

MEAT FREE HEALTHY EATING

MEAT FREE WEEK

24 - 30 SEPTEMBER 2018

**MEAT FREE E-BOOK PACKED FULL OF
DELICIOUS RECIPES**

MDFFOUNDATION.COM.AU



Macular
Disease
Foundation
AUSTRALIA

A NOTE FROM THE FOUNDATION

Food for thought

Macular disease is one of the leading causes of blindness and severe vision loss in Australia. While research into a cure is continuing, we do know that a few simple changes in lifestyle and diet can help support macular health.

Don't smoke; get regular exercise; eat a healthy, well-balanced diet. Simple steps that are good for general wellbeing as well as eye health.

But many of us struggle to incorporate enough fresh fruit and vegetables - particularly the dark green leafy vegetables so important for a healthy macula - into our everyday diet so we've put together some of our favourite meat free recipes. Enjoy!



**Dee Hopkins
CEO**



A HEALTHY OUTSIDE STARTS FROM THE INSIDE

ROBERT URICH

HEALTHY SUPER PASTA



2 yellow capsicum,
quartered and
deseeded
2 tbsp olive oil
1 fennel bulb, roughly
chopped
1/4 bunch of kale
1 onion, roughly
chopped
1 large carrot, roughly
chopped
2 garlic cloves,
crushed
1/4 tsp crushed chillies
1 tsp fennel seeds
2 tbsp tomato purée
400g can chopped
tomatoes
600ml vegetable
stock
1 tsp caster sugar
small handful basil
leaves, shredded
500g wholegrain
pasta

Step 1

Heat the grill and add capsicum, skin-side up, underneath for 10 mins or until beginning to char. Transfer to a bowl, cover and set aside. When cool enough to handle, peel off the skin and cut the flesh into strips.

Step 2

Heat the oil in a large saucepan and cook the fennel, onion and carrot for 8-10 mins until softened. Stir in the garlic, crushed chillies, fennel seeds, cut kale and tomato purée, cook for 2 mins, then add the canned tomatoes, stock and sugar. Simmer, uncovered, for 15 mins or until the vegetables are completely soft.

Step 3

Take out a couple of spoonfuls of the sauce (this will later add texture), then blend the rest in the saucepan until almost smooth with a stick blender. Simmer for 5 mins to thicken, then stir in the reserved sauce, shredded basil and capsicum. Serve with the pasta.



TOMATO & ONION SALAD

400g cherry tomato mix punnet
2 small red tomatoes, cut into
wedges

1/2 small red onion, finely diced
1 tablespoon extra-virgin olive
oil

2 teaspoons red wine vinegar

1/4 teaspoon caster sugar

1/4 cup small fresh basil leaves

Step 1

Cut half the tomatoes in half.
Place in a large shallow dish.
Add remaining tomatoes and
onion.

Step 2

Place oil, vinegar and sugar in a
screw-top jar. Season with salt
and pepper. Secure lid. Shake to
combine. Add oil mixture to
tomato mixture. Gently toss to
combine. Set aside at room
temperature for 20 minutes for
flavours to develop.

Step 3

Top with basil. Toss to combine.
Serve.



BIRCHER MUESLI

1 gala apple, unpeeled,
quartered, core removed
1 cup (90g) rolled oats
1/2 cup (125ml) apple juice
1/2 cup (130g) fat-free natural
yoghurt, plus extra to serve
Large pinch ground cinnamon
1/4 cup (25g) flaked almonds
1/4 cup (30g) walnuts
2 tablespoons pepitas
(pumpkin seeds)
Blueberries, to serve
Option to add 2 brazil nuts

Step 1

Coarsely grate the apple. Mix the grated apple, rolled oats, apple juice, yoghurt and cinnamon in a bowl until well combined. Cover and place in the fridge for 1 hour or overnight.

Step 2

Combine the flaked almonds, walnuts and pepitas in a small bowl.

Step 3

Stir half the nut mixture through the muesli with 1/2 cup of yoghurt if the muesli has been soaking overnight. (If the muesli has been soaking for 1 hour, add a little extra yoghurt only as desired.) Top with the remaining nut mixture and blueberries to serve.



**EATING IS
A NECESSITY.
BUT COOKING
IS AN ART.**

CHEF JIKU

SIMPLE PUMPKIN SOUP

2 tablespoons olive oil
1 onion, finely chopped
1 leek, white part only, finely sliced
1 garlic clove, crushed
1/2 teaspoon ground coriander
1 teaspoon ground cumin
1/2 teaspoon freshly grated nutmeg
1kg peeled pumpkin, diced
1 large potato, peeled, diced
1L vegetable liquid stock
1/2 cup (125ml) thin cream

Step 1

Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.

Step 2

Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.





KALE SMOOTHIE

$\frac{2}{3}$ cup almond milk
(unsweetened)
 $\frac{3}{4}$ cup ice
1 $\frac{1}{2}$ cups kale, chopped, packed
1 stalk celery, diced
 $\frac{1}{2}$ Gala apple, cut into chunks
1 tbsp ground flax seed Agave
nectar (to taste)

Step 1

In a blender, combine almond milk, ice, kale, celery, apple, and flax seed. Blend on high until smooth.

Step 2

Taste smoothie. Add agave nectar if needed and blend again.



VEGETABLE FRITTERS

2 eggs, lightly beaten
1/2 onion, finely chopped
1/4 cup finely chopped
broccoli or cauliflower
2 cups grated vegetables
(zucchini, carrot, sweet potato,
parsnip or potato)
1/4 cup self-raising flour
1/2 teaspoon curry powder
salt and cracked black pepper
yoghurt, salsa or chutney, to
serve

Step 1

Combine the eggs, onion, broccoli and grated vegetables in a large bowl. Add the flour, curry powder, salt and pepper and mix until well combined.

Step 2

Heat a little olive oil in a non-stick frying pan over medium heat. Add heaped tablespoonfuls of the egg mixture to the pan and cook in batches for 2-3 minutes each side or until golden. Transfer to a plate and keep warm. Serve fritters with minted yoghurt, salsa or chutney.



CAULIFLOWER & SQUASH FRITTERS WITH MINT & FETA DIP

100g gram (chickpea) flour
1 tsp turmeric
1 tsp ground cumin
small bunch coriander, finely
chopped (optional)
oil, for shallow frying
150g natural yogurt
1 garlic clove, crushed
75g vegetarian feta, mashed
2 tbsp finely chopped mint
pitta breads and salad, to serve
1 cauliflower, split into florets, the
stalk cut into cubes
½ large butternut squash, cut into
cubes
1 tbsp oil

Step 1

Heat oven to 180C/160C fan/gas 4.
Toss the cauliflower and squash in oil
and spread it out on a large oven tray.
Roast for 25 mins.

Step 2

Put the flour in a bowl and gradually
stir in 125-150ml water to make a
batter as thick as double cream. Stir in
the turmeric and cumin and some
seasoning. Break up the cauliflower
and squash a little and mix it gently
into the batter. Add the coriander, if
using.

Step 3

Heat a little oil in a frying pan and
when it is hot, drop 2 heaped tbsps of
the mixture into the pan, spaced
apart. Fry until the fritters are dark
golden

Step 4

Mix the yogurt with the garlic, feta
and mint. Serve the fritters with the
mint & feta dip, some salad and pitta
breads.



PUMPKIN & CHICKPEA CURRY WITH SPINACH

550g butternut pumpkin, peeled, cut into 2cm cubes
2 garlic cloves, crushed
2 1/2 teaspoons ground cumin
1 1/2 teaspoons garam masala
2 cups vegetable stock
400g can Italian diced tomatoes
400g can chickpeas, rinsed, drained
large bunch of English Spinach
1/4 cup chopped coriander, plus extra sprigs to serve
1/3 cup Greek yoghurt

Step 1

Heat the oil in a large saucepan over medium heat. Cook the onion, stirring, for 2-3 mins or until softened. Add the pumpkin, garlic and spices. Cook, stirring, for 1 min or until fragrant.

Step 2

Add the stock and tomato. Bring to the boil. Reduce heat and simmer, uncovered, for 10 mins. Add chickpeas and simmer a further 10 mins or until pumpkin is just tender. Add spinach and coriander and season.

Step 3

Spoon the curry into bowls. Top with yoghurt and extra coriander.



GLUTEN-FREE PIZZA WITH KALE AND CHARD

Gluten-free pizza crust
Olive oil
1 onion, thinly sliced
Salt
8 organic kale leaves
3 chard leaves
1 small ball fresh mozzarella
1 cup yellow tomatoes
2-4 tbsp. fresh pesto, for drizzling
on top

Step 1

Prepare and bake crust according to recipe directions.

Step 2

In a large skillet, heat a little olive oil until shimmering. Add the onion and sprinkle well with salt. Cook the onion, while stirring occasionally and lowering heat as necessary, Add the greens and continue cooking until just tender and bright green.

Step 3

Brush the pizza crust with olive oil. Spread the greens and onions over the crust. Lay slices of mozzarella evenly over the top. (I only used about half of the ball, but you could use more.) Place the yellow tomatoes evenly over the pizza.

Step 4

Bake in a very hot oven, or under a broiler, until the cheese is melted. Drizzle with the fresh pesto and cut into wedges.

SWEET POTATO KALE FRITTATA

6 large eggs
2 tablespoons 2% milk
Kosher salt and freshly ground
black pepper, to taste
2 tablespoons olive oil
2 cloves garlic, minced
2 sweet potatoes, peeled and
diced
1/2 red onion, thinly sliced
2 cups chopped kale
1 cup cherry tomatoes, halved
1/3 cup shredded mozzarella

Step 1

Preheat oven to 180 degrees

Step 2

In a large bowl, combine eggs, milk, salt and pepper to taste; set aside.

Step 3

Heat olive oil in a cast iron skillet over medium high heat . Add garlic and cook until fragrant, about 1-2 minutes. Add potatoes and onion and cook, stirring occasionally, until potatoes have softened and onions have caramelized, about 8-10 minutes. Add kale and cook, stirring occasionally, until wilted, about 2 minutes. Add egg mixture and tomatoes, and cook until the eggs start to set, about 3-4 minutes. Sprinkle with mozzarella.

Step 4

Place into oven and bake until the top is set and cheese has melted, about 10 minutes. Cut the frittata into wedges and serve immediately.



A close-up photograph of a white ceramic bowl filled with almonds. The bowl is resting on a wooden surface, and a few almonds have spilled out onto the wood. The background is a warm, out-of-focus wooden texture.

**COOKING WELL
DOESN'T MEAN
COOKING
FANCY**

JULIA CHILD



STUFFED EGGPLANTS WITH KALE

1 medium eggplant
1/2 cup chopped onion
2 garlic cloves, minced
1/2 cup chopped fresh mushrooms
1/2 cup chopped zucchini
1/2 cup chopped sweet yellow capsicum
1/2 cup chopped kale
3/4 cup seeded chopped tomatoes
1/4 cup toasted wheat germ
2 tbsp minced fresh parsley
1/2 tsp dried thyme
1/4 tsp salt
1/4 tsp pepper
Dash crushed red pepper flakes
1 tablespoon grated Parmesan cheese

Step 1

Cut eggplant in half, remove pulp, leaving a 2cm thick shell. Cube pulp; set shells and pulp aside.

Step 2

In a large non-stick skillet coated with cooking spray, saute onion and garlic. Add mushrooms, zucchini, yellow pepper, kale and eggplant pulp; saute for 4-6 minutes. Stir in the tomatoes, wheat germ, parsley, thyme, salt, pepper and pepper flakes; cook for 1 minute.

Step 3

Divide mixture evenly between the eggplant shells; sprinkle with Parmesan cheese. Place on a baking sheet. Bake at 180° for 20-25 minutes or until shells are tender.

Nutrition plays an important role in overall wellbeing as well as optimising macular health. For people with age-related macular degeneration (AMD), an eye-healthy diet can help reduce risk and slow progression of the disease. For people with diabetes, nutrition is critical to managing blood glucose levels in order to prevent the onset of diabetic eye disease.

Age-related macular degeneration (AMD)

The following simple practices as a normal part of your diet are beneficial for macular health.

- *Eat a healthy, well-balanced diet
- *Eat dark green leafy vegetables and fresh fruit daily
- *Eat fish two to three times a week
- *Choose low glycemic index (low GI) carbohydrates instead of high GI
- *Eat a handful of nuts a week
- *Limit the intake of fats and oils

In addition, keep a healthy lifestyle by maintaining a healthy weight and exercising regularly. Further information is available in the Foundation's publication, Nutrition & Supplements for Macular Degeneration.

Diabetes

Everyone with diabetes is at risk of developing diabetic eye disease and diet and lifestyle play a critical role. For those living with diabetes, the Foundation's publication, Diabetic Eye Disease, provides information on diet and lifestyle in relation to eye health. Information on diet is also available from Diabetes Australia and state diabetes associations.

Please note: Any changes in diet or lifestyle should be undertaken in consultation with your Doctor.

For further information and support, or a free information kit, call the Foundation's Helpline 1800 111 709 or visit www.mdfoundation.com.au

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