Cooking with GLAD® STEAM LOCK BAGS

- Quick, simple great tasting recipes
- Step-by-step instructions with realistic preparation times
- All recipes tried and tested

www.glad.com.au
Introducing GLAD® Steam Lock™ Bags – the convenient and tasty way to prepare ‘meals in minutes’ in your microwave.

GLAD® Steam Lock™ Bags combine the benefits of steaming with the convenience of microwave cooking. Best of all, these bags allow food of your choice to be steamed straight from the fridge or freezer in your microwave. GLAD® Steam Lock™ Bags work by allowing steam to slowly escape during cooking, and help maintain the taste and natural goodness of your food. In just a few minutes, food is cooked to succulent perfection with no mess or washing up required.

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These recipes were developed in a 1000 Watt microwave. Cooking times may vary. Check your microwave manual.
Introduction to Steaming

Steaming – a tried and trusted cooking method

Steaming is an ancient method of cooking that’s still prominently used today to create flavourful, nutritious and colourful cuisine around the world. This cooking method dates back to the period before fire was discovered, when food was cooked over hot stones or hot springs. Steaming has been used by the Chinese for over 3,000 years.

Steaming works by first boiling water, causing it to evaporate into steam. The steam then carries heat to the food, cooking it throughout. This tried and trusted method of cooking can be found just about everywhere, from the kitchens of fine-dining restaurants to our own humble home kitchen. Its popularity as a cooking method comes down to the fact that it retains much of the natural flavour, texture and nutritional goodness of the food.

The benefits of steaming

Steaming has a number of advantages over other cooking methods, such as:

It’s quick – let’s face it, time is precious. Steaming (particularly in the microwave) is a quick cooking method, which allows you to create delicious and nutritious meals in next to no time.

It has nutritional benefits – compared to other popular cooking methods like boiling, steaming helps to retain a higher level of nutrients, like essential vitamins and minerals. Steaming does not immerse food in water, which prevents nutrients like Vitamin C and B-group vitamins found in vegetables, from escaping. Furthermore, as the addition of fat is not normally required for steaming, steamed foods tend to be lower fat options.

It’s tasty – steaming helps to preserve the natural taste and texture of the food, producing meals that are truly flavourful.

It helps retain colour – quick cooking methods like steaming and stir-frying help retain the vibrant natural colour of many foods, especially vegetables. Vibrant colours on the dinner plate make for an attractive meal.

The delicious meals in this booklet have all been prepared using GLAD® Steam Lock™ Bags. We trust you will enjoy the convenience, flavour, texture and nutritional qualities that each tasty meal brings to your dinner table!

‘This cooking method dates back to the period before fire was discovered, when food was cooked over hot stones or hot springs. Steaming has been used by the Chinese for over 3,000 years.’
Nutrition Bite: Daily Food Serves

Have you ever wondered – how much food from the main food groups you should be eating each day for good health? The Australian Guide to Healthy Eating helps to answer this question. This Guide divides the main food groups into five categories, including:

- Bread, cereals, rice, pasta and noodles
- Vegetables and legumes (pulses)
- Fruit
- Milk, yoghurt and cheese
- Meat, fish, poultry, eggs, nuts and legumes (for non-meat-eaters)

The amount of food you need from each food group varies depending on your age, gender and activity level. The table on the following page provides a guide as to the recommended number of food serves needed by an ‘average’ adult aged 19-60 years.

How does your daily intake stack up?

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### Recommended number of daily food ‘serves’ for an average adult

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<th>Food Group</th>
<th>Number of serves per day</th>
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| Bread, Cereals, Rice, Pasta & Noodles | Women: 4-9 serves  
                                      Men: 6-12 serves | 2 slices of bread  
1 medium bread roll  
1 cup cooked rice, pasta or noodles  
1½ cup breakfast cereal or  
1 cup porridge or  
½ cup muesli |
| Vegetables & Legumes (pulses)     | Women & Men: 5 serves    | 75g or ½ cup cooked vegetables  
75g or ½ cup cooked dried beans, peas or lentils  
1 cup salad vegetables  
1 medium potato |
| Fruit                             | Women & Men: 2 serves    | 1 medium piece of fruit e.g. apple, banana  
2 small pieces of fruit e.g. kiwi fruit, plums or apricots  
1 cup diced fresh fruit or canned fruit  
½ cup fruit juice  
Dried fruit e.g. 4 dried apricot halves |
| Milk, Yoghurt & Cheese            | Women & Men: 2-4 serves  | 250mL (1 cup) milk  
40g (2 slices) cheese  
200g tub yoghurt  
250mL (1 cup) custard  
125mL (½ cup) evaporated milk |
| Meat, Fish, Poultry, Eggs, Nuts & Legumes | Women & Men: 1 serve | 65-100g cooked meat (red or white meat)  
½ cup cooked (dried) beans, lentils, chick peas, split peas or canned beans  
80-120g cooked fish  
2 small eggs  
½ cup nuts or ¼ cup seeds |

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Section 1:
Simple Starters

Looking for a starter that’s quick, easy and above all truly scrumptious? We’ve created two delicious starters that you’ll no doubt love – and your guests will too. These superb recipes can even be enjoyed when wanting a smaller meal over a larger one.

Prawns Wrapped in Kaffir Lime Leaves

8 large kaffir lime leaves
8 large king prawns, peeled, deveined and tails left on
2 cloves garlic, finely chopped
1 tsp chopped fresh root ginger
1 small red chilli, deseeded and chopped
1 Tbsp chopped lemon grass
Juice of 1 lime
1 Tbsp fish sauce

Preparation Time: 25 minutes
Cooking Time: under 4 minutes
Serves: 2 - as a starter with or without steamed rice or noodles

Wash lime leaves, place in a small bowl and cover with boiling water. Allow to stand 5 minutes. Drain leaves and wrap 1 leaf around each prawn. Secure with toothpicks. Combine all other ingredients. Place prawns and marinade in a Small GLAD® Steam Lock™ Bag. Seal bag. Allow to stand 15 minutes, turning bag 2 or 3 times to distribute marinade. Microwave on MED / HIGH power for 2 minutes and 30 seconds. Allow to stand 1 minute before opening the bag using tear open strip.

Serve as a starter with or without steamed rice or noodles.

Average quantity per serve:
Energy 348kJ (83Cal) | Protein 16.9g | Total Fat 0.7g | Saturated Fat <0.1g | Carbohydrate 1.9g | Sugars 1.5g | Sodium 1180mg

8 large kaffir lime leaves
8 large king prawns, peeled, deveined and tails left on
2 cloves garlic, finely chopped
1 tsp chopped fresh root ginger
1 small red chilli, deseeded and chopped
1 Tbsp chopped lemon grass
Juice of 1 lime
1 Tbsp fish sauce
Protein is a nutrient you have no doubt heard about. This important nutrient is best known for its role in forming structural tissues, such as muscles and body organs. It is also vital in helping build genetic material. Around 15% of the energy (i.e. calories/kilojoules) we consume each day should come from protein.

Protein is found in a variety of animal and plant foods including: red meat, poultry, fish, seafood, eggs, dairy (e.g. milk, cheese & yoghurt), legumes (e.g. lentils, split peas & baked beans), grains, nuts, seeds and soy products. To reap the benefits, choose lean varieties of meats and reduced-fat versions of dairy products and enjoy a wide variety every day.

Protein News Alert – Research shows protein is a very satiating nutrient\(^1,2,3,4\) which means it helps keep you satisfied and delays early hunger pangs. This is great news for everyone…especially for those of us watching our waistline! The take home message is to enjoy a wide variety of lean meats, fish, seafood, reduced-fat dairy products, eggs and legumes as part of a balanced diet. Aim to include protein foods as part of your main meals to help keep you satisfied for longer and prevent the urge to snack between meals.

**Stuffed Banana Peppers**

**Preparation Time: 15 minutes**  
**Cooking Time: 8 minutes**  
**Serves: 4 - as a starter**

In a Large GLAD® Steam Lock™ Bag place eggplant, olive oil, garlic and onion. Seal bag. Microwave on HIGH power for 2 minutes. Open bag carefully from top (facing away from the body and keeping tear open seal intact) and add all other ingredients except peppers. Reseal bag. Microwave on HIGH power for 2 minutes. Cut through peppers but leave stalks intact. Carefully remove seeds. Fill peppers with eggplant mixture. Place in a Large GLAD® Steam Lock™ Bag. Add any remaining filling mixture to bag. Seal bag. Microwave on HIGH power for 2 - 3 minutes. Allow to stand 1 minute before opening the bag using tear open strip. Serve as a starter.

**Average quantity per serve:**
- **Energy** 710kJ (170Cal)  
- **Protein** 5.7g  
- **Total Fat** 9.5g  
- **Saturated Fat** 2.0g  
- **Carbohydrate** 13.4g  
- **Sugars** 8.0g  
- **Sodium** 268mg

**Nutrition Bite:**

Protein

Protein is a nutrient you have no doubt heard about. This important nutrient is best known for its role in forming structural tissues, such as muscles and body organs. It is also vital in helping build genetic material. Around 15% of the energy (i.e. calories/kilojoules) we consume each day should come from protein.

Protein is found in a variety of animal and plant foods including: red meat, poultry, fish, seafood, eggs, dairy (e.g. milk, cheese & yoghurt), legumes (e.g. lentils, split peas & baked beans), grains, nuts, seeds and soy products. To reap the benefits, choose lean varieties of meats and reduced-fat versions of dairy products and enjoy a wide variety every day.

Protein News Alert – Research shows protein is a very satiating nutrient\(^1,2,3,4\) which means it helps keep you satisfied and delays early hunger pangs. This is great news for everyone…especially for those of us watching our waistline! The take home message is to enjoy a wide variety of lean meats, fish, seafood, reduced-fat dairy products, eggs and legumes as part of a balanced diet. Aim to include protein foods as part of your main meals to help keep you satisfied for longer and prevent the urge to snack between meals.

**References:**

‘The take home message is to enjoy a wide variety of lean meats, fish, seafood, reduced-fat dairy products, eggs and legumes as part of a balanced diet.’
Fish Cutlets in Ginger, Lime & Chilli

Preparation Time: 5 minutes
Cooking Time: under 11 minutes
Serves: 2 - as a main meal with steamed vegetables

Place all ingredients in a Large GLAD® Steam Lock™ Bag. Seal Bag. Microwave on MED / HIGH power for 8-10 minutes. Allow to stand 1 minute before opening the bag using tear open strip.

Serve with steamed vegetables.

Note - cooking time may vary slightly according to size and thickness of fish fillet.

Average quantity per serve:
- Energy 1110kJ (266Cal)
- Protein 57.0g
- Total Fat 3.2g
- Saturated Fat 0.9g
- Carbohydrate 1.3g
- Sugars 1.1g
- Sodium 319mg
Place mussels and all other ingredients in a Large GLAD® Steam Lock™ Bag. Seal bag. Microwave on HIGH power for 2 minutes and 30 seconds to 3 minutes, or until mussels are opened. Allow to stand 1 minute before opening the bag using tear open strip.

**Mussels Steamed with White Wine & Herbs**

**Preparation Time:** 5 minutes  
**Cooking Time:** 4 minutes  
**Serves:** 2 - as a main meal

- 500g mussels, scrubbed and beards removed  
- 2 cloves garlic, crushed  
- 1 small red chilli, chopped  
- ½ cup dry white wine  
- 1 Tbsp chopped parsley  
- 2 tsp chopped dill

Serve as part of a main meal (e.g. with steamed rice and yoghurt and mango chutney as accompaniments).

Note - cooking time may vary slightly according to size and thickness of fish fillet.

**Average quantity per serve:**  
- Energy 1030kJ (245Cal)  
- Protein 28.7g  
- Total Fat 4.4g  
- Saturated Fat 1.3g  
- Carbohydrate 11.9g  
- Sugars 2.1g  
- Sodium 1690mg

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**Tandoori Salmon Fillet**

**Preparation Time:** 2 minutes  
**Cooking Time:** 5 minutes  
**Serves:** 1 - as a main meal with steamed rice

Spread Tandoori paste over both sides of salmon. Place in a Small GLAD® Steam Lock™ Bag. Seal bag. Microwave on MED / HIGH power for 4 minutes. Allow to stand 1 minute before opening the bag using tear open strip.

Serve as part of a main meal (e.g. with steamed rice and yoghurt and mango chutney as accompaniments).

Note - cooking time may vary slightly according to size and thickness of fish fillet.

**Average quantity per serve:**  
- Energy 1510kJ (362Cal)  
- Protein 47.4g  
- Total Fat 17.4g  
- Saturated Fat 3.9g  
- Carbohydrate 4.1g  
- Sugars 2.7g  
- Sodium 846mg

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1 Tasmanian salmon fillet  
(approx 240g)  
1 Tbsp bottled Tandoori paste
Fetta & Spinach Stuffed Chicken

Preparation Time: 10 minutes
Cooking Time: under 8 minutes

Serves: 4 - as a main meal with rice or freshly steamed vegetables

Place each chicken fillet between 2 sheets of GLAD® Bake & Cooking™ Paper and pound until flat. Place onion in a Small GLAD® Steam Lock™ Bag. Microwave on HIGH power for 30 seconds. In a large bowl mix the onion, spinach, fetta, parsley, dill, tomato, nutmeg and pepper. Place carefully into a Large GLAD® Steam Lock™ Bag and seal. Place on a microwavable dinner plate and microwave on MED / HIGH power for 5-6 minutes or until cooked. Allow to stand 1 minute before carefully removing from bag.

To serve, cut each roll into 4 pieces and allow 2 pieces per serving. Serve with rice or freshly steamed vegetables. Note - cooking time may vary slightly according to size of chicken fillets and thickness pounded to.

Average quantity per serve:
Energy 717kJ (171Cal) | Protein 27.1g | Total Fat 5.6g |
Saturated Fat 2.6g | Carbohydrate 1.5g | Sugars 1.2g | Sodium 243mg |

Spicy Tomato Sauce:

1 ½ cups tomato pasta sauce
1 small onion, finely chopped
2 medium button mushrooms, diced
¼ tsp ground cumin
½ tsp dried chilli flakes
1 Tbsp chopped parsley

Meatballs:

650g lean lamb mince
1 large egg
1 tsp grated lemon zest (½ small lemon)
1 small onion, minced
1 tsp finely chopped parsley
1 Tbsp finely chopped coriander
¼ tsp ground cinnamon
¼ tsp ground cumin
¼ tsp garam masala

Middle Eastern Lamb Balls in Spicy Tomato Sauce

Preparation Time: 15 minutes
Cooking Time: 8 minutes

Serves: 4 - as a main meal with steamed rice or vegetables

Spicy Tomato Sauce: Mix all ingredients together. Set aside while cooking meatballs.

Meatballs: Mix all ingredients together. Shape into 16 medium sized meatballs. Carefully place meatballs in a Large GLAD® Steam Lock™ Bag. Seal bag. Microwave on MED / HIGH power for 5 minutes. Open bag carefully from top (facing away from the body and keeping tear open strip intact) and drain off excess juices. Pour in tomato sauce, reseal bag. Microwave on HIGH power for 2 minutes. Allow to stand 1 minute before opening the bag using tear open strip. Serve as a main meal with steamed rice or vegetables.

Average quantity per serve:
Energy 1320kJ (315Cal) | Protein 37.4g | Total Fat 13.3g |
Saturated Fat 5.5g | Carbohydrate 13.1g | Sugars 11.8g | Sodium 626mg |
Pumpkin & Lentil Curry

Preparation Time: 10 minutes
Cooking Time: under 6 minutes
Serves: 2 - as an accompaniment with steamed rice or couscous

Place pumpkin, onion, ginger and garlic in a Small GLAD® Steam Lock™ Bag. Seal bag. Microwave on HIGH power for 3 minutes, or until just tender. Open bag carefully from top (facing away from the body and keeping tear open strip intact). Mix ... Serve garnished with chopped coriander leaves as an accompaniment to a main meal (e.g. with steamed rice or couscous).

Average quantity per serve:

- Energy: 757kJ (181Cal)
- Protein: 7.0g
- Total Fat: 8.8g
- Saturated Fat: 3.4g
- Carbohydrate: 15.7g
- Sugars: 9.3g
- Sodium: 530mg

Ingredients:
- 250g butternut pumpkin, peeled and chopped
- ½ cup white onion, diced
- ½ tsp finely chopped fresh root ginger
- 1 clove garlic, crushed
- 1 Tbsp mild curry paste
- ½ cup canned lentils, drained and washed
- 125mL (½ cup) Light coconut milk
- 1 Tbsp chopped coriander leaves

Pork Fillet Marinated in Three Mustards

Preparation Time: 20 minutes
Cooking Time: 5 minutes
Serves: 4 - as a main meal with steamed rice or vegetables

Cut pork fillet in half, place in a Large GLAD® Steam Lock™ Bag. Mix remaining ingredients together, pour over pork fillet. Seal bag. Roll fillet in bag to coat. Allow to stand about 15 minutes to marinate. Microwave on MED/ HIGH power for 4 minutes, or until cooked (this will depend on thickness of fillet). Allow to stand 1 minute before opening the bag using tear open strip. Serve as a main meal with steamed rice or vegetables.

Note - cooking time may vary slightly according to size and thickness of pork fillet.

Average quantity per serve:

- Energy: 415kJ (99Cal)
- Protein: 18.4g
- Total Fat: 2.1g
- Saturated Fat: 0.7g
- Carbohydrate: 0.5g
- Sugars: 0.3g
- Sodium: 118mg

Ingredients:
- 1 pork fillet (330g)
- 2 tsp Dijon mustard
- 2 tsp wholegrain mustard
- 2 tsp hot mustard
- 1 Tbsp white wine vinegar
- 1 Tbsp dry white wine
- 1 shallot, sliced
- Freshly ground black pepper

Pork Fillet Marinated in Three Mustards

Prepare Time: 20 minutes
Cooking Time: 5 minutes
Serves: 4 - as a main meal with steamed rice or vegetables

Cut pork fillet in half, place in a Large GLAD® Steam Lock™ Bag. Mix remaining ingredients together, pour over pork fillet. Seal bag. Roll fillet in bag to coat. Allow to stand about 15 minutes to marinate. Microwave on MED/ HIGH power for 4 minutes, or until cooked (this will depend on thickness of fillet). Allow to stand 1 minute before opening the bag using tear open strip. Serve as a main meal with steamed rice or vegetables.

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Prepare Time: 20 minutes
Cooking Time: 5 minutes
Serves: 4 - as a main meal with steamed rice or vegetables

Cut pork fillet in half, place in a Large GLAD® Steam Lock™ Bag. Mix remaining ingredients together, pour over pork fillet. Seal bag. Roll fillet in bag to coat. Allow to stand about 15 minutes to marinate. Microwave on MED/ HIGH power for 4 minutes, or until cooked (this will depend on thickness of fillet). Allow to stand 1 minute before opening the bag using tear open strip. Serve as a main meal with steamed rice or vegetables.

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- Energy: 415kJ (99Cal)
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Ingredients:
- 1 pork fillet (330g)
- 2 tsp Dijon mustard
- 2 tsp wholegrain mustard
- 2 tsp hot mustard
- 1 Tbsp white wine vinegar
- 1 Tbsp dry white wine
- 1 shallot, sliced
- Freshly ground black pepper
Ever wondered why you feel so good after eating vegies? Maybe it has something to do with the fact these tasty morsels are bursting with nutritional goodness and fibre – things our bodies thrive on.

The way we store, prepare and cook our vegies can have a major impact on the nutritional content. The key is to keep as much of the natural goodness ‘locked in’ so that we can reap the full benefits.

Put these practical tips into practice to help keep your vegies full of life:

- Buy vegies from a store with a high turnover. They should be bright in colour, plump (not wilted) and free from any blemishes or cuts.
- Only buy the fresh vegetables you plan to eat over the next 2-3 days. Long storage times reduce taste and nutritional content.
- Store vegies according to their type. Place root vegetables, such as potatoes, in a cool, dark place and store other vegies in the fridge, preferably in a crisper drawer.
- Where possible, leave the edible peels on your vegetables, such as washed potatoes and carrots. You will retain more dietary fibre in your vegies this way.
- Use quick cooking techniques like microwaving and steaming instead of boiling in water. Short cooking times help to retain essential vitamins and minerals.

Nutrition Bite:

**Nutritious Vegetables**

Use quick cooking techniques like microwaving and steaming instead of boiling in water.

Confetti Rice

**Preparation Time:** 5 minutes

**Cooking Time:** 4 minutes

**Serves:** 4 – as an accompaniment

Place all ingredients into a **Large GLAD® Steam Lock™ Bag** and mix to combine. Seal bag. Microwave on HIGH power for 3 minutes. Allow to stand 1 minute before opening the bag using tear open strip.

Serve as an accompaniment to a main meal.

Average quantity per serve:

- Energy 967kJ (231Cal)
- Protein 7.4g
- Total Fat 0.4g
- Saturated Fat <0.1g
- Carbohydrate 45.0g
- Sugars 6.4g
- Sodium 68mg
Section 3:

Vegetable Recipes

Vegetables not only add great flavour, texture and colour to your meals, but they provide essential nutrients to the body. With speed and simplicity in mind, we’ve created a number of tasty vegetable recipes that will complement any dinner meal. Enjoy!

Asparagus with Lemon & Fresh Herbs

**Preparation Time:** 3 minutes  
**Cooking Time:** under 3 minutes  
**Serves:** 2 - as an accompaniment

Trim ends of asparagus, cut in half. Place all ingredients in a Small GLAD® Steam Lock™ Bag. Seal bag. Microwave on HIGH power for 1 minute and 30 seconds. Allow to stand 1 minute before opening the bag using tear open strip.

**Serve as an accompaniment to a main meal.**

Average quantity per serve:

- **Energy:** 93kJ (22Cal)  
- **Protein:** 2.0g  
- **Total Fat:** 0.3g  
- **Saturated Fat:** <0.1g  
- **Carbohydrate:** 2.2g  
- **Sugars:** 1.5g  
- **Sodium:** 3mg  

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1 bunch fresh asparagus  
1 tsp grated lemon zest (½ small lemon)  
1 Tbsp lemon juice  
1 Tbsp chopped fresh herbs (e.g. parsley, thyme or rosemary)
Medley of Mushrooms

Preparation Time: 3 minutes
Cooking Time: 2 minutes
Serves: 2 – as an accompaniment

Trim mushrooms and halve button mushrooms. Place in a Small GLAD® Steam Lock™ Bag with oil, lemon juice and rosemary. Seal bag. Microwave 1 minute on HIGH power. Allow to stand 1 minute before opening the bag using tear open strip.

Serve as an accompaniment to a main meal.

Average quantity per serve:

Energy 484kJ (116Cal) | Protein 3.0g | Total Fat 9.8g |
Saturated Fat 1.6g | Carbohydrate 2.4g | Sugars 0.7g | Sodium 65mg |

Bombay Potatoes

Preparation Time: 6 minutes
Cooking Time: 4 minutes
Serves: 2 – as an accompaniment

Place oil, curry powder and ginger in a Small GLAD® Steam Lock™ Bag. Mix ingredients together and add potatoes. Seal bag. Turn over a few times to coat potato in curry mix. Microwave on HIGH power for 3 minutes. Allow to stand 1 minute before opening the bag using tear open strip.

Serve garnished with chopped tomato and coriander as an accompaniment to a main meal.

Average quantity per serve:

Energy 733kJ (175Cal) | Protein 3.5g | Total Fat 9.5g |
Saturated Fat 1.3g | Carbohydrate 17.4g | Sugars 1.3g | Sodium 9mg |
1 fresh cob of corn
(usually sold in 3-packs with ends cut off)
1 tsp polyunsaturated margarine
2 tsp fresh herbs, chopped (e.g. parsley or chives)

Steamed Corn with Spread & Herbs

Preparation Time: 2 minutes
Cooking Time: under 3 minutes
Serves: 1 - as an accompaniment

Remove husk and silk from corn. Cut corn in half, place in a Small GLAD® Steam Lock™ Bag. Add margarine and herbs. Seal Bag. Microwave on HIGH power for 2 minutes or until cooked to preference. Allow to stand 1 minute before opening the bag using tear open strip.

Serve as an accompaniment to a main meal.

Average quantity per serve:
Energy 797kJ (190Cal) | Protein 6.6g | Total Fat 5.2g | Saturated Fat 0.8g | Carbohydrate 25.6g | Sugars 2.1g | Sodium 30mg |

Red Cabbage with Ham & Onion

½ cup diced lean ham
½ small onion, diced
Freshly ground black pepper
3 cups shredded red cabbage
Chopped fresh parsley, for garnish

Place ham, onion, pepper and cabbage in a Small GLAD® Steam Lock™ Bag. Seal bag. Microwave on HIGH power for 2 minutes and 30 seconds. Allow to stand 1 minute before opening the bag using tear open strip.

Serve garnished with parsley as an accompaniment to a main meal.

Average quantity per serve:
Energy 349kJ (83Cal) | Protein 8.4g | Total Fat 2.0g | Saturated Fat 0.6g | Carbohydrate 4.9g | Sugars 4.2g | Sodium 448mg |
With all the talk about eating carbs and not eating carbs, it’s easy to get confused. Carbohydrates, found in many foods like breads, cereals, rice, pasta, legumes, milk and yoghurt, are broken down to glucose (sugars) in the body. Glucose provides a source of ‘fuel’ to our working brain, muscles and organs. So carbs are vital for health, but just as oils ain’t oils, not all carbs are equal.

Some carbohydrates are digested quickly and produce a quick rise and fall in blood glucose levels - these are known as ‘high glycaemic index (GI)’ foods. Other carbohydrates are digested slowly and produce a gradual rise and fall in blood glucose levels - known as ‘low GI’ carbs.

It is preferable to try and keep blood glucose levels on an even keel, rather than sending it on a roller-coaster all day long. Steady blood glucose levels are better for your short-term and long-term health.

**Nutrition Bite:**

GI is the GO!

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GI is the GO!
Section 4: Swift Sweets

Ending a meal with a sweet treat is like icing on the cake. The good news is healthy eating doesn’t need to go out the window when you enjoy something sweet. We’ve created four easy, tasty and nutritious fruit-based desserts which the whole family will love. We invite you to indulge guilt-free!

Pears in Red Wine & Star Anise with Cinnamon Yoghurt

Preparation Time: 30 minutes
Cooking Time: 3 minutes
Serves: 4 - as a dessert

Poached Pears:
- ¼ cup sugar
- ½ cup dry red wine
- 2 star anise
- 1 strip lemon zest
- 4 firm ripe pears, peeled

Cinnamon Yoghurt:
- 1 cup natural yoghurt
- 1 Tbsp honey
- 1 tsp ground cinnamon

Mix together sugar and wine in a Large GLAD® Steam Lock™ Bag, stir well until sugar dissolves a little. Add star anise, lemon zest and pears. Seal bag. Stand for 20-30 minutes, turning bag now and then to evenly marinate pears. Microwave on HIGH power for 2-3 minutes, depending on size of pears (Note - pears should still hold their shape). Allow to stand in bag until cool. Serve with cinnamon yoghurt.

Cinnamon Yoghurt: Mix all ingredients together. Drizzle over the pears or serve on the side.

Average quantity per serve:
- Energy 937kJ (224Cal)
- Protein 4.1g
- Total Fat 2.3g
- Saturated Fat 1.4g
- Carbohydrate 38.9g
- Sugars 38.7g
- Sodium 67mg

Poached Pears: Mix together sugar and wine in a Large GLAD® Steam Lock™ Bag, stir well until sugar dissolves a little. Add star anise, lemon zest and pears. Seal bag. Stand for 20-30 minutes, turning bag now and then to evenly marinate pears. Microwave on HIGH power for 2-3 minutes, depending on size of pears (Note - pears should still hold their shape). Allow to stand in bag until cool. Serve with cinnamon yoghurt.

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- Sodium 67mg
Sticky Date Pudding

Preparation Time: 10 minutes  
Cooking Time: under 3 minutes  
Serves: 2 - as a dessert

Place dates in a heatproof bowl, add boiling water and bicarbonate soda. Allow to stand 20 minutes. Place in the bowl of a food processor, blend to a purée. Add remaining ingredients, blend until smooth. Grease 2 small (½ cup capacity) microwave proof ramekins. Fill with mixture. Carefully place ramekins into a Large GLAD® Steam Lock™ Bag (this is best done with ramekins placed flat into bag, sitting on side panel). Seal bag. Microwave on HIGH power for 1 minute and 30 seconds. Allow to stand 1 minute before opening the bag using tear open strip and turning out. Serve with caramel sauce and/or reduced fat ice cream.

Average quantity per serve:
Energy 1170kJ (280Cal) | Protein 5.3g | Total Fat 7.4g | Saturated Fat 1.7g | Carbohydrate 46.4g | Sugars 30.0g | Sodium 300mg

Apples Stuffed with Fruit-Bread & Dried Fruit

Preparation Time: 10 minutes  
Cooking Time: 5 minutes  
Serves: 4 - as a dessert

Mix breadcrumbs with almonds, dried fruit, honey and cinnamon. Set aside. Use an apple corer to core apples. Fill centre of apples with fruit-bread mix. Place in a Large GLAD® Steam Lock™ Bag. Seal bag. Microwave on HIGH power for 3-4 minutes, depending on size of apples. Allow to stand 1 minute before opening the bag using tear open strip.

Serve with reduced fat custard, vanilla yoghurt or ice cream.

Average quantity per serve:
Energy 1060kJ (253Cal) | Protein 3.6g | Total Fat 2.4g | Saturated Fat 0.3g | Carbohydrate 51.0g | Sugars 39.3g | Sodium 87mg
Dried Fruit Medley with Maple Syrup

**Preparation Time:** 35 minutes  
**Cooking Time:** 4 minutes  
**Serves:** 4-6 - as a breakfast dish or dessert

Place all ingredients into a Large GLAD® Steam Lock™ Bag. Seal bag. Allow to stand 30 minutes. Microwave on MED / HIGH power for 4 minutes. Allow to cool in bag.

Serve with yoghurt as a breakfast dish or with reduced fat custard or ice cream as a dessert.

Average quantity per serve:
- **Energy:** 1340kJ (319Cal)  
- **Protein:** 4.1g  
- **Total Fat:** 0.5g  
- **Saturated Fat:** 0.0g  
- **Carbohydrate:** 68.5g  
- **Sugars:** 59.6g  
- **Sodium:** 49mg

These recipes were developed in a 1000 Watt microwave. Cooking times may vary. Check your microwave manual.