

A Few Nice Recipes

Salads

There are many ingredients that can be put into salads that will make them both nutritious and taste good. Consider trying **some of** the following and try different combinations to see what you like best.

Vegetables:

- Think what is in season or available at local shops (or in your garden/in window boxes etc.) Generally more roots and ‘harder’ veg will be appropriate in winter months and ‘softer’ greens (lettuces, peas/mange-tout, watercress, etc.) in summer.
- Grated raw carrots, grated raw beetroot and grated raw celeriac, red/yellow/orange sweet peppers, raw spinach (rolled up and sliced finely), watercress, rocket, chicory/endive (sliced finely), celery and fennel bulb (cut finely), radishes, cucumber, tomatoes, raw peas and French and broad beans, mange tout, mushrooms, spring onions and olives. Experiment with the variety of lettuces available: flat, frizzy, red, endive, oak leaved, etc.

Herbs:

Be bold and brave with your herbs and try different ones such as: parsley, leaf coriander, leaf fennel, chives, mint, basil, lovage and dill. Chop them finely before mixing in. If you have anywhere to grow them, many of these are easy to grow, even on windowsills.

Sprouts:

Such as from mung and aduki beans, whole lentils, chickpeas, alfalfa and sunflower seeds (if never made sprouts before, look this up on the internet - it is easy and surprisingly cheap to do!) **Raw sprouts should not be eaten by people with a weakened immune system (such as when on chemotherapy)** so if this is the case please cook sprouts thoroughly until steaming hot.

Wild flowers from your garden:

If you can grow them, add nasturtium, borage, marigold and violet flowers.

Protein rich foods:

A variety of nuts and seeds are delicious and can be lightly toasted or tossed in raw.

Other protein rich foods such as: avocados, cubed firm tofu, feta cheese, cooked, tinned oily fish, pulses and halloumi cheese.

Salad Dressings:

1. 1 tsp Dijon mustard, 1 tsp honey, 1 crushed clove of raw garlic, a little salt and pepper, 1 tbsp lemon juice and 1 tbsp balsamic/cider vinegar and 3-4 tbsps of good quality cold-pressed olive oil. Mix in jar and shake well.
2. Mix some good quality mayonnaise with some lemon/lime juice and a little zested skin and mix well. Can also add a clove of garlic to this and salt and pepper.

Both will store in fridge for several days.

Granola Cereal

This can be made with **some or all** of the following ingredients and is considerably cheaper than the shop-bought varieties. Experiment with your amounts and ratios to desired taste. Oats (main ingredient in ratio of 3 to 1 with other grains) Millet flakes, barley, rice or rye flakes (some or all of these). Add to this ground almonds, (and a handful of any other nuts you especially like), linseed and a mix of sunflower, sesame and pumpkin seeds, desiccated coconut.

Mix separately some sunflower oil, brown rice syrup or apple juice concentrate and add this to dried ingredients. Stir well and bake at a low/medium temperature in baking tray in oven, stirring occasionally, until lightly browning (do not overcook).

When cool, mix in some dried fruit, such as sultanas/raisins, prunes, sugar-free dried banana chips, dried pineapple/mango slices chopped dates and apricots. (Avoid 'sugar-coated' dried fruit).

Carol's Powerballs

In a food processor: add 2 handfuls of apricots or any other fairly soft dried fruits (eg prunes or dates also delicious), 2 handfuls of raisins, 2 handfuls of walnuts (or any other nuts you fancy) then blitz these dry ingredients. Add a couple of tablespoons of ground (eg in a coffee grinder) flax seeds, a couple of tablespoons carob powder/raw chocolate powder and a big generous tablespoon of tahini. Give it another good blitz and then keep adding a little tahini until it sticks together in a ball, if you keep blitzing it usually all comes together sooner or later. Then roll mixture into balls and roll these in sesame seeds or desiccated coconut. Then stop yourself from eating too many at once!

Smoothies

These are easily made in a normal jug blender. Put in some chopped fresh fruit such as: pineapple, pear, kiwi, black and red berries, mango, and melon. Add to this half a banana, some juice (fresh orange or other) to desired consistency and some plain yoghurt (optional). Blend well and drink between meals. Keep in the fridge but only for a day. This recipe will make more than 150ml (suggested maximum dose of smoothie per day) so amend quantities down appropriately if making for one person.

Basic Green Smoothie Recipe:

- 300ml spring water / coconut water
- 80g cucumber
- 80 spinach/kale
- 40g rocket
- 40g celery
- ½ tomato (improves taste)
- optional extras: 20-40g avocado, chlorella, ½-1 clove garlic, 2 tspns lemon juice, pinch salt
- Drink half before breakfast and half before lunch
- For nausea add ginger, okra, and mint

Flapjacks

4oz plain flour, 1 tspn bicarbonate of soda, 3oz rolled oats, 2oz sultanas, 2oz chopped apricots/dates/crystallised ginger, 2oz sunflower/sesame seeds, 5oz oil/butter, 4oz honey/black molasses.

Grease 9” square tin, melt butter/oil and honey in pan and add to other ingredients.

Stir well, press firmly into tin and bake for 15-20 minutes in 180C oven.

Quinoa Salad

1 cup each of water and apple juice, 1 cup quinoa (rinsed and drained), 1/2 tsp cinnamon, 2 large red apples, 1 cup chopped celery, 1/2 cup dried cranberries, 1/2 cup chopped walnuts, 1 cup non fat vanilla yoghurt.

Place water, apple juice, cinnamon and rinsed quinoa in a saucepan and bring to a boil over a high heat. Reduce heat, cover and simmer until all of the liquid is absorbed, approximately 15 mins. Cool, transfer quinoa to a large mixing bowl and refrigerate, covered for at least one hour. Alternatively ready cooked quinoa is available in pouches. Add apples, celery, dried cranberries and walnuts to quinoa. Mix well. Fold in yoghurt. Serve immediately.

Humous:

Can be made with a variety of pulses such as chick peas, butter beans or flageolet beans.

Drain 1 tin of your chosen bean and put this in a food processor with 1-2 tbsps of Tahini, 1 small clove of garlic, 1/2 teaspoon cumin powder, some salt and pepper, the juice of a lemon and 1-3 tbsps of your cold pressed virgin olive oil. Serve cold as a dip with vegetables or mash, or eat on crackers or in sandwiches. Will keep a few days in fridge.

Noodle Jar

In a jar or flask put in rice/buckwheat noodles, a spoonful of miso paste/vegetable stock powder, some tofu, beansprouts, thin vegetable peelings, chopped spring onions/chives and fresh herbs. Just add boiling water to make your own instant pot noodles!

All recipes below serve 6.

Butternut Squash and Coconut Soup

The veggie base to this soup is low in calories and high in nutrients such as vitamins A and C. The protein and fibre in the beans make it filling enough for a main meal. Coconut is high in saturated fat, so you may wish to use light coconut milk, it still tastes super creamy! If you are struggling to keep your weight up then use full fat, as it's higher in calories.

Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 2 green chillies (amount to taste), finely chopped
- 2 medium butternut squash, seeds removed and diced
- 2 large red peppers, seeds removed and diced
- 2 cans light coconut milk
- 1 can cannellini beans
- 500ml vegetable stock

Method

1. Fry the onion in the oil until softened.
2. Add the butternut squash and pepper to the pan and fry for a couple of minutes.
3. Add the green chilli and fry for a further minute.
4. Add the beans, coconut milk and vegetable stock. You can adjust the amount of stock depending on how thick you like your soup.
5. Bring to the boil and simmer until the veg are completely soft.
6. Take off the heat, cool slightly, and whizz until smooth. Add some boiling water if it's too thick.
7. Reheat and serve with crusty bread, or a sandwich of your choice.

Three Bean Chilli (vegan)

Packed with plant protein and lots of fibre, this dish can be made on the hob or in advance in the slow cooker.

Ingredients:

- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tbsp olive oil
- 1 tsp cumin
- 2 tsp paprika (smoked or regular, to taste)
- 2 tsp ground coriander
- ½ tsp ground ginger
- ½ tsp salt
- ¼ tsp black pepper
- 1 tsp chilli powder (or to taste)
- 1 red pepper, cut into bite sized pieces
- 1 green pepper, cut into bite sized pieces
- 1 orange or yellow pepper, cut into bite sized pieces
- 1 x 400g tin of kidney beans, drained
- 2 x 400g tins of any other beans (black eyed, cannellini, butter, borlotti, black etc), drained
- 2 x 400g tins of chopped tomatoes
- Tomato puree to taste

Method:

1. Fry the onion and garlic in the olive oil on a medium heat until softened.
2. Add in the spices and stir for one minute.
3. Add the peppers and cook until softened.
4. Add the cans of beans and tomatoes.

5. Squeeze in some tomato puree, depending on how tomatoey you like it.
6. Simmer for about 15 minutes.

To serve:

Toast halved pitta breads and stuff with chilli, baby spinach, grated cheese and sour cream.

One-Pot Chicken

A meal which can be served straight from the pot with no additional accompaniments. It is a good balance of carbohydrate, protein and fat, and packed with micronutrients. Don't be alarmed by the amount of garlic, when roasted it is not overpowering.

Ingredients

6 chicken thighs
800g sweet potato, cut into chunks
200g chorizo sausage, sliced
1 bulb of garlic, broken into cloves
2 tbsp rapeseed or vegetable oil
200ml chicken stock
1 lemon, halved
2 courgettes, cut into thick batons
1 red chilli, deseeded and sliced
240g baby spinach
2 tbsp flat leaf parsley, chopped
1 pinch salt
1 pinch black pepper

Method:

Heat the oven to gas 7, 220 degrees C or fan 200 degrees C

1. Place the chicken, skin side up, in a roasting tin with sweet potato chunks
2. Leaving the skin on, lightly crush the garlic cloves and place amongst the chicken
3. Drizzle oil over the pan and add the chicken stock, then season
4. Squeeze in the lemon juice before adding the juiced halves to the tray

5. Bake in the oven for 45-50 minutes. About 30 minutes in add the chorizo, courgettes and chilli
6. Cut the thickest part of the thigh to check that the chicken is cooked through with no pink showing, then remove from the oven and allow to rest for a few minutes
7. Mix the spinach and parsley (if you have it) through the hot chicken mix and serve

Peanut Butter Cookies

Although sugary, these cookies contain peanuts, which are a good source of protein and healthy fats.

Ingredients:

125g soft butter
175g soft brown sugar
125g crunchy, no sugar added peanut butter
175g self raising flour
1 egg, beaten

Method:

1. Pre-heat the oven to 180 degrees C
2. Beat together the butter and sugar
3. Add peanut butter, flour and egg and beat with a wooden spoon
4. Put teaspoons of the mixture on a baking tray, on a greaseproof sheet
5. Bake for 15 minutes max, the mixture should still be squidgy

For more recipes have a look at this World Cancer Research Fund website:

www.wcrf-uk.org/uk/recipes/recipes-home

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