

Go for 2&5[®]

FRUIT VEG

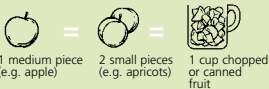


WHY GO FOR 2&5*?

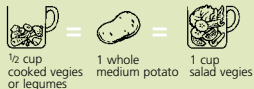
Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day. For children, serves should be adjusted for their age.

WHAT IS A SERVE?

FRUIT



VEG



For healthy eating information
visit www.healthyactive.gov.au




Australian Government
Department of Health and Ageing




An Australian Government, State and Territory health initiative.

CREAMY VEGIE PASTA



 10 minutes preparation
+ 10 minutes cooking

- 350g penne pasta
- 1 onion, diced
- 2 cloves garlic, chopped
- 150g lean leg ham, sliced
- 250g mushrooms, sliced
- 1 bunch silverbeet or English spinach, thoroughly washed, drained and chopped
- 1 red capsicum, seeded and sliced
- 375mL can low-fat evaporated milk
- 2 teaspoons cornflour
- 2 tablespoons parsley, chopped
- 50g grated Parmesan cheese

 10 serves of vegies

Cook pasta according to packet directions and drain. Saute onion and garlic in a non-stick pan with a little water until onion is soft. Add ham & mushrooms & cook until mushrooms are golden brown, add a little water if necessary. Add spinach and capsicum, cooking until spinach is wilted. Add milk and heat through. In a small bowl mix cornflour with a little water to a smooth paste. Add to vegetable mixture. Place pasta in a large serving bowl. Pour over vegetable mixture, add parsley & cheese & toss well. Serve immediately. Serves 4.

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MUSHROOMS



- Selection** Look for freshness, firmness and colour. Withered mushrooms are a sign of age.
- Storage** In a brown paper bag in refrigerator crisper (plastic makes mushrooms 'sweat').
- Uses** Casseroles, soups, stir-fries, grills, barbecues, vegetable side dishes, risotto, pasta and stuffings.