

## Feel Fit Get Fit – Healthy Tips/Simple Lunch Recipes

Eating unprocessed and natural foods will make you feel healthier, happier and more energised. Making changes to your diet/eating habits can assist with this. Eating healthily, in conjunction with exercise and sleep has a positive impact on mood, mental health, energy and our productivity levels. Making a healthy lunch/snacks need not be time consuming. Here are some simple recipes/snacks that are quick to make.



### Humus

Drain 400g tin of chickpeas over a bowl to keep liquid  
Put 1 tablespoon tahini paste with 1 large chopped garlic clove and 3 tablespoons of Greek Yogurt (0% fat makes this healthier) into a bowl and zap with a blender until smooth. Add a tablespoon of the chickpea liquid at a time and zap until there is a consistency suitable. Mix in some lemon juice, salt, pepper and other seasoning to taste. This can be eaten with some flatbread, crisp crackers, celery sticks, bread sticks etc. Humus is a great substitute for butter on sandwiches.



### Pasta

You can add a variety of ingredients to pasta to make up a lunch including leftover meat, fish or simply grate some cheese to add protein. Here is a simple recipe to try

Mix 100g of cooked whole meal pasta with 2 teaspoons of both finely chopped red onion and olive oil. Add a tablespoon of pesto, 185g drained tinned fish of your choice, and some chopped sundried tomatoes. Add some seasoning to taste and mix together.

You can substitute ingredients to your own liking or add some spice depending on your pallet.

Rice can be used instead of pasta if preferred.



### Healthy snacks

The following recipe is a nutritious snack which is handy for picking at.

Mix together 15g unsalted popcorn, 50g dried fruit (raisins, cranberries, sultanas etc.) 45g whole unsalted nuts and add 25g cereal such as puffed wheat, cornflakes and mix together – keep in an airtight container.

An easy alternative is to simply toast a variety of seeds (poppy, sunflower, sesame, pumpkin etc.) – simply heat the pan for approximately one minute then add the seeds and stir every minute for around 5-7 minutes until the seeds are slightly brown. These can either be eaten on their own or be added to other dishes. Equally you can toast a variety of nuts which are equally as yummy ..... very nice on breakfast cereals or with plain yoghurt.

The following are also handy healthy snacks (100 calorie equivalent) for keeping you going through the day:-

Dried Fruit - Raisins (34g) cranberries (30g) blueberries (35g) sultanas (33g)

Unsalted nuts - Cashews (10) Macadamia (8), pecan (7) whole almonds (15) brazil (4)

Make up some supplies of the above and keep in your work drawer for when you need a boost!



### **Sandwiches**

Use wholemeal bread, pitta or wraps with a variety of fillings to add a variety to your lunch. Fillings can be made the night before and stored in the fridge – below are a few fillings to try.....

**1) Egg mayonnaise** – very simple - hard boil eggs, add mayonnaise/salad cream and seasoning – add some watercress – this can be spiced up with curry powder or cayenne pepper .....

**2) Carrot and raisin** – mix a large grated carrot with 2 tablespoons of raisins, 1 tablespoon each of olive oil and mint sauce together – add seasoning, e.g. salt, pepper and a dash of lemon juice – this recipe can be varied by substituting the carrots and raisins for alternative options and by trying a different flavored sauce – try experimenting to your own taste.....you can choose to use an infused olive oil such as chili or garlic to add a different flavour

**3) Humus and salad** – use the humus recipe above as a spread substitute and add salad leaves, cucumber, avocado with some cheese or cold meat/fish for a tasty healthy sandwich.

### **Salad ideas**

Make up salad bowls with a variety of ingredients and add a dressing, toasted nuts or seeds to give it a bit more interest.

Try iceberg lettuce with grated courgettes, finely sliced pear, toasted nuts with a creamy herb dressing.

Substituting the courgettes for fresh broad beans or peas is a nice alternative as are grapes, clementine segments or apple for the pear. Basically you can add whatever salad ingredients you fancy.

**Creamy Herb dressing** – 4 tablespoons natural yoghurt (crème fraiche can be used also) 1 tablespoon of white wine vinegar, 1 teaspoon Dijon (or French) mustard, 4 sprigs of a single variety of herbs (e.g. basil, mint etc.) ,  $\frac{1}{4}$  of fresh chilli, pinch of salt and black pepper – zap all together in blender until smooth.