

Northern Ireland Chest Heart & Stroke

Chest
Heart &
Stroke

Cook Healthy Stuff

Healthy recipes for a healthy lifestyle



Why Eat a Healthy Balanced Diet?

- Helps to control weight, reducing **Obesity** risk
- Reduces risk of **High Blood Pressure**
- Helps lower the level of **Cholesterol** in our blood
- Reduces risk of **Heart Attack** and **Stroke**
- Increases vitamin and mineral intake
- Improves energy
- Keeps your brain active and improves mood
- Reduces risk of other diseases such as **Diabetes** and **Cancer**



Tips for Healthy Eating on a Budget

1. Write a shopping list

- this helps to ensure that you only buy what you need and reduces the temptation to impulse buy on unhealthy foods that are on offer.

2. Waste nothing

- it has been found that we can throw away up to £60 of good food every month. By planning meals you can ensure that you use up all your ingredients and waste nothing. Save leftovers for lunch to save time and money and avoid temptation to buy junk food at lunchtime.

3. Use the freezer

- freeze any leftovers such as bread and extra portions. Frozen fruit and vegetables can be cheaper and are just as healthy.

4. Branding

- buy un-branded products as it can save you a lot of money and can sometimes be healthier - but always make sure to read the labels.

5. Cook with vegetables and pulses

- meat and fish are often the most expensive ingredients. Use pulses such as beans, peas and lentils as they are a cheaper source of protein and are high in nutrients.

6. Know what's in your cupboards

- plan meals around these items so that you're not buying ingredients which you don't need.

7. Cheaper cuts

- not all meat is expensive and there are cheaper cuts. Ask your local supermarket or butcher what these are. Trim off fat.

8. Homemade food is cheaper

- reducing the number of takeaways could save you up to £800 a year.

9. Same for everyone

- encourage your children to eat the same as you instead of costly toddler food. Blend/chop into smaller sizes for children and freeze extra portions.

Recipes

All food prices calculated using Tesco's ingredients with PremierFoodServices
'Recipe Calculator'

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Breakfast Recipes

The most important meal of the day!

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Acknowledgements

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Photos: Thomas Fegan

Scrambled Eggs on Toast

Pg 6

Serves 1

Calories per portion: 437kcal

Price per portion—£0.40

Ingredients

2 eggs

2 tsp low-fat spread

4 tbsp semi-skimmed milk

1 pinch of black pepper

2 slices wholemeal or granary bread

Handful of mushrooms (optional)

Method

1. Lightly mix the eggs and milk in a bowl.
2. Melt the low-fat spread in a pan and add the egg mixture.
3. Cook over a medium-high heat, stirring slowly.
4. Place the bread in the toaster.
5. Serve the eggs on the slices of toast, with a pinch of black pepper and handful of mushrooms.



Melon and Crunchy Bran Pots

Pg 7

Serves 1

Calories per portion: 272kcal

Price per portion - £0.76

Ingredients

100g melon (mix of Watermelon, Honeydew and Canteloupe)

1 tbsp mixed seed

150g pot light or fat-free yoghurt

1 tsp clear honey

2 tbsp fruit & fibre cereal

Method

1. Top the melon mix with yogurt, then sprinkle over cereal mixed with seeds.
2. Drizzle over honey and eat immediately.



Berry Omelette

Pg 8

Serves 1

Calories per portion: 238kcal

Price per portion - £0.71

Ingredients

1 large egg
½ tsp rapeseed oil
1 tbsp skimmed milk
100g low fat cottage cheese
3 pinches of cinnamon
175g chopped strawberries,
blueberries and raspberries



Method

1. Beat egg with milk and cinnamon.
2. Heat oil in a 20cm non-stick frying pan and pour in the egg mixture, swirling to evenly cover the base. Cook for a few mins until set and golden underneath. There's no need to flip it over.
3. Place on a plate, spread over cheese, then scatter with berries. Roll up and serve.

Cinnamon Porridge and Fruit

Pg 9

Serves 4

Calories per portion: 266kcal

Price per portion - £1.21

Ingredients

160g porridge oats
500ml skimmed milk
½ tsp cinnamon, plus extra
to serve
3 bananas, sliced
150g pot fat-free natural
yogurt
400g box of strawberries,
hulled and halved



Method

1. In a saucepan, mix the oats, cinnamon, milk and half the sliced bananas. Bring to the boil, stir occasionally. Turn down the heat and cook for 4-5 minutes, stirring all the time.
2. Remove and divide between 4 bowls, top with the remaining banana, strawberries, a dollop of yogurt and a sprinkle of cinnamon.

Pancakes

Pg 10

Serves 14-16

Calories per pancake: 69kcal

Price per portion - £0.12

Ingredients

200g plain flour

Zest of 1 lemon

1 tsp cream of tartar

75g blueberries

½ tsp bicarbonate of soda

1 tsp golden syrup

200ml semi-skimmed milk

1 large egg



Method

1. Put the flour, cream of tartar and bicarbonate of soda in the bowl. Mix with a fork. Drop the golden syrup into the dry ingredients along with the blueberries and lemon zest.
2. Pour the milk into a measuring jug. Now break in the egg and mix well with a fork. Pour most of the milk mixture into the bowl and mix well with a rubber spatula. Keep adding more milk until you get a smooth, thick, pouring batter.
3. Heat the frying pan and brush with a little butter. Spoon in the batter. Bubbles will appear as the pancakes cook – turn them at this stage. Cook until brown on the second side.

Breakfast Muffins

Pg 11

Serves 12

Calories per portion: 179kcal

Price per portion - £0.23

Ingredients

2 large eggs

150ml pot natural low-fat yogurt

50ml rapeseed oil

100g apples, stewed or pureed
apples (in supermarket baby food section)

1 ripe banana, mashed

4 tbsp clear honey

1 tsp vanilla extract

200g wholemeal flour

50g rolled oats, plus extra for sprinkling

1½ tsp baking powder, bicarbonate of soda
and cinnamon

100g blueberries

2 tbsp mixed seeds (we used pumpkin,
sunflower and flaxseed)



Method

1. Heat oven to 180C/160°C fan/gas 4. Line a 12-hole muffin tin with large muffin cases. In a jug, mix the eggs, yogurt, oil, apple sauce, banana, honey and vanilla. Tip the remaining ingredients, except the seeds, into a large bowl, add a pinch of salt and mix to combine.
2. Pour the wet ingredients into the dry and mix briefly until you have a smooth batter. Divide the batter between the cases. Sprinkle the muffins with oats and the seeds.
3. Bake for 25-30 mins until a skewer inserted into the centre of a muffin comes out clean. Remove from the oven, transfer to a wire rack and leave to cool. Can be stored in a sealed container for up to 3 days.

Mini Ham 'n' Cheese Frittatas

Pg 12

Serves 8

Calories per serving: 106kcal

Price per serving - £0.52

Ingredients

115g cubed fully cooked ham

115g shredded low fat cheddar cheese

6 eggs

4 egg whites - can freeze unused egg yolks for later

3 tablespoons minced chives

2 tablespoons semi-skimmed milk

1/4 teaspoon salt

1/4 teaspoon pepper



Method

1. Divide ham among eight muffin cups coated with cooking spray; top with cheese.
2. In a large bowl, beat eggs and whites, beat in the chives, milk, salt and pepper. Pour over cheese, filling each muffin cup three-quarters full.
3. Bake at 375°C for 22-25 minutes or until a knife inserted near the centre comes out clean. Carefully run a knife around edges to loosen; remove from pan. Serve warm.

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Green Club Sandwich

Pg 14

Serves 1

Calories per portion: 583kcal

Rice per portion - £1.70

Ingredients

3 slices wholegrain or rye toast (or just use 2 slices instead)

1 handful rocket leaves

3 tbsp ready-made hummus

8-12 cherry tomatoes, sliced

1 small avocado (100g), stoned and sliced

Method

1. Toast the bread and spread houmous evenly over one side of each slice.
2. On one slice of bread, lay half the avocado, rocket and tomato. Season with pepper, then cover with another slice.
3. Pile on the rest of the avocado, rocket and tomato, season again and top with the third slice.



Mexican Baked Potato Filling

Pg 15

Serves 4

Calories per portion: 177kcal

Price per portion - £0.15

Ingredients

120g plain fat-free Greek yogurt

60g salsa

1/2 avocado

1/3 cup fresh coriander

1/4 cup red onion

1/2 teaspoon ground cumin

Salt and Pepper

Method

1. In a bowl stir together Greek yogurt and salsa until well blended
2. Stir in medium diced avocado, chopped coriander, finely chopped red onion, ground cumin and salt and pepper to taste.
3. Cover and refrigerate or up to 1 day. Place on top of baked potato or use in a sandwich or with some celery and carrot sticks.



Tomato Soup

Pg 16

Serves 4

Calories per portion: 135kcal

Price per portion - £0.52

Ingredients

2 x 400 g tinned plum tomatoes

2 carrots

2 sticks celery

6 large ripe tomatoes

2 medium onions

1 small bunch fresh basil

2 cloves garlic

2 stock cubes

sea salt

olive oil

freshly ground black pepper



Method

1. Peel and roughly slice the carrots, onions, celery and garlic. Put a large pan on a medium heat and add a couple of glugs of olive oil. Add all your chopped and sliced ingredients and mix together with a wooden spoon. Cook for around 10 to 15 minutes, until the carrots have softened and the onion is lightly golden.
2. Put the stock cubes into a jug or pan and pour in 1.5 litres of boiling water. Stir until the stock cubes are dissolved, then add to the pan with your tinned and fresh whole tomatoes, including the green stalks that may still be attached to some of them. Give it a good stir and bring to the boil. Reduce the heat and simmer for 10 minutes with the lid on.
3. Remove the pan from heat. Season with salt and pepper and add basil leaves. Using a hand blender or liquidizer, pulse the soup until smooth and serve.

Tuna Pasta Salad

Pg 17

Serves 2

Calories per portion: 189kcal

Price per portion - £0.79

Ingredients

2 tsp finely chopped red onion

185g can of tuna in spring water, drained

1 tsp capers

100g wholemeal pasta, cooked

1 tbsp pesto

3 sundried tomatoes, chopped

2 tsp olive oil

Method

1. Mix the onion, capers, pesto and oil.
2. Flake the tuna into a bowl with the pasta and tomatoes, then stir in the pesto mix.



Leek, Bacon and Potato Soup

Pg 18

Serves 6-8

Calories per portion: 175kcal

Price per portion—£0.30

Ingredients

3 medium potatoes, peeled and diced

3 rashers lean bacon, chopped with fat cut off

1.4 litres hot vegetable stock

1 onion, chopped

400g pack trimmed leeks, sliced and well washed



Method

1. Fry the bacon and onion, stirring until they start to turn golden. Tip in the leeks and potatoes, stir well, then cover and turn down the heat. Cook gently for 5 mins, shaking the pan every now and then to make sure that the mixture doesn't catch.
2. Pour in the stock, season well and bring to the boil. Cover and simmer for 20 mins until the vegetables are soft. Leave to cool for a few mins, then blend in a food processor in batches until smooth. Return to the pan and stir well until heated through. Then serve.

Red Lentil and Sweet Potato Paté Pg 19

Serves 4

Calories per portion: 200kcal

Price per portion - £0.24

Ingredients

1 tbsp olive oil, plus extra for drizzling

140g red lentils

½ onion, finely chopped

3 thyme sprigs

1 tsp smoked paprika, plus a little extra

500ml low-salt vegetable stock

1 small sweet potato, peeled and diced

1 tsp red wine vinegar

Wholemeal pitta bread and vegetable sticks, to serve



Method

1. Heat the oil in a large pan, add the onion and cook slowly until soft and golden. Tip in the paprika and cook for a further 2 minutes, then add the sweet potato, lentils, thyme and stock. Bring to a simmer, then cook for 20 minutes or until the potato and lentils are tender.
2. Add the vinegar and some seasoning, and roughly mash the mixture until you get a texture you like. Chill for 1 hour, then drizzle with olive oil, dust with the extra paprika and sprinkle with thyme sprigs, if you like. Serve with pitta bread and vegetable sticks.

Pepper, Tomato and Ham Omelette Pg 20

Serves 2

Calories per portion: 206kcal

Price per portion - £1.12

Ingredients

2 whole eggs and 2 egg whites

2 slices wafer-thin extra-lean ham

1 tsp olive oil

25g reduced-fat mature cheddar

1 red pepper, deseeded and finely chopped

wholemeal toast, to serve

2 spring onions, white and green parts kept separate and finely chopped

Tomato to serve



Method

1. Mix the eggs and egg whites with some seasoning.
2. Heat the oil in a frying pan and cook the pepper for 3-4 mins. Throw in the white parts of the spring onions and cook for 1 min. Pour in the eggs and cook over a medium heat until almost completely set
3. Sprinkle on the ham and cheese and continue cooking until just set in the centre. Serve straight from the pan with the green part of the spring onions.

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Turkey Meatballs

Pg 22

Serves 4

Calories per portion: 279kcal

Price per portion - £1.13

Ingredients

- 1 onion, grated
- 4 large potatoes
- 1 large carrot, grated
- 1 tbsp olive oil
- 3 garlic cloves, crushed
- 400g can chopped tomatoes
- 1 tbsp rosemary leaves,
- 2 tbsp grated parmesan
- 350g pack turkey mince
- 350g broccoli



Method

1. Heat oven to 220°C/200°C fan/gas 7. In a large bowl, combine the onion, carrot, half the garlic and half the rosemary with the turkey and some seasoning. Shape into 16 meatballs and put in a small baking tray. Cut potatoes into cubes and toss with the remaining garlic, rosemary and the oil, place in a baking tray, then cook both for 20 mins, with the potatoes on top shelf.
2. After 20 mins, drain juices off the meatballs, pour cherry tomatoes over, sprinkle with the parmesan and season. Toss the potatoes, and swap to bottom shelf with the potatoes on top. Cook for another 20 mins until the potatoes are crisp and the meatball sauce is bubbling.
3. When the potatoes and meatballs are almost done, cook the broccoli for 3-4 mins, until tender. Serve meatballs with the crispy potatoes and broccoli.

Shepherd's Pie

Pg 23

Serves 4

Calories per portion: 429 kcal

Price per portion - £0.88

Ingredients

- 1 tbsp rapeseed oil
 - 1 tbsp plain flour
 - 1 onion, chopped
 - 227g can chopped tomatoes
 - 3-4 thyme sprigs
 - 1 tsp Worcestershire sauce
 - 2 carrots, diced (total weight 300g/11oz)
 - 1 tbsp tomato purée
 - 400g can green lentils with no added salt
 - 250g lean minced lamb/beef
 - 1 stock cube for 350ml stock with boiling water
- For the topping
- 650g potatoes, roughly chopped
 - 2 tbsp half-fat crème fraîche
 - 250g sweet potatoes, roughly chopped
 - 1 tbsp semi-skimmed milk



Method

1. Heat the oil in a large saucepan. Fry the onion and thyme sprigs for 2-3 mins. Add carrots and fry together for 5-8 mins. Stir in the mince to break it down. Fry for 1-2 mins until no longer pink. Stir in the flour, then cook for another 1-2 mins. Pour in the stock and stir until thickened. Stir in the tomatoes, tomato purée, lentils and Worcestershire sauce and season with pepper. Reduce the heat and simmer, covered, for 45 mins, stirring occasionally.
2. For the topping, drop all the potatoes into a large pan of boiling water then simmer for 12-15 mins until the potatoes are tender. Drain the mash. Beat in the crème fraîche and milk with a wooden spoon until light and fluffy. Heat oven to 200°C/180°C fan/gas 6.
3. Spoon the meat into a pie dish and remove the thyme sprigs. Top with the mash and smooth over with a knife. Use a fork to create a ridged pattern on top. Place the dish on a baking sheet and bake for about 20-25 mins until piping hot and the filling starts to bubble around the edges. Then serve.

Chicken and Vegetable Curry

Pg 24

Serves 2

Calories per portion: 618kcal

Price per portion - £1.64

Ingredients

100g coconut yogurt

250ml passata

2 heaped tbsp tandoori spice mix

250g rice

2 skinless chicken breasts, cut into chunks

100g frozen peas

1 large onion, chopped

1 red pepper, cut into chunks

small bunch coriander, roughly chopped



Method

1. Mix together 75g of the yoghurt with 1 tbsp of the spice mix. Add the chicken and leave to marinate for at least 15 mins or overnight in the fridge. Heat the remaining spices, the onion and a splash of water, and soften for 5 mins.
2. Tip in the pepper chunks, peas and passata and simmer while you cook the chicken. Heat the grill to High, remove the chicken from the marinade and shake off any excess. Grill under a high heat until starting to char at the edges.
3. Tip the rice into a pan with a splash of water and heat through. Stir most of the coriander into the sauce. Serve the rice alongside the chicken and sauce, scattered with the remaining coriander and the remaining yoghurt on the side.

Pasta with Roasted Tomatoes

Pg 25

Serves 4

Calories per portion: 517kcal

Price per portion - £0.68

Ingredients

1.5 kg tomatoes

A splash of red wine vinegar

4 cloves of garlic, unpeeled

5 thyme sprigs

3 bay leaves

400g dried wholewheat pasta

Small bunch of basil leaves

(optional)

80g ricotta (or other cheese)



Method

1. Preheat the oven to 200°C/180°C fan/gas 6. Put the tomatoes on a large baking tray, and season. Scatter over the garlic cloves, thyme sprigs and bay leaves then transfer to the oven and roast for 25 minutes, until the tomato skins are burnished and split.
2. Let the tomatoes cool for a minute or two, then pull them off the vines and place in a frying pan with the red wine vinegar and a pinch more salt and pepper. Squash with a spoon and simmer for 15 minutes, until you have a thick, strawberry-red sauce with an almost creamy consistency.
3. Bring a pan of salted water to the boil and cook the pasta according to the packet instructions. Drain, reserving a cupful of cooking water, and add to the sauce with a little of the water to loosen. Drizzle over a good glug of olive oil and serve with grated cheese and a scattering of basil leaves, if you like.

Classic Lasagne

Pg 26

Serves 6

Calories per portion: 580kcal

Price per portion - £1.27

Ingredients

2 tbsp olive oil, plus a little for greasing

750g lean beef mince

A little grated nutmeg

90g pack prosciutto or lean bacon

300g fresh pack lasagne sheets

½ quantity tomato sauce (see pg39)

½ quantity white sauce (see pg39)

125g low fat mozzarella



Method

1. Heat the oil in a frying pan, then cook the beef in two batches for 10 mins until browned all over. Finely chop 4 slices of prosciutto/bacon, then stir through the meat mixture.
2. Pour over the tomato sauce and stock, add the nutmeg, then season. Bring up to the boil, then simmer for 30 mins. Can be left for 3 days in the fridge or frozen for 3 months (although not if the tomato sauce has previously been frozen).
3. Heat oven to 180°C/fan 160°C/gas 4. To assemble lasagne, lightly oil an ovenproof serving dish (30 x 20cm). Spoon over a third of the meat sauce, then cover with lasagne sheets. Drizzle over about one quarter of the white sauce. Repeat until you have 3 layers of pasta. Cover with the remaining half quantity of white sauce, making sure you can't see any pasta poking through.
4. Tear the mozzarella into thin strips, then scatter over the top. With the rest of the prosciutto/bac. Bake for 45 mins until the top is bubbling and lightly browned. (The uncooked lasagne can be frozen. If baking from frozen, add 45 mins to the cooking time).

Sweet and Sour Chicken

Pg 27

Serves 4

Calories per portion: 230kcal

Price per portion - £1.29

Ingredients

425g can pineapple chunks in own juice

2 carrots, sliced on the diagonal

1 tbsp vegetable oil

1 red and green pepper, chopped

1 onion, chopped

2 skinless chicken breasts, sliced

1 red chilli, deseeded and sliced

2 tomatoes, quartered

125g baby corn, sliced lengthways

300g wholegrain rice, cooked

2 tbsp each tomato ketchup, malt vinegar and cornflour



Method

1. Make the sweet & sour sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml – add water or stock if you're short.
2. Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and chicken and stir-fry for 3-5 minutes until the vegetables are starting to soften and the chicken is almost cooked.
3. Add the corn and sauce. Bubble for 2 minutes, add tomatoes and cook for 2 minutes until the sauce thickens, the chicken is cooked and the vegetables are tender. Serve with rice.

Chicken and Sweetcorn Pie

Pg 28

Serves 4

Calories per portion: 462kcal

Price per portion - £0.87

Ingredients

1 onion, sliced

400g skinless chicken breasts

1tbsp vegetable oil

150ml stock

325g sweetcorn, drained

3tbsp frozen peas

6tbsp reduced fat cream or crème fraîche

750g potatoes, cut into chunks

Method

1. Heat oven to 180°C/160°C fan/gas 4.
2. Heat the oil in a large saucepan then add the onion and chicken. Fry for 5-10 mins until the onion is soft and the chicken is golden. Add the stock, bring to the boil, then simmer for 20 mins until the chicken is cooked. Stir in the corn, then 3 tbsp crème fraîche/ cream and the herbs.
3. Meanwhile, boil potatoes until soft. Drain and mash with remaining crème fraîche. Spoon the chicken mix into 4 pie dishes and top with mash. Place on a baking tray, then bake until potato is golden.



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Blueberry Muffins

Pg 30

Serves 12

Calories per muffin 206kcal

Price per muffin - £0.37

Ingredients

5 tbsp vegetable oil

85g golden caster sugar

225g self-raising flour

2 tsp baking powder

115g wholemeal flour

Zest $\frac{1}{2}$ lemon and 1 tsp juice

50g light muscovado or brown sugar

1 small very ripe banana

1 egg

284ml pot buttermilk

225g fresh blueberries



Method

1. Heat oven to 200°C/180°C fan/gas 6. Use 1 tsp oil to lightly oil a 12-hole muffin tin. Mix both flours with the baking powder and lemon zest. Reserve 1 tbsp caster sugar, then stir the rest into the flour with the brown sugar.
2. Mash the banana well. In another bowl beat the egg, then stir in the banana, buttermilk and oil. Using a large metal spoon, very lightly stir into the flour mix, just to combine. Over-mixing will make the muffins tough. Toss in the blueberries and give just a few turns of the spoon to carefully stir them in without crushing.
3. Spoon the mixture into the tin. Bake for 20-25 mins until risen and golden.
4. Mix the reserved caster sugar with the lemon juice. When the muffins are done, remove from the oven, then brush with the sugar and lemon mixture while they are still hot. Gently loosen the edges of each muffin with a knife, then leave in the tin for 15 mins to cool a little as they're very delicate while hot. Remove to a wire rack. Best eaten the day of making, but will keep for up to 2 days.

Spiced Chilli Popcorn

Pg 31

Serves 4

Calories: per portion 128kcal

Price - £0.16

Ingredients

100g popcorn kernels

1 tsp cracked black pepper

1 tsp chilli flakes

2 tsp mixed spice



Method

1. Heat oven to 200°C/180°C fan/gas 6. Pop the natural microwave popcorn pouch (or popcorn kernels) following pack instructions.
2. Meanwhile, mix together chilli flakes, cracked black pepper and mixed spice. Toss the popcorn with the spice mix, then tip onto a large baking tray and place in the oven for 5 minutes until the corn is crisp and the spices are fragrant.
3. Sprinkle with a pinch of salt and eat warm or once cooled. Will keep in an airtight container for up to a week.

Grab 'n' Go Bars

Pg 32

Serves 6

Calories per portion: 300kcal

Price per portion - £0.38

Ingredients

150g jumbo oats

2 medium very ripe bananas

60g melted butter/ low-fat spread

60g cherries

60g cranberries

40g sunflower seeds

40g pumpkin seeds



Method

1. Preheat the oven to 200°C (fan 180°C, gas mark 6). In a bowl, mix together the oats, cherries, cranberries and seeds. Pour in the melted butter and mix in thoroughly to make sure the oats are well coated.
2. On a separate plate, mash the bananas into a pulp with a fork, add to the oat mixture and mix well. Spread the mixture into a 30cm x 20cm tin.
3. Bake in the oven for 20-25 minutes. Once cooked, transfer to a wire rack to cool, then cut into six bars.

Cranberry and Raspberry Smoothie

Pg 33

Serves 4

Calories: per portion: 100kcal

Price per portion - £0.36

Ingredients

200ml cranberry juice

200ml low-fat or fat-free natural yogurt

175g frozen raspberries

100ml semi-skimmed milk

1 tbsp caster sugar (only if it needs this)

Method

1. Place all the ingredients except sugar into a blender and pulse until smooth. Taste for sweetness add the sugar if necessary
2. Pour into glasses and serve.



Green Smoothie

Pg 34

Serves 1

Calories per portion: 140kcal

Price per portion - £1.26

Ingredients

40g mango

1 medium banana

40g tinned peach slices in own juice (discard liquid)

200ml water (or as required)

40g fresh/frozen spinach

Method

1. Blend ingredients together until smooth.
2. Add more water for desired consistency.



Avocado and Strawberry Smoothie

Pg 35

Serves 2

Calories per portion: 197kcal

Price per portion - £1.67

Ingredients

½ avocado, remove stone, peel and cut into chunks

200ml semi-skimmed milk

6 strawberries, halved

lemon or lime juice, to taste

4 tbsp low-fat natural yogurt

honey, to taste

Method

1. Put all the ingredients in a blender and whizz until smooth.



Hummus with Veggie Dips or crackers

36

Serves 6

Calories per portion: 123kcal

Price per portion - £0.85

Ingredients

3 garlic cloves, minced,
more if you like

30g plain low-fat yoghurt

1 tablespoon lemon
juice

1 teaspoon olive oil

1/4 teaspoon salt

1/4 teaspoon paprika

1/8 teaspoon pepper

1 can chickpeas,
drained and rinsed

1 tablespoon fresh
parsley, chopped



Method

1. Combine everything in blender or food processor and process until smooth.
2. If you need more liquid to make a nice consistency, add a bit more yogurt.
3. Chill and serve with vegetables such as celery, carrots or peppers or crackers.

Simple Sauces

White Sauce

570ml semi skimmed milk

25g plain flour

50g low fat spread

1. Put the milk in a saucepan, then simply add the flour and butter.
2. Bring everything gradually up to simmering point over a medium heat, whisking **continuously** with a balloon whisk or spoon until the sauce has thickened and becomes smooth and glossy.
3. Then turn down the heat to its lowest setting and let the sauce cook very gently for 5 minutes to take the raw taste out of the flour, stirring from time to time.

Tomato Sauce

1 can chopped tomatoes

1 tbsp tomato puree

1-2 cloves garlic

2tsp dried mixed herbs

1 stock cube and 1/2 pint water

Black pepper

1. Make up stock using 1/2 pint water and 1 stock cube.
2. Put the chopped tomatoes, tomato puree, crushed garlic, mixed herbs and stock into the pan and bring to the boil.
3. Reduce the heat to a simmer, and let cook for 15-20 minutes.
4. Taste and season with black pepper if needed.
5. Leftovers can be frozen for later.

Other Services within NICHS

Health and Homeless:

-This service works in hostels and drop in centres in Belfast and South Eastern Trust areas. We offer a range of health and wellbeing services such as advice on nutrition, stopping smoking events and training in cooking skills. Our work in these settings means that these services are more accessible and residents can gain access to nurses, pharmacists and other health professionals for medical advice and signposting to other medical services.

Level 1 Choose Healthy Stuff Talks:

- A range of both 60 minute and 30 minute talks covering a wide variety of health-related topics relating to chest, heart and stroke illnesses.

Level 2 Choose Healthy Stuff: Teachers Resource Pack

- A primary school teacher's resource pack which can be used to as a teaching tool to further pupils knowledge on achieving a healthy lifestyle.

Level 3 Schools Programme:

Primary 5 or 6 classes have the opportunity to get involved in the Chester's Challenge Programme which is a 3 week course covering the following topics; Eat your way to Health, Physical Activity and the Heart and Stamp out Smoking. Available for Primary Extended Schools Only

Health Checks:

- Our team of highly trained and experienced health promotion staff deliver a range of activities from health checks to talks within community, corporate & school settings. Our health checks assess many cardiovascular risk factors including; lifestyle risk assessment, blood pressure, pulse, cholesterol (Total & HDL), BMI and

Other Services within NICHHS continued.

Stroke Support—PREP:

-We have an established network of stroke support services across Northern Ireland including Stroke Family Support Co-ordinators, Stroke Activity Groups and Young Stroke Groups.

Stroke Support—PREP:

-The NICHHS Post Rehabilitation Exercise Programme (PREP) is a physiotherapy led, 6 week programme which has helped build people's lives after stroke, through a tailored exercise and education programme. It is designed for stroke survivors who have completed statutory rehabilitation and is currently being rolled out across Northern Ireland.

Respiratory Support

-NICHHS has a network of respiratory support co-ordinators and runs a number of respiratory support groups across Northern Ireland.

“Taking Control” Self Management Programme:

- This is a structured 6 week programme which aims to give people with chest, heart and stroke conditions the confidence and the skills to co-ordinate all the things they need to in order to manage their health and their lives on a daily and ongoing basis.

Volunteering and Fundraising:

-if you would be interested in helping out in any volunteering or fundraising opportunities please contact

Volunteering@nichhs.org.uk and events@nichhs.org.uk respectively.

Northern Ireland Chest Heart and Stroke

If you would like more information, or want to tell us about any other healthy recipes that you have made, please contact us at:

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Belfast
BT2 7HB

North Office

32 Ballinska Road
Springtown Industrial
Estate
Derry/Londonderry
BT48 0LY

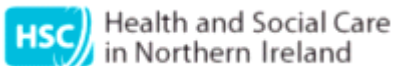
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**WE'RE
ON YOUR
SIDE**

