

Recipe of the Month The Collection

Welcome &
Introduction

Recipe finder

Eatwell guide

Useful links

www.u-matter.org.uk | [Useful links](#) | [Contact Details](#)



Click the apple to return to this menu

Welcome and Introduction

What we eat every day has a significant impact on our health. Eating a healthy, balanced diet is an important part of maintaining good health.

The Eatwell Guide is the model used in the UK to explain how to choose foods for a healthier diet.

The guide supports individuals not only at home when cooking & eating food, but also when planning meals, shopping for food & eating outside of the home in restaurants, cafes & work canteens www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf

A healthy diet does not have to be restrictive or boring. The Cook it! Team Dietitians are currently piloting recipes each month for Trust Staff to avail of & try out at home. These could be tried & tested healthier recipes from our community nutrition programmes, trusted websites or even recommended by staff.

The recipes are featured every month in [Southern-i](#), the Trust's newsletter. Feedback to date has been well received & positive. They are also available from www.ummatter.org.uk - our Staff Health and Wellbeing website. Look under Southern Trust Favourites in your browser to open the site when in work.

If you would like to give your feedback or share any comments on the recipes provided please contact the SHSCT Cook it! Team: cookit@southerntrust.hscni.net



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



Index

**** Breakfast**

Accompaniments

Healthy Lunches

Love Food Hate Waste

Soups

Desserts

Breakfast

Coeliac Awareness Wk

**Salads/
Vegetarian**

Lunches

Recipes for students, eating on a budget

Summer Food Safety

**** Mains I**

Snacks*

World Cancer Day

Healthy Hydration

Mains II

**** Recipes for April 2021**

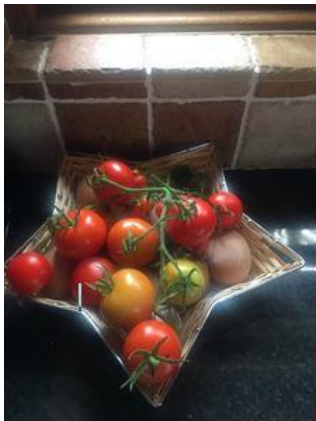


Click the apple to return to this menu

Soups



- [Carrot and coriander soup](#)
- [Chunky Minestrone soup](#)
- [Easy spinach soup](#)
- [Pumpkin soup](#)
- [Spiced lentil butternut squash soup](#)
- [Three Bean and Tomato Soup](#)
- [Tomato and Chilli Soup](#)
- [Wholesome Vegetable Soup](#)



Salads / Vegetarian



- [Bean Chilli](#)
- [Bulgur wheat with red pepper and herbs](#)
- [Caribbean black bean and red pepper salsa](#)
- [Cranberry Chicken Salad](#)
- [Curried chickpea and sweet potato burger](#)
- [Gyros Salad](#)
- [Lunchbox Pasta Salad](#)
- [Roasted root vegetables](#)
- [Secret garden salad](#)
- [Soya Beans with lime chilli](#)
- [Snejanka salad](#)
- [Tabbouleh salad](#)
- [Zesty Bulgar wheat and watermelon salad](#)



Mains

- [Beef Curry](#)
- [Beef kebabs with Mediterranean cous cous](#)
- [British Turkey Paella](#)
- [Broccoli & Chickpea Frittata](#)
- [Butternut squash & chorizo bowl](#)
- [Butternut squash, chickpea & spinach curry](#)
- [Cajun salmon with spicy tomato pasta](#)
- [Cheesy tuna pasta bake](#)
- [Chicken Casserole](#)
- [Chicken enchiladas](#)
- [Chicken fajitas](#)
- [Chicken tikka masala](#)
- [Chicken Tikka Masala Skewers](#)
- [Chickpea and sweetcorn burgers](#)
- [Chilli con carne](#)
- [Chunky vegetable stir-fry](#)
- [Citrus Summer Chicken \(bbq\)](#)
- [Curried cod](#)
- [Fish goujons with potato wedges](#)
- [Fakeaway Spicebag](#)
- [Fakeaway roasted veggie pizza](#)
- [Garlic Chicken Parmesan Hummus and salad wrap](#)

- [Leczo - Polish Recipe](#)
- [Left-over lamb curry](#) **
- [Lemon chicken asparagus noodle](#)
- [Meat free cottage pie](#)
- [Mediterranean vegetables with lamb](#)
- [Mexican Bean Burito](#)
- [Oven baked or barbecued chicken](#)
- [Pizza](#)
- [Pork and apple burgers](#)
- [Pork and pepper kebabs \(bbq\)](#)
- [Pork fillet and mustard mash](#)
- [Rainbow Rice Red lentil curry](#)
- [Salmon couscous](#)
- [Spaghetti with salmon and spinach](#)
- [Spiced beef casserole \(slow cooker\)](#)



Mains

- [Spinach squash and chickpea curry](#)
- [Sweet and sour chicken](#)
- [Sweet potato satay stew Traffic light omelettes](#)
- [Tuna & Bean Pitta](#)
- [Tuna Pasta](#)
- [Turkey and Potato Curry](#)
- [Salmon Fish Cakes](#)
- [Vegetable Noodle Pot](#)
- [Vegetable Tortilla](#)



Desserts



- [Apple crumble](#)
- [Apple, pear and ginger crumble](#)
- [Chocolate cherry popcorn cake](#)
- [Little chocolate pots](#)
- [Fruit Pizza](#)
- [Fresh fruit salad](#)
- [Ginger and coconut panna cotta](#)
- [Grilled peaches](#)
- [Healthier Mince Pies](#)
- [Plum crunchies](#)
- [Baked citrus pears and apples](#)
- [Plum berry layered dessert](#)
- [Tropical Fruit with banana dip](#)
- [Summer Fruit Fool](#)



Accompaniments



- [Chestnut loaf](#)
- [Easy 50:50 bread](#)
- [Wheaten bread](#)
- [Wheaten bread](#) (October 2020)



Breakfast



[Creamy porridge with mish mash raspberries](#)

[Banana oat pancakes](#)

[Overnight oats](#)

[Healthy Easter Pancakes](#) **

[Hot Cross Buns](#) **

What is a healthy breakfast?

Breakfast is often considered to be the most important meal of the day. Breakfast literally means ‘breaking the fast’, as you have had no food or ‘fasted’ since the day before. It helps top up the energy stores you have used up each night whilst your body repairs & renews itself. It gives you energy for your morning activities, whether at work, school, home or out & about. Research has shown that people who eat breakfast have more balanced diets than those who skip it, are less likely to be overweight, lose weight more successfully if overweight, & have reduced risk of certain diseases such as cardiovascular disease and diabetes.

For more information on breakfast visit: www.bda.uk.com/foodfacts/healthy_breakfast and www.safefood.eu/Start/Healthy-Living/What-is-a-healthy-breakfast.aspx



Lunches



- [Cajun Chicken Wrap](#)
- [Creamy mushroom and tomato toasty bagel](#)
- [Lunchbox Pasta Salad](#)
- [Pitta Quesadilla](#)
- [Salmon and salad bagel](#)
- [Spicy Chicken Wrap](#)
- [Vegetable Tortilla](#)



Snacks

- [Ulster Style Pizza](#)
- [Banana Style Wrap](#)
- [Nutrition article – June 2020](#)

June 2020 Recipe of the Month

“I’m starving, what is there to eat?!” It isn’t always easy trying to feed hungry children especially teenagers.

Why not use the time at home to encourage children to practise some basic cooking skills. Teenagers can roll up their sleeves and younger children can help make snacks, set the table and put the food shopping away.

Not only will they learn cooking skills for life but this time can be used to talk about planning healthy meals for all the family.



To support healthier eating the Cook it! Team Dietitians feature healthy recipes each month for Trust Staff to avail of and try out at home. These could be tried and tested healthier recipes from our community nutrition programmes, trusted websites or even recommended by staff. The recipes are featured every month in Southern-i and are also available from our Staff Health and Wellbeing website - <http://www.u-matter.org.uk/>

This month’s recipes are ‘**Ulster style pizza**’ and ‘**Banana & Yoghurt Wrap Up.**’ Children can help cook and prepare both! We value your opinions, please send us your feedback, photos or why not share your tried & tasted healthier recipes.

Feedback & comments: cookit@southerntrust.hscni.net

Love Food Hate Waste

The Cook it! team had their annual Nutrition update for facilitators that deliver Community Nutrition Programmes in February 2018. David Phillips from Armagh, Banbridge & Craigavon Council delivered a session on 'Your Food isn't rubbish' from Love Food Hate Waste.

Did you know? Wasting food is a **BIG** problem. Here in the UK we waste around **£12.5 billion** of food and drink each year. Or **7 million tonnes** – enough to fill Wembley Stadium 9 times over! Most of the food we waste could be eaten. Throwing away our food and drink is a waste of money. The food and drink we waste each year works out at around £470 per household (Household Food and Drink Waste in the United Kingdom 2012 – WRAP)

This month's recipes Baked Citrus, Pears & apples and Salmon Fishcakes are taken from 'Love Food Hate Waste' website. These recipes make great use of our leftover foods which can help reduce our food waste and save money. Why not check out the www.lovefoodhatewaste.com/ website for further information and recipe ideas.

For more information on Eating Well Spending Less please check out this fact sheet from British Dietetic Association www.bda.uk.com/foodfacts/eatwellspendless.pdf

We hope that you continue to find the recipes and information useful and welcome any comments or feedback that you may have. Feedback & comments to

cookit@southerntrust.hscni.net



Coeliac Awareness Week

13 – 19 May 2019 is Coeliac Awareness Week. Coeliac disease is an autoimmune disease caused by a reaction to gluten, a protein found in foods containing wheat, rye and barley. Some people may be sensitive to oats. The only treatment for coeliac disease is a strict life-long adherence to a gluten free diet. Coeliac disease is common and affects 1 in 100 people. Dermatitis herpetiformis is the skin manifestation of coeliac disease.

For more information on coeliac disease, dermatitis hepetiformis and how to get diagnosed correctly why not check out www.coeliac.org.uk/home

Coeliac UK is an independent charity helping people living without gluten to live happier, healthier lives. They do this by providing '60,000 plus members with trustworthy advice and support, funding critical research into coeliac disease, working with healthcare professionals to improve diagnosis and fighting for better availability of gluten free food' (Coeliac UK 2019).

This month's recipes are suitable for all but are gluten free: '[Broccoli and Chickpea Frittata](#)' and '[Garlic Chicken with Parmesan](#)'

We hope that you continue to find the recipes and information useful and welcome any comments or feedback that you may have. Feedback & comments to cookit@southerntrust.hscni.net



Summer Food Safety

Summer is the perfect time to enjoy a barbecue with family and friends, but you need to ensure that food is stored and cooked safely. Barbecuing can be a great way to have a healthy balanced meal while enjoying the good weather. If possible, start cooking your meat in the oven and finish it off on the BBQ to avoid tummy bugs. Unprocessed meats are best, and a large serving of salad or barbequed vegetables will complement your meal and fill you up. Finish off with some fresh fruit to make sure you get your 5-a-day.

This month's recipes from Safe Food are [Citrus Summer Chicken](#) and [Pork and Pepper Kababs](#). These recipes will provide variety to your barbeque this summer. We hope that you continue to find the recipes and information useful and welcome any comments or feedback that you may have.

Feedback & comments to:
cookit@southerntrust.hscni.net

Further information available at:
www.bda.uk.com/foodfacts/BBQ.pdf
www.food.gov.uk/food-safety
www.safefood.eu



Safe Summer Food in Eight Easy Steps

- 1 Make sure frozen meat is fully thawed before cooking**
Defrost in the fridge or microwave on the defrost setting, not at room temperature
- 2 Keep cold, perishable foods below 5°C**
In the fridge, or in a cool box when out and about
- 3 Use different chopping boards and utensils for raw meat**
Store raw meat separately from ready-to-eat food
- 4 Pre-cook chicken and pork in the oven**
Finish them on the barbecue knowing that the meat is safely cooked through
- 5 Don't overload the barbecue**
And remember that disposable barbecues take longer to heat up and to cook food
- 6 Cook burgers, sausages, kebabs, pork and chicken until:**
 - They're steaming hot
 - There is no pink meat
 - Any juices run clear
- 7 Don't serve rare burgers**
Harmful bacteria may be present in the middle of a pink burger
- 8 Don't leave food out for longer than two hours**
One hour if it's very hot outside

For more information about Safe Summer Food visit food.gov.uk/safe-summer-food

Food Standards Agency food.gov.uk



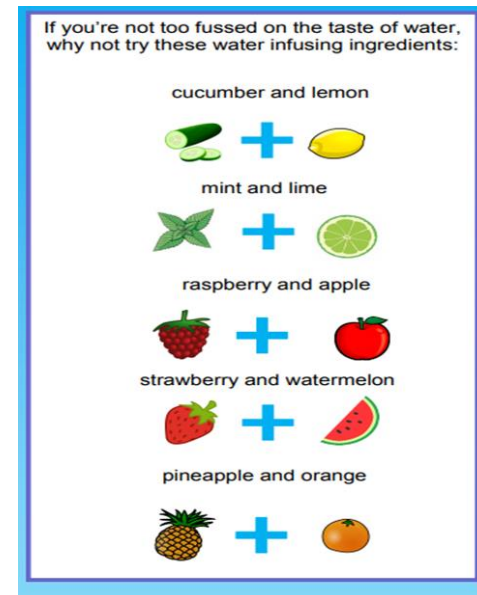
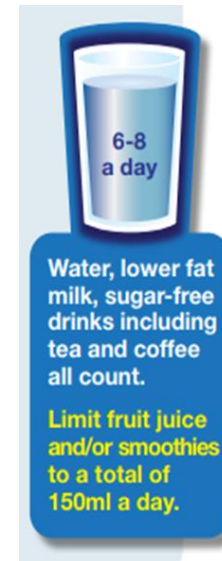
Healthy Hydration

Are you drinking enough water? Did you know keeping hydrated is part of a healthy balanced diet? Water is a healthy and cheap drink for quenching your thirst as well as providing many health benefits. The Eatwell Guide, the UK government's model of healthy eating advise us to drink 6-8 glasses of fluid every day. This includes water, lower fat milk and sugar-free drinks including tea and coffee. Fruit juice and smoothies also count towards your fluid consumption, although they are a source of free sugars and so you should limit consumption to no more than a combined total of 150ml per day.

This month we are focusing on healthy hydration and water.

Tips to help you drink more water:

- Get into the habit of always serving water
- Still water is kinder to the teeth than fizzy/sparkling varieties
- Bring a bottle of water to work
- Why not try out these simple ideas to add some flavour to your water.



For further information on Hydration check out www.u-matter.org.uk where you will find a [tracker sheet](#) to help you measure your fluid intake and an [infographic on hydration](#) produced by the British Nutrition Foundation. Feedback & comments to cookit@southerntrust.hscni.net



Healthy Lunches

Lunch is an important meal for us all to provide energy and nutrients. A packed lunch made at home can be healthy, delicious and gives you choice and control over the foods and ingredients included. The key to a healthy packed lunch is variety and getting the right balance of foods. This lunch box builder from the British Nutrition Foundation is a great way to build a healthy lunch for all the family, why not check out the link:

www.nutrition.org.uk/attachments/article/747/Health%20packed%20lunches%20for%20children%20resource%202.pdf

This month's recipes are 'Cajun Chicken Wrap' and 'Pitta Quesadilla.' We hope that you find them quick, easy and show you that packed lunches are not boring.

For more information on healthy packed lunches why not check out this link from The British Dietetic Association www.bda.uk.com/foodfacts/PackedLunches.pdf



Quick and easy recipes for students, eating on a budget

Starting university can be a daunting time for many students. With so much to look forward to and so much to keep up with, it can be difficult to budget and find the time to cook homely, hearty meals. Opting for homemade meals instead of more convenience alternatives has many benefits. Home cooked meals can be made so that they are lower in fat, sugar, salt and higher in fibre than takeaways. They are cheaper and are a great way to use up foods in our cupboard and fridges! Cooking can be fun and help reduce stress and anxiety.

This month's recipes are '[Chilli Con Carne](#)' and '[Minestrone Soup](#).' Both these recipes are very versatile and perfect for a quick lunch or dinner and ideal for using up store cupboard items.

We hope that you continue to find the recipes and information useful and welcome any comments or feedback that you may have. **Feedback & comments to:** cookit@southerntrust.hscni.net

By Elizabeth Robinson Nutrition Student SHSCT



World Cancer Day

4th February 2019 is World Cancer Day: a day to raise awareness of cancer and what we can do to help prevent it. According to the World Health Organization, at least one third of common cancers are preventable through a healthy diet, maintaining a healthy weight and being physically active (World Health Organization, Cancer). Many studies have been conducted looking at the association between diet and cancer, and experts agree that the food we eat can affect our risk of cancer (Cancer Research UK). Some foods, such as processed and red meat and salt-preserved foods, can increase the risk of developing cancer. Other foods such as fruits, vegetables and foods high in fibre can reduce the risk of some cancers. This month's recipes are '[Bean Chilli](#)' and '[Bulgur wheat with red pepper and herbs](#).' These recipes are packed full of flavour and make a convenient tasty meal.

- For more information on diet and cancer prevention why not check out some of the links below. We hope you continue to find the recipes useful and welcome any comments or feedback.
- Feedback & comments to: cookit@southerntrust.hscni.net
- World Cancer Research Fund: www.wcrf-uk.org
- Cancer Research UK: www.cancerresearchuk.org
- Macmillan: www.macmillan.org.uk
- World Health Organisation: www.who.int/en



Fakeaways



- Is eating in the new eating out?
- Save money on takeaways and cook up a healthier Fakeaway!
- This month's recipes have been kindly provided by Aisling Cunningham and Sinead Finnegan, Student Dietitians' in the Southern Trust.
- These 'fakeaway' recipes are **Spice Bag** and **Veggie Pizza**. They are perfect for anyone who is trying to make healthier choices or eat well on a budget. The dishes are the perfect alternative to a takeaway and provide all the same tasty pleasures.
- Fast foods are often higher in calories, fat, salt, sugar as well as being more expensive. Why not try these tasty 'fakeaway' alternatives options
..... They might even taste better than your usual takeaway on a Friday night!
- More fakeaway recipes can be found on:
- www.letsgetcooking.org.uk/lets-get-cooking-at-home/recipe-collection/fakeaways/
- Feedback and comments to: cookit@southerntrust.hscni.net

Fakeaways November 2020

Save money on Takeaways and cook up a healthier *Fakeaway!*

These '*fakeaway*' recipes are perfect for anyone who is trying to make healthier choices or eat well on a budget. The dishes are the perfect alternative to a takeaway and provide all the same tasty pleasures.

Takeaways are often seen as convenient and satisfying but, unfortunately, they're not always very healthy. Fast foods are often higher in calories, fat, salt and sugar as well as being more expensive. Some takeaway meals can push you over your recommended daily maximum amount of salt and fat, which can lead to a variety of health problems, such as heart disease and diabetes.

Don't be tempted into ordering a greasy takeaway; make your favourite for half the price and all the taste. No need to get in the car or pick up the phone, create your own take-away menu for the fridge door and get cooking. Why not try these tasty '*fakeaway*' alternative optionsthey might even taste better than your usual takeaway at the weekend!

[Beef Curry](#) | [Fish Goujons with potato wedges](#) | [Sweet and Sour Chicken](#)
[Vegetable Noodle Pot](#) | [Mexican Bean Burrito](#) | [Sweet Potato Satay Stew](#)



We value your opinions, please send us your feedback, photos or why not share your tried & tasted healthier recipes. **Feedback & comments:** cookit@southerntrust.hscni.net

Useful Links

- Choose to live better
www.choosetolivebetter.com
- Change4life for other great recipe ideas.
www.nhs.uk/change4life-beta/recipes
- 101 Square meals
www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Healthy%20Eating/101_Square_Meals.pdf



Useful links for a Healthier Christmas

Have a healthier, happier Christmas!

- Healthy eating and lifestyle changes can be difficult during this busy period. Did you know, on average people gain between 1-5lbs (0.5-2.5kg) over the Christmas period. It is possible to eat, drink and be merry without over doing it! Why not check out the useful links below for helpful tips on how to have a healthier, happier Christmas & New Year!
- This month's recipes are '**Chestnut Loaf**' '**Turkey Paella**' and '**Healthy Mince Pie's.**' These recipes will give you some inspiration over the festive period.

Useful sources of information

- **British Nutrition Foundation:** Christmas Survival Guide, Christmas & New Year
- www.nutrition.org.uk/healthyliving/seasons/christmas-and-new-year.html
- www.nutrition.org.uk/attachments/article/459/BNF%20Christmas%20survival%20guide.pdf
- **British Dietetic Association:** Food Facts on Christmas
- www.bda.uk.com/foodfacts/christmas.pdf
- **Safefood:** Healthy Options & Food Portions
- www.safefood.eu/Healthy-Eating/Food,-Diet-and-Health/Seasonal-Features/Christmas-tips-and-advice/Healthy-options-and-portion-sizes.aspx

Contact Details

Cook it! Team

**St Luke's Site
71 Loughgall Road,
Armagh, BT61 7NQ**

**📞: COOK IT! Team Direct
Number 028 3756 4544**



cookit@southerntrust.hscni.net

Nina Daly

**Workplace Health and
Wellbeing Lead
St Luke's Site
71 Loughgall Road,
Armagh, BT61 7NQ**

**📞: Direct Number
028 3756 4488**



nina.daly@southerntrust.hscni.net

