

Veterans' Health Week – Recipes

There are many cookbooks and recipes online that you can access for great recipe ideas. We've listed below links to recipes that might be of interest during Veterans' Health Week. Consider making the recipe as a VHW activity and providing a copy of the recipe to participants.

Cooking for one or two

Author: Department of Veterans' Affairs

<https://www.dva.gov.au/about-dva/publications/health-publications/cooking-one-or-two-programme>

Chia Muesli Bars

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/recipes/chia-muesli-bars/>

Chicken Spinach Pie

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/recipes/chicken-spinach-pie/>

Banana Mango Smoothie

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/recipes/banana-mango-smoothie/>

Thai Fish cakes with broccoli and brown rice

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/recipes/thai-fish-cakes-broccoli-brown-rice/>

Power nutrient banana loaf

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/recipes/power-nutrient-banana-loaf/>

Kale mushroom & sweet potato quiche

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/recipes/kale-mushroom-sweet-potato-quiche/>

Easy peasy prosciutto risotto

Sports Dietitians Australia

<https://www.sportsdietitians.com.au/recipes/easy-peasy-prosciutto-risotto/>

Smart Eating Recipes Hub

Dietitians Association of Australia

<https://daa.asn.au/smart-eating-for-you/smart-eating-recipes/>

Ginger chicken and vegetable soup

Dietitians Association of Australia

<https://daa.asn.au/recipes/ginger-chicken-and-vegetable-soup/>

DIY Veggie Tacos

Dietitians Association of Australia

<https://daa.asn.au/recipes/d-i-y-veggie-tacos/>

Spiced beef/lamb on Rosemary skewers

Dietitians Association of Australia

<https://daa.asn.au/recipes/spiced-beeflamb-on-rosemary-skewers/>

Vegetable pesto pizza

Dietitians Association of Australia

<https://daa.asn.au/recipes/vegetable-pesto-pizza/>

Chilli chicken with green mango salad

Dietitians Association of Australia

<https://daa.asn.au/recipes/chilli-chicken-with-green-mango-salad-2/>

Warm freekeh & roasted beetroot salad

Dietitians Association of Australia

<https://daa.asn.au/recipes/warm-freekeh-roasted-beetroot-salad/>

Bircher Muesli

Taryn Richardson, APD

<https://www.dietitianapproved.com.au/birchermuesli/>

Mexican Stack

Taryn Richardson, APD

<https://www.dietitianapproved.com.au/mexicanstack/>