

Recipe ideas to eat more plant foods

By incorporating more plant-based ingredients, we not only benefit our health but also discover new, delicious tastes.

We've attached some simple recipes to get us started. Remember, if you're keen on increasing your fiber intake with these plant goodies, ease into it gradually. This gives your digestive system time to adapt. And don't forget to drink plenty of fluids – especially water.

Cheers to a healthier you!

Follow IDDSI guidelines to ensure the recipes meet the criteria for specific texture modified diets.

Spicy halloumi bake

Serves: 4

IDDSI: Suitable for a  Regular diet



Ingredients

1/2 butternut squash (300 g), scrubbed and unpeeled, deseeded, and cut into 2-cm cubes
1 zucchini (250 g), cut into 2-cm cubes
1 red pepper (200 g), deseeded and roughly chopped
2 tsp cumin seeds
3 tsp ras el hanout or baharat spice mix or Middle eastern spice blend
1 tsp chilli powder
3 tbsp olive oil, plus an extra 1 tbsp to drizzle
150 g baby spinach, finely chopped
350 ml passata
400g kidney beans, drained and rinsed
200 g halloumi, sliced 1-cm thick

Substitutions

spinach: kale, Swiss chard, or spring greens

kidney beans: borlotti or cannellini beans

ras el hanout or baharat spice mix: simple mild curry powder or middle eastern spice blend





Method

1. Preheat the oven to 200°C.
2. Put the squash, courgette, red pepper, and the spices into a large roasting tin. Pour over the 3 tablespoons of oil and season, then toss well to coat.
3. Roast for 25 minutes, turning the vegetables halfway through the cooking time.
4. Remove the roasting tin from the oven and increase the temperature to 220°C. Scrape up any crusty bits from the bottom of the roasting tin for extra flavour, then fold in the spinach.
5. Tip in the passata and kidney beans and combine with the rest of the ingredients.
6. Layer the halloumi on top, drizzle with the extra tablespoon of oil and return to the oven for a further 15 minutes until the halloumi is melted and charred in areas.
7. 1 portion= 2 haloumi slices with 1 cup vegetable and bean bake.

Recipe source: <https://zoe.com/learn/dr-rupy-cooks-spicy-halloumi-bake>

Chickpea and veggie curry

Serves: 4-6

IDDSI: Suitable for a  Regular diet and  Soft & bite size diet



Ingredients

½ tablespoon extra-virgin olive oil
½ medium brown onion, cut finely
¼ cup mild korma paste
200g butternut pumpkin, skin removed and cut in 1.5cmx1.5cm cubes
200g cauliflower, cut into 1.5cmx1.5cm florets
100g zucchini, cut in 1.5cmx1.5cm cubes
1 x 410g can chickpeas, drained, shelled and rinsed
2 x 410g can crushed tomatoes
2 vegetable stock cubes dissolved in 2½ cups of water

Quinoa

1 cup quinoa
1¾ cup water

Method

1. Heat oil in large, deep saucepan over medium-high heat. Add onion and cook, stirring for 3 minutes or until softened
2. Add korma paste. Cook and stir for 1 minute or until fragrant.
3. Add chickpeas, stock, and crushed tomatoes and bring to a boil. Simmer at a reduced low heat for 5 minutes, stirring occasionally.
4. Add pumpkin, cauliflower, and zucchini and combine. Simmer for approximately 30 minutes, until vegetables are soft, stirring occasionally.
5. To cook the quinoa. Combine the quinoa and 1¾ cup water in a medium pot. Bring to a boil, cover, reduce the heat, and simmer for 15 minutes.
6. Remove from the heat and let it sit, covered for 10 more minutes.
7. Fluff with a fork.
8. Serve 1½ -2 cups of chickpea and vegetable curry on ½ cup of quinoa, topped with a dollop of Greek yoghurt (Optional).

Recipe source: 'Beyond the Blender, Dysphagia made easy', Simone Howells and Griffith university master of speech pathology students`

<https://beyondtheblender.wordpress.com/2018/09/14/the-dysphagia-cookbook/>

Sweet Potato Shepherd's Pie

Serves: 6 – 8

IDDISI: Suitable for a  Regular  Soft & bite size

 Minced and moist and  Pureed diet (with modifications)



Ingredients

3 tablespoons of extra virgin olive oil
1 brown onion, finely chopped
2 tsp minced garlic
1 red chilli, chopped
1 red capsicum, chopped 0.5x0.5cm dice
1 kg lamb mince
1 x 425 g tin of lentils (drained)
¼ cup tomato paste
3 tsp ground cumin
½ cup diced tomatoes
3 sweet potatoes, peeled, chopped into small chunks.
1 tbsp coconut cream
salt and pepper to taste

Method

1. Preheat the oven to 180°C.
2. Boil sweet potato chunks in saucepan until soft. Drain and place to the side.
3. Heat 1 tbsp of oil in a frying pan at medium to high heat, adding the onion, garlic, chilli and capsicum, and stirring until softened.
4. Add the lamb mince, lentils, tomato paste, cumin, salt and pepper.
5. Cook well, browning all over. Ensure no clumps of mince remain.
6. Once meat is browned, add diced tomatoes, turn heat down and simmer for 10 minutes.
7. **For minced and moist** Place meat mixture in a blender and pulse several times till a minced texture is visible. Continue with steps 9, 11, 12
8. **For pureed diet** Place meat mixture in a blender. You may need more beef or vegetable liquid stock. Pulse till combined and the puree consistency is achieved.
9. Place boiled sweet potato into a food processor with remaining oil and coconut cream, blending until smooth. Add salt and pepper to taste.
10. **For pureed diet** Serve the meat separately from the sweet potato. Add a lamb gravy for moisture.
11. Fill a casserole dish with the cooked lamb mince and lentils, and top with the smooth sweet potato (**only for regular, soft and bite sized, and minced and moist diet**)
12. Place in oven for 10 minutes or until sweet potato just begins to brown, and then serve with a green vegetable and lamb gravy.

Recipe source: 'Beyond the Blender, Dysphagia made easy', Simone Howells and Griffith university master of speech pathology students`

<https://beyondtheblender.wordpress.com/2018/09/14/the-dysphagia-cookbook/>

Dark Chocolate Sea Salt Almond Clusters

Serves: 16

Cocoa beans, which become chocolate, are technically seeds. And because the beans are fermented during manufacturing, they contain a healthy cocktail of polyphenols and fiber, which help feed your “good” gut bacteria. So, minimally processed dark chocolate that’s at least 70% cocoa counts toward your plant foods.



IDDSI: Suitable for  Regular diet

Ingredients

2 cups roasted almonds
225g, 70% Dark chocolate
Sea salt, to sprinkle

Instructions

1. Break the chocolate into smaller blocks in a double boiler or use 2 pots that can fit on top of each other and fill the bottom one with water and heat on low on the stove. Stir the chocolate chips continuously until they have melted. The melted chocolate will be thick.
2. Remove the pot from the stove and add the roasted almonds. Stir well to coat each almond. Use a dessertspoon to scoop the chocolate almonds into clusters on a baking sheet covered with baking paper. Make sure to leave some room in between each one.
3. Sprinkle some sea salt over top of each cluster and let the chocolate set at room temperature until solid. You can also speed this up in the fridge if you prefer.

Feel free to enjoy it in moderation 😊

Source: <https://www.thefitpeach.com/blog/chocolate-almond-clusters/#recipe>

Resources and links for more recipes to try

1. [Forks over Knives](https://www.forksoverknives.com/recipes/) Whole-food, plant-based recipes
2. [Sports Dietitians Australia](https://www.sportsdietitians.com.au/recipes/) Plant based recipes
3. [Minimalist Baker](https://minimalistbaker.com/recipe-index/?fwp_special-diet=vegan) Vegan recipes and more
4. [The Domestic dietitian](https://thedomesticdietitian.com/recipes-using-beans-lentils/) 25 Recipes Using Beans and Lentils
5. [NutritionFacts.org](https://nutritionfacts.org/recipes/) Whole Food plant-based recipes