



# healthyfood@sport

## Festive Season Tips and Recipes Fact Sheet

Celebrate this festive season by adding healthy options with a bit of “Christmas colour” to your menu. You can find most of the ingredients you require in your garden or in the produce section of the supermarkets. Here are a few basic ideas on how to include plenty of bright festive colours to your dishes without the added kilojoules. They taste delicious and your body will thank you later! Remember, the more colourful you make your plate, the more likely you are to get the vitamins, minerals, and fibre your body needs to be healthy.

### Christmas in a cup



Serves 4

Ingredients:

- 1 punnet of strawberries, sliced
- 3 kiwi fruit, peeled and cut into wedges
- 400 g of low fat vanilla yoghurt
- Mint leaves

Method:

- Using four glasses, layer fruit and yoghurt in the glass.
- Optional: Garnish with a mint leaf.

### Meat and vegetable kebabs



Serves 6

Ingredients:

- 60ml (1/4 cup) olive oil
- 1 fresh red chilli, finely chopped
- 1 garlic clove, crushed
- 500g beef rump steak, fat trimmed, cut into 2cm cubes
- 200g button mushrooms, halved
- 1 red capsicum, deseeded and cubed
- 2 zucchini, thickly sliced

Method:

- Combine the oil, chilli and garlic.
- Soak 12 bamboo skewers in cold water for 5 minutes and then drain and dry with paper towel.
- Thread the beef, mushrooms, capsicum and zucchini alternately onto the skewers.



- Brush the skewers with some of the oil mixture.
- Heat a barbecue grill or chargrill on high and then reduce the heat to medium.
- Add the skewers to the barbecue and cook for 6-8 minutes or until cooked, turning and brushing with the remaining oil mixture occasionally. (If you are cooking the skewers on a chargrill, you may need to cook in two batches.)
- Place the kebabs on a serving platter and serve immediately.

## Be “food safe” during the holidays

Below are four basic steps of food safety:

- **Wash:** - Remember to wash your hands with liquid soap and warm water for 20 seconds before and after handling food. Make sure you dry them thoroughly, too. Proper hand washing and drying is one of the best ways to prevent the spread of foodborne illness. Wash all kitchen utensils, dishes, and countertops with hot water and detergent. Don't forget to wash your fruit and vegetables as well before preparing your dishes.
- **Separate:** - Use one cutting board for raw meat, poultry, and seafood and a separate one for fresh produce. Keep fish and seafood, raw turkey, roasts, hams, and other meats and their juices separate from other side dishes when preparing meals.
- **Cook:** - Most foods should be cooked to at least 75°C. Use a meat thermometer to help you get the temperature right. The temperature should be taken in the food's centre to ensure it is heated all the way through - don't just take the temperature at the food's surface. Meat thermometers are available from many retail stores that sell kitchen utensils and barbecue equipment. Thoroughly cook foods made from eggs such as omelettes and baked egg custards. Ensure hot foods are kept and served hot (at 60°C or above).
- **Chill:** - Chill food promptly. Custard pies and other egg dishes should always be kept cold (5°C or less). Put leftovers in the refrigerator within 2 hours. Remember to never defrost food at room temperature. Store uncooked food and ready-to-eat foods in separate, sealed containers and keep them cold during transport. Make sure your esky is packed with enough ice or ice blocks to keep foods chilled. Always keep raw meats cold and don't leave cooked foods and salads lying out in the sun for more than 2 hours. When large quantities of food are cooked and left out in the open for long periods, food poisoning bugs can spread and multiply. To minimise the risk of food poisoning, dispose of such leftovers that have been without temperature control for 4 hours or more.

**Remember, be “food safe” for the health of you and your family.**

For further information on [safe food handling](#), please visit the Health Protection Service (HPS), ACT Health website at: [www.health.act.gov.au](http://www.health.act.gov.au) or contact HPS on Ph: (02) 6205 1700.

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