



Salmon Quiche and Bean Salad in a Hurry

Part 1: Cottage Cheese Pastry

Preparation Time: 10 minutes

Makes enough for a 20cm pie or two quiche bases (or lots of pasties!)

Ingredients

- 1½ cups self raising flour
- ½ cup oatbran
- 1 tablespoon psyllium*
- ½ cup low fat cottage cheese
- ½ cup buttermilk (or yoghurt & skim milk)
- 1 egg white
- 2 tablespoons oil
- 1-2 tablespoons chilled skim milk (if needed)

Method

Place flour, oatbran, cottage cheese, psyllium, buttermilk, egg white and oil in food processor.

Process until just combined. If you do not have a food processor just mix all ingredients thoroughly by hand.

With machine running, slowly add skim milk until mixture forms a dough.

Turn pastry onto a lightly floured surface. Knead into a ball. Wrap in plastic food wrap and refrigerate for 30 minutes before using.

*Can be obtained from the "Health Food" section of the supermarket or health food shops. Psyllium is a type of fibre.

Part 2: Salmon Quiche Filling

Preparation Time: 20 minutes (this assumes you have already made the pastry)

Cooking Time: 40 minutes

Makes one 20cm quiche

Serves 4

Ingredients

Crust:

½ quantity cottage cheese pastry

Filling:

2 silverbeet leaves, chopped

½ onion, finely chopped and sauteed

100g canned salmon in springwater, drained

250g low-fat cottage cheese

1 egg, beaten

2 tablespoons wholemeal flour

1 teaspoon French mustard

pepper to taste

¼ cup low-fat or reduced fat cheese, grated

Method

Line a non-stick 20cm quiche or flan tin with pastry.

Steam or microwave silverbeet until soft.

Combine silverbeet with onion, salmon, cottage cheese, egg, flour, mustard, pepper and half the grated cheese in a bowl. Pour over base.

Sprinkle over remaining cheese then bake in a hot oven (220 °C) for 40 minutes until top is golden and pastry is cooked. Cover with foil if the top is browning too quickly.

Serve with a green or bean salad.

Handy Hint: Put a flat baking tray in the oven and turn the oven on when you start preparing the quiche. Place the prepared quiche in its tin on the hot tray in the pre-heated oven. This makes the quiche easy to take out of the oven without burning your fingers and it also ensures that the base of the quiche will be nicely browned.

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Bean Salad in a Hurry

Makes 4 serves

Preparation time – 5 minutes

No cooking required

This is a great recipe for times when you need to produce something for the table super-fast. To make it a more substantial dish you could also add a can of water-packed tuna and a small handful of olives (watch the salt intake though), serve the salad on a bed of greens and “Hey Presto!” you’ll have created a one-dish meal in minutes. Simplicity itself! All you need to complete the meal is a slice of multigrain bread.

Ingredients

400g canned beans (kidney, chickpeas, borlotti etc)
drained and rinsed

1 spring onion, sliced thinly

2 tomatoes, diced

½ red capsicum, diced

1 stalk celery, sliced thinly

2 tablespoons fresh herbs (mint or basil are good)

Salad dressing

1 tablespoon olive oil

2 tablespoons lemon juice or balsamic vinegar

1 teaspoon French mustard

1 clove garlic, crushed

Mix all salad ingredients together in a bowl. Mix dressing ingredients and pour onto salad.

Stir through and enjoy!

Dietitians tips:

The pastry in the flan is a great low-fat option.

Serving size: ¼ of quiche

GI estimate: Low

The bean salad is an excellent salad to serve with a main meal or for a quick lunch. The beans are a good source of protein and so it also makes this recipe a great option for vegetarians. Alternatively a green salad or extra vegetables on the side would also be great.