



-Quick Veg fix-  
Slice tomato,  
chop basil and  
a little onion.  
Place on bread  
or toast.  
Add pepper.  
Eat 😊

## Grow your own healthy food

SUMMER 2016

This is the best time of year to plant vegetables and herbs. The sun is shining and the ground has warmed up. Vegetables and herbs will grow fast.

Those with kitchen gardens know the pleasure of eating fresh food that you've grown. It tastes better and often is better on the hip pocket. Sweet corn, tomatoes and beans can all be planted now, and taste better eaten fresh.

Kids are more likely to eat vegetables if they have grown and prepared them. There is mounting evidence from schools with the Stephanie Alexander Kitchen Garden Foundation to show the benefits of kids getting involved. We have many schools across Moira with gardens. If you have kids, grandkids or kids who visit your backyard, why not give them a gardening start.

It's easy and fun to grow vegetables and herbs in your backyard, in a pot or on the window sill. Give it a go.



**Veggies in season now:** tomatoes, beans, capsicum, eggplant, zucchini, corn, squash

**Veggies and herbs to plant now:** cucumber, carrots, eggplant, beetroot, radish, silver beet, sweet potato, spring onions, basil, coriander

#foodforall #feedyourbodyhealthyfoods #moiradieticians #iGREWit #eatdrinkmovebemerry

Prepared and reviewed by Moira Dietitians: Heather Mills- Cobram District Health, Harriet Atkinson- Yarrawonga Health, Amanda Edis & Louisa Li- Numurkah District Health Service.

Contact your Community Health Centre for individualised dietitian advice (free or affordable appointments available)



## Baked eggs with popped beans (with tomatoes and ricotta on toast)



### Ingredients

- 250g ripe tomatoes
- ½ a lemon
- extra virgin olive oil
- 4 sprigs of fresh basil
- 1 x 400 g tin of cannellini beans
- 1 good pinch of fennel seeds
- 2 large eggs
- 2 slices of wholegrain bread
- 2 heaped teaspoons ricotta cheese or cottage or cream cheese
- thick balsamic vinegar , & hot chilli sauce (optional)

### Method

- Chop tomatoes, place in a bowl and toss with lemon juice, 1 tablespoon of oil and a pinch of sea salt. Pick, tear and toss in the basil leaves (reserving the smaller ones for garnish), then leave aside to macerate for a few minutes.
- Place a large non-stick frying pan on a high heat. Drain the beans and put into the hot pan with the fennel seeds and a pinch of black pepper. Leave for 5 minutes, shaking occasionally – you want them to char and pop open, bursting their skins. Pour the tomatoes into the pan with 100ml of water, season, then leave to bubble away vigorously for 1 minute. Crack in an egg on each side, then cover with a lid, plate or tin foil, reduce to a medium-low heat and slow-cook for 3 to 4 minutes for nice soft eggs, or longer if you prefer.
- Toast the bread.
- Divide the cheese and spread over the hot toast, then serve on the side of the baked eggs in beans. Sprinkle the reserved baby basil leaves over the top and tuck right in.
- Nice finished with a drizzle of balsamic vinegar and/or a drizzle of hot chilli sauce. Delicious.

Recipe adapted from

[www.jamieoliver.com.au/  
healthier-happier-you/](http://www.jamieoliver.com.au/healthier-happier-you/)



### -Lunch Box Filler-

Small container of hommus or dip  
plus water cracker biscuits,  
capsicum, snow peas and carrot.

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