

## HIGH CALCIUM RECIPES



**Advice from Karen Inge, APD,  
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**The National Health and Medical Research Council's recommendations for calcium intake for adolescents and adults are between 1,000 and 1,300mg calcium per day, depending on age and gender. But most Australians don't get enough calcium.**

Dairy foods, like Jalna yoghurts, are an excellent source of calcium as they are convenient, offer many other important nutrients like protein, vitamin B12, riboflavin, vitamin A, magnesium and the calcium is readily absorbable.

The Australian Dietary Guidelines now recommend reduced-fat dairy products for most people over the age of five, as they contain less saturated fat and have higher amounts of calcium. All the recipes in this collection use fat free or low fat Jalna Yoghurt.

Just 200g of most Jalna Fat Free yoghurts would provide around 320mg of calcium (some varieties are even higher) and no fat, while the Low Fat varieties have around 380mg.

Jalna Yoghurts are also low in sodium and low GI. Plus they offer the benefits of aBc probiotic cultures as well.

There is calcium in other foods, like green leafy vegetables, nuts and the edible bones in fish like salmon, and these should be included in your diet, however we don't absorb the calcium as well from plant sources.

Watching your sodium intake is also important as it can cause calcium to be excreted from the body, so choose low salt foods to protect your bones.

One of the best ways to boost your dairy serves is to have Jalna Yoghurt on hand in the fridge and go for an extra serve every day.

As you can see from these recipes, yoghurt works equally well in sweet and savoury dishes. Plus it can be enjoyed as a snack or with breakfast, lunch or dinner too.

These recipes are all high in calcium.



## Steamed Egg Custard with Shiitake Mushrooms & Natural Yoghurt



### Ingredients

#### Serves 4

Oil spray

2 fresh shiitake mushrooms, sliced

1/2 onion, chopped

8 eggs

300g *Jalna Fat Free  
Natural Yoghurt*

Salt & pepper to taste

4 thick slices fibre-enriched  
wholemeal bread

8 chives

### Method

Spray the pan with oil. Lightly sauté  
the mushrooms and onions.

Whisk the egg, Jalna Yoghurt  
and seasoning.

Divide mushroom, onion and egg  
mixture between 4 moulds.

Steam for 8 minutes or until  
egg is set.

Toast the bread and serve with  
egg custard

### Nutrition data per serve

Energy	1338kJ
Protein	24g
Total Fat	12g
Saturated Fat	3.3g
Carbohydrate	28g
Calcium	218mg
Fibre	5.0g
Sodium	450mg



## Tandoori Yoghurt Chicken Wrap



### Ingredients

#### Serves 1

2 teaspoons tandoori spices

1/2 cup *Jalna Fat Free Natural Yoghurt*

50g chicken thigh fillet, skin removed

1 medium wholemeal Pita or flat bread

Handful mixed lettuce leaves

### Method

Combine tandoori spices with Jalna Yoghurt. Divide mix and marinate chicken in one half for 15 minutes.

Chargrill or BBQ chicken and slice.

Spread remaining Yoghurt mix on flat bread with lettuce leaves and chicken and roll up.

### Nutrition data per serve

Energy	1293kJ
Protein	20g
Total Fat	5.3g
Saturated Fat	1.5g
Carbohydrate	43g
Calcium	252mg
Fibre	5.0g
Sodium	450mg



## Thai BBQ Chicken

### Ingredients

#### Serves 4

500g chicken breast fillets, skinless  
3 cups brown rice, cooked & 2 cups  
Asian greens to serve

#### Marinade

1 tsp oil  
1 - 2 sticks, chopped lemon grass  
5 cloves garlic  
1 teaspoon  
ground turmeric  
1 teaspoon coriander seeds  
1 bunch coriander roots  
1½ teaspoons peppercorns  
1½ teaspoons brown sugar  
1 cup *Jalna Fat Free  
Natural Yoghurt*

### Method

Process all marinade ingredients  
with 2 tablespoons of Jalna Yoghurt,  
until smooth.

Add the rest of the Jalna Yoghurt and  
process briefly until just combined.  
Pour over chicken in bowl, mix well,  
making sure chicken is well  
covered. Marinate for 2 hours.

Cook on the BBQ or non-stick grill plate.

Serve with brown rice and  
Asian greens.

### Nutrition data per serve

Energy	1731kJ
Protein	36g
Total Fat	9.5g
Saturated Fat	2.6g
Carbohydrate	45g
Calcium	277mg
Fibre	5.1g
Sodium	144mg



## Chicken & Mango Salad with BerryFruit Yoghurt Dressing



### Ingredients

Serves 4

#### Yoghurt Dressing

400g *Jalna Low Fat BerryFruit Yoghurt*

1/3 cup lime juice

2 teaspoons Japanese reduced-salt soy sauce

2 teaspoons grated ginger

#### Salad

500g chicken breast fillets, skin removed, halved horizontally

Oil spray

4 boiled eggs, shelled and sliced

1 small avocado, peeled & sliced

1 mango, peeled & sliced

1 Spanish onion, peeled & sliced

150g snow peas, trimmed & blanched

200g mixed lettuce leaves

Wholegrain bread rolls to serve

### Method

Combine all dressing ingredients. Pour half the mixture over chicken breasts and marinate for 30 minutes.

Lightly spray a frypan or chargrill with oil and cook chicken over moderately high heat until cooked. Remove from heat and set aside to cool.

Slice chicken and toss with egg, avocado, mango, onion, blanched snow peas, lettuce and remaining Yoghurt Dressing.

Serve with a wholegrain roll.

### Nutrition data per serve

Energy	2263kJ
Protein	44g
Total Fat	25.0g
Saturated Fat	7.0g
Carbohydrate	33g
Calcium	211mg
Fibre	5.0g
Sodium	423mg



## Greek Salad with Tangy Yoghurt Dressing



### Ingredients

#### Serves 4

Lettuce, cherry tomatoes,  
sliced cucumber

160g low fat feta cheese

1 1/3 cup black olives

360g sliced (trimmed of fat)  
lamb fillets, cooked

#### Tangy Yoghurt Dressing

3/4 cup *Jalna Fat Free  
Natural Yoghurt*

1 tablespoon each lemon  
and lime juice

1 clove garlic, crushed

1 tablespoon chopped fresh basil

2 tablespoons olive oil

Salt & pepper, to taste

### Method

Combine all dressing ingredients;  
season according to taste. Drizzle  
over Greek salad.

### Nutrition data per serve

Energy	1769kJ
Protein	41g
Total Fat	21.0g
Saturated Fat	7.6g
Carbohydrate	16g
Calcium	280mg
Fibre	1.0g
Sodium	867mg



## Buckwheat Blinis with Smoked Salmon and Lime Zest



### Ingredients

Makes 20 - 24

300g fresh salmon fillet,  
deboned, skin off  
1 ¼ cups (190g) buckwheat or  
wholemeal self raising flour  
1/3 cup (50g) self raising flour  
1 cup (250ml) milk  
1 1/3 cup (360g) *Jalna Fat Free  
Natural Yoghurt*  
1 egg, lightly beaten  
Oil spray  
Zest and juice of 1 lime  
Cracked black pepper  
1/2 bunch chives or dill,  
finely chopped

### Method

Steam or pan fry salmon until just  
cooked. Set aside to cool.

Sift both flours and salt. Whisk milk,  
1/3 cup Yoghurt and egg. Stir into  
flour until well combined. Cover and  
stand 10 minutes.

Drop spoonfuls into a preheated,  
lightly greased frying pan and cook  
over a moderate heat until golden  
colour each side. Remove to a plate  
and cook remaining blinis.

Mix remaining Jalna Yoghurt, lime  
zest, juice and pepper. Break cooked  
salmon into bite size pieces and  
fold through yoghurt mixture until  
well coated.

Place a spoonful of salmon  
yoghurt on each blini and garnish  
with chopped chives and extra  
cracked pepper.

### Nutrition data per serve

Energy	1332kJ
Protein	24g
Total Fat	7.0g
Saturated Fat	1.9g
Carbohydrate	39g
Calcium	242mg
Fibre	5.0g
Sodium	450mg



## Salmon (or Ocean Trout) Fillets on Pea & Yoghurt Mash



### Ingredients

#### Serves 4

3 cups fresh or frozen green peas

1 large onion, chopped

1 3/4 cups *Jalna Low Fat Greek Natural Yoghurt*

4 ocean trout or salmon fillets,  
about 150g each

1 tablespoon olive oil

2 tablespoons chopped fresh  
parsley and chives

1 tablespoon chopped fresh mint

Cracked black pepper

### Method

Microwave or gently boil peas and onions until tender. Mash and stir through 3/4 cup Jalna Yoghurt. Keep warm while cooking fish.

Brush fish lightly with oil and char-grill or pan fry over moderately high heat until nearly cooked through. Serve on pea mash with a dollop of Jalna Yoghurt on top, sprinkled with herbs and pepper.

### Nutrition data per serve

Energy	1910kJ
Protein	42g
Total Fat	19.0g
Saturated Fat	5.0g
Carbohydrate	21g
Calcium	268mg
Fibre	7.0g
Sodium	174mg





# Salmon Kipfler Potato Salad



## Ingredients

### Serves 4

- 400g Atlantic salmon fillets, skinned & deboned
- 375g kipfler potatoes, washed, skin left on
- 100g sugar snap or snow peas
- 2 small tomatoes, cut into 8 wedges
- 1/3 cup small black olives
- 1 tablespoon salted baby capers, rinsed
- 50g baby rocket
- 1/2 cup chopped walnuts
- 1 tablespoon chopped fresh dill

### Marinade/Dressing

- 500g (2 cups) *Jalna Fat Free Natural Yoghurt*
- 2 tablespoons lemon or lime juice
- 1 tablespoon horseradish
- Salt & cracked black pepper

## Method

Combine marinade/dressing ingredients. Pour half the mixture over the salmon and marinate for 30 minutes to overnight in the refrigerator.

Steam, microwave or boil whole potatoes until just cooked. Leave to cool slightly then slice thickly.

Place salmon on a baking tray lined with baking paper and cook in a moderate oven (180°C) for 10 - 15 minutes or until just cooked. Cool salmon slightly and break into bite size pieces.

Combine salmon with potatoes, sugar snaps, tomatoes, chopped walnuts, olives, capers, rocket. Pour remaining dressing over salad. Garnish with dill.

## Nutrition data per serve

Energy	1700kJ
Protein	33g
Total Fat	18.7g
Saturated Fat	2.4g
Carbohydrate	29g
Calcium	292mg
Fibre	5.0g
Sodium	270mg



## Pumpkin, Kumera, Cumin & Red Lentil Soup with Yoghurt



### Ingredients

#### Serves 6

- 1kg pumpkin, peeled and diced into 2cm cubes
- 750g kumera, peeled and diced into 2cm cubes
- 1 large red onion, peeled and diced
- 1 cup (200g) red lentils
- 3 tablespoons tomato paste
- Freshly ground black pepper
- 2 litres water
- 1 cup *Jalna Low Fat Greek Natural Yoghurt*
- 4 teaspoons lemon juice, or to taste
- 4 teaspoons ground cumin + extra for garnish

### Method

Put pumpkin, kumera, onion, lentils, tomato paste, pepper and water in a large pot and bring to a boil.

Reduce heat and simmer 15 minutes or until vegetables are tender, occasionally skimming any scum from the surface.

Puree mixture with a hand blender or in a food processor, until smooth.

Stir in half the Yoghurt. Add lemon juice and cumin. Taste and adjust seasoning as preferred.

Serve soup with a dollop of remaining yoghurt on top; sprinkle with extra cumin. Serve with crusty wholemeal rolls.

### Nutrition data per serve

Energy	1192kJ
Protein	17g
Total Fat	2.7g
Saturated Fat	1.4g
Carbohydrate	47g
Calcium	190mg
Fibre	9.0g
Sodium	128mg



## Beetroot, Cannellini Bean, Walnut & Fennel Salad with Vanilla Yoghurt Dressing



### Ingredients

#### Serves 4

- 8 baby beetroot  
(or 4 medium beetroot)
- 250g kumara (red sweet potato),  
peeled & dice into 2cm pieces
- 400g can cannellini beans  
(salt reduced), drained & rinsed
- 2 small fennel, thinly sliced or grated
- 1/2 small red onion, thinly sliced
- 1/3 cup roasted walnuts,  
coarsely chopped
- 8 baby cos lettuce leaves
- 2 teaspoons fresh thyme

#### Dressing

- 1 cup *Jalna Low Fat Vanilla Yoghurt*
- 2 teaspoons lemon juice
- 1 teaspoon orange zest

### Method

Cook beetroot and kumara (Trim the leaves from the beetroot leaving about 2cm of stalk attached to the bulbs, being careful not to break the skin. Steam, microwave or cook beetroot in a large saucepan of boiling water for 10-15 minutes or until just cooked but be careful not to overcook. Drain and peel beetroot while still warm. To microwave - wrap beetroot in microwave plastic wrap and microwave on high/850watts/100% for 10-14 minutes or until tender when tested with a skewer. Remove from the wrap and set aside for 20 minutes to cool.)

Combine kumara, cannellini beans, fennel, onion, walnuts, tossing well to combine. (Note: If beetroot is added at this stage it will colour the other ingredients pink.)

Spoon salad into lettuce leaves and add beetroot.

Whisk dressing ingredients until well combined, drizzle over salad and garnish with thyme.

### Nutrition data per serve

Energy	1387kJ
Protein	14g
Total Fat	9.0g
Saturated Fat	1.4g
Carbohydrate	43g
Calcium	183mg
Fibre	14g
Sodium	450mg



## Corn Cakes with Yoghurt & Salsa



### Ingredients

#### Serves 4

2 large cobs corn (or about  
2 cups frozen corn kernels)  
3 eggs  
1 cup *Jalna Low Fat Greek  
Natural Yoghurt*  
2 spring onions, finely sliced  
2/3 cup plain flour  
Salt optional & pepper  
Oil for frying

#### Corn Salsa

1 cob corn, kernels removed and  
blanched (or 1 cup frozen corn, blanched)  
1/2 large red capsicum, finely diced  
1 medium Spanish onion, finely diced  
1/2 cup cucumber, seeds removed  
and finely diced  
Salt optional & pepper  
Olive oil

### Method

Hold the corn cobs vertically and cut  
down the length of the cob to remove  
the corn kernels.

Whisk the eggs and add ½ cup Jalna  
Yoghurt. Stir in the corn kernels, spring  
onions, flour and seasonings.

Heat a non-stick pan over a moderate  
heat and add oil, just to cover the base.  
Cook tablespoons of the mixture till  
golden, then turn and when golden  
remove onto absorbent paper.

#### Corn Salsa

Combine corn, capsicum, onion and  
cucumber. Season with salt (optional)  
& pepper and a drizzle of olive oil.

### Nutrition data per serve

Energy	1547kJ
Protein	16g
Total Fat	11g
Saturated Fat	2.8g
Carbohydrate	47g
Calcium	113mg
Fibre	7.0g
Sodium	117mg



## BerryFruit Yoghurt Smoothie



### Ingredients

#### Serves 2

1 cup *Jalna Low Fat BerryFruit Yoghurt*

1 cup low fat milk

1 punnet strawberries or other berries in season (or frozen), leaves removed

### Method

Combine all ingredients in a blender and puree until well combined.

### Nutrition data per serve

Energy	794kJ
Protein	13g
Total Fat	4.4g
Saturated Fat	2.9g
Carbohydrate	25g
Calcium	349mg
Fibre	1.8g
Sodium	160mg



## Tzatziki with a twist



### Ingredients

Makes 3 cups - Serves 6

500g (2 cups) *Jalna Low Fat Greek Natural Yoghurt*

1 Lebanese cucumber, seeded and finely diced

1 small red capsicum, seeded and finely diced

1/3 cup finely diced semi-dried tomatoes

1/3 cup finely chopped fresh basil leaves

2 cloves garlic, crushed

2 teaspoons lemon juice

Salt & cracked black pepper, to taste

### Method

Combine all ingredients together.

Serve with a selection of sliced breads, lavosh and/or crackers or small endive and radicchio leaves.

Also, ideal as an accompaniment to hot, spicy food, or dollop on salads, jacket potatoes, BBQ lamb, or on a wrap with cold meats.

### Nutrition data per serve

Energy	432kJ
Protein	5.5g
Total Fat	2.9g
Saturated Fat	1.6g
Carbohydrate	9.3g
Calcium	169mg
Fibre	2.5g
Sodium	77mg



# Tzatziki



## Ingredients

### Serves 4

- 1 medium continental cucumber
- 1½ cups *Jalna Fat Free Natural or Low Fat Greek Natural Yoghurt*
- 1 tablespoon lemon juice
- 1 large clove garlic, crushed
- Salt and ground black pepper
- 1 tablespoon chopped fresh mint

## Method

Peel cucumber thinly leaving some of the green under the skin on. Cut in half lengthways and scoop out the seeds and chop very finely.

Combine Jalna Yoghurt, cucumber, lemon juice and garlic in a bowl and season with salt and pepper. Fold in half the mint, and sprinkle the rest over the top.

## Nutrition data per serve

Energy	165kJ
Protein	3.6g
Total Fat	0.1g
Saturated Fat	0.1g
Carbohydrate	6.0g
Calcium	115mg
Fibre	0.3g
Sodium	65mg



## Parfait shots of Strawberry Yoghurt Sorbet with Raspberries



### Ingredients

#### Serves 4

- 1 egg white
- 2 tablespoons sugar
- 500g *Jalna Low Fat Strawberry Yoghurt*
- 1 mango, peeled and finely diced
- 1 punnet fresh raspberries (or use frozen)
- 4 almonds, skin on, coarsely chopped
- 4 dried apricots, finely chopped

### Method

Whisk egg white and sugar until soft peaks form (meringue texture). Blend Yoghurt and mango and fold into egg mixture. Pour into an ice cream maker and churn for 20 minutes. If no ice cream maker available, pour mixture into a freezer tray, freeze for 1 hour, whisk to break up the ice crystals and freeze again. Repeat and freeze until set.

Serve over raspberries, garnished with chopped almonds and apricots.

### Nutrition data per serve

Energy	817kJ
Protein	9g
Total Fat	3.25g
Saturated Fat	1.95g
Carbohydrate	36g
Calcium	175mg
Fibre	3.0g
Sodium	112mg





## BerryFruit Yoghurt Rice Dessert



### Ingredients

#### Serves 6

1 egg white  
1 teaspoon sugar  
400g *Jalna Low Fat BerryFruit Yoghurt*  
3 cups cooked medium grain rice  
Pinch cinnamon  
50g fresh raspberries  
50g fresh blueberries  
50g fresh blackberries

### Method

Whisk egg white and sugar until meringue texture.

Mix Jalna Yoghurt, rice and cinnamon.

Lightly fold in meringue and fresh berries and refrigerate.

### Nutrition data per serve

Energy	794kJ
Protein	6.5g
Total Fat	2.2g
Saturated Fat	1.5g
Carbohydrate	39g
Calcium	130mg
Fibre	1.4g
Sodium	62mg



## Rhubarb Green Apple & Yoghurt Fool



### Ingredients

#### Serves 4

- 1 bunch rhubarb, leaves discarded
- 1 green apple, seeded and diced, skin left on
- 2 tablespoons caster sugar
- 1 tablespoon water
- 1 teaspoon nutmeg
- 1½ cups *Jalna Low Fat Vanilla Yoghurt*

### Method

Trim both ends of rhubarb and discard. Wash stalks and chop into 1cm pieces. Place rhubarb, apple, sugar and water in a saucepan. Cover and bring to the boil. Remove lid and simmer, stirring occasionally, for 5-10 minutes or until fruit is soft. Remove from heat and stir in nutmeg.

Cover and refrigerate for 1 hour or until chilled. Reserve 2 tablespoons rhubarb for garnish; spoon remaining rhubarb into 4 bowls or 12 shot glasses for mini desserts. Top with Yoghurt and a spoonful of rhubarb.

Alternatively, Yoghurt could be stirred through the rhubarb.

### Nutrition data per serve

Energy	650kJ
Protein	5.0g
Total Fat	2.0g
Saturated Fat	1.3g
Carbohydrate	29g
Calcium	129mg
Fibre	1.4g
Sodium	76mg

