

Janey's Recipes & Eating ideas!!

Pick and Mix

This is a concept I came up with to help us get out of our sandwich rituals that we get stuck in because they are quick and easy to make. If you get lunch right, the rest of your day will become a lot easier. By picking and mixing between a few different things (like a healthy tapas if you like) we are able to vary our foods, recycle our leftovers and have a nutritious lunch that doesn't take much time to prepare!

Pick and mix from the following :

- ❖ A salad
- ❖ A soup
- ❖ A fish portion
- ❖ A carbohydrate combo
- ❖ A veggie
- ❖ A dip
- ❖ A sauce/dressing

Salads

You can make your salad using the foods from the Food Groups list. But great unusual salad ingredients to make your own combos include:

- ❖ Lentils
- ❖ Chick peas
- ❖ Avocado
- ❖ Chopped parsley, coriander or basil
- ❖ Grated carrot
- ❖ Finely sliced fennel
- ❖ Sliced celery
- ❖ Pine nuts, sunflower seeds, pumpkin seeds
- ❖ Chopped nuts
- ❖ Orange slices
- ❖ Broccoli
- ❖ Asparagus

SEX UP YOUR SALADS!!!

Fish

You don't have to have fish or a protein at lunch time, but fish is the easiest protein to digest and tends to be the healthiest/leanest.

- ❖ Salmon steaks
- ❖ Mackerel
- ❖ Trout
- ❖ Halibut
- ❖ Cod (& any white fish)
- ❖ Swordfish
- ❖ Tuna
- ❖ Tiger prawns, prawns etc

Baking fish with vegetables and herbs is one of the quickest, healthiest and yummiest ways of eating it. All you need is some foil or a baking dish and throw whatever you fancy into it. This is great for recycling into dinner/lunch the next day. Try:

- ❖ Fennel & tomato *
- ❖ Sliced veg, lemons & a dash of white wine *
- ❖ Fiji marinade *
- ❖ Sun-blushed dip *

Vegetables

Vegetables can sometime be bland and boring, so why not add some sparkle! They have a high water content, are nutrient packed, fill us up and have little calories.

Stir Fry

Choose from: spinach, broccoli, green beans, pak choi, green cabbage, asparagus, red cabbage, carrots etc and lightly cook with:

- ❖ Ginger, honey & sesame seeds
- ❖ Flaked almonds & lemons
- ❖ Fresh ginger & soy sauce
- ❖ Garlic & chilli
- ❖ Create your own, depending on what you are cooking, by using garlic, chilli, paprika, ginger, sesame seeds, fresh herbs, lemons, limes & oranges.

Serve hot or cold

Baked Veg

You can bake vegetables with all sorts of combinations and herbs, and they are fantastic for recycling for other meals. Try these as a starting point:

- ❖ Baked tomatoes & basil
- ❖ Roasted veg with Rosemary & thyme
- ❖ Baked peppers with lemon & parsley

Boiled Veg

Boiled veg are quick & easy and you can cook straight from frozen (as vegetables will retain most nutrients when manufactured this way). Avoid over-cooking though (steam if possible and use herbs, lemon juice & oil to add flavour:

- ❖ Green minty veg *
- ❖ Mashed broccoli & carrot with fresh parsley
- ❖ Asparagus & mint *

Carbohydrate Combos

These are wheat-free & slow-releasing carbohydrates. If you prefer them plain, simply choose from the Food Groups list or try something a little different:

- ❖ Sweet potatoes (baked, mashed or boiled – hot or recycled cold)
- ❖ Roasted Butternut squash (add fresh rosemary or thyme)
- ❖ Seasonal new potatoes
- ❖ Hot rice salad *
- ❖ Cold rice salad *
- ❖ Rice, lentil & spinach *
- ❖ Wheat-free pasta pomodoro
- ❖ Mashed sweet potato & carrots
- ❖ Mashed potato & broccoli
- ❖ Chick pea mash *
- ❖ Bean & rocket mash *
- ❖ Roasted pesto squash *

- ❖ Paprika sweet potato wedges
- ❖ Rye bread
- ❖ Oat cakes

Dips

Dips are fantastic for bulking out a meal whilst being light. They are great for adding to a salad, spreading on rye bread, as a dip for crudités or used as a topping on fish or chicken

- ❖ Sun-blushed dip *
- ❖ Cannellini bean & basil *
- ❖ Home-made homous *
- ❖ Baby Ganoush (aubergine paste) *
- ❖ Pea & Homous puree *

Salad Dressings

It's really important to make food taste delicious and good quality salad dressings are great for that. They can also be used as marinades or to dunk crudités in:

- ❖ Orange & coriander
- ❖ French vinaigrette
- ❖ Mustard & balsamic

Sauces

Sauces are fabulous for sparkling up a bland salad or dish and don't have to be unhealthy. Choose from:

- ❖ Sauce Verte *
- ❖ Caponata *
- ❖ Tomato, onion & basil sauce *
- ❖ Mango salsa *

TOP TIP

If you really can't make your own or need an emergency sauce, buy a good quality, organic, vegetable based sauce to heat up and pour over your food such as:

- ❖ Tomato & artichoke (Sacla)
- ❖ Covent Garden soup
- ❖ Seeds of Change stir through sauces

Recipes.....

Juices

Zing a Ling Juice

½ stalk of celery
2 apples, chopped into 8
½ packet of fresh mint

- ❖ Place all ingredients in a juicer and serve straight away

Wake Me Up Before You Go Go

3 carrots
2 apples
½ inch of ginger

- ❖ Place all ingredients in a juicer and serve straight away

Breakfasts

Cold Porridge

Oats
Water
Rice milk
Cinnamon
Honey to taste

- ❖ Cook porridge up as normal with water, rice milk and cinnamon
- ❖ Place in a bowl or Tupperware container and once cooled place in the fridge over night
- ❖ Eat the next day

Bircher

Oats
Grated apple (optional)
Rice milk
Dash of natural yogurt (optional)
Linseeds

- ❖ Place ingredients in a bowl or Tupperware container and stir though
- ❖ Place in fridge overnight
- ❖ Serve the following day

Snacks

Crudites

Cucumber
Carrots
Celery
Broccoli (raw or lightly steamed)
Cauliflower (raw or lightly steamed)

- ❖ Chop ingredients up into slices
- ❖ Serve with one of the dips or eat by itself
- ❖ Add some fresh lemon juice to keep fresh

Chopped Salad

Grated carrot
Diced yellow pepper
Sweetcorn
Chopped parsley (or coriander)
Juice of half a lemon
Dash of olive oil
Sprinkle of sunflower or pumpkin seeds

- ❖ Mix up all ingredients in a bowl and serve (add a dip/paste if necessary)

Fennel, Celery & Mint

Sliced fennel

Sliced celery (sliced diagonally)
Chopped fresh mint
Dash of olive oil
Fresh lemon juice

❖ Mix up all ingredients in a bowl and serve – fantastic for pre dinner salad

Popeye Detox

Spinach
Avocado
Sliced cucumber
Sprinkling of pine nuts

❖ Mix up all ingredients in a bowl and serve – fantastic for pre dinner salad

Salads

Make salads as interesting as you can, be creative with combinations and serve with tasty dressings, dips and sauces.

Chicken, Orange & Cashew

Organic chicken breast (boiled) chopped into chunks
Spinach leaves
Rocket
Yellow peppers
Cashew nuts
Cherry tomatoes
Sliced oranges
Chopped coriander
Avocado

❖ Place ingredients in a bowl, mix around and cover with the orange & coriander dressing

Chicken, Chickpea & Tomato

Organic chicken breasts boiled in water, chopped
Tinned chickpeas
Cherry or ripe on the vine tomatoes
Baby spinach leaves or rocket
Avocado (optional)
Pumpkin seeds

❖ Place ingredients in a bowl, mix around and add lemon juice or a dressing

❖ Serve with fresh basil or parsley on top

Tuna, Avocado & Sweetcorn

Tin of tuna, drained and forked into small chunks
Avocado, chopped
Tin of sweetcorn
Fresh parsley (optional)
Few sunflower seeds (optional)
Dash of olive oil
Fresh lemon juice

❖ Place all ingredients in a bowl and mix up

Carrot, Fennel, Parsley, Avocado on Spinach

Grated carrot
Fennel (sliced)
Chopped parsley

Small avocado, chopped
Baby spinach leaves
Tbsp of homous (optional)
Dash of olive oil
Fresh lemon juice

- ❖ Mix all ingredients in a bowl (except spinach)
- ❖ Add a tbsp of homous if desired
- ❖ Serve on spinach leaves

TOP TIP

To bulk out a salad into a main meal, add some chopped cooked sweet potato or throw in some paprika potato wedges.

Soups

Easy Pea Soup

Serves 2

1 tbsp oil
1 medium onion, finely chopped
1 potato, chopped
275g fresh peas (shelled weight)
300ml wheat free vegetable stock
1 ½ tbsp chopped fresh mint
1 tsp sea salt

- ❖ Heat the oil in a non-stick pan and sauté the onion until soft.
- ❖ Add the potato, peas, and stock, 1tbsp of the mint and the salt and simmer for 30 minutes.
- ❖ Process the soup in a blender or food processor to a rough purée.
- ❖ Reheat and serve with the remaining chopped mint

Spinach Soup

Serves 4

1 onion, peeled and finely chopped
1 tsp olive oil
500g fresh spinach
1 wheat-free vegetable stock cube
1 handful parsley
Fresh nutmeg, to taste
200ml rice milk (optional)
1 tbsp pumpkin seeds
1 handful fresh baby spinach leaves

- ❖ Place the onion, olive oil and 1 tbsp of water in a large pan. Cook over a low to moderate heat for 2-3 minutes until soft.
- ❖ Add the spinach, 500ml boiling water, the stock cube and parsley stalks and cook for 5-7 minutes. Allow to cool slightly, then blend in a food processor or use a hand-held blender until smooth.
- ❖ Return to the pan, season with a little nutmeg, stir in the soya milk (or 250ml water or vegetable stock) and reheat gently.
- ❖ Serve into bowls and garnish with pumpkin seeds and raw baby spinach leaves.

Carbo Combos

Hot Rice Salad (Can be served cold the next day)

Brown rice
1 grated carrot
Chopped parsley
Broccoli
Red onion
Garlic
Dash of olive oil
Wheat free veg stock
Handful of pumpkin seeds

- ❖ Cook up some brown rice in a pan.
- ❖ Meanwhile steam or lightly boil the broccoli
- ❖ Lightly fry the red onion & garlic
- ❖ Once the rice is cooked, drain, mix all other ingredients (apart from stock) into the pan.
- ❖ Gently pour over a few tbsp of the stock and simmer for 1-2 mins
- ❖ Serve with pumpkin seeds

Colour & Coriander Rice Salad

Cooked and cooled brown rice
Diced yellow pepper
Diced red/orange pepper
Broccoli steamed or lightly boiled (cooled)
Chopped spinach
Chopped coriander
Sunflower seeds
Juice of half a lemon

- ❖ Mix all the ingredients together in a bowl (feel free to vary ingredients to your preference) and serve

Rice, Lentil & Spinach Mix

Brown rice
Wheat free vegetable stock
Green lentils
Chopped garlic
Spinach

- ❖ Place the rice in a casserole dish & cover with the vegetable stock and chopped garlic
- ❖ Cook for 30 mins at 200 degrees C
- ❖ Take out of the oven and stir in the spinach and lentils
- ❖ Place back in the oven for another 15- 20 mins

If you want you can add some fish on top once you have stirred in the lentils and spinach to make a fish & lentil bake

Chickpea Mash

Serves 4

1 tbsp olive oil
2 garlic cloves, chopped
400g can chickpeas, drained and rinsed
¼ cup rice milk
Salt and pepper
2 tbsp chopped fresh coriander

- ❖ Heat the oil in a pan and gently sauté the garlic for 2 minutes
- ❖ Add the chickpeas and milk and heat through for a few minutes

- ❖ Transfer to a food processor or blender and process until smooth.
- ❖ Season to taste with salt and pepper, then stir in the fresh coriander.

Bean & Rocket Mash

1 can of butter beans, drained and rinsed
 Drizzle of olive oil
 Splash of rice milk
 1 garlic clove
 100g bag rocket

- ❖ Put the butter beans into a saucepan and add the oil and some salt and pepper. Crush in the garlic and add to the pan, then turn the heat on to moderate and coarsely mash everything together with a potato masher until hot and bubbling.
- ❖ Stir in the rocket and stir into the mash until it's hot and just wilted.

Sweet Potato and Orange Purée

2-4 sweet potatoes, peeled and chopped
 Grated rind and juice of 2 large oranges
 Salt and pepper
 1 tbsp olive oil
 Freshly grated nutmeg to taste

- ❖ Remove any blemishes from the potatoes and then cook in boiling salted water for 20 minutes or until very soft. Turn off the heat and drain.
- ❖ Return to the saucepan and mash the potatoes with all of the remaining ingredients until light and fluffy and without lumps.
- ❖ Transfer to a warm serving dish and keep warm until needed.

Dips

Sun-Blushed Dip

1 packet of sun-blushed Mediterranean tomatoes (drain $\frac{3}{4}$ of oil off)
 1 can of cannellini beans
 1 chopped red or yellow pepper
 $\frac{1}{2}$ packet of fresh basil
 Juice of half a lemon

- ❖ Place all ingredients into a blender, whiz up for a few seconds and hey presto!

Cannellini Bean and Basil Paste

One 400g can of cannellini beans, drained and rinsed
 2 garlic cloves, crushed
 1 tbsp olive oil
 2 tsp lemon juice
 1 tsp sea salt
 Black pepper
 1 pack of basil leaves

- ❖ Place all ingredients except basil in a blender or food processor and blend until you have a rough paste
- ❖ Add the basil, fork them through and blend for 2 seconds. Check for seasoning.
- ❖ Use butter/haricot beans for a similar result.

Home-Made Houmous

410g can chickpeas, drained and rinsed
 1 garlic clove, peeled and crushed
 1 tbsp tahini
 Juice of half a lemon

2tbsp chopped fresh coriander
1 tbsp olive oil

- ❖ Place all the ingredients in a food processor and blend until smooth.
- ❖ Transfer to a small bowl, cover and chill until required.

Aubergine Purée

2 large aubergines (about 675g in total)
1 tsp freshly ground cumin seed
1-2 garlic cloves, crushed
1 tbsp tahini
1 tsp olive oil
Juice of half a lemon
1 tsp sea salt
Black pepper

- ❖ Preheat the oven to 200C.
- ❖ Price the aubergines and bake them for 40 minutes until soft right through.
- ❖ Allow them to cool a little then halve them and scoop the flesh into the bowl of a blender or food processor.
- ❖ Add the remaining ingredients and blend until you have a purée.

Fish Bakes

Fish with Fennel and Tomatoes

Fish fillets
Fennel, sliced
Cherry Tomatoes
Lemon, sliced

- ❖ Preheat oven to 180C
- ❖ Put all of the above into a foil cooking bag (or make a foil parcel) and cook in oven for 20 or so minutes

Fish & Veg Wraps

Fish fillets
Yellow pepper sliced
Asparagus
Mushrooms
Chopped parsley
Juice of one lemon
Splash of white wine or water
(You can choose your own veg to your taste)

- ❖ Take a long piece of foil and fold in half
- ❖ Place all vegetables one half
- ❖ Place the salmon fillets on top
- ❖ Fold foil over and wrap over corners
- ❖ Bake for 20-30 minutes depending on fish & vegetables used

Fijian Marinade

Fish steaks
Designated or fresh coconut
Lime juice
Coriander

- ❖ Place fish steak in a dish or foil wrap
- ❖ Cover with all ingredients
- ❖ Bake in oven for 20 minutes or until fish is cooked

Thai Chicken (or fish)

1 can of light coconut milk (400 ml)
3-4 cloves of garlic peeled
2-3 fresh green chillies de-seeded
1 tablespoon freshly grated root ginger
3 tablespoons light soy sauce
Grated zest and juice of 2 limes
1 pack fresh coriander
4 boneless organic chicken breasts

- ❖ Put all ingredients except chicken in a blender until well mixed.
- ❖ Make 3 diagonal cuts across chicken breasts, arrange in a dish and pour coconut marinade over. Cover and leave for at least 30 minutes or longer (less if using fish).
- ❖ Remove chicken from marinade and place in baking dish, cover with foil and bake in a medium oven for 30 minutes. Whilst chicken is cooking, heat remaining marinade in a saucepan, stirring occasionally and simmer gently for 1 -2 minutes. Do **not** boil as it may start to separate.
- ❖ Serve chicken with sauce and fragrant rice garnished with fresh coriander

TOP TIPS

Quick Healthy Ready Meals???

Pour half a carton of Covent Garden soup over a piece of fish or chicken and bake in the oven or heat up 1/3 carton of soup and pour over a piece of poached/grilled fish/chicken.
Soup for Dinner? Add roasted/lightly cooked veggies or boiled organic chicken into a bowl of soup to bulk out a soup into a meal.

Sauces & Dressings

Orange & Coriander

2 parts olive oil
2 parts orange juice
1 part white wine vinegar
Chopped fresh coriander

French vinaigrette

2 parts oil
2 parts white wine vinegar
Mustard
Salt & pepper

Mustard, olive oil & balsamic

2 parts oil
2 parts balsamic vinegar
Mustard
Chopped herbs (optional)

Sauce Verde

Serves 2-4

1-2 garlic cloves, crushed
1 tsp sea salt
1 tsp Dijon mustard
2 tbsp chopped fresh flat-leaved parsley
2 tbsp chopped fresh mint or basil
Juice of ½ lemon
2 tbsp extra virgin olive oil
Black pepper

- ❖ Blend together the garlic and sea salt. Then, using a blender or food processor on slow, blend in the mustard, herbs and lemon juice. With the machine still running, slowly add the olive oil, blending as you do, until you have a green sauce.
- ❖ Add black pepper and adjust the seasoning.

Caponata

2 tbsp olive oil
½ cup onion, chopped
3 peppers
2tsp crushed garlic
1 medium aubergine, cut into ¾ slices
Fresh tomatoes (or tin)
½ cup golden raisins (optional)
1 tbsp red wine vinegar
2 tbsp capers, rinsed (optional)

- ❖ Place all ingredients into a pan and simmer until cooked.

Mango Salsa

Serves 2-4

1 ripe mango
1 small red onion
1 tbsp lime juice
2 tsp chopped fresh mint
Pinch of sea salt

- ❖ Peel and stone the mango flesh, then chop the flesh, reserving any juice. In a bowl, combine this with all the remaining ingredients and leave in the fridge for 30 minutes.

You can also make mango salsa with mango, red onion, chopped tomato & coriander

Black-eye pea salsa

Can of black eyed peas
Red onion
Diced red or yellow pepper
1 beef tomato finely chopped
½ bunch chopped coriander
1 tsp of olive oil

- ❖ Mix together all the ingredients in a bowl and serve with fish or salad

Vegetables

Green Minty Veg

100g fresh broad beans
100g peas (shelled weight)
50g fine beans, topped and tailed
Sea salt
1 tsp extra virgin olive oil
1 tbsp chopped fresh mint
Black pepper
2 tsp lemon juice

- ❖ Simmer the broad beans, peas and beans in a little lightly salted water until just tender.
- ❖ Drain and add to a small frying pan with the oil, mint, seasoning and lemon juice. Stir for a minute so that the flavours combine.

Cake & Desserts

Carrot Cake

115g dairy free spread
3 large eggs, beaten
115g of fresh dates
150g carrots chopped
175g of pears, peeled, cored and pureed
175g whole purpose wheat free flour
2 tsp of baking powder
2 tsp cinnamon
1 tsp of grated nutmeg
½ tsp of mixed spice
½ tsp of salt

- ❖ Place all ingredients into a bowl and then place in a greaseproof cake tin. Bake for 30-40 minutes

Flap Jacks

225g oats
75g rice flour
150g of dairy free spread (soya)
90ml of honey
50g of pine nuts or seeds
100g of chopped fresh dates

- ❖ Place all ingredients into a bowl and then place in a greaseproof cake tin. Bake for 25-30 minutes or until golden.

Chocolate Sorbet

200g of caster sugar
140g of good quality dark chocolate
Pinch of salt
1 tsp of cinnamon
690 mls of water
1 tablespoon of amaretto (optional)
100g of plump raisins

- ❖ Simmer all ingredients except amaretto & raisins and bring to boil
- ❖ Add the amaretto & raisins and allow to cool
- ❖ Churn in an ice cream maker for 20 mins
- ❖ Place in container in freezer

Chocolate Dipped Strawberries

20 large ripe strawberries
140g of good quality dark chocolate
Few drops of sunflower oil
Plate sprinkled with cocoa powder

- ❖ Wash & dry strawberries
- ❖ Heat up the chocolate in a bowl over boiling water with a few drops of oil until smooth
- ❖ Dip strawberries into chocolate (letting excess drip off)
- ❖ Place on the plate of cocoa powder and chill until required

Smoothie Lollypops

Make up a smoothie using fruit, bananas & oat milk (optional)
Place into plastic lollypop maker trays
Keep in freezer until required

Frozen Bananas (taste like white chocolate!!)

Chop a banana in half

Wrap in tin foil and freeze until required