



National Nutrition Week
15-21 October 2017



National Nutrition Week 15-21st October 2017

National Nutrition Week aims to raise awareness of the impact food can have on our health and wellbeing. This year's theme is 'Try for 5', encouraging Australians to eat five serves of vegetables every day for better health!

What does one serve of vegetables look like?



*Image sourced from Eat For Health

**With canned varieties, choose those with no added salt*

Why should we eat lots of vegetables?

It is important to eat lots of vegetables as they contain essential vitamins and minerals that keep you healthy and well.

Regularly eating a variety of vegetables can help to:

- maintain a healthy weight
- lower levels of cholesterol and blood pressure.

It also reduces your risk of developing:

- Type 2 diabetes
- Stroke
- Heart disease
- Some cancers.

Tip - eat lots of different colours!

Every vegetable has different vitamins and minerals. Try to eat lots of different colours for your health!

*Image sourced from LiveLighter



GREENS



REDS



ORANGES & YELLOWS



PURPLES & BLUES



WHITES & BROWNS

Would you like some more information on healthy eating? Visit these links!

- [LiveLighter](#)
- [Veggycation](#)



Peninsula
Health

Seasonal Produce Guide

Fruits and vegetables naturally grow in cycles, and ripen during a certain time of the year. When they are ripe they are said to be 'in season' and generally at their freshest, tastiest and cheapest. The guide below lets you know when each vegetable is in season. For more information on Produce Food Guides or local farmers markets please visit:

<http://seasonalfoodguide.com/>



Seasonal Food Guide

A U S T R A L I A

seasonalfoodguide.com

Seasonal Produce Guide – Australia General

VEGETABLES

Artichokes	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beansprouts	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Brussel Sprouts	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Fennel	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Mushrooms	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Pumpkins	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Snow Peas	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onions	Spring	Summer	Autumn	Winter
Sweetcorn	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter

If you are interested in local fresh produce that has been grown, bred or raised entirely on the Mornington Peninsula, please visit: <http://www.mpproduce.com.au/>

Try for 5 & WIN!

It is National Nutrition Week and we are celebrating! Enter our photo comp for your chance to WIN!

All you need to do is head over to Instagram and follow....



@a_healthy_peninsula

Next, add veggies to your meal, take a photo, share your photo on Instagram and tag us at #ahealthypeninsula for a chance to win one of the following prizes:

- 1 of 2 adult double return journey on the [Arthurs Seat Eagle](#)
- A guided walk for 4 people from [Peninsula Guided Walks](#)
- 1 cooking class for a parent and child with [100 Mile Foodie](#)
- 1 weeks' worth of freshly grown produce from [Mornington Peninsula Produce](#)
- 1 of 5, \$150 full access passes to PARC <http://www.parcfrankston.com.au/>
- 1 of 2 General Admission vouchers to Enchanted Adventure Garden www.enchantedadventure.com.au



The Competition is from the 15th until the 29th October and winners will be announced during this time.

For terms and conditions check out

<http://communitykitchens.org.au/tryfor5andwin>

You have to be in it to win it!

Almond vegetable tagine

A colourful, vegetable-packed meal for the whole family

Cook time: 30 minutes

Serves: 4

Ingredients

- 2 tablespoons vegetable oil
- 75g packet ($\frac{3}{4}$ cup) blanched almonds
- 1 red onion, chopped
- 1 teaspoon ground coriander
- $\frac{1}{2}$ teaspoon ground cumin
- $2\frac{3}{4}$ cups sweet potato, peeled cut into chunks
- 415g or similar weight can chopped tomatoes
- 2 cups vegetable stock



- $3\frac{1}{2}$ cups green beans, trimmed, cut in half
- 10 spinach leaves rinsed
- 2 cups cooked cous cous
- Salt, freshly ground pepper or chilli flake

Method:

1. Heat 1 tablespoon oil in a large pan, stir fry almonds until golden. Remove, drain on paper towel.
2. Add remaining oil to pan, add next 5 ingredients, fry over moderate heat, stirring occasionally for 5 minutes.
3. Add tomatoes, stock and beans. Bring to the boil, reduce heat, cover, simmer 10-15 minutes until vegetables are tender. Stir through spinach, cook until just wilted. Add almonds. Season to taste.
4. Serve with cooked couscous or rice, tossed with chopped coriander and whole pitted black olives.

Note:

- Change up the vegetables, e.g. diced eggplant, pumpkin, zucchini or capsicum.
- For extra protein fibre and texture try adding some legumes like lentils or chickpeas.
- Each serve of this recipe will give you 2 serves of vegetables.

Broccoli pesto pasta 3-2-1

A zesty pasta dish packed with veggies

Prep: 15 mins

Cook: 15 mins

Serves: 2

Ingredients

- 1 1/2 cup pasta shapes (spiral or bows)
- 1 head broccoli, cut into florets
- 1 clove garlic, crushed
- 60 g sunflower seeds
- 2 tbsp Parmesan cheese, grated
- 1 lemon, zest and juice
- 1/2 cup basil leaves
- 1/2 cup mint leaves
- pepper
- 1/2 cup frozen peas, defrosted
- 1/2 zucchini, sliced



Method:

1. Cook pasta according to packet instructions. Drain pasta, saving about ½ a cup of the cooking water.
2. While pasta is cooking, put the broccoli, peas and zucchini in a covered, microwave safe container with 1 tablespoon of water. Microwave for 3 minutes or until the broccoli and zucchini are just tender.
3. In a food processor, blitz half the cooked broccoli with the garlic, sunflower kernels, parmesan, lemon zest, 3 tablespoons lemon juice and fresh herbs until it is a chunky pesto texture. If it's too thick, add a little of the pasta cooking water. Add more lemon juice and black pepper to taste.
4. Mix the pesto, pasta and vegetables together and serve.

NOTES:

- Try the pesto on its own as a fresh dip.
- Exclude parmesan to make this dish dairy free and vegan.
- Use gluten free pasta to make this dish gluten free.
- Healthy tip - Chilli, lemon and herbs add flavour - and are healthier alternatives to butter and salt!

Recipe and image sourced from Live Lighter Website- <https://livelighter.com.au/Recipe/521/broccoli-pesto-pasta-3-2-1>

For more recipes and resources visit:
<http://communitykitchens.org.au/>