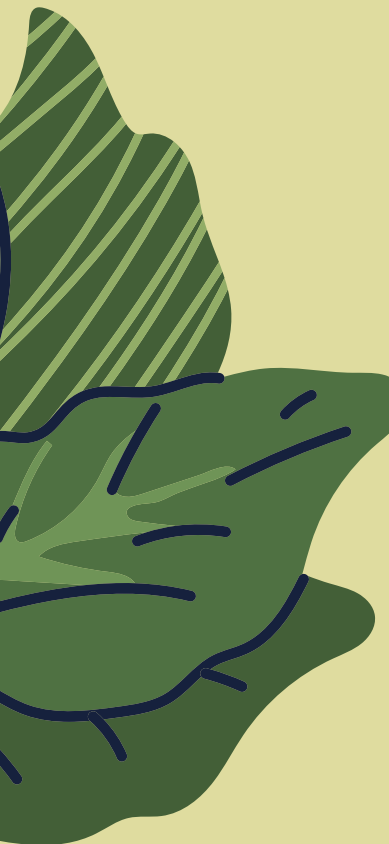


VERY LOW CALORIC VEGETABLE DISHES

Vegetables are packed full of fibre, vitamins and minerals that are low in energy, fat and carbohydrates.

Vegetables are consumed as part of an overall healthy diet.
The Australian guide to healthy eating advises adults to eat 5-6 serves
(2.5-3 cups cooked OR. 5-6 cups raw) of veggies per day.



During all stages of the meal replacement program, the aim is to eat 2 or more cups of veggies per day.

Try out these delicious low calorie and carbohydrate vegetable recipes courtesy of Optifast and Opticook, that can be eaten as part of a general healthy diet to the intensive meal replacement program.



Cauliflower Tabbouleh Salad

Recipe courtesy of Optifast

Serving- 1 cup

Ingredients

- 1 head of cauliflower, cut in half with core removed, then grated
- 1/2 cucumber, diced
- 8 tomatoes, halved, deseeded and diced
- 1 spring onion, finely chopped
- Handful of parsley
- Handful of mint leaves
- Handful of chives
- 2 tbsp olive oil
- Juice of 1 lemon
- 3 garlic cloves, peeled and crushed
- Pinch of salt
- Pinch of ground black pepper

Instructions

- 1.To make the dressing, in a small bowl, whisk together the olive oil, lemon juice and garlic. Add salt and pepper to taste, then set aside.
- 2.To make the salad, wash the cauliflower, separate into halves and remove the core. Grate the cauliflower halves into small chunks, and place these in a large bowl.
- 3.Add the diced tomatoes and cucumber to the grated cauliflower and lightly stir.
- 4.Lastly, add the herbs and dressing to the cauliflower mix and stir thoroughly until mixed.
- 5.Serve and enjoy!.



Spicy thai noodle cakes

Recipe courtesy of Optifast

Serves 15

Ingredients

- 3 carrots roughly chopped
- 4 cups of cauliflower florets
- 1 onion chopped
- 1 tsp vege stock powder or cube
- 1 tsp minced ginger
- 1/2 tsp minced lemongrass
- 1 tsp minced chilli
- 2 tsp minced coriander
- 1/2 cup spring onions sliced thinly
- 1 pkt slender angel hair noodles
- 1 tsp olive oil
- Spray olive oil



Instructions

1. In a saucepan add 1 tsp olive oil, fry onion & minced herbs until translucent.
2. Add carrots and cauliflower. Add just enough water to cover the veges.
3. Simmer until carrot is cooked through but not mushy.
4. Drain this mixture very well in a colander so no liquid is left. Blend until smooth, add the spring onions and rinsed pkt noodles & allow to cool in fridge.
5. Place fry pan on medium heat & add a spray of olive oil. Roll spoonfuls on the mixture in your palms, then flatten. Wrap any loose noodles hanging out around the cake as this will help it stay together in the pan.
6. Cook for 5-8 mins depending on size & then flip over.
7. Serve with a small serve of sweet chilli sauce.
8. Could also use iceberg lettuce as a wrap for extra crunch.

Stuffed Mushrooms

Recipe courtesy of Optifast

Serves 6

Ingredients

- 24 large or 12 extra large mushrooms, washed and with stems removed
- 2 tsp olive oil
- 1 onion, peeled and finely chopped
- 3 garlic cloves, peeled and finely chopped
- 1 carrot, washed, peeled and finely chopped
- 1 red pepper, deseeded and finely chopped
- 1/2 cup chicken stock
- 1 tsp dried oregano
- 3 tbsp parmesan cheese, grated
- 2 tbsp parsley, finely chopped



Instructions

1. Preheat the oven to 200°C.
2. Wash the mushrooms and remove the stems.
3. Peel and chop the onion, garlic and carrot, and finely chop the pepper.
4. Make up the chicken stock using the stock cube and boiling water.
5. Fill a medium saucepan with boiling water, place on a high heat and cook the mushrooms for around two minutes.
6. Carefully remove the mushrooms from the pan using a ladle, and leave to drain on paper towels.
7. Heat the olive oil in a frying pan on a moderate heat. Add the onion and garlic, and sauté for five minutes or until soft, stirring occasionally to avoid burning.
8. Add the carrot and pepper to the onion mixture and cook for another four minutes.
9. Carefully pour in the chicken stock, sprinkle in the oregano and leave the pan to simmer for another four minutes, or until the vegetables are heated through and soft.
10. Meanwhile, place the mushrooms onto a lined baking tray.
11. Once the vegetable mixture is cooked, remove the pan from the heat, then stir in the parmesan and parsley.
12. Spoon a small amount (about a tablespoon) of the mixture into each mushroom cup.
13. Place the baking tray in the oven and bake for ten minutes, or until piping hot.

Teriyaki cauliflower drumsticks

Recipe courtesy of Opticook

Serves 8

Ingredients

- 2 cups cauliflower florets, stalks left on to resemble mini drumsticks
- 2 tsp ginger, minced
- 2 tsp vegetable oil
- 1 tbs cooking sake
- 1 tbs soy sauce
- 1 tbs Stevia
- 1 tbs rice wine vinegar
- 2 cups of low salt stock

Instructions

- 1.To make the drumsticks, slice the cauliflower top to bottom around each floret. See pic.
Trim the florets, if needed, to expose more of the stalk.
- 2.Place the drumsticks in a fry pan over medium heat and mix around the ginger and vegetable oil. Cook for 10 mins, until nice and browned, turning regularly. Add all the rest of the ingredients. Cook until sauce has thickened, approx. 10 mins, again turning the drumsticks regularly to soak up the teriyaki flavour. The timing will depend on how large your drumsticks are so adjust accordingly. Add more stock or water if needed. The cauliflower should be cooked through but not soft and falling apart.



BBQ Vegetable Kebabs

Recipe courtesy of Optifast

Serves 4

Ingredients

- 8 wooden skewers, soaked (to prevent burning)
- 1 red onion, peeled and sliced into quarters
- 1 garlic clove, peeled and crushed
- 1 red pepper, washed and sliced into chunks
- 1 green pepper, washed and sliced into chunks
- 8 button mushrooms, washed
- 1 courgette, washed and sliced into rounds
- 1 small aubergine, washed and chopped into 2.5cm pieces
- 200 g cherry tomatoes, gently washed
- 2 tbsp balsamic fat-free salad dressing
- 2 tbsp olive oil



Instructions

1. Fill a large bowl with cold water and soak the wooden skewers in it while you prepare the vegetables.
2. Wash, peel and prepare the garlic, onion, peppers, mushrooms, courgette, aubergine and tomatoes as directed.
3. In a small bowl, mix the salad dressing with the crushed garlic and olive oil, and set aside.
4. Remove the skewers from the bowl of water, shake off any excess water and begin to thread the vegetables onto each one. Aim to have at least one piece of each vegetable on each skewer.
5. Place all the skewers on a baking sheet and, using a pastry brush, evenly coat them with the garlic-infused dressing you made earlier.
6. Transfer the skewers on to a barbecue grill or griddle pan and cook them for approximately 10 minutes, turning them 1-2 times during cooking. Halfway through their cooking time, brush the vegetables with any remaining dressing, then allow them to finish cooking until lightly browned and the vegetables have softened.
7. Carefully remove the skewers from the grill and allow to cool slightly before eating.

Salt & pepper rings with a spicy lemon dipping sauce

Recipe courtesy of Opticook

Serves 12

Ingredients

Zucchini rings

- 1 medium zucchini, as thick as possible to make large rings
- 1 medium cauliflower
- Spray oil

Topping mix

- 1 spring onion, thinly sliced
- 1 small red chilli, thinly sliced
- 1 small garlic clove, crushed
- 1 tbs Rice wine vinegar
- Spray oil

Spice mix

- 1 tbs black pepper
- 1 tbs ground ginger
- 1 tbs vegetable stock powder
- 1/2 tbs Stevia (optional)
- 1/2 tbs Chinese five-spice powder

- Lemon dipping sauce
- 1/2 tsp salt
- 1 tsp black pepper
- 4 tbsp lemon juice
- 1 tsp lemon zest
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Instructions- next page



Salt & pepper rings

with a spicy lemon dipping sauce

Serves 12

Recipe courtesy of Opticook

Instructions

1. Preheat oven to 200°C (fan forced).
2. Mix together the ingredients for the spice mix and set aside.
3. In a medium saucepan bring two cups of water to the boil. Cut the cauliflower and divide in half between two bowls - one with the florets only, with the stalk trimmed, for the crumb. The other including all the stalks and chunky bits for the batter. Add the cauli in the bowl reserved for the batter into the water. Place a metal sieve or steamer on top and add the florets cut for the crumb. ie. Half the cut cauli is in the water and half is being steamed over the top.
4. Partially cover and leave for 15-25 mins until the cauli in the water is well cooked and is falling apart. Set aside the cauli in the steamer for the crumb to cool.
5. Drain the batter cauli from the water and tip back into its bowl. Blitz the batter cauli until it forms a thick sauce consistency. Mix in 2 tbs of the spice mix. Set aside.
6. Next, make the crumb. Blitz the steamed cauli until it resembles breadcrumbs. This is a little finer than you would do for cauli rice. Tip into a tea towel and twist and squeeze over a sink until much of the water is removed (this will give the outside the crunch & stop it being soggy). Tip back into the bowl and mix together with the leftover spice mix.
7. Next, make the zucchini rings. Peel then slice your zucchini into 1cm thick rounds. They will shrink while baking. With either a knife, bottle top or scone cutter, cut round holes in the centre of each zucchini round. You can also just leave these whole if you want to simplify ! Leave on a piece of paper towel to drain the water.
8. Clean your benches and place some baking paper on a tray and spray with oil. Set your batter and crumb up alongside the oven tray. Dip the zucchini rings into the batter, spooning over to give a generous coating. Then roll and coat in breadcrumbs. Place on the tray and spray with some oil.
9. Bake in oven for 30 minutes, turning if needed at 20 mins.
10. While you are waiting make up your lemon dipping sauce by combining all the ingredients together in a small dipping bowl.
11. Also mix together the topping mix ingredients (spring onion, chilli, garlic and rice wine vinegar) in another bowl. In a small pan, add a spray of oil and cook the topping mix until crispy and crunchy.
12. Remove the zucchini rings from the oven and place on a plate. Sprinkle with the topping mix and serve with the dipping sauce. These should be eaten immediately so they are crunchy and hot.

Cheeseburger rice

Recipe courtesy of Opticook

Serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 300g mushrooms or zucchini or eggplant or a combo, finely chopped
- 2 garlic cloves, crushed
- 1 brown onion, finely chopped
- 1 tablespoon Celebrate Health BBQ sauce (or other no sugar BBQ sauce)
- 1 tablespoon Celebrate Health Tomato sauce (or other no sugar tomato sauce)
- 1/4 cup no-sugar pickled cucumbers, sliced or diced
- 1 tablespoon American yellow mustard
- 1 tablespoon Worcestershire sauce
- 250 g broccoli and cauliflower rice (or other vegetable rice of your choice)
- 1 medium sized tomato or handful of cherry tomatoes, chopped finely
- 2 green/spring onions, sliced thinly
- Salt & pepper

Instructions

1. Heat oil in a fry pan over high heat. Add garlic and 3/4 of the chopped brown onion (you will leave 1/4 raw to top the dish with). Cook until it starts to brown.
2. Add chopped mushroom/zucchini/eggplant, cook for 7 to 8 minutes or until browned, stir occasionally, around 4 or 5 minutes.
3. Add 2 tablespoons of cold water, the BBQ sauce, Worcestershire sauce, tomato sauce and mustard. Season with salt and pepper. Stir occasionally, until cooked. Once the mix in the pan is cooked well, broken down and nice and squishy, remove it.
4. Mix the raw leftover onion & the chopped tomato together, add a sprinkle of salt, then mix and leave to take on the flavour.
5. Turn up the heat to medium high. To the same pan, add the cauliflower/broccoli rice. If using from the freezer, defrost it a little in the microwave. Mix it around while cooking until it is cooked to your liking. Once done, tip the vegetable mixture back in with the veggie rice and gently mix it around a little bit, not too much. Season with salt and pepper.
6. Serve into a bowl and scatter with the pickles, spring onion and tomato mixture. Drizzle with extra barbecue sauce and mustard & devour !

Calories: 52 calories



Low-Calorie Mushroom Stroganoff

Recipe courtesy of Optifast

Serves 4

Ingredients

- 1 medium onion, peeled and chopped
- 1 garlic clove, peeled and crushed
- 500 g mushrooms, washed and thinly sliced
- 2 tbsp lemon juice
- 1 tbsp fresh tarragon, washed and finely chopped
- 1 tbsp sweet paprika
- 225 ml vegetable stock
- 2 tbsp tahini

Instructions

1. Start by preparing the vegetables: peel and chop the onion; peel and crush the garlic; and wash and slice the mushrooms.
2. In a non-stick skillet pan, sauté the onion and garlic in a little water, until soft.
3. Add the sliced mushrooms to the pan and continue cooking until the mushrooms soften and release their moisture.
4. Next, add the lemon juice, tarragon and paprika to the pan and gently stir, making sure all the vegetables are coated.
5. Meanwhile, in a small jug, mix together the stock and tahini then pour over the mushroom mixture and mix well.
6. Simmer until the sauce begins to thicken to your desired consistency.
7. Remove from the heat and serve immediately.



Imam bayildi (stuffed eggplant)

Recipe courtesy of Opticook

Serves 4

Ingredients

- 2 medium sized eggplants
- 1 lemon, squeezed, reserving the squeezed lemons themselves
- 2 tbs olive oil
- 1 onion, peeled, cut in half and thinly sliced into rounds
- 1 red capsicum, cut into 1 cm cubes
- 2 large garlic cloves, sliced thinly
- 1 tsp ground cumin
- 3/4 tsp paprika
- 1 tsp minced red chilli (or 1/2 tsp chilli powder)
- 400g can of low salt tinned tomatoes
- ½ tsp stevia or other sweetener
- 2 sprigs fresh oregano (or 1/2 tsp dried)
- 1 tsp dried oregano, for the topping



Instructions

1. Shave long strips of peel off the eggplants from top to bottom (see pic). They look striped like a zebra. Starting 1 cm in from the top, make one cut halfway into the flesh , ending 1 cm from the bottom. This will allow all the flavour in when cooking.
2. Put the eggplant in a large bowl and cover with cold water. Add leftover squeezed lemons (not the juice) and 1 tbs salt. Put a dish or lid on top, leave to soak for 30 minutes. Drain them and then pat dry with a clean tea towel.
3. Heat the oil in a large fry pan on a medium heat. Fry the eggplant for 15 minutes until browned all over, turning regularly. Add the onion, garlic, chilli, spices and capsicum. Cook for 10 minutes, stirring often, until soft. Stir in the tomatoes, 2 tbs of water, the stevia and fresh oregano sprigs (or dried). Turn the heat down to low and cook for 45 mins.
4. While waiting, heat the oven to 180°C. Lift out the eggplants and put them in a baking dish (I used a 20cm x 30cm ceramic dish). At the cut you made at the start, prise the eggplants open, they will look like little canoes. Spoon the contents of the pan into the eggplants and splash the lemon juice over the top and some black pepper. Cover dish with foil and bake for 45 minutes.
5. Remove the foil and let sit at room temperature for a little while. Serve topped with a sprinkling of dried oregano and salt/black pepper. A little sprinkle of sumac is also nice.

Lemon Cauliflower Rice Risotto

Recipe courtesy of Optifast

Serves 4

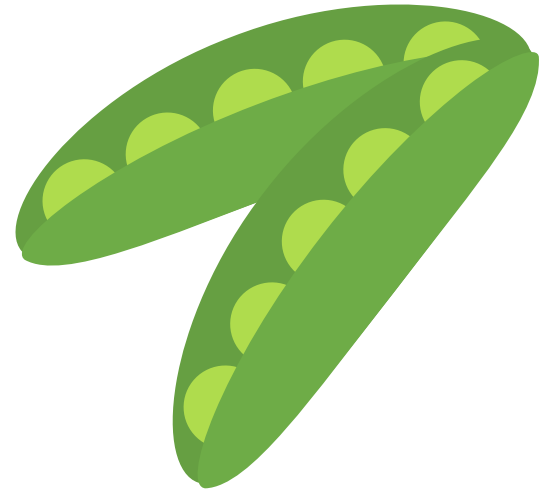
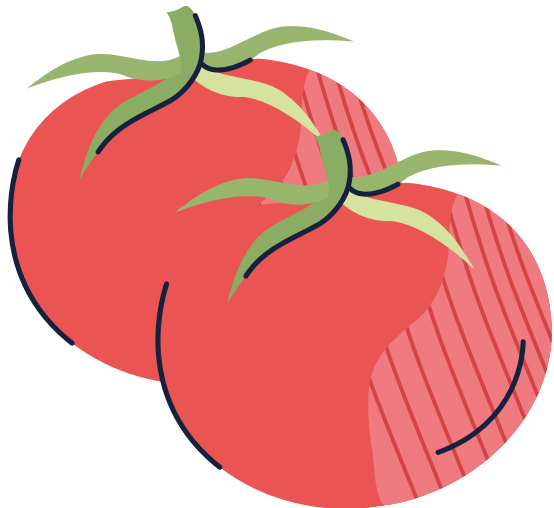
Ingredients

- 1 white onion, peeled and diced
- 1 head of cauliflower, washed and cut into florets
- 2 garlic cloves, peeled and crushed
- 1 tbsp olive oil
- 235 ml vegetable stock
- 1 lemon (zest and juice)
- 1 red pepper, washed, deseeded and finely sliced
- 1 tbsp almond butter
- 60 g spinach leaves, washed
- Sprinkle of fresh chives
- 2 tbsp nutritional yeast (optional)



Instructions

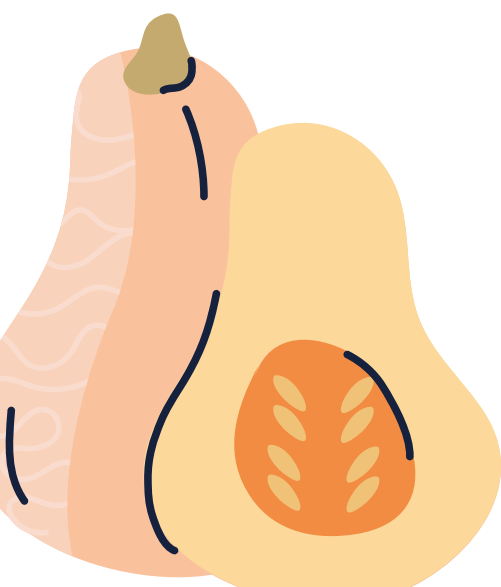
1. Wash the cauliflower head, spinach, and red pepper. Cut the cauliflower into florets; deseed and finely dice the red pepper, and use a kitchen towel to blot any excess water from the spinach.
2. Next, peel and dice the onion and mince the garlic and then put all the ingredients to one side.
3. In a food processor, blend the cauliflower florets until finely chopped to make your cauliflower rice.
4. Place a frying pan over a medium heat, add the olive oil and sauté the onion and garlic until translucent, but be careful not to burn the garlic.
5. Add the red pepper, spinach, vegetable stock, lemon zest, lemon juice, almond butter and cauliflower rice to the pan. Cook for 3 minutes, stirring occasionally until the cauliflower is al dente.
6. Remove the pan from the heat, divide the risotto into four bowls and sprinkle with the chopped fresh chives and nutritional yeast.



For more delicious recipes, check out the links below:

<https://opticook.org/recipe-index/>

<https://www.optifast.com.au/blog/recipes/>



www.westernsydneydiabetes.com.au

