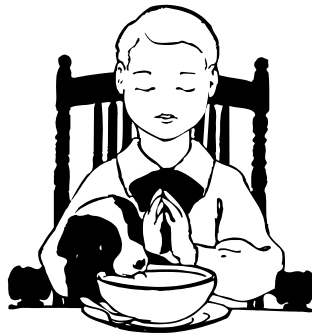


EATING FOR HEALTH

**RECIPE CLUB
27 AUGUST, 2013**



The next meeting will be held on 24 September, 2013.

Invite your friends. See you then.

To access past recipes, please go to our church website:
<http://hamilton.adventist.org.au>

COOKING WITH LESLEY

- **GARLIC MUSHROOM AND SPINACH**
- **RICOTTA FRITTERS IN TOMATO SAUCE**

Garlic Mushrooms and Spinach

2 tablespoons olive oil

40g butter

500g cup mushrooms, sliced

3 cloves crushed garlic

1 tablespoon chopped fresh flat-leaf parsley leaves

350g baby spinach

2 tablespoons toasted pine nuts

1. Heat oil and butter in large frying pan over high heat. Add mushrooms. Cook, stirring occasionally, for 10 to 12 minutes or until browned. Add garlic and parsley. Cook, stirring, for 30 seconds, or until fragrant.

2. Add half the spinach to pan. Toss through mushroom mixture. Top with remaining spinach. Cover pan. Cook for 1 to 2 minutes or until wilted. Season with lemon pepper.

3. Serve sprinkled with pine nuts.



Ricotta Fritters in Tomato Sauce

Sauce:

100gms mushrooms

2 cloves of garlic

700g passata

8 black olives

Small bunch of basil.

Place crushed garlic in a pan with splash of oil. Finely chop mushrooms and place them in pan also, cook up till mushrooms are soft. Pour in passata, season with a little salt and pepper and bring to the boil. Squash and add olives, chop up all but a few basil leaves, keep those aside to garnish dish, put rest in sauce.

Fritters:

1 large egg

400g ricotta cheese

1/2 teaspoon nutmeg

1 lemon

40g parmesan cheese

1 heaped tbsp plain flour

Olive oil



Crack the egg into a mixing bowl, add the ricotta, nutmeg, lemon zest, parmesan, flour then beat together. Put 1 tablespoon of olive oil into frying pan, use tablespoon to spoon in 8 large dollops of the mixture, turning very carefully when nice and golden.

Serve with garden salad.