

Healthy Eating Recipes



Eating Well to Feel Well



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Recipes

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|-----------|----------------------|--|------------------------------|------------------------------------|-----------------------------------|
| Breakfast | Oaty Banana Pancakes | Strawberry & Oats Smoothie | Blueberry Overnight Oats | Scrambled Eggs with Kale & Bagel | Berry Nice Parfait |
| Lunch | Turkey Sliders | Mixed Bean Salad Delight | Mexican Chicken Burrito Bowl | Peppers Stuffed with Tuna & Quinoa | Sweet Chili & Mango Chicken Salad |
| Dinner | Prawn Pad Thai | Healthy Salmon Bake | Tasty Turkey Curry | Quick and Easy Beef Fajitas | Hearty Bean Stew |
| Snack | Green Power Smoothie | Chocolate Peanut Butter Banana Skewers | Mixed Fruit & Nuts | Nutty toast | Chocolate Strawberries |



Breakfasts

Oaty Banana Pancakes

Ingredients

- 40g oats
- 1 large egg
- 1 medium banana
- ½ cup blueberries
- 1 tbsp. honey
- ½ tsp. baking soda
- 4-5 sprays light spray oil

Method

- 1) Peel banana and place in a blender. Crack egg in to blender. Add oats and baking powder and blend well.
- 2) When batter is a smooth and creamy consistency, pour it into a bowl and keep in the fridge for 10-15 mins to allow it to thicken.
- 3) Spray oil on non-stick pan and heat on a medium heat.
- 4) Add batter to pan in circular shape. Choose 1 large pancake or multiple mini pancakes depending on your preference.
- 5) Allow to cook for 4-5 mins and flip to cook under side until golden brown.
- 6) Serve on a plate. Top with a drizzle of honey and blueberries.
- 7) Best served hot

Prep time- 5 mins

Cook time- 5-10 mins

Strawberry & Oats Smoothie

Ingredients

- 1-2 cups Washed spinach
- 8-10 Frozen strawberries
- 200 ml Low fat milk
- ¼ tbsp. Hemp seed
- ¼ tbsp. Raw honey
- 50g Oats

Method

- 1) Place all ingredients in a blender and blend until smooth
- 2) Add ice cubes if you would like it extra cold

Prep time 5 mins

Blueberry Overnight Oats

Ingredients

- 40g oats
- 1 peach
- 150ml low fat milk
- 40ml low fat blueberry Greek yoghurt
- 1 cup blueberries
- 1 tbsp. raw honey
- 1 tsp. lemon zest
- 1 tbsp. chia seeds
- ¼ tsp cinnamon

Method

- 1) Place oats in a jar. Add chia seeds on top
- 2) Pour milk on top of oats and seeds. Place jar in the fridge and allow to chill overnight
- 3) In the morning add Blueberry flavour yoghurt on top of oats and seeds mixture
- 4) Top with washed blueberries, lemon zest and honey
- 5) Best served cold

Prep time- 5 mins

Store in fridge overnight

Scrambled Eggs with Kale & Bagel

Ingredients

- small handful of kale leaves
- 2 eggs
- 2 tbsp. low fat milk
- 4-5 sprays light spray oil
- 30g low fat white cheddar
- 1 whole-wheat bagel
- pinch pepper

Method

- 1) Cook kale in a pot of boiling water for 3 mins
- 2) Drain water and set kale aside
- 3) Crack eggs into a bowl and whisk well. Add in milk and mix well.
- 4) Heat a nonstick pan on medium heat and coat with 4-5 sprays light spray oil
- 5) Add kale to egg mixture and pour all into the hot pan
- 6) Stir continuously until the eggs congeal and form solid lumps (approx. 5mins on heat)
- 7) Serve eggs on a toasted bagel
- 8) Season with a pinch of pepper

Prep time- 5 mins

Cook time- 5-10 mins

Berry Nice Parfait

Ingredients

- 125g low fat natural Greek yoghurt
- 1 cup mixed berries
- 45g oats
- 10 halves walnuts

Method

- 1) Place low-fat Greek yogurt in the bottom of a glass or Mason jar
- 2) Layer with berries, walnuts, and Oats
- 3) Eat immediately or leave overnight in fridge

Prep time- 5 mins

Best stored overnight in fridge

Lunches

Turkey Sliders

Ingredients

- 200g lean ground turkey mince
- 2 mini whole wheat pitta bread
- 1 tbsp. tomato relish
- ½ tbsp. tahini
- ¼ tsp. onion powder
- 1 tbsp. freshly chopped parsley
- ¼ tsp. garlic powder
- 4-5 spray light spray oil
- 1/2 tsp. freshly squeezed lime juice
- 1 whole tomato sliced
- 1 bowl mixed green salad

Method

- 1) Combine parsley, onion powder and garlic powder in a bowl with turkey mince and mix well
- 2) Mix should make 2 burgers. Divide mix and mould into 2 burgers.
- 3) Heat a non-stick pan and coat with light spray oil. Cook burgers on a medium heat on both sides until golden brown and cooked through (approx. 10 mins in total)
- 4) In a small bowl mix tahini with lemon juice
- 5) Cut pittas in half and toast them
- 6) Add turkey burgers to pittas. Top with tahini sauce on one and tomato relish on the other (or tahini sauce on both if you wish)
- 7) Top burgers with tomato slices and lettuce. Serve with a bowl of green salad of your choice (e.g. spinach/ lettuce, cucumber slices, green peppers etc.)

Prep time- 5-10 mins

Cook time- 10-15 mins

Mixed Bean Salad Delight

Ingredients

- 1 cup washed mixed beans
- ½ can small tin sweetcorn in water
- 3 scallions chopped
- 1 red pepper
- 2-3 leaves coriander
- 1 tbsp. olive oil

- ½ tbsp. agave syrup
- ½ tsp. apple cider vinegar
- 2 tbsp. freshly squeezed lime juice
- 1-2 drops tabasco sauce
- ¼ tsp. chili flakes
- (to taste) pepper

Method

- 1) Drain beans from can and rinse well with water
- 2) Drain sweetcorn and rinse well
- 3) Add beans and sweetcorn to a bowl with chopped scallion and chopped pepper
- 4) In a small bowl add olive oil, agave syrup, vinegar, lime juice, tobacco sauce and chili flakes. Mix well to make your dressing and pour over bean salad
- 5) Garnish with coriander leaves

Prep time- 5-10 mins

Mexican Chicken Burrito Bowl

Ingredients

- 1 lean chicken breast
- 1 green pepper
- ½ cup washed black beans
- 1 tbsp. low fat shredded Mexican cheese
- 2 tbsp. low fat sour cream
- ½ avocado
- ¼ tsp. chili powder
- ¼ tsp. chipotle chili powder
- 4-5 sprays light spray oil
- 1 cup Cos or iceberg lettuce
- 1 whole chopped tomato
- 1 tbsp. fresh parsley

Method

- 1) Chop chicken into strips as per your preference
- 2) Season chicken with chili powder and chipotle powder
- 3) Heat a non-stick pan on a medium heat and coat with light spray oil
- 4) Add chicken to pan and cook until white and cooked through (approx. 10 mins)
- 5) Chop green pepper and add to pan with chicken. Cook for 5 mins.
- 6) Drain and wash black beans. Add to pan. Simmer for 5-10 mins
- 7) Wash lettuce and tomato. Shred lettuce and chop tomato into slices. Place in a salad bowl. Top with chicken and bean mix.

8) Sprinkle with cheese, add a dollop of sour cream

9) Add slices of avocado or mashed avocado and garnish with parsley

Prep time- 5-10 mins

Cook time- 25-30 mins

Peppers Stuffed with Tuna & Quinoa

Ingredients

- 1 whole red pepper
- 148g tuna in water or brine
- 50g uncooked quinoa
- 30ml light sour cream
- ½ medium orange pepper
- 1 carrot
- 1 tsp. balsamic vinegar
- ½ tbsp. olive oil
- ½ tsp. dried oregano
- 1 celery stalk

Method

- 1) Pre-heat oven to 200C
- 2) Wash red pepper, cut off the top and remove the middle of the pepper
- 3) In a bowl mix oil, vinegar and oregano
- 4) Wash and peel carrot and cut into small strips. Do the same with celery and mix the 2 in a bowl with drained tuna and cooked quinoa.
- 5) Add vinegar sauce to tuna and quinoa mix and combine by stirring well
- 6) Fill red pepper with mixture. Option to bake red pepper wrapped in tinfoil for 20-30 mins or serve cold and uncooked depending on preference.
- 7) Serve with avocado slices and remaining filling

Prep time- 5-10 mins

Cook time- 15-45mins depending on how it is served

Sweet Chili & Mango Chicken Salad

Ingredients

- 1 whole chicken fillet
- 30g cooked edamame beans
- 10g raw unsalted cashew nuts
- 25g cooked quinoa
- ½ cucumber
- ½ whole mango
- 1-2 tbsp. light sweet chili dressing
- 1 or 2 lemon wedges
- ½ carrot
- 1 cup red cabbage
- 10g coriander
- 4-5 sprays light spray oil

Method

- 1) Wash and peel carrot and cucumber and cut into long julienne strips
- 2) Wash and shred cabbage (Lettuce can be used if preferred)
- 3) Chop chicken and cook on a non-stick pan coated with light spray oil on a medium heat for approx. 10 mins stirring throughout
- 4) Chop unsalted cashew nuts and add to pan to toast them for 2-3 mins
- 5) In a bowl add your cabbage, carrots, cucumber, cooked quinoa, shredded cooked chicken and toasted cashew nuts
- 6) Peel a mango and chop half of it into small pieces. Add to salad.
- 7) Drizzle sweet chili sauce over salad and top with coriander
- 8) Serve with lemon wedges and squeeze over salad per taste

Prep time- 5-10 mins

Cook time- 15 mins

Dinner

Prawn Pad Thai

Ingredients

- 100g ready to eat prawns
- 60g brown rice noodles
- 1 tbsp. natural peanut butter
- ½ tbsp. soy sauce
- 1 tsp. Sriracha sauce
- ½ tsp. fish sauce
- ½ unseasoned rice vinegar
- 1 tsp. peanut oil
- 1 green pepper
- ¼ bean sprouts
- 5 unsalted roasted peanuts
- ½ lime

Method

- 1) Mix peanut butter, soy sauce, sriracha, fish sauce and vinegar together in a bowl
- 2) Cook noodles in water per packet instructions
- 3) Prepare vegetables- wash and chop green pepper removing the centre, chop onion and wash bean sprouts
- 4) Heat a non-stick pan on a medium heat and coat with light spray oil
- 5) Add ready to eat prawns to pan and heat for 2-3 mins.
- 6) Add green pepper, garlic and onions to pan and cook for 2-3 mins
- 7) Drain noodles when cooked and add to pan
- 8) Add peanut butter sauce and mix all thoroughly
- 9) Serve in a bowl topped with crushed nuts and a wedge of lime

Prep time- 5-10 mins

Cook time- 10- 15 mins

Healthy Salmon Bake

Ingredients

- 1 salmon fillet
- 1 medium sweet potato
- 1 carrot
- 100g onion
- ½ red pepper
- ½ green pepper
- 1 quarter courgette

- 1 fennel bulb
- 1 tbsp. low fat natural yoghurt
- 1 chopped garlic clove
- 1 lemon wedge
- pinch pepper
- 1 tbsp. chopped chives

Method

- 1) Pre-heat oven to 200C
- 2) Coat a baking tray with light spray oil
- 3) Wash and chop vegetables and place in tray
- 4) Squeeze lemon over vegetables and leave lemon wedge on top of vegetables. Sprinkle with pepper and chives.
- 5) Place salmon on top of vegetables and place in heated oven.
- 6) Wash sweet potato and pierce it several times with a fork. Cover in foil and place in oven
- 7) Allow to cook for 20-30 mins depending on how soft you like the vegetables
- 8) Serve baked vegetables, salmon and sweet potato with a dollop of low fat natural yoghurt

Prep time-10-15 mins

Cook time-30-40 mins

Tasty Turkey Curry

Ingredients

- 100g lean ground turkey breast
- 50g uncooked wholegrain
- 1 whole carrot
- 100g celeriac
- 1 crushed garlic clove
- ½ green pepper
- 6g peppadew
- 1 tsp. olive oil
- 1 tsp. green Thai curry paste
- ½ tsp. soy sauce
- ½ cup French green beans
- ½ tbsp. low fat natural yoghurt
- 2 kaffir lime
- 1 quarter chicken stock cube

Method

- 1) Cook rice as per packet instructions
- 2) Wash and chop all vegetables
- 3) Cut peppadews into strips
- 4) Cut turkey into strips

- 5) Heat olive oil in a non-stick pan at a medium heat
- 6) Add crushed garlic, carrots and celeriac to pan and cook for 2-3 mins
- 7) Add peppers to pan.
- 8) Dissolve stock cube in 100ml boiling water and mix well to make a stock. Add curry paste and mix well. Add to pan along with lime leaves. Cook for 5 mins
- 9) Add turkey, peppadews, soy sauce, and French beans to pan. Simmer for 5-10mins so that turkey can cook through. Stir occasionally.
- 10) Remove lime leaves from curry and serve with cooked brown rice.
- 11) Top with a spoonful of yoghurt and enjoy.

Prep time-10-15 mins

Cook time- 15-20 mins

Quick and Easy Beef Fajitas

Ingredients

- 100g extra lean ground beef
- 2 small whole wheat tortilla wraps
- ½ red pepper
- ½ green pepper
- 2 tbsp. low fat sour cream
- 2 tbsp. low fat shredded Mexican cheese
- 1 cup shredded lettuce
- 1 whole sliced tomato
- 1 crushed garlic clove
- 2 tsp. fresh lime juice
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/4 tsp. red pepper flakes
- pinch pepper

Method

- 1) Cut beef into thin strips
- 2) Heat a non-stick pan on medium heat coated with light spray oil
- 3) Add crushed garlic and chopped onion and cook for 2-3 mins
- 4) Add steak strips to pan and cook for 5 mins
- 5) Add chopped peppers to pan and mix with steak for a further 3-5 mins depending on how well you like your steak done
- 6) Add a squeeze of lime juice, chili powder, red pepper flakes and black pepper and stir well
- 7) Heat tortilla wraps in the microwave for 20 secs

- 8) Add steak filling to each tortilla
 - 9) Top with shredded lettuce, tomato slices, Mexican cheese a dollop of sour cream
 - 10) Best served hot
- Prep time- 5 mins
- Cook time- 5-10 mins

Hearty Bean Stew

Ingredients

- 85g butternut squash
- 1 aubergine
- 150g unsalted mixed beans
- 200g canned chopped tomatoes
- 2 tbsp. low fat Greek natural yoghurt
- 1 tsp. olive oil
- 1 tbsp. flakes almonds
- ½ tbsp. honey
- 1 garlic clove
- ½ onion
- 1 tsp. fresh grated ginger
- 2 whole cardamom pods
- 1 tsp. turmeric
- ½ tbsp. soy sauce
- 2-3 coriander leaves

Method

- 1) Melt olive oil on a nonstick pan on a medium heat
 - 2) Peel and crush garlic, peel and chop onion and add both to pan. Stir for 2-3 mins.
 - 3) Stir in spices and stir for 1-2 mins
 - 4) Wash and chop butternut squash and aubergine and add to pan. Stir frequently for 2 mins
 - 5) Add chopped tomatoes, soy sauce and honey and stir well
 - 6) Allow to simmer for 30 mins on a low heat
 - 7) Add in beans and allow to heat for 5 mins
 - 8) Serve stew and top with a dollop of yoghurt, flaked almonds and coriander
 - 9) Best served hot
- Prep time- 5-10 mins
- Cook time-30-40 mins

Snacks

Green Power Smoothie

Ingredients

- 1-2 cups spinach
- 8 frozen strawberries
- 200ml low fat milk
- 1.5 tbsp. hemp seeds

Method

- 1) Add all ingredients to a blender and mix well
- 2) Best served cold

Prep time- 5 mins

Banana and Cheese skewers

Ingredients

- 1 medium banana
- 30g low fat cheddar cheese
- ½ small apple

Method

- 1) Slice banana into chunks
- 2) Chop cheese into chunks
- 3) Place a skewer through each banana and cheese piece to create a kebab
- 4) Place in fridge for 20-30mins to chill before serving or eat immediately

Prep time- 5-10 mins

Mixed Fruit & Nuts

Ingredients

- 30g pistachio nuts
- 1 medium box raisin

Method

1) Remove shells from pistachios and eat with raisins

Prep time- 5 mins

Nutty toast

Ingredients

- 1 slice whole grain toast
- 1 tbsp. natural peanut butter
- ½ medium banana

Method

1) Toast granary bread

2) Coat with peanut butter

3) Chop banana on top and enjoy

Prep time- 5 mins

Chocolate Strawberries

Ingredients

- 4 Lindt dark chocolate square
- 1 cup strawberries

Method

1) Wash and chop strawberries in half and place in a bowl

2) Melt down chocolate in a small pot on low-medium heat

3) Pour hot chocolate over strawberries

4) Serve hot or chill in fridge to enjoy later

Prep time- 5-10 mins



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