



Nutrition Network for Wales



Cooking in the Community Recipe Collection 2007



Nutrition Network for Wales

Background

'Improving the health of the population and reducing inequalities by tackling the underlying causes of ill health is top of the Welsh Assembly Government's agenda'

Food and Well Being - reducing inequalities through a nutrition strategy for Wales, February 2003

A poor diet is one of the main causes of morbidity and mortality. In the UK it has been estimated that one third of deaths from heart disease and one quarter from cancer are attributable to poor diet.

Recognising that diet is one of the broader determinants of health, the then Assembly Minister for Health and Social Services commissioned the development of a nutrition strategy for Wales. After extensive consultation, 'Food and Well Being' was launched in 2003. The strategy outlines the actions required by key players to improve the diet of the people of Wales.

The creation of the Nutrition Network for Wales was a key action identified in recommendation five of 'Food and Wellbeing': provide information and training to key players, including policy decision makers, health professionals and other professionals to tackle poor nutrition in Wales.

In 2005 the [Food Standards Agency Wales](#) commissioned the [Wales Centre for Health](#) to take forward the development of the Nutrition Network for Wales. The creation of the Nutrition

Network for Wales is a vital component in delivering the dietary improvements needed to improve public health in Wales.

Vision

The Nutrition Network for Wales links with and supports all those individuals, organisations and sectors with a role to play in improving diet and nutrition in Wales. It supports its partners by providing and improving access to information and by providing a forum for sharing knowledge and good practice, enabling partners to learn from each other.



Introduction

In Summer 2006 the Scottish Community Diet Project published a new healthy eating recipe book, [Slicing, Chopping, Dicing and other adventures in Preparation](#). Many of the recipes included in the book were provided by community food initiatives from across Scotland.

The Nutrition Network for Wales Management Group and Project Team all agreed that the production of a similar resource in Wales would be of great value and in Autumn 2006 the Project Team contacted Nutrition Network for Wales partners requesting healthy eating recipes and healthier adapted recipes. The Project Team emphasised that the recipes should:

- be low in fat (especially saturated fat), sugar and salt
- be simple to follow
- be relatively easy to obtain and use in-expensive everyday ingredients, and
- be prepared using standard cooking equipment and not require specialist tools.

The aim was to produce a collection of recipes, donated by Nutrition Network for Wales partners, which could be used by community food initiatives, projects and others, as a source of nutritionally balanced and inspiring recipes to build confidence and raise awareness of healthy eating and support the people of Wales to develop their cooking skills and eat healthily.

Cooking in the Community Recipe Collection 2007 is an on-line, downloadable resource available on the NNW website - www.nutritionnetworkwales.org.uk.

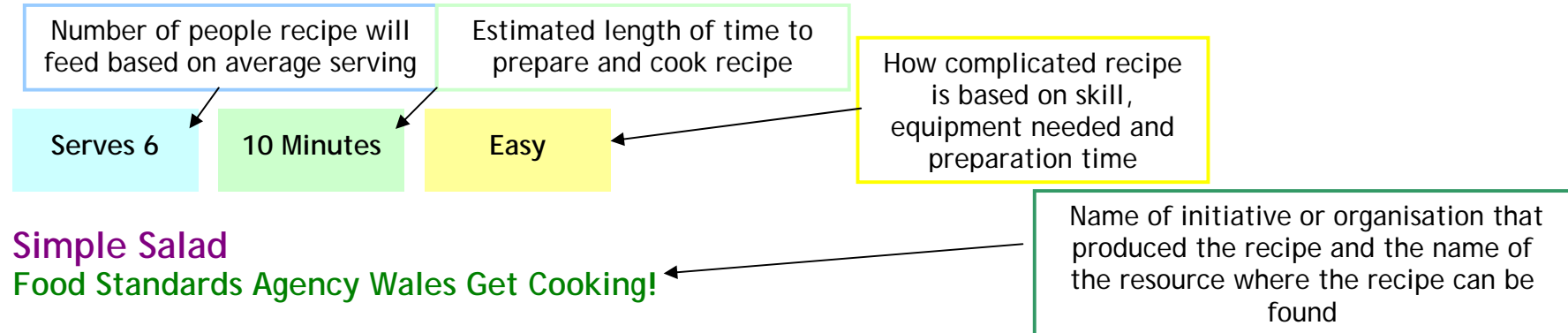
This is a 'dynamic' document which we hope will continue to grow and therefore the Project Team would like to request that you continue to send us your healthy eating recipes. The more recipes we receive, the more useful this resource will become! It provides a fantastic opportunity to showcase the work being undertaken in Wales by community food initiatives, share good practice and support the enthusiasm and success of our initiatives. Send your recipes to Beth.Preece@wch.wales.nhs.uk or Wales Centre for Health, 14 Cathedral Road, Cardiff, CF11 9LJ.

You can search the Nutrition Network for Wales website for initiatives in Wales using the [Community Food Initiatives Database](#). The database can be searched according to location, activity and target groups and contains information on hundreds of initiatives across Wales.

We are very grateful to everyone who has contributed recipes and we hope you enjoy using Cooking in the Community and that it will help you to continue to increase awareness of healthy eating and the role of practical cookery skills.

Using Cooking in the Community

The example below shows how the recipes are set out and what each section of the recipe refers to.



This recipe comes from the Get Cooking! Course developed by the Food Standards Agency Wales and aims to teach young people basic cooking skills so that they feel a sense of achievement, build confidence, and enjoy the experience of the cookery course.

Ingredients

- ½ lettuce
- 4 tomatoes, quartered
- ¼ cucumber, sliced
- ½ green pepper, cut into strips
- ½ onion or 2 spring onions, sliced
- Salad dressing

Equipment

- Chopping Board
- Knife

Method

- Wash and prepare all the ingredients and place into a large bowl.
- Add a salad dressing, if desired, and toss together.

Handy Hints

- Healthy eating** - Try a variety of salad vegetables to add variety to your diet.
- Money** - Add some canned vegetables, such as sweetcorn, as these will be cheaper
- Food safety** - Always wash salad vegetables to remove dirt and peel where necessary.

Basic information on the initiative or organisation, describing how and why the recipe was developed.

Selection of handy hints to reinforce important cookery messages or ways recipes could be even healthier.

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Serves 4

35 minutes

Moderate

Healthy Spaghetti Bolognese

Bedlinog and Trelewis Community Health Menu

With a grant from the Welsh Assembly Governments Food and Fitness Grant Scheme Bedlinog Parent and Teachers Association with support from Communities First launched a recipe and drawing competition in the two local primary schools.

The recipes formed the Community Health Menu and the winner of the drawing competition had his work placed on the cover.

Ingredients

1 x 15ml spoon (1 tablespoon) olive oil
200g lean minced beef
1 onion, finely chopped
4 large mushrooms, sliced
1 carrot, grated
1 x 400g tin tomatoes, chopped
230ml (7 fl oz) vegetable stock
2 x 15ml spoon (2 tablespoons) tomato puree
½ x 5ml spoon (1 teaspoon) Worcestershire sauce
1 x 5ml spoon (1 teaspoon) freshly ground black pepper
300g (9oz) wholemeal spaghetti
2 x 15ml spoon (1 tablespoon) chopped fresh parsley

Equipment

Tablespoon
Knife
Chopping board
Grater
Tin opener
Measuring jug
Teaspoon
2 Large saucepans
Wooden spoon



Method

- Heat the olive oil in a large saucepan over a medium heat. Add the minced beef and the onion and fry for 5 minutes, stirring occasionally until the mince is browned and the onions softened.
- Add mushrooms, carrot, tinned tomatoes, vegetables stock, tomato puree, Worcestershire sauce and freshly ground black pepper.
- Bring to boil, reduce heat to simmer for 20 minutes, until the sauce has thickened.
- Place the spaghetti in a saucepan full of boiling water and cook according to packet instructions, then drain.
- Spoon equal portions of Bolognese sauce over spaghetti and sprinkle with parsley.

Handy Hints

Healthy eating - Use lean minced beef; it is slightly more expensive but contains less fat than economy minced beef. Drain off the fat to remove any excess.

Money - Mix the minced beef with soya or Quorn to make it go further.

Food safety - Cook minced beef well, ensure that there is no pinkness left. When handling raw meat ensure all surfaces are wiped clean and hands are washed before preparing other ingredients.

Serves 2

10 minutes

Easy

Fast Food Pizza

Bedlinog and Trelewis Community Health Menu

Ingredients

2 muffins, crumpets or small baguette halves
1 spring onion
4 button mushrooms, washed and sliced
Small knob of butter
2 tomatoes, skinned, seeded and chopped
1 x 5ml spoon (1 teaspoon) tomato puree
1 x 5ml spoon (1 teaspoon) fresh chopped basil
2 x 5ml spoon (2 teaspoons) frozen or fresh sweetcorn
2 x 15ml spoon (2 tablespoons) cheddar cheese, grated

Equipment

Knife
Chopping board
Measuring spoons
Small saucepan
Grater

Method

- Gently fry the spring onion and mushrooms in a little butter over a low heat for 3 minutes.
- Stir in the tomatoes, tomato puree and basil. Cook for another 3 minutes.
- Add the sweetcorn to the mixture and season with pepper.
- Toast the muffin halves for a few minutes in a toaster or under grill.
- Top with the mixture, sprinkle the grated cheese and grill until golden brown.

Handy Hints

Healthy eating - Top the pizza with a few handfuls of reduced fat cheese to keep the overall fat content down or use a stronger flavoured cheese so you don't need to use as much.

Money - Use muffins, crumpets, French stick or prepared pizza bases, according to what's on offer in the shops.

Food safety - Wash or wipe the mushrooms before use.



Serves 1

10 minutes

Easy

How To Make A Fruit Smile

Bedlinog and Trelewis Community Health Menu

Ingredients

A carton of low fat custard
Half a strawberry
Half a banana
2 grapes
2 slices of pineapple
Orange zest, grated

Equipment

Chopping board
Knife
Grater
Plate

Method

- Pour some low fat custard onto a plate.
- Add half a strawberry, turned upside down, for a red nose.
- Add half a banana, sliced lengthways, for a big smile.
- Add 2 grapes, 1 each side for ears.
- Add 2 half slices of pineapple for bushy eyebrows.
- Add some grated orange zest for curly hair.
- If you do these you will make a happy, smiley, healthy face that tastes great!

Handy Hints

Healthy eating - Fruit smiles are low in fat, provide vitamins and contribute towards your daily 5 portions of fruit and vegetables every day.

Money - Use tinned fruit in their natural juice instead of fresh fruit.

Food safety - Always wash fresh fruit thoroughly.



Serves 12

40 Minutes

Moderate

Apple, Oat and Walnut Muffins

Carmarthenshire Community Recipe Cards Pack, donated by the Health and Well Being Project 50+Llanelli

As part of their response to Health Challenge Wales, Carmarthenshire County Council and Carmarthenshire Local Public Health Team worked together to produce ten healthy eating bilingual recipe cards. The pack includes recipes for a simple stroganoff, sweet and sour chicken and fruity oat slices amongst others. These are just two examples of the recipes produced.

Ingredients

140g (5 oz) soft brown sugar
200g (8oz) self raising flour
50g (2oz) rolled oats
1 x 5ml spoon (1 teaspoon) bicarbonate of soda
75 ml (3 fl oz) sunflower oil
2 large eggs
250g (9oz) natural yoghurt
2 eating apples, grated
110g (4oz) walnut pieces
1 x 5ml spoon (1 teaspoon) cinnamon
½ x 5ml spoon (1 teaspoon) nutmeg

Equipment

Weighing scales
Measuring spoons
Grater
Patty tins
Paper muffin cases
Mixing bowl
Wooden spoon
Wire rack
Jug



Method

- Preheat oven to 200°C (Gas Mark 6). Line patty tins with muffin cases.
- In the mixing bowl combine sugar, flour, oats and bicarbonate of soda.
- In a jug mix the sunflower oil, eggs and yoghurt. Stir the wet ingredients into bowl of dry ingredients, until combined but do not over mix.
- Fold in lightly the apple, walnut and cinnamon and nutmeg.
- Spoon the mixture into the cases. Sprinkle a few oats onto each muffin.
- Bake for 20-25 minutes until golden brown.
- Cool on a rack or serve warm.

Handy Hints

Healthy eating - Oats are a good source of soluble fibre, which helps to keep the gut healthy and could help lower cholesterol in the blood.

Money - A big bag of economy flour can be kept in a cool dry cupboard and be used for other recipes.

Food safety - Use oven gloves and take care when removing hot items from oven.

Serves 4

45 - 60
minutes

Easy

'Executive' Roasted Vegetable Cous Cous

Carmarthenshire Community Recipe Cards Pack, donated by Chief Executive, Carmarthenshire County Council

Ingredients

225g (8 oz) cous cous
4 tomatoes, quartered
1 green pepper
1 red pepper
1 garlic clove
1 x 15ml spoon (1 tablespoon) olive oil
275 ml (½ pint) vegetable stock
Pinch of mixed herbs

Equipment

Knife
Chopping board
Baking tray
Mixing bowl
Wooden spoon
Measuring spoons

Method

- Preheat oven to 200°C (Gas Mark 6).
- Cut vegetables into chunks, place on a baking tray and sprinkle with oil and garlic and place in the oven for 30 minutes until tender and slightly charred.
- Place cous cous in a bowl with the hot freshly prepared vegetable stock, leave for 15 minutes and stir occasionally.
- Take the vegetables out of the oven, add to the cous cous, mix in the herbs and seasoning to taste. Stir well.

Handy Hints

Healthy eating - Cous cous is a good source of starchy carbohydrate. Tomatoes are a good source of vitamin C which helps protect cells and aids iron absorption.

Money - Buy tomatoes loose as they are usually cheaper than buying packaged tomatoes.

Food safety - Cool any leftovers as quickly as possible (ideally within one to two hours) and then store in fridge. Eat leftovers within two days.



Serves 4

1 hour and
15 minutes

Moderate

Spanish Style Pork Chops

Carmarthenshire Local Public Health Team 1, 2, 3 Eat Healthily
Resource

This recipe is just one of 20 recipes as part of the 1, 2, 3 Eat Healthily Resource which aims to raise awareness of basic healthy eating messages, elements of physical activity and basic skills (literacy and numeracy).

Ingredients

4 thick pork chops or steaks, fat removed
Salt and pepper
1 x 5ml spoon (1 teaspoon) of oil
1 onion, chopped
1 green pepper
2 tins chopped tomatoes
½ x 5ml spoon (1 teaspoon) paprika
1 x 5ml spoon (1 teaspoon) Worcestershire sauce
2 x 5ml spoon (1 teaspoon) vinegar
150ml (1/4 pint) chicken or vegetable stock

Equipment

Measuring spoons
Chopping board
Knife
Tin opener
Measuring jug
Non stick frying pan
Casserole dish with lid



Method

- Lightly season the pork chops.
- Spray or coat a non stick frying pan with the oil and fry the chops until brown on both sides, approx 5 minutes. Remove the chops and put into a casserole dish.
- Using the same pan fry the onion until soft, add the green pepper, tomatoes, paprika, Worcestershire sauce and vinegar, finally add the stock.
- Let the sauce simmer for a few minutes then pour over the chops.
- Cover the casserole dish with a lid or tin foil and bake at 180°C (Gas Mark 4) for 1 hour or until the chops are tender.

Handy Hints

Healthy eating - If you can, use a non stick frying pan, this will mean you won't have to use as much oil. Trim away visible fat on the pork before cooking.

Money - Add extra vegetables or pulses to reduce the amount of meat needed to increase nutrient content and make the meal go further.

Food safety - Always cover raw meat and store it on the bottom shelf of the fridge.

Serves 3-4

45 minutes

Moderate

Shepherds Pie

Ceredigion Healthy Food Programme

The Ceredigion Healthy Food programme is working with local shops to help them provide more healthy foods in their stores.

The recipe is part of a series of bilingual recipe and information cards which are given to local food shops to encourage the shop to sell a wider range of healthy foods, encourage shoppers to eat more healthily and purchase more foods from their local stores.

Ingredients

250g (9 oz) lean minced beef or lamb
1 x 15ml spoon (1 tablespoon) oil
1 onion, chopped
1 carrot, diced
25g (1 oz) frozen peas
150 ml (1/4 pint stock)
200g tin of tomatoes
500g (1lb) potatoes
25g (1 oz) low fat cream cheese (or butter or margarine)
50ml (2 fl oz) skimmed milk

Equipment

Measuring spoons
Chopping board
Knife
Measuring jug
Potato masher
Tin opener
Baking dish
Frying pan



Method

- Preheat the oven to 200°C (Gas Mark 6).
- Heat the oil in a frying pan, add the onion and cook for 5 minutes.
- Add the minced beef or lamb and cook until it browns.
- Add the stock, carrots and tinned tomatoes.
- Simmer for 20 minutes, stir occasionally, and then add the peas.
- While the meat filling is cooking; boil the potatoes for 15 minutes until tender.
- Drain the potatoes and add the cream cheese (or butter or margarine) and milk. Mash until smooth and creamy.
- Put the meat filling into a baking dish and top with the mashed potato.
- Bake for 20 minutes until golden brown.

Handy Hints

Healthy eating - When frying the meat, remove excess fat by skimming it off from the surface with a spoon

Money - Plan your weekly budget and stick to it.

Food safety - Always wash worktops and utensils thoroughly. Use separate chopping boards and utensils for raw meat and vegetables.

Serves 4

30 minutes

Moderate

Pea and Mint Soup

Food Standards Agency 10 Tasty and Healthy Winter Warmers

The Food Standards Agency has produced a collection of winter warming recipes which as well as being healthy, are low in salt.

Ingredients

1 onion, finely chopped
1 x 15ml spoon (1 tablespoon) olive oil
1 small or ½ large cauliflower, chopped
450 g (1lb) petit pois or peas, frozen
1 litre (2 pints) vegetable or chicken stock
Large handful of fresh mint
60g (2.3 oz) Greek style natural yoghurt

Equipment

Knife
Chopping board
Measuring spoons
Measuring jug
Large saucepan
Blender

Method

- Heat the oil in the bottom of a large saucepan and add the onion. Fry gently for 2 minutes.
- Add the cauliflower and stock. Bring to the boil and simmer for 10 minutes.
- Add the peas and mint and simmer for another 5 minutes.
- Blend and pour into bowls.
- Swirl in the yoghurt and sprinkle with some mint.

Handy Hints

Healthy eating - Do not add extra salt when using stock cubes, as stock cubes are already high in salt.

Money - It is often cheaper to buy vegetables, such as cauliflower, when they are in season. Alternatively frozen cauliflower will come in handy for other meals.

Food safety - Keep saucepan handles away from the edge of the hob.



Serves 6

1 hour and
15 minutes

A little
harder

Beef and Vegetable Casserole

Food Standards Agency 10 Tasty and Healthy Winter Warmers

Ingredients

600g (1 ½ lb) lean stewing steak, cubed
4 x 15ml spoons (4 tablespoons) olive oil
4 garlic cloves, crushed
2 x 15ml spoon (2 tablespoons) white wine
1 inch piece of fresh ginger, finely grated
2 onions, sliced
2 carrots, sliced
2 courgettes, sliced
2 sticks of celery, sliced
1 small tin of tomatoes
1 red pepper, deseeded and chopped
600ml (1 pint) chicken or vegetable stock
Plenty of fresh ground pepper

Equipment

Knife
Chopping board
Measuring spoons
Grater
Measuring jug
Large casserole dish with lid



Method

- Preheat oven to 200°C (Gas Mark 6).
- Heat half the oil in the bottom of a large casserole dish over a medium heat. Fry the steak on each side to seal. Take out and put aside.
- Heat the remaining oil, add the onions and gently fry for 2 minutes being careful not to burn.
- Put the steak back in, add the garlic and the courgettes and fry for 5 minutes.
- Add the white wine so that the alcohol releases the residue off the bottom of the pan, stir and add the stock. Add the rest of the vegetables, grate in the ginger and bring to the boil.
- Put the lid on the dish and transfer to the oven. Cook for 45 minutes to 1 hour until fully cooked.

Handy Hints

Healthy eating - Choose lean cuts of meat and trim away any visible fat. Try serving with boiled or mashed potatoes to balance the meal.

Money - Try economy brands of tinned tomatoes.

Food safety - Always wash hands before and after cooking, after using the toilet and after handling raw meat.

Serves 2-3

45 minutes

Easy

Summer Fruit Smoothie

Funky Fruit and Veg Co-op, Blackwood Primary School

The Funky Fruit and Veg Co-op was set up by Blackwood Primary School in conjunction with the Rural Regeneration Unit and was the 100th food co-op to be set up in Wales.

Through the project the pupils are gaining business and organisational skills whilst assisting the community. This recipe has been used with children from the school working in the co-op.

Ingredients

400g (12oz) fresh or frozen raspberries

200ml pot of yoghurt

400g (12 oz) fresh or tinned peach slices in natural juice

Equipment

Sieve

Fork

Blender

Method

- Put the raspberries in a sieve and mash to remove the pips.
- Put raspberries, peaches and yoghurt into the blender and blend until smooth.
- Put into glasses, decorate with peach slices and serve.

Handy Hints

Healthy eating - Use low fat yoghurt to reduce the fat content.

Money - Buy your fruit and vegetables from a local food co-op, which provide excellent value for money. To find your nearest food co-op check out the [Community Food Initiatives Database](#).

Food safety - Clean every part of the blender thoroughly, before and after use.



Serves 6

45 minutes

Moderate

Vegetable Enchiladas

Inequalities in Health Nutrition Project, Rural Regeneration Unit and National Public Health Service, Newport Fruit and Veg Co-op Book

This recipe is part of a Fruit and Vegetable Co-op Book produced by Newport's Inequalities in Health (IIH) Nutrition Project, Newport Local Public Health Team and the Rural Regeneration Unit. Developing the Book was one of the IIH Nutrition Projects actions from the local Nutrition Action Plan.

Ingredients

1 packet of soft flour tortillas
1 pepper, chopped and de-seeded
1 tin of chickpeas or 1 cup of quorn mince
1 tin of red kidney beans
1 tin of chopped tomatoes
1 onion
1 clove of garlic, crushed
1 carrot
1 courgette
1 broccoli
150g (7oz) low fat cheddar cheese
½ - 1 x 5ml spoon (1 teaspoon) chilli powder
Pinch of mixed herbs
150 ml (¼ pint) vegetable stock
2 x 15ml spoon (2 tablespoons) olive oil
Mixed salad

Equipment

Chopping board
Knife
Tin opener
Measuring spoons
Measuring jug
Tablespoon
Frying pan
Baking tray
Grater
Wooden spoon



Method

- Preheat oven to 190°C (Gas Mark 5).
- Wash and chop all the vegetables.
- Fry the onion in oil until brown add all other vegetables and fry for 2 minutes.
- Mix in the chickpeas or mince, red kidney beans, stock, chilli powder, herbs and chopped tomatoes.
- Cook over a low heat for 10 minutes stirring occasionally.
- Spoon 3 heaped spoonfuls of the mixture into the centre of each flour tortilla and roll up into a parcel.
- Place the tortillas on a lightly greased baking tray and grate cheese over the top.
- Put tray in the oven or under the grill for 3-5 minutes until cheese has melted.

Handy Hints

Healthy eating - Cheese is a good source of calcium essential for healthy bones and teeth. Use a reduced fat cheese to lower the fat content. Try different vegetable fillings for variety.

Money - Use a mixture of frozen and tinned vegetables to keep the costs down.

Food safety - Wash vegetables thoroughly.

Serves 4

30 minutes

Moderate

Fruit Filled Pancakes

Inequalities in Health Nutrition Project, Rural Regeneration and National Public Health Service, Newport Fruit and Veg Co-op Book

The Fruit and Vegetable Co-op Book has been produced for regular customers of the Gaer, Alway and Duffryn Co-ops in Newport which are supported by the Rural Regeneration Unit. The recipes were submitted through a recipe competition involving the three co-ops. The recipes have been used to provide cookery sessions and food skills training across Community First areas of Newport.

Ingredients

100g (4 oz) plain wholemeal flour
300ml (½ pint) semi skimmed milk
1 large egg
1 x 5ml (1 teaspoon) vegetable oil for frying
1 large lemon or 2 x 15ml (2 tablespoons) of lemon juice
Selection of chopped fruit such as kiwi, strawberries and banana

Equipment

Mixing bowl
Whisk
Frying pan
Weighing scales

Method

- Place the egg, flour and a little of the milk into a mixing bowl. Using a whisk beat the mixture together until smooth.
- Stir in the remaining milk and mix the ingredients together to form a smooth batter.
- Heat the oil in a frying pan and pour in a small quantity of batter, enough to cover the surface of the pan.
- Cook for 3-4 minutes until the bottom of the pancake is golden brown, then flip the pancake over and cook the other side.
- Put the pancake onto a plate and sprinkle with a little lemon juice.
- Cook the rest of the pancakes.
- When they are all cooked, fill each pancake with a selection of sliced fruits and serve.

Handy Hints

Healthy eating - Use a spray vegetable oil to help reduce the amount of oil needed to fry the pancakes.

Money - Use frozen fruit, then you can use what you need and store the rest for use later.

Food safety - Keep eggs in fridge and use by the 'best before' date. Do not use eggs with a damaged or broken shell. Eat the pancakes as soon as possible after cooking, if storing in the fridge, consume within 2 days.



Serves 4

30 minutes

A little
harder

Sausage Casserole (with multi coloured mash)

Inequalities in Health Nutrition Project, Rural Regeneration and National Public Health Service, Newport Fruit and Veg Co-op Book

Ingredients

8 low fat pork sausages
1 swede
2 parsnips
4 carrots
4-5 medium potatoes
1 medium sized can of chilli beans in chilli sauce
1 small onion
300ml (½ pint) stock
A few dashes or Worcestershire sauce
2 x 15ml (2 tablespoons) tomato puree
A pinch of mixed herbs
25g (1 oz) low fat spread

Equipment

Chopping board
Knife
Vegetable peeler
Measuring jug
Tin opener
Large saucepan
Medium saucepan
Potato masher



Method

Sausage Casserole

- Cut the sausages into three; gently fry until brown in a large saucepan with a little vegetable oil.
- Chop the onion and add to the saucepan, fry for a few minutes until soft.
- Peel and chop the swede, parsnip and carrots into bite sized pieces and add half of the vegetables to the pan.
- Pour the stock over the vegetables and sausages and bring to the boil.
- Add the Worcestershire sauce, tomato puree and mixed herbs. Place over a low heat for 20 minutes or until vegetables are cooked. Add a tin of chilli beans.

Multi-Coloured Mash

- Whilst the casserole is cooking start making the mash.
- Peel the potatoes and chop into small chunks.
- Place the potatoes and the remaining vegetables that were not added to the casserole into a large pan of boiling water.
- Cook the vegetables for 20 minutes over a low heat.
- Mash the vegetables together with the low fat spread and a little semi skimmed milk.
- Serve the multicoloured mash with the sausage casserole.

Handy Hints

Healthy eating - Use reduced fat pork sausages to reduce the fat content.

Money - Purchase large bags of potatoes which are more economical and store in dry, dark conditions to ensure they last longer

Food safety - Always wash your hands after handling raw meat products.

Serves 2

10 minutes

Easy

Cottage Cheese and Melon Salad

North East Wales NHS Trust, Cardiac Cooking Companion

These recipes are part of the bilingual Cardiac Cooking Companion produced by the Cardiac Dietitian in North East Wales NHS Trust.

The idea for the recipe book originated from users of the cardiac rehabilitation service. Evaluation of patient needs for extra resources overwhelmingly demonstrated the need for heart healthy recipe provision from a trusted source. Local Heart Support and Voluntary Groups consulted on and contributed to the resource.

The aim of Cardiac Cooking Companion is to promote foods with known cardio protective benefits. Almost all the recipes are suitable for persons with diabetes and easy to follow nutrition symbols are provided. The recipe book is designed to be continually updated and users are invited to contribute to future additions.

Ingredients

½ honeydew melon
150g (5 oz) cottage cheese
Small head of lettuce
2 red apples
3 x 15ml spoons (3 tablespoons) lemon juice
Pinch paprika

Equipment

Chopping board
Knife
Wooden spoon
Serving bowl

Method

- Skin and deseed the melon, then cut into bite sized cubes.
- Peel and cut the apple and discard the core.
- Wash the lettuce and set aside.
- Place the fruit in a large bowl and add cottage cheese and lemon juice.
- Add a pinch of paprika and mix gently with a wooden spoon. Place salad in fridge to chill prior to serving.
- Serve the salad on a bed of lettuce.



Handy Hints

Healthy eating - Cottage cheese is a good example of a healthy low fat cheese and is a good source of calcium which is essential for bone strength.

Money - Don't fill your cupboards with foods on special offer that you are unlikely to eat. Compare the prices of fruit and salad at your local greengrocer, market stall and supermarket.

Food safety - Wash kitchen cloths and tea towels regularly. Always wash fruit thoroughly.

Serves 2-4

20 minutes

Moderate

Salmon with avocado and lime salsa

North East Wales NHS Trust, Cardiac Cooking Companion

Ingredients

2-4 salmon fillets
1 avocado, peeled, cut in half, deseeded, chopped
½ a lime
1 red onion, chopped
1 red pepper, deseeded and chopped
2 x 15ml spoons (2 tablespoons) chopped coriander
1 x 15ml spoon (1 tablespoon) vegetable or sunflower oil
Pepper

Equipment

Chopping board
Knife
Mixing bowl
Brush
Spoon

Method

- Place the red onion and pepper in a bowl with the avocado, squeeze the lime juice into a cup ensuring all pips are removed then pour into the bowl and mix well.
- Add the coriander and a generous pinch of pepper.
- Brush the salmon fillets with the vegetable oil and cook under a hot grill for 10 - 15 minutes until cooked through.
- Place the salmon fillets on individual plates and spoon over salsa. Serve with potatoes or rice.

Handy Hints

Healthy eating - Try and eat at least 2 portions of fish a week, one of which should be oily fish such as salmon.

Money - Serve with potatoes or rice to make a more substantial meal.

Food safety - Prepare and store raw and cooked food separately.



Serves 2-3

20 minutes

Moderate

Fast Fish Stew

North East Wales NHS Trust, Cardiac Cooking Companion

Ingredients

250g (9 oz) unsmoked haddock or cod fillets
125g (4.5 oz) prawns
3 large potatoes, peeled and chopped
1 carrot, peeled and diced
1 parsnip, peeled and diced
1 celery stick, sliced
1 onion, diced
3 x 15ml spoons (3 tablespoons) soy sauce
2 x 15ml spoons (2 tablespoons) grated fresh ginger
900ml (1 ½ pints) water
Crusty bread

Equipment

Chopping board
Knife
Large saucepan
Measuring Spoons
Vegetable peeler
Grater
Measuring jug



Method

- Place potato, carrot, onion and celery into a large saucepan. Add water and simmer for at least 15 minutes, stirring regularly.
- Cut the fish on a separate chopping board into 8 pieces and place in saucepan along with the prawns. Add ginger and soy sauce, cover and simmer for 15 minutes.
- Serve with crusty bread.

Handy Hints

Healthy eating - Try using wholegrain crusty bread, as it is a good source of fibre.

Money - Frozen white fish such as coley and whiting can be a cheaper alternative to haddock or cod. Always ensure frozen fish is defrosted thoroughly before cooking or increase cooking time to ensure that the fish is piping hot throughout.

Food safety - Always wash fresh vegetables and peel where necessary.

Serves 6-8

1 hour and
10 minutes

A little
harder

Carrot Cake

North East Wales NHS Trust, Cardiac Cooking Companion

Ingredients

125g (4.5 oz) carrots, peeled and grated
25g (1 oz) sugar
75g (2.5 oz) dried fruit such as raisins or apricots
150g (5 oz) wholemeal self raising flour
1 x 5ml spoon (1 teaspoon) ground cinnamon
½ x 5ml spoon (1 teaspoon) bicarbonate of soda
1 x 15ml spoon (1 tablespoon) oil
1 egg, beaten

Equipment

Vegetable peeler
Grater
Weighing scales
Measuring spoon
Wire rack
Whisk
Mixing bowl
Wooden spoon
Sieve
Loaf tin
Greaseproof paper
Skewer
Oven gloves

Method

- Preheat the oven to 150°C (Gas Mark 2).
- Mix grated carrot, sugar and fruit.
- Sieve in the flour, bicarbonate of soda and fruit and mix well.
- Add the oil and beaten egg and mix well (add a drop of milk if mixture is too stiff).
- Line a 1lb loaf tin with greaseproof paper and add the mixture.
- Bake for about an hour, test if done by inserting a skewer and if the skewer comes out clean it is ready. If not cook for another 5-10 minutes.
- Once baked allow to cool slightly and then turn out of the tin onto a wire rack.

Handy Hints

Healthy eating - Remember that there is room in the diet for foods that contain fat and sugar, just don't eat too many of them, too often.

Money - Use economy packets of dried fruit to keep the cost down.

Food safety - Use oven gloves and take care when removing hot items from oven.



Serves 4

30 minutes

Moderate

Chicken Savoury Rice

Nutrition and Health Team, Alive and Ticking Project Confidence to Cook Pictorial Book

These recipes were developed by the Alive and Ticking Nutrition and Health Team, an Inequalities Health funded project in Neath Port Talbot, which aims to contribute to the reduction of coronary heart disease via the five a day message.

The recipes were used as part of the development of a resource with photographic pictures and minimal words showing how to prepare and cook healthy meals. The recipes are continuously being used as part of the Confidence to Cook programme which is a sustainable intervention with established community groups who may not be able to access mainstream cookery books and courses.

Ingredients

1 x 15ml (1 tablespoon) vegetable oil
8 mushrooms, sliced
1 onion, sliced
1 red pepper, sliced
2 slices of ham
1 chicken breast
100g (4 oz) tinned or frozen peas and sweetcorn
500g (1lb) long grain rice
1.2 litres (2 pints) of boiling water

Equipment

Vegetable peeler
Knife
Wok or large frying pan
Measuring spoons
Chopping boards

Method

- Peel and chop the onion, pepper and mushroom.
- Chop the chicken breast into small pieces.
- Slice the ham on a separate chopping board.
- Heat the oil in a wok or large frying pan, add the chicken and onion and cook for 5 minutes.
- Add the mushrooms and pepper and cook for 5 minutes.
- Add the rice and water, bring to the boil and simmer for 20 minutes.
- Add peas and sweetcorn, ham and season with pepper.
- Simmer for 5 minutes and serve.



Handy Hints

Healthy eating - Rice is a good source of starchy carbohydrate. Brown rice will provide more fibre than white rice.

Money - Try using economy long grain rice.

Food safety - Rice should be served hot. If you are serving it cold, cool quickly and store in fridge until ready to eat. Don't leave rice hanging around at room temperature.

Serves 4

40 minutes

Moderate

Fruity Chicken Curry

Nutrition and Health Team, Alive and Ticking Project Confidence to Cook

Ingredients

1 x 15ml spoon (1 tablespoon) vegetable oil
4 skinless chicken breasts
1 onion
1 cooking apple
1 x 15ml spoon (1 tablespoon) curry powder
½ x 5ml spoon (½ teaspoon) cinnamon
½ x 5ml spoon (½ teaspoon) turmeric
1 x 15ml spoon 1 tablespoon plain flour
1 small tin of pineapple pieces, drained
½ pint semi skimmed milk
¼ pint chicken stock
1 x 15ml spoon (1 tablespoon) sultanas
Boiled rice

Equipment

Measuring spoons
Tin opener
Knife
Chopping boards
Wok or large saucepan
Measuring jug

Method

- Cut the chicken in to small pieces.
- On a separate chopping board peel and slice the onion.
- Chop the pineapple if necessary.
- Heat the oil in a wok or a saucepan and add the chicken, gently turning until brown and cooked thoroughly, approximately 10 minutes.
- Add the onion and cook for 2-3 minutes.
- Add the cinnamon, turmeric, curry powder, flour and stir.
- Add apple, stock, milk, pineapple juice and stir.
- Add sultana and pineapple and stir.
- Simmer for 35 minutes and serve with boiled rice.

Handy Hints

Healthy eating - Remove the skin on chicken to reduce the fat content. Alternatively if you are vegetarian, use soya, or Quorn pieces.

Money - Use chicken legs or thighs which are often cheaper than breast but may need a longer cooking time.

Food safety - Store raw chicken, covered in a container on the bottom shelf of the fridge.

