



# Muscles ...

*We all have them, let's look after them!*



## Pita Pizza

### Ingredients:

- 1 thick wholemeal pita pocket
- 1 tablespoon tomato paste
- 1 cup of sliced vegetables (such as tomato, mushroom, capsicum and olives)
- ¼ cup grated cheese
- 30g of shaved meat (such as ham or chicken)
- ½ cup of spinach and rocket leaves

### Instructions:

1. Preheat grill to high. Spread tomato paste on pita bread. Top with sliced vegetables and cheese.
2. Grill pita for 1-2 minutes or until cheese is melted and golden. Top pizza with shaved meat, spinach and rocket leaves.



Recipe adapted from:

[www.healthyfoodguide.com.au/recipes/2015/december/ham-and-veg-pita-pizza](http://www.healthyfoodguide.com.au/recipes/2015/december/ham-and-veg-pita-pizza)







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## Homemade Baked Beans

### Ingredients:

- 400g can 4 bean mix or cannellini beans, drained
- ½ red onion, diced
- 2 cloves of garlic, finely sliced
- 200g canned diced tomatoes
- 1 tbsp Worcestershire sauce
- 1 tsp brown sugar
- 1 tsp olive oil

### Instructions:

1. Place a medium sized saucepan on a medium heat and add 1 teaspoon of olive oil, then add the onion and garlic and cook for 1-2 minutes.
2. Add the Worcestershire sauce, tomatoes and sugar, cook for a further 2-3 minutes. Then add the mixed beans and cook for 2-3 minutes.
3. Serve with toast







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## Homemade Hamburgers

### Ingredients

- 500g lean beef mince
- 1 carrot, grated
- 1 onion, finely chopped
- 1 teaspoon minced garlic
- ½ cup rolled oats
- 1 tablespoon olive or canola oil
- 6 hamburger buns
- 3 tomatoes, sliced
- lettuce leaves
- 6 pineapple rings
- tomato sauce, to taste



### Instructions

1. Place mince, carrot, onion, garlic and rolled oats into a large bowl. Mix with clean hands and shape mixture into 6 patties.
2. Heat oil in a frying pan over medium-high heat. Fry patties, in batches, for about 4–6 minutes each until cooked.
3. Meanwhile, preheat grill to medium. Grill hamburger buns until golden.
4. To assemble, top a bun with lettuce, tomato, patty and pineapple rings. Top with tomato sauce and serve.

Recipe from: [www.healthyfoodguide.com.au/recipes/2010/august/hamburgers](http://www.healthyfoodguide.com.au/recipes/2010/august/hamburgers)







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## Tofu and cashew nut stir fry

### Ingredients

- cooking oil spray
- ½ red onion, cut into wedges
- 400g frozen stir-fry vegetables
- 200g cooked noodles ( you could try udon, soba, hokkien or rice noodles)
- 200g firm tofu, chopped into large cubes
- 1 ½ tablespoons reduced-salt soy sauce
- ½ tablespoon sweet chilli sauce
- ¼ cup roasted unsalted cashew nuts

### Instructions

1. Spray a wok with oil and place over high heat. Add onion and cook for 3 minutes. Add vegetables and stir-fry for 3–4 minutes, until tender-crisp.
2. Add cooked noodles and mix well. Reduce heat to medium-low and cook for a few minutes. Add tofu and cook for a few minutes, stirring.
3. Add soy sauce and sweet chilli sauce. Add cashew nuts and stir through just before serving.



Recipe from: [www.healthyfoodguide.com.au/recipes/2012/april/tofu-and-cashew-nut-stir-fry](http://www.healthyfoodguide.com.au/recipes/2012/april/tofu-and-cashew-nut-stir-fry)

