

Eat Well to Feel Well

Vegetarian Recipes

Macronutrient breakdown

35-50% carbohydrate

10-35% protein

20-35% fat

Recipes

Breakfast	Feta Cheese & Veggie omelette	Mexican Eggs Ranchero Style	Strawberry and Oats Smoothie	Scrambled Eggs with Kale & Bagel	Berry Nice Parfait
Lunch	Tofu Kebab with Baked Sweet potato	Mixed Bean Salad Delight	Tempeh salad Greek Style	Protein Packed Peppers	Quinoa and Sweet Potato Salad in a Jar
Dinner	Tofu Pad Thai	Cheesy Veggie Bake	Potato, Chickpea and Cashew Curry	Asian Style Tofu Risotto	Hearty Bean Stew
Snack	Green Power Smoothie	Edamame Beans	Fruit, Nuts and Natural Yoghurt	Banana and Cheese Skewers	Faux Cheesecake Delight

Breakfasts

Feta Cheese & Veggie Omelette

Ingredients

- 1 whole grain bagel
- 2 whole Eggs
- 1 egg White
- 30g low fat feta cheese
- 1 tomato
- 1 cup mushroom
- ½ cup kale
- 4-5 sprays light spray oil
- Pinch pepper 1 garlic clove
- 1 quarter small red onion

Method

- 1) Wash tomato, mushrooms and kale. Chop tomato into chunks (4 or 8). Remove stalk from mushrooms and chop mushrooms into slices.
- 2) Coat a non-stick pan with light spray oil and cook on a medium heat
- 3) Peel and crush garlic and add to pan
- 4) Peel and slice onion and add to pan. Cook for 2-3 mins
- 5) Crack eggs and egg white into a bowl. Whisk well. Flavour with pepper and some spices if you wish.
- 6) Add chopped tomato, a few kale leaves and mushrooms to bowl with egg and mix well. Pour into pan so that it covers the entire pan. Ensure the vegetables are evenly distributed. Cook for 3-5 mins.
- 7) Pre-heat grill.
- 8) Check the omelette and when the bottom looks golden brown, you have 2 options. Flip the omelette to cook the top side or place it under the grill.
- 9) Crumble feta cheese and sprinkle on top of omelette. Flip omelette or cook under grill.
- 10) When both sides of omelette are golden brown, remove from pan
- 11) Cut a bagel in half and toast until golden brown. Top each half with omelette

Prep time- 5-10 mins

Cook time- 10 mins

Prep time- 5 mins

Mexican Eggs Ranchero Style

Ingredients

- Half large Avocado
- 1 tbsp. Parsley
- 1 tbsp. Salsa
- 1 tsp. Freshly squeezed lemon juice
- Pinch Sea salt
- 4-5 sprays light spray oil
- 2 Large eggs
- 1 Wholegrain bagel

Method

- 1) Cut a lemon in half and squeeze the juice into a bowl
- 2) Cut an avocado in half and scoop out 1 half of the avocado flesh into a bowl and add the lemon juice
- 3) Use a fork to mash the avocado and mix well with lemon juice
- 4) Add Parsley, salt and salsa and mix well until it has a smooth, thick consistency like guacamole
- 5) Heat a non-stick frying pan and spray with light spray oil
- 6) When the pan is hot crack the eggs into the pan and fry for 5- 10 mins depending on how soft/hard you like your eggs
- 7) Cut your bagel in half and place in toaster for 3-4 mins until lightly toasted
- 8) Place the toasted bagel on a plate, spoon on your avocado mixture evenly on the 2 halves of the bagel and top each half with a fried egg 9) Enjoy!

Prep time: 5-10 mins

Cook time: 10 mins

Strawberry and 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

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 non-stick 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

Tofu Kebab with Baked Sweet Potato

Ingredients

- 85g firm tofu
- 200g mixed bell peppers
- 1 medium sweet onion
- 100g French beans
- 1 medium sweet potato
- 1 garlic clove
- ½-1 tbsp. fresh lemon juice

- 1 tsp. paprika
- Fresh parsley
- 1 cup broccoli florets

Method

- 1) Prepare your tofu by draining it and cutting it into bite size chunks
- 2) Peel and crush garlic. Mix it with lemon juice, paprika, chopped herbs and pepper to taste. Mix well
- 3) Place tofu in a bowl and cover with above mixture. Cover and leave in the fridge to marinade for 30 minutes
- 4) Prepare your potato. Wash and pierce the sweet potato. Wrap in tinfoil and place in a preheated oven at 200C for 30-45 mins until crispy on the outside and cooked through on the inside
- 5) To make kebabs, get a skewer and thread on pieces of tofu and chopped peppers & onion. Place kebabs on a baking tray and place in the oven for 15-20 mins with sweet potato.
- 6) Bring a pot of water to the boil and cook French beans and broccoli for 5-7 mins depending on how crunchy you like them
- 7) When you are confident that the sweet potato and kebabs are cooked through, serve them on a plate with French beans and broccoli.
- 8) Best served hot

Prep time: 30-35 mins

Cook time- 35-50 mins

Mixed Bean Salad Delight

Ingredients

- 1 cup washed, unsalted mixed beans
- ½ can small tin sweetcorn in water
- 3 scallions chopped
- 1 red pepper
- 2-3 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

Tempeh salad Greek Style

Ingredients

- 100g uncooked tempeh
- 2 plum tomatoes
- ½ cucumber
- 5 black olives
- ½ tbsp. olive oil
- 4 whole wheat Ryvita crackers
- 30g low fat feta cheese
- 1 cup spinach
- 4-5 sprays light spray oil
- ½ tbsp. balsamic vinegar
- ½ tsp dried oregano
- 1 tbsp. fresh parsley

Method

- 1) Heat a non-stick pan coated with light spray oil on medium heat
- 2) Slice tempeh into thin slices and cook on both sides for 4-5 mins in total so that it is golden brown
- 3) Wash vegetables and chop into small pieces
- 4) Prepare salad dressing by mixing olive oil, balsamic vinegar and oregano together
- 5) Serve spinach in a bowl topped with chopped vegetables and pour vinaigrette dressing on top
- 6) Top with tempeh and crumbled feta cheese
- 7) Best served hot with wholegrain crackers

Prep time: 5 mins

Cook time: 15-20 mins

Protein Packed Peppers

Ingredients

- 1 whole red pepper

- 75g 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) Cook quinoa as per instructions
- 4) In a bowl mix oil, vinegar and oregano
- 5) 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.
- 6) Add vinegar sauce to tuna and quinoa mix and combine by stirring well
- 7) 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.
- 8) Serve with remaining filling and top with sour cream

Quinoa and Sweet Potato Salad in a Jar

Ingredients

- 1 small sweet potato
- 1 tbsp. olive oil
- 100g low sodium black beans
- 40g uncooked quinoa
- 25g mixed bell peppers
- 15g dried cranberries
- 40g mango
- 1 cup spinach
- 1 tbsp. balsamic vinegar
- 1.5 tbsp. water

Method

- 1) Wash and peel sweet potato. Cut into cubes. Place in a bowl with olive oil and coat well. Place on a baking tray and put in a preheated oven at 200C. Roast for 20-30 mins until soft
- 2) Cook quinoa as per packet instructions
- 3) To make dressing, blend mango, balsamic vinegar and water in a blender until smooth

- 4) Allow quinoa and sweet potatoes to cool once cooked
- 5) Fill a jar or salad bowl with washed black beans. Top with quinoa and pour some of balsamic dressing on top
- 6) Wash and chop peppers and place in jar. Top with chopped spinach, followed by roast potatoes and finally dried cranberries. Pour in the remainder of dressing.
- 7) Screw on the lid and leave in the fridge or shake well and eat immediately

Prep time- 15 mins

Cook time- 30-35 mins

Dinner

Tofu Pad Thai

Ingredients

- 100g firm tofu
- 60g brown rice noodles
- 1 tbsp. natural peanut butter
- 1 tbsp. reduced sodium soy sauce
- 1 tsp. Sriracha sauce
- ½ tsp. unseasoned rice vinegar
- 1 tsp. peanut oil
- 1 crushed garlic clove
- ½ red onion
- 1 green pepper
- ¼ cup bean sprouts
- 5 unsalted roasted peanuts

- ½ lime

Method

- 1) Mix peanut butter, soy sauce, sriracha 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 cubed tofu 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

Cheesy Veggie Bake

Ingredients

- 100g mozzarella
- 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 and place in heated oven.
- 5) Wash sweet potato and pierce it several times with a fork. Cover in foil and place in oven
- 6) Allow to cook for 20-30 mins depending on how soft you like the vegetables

- 7) Remove vegetables from oven and top with sliced mozzarella. Cover again and return to oven for a further 5-10mins to allow cheese to melt.
- 8) Serve baked vegetables and sweet potato with a dollop of low fat natural yoghurt

Prep time-10-15 mins

Cook time-30-50 mins

Potato, Chickpea and Cashew Curry

Ingredients

- 150g uncooked potato
- 100g canned chickpeas
- ½ medium onion
- 1 plum tomato
- 60g white mushroom
- 30g unsalted cashew nuts
- 40g low fat natural yoghurt
- 4-5 sprays light spray oil
- 1 garlic clove
- ½ tsp. grated fresh root ginger
- ½ tsp. ground coriander
- ¼ tsp. ground cumin
- pinch ground turmeric
- pinch ground cinnamon
- pinch chili powder
- 75ml water
- ½ tbsp. fresh coriander

Method

- 1) Heat a non-stick pan coated with light spray oil
- 2) Add crushed garlic, chopped onion, grated ginger, and spices. Cook on a low heat for 5 mins
- 3) Add tomatoes and water and bring to the boil. Reduce heat and allow to simmer for 15 mins.
- 4) Peel and chop potatoes into cubes. Add to pan
- 5) Drain and wash chickpeas and add to pan with potatoes. Allow to cook on a low to medium heat for 20 minutes
- 6) On a separate pan, cook sliced mushrooms for 3-4 mins until browned
- 7) Add mushrooms, cashew nuts, coriander to potato and chickpea curry and cook for a further 10 minutes
- 8) Stir in the yoghurt and allow to simmer on a low heat. It should not boil.
- 9) Best served hot

Prep time- 15 mins

Cook time- 50 mins

Asian Style Tofu risotto

Ingredients

- 50g uncooked Arborio rice
- 1 cup firm tofu
- 5 shiitake mushrooms
- Small bunch spring onion
- ½ tbsp. olive oil
- 1 vegetable stock cube
- 470ml boiling water
- ¼ tbsp. low sodium dark soy sauce
- ½ tbsp. mirin
- 1 garlic clove
- ½ inch fresh root ginger peeled and grated
- 1 or 2 Kaffir lime leaves
- 1 tsp. fresh coriander

Method

- 1) Heat a non-stick pan coated with light spray oil
- 2) Add crushed garlic, ginger and chopped onion and cook for 5 mins
- 3) Add Arborio rice, lime leaves, stock cube and boiling water and cook on a low heat for 15-20 mins until rice has absorbed all of the water and is soft. Add more water if needed.
- 4) Wash mushrooms and remove stalks. Chop into slices. Cook for 3-5 mins on a non-stick pan until golden brown.
- 5) Add soy sauce, some mushrooms, mirin and coriander to risotto and allow to simmer for 10 mins
- 6) When all of the water is absorbed and the risotto is fluffy it is ready to eat
- 7) Serve in a bowl topped with remaining mushrooms and coriander

Prep time- 10 mins

Cook time-40 mins

Hearty Bean Stew

Ingredients

- 1/3 whole 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 cardamom pod whole
- 1 tsp. turmeric
- ½ tbsp. reduced sodium soy sauce
- 2-3 coriander leaves

Method

- 1) Melt olive oil on a non-stick 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

Edamame Beans

- 1.5 cups Edamame beans

- ½ tsp. Cayenne pepper
- ½ tsp. low sodium soy sauce

Method

- 1) Simply wash beans and sprinkle with cayenne pepper and soy sauce
- 2) Place pod in mouth and remove beans
- 3) Eat beans but discard pod

Fruit, Nuts & Natural Yoghurt

Ingredients

- 125ml low fat natural yoghurt
- 14 almonds ➤ 1 kiwi

Method

- 1) Scoop flesh of a kiwi into a bowl
- 2) Top with yoghurt and nuts

Prep time- 5 mins

Banana and Cheese Skewers

Ingredients

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

Method

- 1) Layer Ryvita crackers with cheese spread
- 2) Top with cucumber slices
- 3) Season with pepper if you like

Prep time- 5 mins

Faux Cheesecake Delight

Ingredients

- Wholegrain Ryvita crackers
- 100g light cottage cheese
- 2 tsp. reduced sugar strawberry jam

Method

- 1) Place cottage cheese on crackers
- 2) Top with a dollop of strawberry jam
- 3) Tip- swap for cream cheese or any flavour jam of your choice

Mix up between your usual quick and easy meals and some new and delicious recipes

Enjoy





Get in touch to find out more:

info@spectrumhealth.ie

www.spectrumhealth.ie

Tel: 01 6111 740

