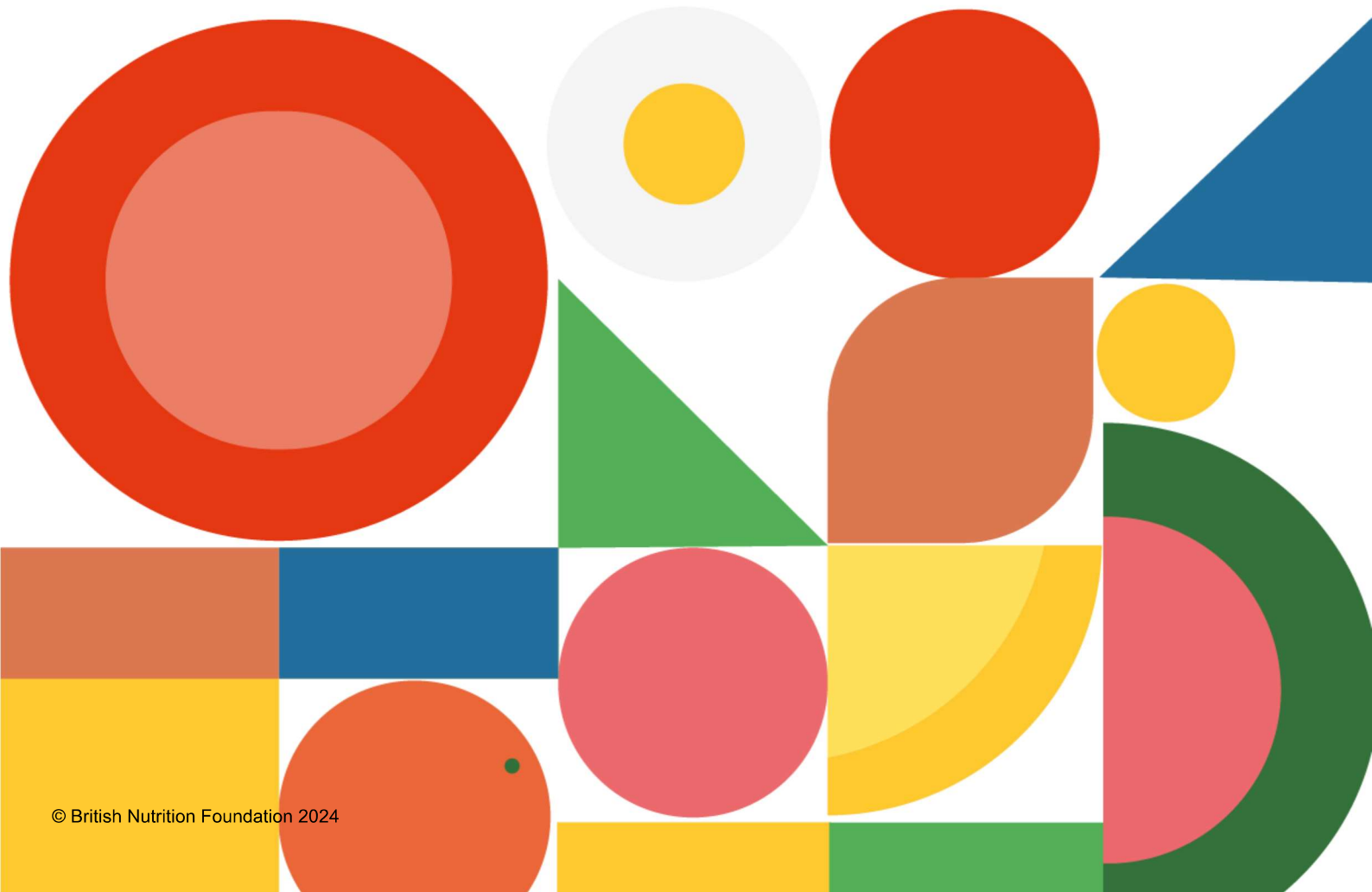


# Healthy Eating and Nutrition Resource Pack - recipes and ideas to support you to live well

Let's eat healthily and live well!



# Introduction

Welcome to your healthy eating and nutrition resource pack!

This pack includes recipes, tips and information to help you eat healthily and live well. The information has been developed by the British Nutrition Foundation in partnership with the Public Health team at Richmond borough council.

We all know that it's good to eat a healthy diet. But with the increasing cost of food and all the things that affect what and how we eat, it's not always easy to do. The good news is that, with a bit of planning, you can make healthy meals that taste great, are budget friendly and don't need hours in the kitchen.

For more information and support about healthy eating go to the [Richmond Council website](#) and you can also look at the British Nutrition Foundation website [www.nutrition.org.uk](http://www.nutrition.org.uk)

# Recipes

## Green mac and cheese

Serves 3-4

### About



This take on the family favourite, macaroni cheese, includes a selection of green vegetables and provides one of your 5 A DAY per portion. The milk and cheese included will also provide important nutrients such as protein, vitamin B12, calcium and iodine. This could be a great recipe for getting children to eat more vegetables or a simple one pot dish which does everything and is tasty too! You could serve this with salad to get up to 2 of your 5 A DAY in one meal!

### Ingredients

- 200g macaroni or another type of pasta
- 200g fresh or frozen broccoli florets
- 25g butter or reduced fat spread
- 25g plain flour
- 275ml semi-skimmed milk
- ½ x 5ml mustard\*
- 50g spinach, chopped (fresh, or defrosted and excess water squeezed out)
- 75g peas (fresh or frozen)
- 100g reduced fat cheese.
- Black pepper
- 100g breadcrumbs (optional)

### Equipment

- Two saucepans,
- Colander
- Measuring jug
- Mixing spoon
- Grater
- Chopping board or plate

\*If you are allergic to mustard, use paprika or cayenne pepper as an alternative

### Method

1. Bring a saucepan of water to the boil, and then add the macaroni. Cook for about 10 – 12 minutes or follow the instructions on pack. About 5 minutes before the pasta is cooked, add the broccoli florets to the pan. Once cooked, drain and place in an oven proof dish.
2. While the pasta is cooking, make the sauce:
3. place the fat, flour, and milk into a saucepan.
4. bring the sauce to a simmer, whisking all the time until it has thickened.
5. Once the sauce is thick, mix in the spinach, peas, and mustard. Turn down the heat and simmer for approximately 5 minutes. If the sauce becomes too thick, add a little more milk.
6. Grate the cheese and add three quarters to the sauce and stir well. The heat of the sauce will melt the cheese.
7. Pour the mixture over the pasta and broccoli. Season with black pepper and mix well.
8. Sprinkle over the remaining cheese and the breadcrumbs, if using.
9. Place under a hot grill until the cheese is bubbling and the breadcrumbs are golden brown.

### Top tips

- Vegetables like spinach and broccoli used in this recipe can be fresh, frozen, canned, or dried. This all contribute to the 5 a day of fruit and vegetables. This also helps with storage as frozen or canned vegetables last longer.
- Use wholewheat pasta to give your mac and cheese a fibre boost.
- Get at least 5 A DAY – try cauliflower instead of broccoli or add a large handful of frozen sweetcorn. Make ribbons of courgette with a peeler and add to the sauce with the cheese.
- Vary your protein – add canned tuna (in spring water), cooked chicken or chopped ham.
- Reduce food waste – save any leftovers for a quick and easy lunch!

# Easy Veg Frittatas

Makes 6 mini frittatas.

## About



Eggs are high in protein and provide lots of vitamins and minerals including B vitamins, vitamins A and D, iodine and selenium. These easy veg frittatas could be part of a light lunch or dinner, served with wholemeal bread or baked potatoes and some salad or vegetables on the side. You could also try them for breakfast!

## Ingredients

- 2 spring onions
- 50g cheese, e.g. Cheddar, Cheshire
- Fresh coriander or chives
- 3 eggs
- 80g sweetcorn (canned or frozen)
- 40ml milk
- Black pepper
- Spray oil

## Equipment

- Chopping board
- Knife
- Grater
- Mixing bowl
- Fork
- Measuring jug
- Silicone muffin cases or non-stick muffin tin
- Oven gloves

## Method

1. Pre-heat oven to 200°C or gas mark 6.
2. Prepare the ingredients:
  - a. top, tail and slice the spring onions.
  - b. grate the cheese.
3. Chop the fresh herbs.
4. Crack the eggs into a bowl and whisk with a fork.
5. Add the milk to the bowl and mix well.
6. Stir in the cheese, fresh herbs and black pepper.
7. Spray the muffin cases or muffin tin lightly with oil.
8. Divide the vegetables equally between the 6 cases.
9. Pour over the egg, milk and cheese mixture.
10. Bake in the oven for 15-20 minutes, until the egg is cooked.

## Top tips

- Vegetables like spinach, peas and broccoli could be used in this recipe and can be fresh, frozen or canned. Frozen or canned vegetables last longer and are usually cheaper than fresh and are still a nutritious choice.
- You could also add chopped red, yellow or green peppers, sliced mushrooms, fresh spinach (wilted first) or chopped beetroot.
- Whole cheese is often cheaper than grated. Grating cheese is a great activity to get kids or grandkids involved in and you can freeze cheese till its expiration date with no change in taste or texture.
- Reduce food waste – use all of the spring onion, not just the white part. Save the coriander stems (stand in cold water in the fridge) and use in soups, dips and stews.

# Mushroom and chickpea curry

Serves 2



## Ingredients

- 1 onion
- 1 clove garlic
- 100g mushrooms
- 2 x 15ml spoons (2 tablespoons) curry paste
- 2 x 15ml spoons (2 tablespoons) tomato puree
- 200g canned chickpeas (rinsed and drained)
- 1 can coconut milk
- 1 x 15ml spoon (1 tablespoon) oil

## Equipment

- Chopping board
- Sharp knife
- Weighing scales
- Saucepan,
- Garlic press
- Wooden spoon
- Measuring jug
- Measuring spoons
- Colander
- Can opener

## Method

1. Prepare the ingredients:
  - a. peel and chop the onion.
  - b. slice the mushrooms.
  - c. peel and crush the garlic using a garlic press.
2. Heat the oil in a saucepan and fry the onion, garlic and mushrooms for 5 minutes.
3. Stir in the curry paste and tomato puree.
4. Add the chickpeas and coconut milk.
5. Simmer gently for 20 minutes.
6. Serve with rice and/or naan bread.

## Top tips

- Add more vegetables like spinach to make this recipe more robust and stretch for more people. Vegetables can be canned, frozen or fresh as they still count as one of your five a day.
- Focus on fibre – serve with brown rice for a fibre boost.
- Get at least 5 A DAY – add more vegetables such as chopped green, red or yellow peppers, grated courgettes, tomatoes or butternut squash.
- Vary your protein – use a can of lentils in water, instead of chickpeas.
- Reduce food waste – freeze leftover curry paste. You could do this in any spare Tupperware, container or freezer bag. Store cupboard staples

# Store cupboard staples

Our lives are often busy and stressful. It can be hard to keep track of what we have in our cupboards to put together healthy and affordable meals. Keeping stocked up on some store cupboard staples is a great way to make this easier. If you have health issues you might not feel like going out some days and having a well-stocked store cupboard means there is always something tasty and nutritious to eat.

If you have a freezer then frozen foods are also a great way to save money, avoid waste and create quick, healthy meals. Below are some examples that you could keep on your shopping list.

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## Starchy foods

These can form the base of meals. Try wholegrain/brown types for extra fibre. You could have them with some tinned fish, frozen vegetables, make a quick tomato sauce from canned tomatoes or use a ready-made version.

- Pasta – e.g. spaghetti or shapes such as penne
- Rice
- Couscous
- Bulgur wheat
- Porridge oats
- Breakfast cereal

## Canned or dried vegetables and pulses

- Canned tomatoes, tomato paste or passata.
- Canned sweetcorn, peas or carrots
- Canned beans, e.g. kidney beans, borlotti beans, butter beans
- Canned chickpeas
- Baked beans
- Dried lentils
- Canned or dried fruit

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## Canned fish

- Canned tuna, salmon or mackerel
- Canned sardines in sauce

## Other store cupboard items

- Canned soup
- Long life milk/dried milk powder
- Malt/fruit loaf
- Crackers/crispbreads
- Peanut butter
- Long life fruit juice
- Drinking choc/malted milk drink (Horlicks etc)

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## Frozen foods

- Frozen vegetables e.g. peas, sweetcorn, spinach, green beans, mixed vegetables (add to dishes or use for a quick soup)
- Frozen fish fillets or prawns (use in curries or stir fries)
- Frozen mashed potatoes (great for a quick fish pie or cottage pie topping)

## Herbs and Spices

Great for adding flavour and using less salt. You don't need all of these - choose 3-4 of your favourites or you could try a spice/herb mix or paste.

- Black pepper
  - Cumin
  - Coriander
  - Curry powder
  - Paprika
  - Garam masala
  - Chilli powder
  - Dried oregano
  - Dried thyme
  - Dried mixed herbs
  - Jars of curry paste
  - Jars of pesto
  - Stock cubes
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