

EATING FOR HEALTH

RECIPE CLUB

29th April, 2014



**The next meeting will be held on 27th May 2014.
Invite your friends. See you then.**

Our Facebook Group - Eating For Health Recipe Club - Hamilton, Victoria
<https://www.facebook.com/groups/171081359679949/>

To access past Recipe Club recipes, please visit our church website :
<http://hamilton.adventist.org.au/hrc>

- **NUTTY RICE CASSEROLE**
- **TOUCH OF THE TROPICS**

With Sibilla Johnson

NUTTY RICE CASSEROLE

1/2 cup raw cashews
1 stick of celery, sliced
1/2 cup almonds
3 spring onions, sliced
1 tbsp water
1 cup of mushrooms, sliced
1 onion, chopped
1 tbsp oil
1/2 red capsicum, seeded & diced
3 cups of cooked brown rice, cooked
1/2 green capsicum, seeded & diced
Vegetable stock
1 cup snow peas, cut into strips

1. Dry roast nuts by placing on dry oven tray and bake at 180 C for 5 to 10 minutes, set aside.
2. Heat frying pan to medium heat, add water, onion, red and green capsicum, snow peas, celery, spring onions and mushrooms.
3. Saute for 2-3 minutes, adding an extra tablespoon of water if too dry.
4. Transfer to casserole dish.
5. Clean pan, add tablespoon of oil, heat and fry the cooked rice until evenly coated.
6. Spoon rice into casserole dish with vegetables, mix well.
7. Cover and bake at 170 C for 20 minutes.
8. After cooking fold roasted nuts through.
9. Serve with salad and crispy bread rolls.

Serves 6

TOUCH OF THE TROPICS

4 cups shredded cabbage
1/4 red capsicum, julienne strips
1 medium carrot, grated
440g can crushed pineapple, drained
1/4 green capsicum, julienne strips
1/4 cup dried cranberries



DRESSING

1/2 to 3/4 cup low-fat salad dressing mixed with 2 tbsp tomato juice and 2 tbsp lemon juice.

1. Place salad ingredients in a large bowl.
2. Combine dressing ingredients in a jug and fold through salad, adding just enough to moisten vegetables.
3. Chill, place into serving dish.
4. Can be garnished with toasted sunflower seeds.

Serves 8