



Go for 2&5[®]
FRUIT VEG

Smart Summer \$pend with Fruit and Veg

SIX DELICIOUS RECIPES - quick, easy and value for money.





Get good value for money this season with fresh Summer fruit and vegetables. Local, in-season fruit and vegies means less storage and transport, which equals better value for money, compared with out of season produce.

This Summer, challenge your cooking skills by planning your meals around vegetables. Make

fruit and vegies your main flavour source and help you and your family get their 2&5[®] each day.

Use the six quick, easy, value for money recipes in this booklet, with the lists of Summer fruit and veg, to help add some extra serves of fruit and vegies to your day.

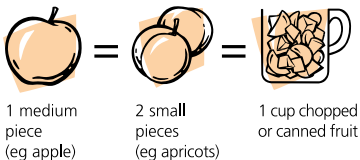
For more tasty recipes you can check out

www.gofor2and5.com.au

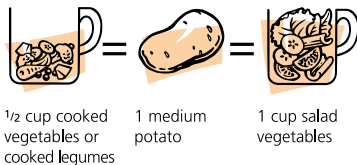
Remember to Go for 2&5[®] and happy eating!

What's a serve?

One serve of FRUIT is 150 grams of fresh fruit or:




One serve of VEGETABLES is 75 grams or:




Abbreviations

ml = millilitre (s)

g = gram (s)

 = time

 = fruit and vegie serves per recipe

It's easy to Go for 2&5® everyday!

What's in Season?

Summer Fruit and Veg

December - February

Fruit	Dec	Jan	Feb
Apples* (Granny Smith, Hi Early, Lady Williams, Pink Lady, Red Delicious, Sundowner)	Heavy supply	Heavy supply	Heavy supply
Apricots*	Available	Available	Unavailable
Bananas	Heavy supply	Heavy supply	Heavy supply
Blueberries*	Available	Available	Available
Boysenberries*	Heavy supply	Available	Available
Cherries*	Available	Available	Available
Currants*	Heavy supply	Heavy supply	Available
Dates	Available	Heavy supply	Heavy supply
Figs*	Available	Heavy supply	Heavy supply
Grapes*	Heavy supply	Heavy supply	Heavy supply
Grapefruit	Available	Available	Available
Honey Dew	Heavy supply	Heavy supply	Heavy supply
Lemons*	Heavy supply	Heavy supply	Available
Limes*	Available	Available	Available
Lychee	Available	Heavy supply	Heavy supply
Mangoes	Heavy supply	Heavy supply	Heavy supply
Nectarines*	Heavy supply	Heavy supply	Heavy supply
Oranges* (Valencia)	Heavy supply	Heavy supply	Heavy supply
Pawpaw	Available	Available	Available
Papaya	Available	Available	Available
Passionfruit	Heavy supply	Heavy supply	Heavy supply
Peaches*	Heavy supply	Heavy supply	Heavy supply
Pears (Duchess*, Paradise)	Heavy supply	Heavy supply	Heavy supply
Pineapple	Heavy supply	Available	Available
Plums*	Available	Available	Available
Rhubarb*	Heavy supply	Heavy supply	Heavy supply
Rockmelon*	Heavy supply	Heavy supply	Heavy supply
Starfruit	Available	Available	Available
Strawberries*	Heavy supply	Heavy supply	Heavy supply
Watermelon	Heavy supply	Heavy supply	Heavy supply

*** SA grown available in Summer**

Key Heavy supply Available Unavailable

Vegetables	Sept	Oct	Nov
Asparagus			
Avocados (Greenskin, Hass)			
Beans (Butter, Green*)			
Beetroot*			
Bok Choy*			
Broccoli*			
Broccolini			
Cabbage (Common*, Chinese)			
Capsicums* (Gold, Green, Red)			
Carrots*			
Cauliflowers*			
Celery*			
Chockos			
Cucumbers*			
Eggplant*			
Fennel			
Horseradish*			
Lettuce*			
Mushrooms*			
Okra			
Onions* (Brown, Red, White)			
Peas* (Green, Snow, Sugarsnap)			
Potatoes* (Bison, Coliban, Desiree, Gourmet)			
Pumpkins* (Blue, Butternut, Golden Nugget, Jarradale, Jap)			
Radish*			
Salsify*			
Shallot Bulbs*			
Shallots*			
Silverbeet*			
Spinach*			
Squash*			
Swedes*			
Sweet Corn*			
Sweet Potatoes			
Taro			
Tomatoes*			
Turnips*			
Witlof			
Zucchini*			


* SA grown available in Summer


Key Heavy supply Available Unavailable

Crunchy Waldorf Salad



Serves 4.

 8 minutes preparation

 8 serves of fruit & vegies in this recipe

Ingredients:

- 2 red apples, cored and chopped
- 2 green apples, cored and chopped
- 1 cup celery, sliced
- 1 cup orange segments
- 1/4 cup walnuts, chopped

Dressing:

- 1/2 cup low-fat plain, unflavoured yoghurt
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons parsley, chopped
- Juice of 1/2 orange

Method: Combine salad ingredients in a bowl. Mix dressing ingredients in a separate bowl and pour over salad. Mix thoroughly and serve.



Serving suggestions: This simple salad is delicious with grilled chicken or turkey.

As the weather heats up, cool, crunchy salads are inviting. Try this colourful variation of a traditional favourite.



Tropical Pizza

Serves 4.

-  5 minutes preparation + 10-15 minutes cooking
-  5 serves of fruit & vegies in this recipe

Ingredients:

- 25cm pizza base or Turkish or pita bread
- 1/4 cup tomato pasta sauce
- 100g ham, chopped
- 225g can pineapple pieces (in natural juice), drained
- 1 medium capsicum, red or green, seeded and chopped
- 100g mushrooms, sliced
- 100g Mozzarella cheese, grated
- 1 tablespoon chopped herbs (parsley, basil, oregano) or a pinch of dried mixed herbs

Method: Preheat oven to 200°C. Spread pizza base with pasta sauce or tomato paste. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10 to 15 minutes until heated through and browned.

Handy hints: Make 8 mini pizzas using 4 halved English muffins for the base.

Fast Vegie Spaghetti

Serves 4-6.

⌚ 10 minutes preparation + 10 minutes cooking

🥗 11 serves of vegies in this recipe




Ingredients:


500g spaghetti or other pasta
570g tomato based pasta sauce
2 teaspoons vegetable oil
1 small onion, thinly sliced
1 small carrot, thinly sliced
1 stick celery, thinly sliced
1/2 capsicum, seeded and finely diced
1 small zucchini, finely chopped
1/4 cup grated Parmesan cheese to serve.
Pepper to taste.

Method: Cook pasta according to packet directions. Heat oil in a saucepan, add onion and cook until soft. Add other vegetables and stir until well mixed. Lower heat, cover and cook for 5 to 7 minutes. Add pasta sauce to vegetables and heat through. Remove from heat. Serve over pasta. Sprinkle with cheese and pepper.

Variation: Other vegetables can be substituted for those listed - use those you have in the fridge or freezer!

Serves 4

 10 minutes
preparation

 10 serves of vegies in
this recipe

Ingredients:

315g can tuna in
spring water, drained
300g can cannellini or
butter beans, drained
1 tomato, chopped
1 avocado, skin and pip
removed and chopped

Dressing:

Juice of 1/2 lemon
1 teaspoon grated
lemon rind
1 tablespoon chopped
basil
2 tablespoons low-fat,
plain unflavoured
yoghurt
Freshly ground or
cracked black pepper,
to taste




Tuna and Avocado Salad


Method: In a bowl lightly fold tuna, beans, tomato and avocado. In a small bowl mix all dressing ingredients together and pour over tuna mixture.

Serving suggestion: Stuff the mixture into pita bread pockets; serve in a wholemeal roll; or pile on top of a jacket potato or toasted Turkish bread.

Hint: Choose fresh seasonal produce for value for money. As summer starts Haas avocados are coming to an end and Green skin season is starting.

Serves 4.

 5 minutes
preparation + 5
minutes cooking

 5 serves of fruit in
this recipe

Banana Parcels

Ingredients:

4 bananas, peeled and
sliced in half length
ways

Pulp of 1 large
passionfruit

4 large strawberries

1/2 cup low-fat, plain
unflavoured yoghurt

Rind of 1/2 orange

Method:

Preheat barbecue. Take 4 squares of aluminum foil and fold each to make double thickness. Place banana in centre and sprinkle with half of passionfruit pulp. Turn in the edges of foil to enclose banana. Place on barbecue and cook for 5 minutes. Remove to serving plate. Open up parcel, place strawberry on top of each parcel. Top with remaining passionfruit. In the small bowl mix yoghurt and orange rind and serve with parcel.

Hint: Fresh passionfruit is available year round, but price varies depending on supply. Replace with canned passionfruit pulp if fresh supply is short. Can also be cooked in a moderate oven for 1/2 an hour.



Makes 6 cups.



5 minutes
preparation



6 serves of fruit in this
recipe

6 disposable plastic cups
6 pop sticks

Ingredients:

1 punnet strawberries,
hulled and chopped
2 kiwifruit, peeled and
chopped
1½ cups orange juice

Method: Drop
strawberries and kiwifruit
into each disposable cup.
Pour orange juice over
fruit, add a pop stick to
each cup and freeze until
set. Run under hot water
to remove from cup.

Try this Tropical alternative:

1 fresh mango, peeled and chopped or 425g can mango
1½ cups orange juice
410g can apricots in natural juice, drained and chopped

Puree mango in a blender and add orange juice. Divide apricots between plastic cups. Pour mango and orange juice over fruit, add a pop stick to each cup and freeze until set. Run under hot water to remove from the cup. Makes 6 cups.

Hint: Mangoes are in heavy supply in Summer, so it's the best time to buy them.



Fruity Ice Treats



Go for 2 & 5[®]

FRUIT VEG

An Australian Government, State and Territory health initiative.

For more information visit:

www.gofor2and5.com.au



Government of South Australia
SA Health

© State of Western Australia 2005,
reproduced with permission