

A bowl of vibrant yellow soup, likely pumpkin or butternut squash, is the central focus. The soup is garnished with a delicate white cream drizzle and a fresh green herb leaf. The bowl is set on a dark, rustic wooden surface, with a piece of burlap fabric and another herb leaf visible in the background. The overall aesthetic is warm and inviting.

# Feel Good FOOD

Recipe Book

# Smarten up your snap

 Feel  
Good  
FOOD

Feel Good Food is a new project focusing on the Sutton in Ashfield area and aims to build people's confidence, knowledge and awareness to eat healthy contributing towards a positive healthy lifestyle.

This recipe book uses simple to follow, healthy recipes created by Change 4 Life to provide an opportunity for people to have a go at cooking at home using fresh ingredients. Further recipes are also available to download at

<https://www.nhs.uk/change4life/recipes>

Feel Good Food also aims to encourage residents to buy fresh and local food. Many of the ingredients included in this booklet are available to purchase at Idlewells Indoor Market so why not take a visit to see what is on offer and support traders in your local community.

If you would like further Information about Feel Good Food please visit

[www.ashfield.gov.uk/feelgoodfood](http://www.ashfield.gov.uk/feelgoodfood)

or contact Ashfield District Council's Health and Wellbeing Team on **01623 457233** or email [healthandwellbeing@ashfield.gov.uk](mailto:healthandwellbeing@ashfield.gov.uk)



## Traffic Light Omelette (breakfast)

**Prep Time - 10 minutes**

**Cook Time - 15 minutes**

**Serves-4**

**Ingredients** - 2 tsp vegetable oil, 1 red pepper, deseeded and chopped, 1 yellow pepper deseeded and chopped, 6 spring onions finely chopped, 8 eggs, 4 tbsp 1% fat milk, 1 pinch ground black pepper

**Method** - 1. Heat 1 tsp vegetable oil in a non-stick frying pan. Add the peppers and spring onions, and stir-fry for 3-4 minutes until soft. Tip them out of the pan into a bowl. Wipe out the pan with kitchen paper. Preheat the grill.

You will find that a good non-stick frying pan is very useful - and the omelettes won't stick!

2. Beat the eggs and milk together. Heat a few drops of vegetable oil in the non-stick frying pan and pour in one quarter of the egg mixture. Let it flow over the surface and cook for 1-2 minutes to set the base.

3. Sprinkle one quarter of the pepper mixture evenly over the surface, then grill for 1-2 minutes until set. Slide onto a warm plate.

4. Repeat with the remaining mixture to make four omelettes. Serve, seasoned with black pepper.

### **Nutritional analysis, per serving (1/4 recipe)**

795kJ / 190kcal

14g protein

6g carbohydrate, of which 6g sugars

13g fat, of which 3g saturates

2g fibre

151 mg sodium, equivalent to 0.4g salt

Other - Try using different vegetables for example tomatoes, onions or mushrooms.

Serve each omelette with a slice of whole meal toast for a more filling breakfast.



<https://www.nhs.uk/change4life/recipes/traffic-light-omelettes>

## Food smart bangers on toast recipe (breakfast)

**Prep Time - 10 minutes**

**Cook Time - 12 minutes**

**Serves-4**

**Ingredients** - 4 reduced fat sausages, 2 handfuls cherry tomatoes halved, 200g closed-cup mushrooms sliced, 100ml cold water, ½ tsp dried mixed herbs, 4 slices whole meal bread, 1 pinch ground black pepper.

**Method - 1.** Preheat the grill. Arrange the sausages on the grill rack and cook for 10 minutes, turning often until browned on all sides.

2. Put the cherry tomatoes onto a piece of foil and grill them for 3-4 minutes alongside the sausages.

3. Meanwhile, simmer the mushrooms in the water for 3-4 minutes, adding the dried herbs (if using). Drain off any excess liquid.

4. Toast the slices of bread. Slice the sausages and mix with the mushrooms. Pile onto the toast and top with the grilled cherry tomatoes. Season with black pepper and serve.

### **Nutritional analysis, per serving (1/4 recipe)**

757kJ / 180kcal

13g protein

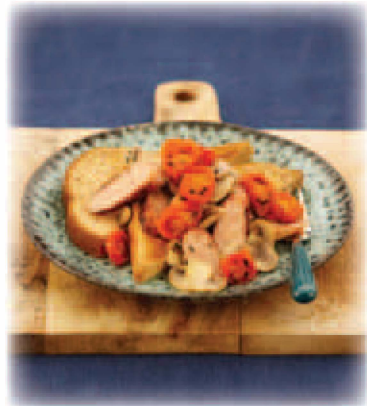
25g carbohydrate of which 3g sugars

3g fat of which 1g saturates

3g fibre

448mg sodium equivalent to 1g salt

Other - If you are not a meat-eater, choose vegetarian sausages. Check the salt content of sausages, and opt for ones that have a reduced-salt content. For a more filling breakfast, serve with a portion of reduced-salt and sugar baked beans in tomato sauce.



<https://www.nhs.uk/change4life/recipes/food-smart-bangers-on-toast>

## Cheats Pizza Calzone

**Prep Time - 10 minutes**

**Cook Time - 10 minutes**

**Serves-4**

**Ingredients** - 1 yellow pepper deseeded and thinly sliced, 1 red pepper deseeded and thinly sliced, 150g closed-cup mushrooms slices, 4 tomatoes chopped, 3 tsp dried mixed herbs, 4 soft wholemeal flour tortillas, 80g reduced fat cheese or mozzarella grated, 1 pinch ground black pepper, 4 handfuls mixed salad leaves 1 carrot grated 2 celery sticks chopped

**Method** - 1. Preheat the grill. Arrange the peppers and mushrooms on a baking sheet and grill them for 4-5 minutes, turning once. Add the tomatoes and herbs and season with black pepper. Keep warm.

2. Put a tortilla into a dry frying pan and sprinkle a quarter of the cheese over the top. Cook over a medium heat for about 30-40 seconds until melted.

3. Add a quarter of the vegetable mixture to one side of the tortilla, then fold it in half, over the filling. Cook for a few moments, then slide it onto a warm serving plate. Keep warm.

4. Repeat with the remaining tortillas. Serve with the salad leaves, grated carrot and celery.

### **Nutritional analysis, per calzone**

1013kcal/242kJ

12.5g protein

32.5g carbohydrate, of which 11 g sugars

7g fat, of which 1g saturates

5g fibre

396mg sodium equivalent to 0.9g salt

Other - Add some torn-up basil leaves to the tomato mixture for extra flavour. You could use white flour tortillas, though they won't provide as much fibre as wholewheat ones. For a snack, just make 2 and cut them in half to serve 4 people.



<https://www.nhs.uk/change4life/recipes/cheats-pizza-calzone>

## Jerk Style chickenVegetable Skewers (BBQ)

**Prep Time - 20 minutes**

**Cook Time - 10 minutes**

**Serves-4**

**Ingredients** - 1 clove garlic crushed, juice of  $\frac{1}{2}$  lemon, 1 tbsp olive oil, 1-2 tbsp jerk seasoning, 2 skinless and boneless chicken breasts cut into chunks, 1 pepper cut into chunks, 1 onion cut into chunks

**Method** - 1. Soak 4 wooden skewers in water for about 30 minutes.

2. Mix the garlic, lemon juice and olive oil with 1 tsp jerk seasoning (or 2 tsp if you prefer a spicier flavour). Stir in the chicken and set aside while you prepare the vegetables.

3. Thread a piece of pepper onto a skewer, then onion, then chicken, finishing with onion.

4. Cook on the barbecue for 8-10 minutes, turning frequently. Alternatively, cook under a preheated grill.

### **Nutritional analysis, per serving (1/4 recipe)**

781 kJ/186kcal

21.4g protein

10.8g carbohydrate, of which 4.9g sugars

5.1 g fat, of which 0.8g saturates

5.4g fibre

0.1 g sodium, equivalent to 0.2g salt

Other - Try other vegetables like mushrooms and courgettes - or even fruit like mango or pineapple. Add flatbreads or boiled rice for an easy meal.



<https://www.nhs.uk/change4life/recipes/jerk-style-chicken-skewers-recipe>

## Chilli beef and bean burgers (BBQ)

**Prep Time - 15 minutes**

**Cook Time - 15 minutes**

**Serves-4**

**Ingredients** - 1 small onion quartered, small can red kidney beans drained and rinsed, 250g lean beef mince, wholemeal breadcrumbs {from 1 slice of bread}, 2 tsp mild chilli powder, 1 egg beaten, 1 tbsp tomato puree  
Serve with - 1 extra-large tomato sliced, 1 red onion sliced, lettuce leaves, 4 wholemeal rolls

**Method** - 1. Chop the onion in a food processor, then add the beans, mince, breadcrumbs, chilli powder, beaten egg and tomato puree, and mix again. Make leftover bread into breadcrumbs and store in the freezer.

2. Shape the mixture into 4 patties and chill until you're ready to barbecue.

3. Barbecue for 5-7 minutes each side.

4. Serve in the rolls, with sliced onion and tomato, and lettuce leaves.

### **Nutritional analysis, per serving (1/4 recipe)**

1240kJ / 294kcal

22.4g protein

35.7g carbohydrate, of which 5.6g sugars

4.9g fat, of which 1.6g saturates

8.7g fibre

0.5g sodium, equivalent to 1.2g salt

Other - If you prefer a chunkier texture, mash the beans with a fork or potato masher, chop the onions by hand and then mix with the other ingredients. You can also try using turkey or pork mince for a lower fat option or Quorn mince for a vegetarian option. Serve with corn on the cob for a complete meal.



<https://www.nhs.uk/change4life/recipes/chilli-beef-and-bean-burgers-recipe>

# Turkey Burger (BBQ)

**Prep Time - 15 minutes**

**Cook Time - 15 minutes**

**Serves-4**

**Ingredients** - 450g minced turkey, 1 small onion very finely chopped, 1 carrot grated, 50g sweetcorn, 2 tsp dried mixed herbs, 1 pinch ground black pepper, 4 standard burger buns (wholemeal), 2 handfuls of lettuce leaves, 8 tomato slices

**Method** - 1. Preheat the grill to a medium-high heat.

2. Put the turkey meat, onion, carrot, sweetcorn and herbs into a large bowl. Season with some pepper and mix together - you can do this with your hands if you like.

3. Grill the burgers for 12 to 15 minutes, turning them over once, until browned and cooked through. Remove from the grill and let them rest for a couple of minutes.

4. While the cooked burgers are cooling, lightly toast the burger buns under the grill on the cut side only. Put some lettuce on the bottom halves and place the burgers on top. Add 2 slices of tomato onto each one and cover with the top half of the bun.

**Nutritional analysis, per adult portion (½ recipe)**

1,492kJ / 354kcal

38g protein

28.5g carbohydrate, of which 6.4g sugars

8.9g fat, of which 2.5g saturates

4.1g fibre

0.7g salt

Other - If your family likes things spicy, add a pinch of chilli powder to the burger mixture.

Use vegetarian mince to make these meat-free.



<https://www.nhs.uk/change4life/recipes/turkey-burgers-in-buns>



## Sweet potato chips with simple salsa

**Prep Time - 15 minutes**

**Cooking Time - 35 minutes**

**Serves-4**

**Ingredients** - 4 medium- sized sweet potatoes (about 1kg total) scrubbed, 2 tsp vegetable oil, 2 tomatoes finely chopped, 1 small red onion or 4 spring onions finely chopped, ¼ cucumber finely chopped, 4 tbsp tomato puree, 1 pinch ground black pepper

**Method** - 1. Preheat the oven 200 degrees/ fan oven 180 degrees/ gas mark 6

2. Slice each sweet potato lengthways into 6 wedges and put them in a roasting tin. Add the vegetable oil, season with black pepper and toss to coat.

3. Roast in the oven for 35 to 40 minutes, or until tender, turning them over after 20 minutes. Spice up the sweet potatoes by sprinkling them with 1 tsp of cumin seeds.

4. While the veg is roasting, make the salsa by mixing the tomatoes, onion, cucumber and tomatoe puree.

5. Serve the sweet potato wedges with the salsa on the side.

Other - You could also use regular potatoes - but they may need a bit longer in the oven. For a twist, try roasting pumpkin or butternut squash instead.



<https://www.nhs.uk/change4life/recipes/sweet-potato-chips-with-salsa>

# New potato and tuna salad

**Prep Time - 15 minutes**

**Cook Time - 20 minutes**

**Serves-4**

**Ingredients** - 800g new potatoes, 2 tbsps lemon juice, 1 garlic clove crushed, 2 tbsps chopped fresh parsley, 1 small red onion chopped, 200g canned tuna in spring water drained, 2 handfuls cherry tomatoes halved, ¼ cucumber chopped, 1 pinch ground black pepper, basil leaves to garnish

**Method** - 1. Cook the potatoes in gently boiling water for 20 minutes, until tender.

2. Meanwhile, in a salad bowl, mix together the lemon juice, garlic and parsley. Add the red onion and set aside.

3. Drain the cooked potatoes and add them to the salad bowl while they are hot. (They will absorb the flavour of the dressing as they cool down).

4. When the potatoes are cool, add the tuna, tomatoes and cucumber. Stir everything together gently and season with black pepper. Serve immediately, or cover and chill to serve later.

**Nutritional analysis, per serving (1/4 recipe)**

841 kJ / 199kcal

13.5g protein

31.7g carbohydrate, of which 5g sugars

1g fat, of which 0.2g saturates

4.5g fibre

120mg sodium, equivalent to 0.3g salt

Other - For a vegetarian version, replace the tuna with 100g reduced-fat feta cheese, cut into chunks. You can also try using different sources of protein for example salmon or chicken.



<https://www.nhs.uk/change4life/recipes/tuna-and-potato-salad>

# Crunchy Salad Pitta

**Prep Time - 15 minutes**

**Cook Time - None**

**Serves-4**

**Ingredients** - 2 tbsp lemon juice or white wine vinegar, 1 tsp olive oil, 1 tsp Dijon or wholegrain mustard, ¼ of a small red cabbage, finely shredded, 1 carrot grated, 1 small red onion thinly sliced, 1 medium apple chopped, 20g sultanas or raisins, 50g reduced fat cheese cut into chunks, 1 pinch ground black pepper, 4 wholemeal pitta breads

**Method** - 1. Whisk together the lemon juice or vinegar, olive oil, and mustard, then add all the remaining ingredients (apart from the pittas!) and toss together gently.

2. Warm the pittas in a toaster or under the grill. Split open and stuff with the salad. Serve at once, or wrap and keep cool until lunchtime.

**Nutritional analysis, per serving (1/4 recipe)**

1291 kJ / 306kcal

12g protein

49.6g carbohydrate of which 11.8g sugars

5g fat of which 2.1 g saturates

7.4g fibre

480mg sodium equivalent to 1.2g salt

Other - You could use chopped ready-to-eat dried apricots instead of raisins or sultanas. Use green cabbage instead of red, if you prefer.



<https://www.nhs.uk/change4life/recipes/crunchy-salad-pittas>

# Coconut rice salad

**Prep Time - 15 minutes**  
**(as a side dish or 2 as a meal)**

**Cook Time - 30 minutes**

**Serves-4**

**Ingredients** - 100g easy-cook brown rice, 1 pepper any colour finely chopped, 1 medium carrot grated, 1 bunch of spring onions finely sliced, Juice and grated zest of 1 lime, 1 tbsp chopped fresh coriander, 1 tbsp desiccated coconut

**Method** - 1. Rinse the rice in a sieve under the cold water tap. Add to 250ml of cold water in a pan, bring to the boil, cover and cook for 25 minutes. Alternatively, cook according to pack instructions.

2. After cooking, return to the sieve and rinse under the cold water tap to cool.

3. When the rice is cool, stir in the vegetables, lime juice and zest, and coriander.

4. Place in a serving dish and sprinkle with coconut. Keep in the fridge until ready to serve.

It is important to cool the rice quickly and store it in the fridge.

**Nutritional analysis, per serving (1/4 recipe)**

537kJ / 127kcal

2.9g protein

23.3g carbohydrate, of which 3.8 sugars

1.8g fat, of which 0.7g saturates

3.3g fibre

Trace of sodium (equivalent to a trace of salt)

Other - Use red onion instead of spring onions, if you prefer, and try adding other salad vegetables.



<https://www.nhs.uk/change4life/recipes/coconut-rice-salad-recipe>

## Cherry berry crumble (Dessert)

**Prep Time - 10 minutes**

**Cook Time - 35 minutes**

**Serves-6**

**Ingredients** - 200g frozen cherries, 200g frozen summer berries, 150g plain flour, 75g low-fat spread, 30g porridge oats, 1 tbsp demerara sugar

**Method** - 1. Preheat the oven to 180 °C, fan oven 160 °C, gas mark 4.

2. Put the frozen cherries and berries into a baking dish (there is no need to thaw them).

3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.

4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30-35 minutes. Serve with 2 tbsp of yoghurt per person.

### **Nutritional information, per serving**

1059Kj/252kcal/

6.2g protein

35.6g carbohydrate of which 12.9g sugars

8.8g fat of which 2.2g saturates

2.9g fibre

120mg sodium equivalent to 0.3g salt

Other - Use any combination of frozen fruits, such as raspberries or fruits of the forest.



<https://www.nhs.uk/change4life/recipes/cherry-berry-crumble>

## Lemon and raspberry trifle (Dessert)

**Prep Time - 15 minutes**

**Cook Time - None**

**Serves-4**

**Ingredients** - 250g lower fat soft cheese, 125g low fat vanilla yoghurt, ½ lemons zest and juice, 250g frozen berries defrosted, 8 sponge fingers broken into pieces.

**Method** - 1. Beat the soft cheese with a wooden spoon until smooth and creamy, then stir in the yoghurt. Add the lemon zest and juice and mix well.

2. Put half the raspberries to one side, then puree the rest with a blender or simply mash with a fork. Stir them into the whole raspberries.

3. Divide the sponge fingers between 4 serving glasses or bowls and spoon half the raspberry mixture on top. Now spoon the lemon mixture into the dishes and finish with the rest of the raspberry mixture. Keep in fridge until ready to serve.

### **Nutritional Analysis per adult portion ¼ of the recipe**

528KJ/138cals

10.3g protein

3.0g fat of which 1.9g saturates

16.2g carbohydrates of which 14g sugar

2.3g dietary fibre

200mg sodium

0.5g salt



Other - Try serving the raspberry mixture spooned over fresh fruit, low-fat natural yoghurt or hot porridge.

<https://www.goodtoknow.co.uk/recipes/lemon-and-raspberry-trifles>

Also taken from the change for life App

## Plum crunchies (Dessert)

**Prep Time - 10 minutes**

**Cook Time - 8 minutes**

**Serves-4**

**Ingredients** - 6 plums pitted and quartered, 4 wholemeal digestive biscuits, 125g fat-free fromage frais (low fat plain yoghurt is also fine)

**Method** - 1. Put the plums into a saucepan with 6tbsp water. Simmer for 5-8 minutes until soft, but still holding their shape. Cool.

2. Meanwhile, crush the biscuits and share between 4 ramekins or small dishes and press down with the back of a spoon.

3. Spread the fromage frais carefully over the crushed biscuits. Top with the cooled plums, drizzling the juice over the top.

### **Nutritional Analysis per portion (1/4 recipe)**

444 KJ/ 106Kcal

4g protein

18g carbohydrates of which 10g sugar

3g fat of which 1g saturates

2g fibre

91 mg sodium equivalent to 0.2g salt

Other - Try using fresh nectarines or peaches instead of plums. Try adding a pinch of ground mixed spice or cinnamon to the plums for extra flavour.

**Found on the change 4 life app**



[www.ashfield.gov.uk/feelgoodfood](http://www.ashfield.gov.uk/feelgoodfood)