

# Go for 2&5<sup>TM</sup>

FRUIT VEG



## WHY GO FOR 2&5<sup>TM</sup>?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day. For children, serves should be adjusted for their age.

## WHAT IS A SERVE?

### FRUIT



1 medium piece  
(e.g. apple)

=



2 small pieces  
(e.g. apricots)

=



1 cup chopped  
or canned  
fruit

### VEG



1/2 cup  
cooked veges  
or legumes

=



1 whole  
medium potato

=



1 cup  
salad veges

For healthy eating information  
visit [www.healthyactive.gov.au](http://www.healthyactive.gov.au)



Australian Government  
Department of Health and Ageing




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An Australian Government, State and Territory health initiative.

# MICROWAVE RISOTTO



 10 minutes preparation  
+ 25 minutes cooking  
(Includes standing time)



7 serves of vegies

- 1 brown onion, chopped
- 2 teaspoons olive oil
- 1 cup Arborio rice
- 1/2 cup white wine (optional)
- 2 1/2 cups chicken or vegetable stock
- 1 cup sweet corn kernels, fresh or canned
- 1 cup frozen peas
- 1 cup cooked chicken, diced
- 1 tablespoon grated Parmesan cheese

Combine onion and oil in a microwave-safe container. Microwave on HIGH (100%) for 3 minutes. Add rice, wine and stock and microwave, covered, for 12 minutes on HIGH (100%). Stir well then add corn, peas and chicken. Cover and microwave on HIGH (100%) for 8 minutes. Allow to stand for 2 minutes. Stir and sprinkle with cheese. Serves 4.

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CORN



**Storage** For a short time in an airtight bag in refrigerator crisper. Leave husk on to prevent dehydration.

**Selection** Select corn with a green husk.

**Uses** Vegetable side dishes, soups, stir-fries, salads, fritters and frittatas.