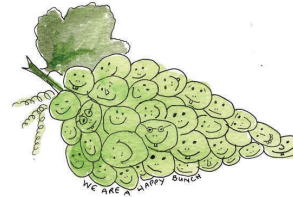


## Tips for adapting your recipes

- Try to reduce the amount of fat you use by swapping high fat ingredients for lower fat alternatives
- Grill, bake, poach, steam, microwave or boil foods, rather than frying them or cooking with added fat
- Use low fat dairy products where possible, such as skimmed or semi skimmed milk, reduced fat soft cheeses and low fat yoghurts
- Try using stronger cheese for cooking. You'll find that you won't have to use as much to give it a cheesy flavour. Grated cheese tends to go further too
- Use fats and oils which are high in poly/monounsaturates
- Light crème fraiche is very similar to traditional soured cream. It is heat stable and is therefore ideal for use in savoury sauces
- Fromage frais is fresh skimmed cow's milk cheese, but is more like a natural yogurt. It is not heat stable so best used in desserts and dips in place of cream or Greek yoghurt
- Aim for a balanced diet;
  - \*plenty of fruit & veg and starchy foods (e.g. potatoes, rice, pasta, cereals)
  - \*a small portion of meat, fish or alternatives (e.g. eggs, pulses)
  - \*a small portion of dairy produce (e.g. milk, yoghurt, cheese)
  - \*a *very small* portion of fat or sugar (e.g. butter, biscuit, crisps)



# EATSOME

## Healthier Cooking Adapt Your Recipes

A healthy diet is all about having the right balance. Learning how to adapt your daily favourite recipes is easy, it just takes a bit of practice but it will be worth it in the end. It is easier to maintain healthy changes in the long term if you adapt your normal recipes.

To make your meals into healthier alternatives, you can modify them simply by reducing the amount of fat, salt and sugar they contain, and increasing the fibre content.

The main consideration is the overall balance of the meals, with the emphasis on long term health and weight loss/maintenance.

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## How to Lower the Fat Content

INGREDIENT	REPLACE WITH
Full cream milk	Skimmed milk Semi skimmed milk
Full cream evaporated milk	Low fat/light evaporated milk
Yoghurt	Low fat/sugar yoghurt Fromage frais
Cream	Low fat/light evaporated milk Low fat yoghurt
Sour cream	Low fat/sugar yoghurt Reduced fat sour cream Crème fraiche
Cream cheese	Low fat soft cheese Cottage cheese
Butter	Mono/polyunsaturated margarine Vegetable oil e.g. sunflower or olive oil
Fatty Meats	Lean meat—remove visible fat/skin
Fried Food	Grill, dry fry or microwave food
Tinned Tuna or Salmon in oil	Tinned Tuna or Salmon in brine or spring water
Tinned Fruit in syrup	Tinned Fruit in natural juices
Cooking oil	Low fat cooking spray
Puff & regular pastry	Filo pastry and spray with oil

## Blueberry Muffins

Makes 12

### Ingredients

STANDARD	MODIFIED
225g self raising flour	<b>200g plain flour</b> <b>½ teaspoon bicarbonate of soda</b> <b>2 teaspoons baking powder</b>
225g margarine	<b>75g polyunsaturated margarine</b>
225g caster sugar	<b>75g caster sugar</b>
4 eggs	<b>1 medium egg</b> <b>100ml low fat plain yoghurt</b> <b>100ml skimmed milk</b>
100g blueberries	<b>200g fresh blueberries</b>

### Method

↓ Fat ↑ F & V ↑ Fibre

Preheat the oven to 200°C/400°F/Gas Mark 6. Line muffin tray with 12 muffin cases.

Combine all the dry ingredients in a bowl. In another bowl mix the melted margarine, yoghurt, milk and egg together.

Pour the wet ingredients into the dry and combine very gently so you don't over-work the mixture.

Gently stir in the blueberries, again keeping the mixing to a minimum, then quickly spoon into the muffin cases. Bake for 20 minutes, until risen and golden on top.

Transfer to a wire rack and cool or eat warm.

# Chicken Curry

Serves 4

## Ingredients

STANDARD	MODIFIED
olive oil	<b>low fat cooking spray</b>
1 clove garlic, crushed	<b>1 clove garlic, crushed</b>
½ onion, finely chopped	<b>1 onion, chopped finely</b>
4 chicken breasts, diced	<b>2 chicken breasts, diced</b>
1 tbsp curry paste	<b>1 tbsp curry paste</b>
2 medium potatoes	<b>1 medium potato</b>
	<b>2 handfuls of a selection of vegetables, chopped to same size</b>
	<b>½ cooking apple, chopped</b>
	<b>1 x 400g tin tomatoes</b>
300 ml vegetable stock	<b>300 ml vegetable stock</b>
salt & pepper	<b>black pepper</b>

## Method

↓ Fat ↓ Salt ↑ F & V ↑ Fibre ↓£

Heat the cooking spray in a wok or large, heavy frying pan.

Add the garlic, onion and chicken and cook until chicken is browned. Add the curry paste and cook for 2 more minutes.

Add the rest of the ingredients and bring to the boil. Put a lid on the pan and reduce the heat. Simmer for 30 minutes or until the chicken is cooked through.

Serve with rice, naan bread, chapatti or on top of a baked potato.

# Quick Homemade Pizza

Serves 4

## Ingredients

STANDARD	MODIFIED
225g self raising flour	<b>225g self raising flour</b>
salt	<b>¼ teaspoon mixed herbs</b>
35g butter	<b>35g sunflower margarine</b>
2 tablespoon water	<b>2 tbsp water</b>
2 tablespoon milk	<b>2 tbsp skimmed milk</b>
pepperoni or bacon	<b>tuna/chicken, cooked</b>
1 tomato	<b>1 tomato</b>
227g tin chopped tomatoes	<b>227g tin chopped tomatoes</b>
	<b>225g veg—peppers, mushrooms, broccoli, onions, sweetcorn, pineapple</b>
100g mild cheddar cheese	<b>25g mature cheddar cheese</b>
	<b>oregano</b>

## Method

↓ Fat ↓ Salt ↑ F & V ↑ Fibre

Rub margarine into flour and herbs. Add milk and water to make moist dough. Spread mixture on baking tray (roughly 8" diameter).

Add sprinkling of oregano to tinned tomatoes and spread on the base. Cover with sliced vegetables, then cooked meat or fish.

Top with cheese and sliced tomato then bake in a pre heated oven at 220°C/400°F/Gas Mark 7 for 25-30 minutes.

## Roast Vegetable Quiche

Serves 4

### Ingredients

STANDARD	MODIFIED
6oz (150g) wholemeal flour 3oz (75g) margarine	<b>450g potatoes, peeled</b> <b>1 tbsp horseradish sauce</b>
1 green, red & yellow pepper, deseeded & sliced 1 red onion, sliced 3 carrots, sliced	<b>1 green, red &amp; yellow pepper, deseeded &amp; sliced</b> <b>1 red onion, sliced</b> <b>3 carrots, sliced</b>
olive oil	<b>low fat cooking spray</b>
4 eggs	<b>1 large egg</b>
300ml (½ pint) milk	<b>150ml (¼ pint) skimmed milk</b>
225g mild cheddar cheese	<b>25g mature cheddar cheese</b>
salt and pepper	<b>mixed herbs &amp; black pepper</b>

### Method

↓ Fat ↓ Salt

Preheat the oven to 220°C/400°F/Gas Mark 7. Place the vegetables apart from the potatoes in a roasting tray. Season and spray with cooking spray. Roast for 20 minutes, until soft and golden. Meanwhile, boil the potatoes in water, drain and mash them with the horseradish sauce and seasoning.

Line a 8-inch tin with greaseproof paper. Spoon in the mash and press down to form a base. Bake in the oven for about 10 minutes until the potato has formed a crust.

Pile the roasted vegetables on top of the potato base. In a jug beat together the egg and milk with some black pepper. Pour the egg mixture over the vegetables and then sprinkle over the grated cheese. Return to the oven for a further 10-15 minutes, until the top is set and golden.

## Spicy Beef Burgers

Serves 4

### Ingredients

STANDARD	MODIFIED
400g minced beef	<b>350g extra lean minced beef or turkey</b>
1 onion, chopped finely	<b>1 onion, chopped finely</b>
1 egg, beaten	<b>1 egg, beaten</b>
1 tbsp Worcestershire sauce	<b>1 tbsp Worcestershire sauce</b>
1 pickled gherkin, finely chopped	<b>1 pickled gherkin, finely chopped</b>
1 teaspoon chilli flakes	<b>1 teaspoon chilli flakes</b>

### Method

↓ Fat

Place the onion in a small pan with 2 tablespoons water and the Worcestershire sauce. Cover and cook gently for 2 – 3 minutes until softened. Drain and place in a mixing bowl.

Add the minced beef, gherkin, chilli powder and egg. Mix well.

Divide the mixture into four even-sized burgers and grill under a medium heat for 6 minutes per side.

Serve with a mixed salad.

## Leek & Potato Soup

Serves 6

### Ingredients

STANDARD	MODIFIED
25g butter	<b>1 tbsp polyunsaturated margarine</b>
1 medium onion, chopped	<b>1 large onion, chopped finely</b>
3 leeks, chopped finely	<b>3 leeks, chopped finely</b>
500g floury potatoes, peeled & chopped	<b>500g floury potatoes, peeled &amp; chopped</b>
3 tbsp chopped fresh parsley, plus a few sprigs to garnish	<b>3 tbsp chopped fresh parsley, plus a few sprigs to garnish</b>
3 vegetable stock cubes, dissolved in 1 litre (1 $\frac{3}{4}$ pints) hot water	<b>2 vegetable stock cubes, dissolved in 1 litre (1 <math>\frac{3}{4}</math> pints) hot water</b>
300ml ( $\frac{1}{2}$ pint) cream	<b>300ml (<math>\frac{1}{2}</math> pint) skimmed milk</b>
salt and pepper	<b>black pepper</b>

### Method

↓ Fat ↓ Salt ↓ £

Melt the margarine in a large saucepan and gently sauté the onion and leeks until soft for about 10 minutes.

Add the potatoes, parsley and hot stock and bring to the boil. Cover and reduce the heat. Simmer gently for about 20 minutes, or until the vegetables are tender and the potatoes are beginning to break down. Add the milk to the saucepan and reheat gently. Season to taste with black pepper and parsley.

## Spaghetti Bolognese

Serves 4

### Ingredients

STANDARD	MODIFIED
1 tablespoon vegetable oil	<b>low fat cooking spray</b>
1 onion, chopped	<b>add extra onion (2)</b>
1 clove garlic, crushed	<b>1 clove garlic, crushed</b>
500g mince	<b>400g turkey mince or lean minced beef</b>
2 medium carrots	<b>add more vegetables e.g. 2 medium carrots 2 celery stick mushrooms &amp; peas</b>
1 x 400g tin tomatoes	<b>1 x 400g tin tomatoes</b>
2 tablespoons tomato puree	<b>2 tablespoons tomato puree</b>
2 pinches mixed herbs	<b>2 pinches mixed herbs</b>
250g spaghetti	<b>use wholemeal pasta</b>
salt & pepper	<b>salt not needed, add extra herbs &amp; black pepper</b>

### Method

↓ Fat ↓ Salt ↑ F & V ↑ Fibre

Heat a large frying pan and spray with low fat cooking oil. Add the onion and garlic and cook for 3 minutes. Add the mince and cook until browned all over. Add the vegetables and cook for a further 2 minutes. Add the tomatoes, tomato puree, herbs and black pepper. Cover and simmer for around 30 minutes.

Meanwhile, cook the spaghetti according to the packet, then drain. Check the sauce for seasoning and serve over the spaghetti.

## Cous Cous Salad

Serves 4

### Ingredients

STANDARD	MODIFIED
150g (6 oz) instant cous cous	<b>150g (6 oz) instant cous cous</b>
250ml (½ pint) boiling water	<b>250ml (½ pint) boiling water</b>
3 tbsp oil or butter	<b>juice of half a lemon</b>
1 tomato	<b>2 tomatoes</b>
bacon strips	<b>lean wafer ham</b>
1 pepper	<b>a quarter each of red and yellow peppers, washed and chopped into small pieces</b>
	<b>a chunk of cucumber</b>
	<b>1 spring onion, sliced finely</b>
salt	<b>lots of chopped herbs: mint, parsley or coriander</b>
black pepper	<b>black pepper</b>

### Method

↓ Fat ↓ Salt ↑ F & V ↑ Fibre

Put the cous cous in a bowl and add the boiling water. Stir it around with the fork until it soaks up all the water – this will take a few minutes. Add the lemon juice and fluff it up with the fork again.

Add the chopped vegetables, ham, herbs and some black pepper.

Cover it with cling film and put it in the fridge for a while before serving. This will improve the flavour.

## Chunky Chips

Serves 4

### Ingredients

STANDARD	MODIFIED
4 large potatoes	<b>4 large potatoes</b>
cooking oil/fat	<b>low fat cooking spray</b>
salt	<b>2 teaspoons paprika</b>
	<b>black pepper</b>

Use less fat to cook your chips. Parboil them first, then spray or brush lightly with oil rather than pouring straight from the bottle. Then place the chips into a hot oven and you should have tasty, crispy chips that aren't laden in oil. Keeping them in large pieces reduces the amount of fat they absorb.

### Method

↓ Fat ↓ Salt

Preheat the oven 220°C/400°F/Gas Mark 7

Cut into 1 cm thick wedges and place in boiling water for 3 minutes.

Drain in a colander and allow the wedges to dry for a minute.

Spray with cooking spray, freshly ground black pepper and paprika and toss well to coat.

Tip the wedges into a large baking tray and shake the tray so they are evenly spread out.

Place the tray in the oven and cook for 30 minutes.

Shake the tray once or twice during cooking to ensure even cooking.