplants - cut 2 x 5cm slices for each person and cube the rest

fresh ricotta cheese (low fat) cut 2 x 2cm slices per person

homemade tomato puree (or lowest carb/salt can of crushed tomato 880g can)

2 onions finely diced

2 tablespoons balsamic vinegar

1 bunch of fresh basil leaves

Fry diced onion until soft, add tomato puree and simmer for 15mins. Add the balsamic vinegar, 1/2 bunch of fresh basil leaves and the cubed eggplant and simmer until the egg plant is cooked and the sauce is reduced to a thick consistency.

Line a tray with foil and place sliced ricotta on it, spray lightly with oil and sprinkle with dried basil, oregano and if you like a little extra spice - dried peri peri. Place in a 200 C oven for approx 20 mins.

Place eggplant under the grill until cooked but still very firm (I don't like it mushy) - a light spray with oil is optional - personally I don't bother.

To serve place one eggplant round on a warmed plate, top with one slice of baked ricotta, another eggplant slice then another slice of ricotta and then top with the tomato vegie sauce.

Serve with a large green salad

The hubby and guests had shaved Romano cheese on the top.

Roasted Capsicum, Tomato & Leek Soup (Minus...

Mags72

Hi Everyone,

I just received an email from a good of mine in regards to some receipes from Masterfoods, and found this in their recipie section and thought I shall share it with you all, and I don't know if there is one similar in the forums. I will give it a go over the week-end and as it being cold I love a good soup during winter and this receipe looks so quick and easy. This receipe included herbed croutons which I have omitted from this receipe.

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## *Roasted Capsicum, Tomato and Leek Soup*

Ingredients:

2 x Red Capsicum (seeds removed and flesh cut into 4)

8 x Roma Tomatoes (halved)

1 Leek (Sliced)

1 tbsp of Olive Oil

2 tsp of Masterfoods Basil Leaves (I prefer fresh)

1 pinch of Masterfoods Black Peppercorns Ground (to taste)

2 tsp of Masterfoods Freshly Crushed Garlic (I prefer fresh)

1 litre of Chicken Stock (diluted) - I presume they must mean half of the chicken stock and half water

Directions:

1. Pre-heat oven to 210°C. Place capsicum, tomatoes and leek on a tray lined with baking paper. Drizzle /spray with oil and sprinkle with basil and pepper (I would actually add this whilst the soup is cooking). Bake for 15 minutes or until soft. Remove skin from capsicum and roughly chop.

Place capsicum, tomatoes and leek in a large saucepan and cook over medium heat. Add garlic and mix well. Add stock and bring to the boil. Reduce heat and simmer for 8 minutes. Puree until smooth and enjoy!

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Roast vegies

fat kat

I get sick of steamed and stirfry veg all the time so I make a nice compote of vegies and roast them. I include:

- cauliflower
- broccoli
- spanish onion
- red capsicum
- whole button mushrooms
- yellow small squash
- carrots
- whole cloves of garlic

Chop it all up into similar sized pieces and toss through with some olive oil. Sprinkle a tiny amount of fetta cheese on top (you can omit this of course) and then bake it for about half an hour. The garlic goes all sweet and you can eat whole cloves. Soooo yummy!

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## *Roast Vegie Ideas:*

Klutzy

Oh yes I love a good roast! Here are some vegies I have roasted: capsicum, carrot, zucchini, onions(spanish are nice), little yellow squash. You can also do eggplant & garlic. I just cut them into chunks and spray them with olive cooking spray and sprinkle herbs of choice(I use garlic powder & dried mixed herbs or basil)

The gravy is 1/4 cup made up.

justaguy

Whats actually quite nice is roasted ripe tomatos

They are full of flavour, roasting them is magic. You peel the skin off afterwards, and you can then mash the tomatos (there will be delicious decent juice come ouf if them), maybe with a pinch of salt and some basil ? You can uses this as

sauce/gravy on grilled chicken 😊 as well as get a veggie in take at the same time 😊

ps maybe combine the 1/4 cup gravy with the roasted mashed tomatoes? making more gravy 🍲

Carb-a-holic

Hmmmm yummy guys!! Thanks a trillion for your input! I couldn't get past roasted capsicum but thought there must be others. I wouldn't have thought about cutting them into cubes - great roasting idea Klutzy!!! 😎

Hmmmm roasted tomatoes. Yes yes yes they HAVE to have basil. Tomatoes and basil should get married, and so should garlic and oregano, lol. JAG how imaginative with the 'making the gravy go further' idea 😊

Going to make jelly snakes and egg plant chips now so they are all ready for my TV night... Desperate Housewives and Brothers and Sisters! Tonight is 'Mummies Night - DO NOT DISTURB no matter what!'

Happy dieting guys...and may the kilos NOT be with you 😊

patko

I have been making this since starting TF, the whole family eats it.

Chop up zucchini, eggplant, mushrooms, red onion & red capsicum & asparagus when in season. Make them all roughly the same size and mix all together. Add a sprinkle of italian herbs & a couple of teaspoons of oil, toss and roast for 30- 40 minutes. It is so yummm. Sometimes I had half a tin of crushed tomatoes over it and it is beautiful with any meat or chicken.

I also do the same dish with pounded out chicken, layer the veggies over the top and bake - all done in one dish, so easy and SO nice.

You can have 1/4 cup gravy as long as you have had no other dressings for the day. If you have some on your salad at lunch, you have to halve the gravy.

Enjoy,

Pat

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Ricotta Vegetable Stack (Note: The ricotta cheese is your protein for the day)

bye bye bingo wings

INGREDIENTS

Sliced Eggplant
Sliced Zuchinni
Sliced Capsicum
Sliced Mushrooms
200gm Ricotta cheese
100ml - 150 ml water
1 tablespoon of allowed vegie stock

*In a oven proof dish put a layer of eggplant then spread a tablespoon of ricotta cheese on the eggplant, a layer of zuchinni, capsicum and mushrooms, repeat this process untill your desired stack height

* Mix the vegie stock with water and pour on top of the stack , there should be some excess in the bottom of the dish ...the stack soaks this up while cooking...put in the oven for 30 mins or untill all vegies are soft

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## *Ricotta Stuffed Mushroom Caps*

**NeilHenry**

### **Ricotta stuffed mushrooms**

Ingredients:

- \*2 Large Flat Cup Mushrooms (really big ones)
- \*150g Fresh Low fat Ricotta (from the deli) its less salty
- \*50g reduced or fat free Sundried Tomatoes (not in oil)
- \*Fresh Herbs, parsley, thyme, basil, anything you have, the more there is the better it tastes
- \*Pepper

- \*Mix all ingredients except mushrooms together in bowl, pull the stems out of the caps, and dice, add to mixture.
- \*With a knife, cut the middle out a little, chop that up to and add to mixture.
- \*Place mixture in mushrooms and press down good.
- \*Place on a foiled tray under your grill and grill till golden or hot.
- \*I ate it with steamed veges, its very nice!

i bought all the ingredients from woolworths if theres anybody wondering.

Neil 😊

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Ricotta Ideas.....

A different way to eat your Ricotta portion it is delicious!

120gr Ricotta
1 tbsp Parsley and 1 tbsp of chives (or any other herbs you like)
1 clove of garlic
salt and pepper to taste

mix it all together and pop in a small ramekin or a muffin mould and bake at 180 for 15-20 mins until set and browned around the top edge(watch this time, all ovens are different) Serves.1

by kkys..

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### *baked sweet ricotta is lovely.*

ricoota cheese, egg, vanilla & sweetener. Bake and yummo, just like baked cheesecake!

Pat

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This might sound weird to some but it aint too bad:

Scrambled egg(s) with ricotta.

- Oil spray your non-stick pan, using one egg only, make up the rest of your protein portion with your ricotta, season to taste (salt & pepper or whatever spices you like) and scramble away. Alternatively you could add vegies to the mix and get some sort of fritatta. I used to scramble my eggs with feta cheese (yum!!!) but I think it's an acquired taste! by vision...

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### *Ricotta Pancakes*

By my counting I guesstimate that this could be used occasionally. We are allowed 75g Philly cheese and we are allowed 2 eggs in place of protein.

If I have it wrong please feel free to correct me.

Please note that Philly Light and Homebranded Cream Cheeses are approximately double the carb count of regular Philly cheese.

This will make 3 good sized pancakes  
60g Philadelphia cream cheese

2 Medium Eggs  
3-4 tablets of Splenda, Hermesetas etc  
1 tsp vanilla extract  
1tsp baking powder

Put cream cheese in small mixing bowl and microwave on high for 30 secs.

Crush sweetener tabs and mix into cream cheese together with vanilla extract with whisk.

Lightly beat eggs and add a little at a time to cream cheese mix. At first this will curdle but just continue whisking till smooth.

Heat frypan, give it a light spray with cooking spray of choice then pour 1/3 of mixture into pan. Cook gently until first side is cooked, flip and cook other side.

Suggestions: Serve with allowance of strawberries and ricotta cheese, or sprinkle pancakes with cinnamon.

2.8g carbs for the whole lot by ava...

Hope these were od some help 🙏

~~~~~

ricotta and vegie quiche

[mumof2beautifulgirls](#) Thought id share the yummy dinner i had last night,

250g light ricotta (perfect italiano brand)
4 eggs
1 zuchini grated
1 carrot grated
1 chopped red onion

2 mushrooms chopped
1 pkt frozen spinach
sliced roma tomato
salt and pepper
oregano

I made sure i got all of the water out of the zucchini and spinach, then i just threw it all in together mixed it up and placed the sliced tomato on top with a sprinkle of parmesan cheese and dried oregano on top. Cook for about 30-40 mins and served with a big green salad!

Well if you love potatoe you will be happy, because we have potatoes, norice fried rice, norice rice, norice couu cous, what more could you want 🤪🤪🤪🤪

here you go...neve let it be said that you will go without 🤪

Cauliflower cous cous

Cherri

Hi all, borrowed the not fried rice, I cut up cauliflower, stalks and all, and processed it in a food processor till it looked a bit like rice, then I steamed it, and used it as a base for turkey stroganoff and it was very edible, DH says he would eat it once a week.

He said it was more like couscous than rice, I only steamed it for 10 minutes so it still had a little crunch and I drained it well before serving it on to the plate.

I am lucky enough to own a Thermomix so next time I cook this I will steam it with an appropriate stock to go with the rest of the meal.

I made the "Stroganoff" using Continental low fat creamy Chicken and Mushroom simmer sauce which states it has 4.3G Carbs per 100 ml. which I think, meets TF guidelines.

Cauliflower Muffins!

BabyDoll

A friend put me on to this!

1/4 of a cauliflower (florets) chopped

1 x mini tub of light philli cheese onion and chive flavour (from the 4 pack)

1 egg

salt & pepper

mixed herbs

melt the philli cheese and mix with the egg, add cauliflower, mixed herbs and seasoning to taste. Pour into muffin tins and cook in the oven at 180C until egg has completely set. I served with other allowed vegies and just lessened our protein to allow for the egg.

Enjoy!

Cauliflower Rice

Franca

INGREDIENTS:

•1 head cauliflower (or however much you want)

PREPARATION:

To make this dish the most easily and to have it come out the best, three pieces of equipment are very helpful:

- A food processor
- A microwave
- A covered (or fairly tightly coverable) microwave-safe dish

1) Process fresh cauliflower until it is the size of rice, either using the plain steel blade or the shredder blade.

Alternatively, you can shred it with a hand-held grater, or even use a knife, if you have the dexterity to chop it up VERY finely.

2) Microwave it in a covered dish. DO NOT ADD WATER. Cauliflower absorbs water like crazy, and the "granules" will become gummy. To keep it fluffy, just let the moisture in the cauliflower do its work.

Carb Count: Each cup contains 5 grams of carbohydrate, about half of which is fiber, for a ECC of 2.5 grams.

Another Use for Cauliflower
crazycatlady

This has probably been posted before, and many of you may already make it, but just recently I stumbled onto the recipe for mock potato salad using good old cauliflower. I enjoy potatoes so much I figured why not try a potato salad and it does go well with a salad.

I just boiled a couple of florets of cauliflower (fresh or frozen) until just tender and then added parsley, onion flakes (or you could use spring onions) and a few chives and then mixed it with a small amount of the praise whole egg mayonnaise and then pop it into the fridge for a little while to chill and then serve with the rest of your salad.

~~~~~

Here's my version of it:

### *Fried No-Rice*

600g cauli 1T oil 3 cloves garlic, crushed  
4 shallots, sliced 1 egg, beaten 2T grated ginger  
60g lean bacon, diced 1 capsicum, diced 2T soy sauce

Use a food processor to process the cauli(or grate it). Heat oil in wok(or frypan), pour in egg & swirl to spread out, let cook on one side then turn & brown the other, remove from wok & dice. Add garlic & ginger to wok & cook stirring one min. Add shallots, bacon, capsicum and cook stirring for 2 mins. Add cauli & soy sauce and cook stirring for 2 mins, add cooked egg. Cook stirring for a further 2-3 mins. I served 5(2 adults, 3 kids) but I had 1/4 = 1/4 female protein & added extra protein & salad.

I also do this with diced chicken for the rest of the protein serve & stir fried in the wok before the rest is done.

Yummo, I made this yesterday with chopped chicken breast and a couple of pieces of weight watchers bacon and i would have to say it tasted really close to fried rice, I was amazed!!! The only problem was sticking to my allowed portion, i just wanted to keep eating it was that yummy!

and the best of them all.....ta dah!

## *NoTato's*

Yoeli = ^,^ =

Use a whole cauliflower (small size), cut into florets and steamed till just tender. Place tender cauliflower in a food processor with a small clove of roasted garlic (optional) and a level tablespoon of Philly Light and process until smooth.

Heat and serve

OK now you have no excuses not to succeed 🤪🤪🤪

~~~~~

rocket and zuchinni salad

pumbaa1980

1 zuchinni (slice with a vegetable peeler)

1 bag/ lge bunch of rocket (washed and drained)

1 1/2 cloves crushed garlic

dozen sweet basil leaves (hand torn)

2 tblspns extra viridin olive oil

salt and pepper to taste.

combine all ingredients in a bowl and wah la, quick simple great on its own or try some shredded smoke chicken or salmon or even some shaved triple smoked ham.

~~~~~

## *Salade Nicoise*

Mix

This is a favourite of mine.

Today was my first day ever on TF and I did really well. I even remembered my water, made sure I had herbal teas on hand, and used decaf coffee as my treat tonight (where I would have used ice-cream!). But the only thing I didn't do was shop for meat!!

So I made a salade nicoise after checking the allowed foods list:

Lge Tin of Tuna

Lettuce

Fresh Green Beans

Red Onion

Capsicum

2 x hard boiled eggs

Olives (wasn't sure if these were allowed, but mine were in a tin of brine).

1/4 cup of lemon juice  
Dash of olive oil\  
Salt and pepper.

Mix it all in a bowl - and that's it. I had it with fish on the side. It was beautiful.  
Hubby wants more.

~~~~~

Salads to get me through the first week?

Fab40

Hi Aries Girl...I think the key to enjoying your salads is variety.

One of my favourites is....Mixed lettuce, 1/2 mango sliced, mung bean sprouts, sliced snow peas, sliced red onion, halved grape tomatoes, fresh coriander, fresh chilli and (grilled chicken, steak or prawns if its for your protein meal) With Paul Newman's balsamic dressing.

As for soups, any steamed veg in them is great....for example steamed zucchinis and mushroom in the cream of chicken one is yum, or asian greens, fresh coriander and fresh chilli in the asian one is great too.

I hope this helps...Remember, if you try to be creative and make your food look inviting you will never get sick of veggies 😊

angelwings91

Cherry tomatoes, mung beans, snow peas, alfalfa, celery, grated carrot, yellow, red and green capsicum, mushrooms if you like them, avocado, cucumber etc. Dice everything into small pieces and place in freezer bag with ground black pepper, a teaspoon of Kraft fat free Italian dressing and 1 teaspoon of S & W whole egg mayonnaise. Toss gently until well coated and serve. This salad is good to serve under pan fried fish or chicken as your protein meal.

Good luck with your first week.

~~~~~

## *Salad Dressing Idea*

bush-brats

Try soy sauce/garlic/lemon juice in screw top jar shaken well

balsamic vinegar

chilli/lime juice/splenda

~~~~~

stuffed tomatoes

TaShA*22

first of all i cut my 120g of chicken up into little cubes and then put in frying pan with a little chicken stock then cut up cabbage, capsicum, and red onion in to little cubes also, then added them to frying pan with 1 clove of garlic add more chicken stock and cook vegies till soft or dry. i then cut the tops off 7 tomatoes, mixed a spoonful of the leggo's ricotta, spinach and pericino cheese into notatoes

added stir fry mix to notatoes and mixed all together and place spoonfuls into the tomatoes. and placed in the oven for 15-20 mins on 200c

this made alot and i didnt really use that much i think i might have went overboard witht he notatoes so now i have to try and eat 7 of these thankfully the tomatoes arnt that huge lol. might be good for the ppl who have a big appetite i know i did, wish i still had it now they taste absolutely delish!!

stuffed mushrooms with tuna

amber19760

Dont know if anyone else has posted - I couldnt find it anywhere.

Last night I removed the stems from small cup mushrooms and then filled them with the greenseas tomato and capsicum tuna. Then I gave them a light spray of olive oil and baked them at 180 degrees for about 10min. I served them with broccilli, cauliflower and fresh asparagus. They were so yummy Im having them again tonight. 🍴

stuffed mushrooms receipes

This was posted recently by val, as were lots of other mushroom recipes from other TF forum users, in the Recipe folder, go to the bottom of the page and search your recipes...have fun

Stuffed Mushroom

Take few flat mushrooms remove the stalk. keep them as you will place the stuffing on them

Stuffing:

2 or 3 mushroom Blend them (very little pieces) Cook them in the pan with spray Olive oil
1 or 2 cloves garlic crushed
onions
parley
salt pepper
blend everything together (like a puree) stuff mushrooms and in the oven 200c for about 15 mn.

Cooked Mushrooms.

Mushrooms and red capsicum
slice some mushrooms,
Dice some capsicum
Everything in the pan with spray of olive oil cook on medium heat.
Salt pepper
Mushrooms will be very soft and capsicum will be crunchy. [Wink] [Wink] you can add crushed garlic

Mushrooms and onions

250 gr Button mushrooms

Pickle size fresh onions (don't think pickle onions a suitable anywhere they have too much carb) or cut a big onion in 4 pieces (white)

1/4 fresh fennel

1 stem of celery

2 glass of dry white wine (This will be your allowance of alcohol for the week) or with replace wine with stock

olive oil one table spoon

2 lemons

1 tea spoon of dry coriander

1 bay leave

bit of thyme (dry)

salt and pepper

In a microwave safe dish place wine, 1 glass of water, 1 lemon juice, fennel (finely sliced) coriander, bay leave, thyme, salt and cracked pepper

Cover with the lid place in microwave full power for 10 mn

Clean mushrooms, slice second lemon

Place then in pot and 3 minute in microwave, stop , stir and another 2 minutes

onions if you have pickle size one place them in pot at same time as mushrooms otherwise at the last 2 minutes of cooking

Remember mushrooms and onions needs to stay slightly crunchy

Serve cold

Crunchy mushrooms

Fresh button mushrooms need to be very firm

clean and slice mushrooms

seasoning

had in a pot in same order as the ingredients list to be able to release all the flavour

1 crushed garlic

salt pepper

1 lemon juiced

dollop of oil

stir and pore on mushrooms

Very very crunchy

I know in my recipes their is a lot of garlic but I am French and we do eat a lot of garlic.

Remember remove the germ inside garlic (will avoid bad breath)

Pambo

I have been buying the really big flat mushrooms from the markets. What I love to do and hubby loves them is one night a week we have just the mushroom as a main as they are the size of a bread and butter plate. I take the mushy, remove stalk but keep and chop up, I put cooked silverbeet onion an egg or what ever you like as in allowed vege and I mix together. Put on top of mushy with a little parmeson cheese. I then spray some tinfoil and wrap up and cook in oven till cooked. Is 😋 yummy and we have one each. You could also put ham or allowed protien in mix to. I know we are not supposed to have cheese but the shaved parmeson says it is only less than 1 gm per 100. And you don't use much . Cheers Pam

Stuffed Zucchini

a really easy, tasty and quickly prepared...

butterbug i just had a really grouse tea. i had stuffed zucchini.

i got a large zucchini, (i grow my own and let them get a little bigger)

then sliced in half length ways and scooped out the center. (it was a bit tricky, u need to apply a fair bit of pressure when using a spoon.)

i cut up half a tomato and 1 mushroom in to really small bits. (a food processor would be great) and added a small spoon of "extra" light philly cheese to help bind it, and mixed it together. scoop the mixture into the hollows and grill for about 20min's untill it was dark brown and crispy.

It really was yummo and next time i will try it with minced chicken or tuna.

i am planning on using the middle of the zucchini for a stuffed roasted tomato.

stuffed tomatoes

TaShA*22

first of all i cut my 120g of chicken up into little cubes and then put in frying pan with a little chicken stock then cut up cabbage, capsicum, and red onion in to little cubes also, then added them to frying pan with 1 clove of garlic add more chicken stock and cook vegies till soft or dry. i then cut the tops off 7 tomatoes, mixed a spoonful of the leggo's ricotta, spinach and pericino cheese into notatoes added stir fry mix to notatoes and mixed all together and place spoonfuls into the tomatoes. and placed in the oven for 15-20 mins on 200c

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Stuff Mushrooms with Ratatouille

misha70

- Large flat mushroom
- 1 large onion
- Garlic
- 1 Eggplant (cut into slices)
- 3 medium zucchinis (cut into slices)
- 2 capsicums (red and green) – (cut into cubes)
- 3 large tomatoes (chopped)
- 1/3 cup fresh herbs (chopped)
- Spray oil

Heat oil in large pan and add onion, cook over medium heat, stirring occasionally for about 10 minutes or until soft and lightly golden brown.

Add garlic and cook for a further 1 minute.

Add all vegetables to the pan. Cook stirring frequently for about 5 minutes.

Reduce heat to low, cover the pan with a lid and cook for about 15 minutes, stirring occasionally.

Uncover pan raise the heat and cook for another 5 minutes to evaporate some of the liquid. Stir in the herbs.

Spoon ratatouille into mushrooms and bake for around 15-20 minutes or until mushrooms are tender.

Ratatouille also makes a great sauce served over meat, chicken or fish.

I have been playing around with Tabbouleh and thought you might like to try this one.

~~~~~

## *Tabbouleh with Cauliflower*

Serves 4

Prep 10min

Cooking time 5min

*2 cups cooking or uncooked cauliflower*

*2 large tomatoes*

*6 spring onions*

*1 cup parsley chopped*

*1/2 cup coriander chopped*

*1 cup mint chopped 1/4 cup lemon or lime juice*

*1/2 tsp freshly ground black pepper*

*1 Tbsp olive oil.*

*1/2 finely chopped chilley optional*

Cook cauliflower or (use raw)

Chop cauliflower finely

Mix the remaining ingredients

Optional add chilley

Cheers from Casuarina Girls Tony Ferguson.

~~~~~

Very yummy salad

invertigofreak

Hi guys, I just had the yummiest salad for lunch... It had:

Lettuce (the fancy mixed type)

Spinach leaves

grated carrot (1/3)

tomato chopped up in chunks

eshallots (spring onions) - sliced

handfull mung bean mix (which does have peas in it, but you only get about 2 to a dinner plate. lol)

alfalfa

snow pea sprouts

radishes (sliced)

1/4 avocado

fresh coriander (washed and ripped up)

a tiny bit of 50% fat cheddar cheese (which the TF lady said we could have, but isn't listed)

served with a small blob of praise whole egg mayo and a squirt of ceasar dressing (not mixed together)

God it was delicious, and I think I probably had my 3 serves of vegies right there.

~~~~~

*vegies*

walton

***hey guys this is day 4 for me , i came up with this recipe yesterday and its so nice, i put all my vegies in a glass tray then pore over a jar of salsa let it cook till nice a brown (if you like it that way) then put vegies in a serving bowle and add 1 95g tin of greensees tomatoe and capsicum and its so yum try it you might be surprised.*** 🤪

~~~~~

Vegie stroganoff...well, sort of... :)

MummyKitten

Yesterday for lunch I was out and had a chicken salad, so I had used up my protein allowance for the day and was having my soup and veg for dinner. I wanted to do something different, so here is what I came up with:

Chopped onion, garlic, mushroom, celery, red and green capsicum.

Make up a mushroom soup sachet with only about 80ml boiling water.

Spray pan with oil spray and saute vegies till soft, add soup, season with paprika, dill, parsley, pepper and lite salt to taste.

Took 10 mins to make and even less to eat... was delicious! Maybe try it with notatoes??

Veggie Pancakes

MissL

OK. Firstly note well newbies that parmesan cheese is NOT allowed. I skip a piece of fruit and trade out the carbs. It's a treat!

3 eggs
chopped spring onions
1 tablespoon pesto. (on the allowed list)
Pepper
Garlic to taste

OPTIONAL

Parmesan-grated or dried

Whisk it all together and cook in a fry pan sprayed with olive oil. Spray between each batch.

I had this with roma tomatoes I had oven dried fan forced at about 100 degrees and steamed broccolini. Was delicious!!!

Veggie Omelette

ANGEL LOVER

Hi All, today i made a omelette for lunch as i am on the one extra serve protein plan at moment... I was given a veg omelette recipe with my start up pack, i kind of changed it to what i had in the fridge (only the veg items) this is what i put in it...

1 large tomato diced
1/2 onion diced
1/2 green caps
1/2 red caps
handful of chopped italian parsley (use this in nearly everything)
2 bunches of bok choy finely chopped
2 eggs
a dash of milk
water
pepper (heaps)
morocan seasoning
1 tablespoon riccota cheese (used as a extra/treat)

fry all veg in a little olive spray till nice and brown, beat eggs,water,milk and the riccota, add the spices and pour beaten mix over veg, place a lid oven pan and cook slowly..



Vegie Mince on notatoes

Tarsh Sparkleworks

Hi everyone

Cooked up a batch of TVP last night with notatoes & it was to die for.

Throw in a couple of tomatoes, half an eggplant, half a large zucchini, capsicum (green & red), half an onion, spinach and allowed herbs with some TVP. Sprinkle with some vegie stock to add an extra special something and cook with lid on (I lightly sprayed pan with olive oil & used water).

It was delicious, and I had enough left over for dinner tonight.

Hope you enjoy it as well.

Oh for the husband and kids, I teamed it with some pasta & grated cheese.

Jerusha

What is the TVP you refered to?

Tarsh Sparkleworks

TVP: Textured Vegetable Protein

Its made from defatted soy flour and caramel and in 50g there's 0.5g fat, 26.5g of protein, and 15.5g of carbohydrates. It has the same look and texture as mince meat when hydrated.

Its generally used by vegetarians as a protein hit in meals and can be used in place of mince in recipes, i.e. bolognaise, shepherds pie, etc.. It is bland on its own, but once you add other ingredients to it, it takes their flavours and is very nice to eat.

Highly recommend if you have a slightly adventurous side to you, and good to know that when you buy a 200g net bag, you get 4 serves (which equals 4 meals) and it's only \$2.95. Very economical!!!

~~~~~

## *Vegie cacciatore*

Pebs Vegie Cacciatore

This recipe serves 4

Cooking oil spray

4 veggie delights tender soy fillets (allowed 5.0g per 100g)

2 red capsicum sliced into diagonal pieces

4 field mushrooms chopped

400g can of chopped tomato

100g spinach leaves

Sea salt and black pepper (On TF i would suggest to omit the salt)

2tsp of fresh basil, chopped

1. spray oil and sear tender fillets for 5 minutes

2. remove from pan and add a few more sprays of oil (probably not needed if using a non stick pan). Sear capsicum and mushroom for 5 minutes. Add tomatoes and tender soy fillets, simmer for 20 mins.

3. fold in spinach, season with (salt if wanted and) pepper and garnish with basil.

This recipe has (PER SERVE)

146 CAL  
4.2g FAT  
7.5g FIBRE  
10.8 G carbs  
17.1g Protien

I think this should fit easily into the guidelines.

I haven't tried it yet.. as i have never tried the soy fillets.. i might give them a go one day!

Tara

~~~~~

Veggie patties

weed

I tried to make the veggie patties from the recipe that was posted earlier today, but they fell every where even when I used the egg rings.

In my recipe I used:

1 carrot GRATED
2 zucchinis GRATED
1 1/2 chopped onions
Some diced spring onions
1/2 T spoon diced Garlic
1 diced capsicum
2 Heaped T spoons of simply fibre
2 eggs

pour some bread crumbs onto a large plate then roll the patties into balls and then coat them with the bread crumbs.

I didn't tell the kids about the fibre that I added, but hubby knew that I added some as he helped make them.

My hubby cooked them on the BBQ and he and the kids had them with salad, THEY SAID THAT THEY TASTED YUMMO.

I'm not sure that I can eat them because of the bread crumbs.

ENJOY

Diget I have also tried veggie patties I found that you need to use a non-stick pan for I have tried them in a different pan and it just ends up a mess.

I use grated carrot, zucchini, onion, garlic and finely shredded cabbage with 2 eggs and some curry powder and I throw it all in the non stick pan and flatten with egg flip and let it cook, when I am ready to turn it I cut it with the egg flip and it seems to stay together pretty well.

sometimes I may add a little grate lite lite cheese (maybe this makes it stick together a little better) I wouldn't roll them in breadcrumbs to many carbs. If you want to roll them in something try grated Parmesan cheese.

Veggie Patties, Curry Patties and Salmon...

Socks

Yesterday Dave and I decided to cook and see if we could make up some veggie patties without any extras in them. Well we did it and they were so yum 😊



Veggie Patties & Curry Veggie Patties

- 1/2 cup finely diced Capiscum
- 1 grated carrot (optional if you haven't had your 3 serves for the week)
- 1 finely diced onion
- 1 grated Zucchini
- 2 finely diced mushroom
- 1 lot of Notatoes (I added nothing to the cauliflower I just put it in the blender)
- 1 vegetable stock cube (optional)
- 1 tablespoon of Curry approx (optional)

Method:

Place vegetable in a lightly sprayed fry pan may need some water to get them going. Stir Fry until all vegetable are soft and the moisture is gone (A little moisture left won't hurt). Then mix with your notatoes. We had maybe a cup of vegetables left that we didn't add to the mix (Don't worry we have an idea for this). Lightly spray a flat tray. We then placed a none stick egg ring on the tray filled it with mixture making sure to push it in there good. Then removed egg ring to make another until tray is full. We placed in a fan forced oven set to 200c. They take about 40min to 1 hour depending on your oven. You can flip them half way through if you like.

We did half curry half plain. The curry ones were the best and they taste yummo. I think you could make these in advance and leave in fridge.

With the left over cup of vegetables we decided to try something else. We made Salmon Patties for dinner oh so yummy:



Salmon Patties

serves 2

1 lot of Notatoes (I added nothing to the cauliflower I just put it in the blender)

1 cup of left over veggies from veggie patties (If you haven't made the veggie patties just selected some veggies diced or grate. Cook of in fry pan and use them)

2 small tins of Salmon

Method

Mix everything together. We used a scone cutter as it was higher and made the Salmon patties a little bigger then the veggie patties. Ligthly spray a flat tray. Spoon mixture into shaper what ever you decide to use. Place in oven at 200c for 40mins to 1hour.

These where so yummy. If you didn't know you would think it had real potato in it



Veggie "Pasta" with Chicken

Kiwi Devils

- 2 small zucchini
- 1 tablespoon extra- virgin olive oil
- Salt and pepper, to taste
- 1 garlic clove, diced
- 1 1/2 cup diced tomatoes
- 1 cup sliced Mushrooms
- 1 teaspoon oregano
- Allowed amount of Chicken Breast skin/boneless, sliced into small pieces
- Grated Parmesan, to taste

Using a vegetable peeler and turning as you go, slice zucchini into ribbons. In a non stick pan, over medium heat and in a small amount of oil cook sliced chicken and remove from pan, add a little more oil then sauté zucchini until it's soft and the edges are clear. Add salt and pepper to taste. Over medium heat, heat a little oil in another pan, and add garlic. Sauté for a minute, and then add the tomatoes, mushrooms and oregano. Simmer for a few minutes, and then stir in the cooked chicken. Spoon sauce over the zucchini. Sprinkle with a little Parmesan to taste (just a little naughty can be left out if you want).

~~~~~

## *Veggie idea*

### ShallShall

I have a sandwich press at my work so the other day i sliced up some mushrooms and onions and diced some carrots and garlic and cooked these on it with a dash soy sauce. I then put this into lettuce leaves. I put i tiny bit of hoisin sauce on top but you can leave that off if you want. They are real good and an easy way to boost your 3 cups of veggies.

## *Kinda Like Bubble & Squeak*

### ShallShall

Hi Everyone,

I used to love making bubble and squeak from all my left over veggies - potato, pumpkin, peas etc. after a roast dinner especially, so the other night i steamed some carrots, brocolli and cauliflower then mashed them together and formed them into balls and cooked them on my sandwich press with a little oil spray - served with a drizzle of gravy - yummy! You could put other veggies in if you like - my fridge was just a little bare. They stay together pretty well just be gentle with them.

I have also made these with just grated carrot and onion then fried them on the sandwich press - they are good too!

~~~~~

Vegetable Quiche

MissL

I found this recipe and thought I'd share. A good one for fellow vegetarians. I'm going to try it out tonight and since I will miss a fruit serve today I may even treat myself with the cheese. You could easily substitute other vegies or add some meat if you wanted. 1/2 a quiche would be 1 serve of protein.

12 cups well-washed fresh spinach or 2 packages frozen spinach, thawed

- 1 teaspoon olive oil
- 1/2 cup chopped onions
- 1 cup or 200gms part-skim ricotta cheese
- 1/2 cup egg substitute or 2 whole eggs, beaten
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- pinch nutmeg
- 3 plum tomatoes, seeds and juice removed, chopped (1 cup)
- 1 tablespoon grated Parmesan cheese

Directions:

1. Preheat the oven to 350°F. Grease a 9" pie dish. Steam the fresh spinach until just wilted. (Frozen spinach won't need to be cooked, just thawed.) Press the water out of the cooked or thawed spinach and set aside.
2. Heat the oil in a small skillet and cook the onions until soft but not brown. Combine the ricotta cheese; egg, dill, pepper, and nutmeg in a large bowl. Add the prepared spinach, tomatoes, and onions. Mix thoroughly and tip into the pie pan.
3. Sprinkle Parmesan cheese over the top and bake until set, about 30 minutes. Let the quiche cool for 5 or 10 minutes before serving.

~~~~~

## *Vegetable Loaf*

sweetdream

3 carrots, grated  
2 zucchini, grated  
250g Ricotta cheese  
2 x 55g eggs

Combine all ingredients in a bowl. Spoon into Loaf pan and bake at 175\* oven for 40 minutes covered with foil. Remove foil and cook further 20 minutes. ( \*Recipe usually has 1/2 cup chopped pecan nuts also but have omitted as not really allowed on program)

Vegetable Bake

rachh

I found a Leggo's Pasta Bake that is delicious. I just put between three to five cups of cooked frozen vegetables in a baking dish and mix with this pasta bake. It is only 5.1 g carbs per 100g and is really tasty. I also sprinkle a bit of cheese on top, but obviously this isn't recommended if you are on a strict form of the TF

diet.

Sometimes I only use half the jar otherwise I eat too much 🤪

Very tasty, and I'll eat it with a bit of chicken or just by itself.

Quick and simple to make.. and very cheap!

---

## *Vegetable and Cottage Cheese Terrine with capsicum and tomato sauce.*

### **Autumn Breeze**

Hi all I came across this recipe in my low-fat/low-carb cookbook and it is delicious and looks fantastic too. It's a little time consuming but so worth it as it looks so refreshing on a dinner plate and it feels like you're eating at a fancy restaurant.

### INGREDIENTS

2 ½ cups (500g) cottage cheese  
1 small yellow zucchini (90g), grated coarsely  
4 green onions, chopped finely  
1 tablespoon finely shredded fresh basil  
1 tablespoon finely chopped fresh oregano  
1 tablespoon finely chopped fresh thyme  
1 clove garlic, crushed  
1 teaspoon lemon juice  
1 large green zucchini (150g)  
1 large yellow zucchini (150g)  
20g baby spinach leaves, shredded coarsely  
2 teaspoons olive oil

### CAPSICUM AND TOMATO SAUCE

2 medium tomatoes (380g), chopped finely  
1 small yellow capsicum (150g), chopped finely  
2 green onions, chopped finely  
1 tablespoon finely shredded fresh basil  
1 clove garlic, crushed  
2 teaspoons olive oil  
2 teaspoons lemon juice

### METHOD

1. Drain cheese in muslin-lined strainer or colander set over large bowl. Cover then weight cheese with an upright saucer topped with a heavy can. Drain overnight in refrigerator, discard liquid.
2. Line base and two long sides of 8cm x 25cm bar pan with baking paper or plastic wrap, extending paper 5cm above sides of pan.
3. Combine drained cheese in medium bowl with grated zucchini, onion, herbs, garlic and juice.
4. Discard ends of both large zucchini; using vegetable peeler, slice into thin strips (discard outer strips of both zucchini).

5. Overlap alternate coloured zucchini strips in pan, starting from centre of base and extending over both long sides. Cover both short sides of pan with alternate coloured zucchini strips, ensuring slices overlap to cover corners and extend over both short sides.
6. Spread half of the cheese mixture into zucchini-lined pan, cover with spinach, carefully spread remaining cheese mixture over spinach. Fold zucchini strip at short sides over filling then repeat with strips over long sides to completely enclose filling (mixture will be slightly higher than pan). Cover terrine tightly with foil; refrigerate 1 hour.
7. Meanwhile, make the capsicum and tomato sauce by combining all ingredients in a small bowl.
8. Turn terrine onto serving plate; drizzle with oil (optional). Using a fine serrated knife cut terrine crossways into thick slices; serve with the capsicum and tomato sauce.

SERVES 4

#### NUTRITIONAL INFORMATION PER SERVING

12.3g total fat (5.4g saturated fat)  
966 kj (231 calories)  
21.9g protein  
8.2g carbohydrate  
3.5g fibre

TIP – Do not add any salt to the cottage cheese mixture as this will cause the filling to become too wet.

A salad made with baby rocket and baby spinach leaves would go well with this.

When I have a chance I'll insert a picture of the finished dish.

All the ingredients look fine to me but if anyone does pick up something that is not allowed yell out.

### **Veges-arrgh**

kaelajay

Hi guys have just started and im def not a big vege eater, any recipe ideas where u could disguise the taste would be muchly appreciated 🤪 i really want to succeed with this diet

Yoeli = ^, ^ =

The secret to vegies is to make them interesting. If you chop up a whole heap of them - they always taste great mixed together, toss them into a pan and let them steam for a short time, then add: any herbs or spices that you like; your Green's gravy granules, which will give you some extra taste and also thicken your 'mix'; a teaspoon of either beef or chicken stock powder and either some curry powder or tabasco sauce. You'll find it makes a really nice stir fry kind of meal, especially if you add your 120 gms of protein to it.

Sometimes, too many different vegies can be slightly overbearing, but just go with whatever takes your fancy - you can't go wrong. 😊

Or, what about lining a baking dish with some silverfoil, giving it a quick spray of canola oil and throwing in some tomatoes; squash; mushrooms; onion; capsicum; garlic and whatever really. Another quick spray of oil, a good sprinkle of your favourite herbs or spices and baking them in the oven @ 180° for about an hour. That's nice too.

Anyway, good luck with it .. .. I'm sure you'll soon become very inventive as time goes on - we do! LOL

crazycatlady

Vegetable Rissoles are a great way of disguising the flavour. Chop onion, carrot, zucchini and capsicum really finely with a food processor and add to mince with a little worcestershire sauce, tomato paste mixed herbs and garlic. You can add a little bit of simply fibre if the mix is too wet. Form into rissoles and fry in a little olive oil. A nice tomato and onion gravy goes nicely with these

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## *Vege Pizza*

peekie

My husband offered to make my lunch today. I was a bit hesitant but he took my book and came up with this.

Capsicum as base cut in half and flattened out

Tomato Paste

Avocado

Olives Sliced (3)

Onion

Oregano

Grilled...

It was absolutely amazing, I'm thinking it would make a good dinner also if you add the Ham on it yum!!

## WARM ASPARAGUS, BROCCOLI AND ZUCCHINI SALAD

Hi all - this was on Ready Steady Cook today.... It looked yummy!!!

Will try this weekend...

~~~~~  
Chloesmum06

Warm Asparagus and Broccoli Salad

INGREDIENTS

1 zucchini
85g asparagus, cut into 3cm lengths
85g broccoli, cut into florets
½ x small red onion, sliced thinly
50g grape tomatoes, halved
¼ cup flat-leaf parsley leaves
¼ cup basil leaves
¼ cup mint leaves
1 tablespoon finely chopped fresh dill
2 tablespoons olive oil
2 teaspoons lemon juice

METHOD

1. Cut zucchini in half crossways; cut each half into quarters lengthways.
 2. Blanch zucchini, asparagus and broccoli, separately, in a medium saucepan of boiling water until tender; refresh in cold water, drain.
 3. Combine asparagus, broccoli and zucchini in a medium bowl with the remaining ingredients; toss gently.
- ~~~~~

mini vege fritattas

jacquilee81

6 eggs
1 large diced red onion
1 large diced capsicum
12 slices of tomato
1 grated zucchini
2 cloves diced garlic
1/4 cup skim milk

Lightly spray frying pan with oil and cook off vegetables except tomato til onion and garlic are translucent.

Whisk egg and milk together.

Lightly spray two 6 hole muffin tins.

Spoon in cooked veges evenly between the 12 tins and do the same with the egg mixture. place sliced tomato on the top of each filled muffin tin. Top with cracked pepper.

Bake side by side in oven at 200*c for 20 mins - check at 15 mins

2 of these mini fritattas are 1/2 protien serve. You can use whatever veges you want and do the same steps, this is just what i had available. you could also add bacon or ham to this mix, then 2 fritattas would be equal to 1 protien serve.

They are yummo, enjoy.

~~~~~

Dot

### *Eggplant chips in the microwave.....*

I just made there and worked out really good.....

1 egg plant, sliced very thin, i used a V-Slicer

place on cooking paper, single layer

lightly spray with cooking spray

sprinkle with garlic powder and VERY little salt (if any)

my second lot i used only masterfood Thai Seasoning

so you can try some of your own flavours

cook in mricowave for 2-3 min

they will shrink in size and go a little brown

allow to cool which will make them go crispy

i fine this helps with the 3.00pm munchies

posted by Dot

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Cucumber Tubes

delbry

I picked up a copy of this months 'Womens Health' magazine and I was having a flick when I came across the following recipe.

Cucumber Tubes

Serves 2

1 Medium size cucumber

1 tsp finely chopped parsley

1/4 tsp finely chopped basil

1/2 tsp finely chopped chives

3/4 cup allowed cottage cheese (weight watchers, savings etc...)

Method:

1: Cut cucumber in half length wise. Hollow centre of each half by scooping out seeds with a spoon or knife.

2: Stir herbs into cottage cheese, then arrange in hollowed cucumbers

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## *Baked Mushrooms stuffed with light philly*

**rhibella**

### **Ingredients**

As many button mushrooms as you like (field mushys dont work)

75gm of light filly

### **Method**

Remove stalks from mushrooms, line mushys on a baking tray and put a small dollop of filly in each mushroom.

Bake at 180 degrees until mushrooms are tender and the cheese is soft.

You could do anything with the cheese by mixing through seasoning first. I used to mix through sweet chilli sauce but thats not on the diet, so now I just do them plain and sprinkle with pepper.



I first ever had these at a posh function and fell in love with them and been having them ever since.

~~~~~

Roasted Asparagus with ricotta

kalindab

Prep time: 5 minutes

Time to table: 30 minutes (including 15 to preheat oven so less if it's already hot)

Serves 4

1 pound thick spears of asparagus

Lite salt (optional)

50gramms ricotta cheese

Preheat oven to 250c. Rinse asparagus, cut off woody ends see. Arrange the spears in a single layer on a baking sheet. Sprinkle lightly with salt. Place in hot oven, roast 8 - 15 minutes until fully cooked, turning spears and adding ricotta about half-way through.

yummmmmm

Veggie patties

weed

I tried to make the veggie patties from the recipe that was posted earlier today, but they fell every where even when I used the egg rings.

In my recipe I used:

1 carrot GRATED

2 zucchinis GRATED

1 1/2 chopped onions

Some diced spring onions

1/2 T spoon diced Garlic

1 diced capsicum

2 Heaped T spoons of simply fibre

2 eggs

pour some bread crumbs onto a large plate then roll the patties into balls and then coat them with TF simply fibre

I didn't tell the kids about the fibre that I added, but hubby knew that I added some as he helped make them.

My hubby cooked them on the BBQ and he and the kids had them with salad, THEY SAID THAT THEY TASTED YUMMO.

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ENJOY



Zucchini & Ricotta Frittata

Serves 4

Ingredients

4 eggs
4 egg whites, separated
2 cloves garlic, crushed
2 large zucchini, coarsely grated
200g reduced fat ricotta cheese, loosely crumbled
Salt and pepper
2 teaspoons oil
1 punnet cherry tomatoes, halved
½ cup loosely packed, small basil leaves

Method

Preheat grill to high.

Whisk eggs, egg whites and garlic in a bowl.
Gently fold in zucchini and ricotta and season with salt and pepper.

Heat oil in a 20cm diameter frying pan (with metal handle) over medium heat. Pour in zucchini mixture and cook for 5-6 minutes until just set around the edges but still runny in the middle.

Remove from the heat and place under the grill about 6cm from the heat source for 2-3 minutes until golden brown and just set. Remove from the grill.

Cut into wedges. Serve 1 wedge for a female and 2 wedges for a male. Serve frittata with cherry tomatoes sprinkled with basil leaves and freshly cracked black pepper.

