

## Healthy Eating Recipe Cards

Age UK  
Cambridgeshire  
& Peterborough  
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# Sheila's Soup



1 sweet potato,  
peeled and diced



1 butternut squash,  
peeled, seeds  
removed and flesh  
diced



1 red and 1 orange  
pepper, seeds  
removed and diced



salt and pepper to  
taste

1. Cover the vegetables with boiling water, bring back to the boil and simmer.
2. Once the vegetables are soft, liquidise.

Any leftovers can be refrigerated for up to 48 hours or frozen in portions. Allow to defrost thoroughly in the refrigerator before using.

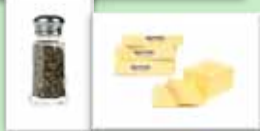
Tips:

Use fresh or dried herbs instead of salt.

Coriander would be great with this!



# Cottage Pie by Gladys



1 large onion, finely chopped

8oz/200g lean minced beef

1 small carrot, grated

1lb/450g potatoes

1 tbsp vegetable oil

1 tbsp plain flour plus gravy granules

1 pt/600ml beef stock

ground pepper

knob of butter

1. Brown the onion gently in the oil, add the minced beef and brown. Season with pepper.
2. Stir 1tbsp of plain flour into the browned meat, add the stock, followed by the grated carrot.
3. Simmer for 15 to 20 minutes, stirring occasionally, add gravy granules to thicken if needed.
4. Meanwhile, peel and cook the potatoes, once cooked, mash with a good knob of butter.
5. Place mixture into greased dish, cover with mashed potatoes, mark with a fork and sprinkle with grated cheese.
6. Bake in oven, 200c/400f/ gas mark 6 until crispy and brown.

# Cottage Pie Tips from Gladys



1. If you are short of meat, add one heaped tablespoon of sage and onion stuffing mix to the browned meat. This gives a lovely flavour and also makes enough for another serving.
2. Instead of using carrot, and to make the meat go further, once the meat is cooked add some baked beans.
3. Use margarine instead of butter to reduce the saturated fat.
4. Use low salt stock.
5. Eliminate the cheese to cut down the saturated fat.
6. Add extra vegetables to the mince to make it a one pot meal.
7. Skim the fat off the mince at the end of step 4.

# Alf's Fish Kedgeree



1 tbsp margarine

1 small onion, finely chopped

35g/1.5oz rice

150g/6oz cooked white fish

1 hard boiled egg

250ml/9floz fish stock

ground pepper to taste

Pre-heat oven to 180c/350f/  
gas mark 6

1. Melt margarine in a casserole on the hob, and then gently brown the onions.
2. Wash the rice in cold water, dry and then add to the browned onions.
3. Add enough fish stock to barely cover the rice, cover with a lid and bring to the boil. Then transfer to the oven for 15 mins.
4. Remove the lid and stir to separate the rice.
5. Chop the hard boiled egg, add this and the cooked fish to the rice.
6. Ground pepper to taste.

# Alf's Fish Kedgerree Tips



1. If you prefer a curry flavour to your Kedgerree, add 1 tsp of curry powder before placing dish in the oven.
2. You can use brown rice as an alternative to white rice, but this will take 40 minutes to cook and will need about a 1/4 more of the amount of water.

Please note: this recipe has been adapted from an original created to feed 100 troops!



# Lamb Hot Pot by Gladys



400g/1lb neck of lamb or 6 pieces of neck or lamb (scrag end)

600g/1.5lbs sliced potatoes

400g/1lb of onions finely sliced

1.25pints of lamb stock

ground pepper to taste

1 tbsp melted butter (optional)

plain flour

Pre-heat oven to 200c/400f/ gas mark 6

1. Dredge the lamb, potatoes and onions with flour.
2. Grease a deep dish, place a layer of potatoes in the dish, then add the meat and season with pepper. Add a layer of potatoes, then onions and then a final layer of potatoes. Season with pepper.
3. Pour the stock over the mixture.
4. Cover the pot with a lid or foil and oven cook for 1 hour.

# Lamb Hot Pot Tips from Gladys



If you are using the butter, remove the dish from the oven and brush the top layer with the butter, put back in the oven until crispy and brown.

Really nice served with peas and carrots!

Butter can be substituted with margarine.

Try to remove any visible fat from the lamb (you can ask your butcher to do this) or choose a less fatty piece of lamb.

# Dorothy's Lentil Curry



150g/6oz lentils,  
washed and soaked

1 bay leaf

1 large onion peeled  
and chopped

1 small apple peeled  
and chopped

1 garlic clove crushed

1.5 tbsp sunflower oil

1 tsp curry powder

squeeze of lemon  
juice

1 small can baked  
beans

3" of chopped  
cucumber (optional)

1. Place lentils in a pan of boiling water and simmer gently with the bay leaf until tender and then drain any excess water away.
2. Fry the onion, apple and garlic together in the oil with the curry powder for 15 mins.
3. Add the drained lentils, baked beans, lemon juice and cucumber (if using)
4. Serve with rice or creamed potatoes.

Tip:

Any left-overs can be eaten cold with a green salad.



# David's Macaroni Cheese & Broccoli Bake



225g/9oz macaroni

25g/1oz butter

25g/1oz plain flour

300ml/1/2pt semi-skimmed milk

175g/7oz broccoli cut into florets and steamed

2 tomatoes, halved

2 slices back bacon

35g/1.5oz grated mature cheddar cheese

1. Cook the macaroni as directed on the packet.
2. Melt the butter in a pan and then stir in the flour. Gradually add the milk, stirring constantly until you have a smooth, thickened sauce. Add half the cheese to the sauce and stir into the cooked macaroni. Place into an ovenproof dish.
3. Grill the tomatoes with the bacon for 8 mins, turning half way through, cut bacon into strips once cooked.
4. Place bacon, tomatoes, broccoli and cheese on top of macaroni, grill until cheese is melted and golden.

# David's Macaroni Cheese Tips



Use ham instead of bacon as this contains less salt and fat.

Use margarine instead of butter as this contains less saturated fat.

# Warming Stew by Gladys



325g/3/4lb cubed  
shin beef or pork  
belly

1 tbsp vegetable oil

1 large onion sliced

75g/3oz red lentils

1 tbsp plain flour

900ml/1 1/2pts stock

225g/1/2lb sliced  
carrots

225g/1/2lb potatoes,  
cubed

handful of finely  
shredded cabbage

ground pepper

1. Fry the meat in the oil, add the onions and lentils and stir for 2 to 3 mins. Sprinkle the flour over the mixture and stir, add the stock and stir.
2. Add carrots, potatoes and cabbage to the meat mixture and season with pepper.
3. Bring to the boil and simmer for 1 1/2 hours. Check the liquid level regularly, topping up if it gets low. The meat will become more tender the longer it is cooked.

## Warming Stew Tips from Gladys



If using stock cubes, try to purchase a low salt variety.

Any root vegetable can be used in this recipe.



# Betty's Microwave Stuffed Apples



1 cooking apple,  
cored

1 tbsp mincemeat

1 tbsp apple juice  
(optional)

1. Prick the skin of the apple with a fork and place on a microwaveable dish.
2. Fill the cavity with mincemeat and drizzle with apple juice.
3. Cover with cling-film and cook on high for 7 - 9 mins, depending on the size, until almost tender. Leave to stand covered for 5 mins.
4. Spoon over the juice and serve with whipped cream.

## Betty's Microwave Stuffed Apples Tips



Serve with natural yoghurt instead of cream for a low fat treat.

If you have no mincemeat, use dried fruit such as raisins or sultanas and 1/2tsp of margarine.

## Healthy Eating Recipes

### Where it all began...

A selection of recipes were gathered, many years ago when our organisation was known as Age Concern Cambridgeshire. The recipes were favourites supplied by members of our Day Services and were used in a booklet for the Carry On Cooking project supported by Fit As A Fiddle.

A few of those original recipes have been selected for this new booklet from Age UK Cambridgeshire & Peterborough sponsored by Living Sport, Sport England and the National Lottery.

## Information & Advice Service

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Our friendly team are here to support you with any issues that are concerning you.

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