

## RECIPES FOR WEIGHT MANAGEMENT



**Advice from Karen Inge, APD,  
Jalna nutrition consultant**

**In today's environment it is becoming more challenging to maintain a healthy weight. Our access to unhealthy food and our increasingly sedentary lifestyle is resulting in more and more Australians battling the bulge.**

While there is no magic wand that can cause excess fat to disappear, we do know that eating healthy foods, cutting back on sugary drinks and alcohol, exerting caution with portion size, being more physically active and having a good night's sleep are effective lifestyle changes that can help you manage your weight.

Scientific evidence is suggesting that dairy foods like Jalna Yoghurt may help you manage your weight. Research shows that people who have low calcium and/or dairy intakes are more likely to gain weight, and that including three serves of dairy foods in a kilojoule controlled eating plan may help turn that around.

All our recipes for weight management are portion and kilojoule-controlled, low in fat and include either low fat or fat free Jalna Yoghurt. Jalna Yoghurt is a good source of protein which is important for satiety and rich in calcium to not only help keep our bones strong but to help us manage our weight.



## 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



## Chicken Kofta with Mint Yoghurt



### Ingredients

Makes about 20. Serves 4

500g minced (skin removed) chicken

3 tablespoons *Jalna Low Fat Greek Natural Yoghurt*

4 green (spring) onions, thinly sliced

1/2 bunch flat leaf parsley, chopped

1/3 cup mint, chopped

3 teaspoons ground cumin

2 teaspoons ground cinnamon

1 teaspoon allspice (optional)

Salt & pepper, to taste

1 quantity Mint Yoghurt (see below)

Serve in 1/2 large wholemeal pita bread with 1 cup of salad.

### Mint Yoghurt

1 cup *Jalna Low Fat Greek Natural*

1 tablespoon lemon juice

1 clove garlic crushed (optional)

1/4 cup chopped fresh mint

Salt and cracked black pepper

### Method

Place all ingredients in a large bowl and knead together well. If time permits, cover and refrigerate 1–2 hours for flavours to blend and easier handling.

Form mixture into rounds or ovals the size of a small egg.

Lightly spray preheated char grill or pan with oil and cook kofta in batches over medium heat until browned on both sides and cooked through.

Serve with Mint Yoghurt and salad in wholemeal pita bread.

### Mint Yoghurt

Stir ingredients in a bowl and serve with Chicken Kofta.

### Nutrition data per serve

Energy	1700kJ
Protein	34g
Total Fat	13.7g
Saturated Fat	4.7g
Carbohydrate	33g
Calcium	209mg
Fibre	5.3g
Sodium	421mg



## Teriyaki & Mango Cream Chicken



### Ingredients

Serves 4

500g *Jalna Low Fat Greek Natural Yoghurt*

1/2 cup thick teriyaki sauce  
(we used Kikkoman brand)

4 chicken breasts, skin removed,  
halved horizontally

1 tablespoon oil

2 teaspoons cornflour

1 tablespoon each chopped  
chives & rosemary

1 mango, peeled and diced

### Method

Combine *Jalna* Yoghurt and teriyaki sauce. Pour half over chicken breasts and marinate for 10 minutes or longer, if time permits.

Heat oil in frypan and cook chicken until golden and cooked through. Remove from pan.

Whisk cornflour and 2 tablespoons reserved sauce until smooth.

Combine with remaining sauce and herbs, reserving a few for garnish, and cook in pan over moderate heat until thickened. Stir in mango and serve over chicken, garnished with extra herbs. Serve with steamed seasonal vegetables.

Variations: Chicken can be substituted with fish or veal.

### Nutrition data per serve

Energy	1466kJ
Protein	31g
Total Fat	14g
Saturated Fat	4.7g
Carbohydrate	19g
Calcium	244mg
Fibre	1.8g
Sodium	1500mg



## Tandoori Chicken with Spiced Potatoes



### Ingredients

#### Serves 4

1½ cups (375g) *Jalna Fat Free Natural Yoghurt*

2 tablespoons tandoori spice mix, no added salt (we used Herbies brand)

500g chicken breast fillets

1 teaspoon ground cumin

1 teaspoon ground cardamom

500g baby (chats) potatoes, quartered, skin left on

2 tablespoons fresh coriander leaves

Serve with 2 cups cooked vegetables

### Method

Combine 1 cup yoghurt with tandoori spices in a large bowl. Add chicken and coat well. Cover and marinate in refrigerator for at least 2 hours or overnight.

Toast cumin and cardamom in a dry, small frypan until fragrant.

Put potatoes in a large, lightly greased baking dish and sprinkle with spices.

Place potatoes in a large baking dish in a hot oven (200C) and cook for 10 minutes.

Add chicken breasts to the potatoes and cover with lightly greased foil. Reduce heat to moderate (180°C) and bake a further 35-40 minutes, or until chicken is cooked (juices are clear and no longer pink when knife is inserted into thickest part of chicken).

Serve with a dollop of remaining Yoghurt on each breast, garnished with coriander and a serve of vegetables.

### Nutrition data per serve

Energy	1456kJ
Protein	38g
Total Fat	7.7g
Saturated Fat	2.0g
Carbohydrate	31g
Calcium	210mg
Fibre	6.0g
Sodium	176mg



# 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



## Homemade Chicken, Mango and Cashew Nut Sausage with Mint Yoghurt Dip



### Ingredients

#### Serves 4

200g chicken tenderloin, skin removed

100g *Jalna Low Fat BerryFruit Yoghurt*

2 tablespoons chopped cashew nuts

1/4 small mango (50g), peeled and finely diced

Salt & pepper to taste

3 cups steamed seasonal vegetables to serve

#### Mint Yoghurt

100g *Jalna Fat Free Natural Yoghurt*

5 peppermint or mint leaves, thinly sliced

Pinch paprika

### Method

Mince chicken in food processor. Mix in Fruit Yoghurt, nuts, mango and salt and pepper to taste. Shape small handfuls of mix into 4cm long sausages, wrap in foil and steam for 10 minutes.

When cool enough to handle, grill or panfry until golden.

#### Mint Yoghurt

Combine Natural Yoghurt, mint, paprika, salt and pepper to taste.

Serve sausages with Mint Yoghurt and at least 3/4 cup steamed seasonal vegetables.

### Nutrition data per serve

Energy	847kJ
Protein	17g
Total Fat	8.3g
Saturated Fat	2.6g
Carbohydrate	16g
Calcium	33mg
Fibre	5.0g
Sodium	68mg



# 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 1/2 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



# Yoghurt, Spinach, Hummus Dip



## Ingredients

Makes about 3 cups

1 cup (180g) canned chickpeas (salt reduced), drained & rinsed

1 cup (200g) chopped, blanched spinach

2 tablespoons lime juice

2 cloves garlic, crushed

1 teaspoon ground cumin pepper, to taste

1 cup *Jalna Low Fat Greek Natural Yoghurt*

2 tablespoons semi-dried tomatoes, chopped

Sesame toasts (see below) or celery and carrot sticks

## Sesame Toasts

1 wholemeal Lebanese bread

Oil spray

1/4 cup sesame seeds

## Method

Puree chickpeas and spinach. Add lime juice, garlic, cumin, salt & pepper. Stir in yoghurt and chopped tomatoes. Serve with sesame toasts or celery and carrot sticks.

Alternatively, use as a spread on a wrap or sandwich, topping for jacket potatoes, on cooked chicken or salmon fillet.

## Sesame Toasts

Cut Lebanese bread into triangles. Spray with oil, sprinkle with sesame seeds and bake in moderate oven (180°C) until lightly browned and crisp. These can be prepared early and stored in an airtight container but be careful not to knock sesame seeds off.

## Nutrition data per serve

Energy	651kJ
Protein	7.9g
Total Fat	5.6g
Saturated Fat	1.3g
Carbohydrate	16.3g
Calcium	115mg
Fibre	5.0g
Sodium	150mg



# 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



## 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

