

Holiday Season

Healthy Recipes



Queensland

Recipes provided by Anna Vassallo,
Accredited Practising Dietician



Healthy Eating Tip

from Anna



Be creative with anti-inflammatory ingredients such as:

- Salmon, mackerel, sardines and herring
- Extra virgin olive oil
- Leafy greens (spinach, kale, other dark green leafy)
- Turmeric
- Ginger
- Avocado
- Walnuts, flaxseed, chia seeds
- Berries (blueberries, raspberries, strawberries, blackberries)
- Dark chocolate

Turmeric Ginger Salmon

Serves 4

Ingredients

- 2 salmon fillets
- 1 tsp turmeric powder
- 1 tsp grated ginger
- 2 tsp olive oil
- Salt and pepper to taste (less salt the better)
- Lemon wedges for serving

Method

1. Preheat your oven to 200°C
2. In a small bowl mix turmeric powder, grated ginger, olive oil, salt and pepper to create a marinade.
3. Place the salmon fillets on a baking tray lined with baking paper.
4. Brush the turmeric-ginger marinade over the salmon fillets, ensuring they are well-coated.
5. Bake in the preheated oven for about 15-20 minutes or until the salmon is cooked through.
6. Serve with lemon wedges and enjoy!



Baby Spinach Salad

with Walnut Vinaigrette

Serves 4

Ingredients

- 4 cups fresh spinach leaves, washed and dried
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup walnuts, chopped
- 2 tbs extra virgin olive oil
- 1 tbs balsamic vinegar
- 1 tsp honey
- Salt and pepper to taste
- Feta cheese (optional)

Method

1. In a large salad bowl, combine the fresh spinach leaves and mixed berries.
2. In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper to create the vinaigrette.
3. Pour the vinaigrette over the salad and toss gently to coat the ingredients evenly.
4. Lightly toast the walnut over a medium heat and sprinkle chopped walnuts over the salad.
5. If desired, crumble feta cheese on top for added flavour.
6. Serve immediately and enjoy!

Chocolate Sunshine Balls

Serves 4

Ingredients

- 40g dried cranberries
- 20g chia seeds
- 150g pitted dates
- 150g water
- 1 ripe banana peeled
- 250g of traditional rolled oats
- 1 tsp vanilla essence
- ½ tbs honey
- 1 tbs dark chocolate cocoa powder
- 45g desiccated coconut lightly roasted (for rolling)

Method

1. Place cranberries and chia seeds in a small bowl, cover with water and set aside
2. Place dates and water in a small saucepan and simmer for 8-10 minutes till water boils and dates soften.
3. With a fork, smash dates to form a paste
4. In a large mixing bowl add all other ingredients, except the coconut, and mix to combine
5. Roll mixture into small balls and roll into coconut
6. Place on a plate in the fridge or freezer to harden up and enjoy!

