



**UVHS HEALTHY
EATING RECIPES
FOR OUR ACTIVE
LIFESTYLE TERM**

“VEGANUARY” RECIPE OPTION 1: TESCO’S VEGAN PIZZA

Veganuary – or vegan January, is a popular initiative set up to help kick start healthier eating after Christmas and New Year. On the next two pages are suggested meals, but you can be as creative as you like! For example, there are hundreds of vegan baking recipes and dairy free alternatives in supermarkets to butter etc so you can still have a sweet treat!

Ingredients – makes 4 super thin pizzas – scale down as necessary

Dough

- 7g fast action dried yeast
- 2 tbsp olive oil,
- 1 tsp sugar
- 500g strong white bread flour,
- ½ tsp salt

Toppings (These are the recipes example toppings, feel free to add that you prefer such as red onion, sweetcorn, vegan mozzarella etc)

- 8 tbsp passata or pizza/pasta tomato sauce
- 1 x 285g jar artichokes, drained (halved if large)
- ½ x 190g pack sweet mini peppers, sliced
- 2 tsp sundried tomato paste
- 2 tbsp houmous
- ½ x 290g jar pitted Kalamata olives, drained
- 4 tsp capers, drained and rinsed

“VEGANUARY” RECIPE OPTION 1: TESCO’S VEGAN PIZZA

Method

1. Preheat the oven to gas 7, 240°C, fan 220°C
2. To make the dough, mix the yeast, oil, sugar and 325ml warm water in a jug
3. Put the flour and salt in a large mixing bowl.
4. Make a well in the centre and pour in the yeast mixture. Use a wooden spoon to mix together, bringing the flour in from the sides of the bowl until it comes together as a dough.
5. Dust your hands and the work surface with flour. Remove the dough from the bowl and knead for 10 mins until smooth and springy. Form the dough into a ball and put in a large oiled bowl then cover with a piece of oiled clingfilm to prevent it from sticking.
6. Leave to prove in a warm place.
7. Turn the dough out of the bowl onto a floured surface and knock out any air bubbles, kneading it again briefly. Divide into 4 equal balls and stretch or roll out the dough, turning it as you go, until you have 4 rough circles.
8. Spread 2 tbsp passata over each base, then top with the artichokes and peppers. Stir the sundried tomato paste into the houmous then dot over the pizzas. Finish with the olives and capers.
9. Carefully transfer the pizzas to the hot baking trays and bake for 8-10 mins until the crust is golden.

“VEGANUARY” RECIPE OPTION 2: VEGAN CHILLI & TORTILLA BOWLS

We have already looked at different sources of protein, and you understand how protein complementation works for those who follow a vegan diet. This is a recipe that allows you freedom on how hot and smoky you like your chilli, and allows you to use fresh ingredients for a twist on normal chilli con carne.

Ingredients

- 2 cans of beans – they can be any you like – butter beans, haricot, cannellini, kidney beans, black eye etc all work really well, and you can even buy mixed varieties now
- 1 Onion
- 2 Peppers (any colour)
- Garlic
- 1tsp Paprika (School)
- 1tsp Cayenne Pepper (School)
- Oil (School)
- Vegetable stock cube (School)
- 1tbsp Tomato puree (School)
- Either 2 cans of chopped tomatoes or one can and one box of fresh tomatoes
- Either fresh or dried chilli (Amount dependent on how hot you like it!) If you have a particular type of chilli seasoning or sauce you like to use, then you are more than welcome to bring that as well to incorporate.
- Spring Onions(Optional)
- Avocado (Optional)
- Lemon or lime (Optional)
- Pack of tortilla wraps

“VEGANUARY” RECIPE OPTION 2: VEGAN CHILLI & TORTILLA BOWLS

Method

1. Chop your onion into fine dice
2. Either dice or slice your peppers into strips
3. Add a saucepan to the hob, turning to a medium heat
4. Lightly sauté the onions and squeeze the garlic in with a press, cooking until they're soft and translucent
5. Add your peppers
6. Drain the beans with a sieve over the sink, and pass them under the running tap to remove any traces of the juice they were in from the can
7. Add your beans to your pan and turn the pan down slightly
8. At this point we are going to start and add your chilli (We can always taste and add more if it's not strong enough!)
9. Add the paprika and cayenne pepper and stir through thoroughly
10. Crumble in the stock cube
11. Add the tomato puree and your cans of tomatoes. If you are using fresh tomatoes, then either dice if they are large, or cut cherry tomatoes in half
12. Re-check the seasoning and heat levels of your dish and add more chili as needed
13. The dish should simmer away until the sauce thickens
14. Wash up
15. Preheat the oven to 200C/Gas mark 5/6
16. Add a tortilla into a heat proof bowl and bake it in the oven un-covered for around 10 minutes until golden – this will give you “Bowls” to serve your chilli in!
17. Finely cut the spring onions
18. Watch the demonstration on preparing an avocado and squeeze over the lemon/lime to stop browning
19. Spoon cooked chilli into a tortilla, and top with slices of avocado and spring onions

5 A DAY: SPINACH, RICOTTA AND CHICKEN TRAY BAKE

This recipe actually only contains 4 of your 5 a day but served with a salad at home will boost you towards your 5 a day super easy! If you're not keen on this dish, I have included guidance on what portion sizes count as one of your 5 a day to come up with on the next page to help you get creative.

Ingredients

- 3 x bags baby spinach
- 4 tbsp ricotta
- zest and juice 1 lemon
- a few grinds of nutmeg (UVHS)
- 4 skinless chicken breasts
- 2 tbsp olive oil (UVHS)
- 50g fresh breadcrumb, seasoned
- 3 courgettes, cut into batons
- 2 peppers, sliced
- 2 red onions, cut into wedges, roots intact
- 250g vine cherry tomato
- 4 garlic cloves
- OVEN PROOF DISH

5 A DAY: SPINACH, RICOTTA AND CHICKEN TRAY BAKE

Method

1. Heat oven to 200C/180C fan/gas 6.
2. Put the spinach in a large colander hot water to wilt.
3. Allow to drain for a few mins, then squeeze out as much excess water as possible.
4. Chop, put in a bowl and beat in the ricotta, lemon zest, nutmeg and plenty of seasoning.
5. Using a sharp knife, cut a slit into the side of each chicken breast and use your fingers to make a little pocket.
6. Spoon the mixture into the 4 breasts.
7. Rub with 2 tsp of the oil and press the breadcrumbs on top, then arrange the chicken in a roasting tin.
8. Put the vegetables into your own oven proof dish and drizzle with the remaining oil, and season well.
9. Bake the chicken and veg for around 30 mins, stirring the veg once.
10. Remove when the chicken is cooked through and the breadcrumbs are golden.
11. Remove the softened garlic from the vegetables and mash it with the lemon juice, then stir this with the roasted veg and serve with your chicken on top of your roasted vegetables in your own oven proof dish.

WHAT COUNTS AS ONE OF YOUR 5 A DAY?

- There is a lot of information online about what counts as one of your 5 a day.
- Mr Hall recommends using only UK approved sources such as Change 4 life and the NHS website to help you.
- There are lots of recipes on the BBC Food and BBC Good Food websites as well for 5 and 7 a day recipes. (These are great sources as they are normally checked for accuracy and easiness of cooking!)

WHY 5 A DAY?

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy, and may reduce the risk of disease and some cancers.

WHAT COUNTS AS 5 A DAY?

For kids, the amount they should eat depends on their size and age. As a rough guide, one portion is the amount they can fit in the palm of their hand.

For adults, a portion is 80g fruit:

- That's a large slice of fruit like melon or pineapple
- One medium apple, banana or pear
- Two smaller fruits like plum or satsuma
- Seven strawberries or 20 raspberries
- One handful of grapes

Or 30g of dried fruit

- One heaped tablespoon of dried fruit, such as raisins, cherries or dates

Or 80g vegetables

- That's three heaped teaspoons of peas, beans or pulses
- Three heaped tablespoons of veggies like sliced carrots, mixed vegetables or corn
- Four heaped tablespoons of cooked green veggies like cabbage and spring onions
- Two spears of broccoli or one medium tomato
- A dessert bowl of salad greens



HIGH PROTEIN LOW GI PRACTICAL OPTION: BBC FOOD MOZZARELLA CHICKEN WITH BUTTERBEAN MASH

Ingredients – This serves a family of 4, scale down as necessary

Chicken

- 4 chicken breasts, boned and skinned
- calorie controlled cooking oil spray (Optional – UVHS will have normal oil as an alternative)
- 1 medium onion, thinly sliced
- 2 garlic cloves, crushed
- 400g tin chopped tomatoes
- 3 tbsp tomato purée
- 1½ tsp dried oregano
- 85g pitted green or black olives
- 2 x 125g packs reduced fat mozzarella, sliced and drained
- OVEN PROOF DISH TO BAKE AND TAKE HOME IN 😊

Butterbean Mash

- 1 medium onion, finely chopped
- 1 garlic clove, crushed
- 2 x 400g tin butter beans, drained
- good squeeze lemon juice
- sea salt and freshly ground black pepper (UVHS)

HIGH PROTEIN LOW GI PRACTICAL OPTION: BBC FOOD MOZZARELLA CHICKEN WITH BUTTERBEAN MASH

Method

1. Preheat the oven to 220 degrees/ Gas Mark 6
2. Season the chicken breasts with salt and pepper.
3. Spray a large, deep non-stick flameproof frying pan or sauté pan with oil and place over a high heat.
4. Cook the chicken on each side for 3 minutes or until lightly browned. Transfer to a plate.
5. Reduce the heat to low, spray a little more cooking oil into the pan and cook the onion for 4-5 minutes, stirring until softened and lightly browned.
6. Add the garlic and cook for a few seconds.
7. Pour in the tomatoes. Stir in the tomato purée, oregano, olives and 300ml cold water.
8. Bring to the boil and cook for 5 minutes, stirring regularly. Reduce the heat to a gentle simmer and add the chicken.
9. Cook for 10 minutes, stirring occasionally, until the chicken is tender and cooked through. Season to taste.
10. Put the chicken into your oven proof dish
11. Top the chicken and sauce with the sliced mozzarella. Sprinkle with ground black pepper. Cook until the cheese melts.
12. For the butter bean mash, spray a small non-stick saucepan with cooking oil and place over a medium heat.
13. Add the onion and cook for 3 minutes. Add the garlic and cook for 1 further minute.
14. Either, put the beans in a food processor or mash by hand with 100ml water as needed, a good pinch of salt and pepper.
15. Add the cooked onion and garlic and blend to a thick purée. Spoon back in to the saucepan and heat, stirring constantly until hot. Add a good squeeze of lemon and season to taste.

HEALTHY TWISTS PRACTICAL: MEXICAN PENNE WITH AVOCADO

Pasta is a favourite with most families but can be an unhealthy carbohydrate for us, especially if you eat a lot of white pasta and don't exercise regularly. This recipe contains 5 of your day and still gives you a great mid week meal. Feel free to choose your own families favourite dish to make healthier, or even make your own pasta in lesson! 100g of wholemeal or plain flour to 1 egg to make your dough 😊

Ingredients

- 100g wholemeal penne
- 1 tsp rapeseed oil
- 1 large onion, sliced, plus 1 tbsp finely chopped
- 1 orange pepper, deseeded and cut into chunks
- 2 garlic cloves, grated
- 2 tsp mild chilli powder
- 1 tsp ground coriander
- ½ tsp cumin seeds
- 400g can chopped tomatoes
- 196g can sweetcorn
- in water
- 1 stock cube or 1 tsp vegetable bouillon powder
- 1 avocado, stoned and chopped
- ½ lime, zest and juice
- handful coriander, chopped, plus extra to serve

HEALTHY TWISTS PRACTICAL: MEXICAN PENNE WITH AVOCADO

Method

1. Heat the oil in a medium pan.
2. Add the sliced onion and pepper and fry, stirring frequently for 10 mins until golden.
3. Stir in the garlic and spices, then tip in the tomatoes, half a can of water, the corn and bouillon.
4. Cover and simmer for 15 mins.
5. Cook the pasta in salted water for 10-12 mins until al dente.
6. Meanwhile, toss the avocado with the lime juice and zest, and the finely chopped onion.
7. Drain the penne and toss into the sauce with the coriander.
8. Spoon the pasta into bowls, top with the avocado and scatter over the coriander leaves.

8 HEALTHY EATING TIPS

On top of the Eat Well Guide and Change 4 Life initiatives that you will of already heard about, we are advised to follow 8 tips to keep us healthy in the UK. Read through these and plan a dish to cook next week which uses at least one of these as the focal point.

1. Base your meals on starchy foods

Bread, cereals, rice, potatoes, pasta etc. They're the best fill-you-up foods and sources of energy. Choose wholegrain, wholemeal or "high fibre" varieties.

2. Eat lots of fruit and veg

Good for vitamins, minerals, fibre and antioxidants. Fresh, frozen, tinned, dried or 100% juice all count.

3. Eat more fish – including a portion of oily fish a week

They're an excellent source of protein and other nutrients. Oily fish are rich in omega-3 fatty acids which is good for heart health.

4. Cut down on saturated fat and sugar

Eat in small amounts. They're high in calories but low in nutrients. Choose lower fat and lower sugar versions when you can.



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5. Eat less salt – no more than 6g a day for adults

Throw away the salt shaker. Choose lower salt foods. Too much salt can raise your blood pressure

6. Get active and try to be a healthy weight. Walking is good

If you eat more than your body needs, you'll put on weight. Get at least 30 minutes exercise on at least 5 days of the week.

7. Drink plenty of water

Drink six to eight glasses of water and other fluids a day. Drink more when its hot and when you're active.

8. Don't skip breakfast

A good breakfast gives you energy, as well as vitamins and minerals. Wholegrain cereals or bread, with fruit, make a great start to the day.

