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Healthy Eating for a Healthy Heart

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for helping me to publish this book.

Karen Macken



Foreword

This cookbook is intended as a guide to help you try out some heart healthy recipes. I have denoted the added benefits of each recipe for your guidance. These relate to the principles of a heart healthy diet outlined on the following pages.

You will find guidelines for adaptation of your own recipes at the end of this book as we hope that once you get started there will be no stopping you!

Bon Appetite!

Karen Macken



The symbols used are hearts which denote which of the recipes are:

- ♥ Low fat
- ♥ Low salt
- ♥ Low sugar
- ♥ High fibre
- ♥ Anti-oxidants
- ♥ Omega 3 fats

These can be used as an indicator of lower calorie options, low fat, for those who wish to lose weight or maintain a health weight or for general heart protection. Low sugar options for glycaemic control. Low salt options for heart protection. High anti-oxidants, fibre and omega 3 fats which are good for general health from heart disease, bowel health and cancer prevention.





Principles Of A Heart Healthy Diet

♥ **Eat a varied diet; moderate portions and limit 'junk' foods.**

Benefits: balanced diet and weight management.

♥ **Use oily fish regularly; mackerel, herring, kippers, sardines, salmon, and fresh tuna.**

Benefits: omega 3 fats for heart protection.

♥ **Choose fibre rich foods; wholemeal bread, wholegrain cereals, especially porridge and other oat-based cereals.**

Benefits: oats provide soluble fibre, which helps to reduce cholesterol.

♥ **Increase fruits and vegetables; aim for at least 5 portions per day.**

Benefits: anti-oxidants and fibre for heart protection.

♥ **Reduce fatty food; margarine, butter, cream, cheese, chips, cakes, pastries, processed meats e.g. sausages, puddings, salami, corned beef, and burgers.**

Benefits: limit total and saturated fats to help weight management and lower cholesterol levels.

♥ **Eat less sugary foods; sweets, biscuits, sugar coated cereals. Choose sugar free drinks.**

Benefits: control of blood sugar levels, triglyceride levels and weight management.

♥ **Cut down on salt; use pepper, herbs and spices instead and reduce salty foods.**

Benefits: blood pressure control.

Demystifying Food Labels

Understanding and reading food labels can help you to choose foods that are lower in fat, sugar and salt. There are two sections that you can look at to see what is in the packet:

Ingredient Labels:

Ingredients are listed in descending order of content by weight, so if 'whole wheat' is the first item listed, then it is the main ingredient.

Nutrition Labels:

This is usually listed per 100g, but can also be per portion /serving. It includes information on the following:

- Energy (Kj and Kcals)
- Protein
- Carbohydrate
- Fat

Quick Guide to Food Labelling

'A LITTLE'

<2g of sugars

<3g of fat

<1g of saturated fat

<0.3g salt

'A LOT'

>10g of sugars

>20g of fat

>5g of saturated fat

>1.5g salt

You may have seen the different nutritional claims on food packages, but what do they mean?

Reduced fat: the product contains 25% less fat than the original product. It doesn't mean the product is 'low fat', particularly if the standard product is very high in fat to start with.

'Less than 5% fat' (or '95% fat-free') indicates the food contains <5g fat per 100g. For example, if you bought a ready meal which had this claim, and the serving size was 400g, then the whole meal would contain 20g fat.

Low Fat: The product contains 3% (3g) or less of fat per 100g / 100mls.

Fat Free: Contains virtually no fat per 100g.

Comparing food labels of similar products can help you make a healthier choice. Always check serving sizes when comparing labels!

Reading food labels may appear tedious at first, but once the lower fat foods are discovered, they can be incorporated into your weekly shop with ease!...Happy shopping!



Principles Of Recipe Adaptation

- ♥ Choose cooking methods that require little or no fat. Grill, bake, roast (on a rack), microwave, stew, steam or pressure cook instead of frying.
- ♥ Trim all visible fat from meat and remove skin from poultry, if possible, before cooking. Try fat free marinades in place of added fats or oils.
- ♥ Roast meat, on a rack, without adding any fat. If you have to fry food use a good quality **non stick pan** which will require minimal use of cooking oils.
- ♥ Wrap chicken or fish in tin foil, before baking, to retain their flavour and add lemon juice, herbs or spices instead of butter or oil.
- ♥ Microwaving (no added fat) and steaming are healthy methods of cooking as the food retains water soluble vitamins that are lost during boiling.
- ♥ In stews and casseroles, use lean meat, skinless chicken or fish, add plenty of vegetables and pulses (peas, beans and pulses). Thicken the sauce with flour or cornflour before serving. Use herbs, pepper with a wine or tomato based sauce rather than creamy sauces.
- ♥ Reduce the amount of salt used in cooking and avoid adding salt while eating foods use the above flavourings in place of salt.



Cooking With Herbs And Spices

The use of herbs in cooking is a great way of maximising taste without resorting to the salt cellar! Some herbs blend with almost any food; others with only a few. Many of the most interesting flavour effects are gained by combining a leading flavour with two or three others.

Try the following rules:

- As a general point, use herbs that are new to you lightly; you can always add more, but you can't take it out.
- Have a leading flavour and combine with less pronounced flavours.
- Using oils can draw out and extend the flavour of aromatic oils within herbs. When using herbs in salad dressing use oil tepid not chilled.
- Cut or chop fresh herbs finely, for some purposes they may need to be ground in a mortar as the more of the cut surface exposed, the more completely the aromatic oil will be released.
- The delicate aroma and flavour of some herbs may be lost by extended cooking.
- For bouquets garni, tie sprigs of fresh herbs in tiny bunches or place ground herbs in cheesecloth bags and add them about half an hour before the cooking is finished, removing as soon as they have served their purpose.

- Note dried herbs are three or four times stronger than fresh herbs.

Anise: The fresh leaves possess a flavour similar to that of the seeds and may be used as needed in salads, especially apple; seeds in cookies and candies.

Basil: The common sweet basil is widely grown because of its pleasant odour and taste. The leaves, fresh or dry, may be used to improve the flavour of tomato dishes, soups, cucumbers, salads, eggs, and fish. Purple basil has a much stronger flavour, and is great in Thai food.

Caraway: When boiling cabbage or potatoes in their jackets, add a few seeds to improve the flavour. They may be used in potato salad, or cottage cheese, cookies, or bread. For use with roast pork crush the seeds and mix with lemon juice, oil, and onions.

Cardamon: A very fruity, warm flavour and works very well with egg sandwiches and in meaty stews. It is also good with sweet dishes such as caramel.

Celery: The seeds can be used in pickling fish and in salads, salad dressings, and other dishes where celery flavour is desired. The leafstalks and roots give flavour to soups, stews and salads.

Chervil: The fernlike leaves and delicate white flowers possess an odour and flavour very similar to that of tarragon.

The leaves, fresh or dry, can be added to salads and salad dressings, omelettes, soups, and stews.

Chilli: In spicy dishes, chilli is an obvious candidate and it comes in three forms: fresh, powdered, or flaked. If using fresh chillies, be careful how you handle them - wash your hands extremely well after touching them.

Chive: The chopped leaves have a more delicate flavour than onions and can be used with many foods and in many herb mixtures. They are excellent in salads and omelettes.

Cloves: Most obviously used with baked hams, mulled wine and fruit salads. Try using ground cloves and to an Oriental chicken dish, or in winter stews.

Cinnamon: Use in salads, curries, vegetables, breads and desserts especially good with apple and fruit dishes, also great in mulled wine and spiced apple juice or cider.

Coriander: Seeds work very well with poultry and fish. You can buy them ground or whole; if you are using them whole, gently crushing them with a pestle and mortar (or put them in a tea-towel, and crush with a rolling pin) helps to release their flavour. Fresh leaves are great in curries, Thai food, salads, soups and stews.

Cumin: Ground cumin seeds are used in some breads, in chilli and curry powders. Also great in stews and soups.

Dill: The leaves freshly chopped may be used with meat, fish and chicken. The seeds are used for flavouring pickles.

Fennel: The fresh leaves give an aniseed flavour, good with fish and salads. The enlarged leaf base may be cut and cooked in water or meat stock as a vegetable. The seeds are commonly used in breads, pastries, candies, and drinks.

Garlic: Used in flavouring all meats, fish, chicken, curries, pasta, stir fries, soups, salads, pickles and so forth.

Ginger: Can be used to spice up most dishes. Use root ginger (peeled) for savoury dishes (great in Chinese style food) and stem ginger for sweet dishes.

Lemon balm: The leaves possess a fragrant lemon like odour. They may be steeped for a delicate aromatic drink and served with added lemon and sugar, or a few leaves may be added to hot or cold tea to give it a delightful flavour. Leaves or tender sprigs are used in salads or fruit cups.

Lemon Grass: An aromatic citrus flavour, to use, discard the outer one or two layers, and chop finely. Alternatively, a stalk of lemon grass in the water when poaching fish gives it a lovely lemony hint.

Lovage: The leaves have a flavour similar to celery and are good in soups, salads and fish.

Marjoram: A pleasant odour and delicate aromatic flavour. Good with veal and liver, on roast-beef sandwiches, in egg dishes and meat, and in poultry stuffing's, soups, pasta, tomato dishes, potato salad and green vegetables.

Mint (spearmint and peppermint): Spearmint is used in flavouring iced tea and other beverages, while peppermint is used in medicines and confections. The leaves can be used with lamb, peas, soup, tea, and fruit drinks.

Mustard Seeds: Ground seeds added to beef, pork or chicken give heat to any meal without burning the palette, also good in pickles, salads and dips.

Nutmeg: Freshly grated nutmeg is great in vegetables, stews, meats, salads and desserts.

Oregano: Stronger than Marjoram but can be used in all the same dishes, great with tomato dishes, pasta and pizza.

Paprika: A deep, earthy flavour, great in stews, salads, soups, chilli, and breads.

Parsley: Has odour-eating properties - if you want to get rid of garlic or onion breath, chew a sprig of parsley, or if your hand smell of onions, rub them with parsley.

Curly parsley has a slightly harsher flavour than flat-leaf parsley. The leaves may be used for flavour and for garnish in soups, stews, vegetables, salads, meats, and poultry. The roots go well as a vegetable in soups.

Pepper: Some declare that pepper is the king of spices as it is very aromatic, full of flavour and widely available. It is great in stews, pasta dishes, and with all meats, and fish.

Rosemary: The small narrow leaves have a very spicy odour that makes them valuable as flavouring and scenting agent. Use sparingly for accent with soups, lamb, stews, and sauces. Blend chopped parsley and a little rosemary and spread over roasting meats.

Sage: Use the leaves sparingly with onion for stuffing pork and poultry. Crush the fresh leaves to blend with cottage cheese or steep the dried leaves for tea.

Tarragon: This sweet anise-scented herb is used as a flavouring and scenting agent. Add tarragon at the last minute as it has a tendency to lose its flavour quickly - especially dried tarragon. Use in salads, dressings, vinegars, fish and chicken sauces, tartar sauce, and some egg dishes.

Thyme: The leaves, usually blended with other herbs, may be used in meats, poultry stuffing's, gravies, soups, egg dishes, cheese, and chowder.



Herb Oils

These are absolutely great to use for salad dressings. You can make your own by one of the two following methods:

Method One

Take a handful of whichever herb you wish to use (basil and coriander work particularly well). Put into a small food processor with 50ml olive oil. Whiz until the whole thing turns green! Use as a sauce or dressing.

Method Two

Place into a small bottle a few stalks of whichever herb you desire. Fill bottle with olive oil. Leave in a warmish place to infuse for as long as you like - at least a couple of weeks. This also works well with chilli, garlic, peppercorns, or any combination of these ingredients.

You can also use sunflower oil or rapeseed oil.



Breakfast



Porridge

Ingredients

115g / 4oz pinhead oatmeal or oat flakes

2- 3 cups of water

Method

1. To microwave: put the oats in a deep bowl with 2 cups of water.
2. Cook uncovered on high for 3 minutes.
3. Leave to stand for 1 minute, stir and serve.
4. To boil in a pot: add oats and 3 cups of water to a pot. Bring to the boil and cook for 5 minutes.
5. To serve: low fat milk, artificial sweetener and mixed berries in season
6. Pinhead oatmeal will take longer to cook. Once it has reached boiling reduce the heat and simmer for another 20 minutes, until the oatmeal is a smooth consistency.
7. Soaking over night is another way to soften the oatmeal and gives you a smoothier creamier texture without the use of cream!

♥ Low fat ♥ Low salt ♥ Fibre

Omelette

Ingredients

6 eggs, beaten

spray oil to fry

1 onion, finely chopped

pepper

1 oz/28g low fat grated cheese for topping



Method

1. Heat the frying pan, coat lightly with spray oil, fry onions for a few minutes.
2. Pour the beaten egg into the frying pan, spread the mixture around until it starts to set.
3. Add pepper and the cheese and heat under the grill until the cheese is melted but not crispy.

Serves 4

♥ Low fat ♥ Low salt

Variations on this recipe: Leaving the cheese out would lower the fat and kcal content, try peppers, mushrooms or tomatoes or peppers could be added to this dish or some fresh chopped herbs for added flavour.

Pancakes

Ingredients

8oz/225g white flour sieved

2 eggs beaten

$\frac{3}{4}$ pint low fat milk

spray sunflower oil to fry

Method

1. Mix the flour and egg together then gradually add in the milk.
2. Beat well to avoid lumps. Allow to stand for a few hours / overnight to thicken. Add extra water if too thick.
3. Heat a frying pan spray on a small amount of oil to lightly coat the pan.
4. Pour a generous amount of the mixture to cover the base of the pan.
5. Turn when it is easy to lift try to avoid over crisping the pancake.
6. For sweet fillings try lemon juice with a sprinkle of sugar or artificial sweetener like canderel or splenda. Or you could try fresh berried fruit like blueberries, strawberries or raspberries and a spoon of low fat natural yoghurt to top.

Serves 4, makes 8 small pancakes

♥ Low fat ♥ Low salt

Soups



Trout and Sweet Corn Chowder



Ingredients

- 1 teaspoon olive oil
- 2 teaspoons cornflour
- 1 large onion, chopped
- 1 small glass / 120mls white wine
- 450 ml boiling water infused with black pepper, lemon juice, fresh parsley, lemon zest
- 1 large trout, filleted and skinned
- 1 large potato, cut into small dice
- 80g /3oz French beans, cut into small pieces
- 200g/ 7oz can sweetcorn, drained
- 150mls/ ¼ pint low fat milk
- 1 tbsp chopped fresh dill
- 1 tbsp chopped fresh chives

Method

1. Put oil in a saucepan, add onion, cover & sauté gently for 5 minutes until softened but not coloured.
2. Add wine & remove from heat.
3. Put the infused water & trout in a saucepan with a lid, simmer gently for 5 minutes until tender.
4. Remove trout with a slotted spoon, once cooled flake with a fork, removing any bones. Set aside.
5. Strain cooking liquid into the onion & wine mixture, add potatoes & beans.
6. Bring to the boil, cover & simmer for 10 minutes or until vegetables are tender.
7. Mix cornflour to a paste with a little water, and stir into mixture, add sweetcorn, stir continuously until thickened.
8. Stir in milk, trout, dill & chives.
9. Heat through before serving.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre ♥ Omega 3

Variations on this recipe: try other fish like salmon, mackerel or tuna fillets in place of trout. Other herbs can be used if preferred, like parsley, coriander, bay etc.

Red Pepper Soup

Ingredients

4 red peppers, deseeded and chopped
1 tsp sunflower or olive oil
1 medium potato, peeled and diced
1 onion, chopped
½ pint of low fat milk
½ pint of water
1 clove of garlic, crushed
fresh chopped basil to serve
pepper

Method

1. Heat a large saucepan add oil, garlic & onion. Saute for 5 mins, stir regularly.
2. Add peppers and potato, saute for a further 5 minutes.
3. Add water and pepper. Bring to the boil and simmer for 30 minutes, or until all the vegetables are softened.
4. Cool slightly and liquidize with milk until smooth.
5. Heat through before serving, serve with a sprinkle of fresh basil.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Carrot & Coriander Soup



Ingredients

- 8 carrots, peeled and diced
- 2 onions, chopped
- 2 potatoes, peeled and diced
- 1 packet of fresh coriander, chopped
- 1 tsp olive oil
- ½ pint homemade stock (see below)
- ½ pint low fat milk
- Pepper

Method

1. Heat a heavy-bottomed pot, add the oil.
2. Add vegetables & sweat for 20 mins, stir occasionally.
3. Add coriander and stock, cook for a further 10 minutes, or until the vegetables are fully softened.
4. Cool slightly and liquidize until smooth.
5. Add milk and pepper.
6. Heat through before serving.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Variations on this recipe: try other herbs if coriander is unavailable like parsley, majoram, oregano, basil.

To make salt free stock:

Boil chicken carcass or meat bones with a variety of vegetables for example: 2 sticks of celery, 2 onions, 2 carrots, and a bouquet garni of herbs, for example 2 bay leaves, 2 sprigs of thyme, 1-2 sprigs of rosemary and a generous amount of parsley.

Boil until liquid reduces to a slightly thick consistency, strain and use in recipes.

Scallion and Potato Soup

Ingredients

- 2 bunches of scallions, chopped
- 1 tsp sunflower or olive oil
- 2 onions, chopped
- 3 rooster potatoes, peeled and diced
- ½ pint of low fat milk
- ½ pint homemade stock
- pepper



Method

1. Heat a large saucepan add oil, scallions & onion. Saute for 5 mins, stir regularly.
2. Add potatoes and saute for a further 10 minutes.
3. Add stock and pepper. Bring to the boil and simmer for 1 hour, until all the vegetables are softened.
4. Cool slightly and liquidize with milk until smooth.
5. Heat through before serving, serve with a sprinkle of chopped fresh herbs.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Variations on this recipe: Try a bunch of leeks in place of scallions for leek and potato soup.

Lentil Soup



Ingredients

150g lentils

1 tsp sunflower oil

2 onions, chopped

1 garlic clove – crushed

2 stalks celery – sliced

2 large carrots – diced

1 pint homemade stock (see previous page)

2 tsp mixed herbs

Black pepper

Method

1. Soak lentils in water for 3 hours. Drain off liquid.
2. Heat a large saucepan add oil, lentils & onion. Saute for 5 mins, stir regularly.
3. Add rest of vegetables and saute for a further 5 minutes.
4. Add stock, pepper and herbs. Bring to the boil and simmer for 1 hour, until all the vegetables are softened.
5. Cool slightly and liquidize until smooth.
6. Heat through before serving, serve with a sprinkle of chopped fresh herbs.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Variations on this recipe: Try other herbs if coriander is unavailable like parsley, majoram, oregano, basil.

½ pint of white wine and ½ pint of low fat milk can be used in place of the homemade stock.

Tomato Soup

Ingredients

900g / 2lbs ripe tomatoes, chopped

1 tsp sunflower or olive oil

2 onions, chopped

1 clove of garlic, crushed

1 tblsp fresh herbs - e.g. thyme, majoram, basil, parsley
pepper

Method

1. Heat a large saucepan add oil, garlic & onion. Saute for 5 mins, stir regularly.
2. Add tomatoes and simmer for 20 minutes.
3. Add stock and pepper. Bring to the boil and simmer for 1 hour, until all the vegetables are softened.
4. Cool slightly and liquidize until smooth.
5. Heat through before serving, serve with a sprinkle of chopped fresh herbs.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Parsnip Soup

Ingredients

900g / 2lbs parsnips, peeled and chopped

1 tsp sunflower or olive oil

1 onion, chopped

2 cloves of garlic, crushed

2 tsp ground cumin

2 tsp ground coriander

½ pint of low fat milk

1 pint homemade stock

1 tblsp fresh herbs; parsley or chives

pepper



Method

1. Heat a large saucepan add oil, garlic & onion. Saute for 5 mins, stir regularly.
2. Add parsnip and saute for 20 minutes. Add the pepper and spices.
3. Add stock, bring to the boil and simmer for 30 minutes, until the vegetables are softened.
4. Cool slightly and liquidize with milk until smooth.
5. Heat through before serving, serve with a sprinkle of chopped fresh herbs.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Salads



These can come in all shapes and sizes. They provide a good boost to your vegetable intake however you will need to choose low fat options as many have a high level of oils added.

Low fat salad dressings:

- ♥ 50mls good quality balsamic vinegar, 1 tsp course grain mustard, pepper and 1 tsp honey, shake well.
- ♥ 1 tsp lemon juice, 2 tsp grated cucumber and 1 tblsp low fat natural yoghurt. Optional extras chopped onions and gerkins or olives, could also try 1 tsp Worchester sauce for slight kick.
- ♥ 1 tsp curry powder mix into 100g low fat natural yoghurt with a squeeze of lime for zing.
- ♥ 100mls tomato juice blended with 2 tsp basil or herb puree, ½ tsp garlic puree and pepper to season.

Mediterranean Salad

Ingredients

- 12-16 lettuce leaves, chopped
- 2 tomatoes chopped
- 1oz/30g feta cheese, diced
- ½ red onion, finely sliced
- 8 olives
- 1 yellow pepper, diced
- 1 tblsp chopped fresh basil
- Dressing: 1 tblsp balsamic vinegar
- Pepper to season
- 1 tsp honey
- ½ tsp course grain mustard (optional)



Method

1. Put the dressing ingredients in a jar/tub with a lid and shake until blended.
2. Toss the salad ingredients in the dressing and serve as a starter or a side to any main dish.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Variations on this recipe: You could add some tinned fish like sardines or mackerel to enhance your omega 3 intake.

Roasted red pepper salad

Ingredients

- 6 red peppers, cut into half and deseeded
- 3 garlic cloves, peeled and finely sliced
- 2 tblsp finely chopped parsley
- 1 tblsp extra virgin olive oil
- black pepper to season



Method

1. Grill pepper until blackened.
2. Remove and place in a plastic bag until cool.
3. Once cool peel off the blackened skin.
4. Cut into strips.
5. To serve place strips on a large serving platter, scatter parsley and garlic over with a grate of black pepper.
6. Drizzle with olive oil and serve.

Serves 6

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Salsa Verde

Ingredients

- 1 clove garlic, crushed
- 2 tsp capers, chopped
- 4 gherkins, slice thinly
- 4 anchovy fillets, chop finely
- 1 tblsp fresh chopped parsley
- 1 tblsp fresh chopped basil
- 1 tblsp fresh chopped mint

Dressing:

- 2 tsp Dijon mustard
- 2tblsp balsamic vinegar
- 1 tblsp extra virgin olive oil
- pepper to taste

Method

1. Mix all vegetables, anchovies and herbs together.
2. For the dressing beat the mustard and vinegar together.
3. Slowly add in the oil, continue to beat / blend.
4. Mix dressing through the salsa.

Serves 4. Can be used as a starter or can be used as a side salad for barbeques or buffets etc.

♥ Low fat ♥ Low salt ♥ Anti-oxidants ♥ Omega 3

Fruity Salad

Ingredients

300g / 10oz carrots, peeled and cut into thin lengths

150g / 5oz radishes, trimmed and sliced

2 eating apples, cored and sliced

1 tblsp raisins

1 tblsp fresh chopped parsley / basil

1 tblsp fresh chopped mint

2tblsp balsamic vinegar

1 tblsp extra virgin olive oil

juice of ½ lemon

1 tblsp sesame seeds

pepper to taste



Method

1. Toss all ingredients together.

Serves 4 as a starter or can be used as a side salad for barbeques or buffets.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Broad Bean & Mint Salad

Ingredients

250g / 8oz podded fresh broad beans

1 garlic clove, peeled and crushed

2 tsp almond flakes / pinenuts

2 tblsp fresh chopped mint

juice of ½ lemon

pepper to taste

To serve:

30g / 1oz grated parmesan,

1 tblsp extra virgin olive oil

4 mint leaves to garnish

Method

1. Boil beans for 5 minutes, cool and coarsely mash with a fork or potato masher.
2. Stir in lemon, garlic, nuts, mint and pepper.
3. Serve either on individual plates or on a platter, drizzle with the oil and a sprinkle of parmesan.
4. Garnish with mint leaves.

Serves 4 as a starter. Can be used as a side salad with lamb or for barbeques or buffets.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Alternatives: Try peas or mixed tinned beans if broad beans are out of season.

Spicy Carrot & Nut Salad

Ingredients

4 carrots, peeled and grated
50g / 2oz raisins
50g / 2oz chopped brazil nuts

Dressing:

1 tblsp orange juice
1 tblsp lemon juice
1 tblsp extra virgin olive oil
1 tblsp low fat natural yoghurt
1 tblsp low fat mayonnaise
pinch cinnamon (optional)
Black pepper



Method

1. Mix all vegetable ingredients together.
2. Whisk dressing ingredients together and toss over carrot mix.
3. Leave for 1-2 hours before serving.

Serves 4 as a starter or can be used as a side salad for barbeques or buffets.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Starters, relishes and dips



Coleslaw

Ingredients

¼ white cabbage, finely sliced
3 carrots, peeled and grated
2 cups cauliflower / broccoli florets, finely sliced
1 red onion, peeled and finely sliced
1 red / yellow pepper, deseed and dice
1 tblsp chives, chopped
2 tblsp low fat natural yoghurt
1 tblsp low fat mayonnaise
Black pepper

Method

1. Mix all ingredients together.
2. Leave for 1-2 hours before serving.

Serves 4 as a starter or can be used as a side salad for barbeques or buffets.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Salsa

Ingredients

6 chopped tomatoes

1 small green pepper, finely chopped

1 small onion, finely chopped

1 tblsp tomato puree

2tsp sweet chilli sauce or 1 tsp sugar & ½tsp chilli powder
pepper to taste

Method

1. Simmer the vegetables at low heat uncovered, until the tomatoes have gone soft and some of the juices have condensed.
2. Add the remainder ingredients. Serve chilled with crudités of vegetables, as a side for barbeques or Mexican dishes.

♥ Low fat ♥ Low salt ♥ Anti-oxidants



Guacamole

Ingredients

- 6 cherry tomatoes, diced
- 1 small red pepper, finely chopped
- 1 small onion, finely chopped
- 1 ripe avocado, peeled and crushed with a fork
- pepper to taste
- 1 tsp lemon juice
- 1 clove garlic, crushed
- Fresh chopped herbs to serve (optional)
- Fresh chopped chilli (optional)

Method

1. Simply mix all ingredients together and serve immediately. If not used soon after preparation the avocado will start to brown – extra lemon juice added when crushing will reduce this.

Serve with fajitas as a side dish with salsa, or with other to Mexican dishes or salads.

♥ Low fat ♥ Low salt ♥ Anti-oxidants



Hummus

Ingredients

- 1 tin chick peas, drained
- 5 tbsp tahina paste
- 1 clove garlic, crushed
- juice of ½ lemon
- pepper
- ½ glass water
- 2 tbsp olive oil



Method

1. Using a food processor blend ingredients until smooth.

Serve chilled with crudités of vegetables.

This can be used in sandwiches/pittas in place of mayonnaise and as a dip for parties.

♥ Low fat ♥ Low salt ♥ Fibre

Cucumber Pickle

Ingredients

1 cucumber, slice thinly with a food processor
1 onion, peel and slice thinly with a food processor
1 tblsp mustard seeds
200mls white wine vinegar
60g / 2oz sugar
black pepper

Method

1. Mix all ingredients together and simmer for 30 minutes over a low heat to soften the vegetables.
2. Allow to cool.
3. Store in sterilised jars for up to 1 month in the fridge.

Great with barbeques, buffets or as a sandwich relish.

♥ Low fat ♥ Low salt

Taboullah

Ingredients

- 6oz/168g cooked couscous
- 1 tblsp chopped fresh coriander/parsley
- 6 tomatoes, finely chopped
- 1 small onion, finely chopped
- Juice of ½ lemon
- pepper to taste
- 1 clove garlic, crushed (optional)

Method

1. Mix all ingredients together.

Serve with stuffed pitta or as a side dish with spicy meat dishes or kebabs.

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Tzatziki

Ingredients

1/3 cucumber, diced

200mls / 7 fl oz low fat natural yoghurt

juice of ½ lemon

2 tsp chopped mint

Method

1. Simply mix all ingredients together.

Serve as an accompaniment to lamb or barbeque dishes, or as a dip for sliced peppers, carrots and celery at parties.

♥ Low fat ♥ Low salt ♥ Anti-oxidants



Cherry Tomato Relish

Ingredients

500g /2 punnets of cherry tomatoes, halved
2 tsp paprika
1 red chilli, deseeded and finely chopped (optional)
or 1 clove garlic, peeled and crushed (optional)
pepper to season

Method

1. Simply mix all ingredients together.
2. Place on a non-stick baking tray.
3. Bake in a preheated oven at 140°C for 45 minutes, check occasionally to ensure they do not burn.
4. Allow to cool in the oven or serve warm.

*Use as an accompaniment to meat, chicken, fish or barbeque dishes.
Can also be used as a marinade for cooking meats and so forth.*

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Red Cabbage & Apple

Ingredients

1 small head of red cabbage, discard outer leaves, shred / slice

450g / 1lb apples, peel, core and slice

3 tblsp brown sugar

3 tblsp cider vinegar

pepper to taste

Method

1. Heat oven to 180°C/ fan 160°C /Gas 4.
2. Place all ingredients in casserole dish, cover and bake for 1 -1½ hours until softened, stir occasionally.

Serve with pork or any roast dish.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants



Cabbage & Red Wine

Ingredients

- 1 small head of green cabbage, discard outer leaves, slice
- 2 red onions, peel and slice
- 1 tblsp soya sauce
- 1 glass red wine
- pepper to taste

Method

1. Saute onions with a little spray oil until softened.
2. Add cabbage and sauté for 10 minutes, stir occasionally.
3. Add other ingredients and simmer for 20 minutes, stir occasionally to reduce sticking.

Serve with any roast dinner.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Ratatouille

Ingredients

- 1 onion, peel and slice
- 1 aubergine, slice
- 1 courgette, slice
- 1 red / yellow pepper
- 1-2 cloves of garlic, peel and crush
- 1 can chopped tomatoes
- pepper to taste



Method

1. Lightly fry off onion in a non-stick pan with a little spray oil.
2. When softened add pepper, courgette and aubergine, fry for another few minutes.
3. Add remainder of ingredients and simmer on a low heat for 10 minutes, stir occasionally.

Serve with any roast dish can also be used as a side dish on buffets.

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Bruchetta



Ingredients

1 red pepper

1 yellow pepper

1 Courgette

1 Aubergine

1 red onion

1 teaspoon olive oil

Black pepper

Dressing:

2 tbsp good quality balsamic vinegar

1 tbsp honey

1 punnet cherry tomatoes

½ tin chopped tomatoes

Black pepper

Bunch of fresh basil, chopped

Method

1. Cut up vegetables, toss in olive oil & black pepper.
2. Heat griddle pan until very hot, vegetables must sizzle when they hit the pan.
3. Don't overcrowd the pan, cook in batches, once cooked keep hot in the oven.
4. For the dressing- heat a non stick pan add tinned & cherry tomatoes, basil & balsamic vinegar.
5. Simmer for a few minutes to reduce the liquid.
6. Toss the vegetables & dressing together.

Serve on wholegrain crusty bread, sprinkle with chopped basil leaves & a drizzle of balsamic vinegar.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Spinach & Cheese Tartlet

Ingredients

½ bag spinach, fresh or frozen
2 tblsp diet cottage cheese
juice of ½ lemon
60g / 2oz feta, cut into 12 cubes
black pepper
1 sheet of puff pastry, defrosted
mixed salad leaves to serve

Method

1. Saute spinach for 10 minutes until cooked / dry of excess fluid.
2. Stir in cottage cheese, lemon juice and pepper.
3. Cut pastry into 12 squares, place each one into a non-stick bun tin.
4. Top each with a generous spoon of the spinach mixture.
5. Top with a cube of feta.
6. Bake in preheated oven at 180°C / for 15 minutes until golden brown.
7. Serve hot or cold on a bed of mixed salad leaves.

Serves 6

♥ Low fat ♥ Low salt

Chicken Satay

Ingredients

- 2 skinless chicken breasts
- 1 tsp thai green curry paste
- 1 tblsp peanut butter
- 50mls coconut milk
- Pepper to taste

Method

1. Slice the chicken length ways into 4 pieces.
2. If using wooden skewers, soak in water before using.
3. Mix the remaining ingredients together until smooth.
4. Marinade with chicken pieces in this mixture for a few hours or overnight.
5. Put chicken onto skewers and grill until well cooked.

Serve on a bed of mixed salad as a starter or with wholegrain rice and a side salad if a main meal portion.

Serves 4

♥ Low fat ♥ Low salt

Mackerel Pate

Ingredients

2 mackerel fillets, skinned and boned

125g/4oz diet cottage cheese

juice of half a lemon

black pepper

cayenne or fresh herbs to serve (optional)

2 lemons cut into wedges

Method

1. Liquidise all ingredients together until smooth.
2. Put into individual dishes or one large one.
3. Cover with clingfilm and chill for two hours
4. Sprinkle with a little cayenne or herbs and serve with lemon wedges.

♥ Low fat ♥ Low salt ♥ Omega 3

Variations on this recipe: Smoked fish or other types of fish can be used, but do note this will greatly increase the salt level.

Varied fresh herbs can be blended in for additional flavour.

Vegetables



Sautéed Leeks

Ingredients

2 large leeks, trim and slice
1 glass of dry white wine
2 sprigs of thyme, remove leaves
1 clove of garlic, peel and crush
pepper to taste

Method

1. Sauté leeks in a non-stick pan with a little spray oil and thyme.
2. When softened add garlic, pepper and wine.
3. Simmer for another 10 minutes, stir occasionally.

Serves 4

Serve with any roast dish can also be used as a side dish on buffets.

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Brazil Nut & Vegetable Burger



Ingredients

- 2 carrots, peel and grate
- 2 celery stalks, finely chopped
- 1 onion, peel and finely chop
- 2 tblsp finely chopped cabbage
- 2 tblsp brown bread crumbs
- 50g/ 2oz ground, finely chopped brazil nuts
- 2 tblsp wheatgerm
- a few pinches cayenne pepper
- a pinch ground mace / nutmeg
- 1 tblsp fresh mixed herbs
- pepper to season
- 1 tblsp tomato puree
- 1 tblsp low fat natural yoghurt
- 1 egg, beaten
- spray oil to cook

Method

1. Mix nuts, vegetables, bread crumbs, wheat germ, herbs and spices together.
2. Whisk tomato puree, egg and yoghurt together.
3. Thoroughly stir liquid into vegetable mixture.
4. Form into 8 small patties. Cover and chill for a few hours.
5. Heat pan, add a little spray oil, fry for 5 minutes each side until golden.

Serve with a side salad and a relish for a starter. As a main dish place in a burger bap with cherry tomato or cucumber pickle relish and a large side salad or the colelaw dish, see previous recipe.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Mustard Roasted Potatoes and Parsnips

Ingredients

- 2 large potatoes, wash and cut into chunks
- 1 tbsp sunflower or olive oil
- 2 large parsnips, peeled & cut into chunks
- 1 tbsp wholegrain mustard

Method

1. Heat oven to 180°C/ fan 160°C /Gas 4.
2. Cook potatoes in a large pot of boiling water for 10mins until beginning to soften.
3. Drain, tip back into pan and give it a good shake until fluffy.
4. Pour oil into a large non stick roasting tray & heat for 5 mins in oven.
5. Add potatoes & parsnips, roast for 40 mins, stir occasionally to reduce sticking.
6. Mix mustard with the roast vegetables, cook for a further 10 mins until crisp.



♥ Low fat ♥ Low salt ♥ Fibre

Courgette and herb pasta

Ingredients

350g/ 12oz spaghetti / pasta shapes

1 tbsp olive oil

2 cloves garlic, peeled and crushed

650g / 1½ lbs courgette, sliced

1 tbsp chopped fresh basil

1 tbsp chopped fresh parsley

black pepper to taste

25g / 1oz grated parmesan, to serve

Method

1. Boil pasta until al dente (with a bite), drain and set aside.
2. Heat oil in non-stick pan, add garlic and courgette.
3. Fry for a few minutes until tender.
4. Mix ingredients together and sprinkle with parmesan to serve.
5. Serve with a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Broccoli and pesto pasta

Ingredients

- 350g/ 12oz pasta shapes
- 250g / 9oz broccoli florets
- 1 tblsp green pesto
- 1 clove garlic, peeled and crushed
- black pepper to taste
- 1 tblsp chopped fresh basil, to serve



Method

1. Boil pasta until al dente (with a bite), drain and set aside.
2. Boil broccoli for 4 minutes, lightly mash.
3. Add the pesto and crushed garlic, toss together add pepper.
4. Serve with a sprinkle of basil and a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

For variety: Add chicken, fish or pork. Or serve grilled pork chop on a bed of broccoli pasta.

Fish



- ♥ Your fishmonger will be happy to fillet or skin fish for you.
- ♥ Fresh fish is highly perishable and must be refrigerated as soon as possible.
- ♥ Fresh fish should be used within a day or two of purchase.
- ♥ Frozen fish fillets can be used in place of fresh fish just remember to defrost thoroughly before use, for example leave to defrost in the fridge overnight.
- ♥ Fish cooks quickly so take care not to overcook. When cooked, fish loses its translucent look and will flake easily. A good rule of thumb is to allow 10 minutes per 2.5 cm of thickness when cooking fish.
- ♥ In most recipes any fish can be substituted for another, for example you could use salmon instead of mackerel or visa versa.
- ♥ Fish is very versatile and can be used in many recipes in place of chicken or pork for example in pasta, risottos, stir fries, curries, barbeques and so forth. Try swopping fish in some of your own recipes to increase the omega 3 fat content of your diet.
- ♥ Omega 3 fats can help to:
 - lower triglycerides
 - reduce blood clots blocking your arteries
 - keep the rhythm of your heart healthy
 - relieve the symptoms of arthritis
 - They are also needed for cognitive brain development in babies and children can may also help to reduce memory loss as we get older.

Salmon And Pasta Salad

Ingredients

240g/8oz pasta twists

1 tin sweetcorn, drained

2 tins salmon in water, drain & flake

125g carton low fat natural yoghurt

juice of ½ lemon or lime

black pepper

chopped fresh basil and parmesan shavings to serve

Method

1. Bring a large pot of water to the boil.
2. Toss in the pasta and cook for 10-12 mins until 'al-dente' (i.e. with a bite).
3. Drain and put into a serving bowl.
4. While the pasta is still warm, stir in other ingredients.
5. Serve hot or cold with a sprinkle of basil and parmesan shavings.

Serve with a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Omega 3

Tuna and green bean pasta



Ingredients

- 350g/ 12oz pasta shapes
- 1 tsp olive oil and 1 tsp lemon juice
- 1 can tuna in oil, drained and flaked
- 200g french beans, trim and cut into 1" lengths
- grated zest of 1 lemon
- black pepper to taste
- 1 tblsp chopped fresh basil, to serve

Method

1. Boil pasta until al dente (with a bite), drain and set aside.
2. Mix ingredients together and sprinkle with basil to serve.

Serve with a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Seafood pasta

Ingredients

300g/10z spaghetti

240g mixed seafood for example mussels, prawns, calamari, clams

1 onion, peel and dice

1 tsp paprika

300mls passata or 1 tin chopped tomatoes

1 garlic clove, peeled and finely sliced

1 tblsp finely chopped parsley

1 tsp olive oil

black pepper to season

Method

1. Boil pasta for 5 minutes, drain and set aside.
2. Heat oil in non-stick pan, add onion and garlic, fry for 5 minutes.
3. Add paprika, tomatoes, heat through.
4. Add pasta and seafood simmer for 3 more minutes until heated through but not overcooked as the seafood will get rubbery.
5. Sprinkle with parsley and freshly grated black pepper to serve.

Serve with a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Baked Mackerel With Tomato And Apple

Ingredients

- 2 onions, sliced thinly
- 1 lemon, sliced
- 4 medium tomatoes
- 125mls water
- 1 tsp dried dill
- 4 whole mackerel
- 2 carrots, peeled and sliced
- Black pepper



Method

1. Skin the tomatoes (see tomato soup) and then slice.
2. Put vegetables and lemon in a casserole with water, dill and pepper.
3. Preheat oven to 190°C/357°F/Gas 5. Bake for 15 mins.
4. Wash fish well, place in a casserole dish with the vegetables.
5. Cover and bake for 20-25 minutes.

Serve hot with wholegrain rice or jacket potato.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants ♥ Omega 3

Fish Pie



Ingredients

2 salmon fillets and 2 white fish fillets skinned & de-boned

1 onion, finely chopped

1 pint low fat milk

1 tblsp cornflour

6 medium potatoes, cooked & mashed

1 tsp lemon juice

pepper to season

1 bay leaf

1 tblsp parsley, chopped

Method

1. Place the fish in a saucepan with the onion, milk, herbs, pepper and lemon juice.
2. Cover and simmer for 10 minutes.
3. Remove the fish from the sauce. Flake the fish fillets.
4. Remove the bay leaf.
5. Mix cornflour to a paste stir into the poaching liquid, that is the liquid the fish was cooked in.
6. Heat gently until thickens, stir continuously.
7. Put the fish and sauce in a pie dish and season to taste.
8. Cover with the mashed potato.
9. Bake in a covered dish for 20 minutes at 160°C/ 325°F/ Gas Mark 3.

Serve with 2-3 portions vegetables or a generous side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Omega 3

Variations on this recipe: Any herb can be used in place of parsley, such as dill, lemon balm, oregano, basil, coriander and so on.

This recipe also works well with all salmon or other oily fish to increase the omega 3 content.

Roast swordfish with salsa

Ingredients

1 tsp sunflower or olive oil

4 x 125g/4½oz pieces swordfish

For the Salsa:

2 tblsp mixed fresh herbs e.g. parsley, coriander & chives

juice ½ lemon or lime

1 tsp sunflower or olive oil

4 spring onions, chopped

12 cherry tomatoes, chopped

pepper

1 chilli, deseeded and chopped (optional)

Method

1. Preheat oven to 220°C/ 425°F / gas mark 7.
2. Place swordfish on a baking sheet, drizzle with oil.
3. Place in oven, cook for 10 minutes until crisp & cooked through.
4. Mix the salsa ingredients together.

To serve place a piece of swordfish on the plate, then spoon over the salsa. Serve with wholegrain rice or a jacket potato, side salad or stir fry vegetables.

Serves 4

♥ Low fat ♥ Low salt ♥ Omega 3

Honey & Lime Glazed Mackerel

Ingredients

- 8 mackerel fillets
- juice of 2 limes
- 2 tbsp honey
- 1 tbsp water
- Black pepper
- 1 packet of fresh spinach leaves
- 1 tbsp wholegrain mustard



Method

1. Marinade: whisk lime juice, honey, water & black pepper together, reserve one third to drizzle over the cooked fish. Pour the marinade over the mackerel fillets, leave for 3-4 hours in the fridge.
2. Place mackerel fillets under a medium heated grill for 5 minutes per side, or until cooked through.
3. During cooking baste the fillets with marinade.
4. Heat a medium sized pot, add the washed spinach & cook for 2-3 minutes with the lid on, stir occasionally.
5. Toss in a little marinade & mustard, season with black pepper
6. Drizzle the reserved marinade over the mackerel and serve with spinach and wholegrain rice or jacket potato.

Serves 4

♥ Low fat ♥ Low salt ♥ Omega 3

Indian Style Fish

Ingredients

125g low fat natural yoghurt
1 tbsp mango chutney
1 tsp curry powder
4 fish fillets, like salmon, swordfish or mackerel
fresh coriander to serve

Method

1. Combine yoghurt, chutney & curry powder for topping.
2. Place the fish on a baking sheet, spread with topping.
3. Cook under a hot grill for 7-8 minutes.

Serve with fresh coriander on top, wholegrain rice or jacket potato, and vegetables of choice or a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Omega 3

Chicken Veronique

Ingredients

4 chicken breasts, skin removed
1 onion chopped
2 clove of garlic
Green and black grapes
juice of ½ lemon
250mls / ½ pint white wine
1 tblsp fresh tarragon, chopped
30g/ 1oz cornflour or arrowroot

Method

1. Poach the chicken with onion, garlic, white wine, lemon juice & herbs in a casserole dish for 20 minutes.
2. Thicken sauce with arrowroot or cornflour.
3. Season with pepper and add grapes.

Serve hot with plenty of vegetables and a baked or boiled potato.

Serves 4.

♥ Low fat ♥ Low salt

Variations on this recipe: Any herb can be used in place of tarragon, such as parsley, oregano, basil, coriander and so on.

Fresh herbs are always nicer for flavour than dried herbs.

This recipe also works well with pork, fish and other meats in place of chicken. Note cooking times may vary with different foods.

Chicken, pork and red meat



BBQ Chicken

Ingredients

- 1 tblsp soya sauce
- Pepper
- 2 tblsp tomato ketchup
- 2 tblsp white wine vinegar
- 1 tblsp sugar
- 1 tblsp lemon juice
- 4 chicken breasts (skinless)
- 1 red & 1 green pepper, sliced
- 1 large onion, sliced
- 10 mushrooms, chopped

Method

1. Mix tomato sauce, sugar, vinegar, lemon & pepper together.
2. Place chicken & vegetables in an oven proof dish, cover with sauce.
3. Bake in covered dish in preheated oven for 40 minutes at 350°F / 180°C /Gas 4

Serve with salad and wild or wholegrain boiled rice.

Serves 4

♥ Low fat ♥ Low salt

Chicken Risotto



Ingredients

10oz/280g wholegrain rice

8 mushrooms, chopped

1 onion, finely chopped

spray oil

1 red and 1 green pepper, finely chopped

1 clove of garlic, crushed

3 skinless chicken breasts diced

1 tin of mixed beans, drained

pepper to season

1 pint of homemade stock

Method

1. Heat pan, coat lightly with 1-2 sprays oil.
2. Fry chicken to sear in flavour, remove from the pan.
3. Fry garlic, onions, peppers and mushrooms for a few minutes, using the spray oil.
4. Add rice to the pan, stir in stock, chicken, beans and pepper.
5. Bring to the boil then simmer for 30 minutes until the rice is cooked.
6. Add extra liquid if required.

Serve with extra vegetables or a large salad and a sprinkle of fresh herbs on top, such as coriander or parsley.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Variations on this recipe: This recipe also works well with fish, turkey, pork and other meats.

Cooking times may vary.

Chicken Fajitas

Ingredients

- 3 skinless chicken breasts, sliced
- 1 large onion, finely chopped
- 1 red & 1 green pepper, sliced
- 12 mushrooms, sliced
- 1 tsp curry powder
- 1 tsp Chinese five spice
- 1 tblsp soya sauce
- spray oil



Method

1. Heat a frying pan, coat lightly with spray oil, fry chicken until almost cooked. Remove from the pan.
2. Fry peppers & mushrooms lightly, add onions. When softened return chicken to pan.
3. Add remaining ingredients and simmer for a few minutes until chicken is fully cooked.

Serve with green salad and tortilla wrap.

Serves 4

♥ Low fat ♥ Low salt

Variations on this recipe: This recipe also works well with chicken, fish and other meats. In order to keep the kcal and fat content low, try to avoid sour cream and cheese toppings. Salsa can be used for added flavour and variety, see recipes at front.

Chicken and olive casserole

Ingredients

- 4 skinless chicken breasts, quarter
- 1 red pepper deseeded and cut into chunks
- 1 yellow pepper deseeded and cut into chunks
- 2 onions, peeled and diced
- 1 large jar of passata or 2 tins of chopped tomatoes
- 2oz pitted olives
- 2 garlic cloves, peeled and crushed
- 3 tblsp chopped fresh oregano
- black pepper to season
- 1 tblsp chopped fresh basil to serve

Method

1. Heat oven to 180°C / gas 4.
2. Place all ingredients in a casserole dish and bake for 1½ hours, stir occasionally.
3. Sprinkle with basil to serve.

Serve with a side salad and crusty bread or a baked potato.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Pork And Apricot Casserole



Ingredients

450g/1lb lean pork pieces

12 dried apricots

200mls or 1 large glass of white wine

1 pint water

4 carrots, peeled and sliced

1 large onion, diced

1 handful of dried lentils

225g/8oz celery, thinly sliced

Pepper

Method

1. If pork pieces are large, cut them in half, trim off fat & gristle.
2. Put into a large casserole, add water, wine, apricots, lentils.
3. Cover & cook in a pre-heated oven (350°F / 180°C /Gas 4) for 1.5 hours.
4. Remove from oven. Stir in vegetables and pepper.
5. Cover and cook for another hour until the meat and vegetables are tender.

Serve with wholegrain rice and a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre

Variations on this recipe: Any herb can be used in place of apricots, such as parsley, oregano, basil, coriander and so on.

Fresh herbs are always nicer for flavour than dried herbs.

This recipe also works well with chicken, fish and other meats.

Other peas or beans can be used in place of lentil such as split peas, chick peas, flageolet beans or a tine of mixed bean varieties.

Pork Kebabs

Ingredients

1lb lean pork, diced

For the marinade: 1 tbsp balsamic/red wine vinegar

2 tbsp finely chopped herbs

2 tsp pure sunflower or olive oil

black pepper

For the sauce: 1 onion, finely chopped

2 cloves garlic, crushed

juice of ½ lemon or lime

Tin of tomatoes

Fresh chopped herbs; parsley, basil, oregano

Vegetables for skewer – courgette chunks, sliced onions, pepper chunks and mushrooms halves

Method

1. Mix the marinade ingredients together. Coat the meat well and set aside.
2. Liquidise all sauce ingredients together.
3. Put the sauce in a pot & heat gently.
4. Thread the meat and varied vegetables onto 8 skewers.
5. Grill for 3-4 minutes on each side, under a medium – high heat, until cooked.

Serve with the sauce and wholegrain rice or jacket potato.

Serves 4

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Turkey and Chickpea Curry



Ingredients

- 500g turkey fillets, diced
- 1 tin chickpeas, drained
- 8 mushrooms, finely chopped
- 1 onion, finely chopped
- 1 red and green peppers, chopped
- spray oil
- 2 tsp ground/flaked almonds
- 1 clove of garlic, crushed
- 1 tblsp curry powder
- 1 tblsp ground coriander
- 1 tblsp ground cumin
- black pepper
- 4 cardamon pods (optional)
- 1 tblsp cornflour
- 2 tblsp tomato puree
- ½ pint water
- 1 tblsp fresh coriander, chopped

Method

1. Heat a frying pan, lightly coat with spray oil & cook the turkey to sear in the flavour, remove from the pan before it is fully cooked
2. Fry pepper, onion, garlic and mushrooms in the pan.
3. Add the spices to the pan and cook for 2-3 minutes.
4. Mix the cornflour to a paste stir into the mixture, add the water, bring to the boil until thickened.
5. Add the turkey, chickpeas and tomato puree.
6. Reduce heat and simmer for 15 minutes.

Serve with a sprinkle of fresh coriander, wholegrain boiled rice and extra vegetables or a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Pasta bake



Ingredients

1lb lean mince

1 onion finely chopped

1 red pepper finely chopped

1 tin chopped tomatoes

1 tin of kidney beans, or mixed beans, drained

1 clove garlic crushed

1 tblsp tomato puree

8 mushrooms chopped

240g/8oz pasta twists

pepper to season

Herbs to season - oregano, thyme, basil

Method

1. Pre heat oven to 180°C/350°F/Gas Mark 4.
2. Fry the mince, pepper, mushrooms, onion and garlic until the mince is brown.
3. Add the pasta, tomato puree, tin of tomatoes, beans, herbs and pepper.
4. Stir and transfer to a deep baking dish with a lid.
5. Bake in a covered dish for 30 minutes.

Serve with a large salad or extra vegetables.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre

Variations on this recipe: Avoid serving pasta dished with chips or garlic bread, fill up on extra vegetables or salad instead.

Any herb can be used, fresh herbs are better for flavour than dried herbs.

This recipe also works well with pork, fish and chicken in place of mince.

Beef and Stout Stew

Ingredients

- 450g / 1lb lean beef, diced
- 6 large shallots, peel and quarter
- 250g / 8oz button mushrooms, halve
- 1 can stout
- 600mls / 1 pint water
- spray oil to cook
- black pepper
- chopped fresh herbs to serve



Method

1. Heat a frying pan, lightly coat with spray oil & brown off beef to sear in the flavour, remove from the pan before it is fully cooked.
2. Place in a casserole dish.
3. Lightly brown off shallots and mushrooms in the pan. Add to casserole dish.
4. Add pepper, and fluid.
5. Bake in pre-heated oven at 140°C / 275°F/ Gas 1 for 2 hours.

Serve with a sprinkle of fresh herbs, extra vegetables and a jacket potato or crusty wholegrain bread.

Serves 4

♥ Low fat ♥ Low salt

Beef Hot Pot

Ingredients

450g / 1lb lean beef, diced
½ cabbage, cut into chunks
sprig of thyme or parsley and a bay leaf
4 large carrots, peel and quarter
1 large onion, peel and quarter
2 sticks of celery, trim and quarter
2 handfuls dried lentils
500mls / 1 pint water
spray oil to cook
black pepper

Method

1. Heat a frying pan, lightly coat with spray oil & brown off beef to sear in the flavour, remove from the pan before it is fully cooked.
2. Place in a casserole dish. Add all ingredients to casserole dish.
3. Bake in pre-heated oven at 160°C / 300°F/ Gas 2 for 2 hours.

Serve with a sprinkle of fresh herbs and a jacket potato or crusty wholegrain bread.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Beef and Red Wine Stew



Ingredients

450g/ 1lb lean beef, diced

2 large onions, peel and slice

1 tin mixed bean cuisine, drained

½ bottle red wine

4 large carrots, peel and quarter

1 tin chopped tomatoes

600mls / 1 pint water

spray oil to cook

black pepper

6 juniper berries

chopped fresh herbs to serve

bouquet garni:

bay leaf, sprig of thyme, 3 sprigs of parsley or oregano

Method

1. Heat a frying pan, lightly coat with spray oil & brown off beef to sear in the flavour, remove from the pan before it is fully cooked.
2. Place in a casserole dish. Add all ingredients to casserole dish.
3. Bake in pre-heated oven at 160°C / 300°F/ Gas 2 for 2 hours.

Serve with a sprinkle of fresh herbs and a jacket potato or crusty wholegrain bread and a side salad.

Serves 4

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Alternatives: Any vegetables in season.

Try lean lamb instead of beef.

Herbs in the bouquet garni can also be varied

Classic Roast Irish Lamb



Ingredients

Leg of Lamb (ask butcher to trim off fat)

5 cloves of garlic

Handful of rosemary, broken into sprigs

1 onion, sliced into thick wedges

1 carrot, sliced into thick wedges

For the gravy: 250ml/ ½ pint red wine

300ml/ ½ pint water

1 tbsp redcurrant jelly

Black pepper

Method

1. Make deep incisions with the point of a sharp knife about 1 inch apart all over the lamb.
2. Into each hole, place a sliver of garlic and a small sprig of rosemary.
3. Place the lamb in the fridge overnight or for at least 4 hours to allow the flavours to develop.
4. Heat oven to 200°C /fan 180°C/ Gas 6.
5. Place the sliced vegetables in the bottom of a roasting tray with a few sprigs of rosemary & remaining garlic.
6. Place lamb on top & cook for 20mins until turning brown.
7. Reduce temperature to 180°C/ fan 160°C/ Gas 4, cook for 20 minutes per lb.
8. Remove lamb from the oven to rest for at least 20mins (this helps the meat become tender) while you make the gravy.
9. Gravy- drain the fat from the juices and pour remainder into a freezer proof dish.
10. Freeze for 10 minutes to allow remainder fat to rise to the surface. Remove and skim off the fat.
11. Add the fat free juices to a pot with the redcurrant, wine & black pepper. Boil for 5 minutes until slightly thickened.

Serve with a drizzle of the sauce, a large serving of fresh vegetables and a jacket potato. For a special occasion serve with mustard roasted potatoes and parsnips.

♥ Low fat ♥ Low salt

Bread and Cakes



Brown Soda Bread

Ingredients

275g / 10oz plain flour

500g /18oz wholemeal flour

25g / 1oz bran

25g / 1oz wheatgerm

75g / 3oz oatmeal

3 tsp sieved breadsoda

825mls (1½pt) buttermilk

Topping – sesame seeds or poppy seeds

Method

1. Mix all the dry ingredients together
2. Beat the eggs and milk together in a separate bowl and add to flour mixture. Mix well.
3. Pour into two lightly greased loaf tins.
4. Sprinkle with either poppy or sesame seeds.
5. Bake at 200°C/400°F/Gas 6 for 50 minutes.

♥ Low fat ♥ Low salt ♥ Fibre

Fruit Scones

Ingredients

8oz (220g) wholemeal flour

2 tsp baking powder

2oz (60g) sunflower margarine

1 egg, beaten

low fat milk

4oz sultanas



Method

1. Rub margarine into flour & baking powder. Add fruit, egg and enough milk to give soft mixture.
2. Roll out & cut into scones.
3. Bake for 15 mins at 210°C / 425°F / Gas mark 7.

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Fibre

Tea & Carrot Loaf

Ingredients

3oz / 90g sultanas

2oz / 60g raisins

½ pint / 275mls hot black tea

8oz / 220g flour (½ wholemeal & ½ white)

8oz / 220g grated carrot

1 egg, beaten

1 tsp mixed spice

1 tsp baking powder

Method

1. Soak fruit in tea overnight.
2. Mix all ingredients in a bowl.
3. Place mixture in a 2lb non stick tin.
4. Bake for 1¼-1½ hours at 190°C/350°F /Gas 5

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Fibre

Rhubarb & Date Cake

Ingredients

- 8oz / 220g rhubarb, chopped
- 6oz / 160g stoneless dates, chopped
- 2oz / 60g sunflower margarine
- 8oz / 220g wholemeal flour
- 2 tsp baking powder
- 1 egg, beaten
- 4 tablespoons low fat milk

Method

1. Stew fruit for 5 mins.
2. Rub margarine into flour & baking powder.
3. Mix all ingredients together. Put into a greased 7" sandwich tin.
Bake for 1 hour at 190°C/ 350°F /Gas 5

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Fibre



Spiced Citrus Teabread



Ingredients

450g/1lb strong flour

½ tsp ground cinnamon

1 egg, beaten

1 sachet easy-blend dried yeast

grated rind & juice 1 lemon

50g/1¾oz polyunsaturated margarine

200g/7oz raisins

50g/1¾oz soft brown sugar

200g/7oz sultanas

grated rind & juice 2 oranges

100g/3½oz ready-to-eat dried apricots, chopped

Method

1. Sift flour & cinnamon into a large bowl, stir through the yeast.
2. Rub in the margarine, until the mixture resembles fine breadcrumbs.
3. Add the sugar, lemon & orange rind & dried fruit.
4. Mix together the lemon & orange juice with 100ml/3½oz hot water, stir through the egg then work into the flour mixture.
5. Tip the dough onto a lightly floured surface, knead for 5-6 minutes until smooth.
6. Form into a neat round, place on a lightly floured baking sheet.
7. Cover with lightly oiled clingfilm & leave it in a warm place for about 1 hour until doubled in size.
8. Bake in the oven at 190°C/375°F/gas mark 5 for about 45 minutes, until golden & hollow when tapped.

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Fibre

Oat Cookies

Ingredients

60g / 2oz plain flour

¼ tsp baking powder

60g / 2 oz sunflower spread

120g / 4oz oat flakes / pinhead oatmeal

2tblsp honey

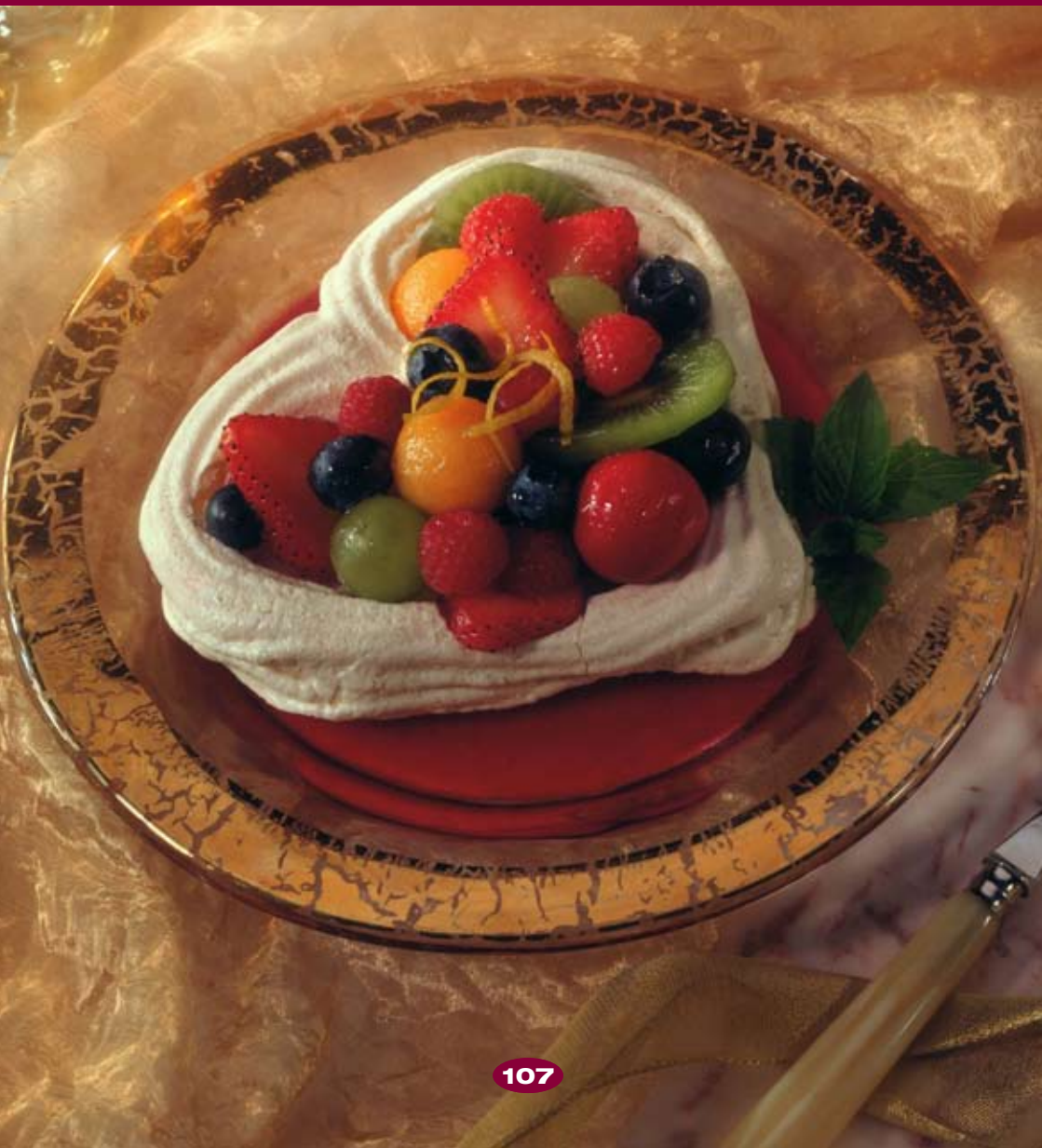
water to blend

Method

1. Preheat oven to 200°C / 400°F / Gas mark 6.
2. Sieve the flour and baking powder into a bowl.
3. Rub in the margarine until a crumbly texture.
4. Stir the oats and honey.
5. Blend in just enough water to make a stiff dough.
6. Turn out onto the worktop and roll until smooth and approximately ½ cm in thickness.
7. Cut into shapes and place on a greased / non stick baking tray.
8. Bake for about 15 minutes until crisp.
9. Cool on a wire rack and store in an airtight container lined with baking parchment.

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Fibre

Desserts



Marsala peaches

Ingredients

- 300mls / 10 fl oz Marsala wine
- 1 vanilla pod, halved lengthways
- 4 ripe peaches, halved and stoned

Method

1. Bring the wine to the boil in a shallow pan.
2. Add vanilla pods and simmer for 15 minutes until liquid is syrupy.
3. Add peaches and simmer for 3 minutes uncovered, turn and simmer for 2 minutes.
4. Allow to cool, uncovered.

Serve with a spoon of low fat natural yoghurt.

Serves 4

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Anti-oxidants



Baked Apples

Ingredients

- 4 eating apples, cored
- 2 tsp honey
- 2 tsp ground cinnamon

Method

1. Place the apples on a baking dish, drizzle with honey and a sprinkle of cinnamon.
2. Bake at 180°C / 350°F / Gas 4 for 30 minutes.

Serve hot with a spoon of low fat natural yoghurt.

Serves 4

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Anti-oxidants



Mandarin Pudding

Ingredients

- 1 tblsp cornflour
- ½ pint low fat milk
- 2 eggs, separated
- 1oz/28g castor sugar
- 1 small tin mandarins in fruit juice



Method

1. Heat the milk.
2. Mix cornflour to a paste with a little milk, gradually stir into the heated milk.
3. Bring to the boil, stir continuously until thickening.
4. Add mandarin juice and egg yolks.
5. Beat well to ensure no lumps. Add most of mandarins.
6. Preheat oven to 350°F/180°C/Gas 4. Bake for 15-20 mins.
7. Whisk egg whites until peaks can be formed.
8. Gradually fold caster sugar into the egg whites.
9. Pour over mandarin mixture and decorate with remaining mandarins.

Put in cool oven to dry meringue until ready to serve.

Serves 4

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Anti-oxidants

Meringues And Fresh Fruit

Ingredients

This mixture works on the basis of 1:2 ratio:

1 egg white : 2 oz/64g castor sugar

or

2 egg whites : 4oz/112g castor sugar

Method

1. Whisk ingredients at high speed for 10mins.
2. Using an icing bag squeeze individual meringues on greaseproof paper.
3. Bake in preheated oven 110°C/120°C for 1 hour.
4. Turn off the oven and leave overnight.
5. Remove the next day and store in airtight container.

Serving suggestion: Per person - crush 1 small meringue into a glass dish, add 1 tblsp berried fruit or any fresh fruit mixture, then 1-2 tblsp low fat natural or a low fat fruit yoghurt. Serve immediately.

♥ Low fat ♥ Low salt ♥ Anti-oxidants

Lemon & Berry Pots

Ingredients

Zest & juice 1 lemon

12g sachet gelatine powder

180g/ 6oz diet cottage cheese

240g/ 8oz low-fat plain yoghurt

5 tblsp granulated artificial sweetener

260g/ 9oz frozen summer berries mix, defrosted

Method

1. Pour lemon juice into a small heatproof bowl & sprinkle the gelatine over.
2. Leave to stand for 3 mins to allow the gelatine to absorb the liquid. Stand the bowl in a small pan of gently simmering water and leave to melt for a few minutes.
3. Meanwhile, mix together the lemon zest, cottage cheese, yoghurt and 4 tblsp of sweetener, blend until smooth.
4. Stir in the melted gelatine.
5. Divide the mixture between 4 x 200ml/7fl oz glasses, cover with cling film & chill in the fridge for 1 hour or until set.
6. Mix the defrosted berries with the remaining sweetener and spoon on top of the glasses before serving.

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Anti-oxidants

Alternatives: Orange juice or lime juice can be used in place of lemon.

Can be served topped with fresh fruit salad or fruits in season in place of frozen berries.

Clementine Salad

Ingredients

- 8 clementines, peel and slice
- 1 tsp ground cinnamon
- 2 tsp granulated artificial sweetener
- 4 mint leaves

Method

1. Arrange fruit on four dishes.
2. Mix sweetener and cinnamon, sprinkle over fruit.
3. Chill for ½ hour before serving to marinate.
4. Top with a mint leave and serve with a spoon of natural low fat yoghurt.

Serves 4

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Anti-oxidants



Rhubarb & Strawberry Crumble



Ingredients

Filling: 600g or 1 bunch rhubarb, washed and chopped into cubes

120g / 3oz sugar

1 orange zest

1 punnet of strawberries, washed

Crumble: 30g / 1oz sunflower spread

30g / 1oz brown flour

90g / 3oz porridge oats

45g / 1½oz brown sugar or 2 tbsp honey

1 pinch of ground cinnamon

Method

1. Preheat oven to 190°C /375°F /Gas 5
2. Mix rhubarb, sugar, orange zest & strawberries together in an oven proof dish.
3. Rub the margarine into the flour and cinnamon until it has a crumbly texture.
4. Mix the oats and brown sugar into the flour.
5. Top the fruit with the crumble mixture.
6. Bake in the oven for 30-35 minutes until the top is crisp & golden

Serve with low-fat natural yoghurt or orange Sorbet.

♥ Low fat ♥ Low salt ♥ Fibre ♥ Anti-oxidants

Alternatives: To make this recipe low sugar bake without sugar and sprinkle on artificial sweetener after cooking.

Trifle

Ingredients

- 1 can fruit cocktail in natural juices
- 1 packet sugar free jelly crystals
- 3 dessert spoons custard powder
- ½ pint low fat milk
- Granulated artificial sweetener to taste
- Low fat artificial whipped cream

Method

1. Drain fruit and place into four serving glasses.
2. Make jelly with hot water as per instructions on pack, use drained fruit juices to make up to 1 pint.
3. Pour jelly onto glasses and leave to set.
4. Make custard with low fat milk and artificial sweetener to taste.
5. when jelly is set top with cooled custard, allow to set again.
6. When ready to serve, spray on a small blob of artificial cream.

Serves 4

♥ Low fat ♥ Low salt ♥ Low sugar

Raspberry Pots

Ingredients

- 180g / 6oz raspberries
- 2 eggs
- ¼ pt / 150mls low fat milk
- 125g pot of low fat natural yoghurt
- 1 tblsp granulated artificial sweetener

Method

1. Divide fruit into four ramekin dishes.
2. Warm milk and yoghurt together in a pot, do not boil.
3. Beat eggs until fluffy, stir in sweetener, mix into milk.
4. Pour onto fruit and place the dishes in a bain-marie, cover and simmer for 15-20 minutes, until set.

Serve hot or cold with extra fruit and a mint leaf to decorate.

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Anti-oxidants

Alternatives: Any other berries also work well for example blackberries, blueberries, strawberries, black or red currants

Note: A bain-marie is a large pot with boiling water into which you place the object you wish to gently cook so that the water level comes ½ - ¾ of the way up the dish being cooked. This allows the contents to be gently cooked from outside in a moist environment which prevents drying and burning. Very good for melting chocolate and making soufflés.



Poached pears

Ingredients

- ½ bottle good red wine
- 2 tblsp artificial sweetener
- 1 cinnamon stick
- zest and juice of 1 orange
- 4 comice pears, peeled and base removed



Method

1. Bring the wine, cinnamon and orange to the boil in a shallow pan.
2. Reduce heat and sit pears into liquid, place in preheated oven at 180°C / 350°F / Gas 4 for 1 hour.
3. Remove cinnamon and discard, remove pears and set aside.
4. Put liquid onto hob or back into oven at a higher heat to reduce the liquid by ½.
5. When liquid has slightly cooled stir in sweetener.

Serve pears warm with a drizzle of sauce and a spoon of low fat natural yoghurt.

Serves 4

♥ Low fat ♥ Low salt ♥ Low sugar ♥ Anti-oxidants

Baked Egg Custard

Ingredients

- 2 eggs, beaten
- Artificial sweetener to taste
- 1 pint low fat or skimmed milk
- 1 drop vanilla essence
- Ground nutmeg

Method

1. Heat the milk without boiling it.
2. Add eggs, artificial sweetener and vanilla.
3. Strain and divide into 4 lightly greased ovenproof dishes.
4. Sprinkle with nutmeg.
5. Place in a dish half filled with water (bain marie). Bake at 180°C/350°F/Gas mark 4 for ½ hour.

Serve hot or cold with berry friots or a fruit coulis drizzled on top.

Serves 4

If baking in one large dish, allow longer cooking time 1-1¼ hours.

♥ Low fat ♥ Low salt ♥ Low sugar

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