



Cook
Healthy
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Healthy





(Serves 4)

Roasted Red Bell Pepper and Tomato Soup

Directions

1. Preheat oven to 200°C. Place red bell peppers and onion on a baking dish, cut-side down. Add whole tomatoes and garlic. Cook for 30 minutes in the oven or until the vegetables are tender.
2. Remove baking dish from the oven and cool for 10 minutes. Peel the vegetables and place them in a food processor. Add half the stock and process vegetables until smooth.
3. Pour the pureed roasted vegetables into a cooking pot. Add remaining stock and tomato paste, stirring to combine. Bring to boil and cook until heated through. Season with pepper (to taste) and garnish with parsley (optional) just before serving.

Ingredients

- * 1 medium/large onion, unpeeled and halved
- * 4 large tomatoes
- * 3 red bell peppers, halved and deseeded
- * 4 cloves of garlic, unpeeled
- * 350ml chicken or vegetable stock (homemade or reduced salt)
- * 1-2 tablespoons tomato paste (kunserva)
- * Freshly ground black pepper
- * 2 tablespoons chopped fresh parsley (optional)





(Serves 4)

Rabbit Dish

Directions

1. Prepare the marinade by mixing the wine, vinegar, oregano and bay leaves in a large bowl and stir. Add the rabbit pieces to the mixture and leave to marinate overnight.
2. Remove the rabbit pieces from the marinade. Heat the olive oil in a large skillet over moderate heat, and add 2 tablespoons of water. Stir-fry the rabbit until cooked brown in colour. Add the onions while cooking the rabbit. Set a side the cooked rabbit and the onions.
3. Add the paprika and garlic and cook by stirring for an additional minute.
4. Return the rabbit and onions to the pan and bring to boil. Cover with a lid. Simmer very gently for about 45 minutes until the rabbit is tender. Garnish the rabbit with parsley.

N.B: You may wish to serve rabbit with some roasted vegetables (see recipe) and dry-roasted potatoes.

Ingredients

- * 250ml white wine
- * 2 tablespoons wine vinegar
- * 4 bay leaves
- * 1tsp oregano
- * 600g rabbit jointed
- * 4 bay leaves
- * 1 tablespoon olive oil
- * 200g onions
- * 6 cloves of garlic
- * 2 tsps paprika
- * 250ml homemade vegetable stock
- * 1 tablespoon chopped parsley





Fruity Vanilla Delight

Directions

1. Stir ricotta and light vanilla yoghurt together in a small bowl.
2. Prepare 3 cups of chopped, ripe, fresh fruit in season (e.g. a mixture of strawberries, peaches and bananas).
3. Divide the fruit among 2 small, oven safe dishes (e.g. small, oval ceramic dishes).
4. Spoon the yoghurt mixture over the fruit.
5. **Summer version:** Place dishes in the fridge until cool and serve.
Winter version: Place dishes in the oven at 230°C for 7 to 8 minutes and serve immediately.

Ingredients

- * 100g fresh local ricotta
- * 150ml vanilla yoghurt, light
- * 3 cups chopped, ripe, fresh fruit in season (such as strawberries, nectarines, peaches, pears, apricots, bananas)





(Serves 2)

Mushroom Pizza

Directions

1. Preheat oven to 200°C.
2. Place the mushrooms, smooth side down, on a non stick baking sheet.
3. Bake for 10 minutes or until tender. Leave oven on.
4. If needed, blot the gill side of the cooked mushroom with a paper towards to remove any excess liquid.
5. Meanwhile, in a bowl, mix together the diced tomatoes, red bell pepper, balsamic vinegar, garlic, olives and oregano.
6. Spoon the tomato mixture onto the baked mushrooms.
7. Top the mushroom with diced mozzarella.
8. Bake for 10 minutes, or until the mozzarella has melted and the topping is heated through.
9. Make it a meal by serving with a fresh green salad.

Ingredients

- * 8 portobello mushrooms (or large mushrooms), stem removed
- * 4 medium tomatoes, diced
- * 1/3 large red bell pepper, diced
- * 120g local fresh mozzarella, diced (or local fresh cheeselet)
- * 2 tablespoon balsamic vinegar
- * 2 medium cloves of garlic, minced
- * 1 teaspoon dried oregano
- * 4 tablespoons sliced olives





(Serves 4)

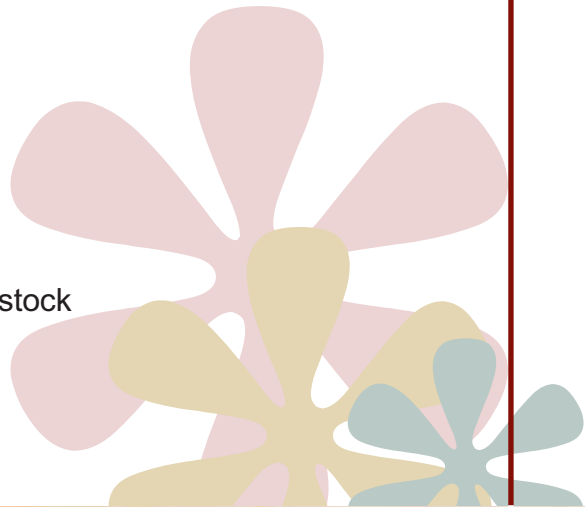
Leek & Pumpkin Soup

Directions

1. Heat olive oil in a large saucepan over medium heat. Add the leeks and the garlic and cook. Add the chopped pumpkin, stirring occasionally, for 5 minutes until soft. Add the coriander, cumin, ginger and the homemade vegetable stock.
2. Season the mixture with some fresh pepper. Bring to the boil. Cover and reduce heat to low. Cook for 3 minutes, until the vegetables are soft.
3. Set aside to cool slightly then blend the soup in a food processor.
4. Warm up the soup and swirl in the light plain yoghurt to add taste.

Ingredients

- * 1 tablespoon olive oil
- * 3 cloves of garlic, chopped
- * 400g leeks
- * 800g pumpkin
- * ½ tsp coriander
- * ½ tsp cumin
- * ½ tsp ginger
- * 1 litre homemade vegetable stock
- * 100ml light plain yoghurt





(Serve 1)

Summer Salad

Directions

1. Heat the rinsed and drained chickpeas in a pot for about 3 minutes.
2. Mix chopped vegetables, herbs and cheese in a bowl.
3. Add chickpeas to the salad and mix.

Ingredients

- * Fresh/canned chickpeas, rinsed and drained (100g per person)
- * Greek light cheese (60g per person)
- * Tomatoes, chopped (4 per person)
- * Onions, chopped (1 small/medium per person)
- * Fresh mint, chopped (2 - 4 leaves per person)
- * Fresh/dry basil (2 - 4 fresh leaves or 1 to 2 teaspoons dry per person)
- * Cucumber, diced (about 10cm [length] per person; Optional)
- * Chilli pepper, finely chopped (1-2 slices per person; Optional)





(Serves 3)

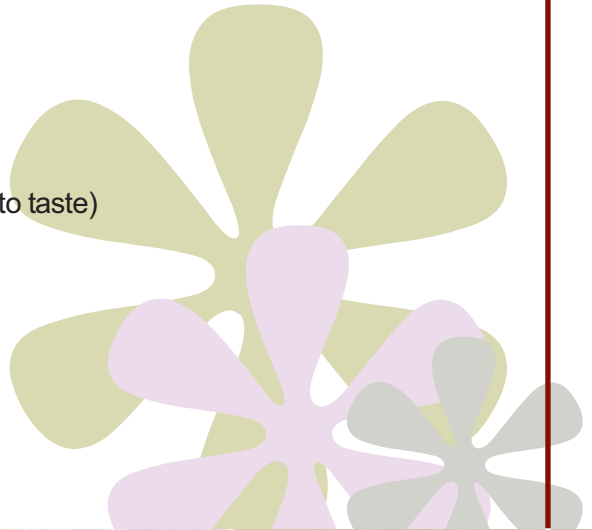
Red Bell Pepper Couscous

Directions

1. Place sultanas in a bowl and soak them in some hot water until they plump up.
2. Put couscous in the bowl with sultanas and add about 140ml of hot water.
3. Mix and fluff up couscous with a fork.
4. Add cinnamon.
5. In a small pan-dry fry the cumin and pine nuts until the pine nuts are toasted (turn golden brown) and cumin turns fragrant.
6. Add cumin and pine nuts to the couscous mixture.
7. Dice red bell peppers and add to the couscous mixture.
8. Spray pan lightly with extra virgin olive oil. Dice the onion and stir-fry it in the pan until it starts browning. Add diced onion to the couscous.
9. Mix the couscous mixture well. Serve warm or cold.

Ingredients

- * 2 medium red bell peppers
- * 1 onion
- * 20g pine nuts
- * 180g wholegrain couscous
- * 6 tablespoons sultanas
- * 1 teaspoon cinnamon (more to taste)
- * 1 teaspoon cumin seeds
- * Extra virgin olive oil spray





(Serves 8)

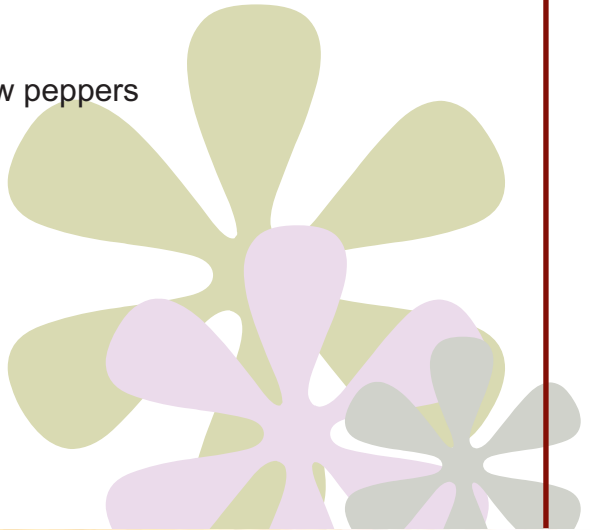
Roasted Vegetables

Directions

1. Peel and dice the vegetables in large pieces.
2. Preheat the oven to 200°C.
3. Place all the cut vegetables on a piece of baking paper in an oven dish. Tuck in the garlic cloves among the vegetables. Sprinkle some rosemary and fresh black pepper onto the vegetables. Spray some olive oil.
4. Roast in the oven for 35 minutes. Turn the vegetables around on the dish, halfway through roasting time.
5. Serve the vegetables on a plate with some lemon wedges and serve with the sliced black olives to add further taste.

Ingredients

- * 300g onions sliced
- * 6 whole cloves of garlic
- * 400g tomatoes
- * 200g sweet red peppers
- * 200g orange and/or yellow peppers
- * 300g courgettes
- * 2 tablespoons rosemary
- * 300g aubergines cubed
- * 200g fennel bulb sliced
- * 50g black olives
- * Olive oil spray
- * One lemon cut in wedges





(Serves 2)

Carrot & Orange Soup

Directions

1. Spray a heavy-based saucepan a couple of times with olive oil
2. Heat the pan and gently sauté the onion and garlic until soft.
3. Add ground cumin, ground coriander and curry powder, and stir gently (usually 1-2 minutes).
4. Add half of the orange juice and bring to bubble for a minute.
5. Add vegetable stock and bring to boil.
6. Add carrots and simmer, covered, until they are soft and cooked through (about 20 minutes). Check carrots and give them more time if needed.
7. Remove pan from heat. Add pepper to taste. Add the remaining half of the orange juice.
8. Pour carefully (or ladle) into a food processor or use a handheld blender, to blend the soup until smooth.
9. Serve hot with a dusting of ground cumin and coriander (optional).

Ingredients

- * Extra-virgin olive oil spray
- * 1 small onion, chopped
- * 1 clove of garlic, peeled and chopped
- * ½ teaspoon ground cumin
- * 1 teaspoon curry powder (mild or hot)
- * Juice of 1 large fresh orange
- * 300ml homemade vegetable stock
- * 400g carrots, peeled and chopped
- * Freshly ground black pepper to taste





(Serve 1)

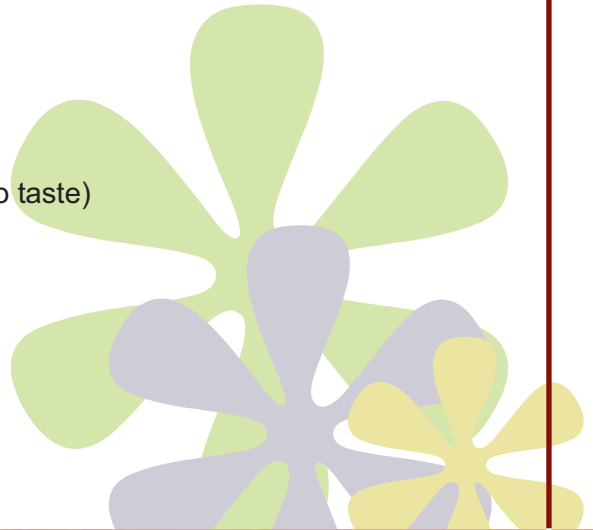
Quick Stuffed Apples

Directions

1. Core apple, leaving the bottom intact. Widen the cavity of the apple to approximately 4-5cm in diameter.
2. Reserve the apple pieces removed from the cavity (discarding the core) and chop them finely.
3. Chop almonds and prune finely.
4. Mix apple pieces, chopped almonds, chopped prune and oats. Add $\frac{1}{2}$ -1 teaspoon cinnamon to the stuffing mixture depending on personal preference.
5. Spoon the mixture into the cavity of the apple.
6. Bake the stuffed apple or place it in a microwave-safe plate and microwave for 4 minutes or until the apple is tender.
7. Allow the apple to rest for a couple of minutes before serving.

Ingredients

- * 1 medium apple
- * 1 tablespoon oats
- * 6 roasted almonds
- * 1 pitted prune
- * ½ -1 teaspoon cinnamon (to taste)





(Serves 4)

Poached Salmon

Directions

1. In a large dish place baking sheet on the foil and add the sliced onion, garlic and salmon fillet. Add sliced tomatoes, olives, fresh mint and pepper. Pour white wine. Add honey over the salmon fillet. Once ready wrap the ingredients in the foil and add some water to the base of the dish.
2. In another baking dish arrange nicely the sliced potatoes (with skin); and add fennel and ground black pepper.
3. Roast for 20-25 minutes at a temperature of 180°C. Serve salmon fillet with roasted potatoes and add a nice portion of steamed/dry-roasted vegetables.

Ingredients

- * 400g salmon fillet
- * 2 large potatoes
- * 2 tablespoon white wine
- * 1 onion
- * Garlic
- * 1 teaspoon of local pure Maltese honey
- * 4 large black olives
- * 1 large tomato and sliced
- * Ground black pepper
- * Fennel
- * Fresh mint leaves
- * 200g of dry-roasted/steamed vegetables (e.g. carrots, courgettes, coloured peppers, tomatoes)





(Serves 4)

Baked Courgettes & Tomatoes

Directions

1. Preheat the oven to 200°C.
2. Spray a non-stick frying pan lightly with olive oil, and sauté onions and garlic until soft.
3. Spray an oven proof rectangular dish lightly with olive oil and arrange the onions and garlic evenly at the bottom.
4. Layer the sliced tomatoes and courgettes on top of the onions and garlic. (You can alternate one courgette slice and one tomato slice, overlapping slices slightly)
5. Mix Herbes de Provence, Parmesan cheese, wholemeal breadcrumbs and freshly ground black pepper. Sprinkle over tomatoes and courgettes.
6. Bake for 25 to 30 minutes. Serve immediately.

Ingredients

- * 2 large onions, peeled and sliced
- * 3 cloves of garlic, peeled and sliced
- * 6 large tomatoes, sliced
- * 6 courgettes, sliced
- * 1 heaped teaspoon Herbes de Provence
- * 2 tablespoons fresh whole meal breadcrumbs
- * 1 tablespoon grated Parmesan cheese
- * Extra virgin olive oil spray
- * Freshly ground black pepper (to taste)

