

# Nourishing Winter Recipes



Food  
Choice



# Introduction



Food Choice is a University College Cork spin-out business, backed with more than 9 years of scientific research. Food Choice is an evidence based, complete nutritional health programme that sustainably improves employees' dietary behaviours and health. Dr Fiona Geaney (CEO) and Professor Ivan Perry (Dean of the School of Public Health UCC) are the co-founders of Food Choice.

Our winter recipe booklet has been designed by our dedicated team of qualified Food Choice Nutritionists, who have chosen their favourite recipes, to help you achieve, healthy balanced meals, this Winter. What better way to shrug off the winter blues than to get in the kitchen and cook something warm, comforting and nutritious. These tasty recipes are suitable for everyone and are quick and easy to prepare! Our recipes range from, breakfast on the go, to satisfying lunch and dinner options, to bakery treats and festive Christmas ideas! All our recipes include calorie and traffic light labelling with key nutrition tips to guide you!

We hope you enjoy these recipes!

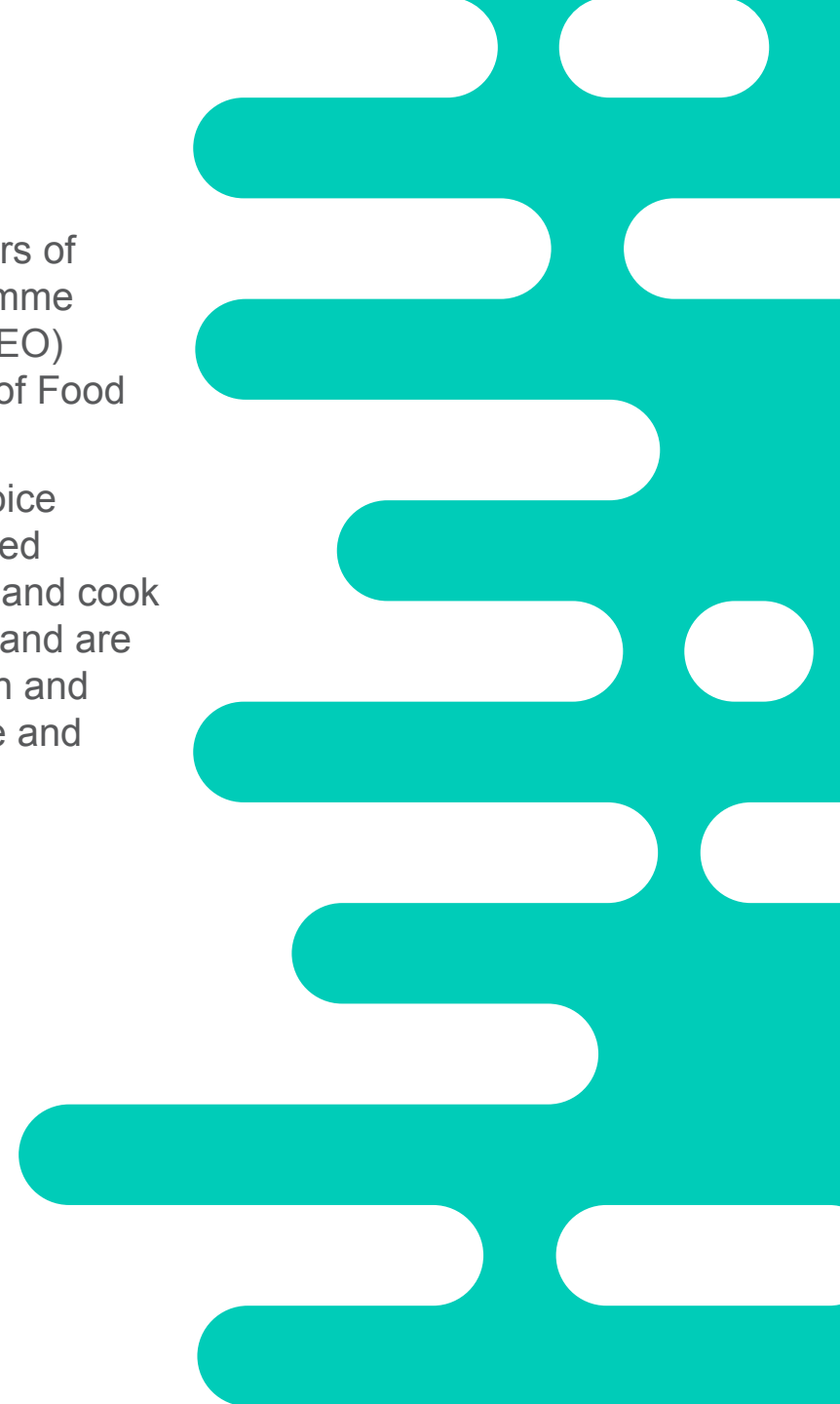
Dr Fiona Geaney and Prof Ivan Perry



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## Our Team



# Breakfast

Recipes



# MORNING PORRIDGE

 Serves: 1

 Prep Time: 2 min

 Cook Time: 3 min

## INGREDIENTS:

- 40g porridge oats
- 250ml water

## METHOD:

1. Heat the porridge oats in a pot with water over a medium heat.
2. Stir the porridge mixture until it has reach your desired consistency.
3. Serve warm with toppings.



**Nutrition tip:** Porridge is such a staple, healthy breakfast for all the family. Oats are a great source of fibre and are excellent for cholesterol lowering and cardiovascular health.

## NUTRITION PER SERVING

Per serving (209g):

Energy 700kJ/ 166kcal	Fat 3.2g	Saturates 0.5g	Sugars 0.1g	Salt 0g
8%	5%	3%	0%	0%

of an adult's reference intake

Typical values per 100g: 335kJ/79kcal

# PORRIDGE TOPPINGS



Serves: 1



Prep Time: 2 min



Cook Time: 0 min

## Banana, Almond and Cinnamon

1. Stir in ¼ tsp. of cinnamon while heating the porridge.
2. Top the porridge with 1 small chopped banana and 1 tbsp. of chopped almonds.

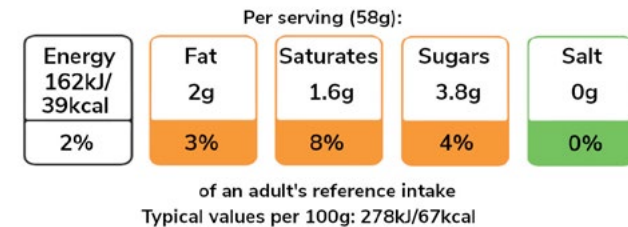
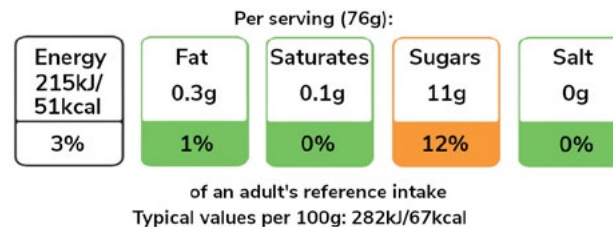
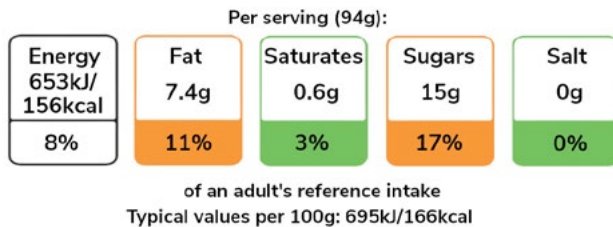
## Apple, Cranberry and Honey Topping

1. Stir in ½ tsp. of honey while heating the porridge.
2. Top the porridge with 1 small apple chopped into chunks and a handful of cranberries.

## Raspberry, Peach and Coconut

1. Once the porridge is cooked top with a handful of raspberries, ½ peach and a ½ tsp. of desiccated coconut.

## NUTRITION PER SERVING



**Nutrition tip: Keep it varied with different toppings. Different fruits contain different essential micronutrients, so chose a wide variety.**



# BLUEBERRY & COCONUT OVERNIGHT OATS



Serves: 1



Prep Time: 5 min



Cook Time: 0 min

## INGREDIENTS:

- 125ml low-fat milk
- 60g low-fat natural yoghurt
- 1 tsp. vanilla extract
- 45g porridge oats
- 1 tsp. chia seeds
- 1 tsp. desiccated coconut
- Handful of blueberries

## METHOD:

1. Mix the wet ingredients together - milk, yoghurt & vanilla extract.
2. Mix the dry ingredients together - porridge oats, chia seeds & desiccated coconut.
3. Combine the wet and dry ingredients.
4. In a bowl or lunch box, start with a layer of the oat mixture, then add a layer of blueberries. Repeat this again until you have used all the mixture.
5. Leave overnight in the fridge and eat cold the next day.
6. Try with other toppings such as grated carrot, mixed spice and cinnamon; peanut butter and raspberries or grated apple and nuts.



## NUTRITION PER SERVING

Per serving (325g):

Energy 1,506kJ/ 358kcal	Fat 9.5g	Saturates 4g	Sugars 18.3g	Salt 0.2g
18%	14%	20%	20%	4%

of an adult's reference intake

Typical values per 100g: 463kJ/110kcal

**Nutrition tip:** The perfect breakfast when you don't have time to prep in the morning. Chia seeds help to thicken the recipe and are also a great source of fibre and essential fatty acids.

# 🍴 APPLE & CINNAMON OVERNIGHT OATS

🍽️ Serves: 1

🕒 Prep Time: 5 min

🕒 Cook Time: 0 min

## INGREDIENTS:

- 125ml low-fat milk
- 45g porridge oats
- 8g honey
- 1 tsp. cinnamon
- 1 chopped apple

## METHOD:

1. Mix the oats and milk together.
2. Stir in the honey & cinnamon to the mixture.
3. In a bowl or lunch box, start with a layer of the oat mixture, top with the chopped apple.
4. Leave overnight in the fridge and eat cold the next day.



## NUTRITION PER SERVING

Per serving (248g):

Energy 1271kJ 301kcal	Fat 4.5g	Saturates 0.8g	Sugars 20g	Salt 0.1g
15%	6%	4%	22%	2%

of an adult's reference intake

Typical values per 100g: 513kJ/121kcal

**Nutrition tip:** Another great option that can be prepared the night before. Use a portable glass jar or box to take breakfast on the go! The cinnamon gives a lovely warm flavour and has antioxidant properties.



# GREEK YOGHURT PANCAKES



Makes: 8 pancakes



Prep Time: 5 min



Cook Time: 10 min



## INGREDIENTS:

- 2 eggs
- 150g low-fat Greek yoghurt
- 2 tbsp. low-fat milk
- 100g self-raising flour

To serve:

- Fruit of your choice

## METHOD:

1. In a bowl, mix the wet ingredients together – eggs, yoghurt and milk.
2. Add the flour, stir to combine.
3. Preheat a pan on medium heat. If you have a non-stick pan you don't need to add any additional oil. If you don't have a non-stick pan add one tsp. of rapeseed oil to the pan.
4. Working in batches, add a ladle full of batter to the pan for each pancake. Allow to cook until bubbles form around the edges of the pancake, it is then ready to be flipped. Flip and cook for 1.5 to 2 minutes more. Continue until you have used all the batter.
5. Serve with fresh fruit of your choice. These can be made in advance & are suitable for freezing. Place in the microwave or toaster to reheat.

## NUTRITION PER PANCAKE

Per pancake (44g):

Energy 333kJ/ 79kcal	Fat 1.7g	Saturates 0.6g	Sugars 1.7g	Salt 0.2g
4%	3%	3%	2%	3%

of an adult's reference intake

Typical values per 100g: 757kJ/179kcal

**Nutrition tip: Try replacing half the flour with whole meal or oat flour to boost the fibre content further.**



# SPINACH POACHED EGGS



Serves: 5



Prep Time: 5 min



Cook Time: 5 min

## INGREDIENTS:

- 120ml water
- 200g tomatoes, diced
- 250g spinach, chopped
- 5 medium eggs
- Pinch of pepper
- ½ tsp fresh thyme
- 5 slices of brown soda bread
- 25g low-fat unsaturated spread

## METHOD:

1. Place the water, tomato and spinach into a sauté pan over medium-high heat.
2. Make 4 small indentions in the spinach and then gently crack an egg into each one.
3. Sprinkle with pepper and thyme.
4. Cover and allow the eggs to cook to your liking.
5. The spinach should be wilted and the water evaporated.
6. Serve with 1 slice of toasted brown soda bread per person (use low-fat spread on bread).



## NUTRITION PER SERVING

Per serving (176g):

Energy 711kJ/ 170kcal	Fat 7.5g	Saturates 1.9g	Sugars 2.1g	Salt 0.3g
9%	11%	10%	2%	6%

of an adult's reference intake

Typical values per 100g: 404kJ/96kcal

**Nutrition tip: Spinach is rich in vitamin K, an essential vitamin for blood clotting and maintaining bone health, whilst poached eggs are a great way to include protein at breakfast.**

# EGG MUFFINS WITH TOMATOES AND SPINACH



Serves: 3



Prep Time: 5 min



Cook Time: 30 min



## INGREDIENTS:

- 6 eggs, whisked
- 1 tsp. olive oil
- 1 small red onion, chopped
- 6 cherry tomatoes, quartered
- 200g baby spinach
- Pinch of salt and pepper

## METHOD:

1. Preheat the oven to 200°C.
2. In a large bowl, whisk the eggs together and add the salt and pepper. Set aside.
3. In a pan, heat the olive oil and cook the onion until soft, 3 to 5 minutes.
4. Add the tomatoes and cook for a further 3-5 minutes.
5. Remove from the heat and add the spinach, stir until just wilted.
6. Add the vegetables to the eggs and mix well.
7. Spoon the mixture into a non-stick or greased muffin tin and bake for 15 to 20 minutes, or until the eggs are cooked through.
8. Makes 6-8 muffins.

## NUTRITION PER SERVING

Per serving (206g):

Energy 778kJ/ 187kcal	Fat 11.5g	Saturates 3.1g	Sugars 2.2g	Salt 0.8g
9%	17%	15%	2%	14%

of an adult's reference intake

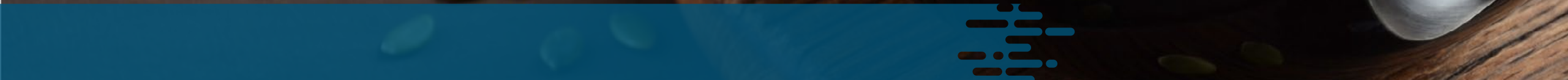
Typical values per 100g: 377kJ/90kcal

**Nutrition tip: These simple little muffins pack a big protein and fibre punch to keep you feeling full. Tomatoes are a rich source of lycopene which can help protect against diabetes and heart disease.**



# Lunch

## Recipes



# BROCCOLI SOUP WITH RICOTTA TOAST



Serves: 4



Prep Time: 10 min



Cook Time: 20 min

## INGREDIENTS:

- 1 tbsp. rapeseed oil
- 1 onion, chopped
- 3 sticks of celery, chopped
- 2 cloves garlic, chopped
- 500g broccoli, chopped
- 1 litre of low-salt stock (use 1 stock cube)
- 4 slices of wholemeal bread
- 100g ricotta cheese
- Fresh mint to garnish

## METHOD:

1. Heat the oil in a saucepan over a medium heat.
2. Add the onion, celery and garlic, fry for 5 minutes until soft.
3. Add the broccoli and stock. Bring to the boil, lower the heat and simmer for 10 minutes or until the broccoli is tender.
4. Blend until smooth in a food processor.
5. Serve the soup with toast topped with ricotta and a sprinkle of fresh mint.



## NUTRITION PER SERVING

Per serving (440ml):

Energy 766kJ/ 183kcal	Fat 5.3g	Saturates 2.1g	Sugars 6.1g	Salt 1.4g
9%	8%	10%	7%	24%

of an adult's reference intake

Typical values per 100ml: 174kJ/42kcal

**Nutrition tip: The humble broccoli is a nutrient powerhouse, rich in vitamin C, iron and antioxidant compounds.**



# SPICED RED LENTIL & BUTTERNUT SQUASH SOUP



Serves: 4



Prep Time: 10 min



Cook Time: 30 min



## INGREDIENTS:

- 1 tablespoon olive oil
- 1 onion, chopped
- 300g butternut squash, chopped into small cubes
- 2 cloves of garlic, crushed
- 300g red lentils
- 1 tsp paprika
- 2 tsp cumin
- 1L vegetable stock

## METHOD:

1. Heat the oil in a saucepan. Add the onion and squash. Cook for 5 minutes until soft.
2. Add the garlic and cook for a further 3 minutes.
3. Add the lentils, spices and fry for 2 minutes.
4. Add the stock to the saucepan, bring to the boil, cover, reduce the heat and simmer for 20-30 minutes until the squash and lentils are tender.
5. Remove from the heat and blitz in a blender until smooth.

## NUTRITION PER SERVING

Per serving (561g):

Energy 1449kJ/ 343kcal	Fat 5.5g	Saturates 0.7g	Sugars 7g	Salt 1.1g
17%	8%	4%	8%	19%

of an adult's reference intake

Typical values per 100g: 259kJ/61kcal

**Nutrition tip: Packed full of fibre, this warming winter soup can be batched and frozen for when time is short. Simply double up the quantities.**



# VEGETABLE FRITTATA



Serves: 4



Prep Time: 10 min



Cook Time: 30 min

## INGREDIENTS:

- 8 eggs
- 4 tbsp. low-fat milk (60ml)
- 35g low-fat grated cheddar
- 1 tbsp. rapeseed oil (15ml)
- 1 onion, chopped (150g)
- 1 red pepper, chopped (160g)
- 2 cloves of garlic, chopped (6g)
- 10 button mushrooms, chopped (100g)
- 160g spinach
- 2 carrots, peeled and grated (120g)
- 1 courgette, grated (100g)

## METHOD:

1. Preheat oven to 200°C/Gas Mark 6.
2. In a bowl, whisk together the egg, milk, and cheese.
3. Heat the oil in an oven proof pan. Cook the onion, pepper and garlic until soft, approx. 5 minutes. Add the mushrooms and spinach and cook for a further 3 minutes. Add the grated carrot and courgette.
4. Pour the egg mixture over the vegetables. Stir to evenly distribute in the pan.
5. Transfer to the oven and bake for approx. 20 minutes until set and the egg is cooked through.
6. Cool in the pan for 5 minutes and then slice and serve.



## NUTRITION PER SERVING

Per quarter (316g):

Energy 1,028kJ/ 246kcal 12%	Fat 13.5g 19%	Saturates 4.1g 21%	Sugars 7.4g 8%	Salt 0.7g 11%
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of an adult's reference intake

Typical values per 100g: 325kJ/78kcal

**Nutrition tip: A simple and tasty way to incorporate a wide range of vegetables at lunchtime. Vegetables are a great source of fibre which is essential for good gut health.**

# CURRIED CHICKPEA BAKED POTATO



Serves: 2



Prep Time: 10 min



Cook Time: 1 hour



## INGREDIENTS:

- 2 medium potatoes (440g)
- 1 tsp. rapeseed oil
- ½ onion, chopped (75g)
- 1 clove garlic, crushed
- 1 tbsp. curry powder
- ½ tsp chilli flakes
- ½ tsp cumin
- ½ tsp paprika
- 1 x 400g tin chickpeas, drained
- 1 x 400g tin chopped tomatoes
- 200g baby spinach

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Bake the potatoes for 50-60 minutes until tender on the inside and crispy on the outside.
3. While they are baking, make the filling. Heat the oil in a saucepan over a medium heat. Add the onion, cook until softened, around 5 minutes.
4. Add the garlic, curry powder, chilli flakes, cumin and paprika. Cook for 1 minute. Add the chickpeas and tinned tomatoes, simmer for 30 minutes. Add the spinach at the very end for 2 minutes.
5. Remove potatoes from the oven, slice open and fill with chickpea mixture.
6. Top with chopped fresh coriander leaves to serve.

## NUTRITION PER SERVING

Per serving (536g):

Energy 2,087kJ/ 495kcal	Fat 6.2g	Saturates 0.7g	Sugars 14.2g	Salt 0.1g
25%	9%	4%	16%	2%

of an adult's reference intake

Typical values per 100g: 390kJ/92kcal

**Nutrition tip: Containing over half your recommended daily fibre intake, in just one meal. This simple lunch is a firm Food Choice favourite.**

# TUNA SALAD WRAP

 Serves: 1

 Prep Time: 5 min

 Cook Time: 0 min

## INGREDIENTS:

- 1 small wholegrain wrap
- 1 dstsp. tomato relish
- ¼ red pepper cut into strips
- 1 sliced spring onion
- ½ sliced tomato
- 30g tuna canned in spring water
- Handful of mixed leaves

## METHOD:

1. Lay out the wrap on a bread board.
2. Spread with dessertspoon of tomato relish.
3. Place tuna, peppers, onions and tomatoes on the wrap.
4. Fold wrap and serve with mixed salad leaves.



## NUTRITION PER SERVING

Per wrap (208g):

Energy 977kJ/ 232kcal	Fat 4.5g	Saturates 1.4g	Sugars 12.4g	Salt 1.1g
12%	6%	7%	14%	18%

of an adult's reference intake

Typical values per 100g: 470kJ/111kcal

**Nutrition tip: Tuna contains essential omega 3 unsaturated fatty acids, making it an excellent protein source. This super easy lunch wrap is also low in calories. Win win!**



# CHEESY TOMATO & CHICKEN QUESADILLA

 Serves: 1

 Prep Time: 5 min

 Cook Time: 5 min

## INGREDIENTS:

- 1 small wholegrain wrap
- 4 cherry tomatoes, finely chopped
- 3 scallions, finely chopped
- 1 handful of rocket leaves, finely chopped
- 20g low-fat grated cheddar
- 80g of cooked chicken breast, roughly chopped
- Pinch of ground pepper

## METHOD:

1. Add the tomatoes, scallions, rocket leaves, pepper, chicken and cheese on the wrap.
2. Place under the grill on a medium heat.
3. Remove from heat when the cheese is melted and the chicken is hot.
4. Fold the wrap and place under the grill again until the wrap is golden brown.



## NUTRITION PER SERVING

Per serving (228g):

Energy 1342kJ 319kcal	Fat 7.6g	Saturates 3.6g	Sugars 3.8g	Salt 0.9g
16%	11%	18%	4%	14%

of an adult's reference intake

Typical values per 100g: 589kJ/140kcal

**Nutrition tip:** Simple and satisfying. Chicken is low in saturated fat and so is a healthy alternative to red meats. Try adding some chopped avocado or guacamole for extra fibre and more unsaturated fatty acids.



# Dinner

## Recipes





# CHICKEN & BUTTERBEAN STEW



Serves: 4



Prep Time: 5 min



Cook Time: 50 min



## INGREDIENTS:

- 1 tbsp. rapeseed oil
- 1 onion, chopped
- 3 sticks of celery, chopped
- 2 red peppers, chopped
- 2 cloves of garlic, peeled and crushed
- 1 tbsp. of paprika
- 1 tin of chopped tomatoes
- 100ml water
- 2 tins of butter beans
- 8 chicken thighs
- 320g of spinach
- 160g of green beans

## METHOD:

1. Heat oven to 180°C/Gas Mark 4. Heat the oil in a non-stick pan. Fry the onion, celery and red pepper for 5 minutes. Add the chopped garlic and paprika and cook for a further 2 minutes. Transfer to a casserole dish.
2. Add the tinned tomatoes, water and butter beans to the casserole dish. Place the chicken on top. Cover with a lid and cook in the oven for 40 minutes.
3. After 40 minutes, stir in the spinach and green beans. Return to the oven for a further 5-10 minutes until the spinach and green beans are cooked.

## NUTRITION PER SERVING

Per serving (581g):

Energy 1,935kJ/ 460kcal	Fat 6.5g	Saturates 1.5g	Sugars 11.5g	Salt 0.4g
23%	9%	8%	13%	7%

of an adult's reference intake

Typical values per 100g: 333kJ/79kcal

**Nutrition tip: Butter beans are great to include due to their high protein and fibre content. They are slowly digested, keeping you fuller for longer.**



# LENTIL RAGU



Serves: 4



Prep Time: 10 min



Cook Time: 60 min

## INGREDIENTS:

- 1 tbsp. olive oil
- 1 onion, chopped
- 3 cloves of garlic, crushed
- 2 carrots, peeled and diced
- 3 sticks of celery, chopped
- 1 red pepper, chopped
- 100g cherry tomatoes, halved
- 1 tbsp. tomato puree
- 300g dried red lentils
- 2 tins of chopped tomatoes (800g)
- 1L water
- 1 tsp. chilli flakes
- 1 tsp. dried oregano
- 240g wholewheat spaghetti
- Basil to serve

## METHOD:

1. Heat the oil in a large saucepan.
2. Add the onions, garlic, carrots, celery and red pepper to the pan. Cook gently for 10-15 minutes until the vegetables have softened.
3. Add in the cherry tomatoes, tomato puree, red lentils, tinned tomatoes, water, chilli flakes and herbs. Stir together.
4. Cook for 40-50 minutes until everything is cooked. Add a splash of water if the sauce becomes too thick.
5. Meanwhile cook the spaghetti according to packet instructions.
6. To serve top the spaghetti with the lentil ragu. Add some fresh basil leaves.



## NUTRITION PER SERVING

Per serving (793g):

Energy 2511kJ/ 594kcal	Fat 4.8g	Saturates 0.8g	Sugars 19.7g	Salt 0.2g
30%	7%	4%	22%	3%

of an adult's reference intake

Typical values per 100g: 317kJ/75kcal

**Nutrition tips: Opting for brown or wholewheat spaghetti increases fibre and makes this meal more slowly digested. This means it's better for your blood glucose, bowel health and keeping you feeling full.**



# VEGETABLE & BEAN CHILLI



Serves: 4



Prep Time: 10 min



Cook Time: 20 min

## INGREDIENTS:

- 1 tbsp. rapeseed oil
- 1 shallot, diced
- 3 cloves of garlic, crushed
- 2 sticks of celery, sliced
- 4 carrots, peeled and chopped
- 1 red pepper, cut into slices
- 1 tsp. cumin
- 1 tsp. cinnamon
- 2 tsp. chilli powder
- 1 tin of chopped tomatoes
- 200ml low-salt vegetable stock
- 1 tin of mixed beans (pre-cooked)
- 300g brown basmati rice
- 20g fresh coriander, chopped
- Zest & juice of 1 lime

## METHOD:

1. Add rapeseed oil to a large frying pan and place over a medium heat.
2. Add the shallots, garlic, celery, carrots and red pepper and stir-fry for 2-3 minutes.
3. Add the ground cumin, ground cinnamon, chilli powder, tomatoes and stock and bring to the boil.
4. Reduce the heat, cover and allow to cook gently for 10-12 minutes or until the vegetables are tender.
5. Stir in the beans and cook for 2-3 minutes or until piping hot.
6. Season well, remove from the heat and sprinkle over the coriander.
7. Serve with boiled rice and lime wedges to squeeze over.



## NUTRITION PER SERVING

Per serving (511g):

Energy 2139kJ 507kcal	Fat 7.6g	Saturates 1g	Sugars 11.2g	Salt 0.6g
25%	11%	5%	13%	10%

of an adult's reference intake

Typical values per 100g: 419kJ/99kcal

**Nutrition tip: Did you know that peppers and tomatoes are a great source of Vitamin C. Vitamin C is essential for immunity, wound healing and skin health.**

# CHICKEN TACO CHILLI



Serves: 8-10



Prep Time: 15 min



Cook Time: 40 min

## INGREDIENTS:

- 1 tbsp. olive oil
- 1 onion, chopped
- 1 tbsp. ground cumin
- 1 tbsp. chilli powder
- ¼ tsp. garlic powder
- ¼ tsp onion powder
- ¼ tsp. dried oregano
- ½ tsp. paprika
- Pinch of salt and pepper
- 800g chicken, cut into strips
- 3 x 400g tins of tomatoes
- 1 tin of black beans, drained and rinsed
- 1 x tin of kidney beans, drained and rinsed
- 1 x small tin of sweetcorn
- 400g brown rice, cooked according to packet instructions
- Small bunch of fresh coriander, chopped

## METHOD:

1. In a large pan or casserole dish, heat the oil over a medium heat. Add the onions and spices and cook for 5 minutes or until the onions are soft.
2. Add the chicken and cook for a couple of minutes, then add the tinned tomatoes, beans and sweetcorn.
3. Bring to the boil, then reduce the heat and allow to simmer for 40 minutes, or until the chicken breaks apart when pressed with the back of a spoon. Add water if the dish looks too dry.
4. Serve with rice and some chopped fresh coriander. If you like your dish hot, add some extra fresh chilli.



## NUTRITION PER SERVING

Per serving (485g):

Energy 2081kJ 492kcal	Fat 4.2g	Saturates 0.8g	Sugars 10.9g	Salt 0.5g
25%	6%	4%	12%	8%

of an adult's reference intake

Typical values per 100g: 429kJ/101kcal

**Nutrition tip: Containing two types of beans, this tasty supper is slowly digested and full of fibre.**





# TURKEY MEATBALL CURRY



Serves: 4



Prep Time: 15 min



Cook Time: 50 min

## INGREDIENTS:

For the meatballs:

- 2 tsp. rapeseed oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tsp. each of cumin and chilli powder
- 450g turkey mince

For the sauce:

- 1 tsp. rapeseed oil
- 1 onion, chopped
- 1 red pepper, sliced
- 2 cloves garlic, crushed
- 1 tsp. fresh ginger, chopped
- 1 tsp. each of cumin, paprika, turmeric and curry powder
- 1 tin chopped tomatoes
- 160g mangetout

To serve:

- 260g wholegrain rice

## METHOD:

1. For the meatballs, heat 1 tsp. of oil in a pan over a medium heat.
2. Add the onion, garlic, cumin, and chilli powder. Cook for 5 minutes until the onions have softened. Remove from the heat and leave to cool.
3. Add the coriander, turkey mince and onion mixture to a bowl. Mix until just combined. Form into small meatballs.
4. Heat 1tsp. of oil in a large frying pan over a medium heat. Brown the meatballs on all sides. Work in batches to avoid overcrowding the pan. Transfer to a plate covered in kitchen paper once brown.
5. For the curry, heat 1 tsp. of oil in a saucepan over a medium heat. Add the onion and cook for 5 minutes until soft. Add the garlic, ginger, cumin, turmeric and curry powder. Cook for 2-3 minutes.
6. Add the chopped tomatoes. Stir well and bring to a boil. Add the meatballs to the sauce.
7. Cover with a lid and simmer for 10-15 minutes until the meatballs are completely cooked throughout and the sauce has thickened. Serve with boiled rice.



## NUTRITION PER SERVING

Per serving (484g):

Energy 1,974kJ/ 467kcal	Fat 4.3g	Saturates 0.7g	Sugars 12.5g	Salt 0.3g
23%	6%	4%	14%	4%

of an adult's reference intake

Typical values per 100g: 408kJ/96kcal

**Nutrition tip: Turkey is a great alternative to red meat. It is higher in iron than chicken, and low in saturated fats.**

# SMOKED FISH PIE



Serves: 4



Prep Time: 30 min



Cook Time: 40 min

## INGREDIENTS:

- 900g potatoes
- 25g low-fat spread
- 1 tbsp. rapeseed oil (15ml)
- 1 clove of garlic, crushed
- 1 carrot, grated (60g)
- 2 sticks of celery, chopped (60g)
- 200g smoked haddock, cut into chunks
- 200g cod, cut into chunks
- 200g salmon, cut into chunks
- 75g low-fat spread
- 75g plain flour
- 500ml low-fat milk
- 1 tsp mustard
- 1 tbsp. fresh parsley, chopped
- 1 tbsp. lemon juice
- 90g low-fat cheddar cheese, grated

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Place the potatoes in a large saucepan of water, bring to the boil and cook for 20-25 minutes until softened. Drain and return the potatoes to the pan. Mash the potatoes with the low-fat spread.
3. Heat the oil in a frying pan, add the garlic, carrot and celery and cook until tender. Place the softened vegetables in a large baking dish with the haddock, cod and salmon.
4. Melt the low-fat spread in a saucepan and add the flour. Stir until smooth. Gradually whisk in the milk and bring to the boil. Reduce the heat and simmer for 2 minutes, keep stirring until the sauce thickens. Once thick remove the pan from the heat. Stir in the mustard, parsley and lemon juice. Add half the cheese to the sauce.
5. Pour the sauce over the fish and vegetables. Spread the mashed potato over the top and sprinkle on the remaining cheese. Cook in the oven for 35–40 minutes until crisp and golden on top.
6. Serve with some green vegetables on the side.



## NUTRITION PER SERVING

Per serving (329g):				
Energy 1926kJ 459kcal	Fat 17.1g	Saturates 5.6g	Sugars 6.5g	Salt 0.7g
23%	25%	28%	7%	13%

of an adult's reference intake  
Typical values per 100g: 585kJ/139kcal

**Nutrition tip: Salmon is an oily fish and a great source of 'good fats' such as omega 3 fatty acids. Omega 3 fatty acids are important, for optimal functioning of our heart and cardiovascular system.**

# STEAK AND MUSHROOM PIE



Serves: 6



Prep Time: 15 min



Cook Time: 2.5 hours

## INGREDIENTS:

- 3 tbsp. rapeseed oil
- 1 onion, chopped
- 1kg lean braising beef steak, cut into cubes
- 3 tbsp. plain flour
- 1L beef stock (made with one low-salt beef stock cube)
- 100g mushrooms, sliced
- 200g filo pastry
- 480g broccoli, steamed
- 480g green beans, steamed

## METHOD:

1. Heat 1 tbsp. of oil in a saucepan, add the onion and fry gently until soft. Remove from the pan and set aside.
2. Heat 1 tbsp. of oil in the pan and fry the steak in small batches until evenly browned. Do not overcrowd the pan. Once browned, remove the meat from the pan and set aside.
3. Add the flour into the pan and gradually add stock, stirring and scraping any residue from the bottom of the pan.
4. Return the meat and onion to the pan. Bring to the boil, then reduce the heat. Cover and simmer very gently for 2 hours or until the meat is tender. Add the mushrooms and cook for a further 10 minutes.
5. Meanwhile preheat the oven to 200°C/Gas Mark 6. Transfer the meat mixture to an ovenproof dish.
6. Using the remaining oil, brush each sheet of Filo pastry with oil and very loosely scrunch it up. Place the scrunched-up filo on top of the filling, putting the pieces close together until the surface of the pie is covered.
7. Cook in the oven for 10 minutes until the pastry is crisp and golden. Serve with steamed broccoli and green beans.



## NUTRITION PER SERVING

Per serving (474g):				
Energy	Fat	Saturates	Sugars	Salt
1889kJ 449kcal	13.5g	4.5g	5.6g	1.2g
22.5%	19%	23%	6%	20%

of an adult's reference intake  
Typical values per 100g: 398kJ/95kcal

**Nutrition tip: Pile on the steamed greens! Did you know that 50% of your plate should be made up of vegetables?**



# Bakery

## Recipes





# WHOLEMEAL SCONES



Makes: 12



Prep Time: 10 min



Cook Time: 30 min

## INGREDIENTS:

- 300g wholemeal flour
- 125g plain flour
- 1 tsp. baking powder
- 30g low-fat spread, cut into small cubes
- 10g pumpkin seeds
- 10g sunflower seeds
- 5g sesame seeds
- 1 egg, beaten
- 380ml buttermilk

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Add the dry ingredients to a bowl. Rub the spread into the flour mixture.
3. Stir through the seeds.
4. Make a well in the centre and add the egg and 3/4 of the buttermilk.
5. Mix together and add more buttermilk a little at a time until the mixture comes together.
6. Place the mixture on a lightly floured surface. Knead slightly and flatten the mixture to 2cm high. Cut out the scones. You can use a scone cutter, a glass or cut into triangles using a knife.
7. Place on a lightly floured oven tray. Bake in an oven for 30 minutes until the scones have browned.



## NUTRITION PER SERVING

Per scone (62g):

Energy 732kJ/ 174kcal	Fat 3.1g	Saturates 0.6g	Sugars 2.1g	Salt 0.3g
9%	4%	3%	2%	4%

of an adult's reference intake

Typical values per 100g: 1,175kJ/278kcal

**Nutrition tip:** The addition of pumpkin and sunflower seeds boosts the nutrient content of these scones. Seeds contain high levels of essential fatty acids, plus vitamins A, B, C and E, calcium, magnesium, potassium, zinc, iron, selenium and manganese.

# PORRIDGE BREAD WITH CHIA SEED JAM



Serves: 12



Prep Time: 10 min



Cook Time: 1 hour

## INGREDIENTS:

### Porridge bread:

- 500g of low-fat natural yoghurt
- 1 egg
- 4 tbsp. of low-fat milk
- 375g of porridge oats
- 2 tsp. of bicarbonate of soda
- 2 tbsp. of mixed seeds

### Chia Seed Jam:

- 1 pack of frozen berries (340g)
- 3 tbsp. of chia seeds
- 1 tbsp. honey

**Nutrition tip: Oats are a great source of fibre and are excellent for cholesterol lowering**

## METHOD:

### Porridge bread:

1. Preheat your oven to 180°C/Gas Mark 4.
2. Mix all the ingredients together and transfer to a loaf tin lined with baking paper. Cut a line down the centre of your loaf and sprinkle the nuts and seeds on top.
3. Place in the oven and cook for 45-55 minutes until golden brown.
4. Remove the loaf from the tin. Return to oven upside down and allow loaf to cook for 5 minutes. Insert a skewer to ensure the inside of the loaf is cooked, before removing from the oven (the skewer should come out clean).
5. Leave to cool on a wire tray before slicing.

### Chia seed Jam:

1. Put the frozen berries in a saucepan on a low heat. Simmer for 10 minutes until the berries are soft. Remove from the heat and add the chia seeds and honey. Stir then pour into an old jam jar. Leave to cool, then store in the fridge.



## NUTRITION PER SERVING

### Porridge Bread

Per slice (85g):

Energy 717kJ/ 170kcal	Fat 4.1g	Saturates 0.9g	Sugars 3.5g	Salt 0.7g
9%	6%	5%	4%	11%

of an adult's reference intake

Typical values per 100g: 846kJ/201kcal

### Chia Seed Jam

Per serving (32g):

Energy 130kJ/ 31kcal	Fat 1.2g	Saturates 0.1g	Sugars 2.7g	Salt 0g
2%	2%	1%	3%	0%

of an adult's reference intake

Typical values per 100g: 408kJ/98kcal



# NUTTY BANANA BREAD



Serves: 12



Prep Time: 15 min



Cook Time: 1 hour

## INGREDIENTS:

- 40ml olive oil
- 110ml honey
- 2 eggs
- 1 ½ medium bananas
- 65ml skimmed milk
- ½ tsp vanilla essence
- ½ tsp. baking soda
- 1tsp. baking powder
- 1 tsp. cinnamon
- 165g plain flour
- 25g walnuts

## METHOD:

1. Preheat an oven to 165°C and grease a 9×5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas, milk and vanilla.
3. Add the baking soda, baking powder and cinnamon, and whisk to blend.
4. Lastly, switch to a big spoon and stir in the flour, until combined. Gently fold in, the chopped walnuts.
5. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon.
6. Bake for 55 minutes, or until a toothpick, inserted into the centre, comes out clean.
7. Leave the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.



## NUTRITION PER SERVING

Per slice (47g):

Energy 614kJ/ 146kcal	Fat 6g	Saturates 1g	Sugars 8g	Salt 0.3g
7%	8%	5%	9%	5%

of an adult's reference intake

Typical values per 100g: 1,301kJ/310kcal

**Nutrition tip: Bananas are a great source of potassium which can help lower blood pressure and reduce risk of stroke.**

# LEMON AND RASPBERRY CUPCAKES



Serves: 6



Prep Time: 15 min



Cook Time: 30 min



## INGREDIENTS:

- 1 egg
- 75ml low-fat natural yoghurt
- 25ml sunflower oil
- 100g self-raising flour
- ½ tsp. bicarbonate of soda
- 35g caster sugar
- Zest of half a lemon
- 80g raspberries, fresh or frozen

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Whisk the eggs until smooth, then add the yoghurt and oil. Mix until well combined.
3. In another bowl, mix together the flour, bicarbonate of soda, sugar and lemon zest.
4. Add the dry ingredients to the wet ingredients and fold in gently.
5. Add the raspberries and mix until just combined.
6. Divide the mixture between 6 paper cases in a muffin tin.
7. Bake for 15-20 minutes until golden brown. Transfer to a wire rack to cool.

## NUTRITION:

Per cupcake (52g):

Energy 468kJ/ 111kcal	Fat 1.3g	Saturates 0.4g	Sugars 7.5g	Salt 0.5g
6%	2%	2%	8%	8%

of an adult's reference intake

Typical values per 100g: 908kJ/215kcal

**Nutrition tip: Including raspberries makes these treats a great source of fibre and vitamin C**



# BLACK BEAN BROWNIES



Serves: 10



Prep Time: 15 min



Cook Time: 15-18 min

## INGREDIENTS:

- 1 x 400g tin black beans, drained & rinsed
- 3 tbsp. cocoa powder
- 80g honey
- 40g olive oil
- 2 tsp. vanilla extract
- 40g fine oats
- ½ tsp. baking powder
- 115g dark chocolate, broken into small pieces

## METHOD:

1. Preheat the oven to 175°C.
2. Combine all ingredients except for the chocolate pieces.
3. Blend until completely smooth.
4. Stir in the chocolate and pour into a greased 8x8 pan.
5. Bake for 15-18 minutes, allow to cool before removing from the pan and cutting. Don't worry if they look a little undercooked as they will firm up in the fridge and this gives them a fudgy texture.



## NUTRITION PER SERVING

Per serving (32g):

Energy 505kJ/ 121kcal	Fat 6.4g	Saturates 2.5g	Sugars 7.5g	Salt 0g
6%	9%	13%	8%	1%

of an adult's reference intake

Typical values per 100g: 1582kJ/379kcal

**Nutrition tip: The black beans in this recipe are high in fibre, great for our gut bacteria, and they provide that fudgy texture that can compete with a traditional flour-sugar brownie.**



# Christmas

Recipes



# ROASTED BRUSSELS SPROUTS



Serves: 5



Prep Time: 5 min



Cook Time: 30 min

## INGREDIENTS:

- 600g Brussels sprouts, halved
- 4 tsp. rapeseed oil
- 2 cloves of garlic, peeled and crushed
- Zest of 1 lemon
- 1 tsp. of chilli flakes

## METHOD:

1. Preheat the oven to 200°C/Gas Mark 6.
2. Place the Brussels sprouts on a roasting tray. Add the rapeseed oil, garlic, lemon zest and chilli flakes. Mix to cover the sprouts.
3. Roast in the oven for 20-30 minutes until the sprouts are tender. Turning as necessary during cooking.



## NUTRITION PER SERVING

Per serving (123g):

Energy 322kJ/ 77kcal	Fat 3.1g	Saturates 0.5g	Sugars 3.8g	Salt 0g
4%	4%	2%	4%	0%

of an adult's reference intake

Typical values per 100g: 262kJ/63kcal

**Nutrition tip:** Did you know that Brussels sprouts belong to the cruciferous vegetable family? Cruciferous vegetables may have a range of health benefits, such as decreasing the risk of heart disease and some cancers.



# FESTIVE TURKEY AND SWEET POTATO FRITTATA



Serves: 6



Prep Time: 10 min



Cook Time: 55 min



## NUTRITION PER SERVING

Per serving (215g):				
Energy 1039kJ 248kcal	Fat 10.4g	Saturates 2.9g	Sugars 4.8g	Salt 0.7g
12%	15%	15%	5%	12%

of an adult's reference intake  
Typical values per 100g: 484kJ/116kcal

## INGREDIENTS:

- 8 large eggs
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 28g low-fat grated cheddar cheese
- 2 tsp, olive oil
- 1 onion, chopped
- 340g sweet potatoes, diced
- 1/2 tsp. dried thyme
- 1/4 tsp. garlic powder
- 1/4 tsp. paprika
- 170g leftover turkey breast, chopped
- 200g baby spinach, roughly chopped

## METHOD:

1. Preheat the oven to 200°C.
2. Beat all the eggs in a bowl and mix in the cheese.
3. Heat the oil in an oven proof pan, add the onions and cook until golden brown.
4. Add in the sweet potatoes, thyme, garlic powder, paprika and season with salt and pepper. Cover and cook over medium-low heat, stirring occasionally, until they are crisp and tender.
5. Add turkey breast.
6. Pour the egg and cheese mixture into the pan and reduce the heat allowing it to cook until the edges are set.
7. Transfer the pan to the oven and bake until the frittata is completely set and cooked through.
8. Remove from the oven and cut into 6 wedges and serve.

**Nutrition tips: A simple and healthy way to use up leftover Christmas turkey.**



# FESTIVE CRANACHAN



Serves: 4



Prep Time: 10 min



Cook Time: 5 min

## INGREDIENTS:

- 2 tbsp. porridge oats
- 20g hazelnuts
- 175g low fat natural yoghurt
- 175g low fat crème fraiche
- ½ tsp. vanilla extract
- 1 tbsp. whiskey
- 1 tsp. cinnamon
- 300g raspberries

## METHOD:

1. Toast the porridge oats and hazelnuts in a dry pan until golden, then set aside to cool.
2. Mix the yoghurt and crème fraiche together then gently stir in the vanilla extract and whiskey. Add the whiskey a little at a time, tasting so not to overpower the other flavours.
3. Crush the toasted hazelnuts and stir into the mixture along with the porridge oats. To serve, alternate layers of the mixture with the raspberries in 4 serving dishes.
4. Chill slightly and finish by sprinkling with cinnamon before eating.



## NUTRITION PER SERVING

Per bowl (181g):

Energy 824kJ/ 198kcal 10%	Fat 11.1g 16%	Saturates 5.2g 26%	Sugars 8.3g 9%	Salt 0.1g 2%
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of an adult's reference intake

Typical values per 100g: 456kJ/109kcal

**Nutrition tips: Using low fat dairy products such as yoghurt and crème fraiche is a great way to achieve our required calcium intake. Calcium is essential for maintenance of healthy bones.**

# MINI MINCE PIES

 Serves: 24

 Prep Time: 30 min

 Cook Time: 30 mins - 1 hour



## NUTRITION PER SERVING

Per serving (45g):				
Energy 723kJ/ 172kcal	Fat 7.0g	Saturates 4.5g	Sugars 14.9g	Salt 0g
9%	10%	21%	17%	0%

of an adult's reference intake  
Typical values per 100g: 1592kJ/379kcal

## INGREDIENTS:

### For the Mincemeat filling

- 110g raisins
- 110g sultanas
- 40g currants
- 40g butter
- 2 apples, peeled, cored and diced small
- 115g dark brown sugar
- 1 tbsp mixed spice
- 1 orange, juice and zest
- 1 lemon, juice and zest

### For the pastry

- 300g plain flour
- 150g unsalted butter, softened and cut into cubes
- 50g icing sugar, sifted
- 1 large egg

## METHOD:

1. Preheat the oven to 160°C/180°C/Gas Mark 4. Grease two muffin trays.
2. For the pastry: Sift the flour into a bowl and with your hands mix in the butter and icing sugar until the mixture resembles rough breadcrumbs. Mix in the egg and form a dough. Wrap in cling film and chill for 20 minutes.
3. For the mincemeat: Add ingredients to a saucepan and heat over a moderate heat until butter melts. Simmer gently for 30 minutes.
4. Unwrap the pastry and roll out on a lightly floured work surface. Cut out 48 mini discs of pastry with a pastry cutter and press half of these into the bottom of each hole of the two muffin tins. Fill each pastry case with mincemeat.
5. Brush the rims of the pastry cases with a little beaten egg and press the rest of the 24 pastry discs on top of the filled pies, pressing the edges with the ends of a fork to seal shut.
6. Brush the lids with some beaten egg and then use a small knife or skewer to make a slit in the top of each pie.
7. Place in the oven and bake for 20-25 minutes or until light golden in colour. Remove from the oven, once the mixture only just starts to bubble up around the edges.

**Nutrition tip: Packed full of festive fruits, these mini mince pies are the perfect Christmas treat.**



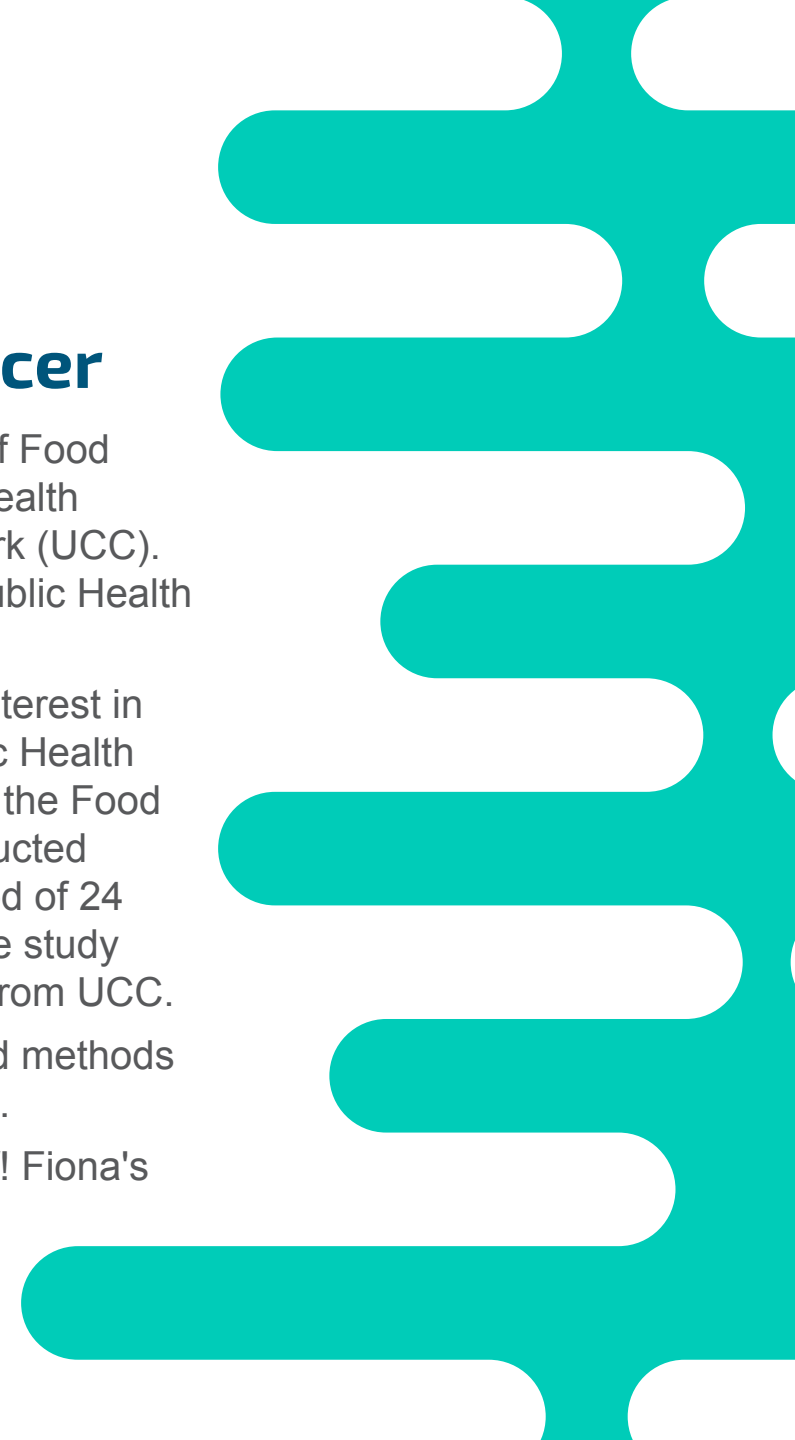
## Dr Fiona Geaney Co-Founder and Chief Executive Officer

Dr Fiona Geaney is the Co-Founder and Chief Executive Officer of Food Choice and also holds an Adjunct Lectureship position in Public Health Nutrition with the School of Public Health in University College Cork (UCC). Dr Geaney holds a BSc in Nutritional Sciences and a Master of Public Health from UCC.

While studying for her Masters, Dr Geaney discovered her keen interest in Public Health Nutrition and in 2015 she obtained her PhD in Public Health Nutrition, also from UCC. Dr Geaney was the Lead Investigator of the Food Choice at Work Study (2010 – 2015), where she developed, conducted and evaluated a large-scale dietary intervention study over a period of 24 months. Due to considerable interest from national enterprises, the study was successfully commercialised in 2015 as a spin-out company from UCC.

Fiona says that Food Choice is dedicated to using evidence-based methods to protect and promote healthy dietary patterns among employees.

Fiona has her mother to thank for her love of food as she is a chef! Fiona's favourite meal is a fish pie!





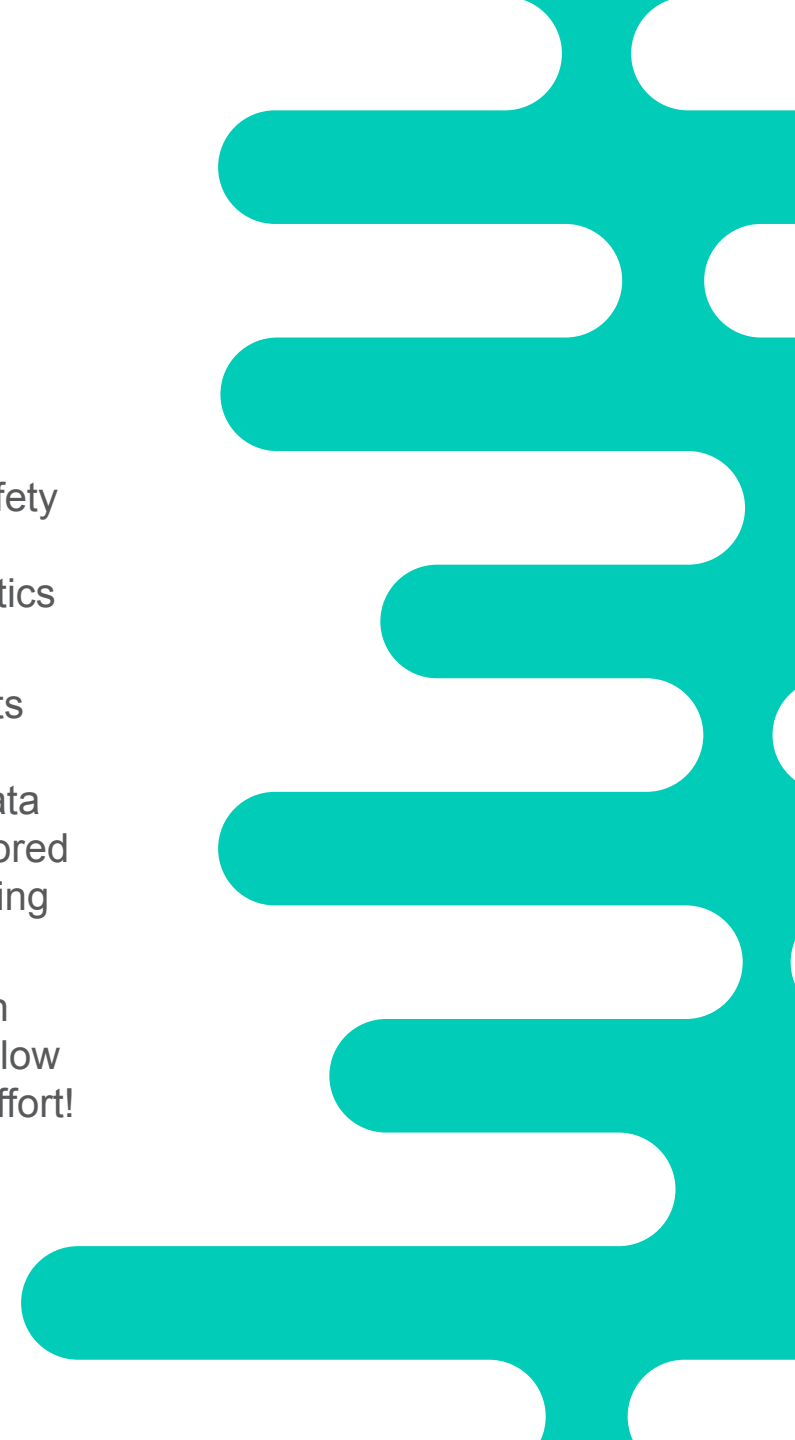


## Clare Kelly Operations Manager

Clare holds a BSc in Nutritional Sciences from University College Cork. Clare also holds a Masters in Environmental Health and Safety Management from DIT and a Master's in Public Health from UCC, where she specialised in the advance Epidemiology and Biostatistics pathway.

Clare has been working with Food Choice since 2011, right from its inception. Clare worked as project manager for the Food Choice trial where she was extensively involved in the implementation, data collection, analysis and expansion of Food Choice. Clare co-authored a number of the Food Choice publications and is currently managing the Food Choice team and clients.

Clare is a busy mum of 2 toddlers and loves cooking up a storm in the kitchen with quick simple recipes! A chicken casserole in the slow cooker is a firm family favourite and requires minimum time and effort!





## Georgia Rogerson Nutritionist

Georgia holds a First Class honours degree in Nutrition from King's College London, and is a fully registered associate member with the Association for Nutrition. She recently contributed to the publication 'Factors Affecting Neurological Aging: Genetics, Neurology, Behaviour and Diet'; currently in press.

Georgia provides clients with tailored advice on all aspects of nutrition and health and as a busy mum of 3, firmly believes healthy food must be quick, convenient, yet also taste good. Her go-to recipe is chicken taco chilli, a real winter family favourite!!



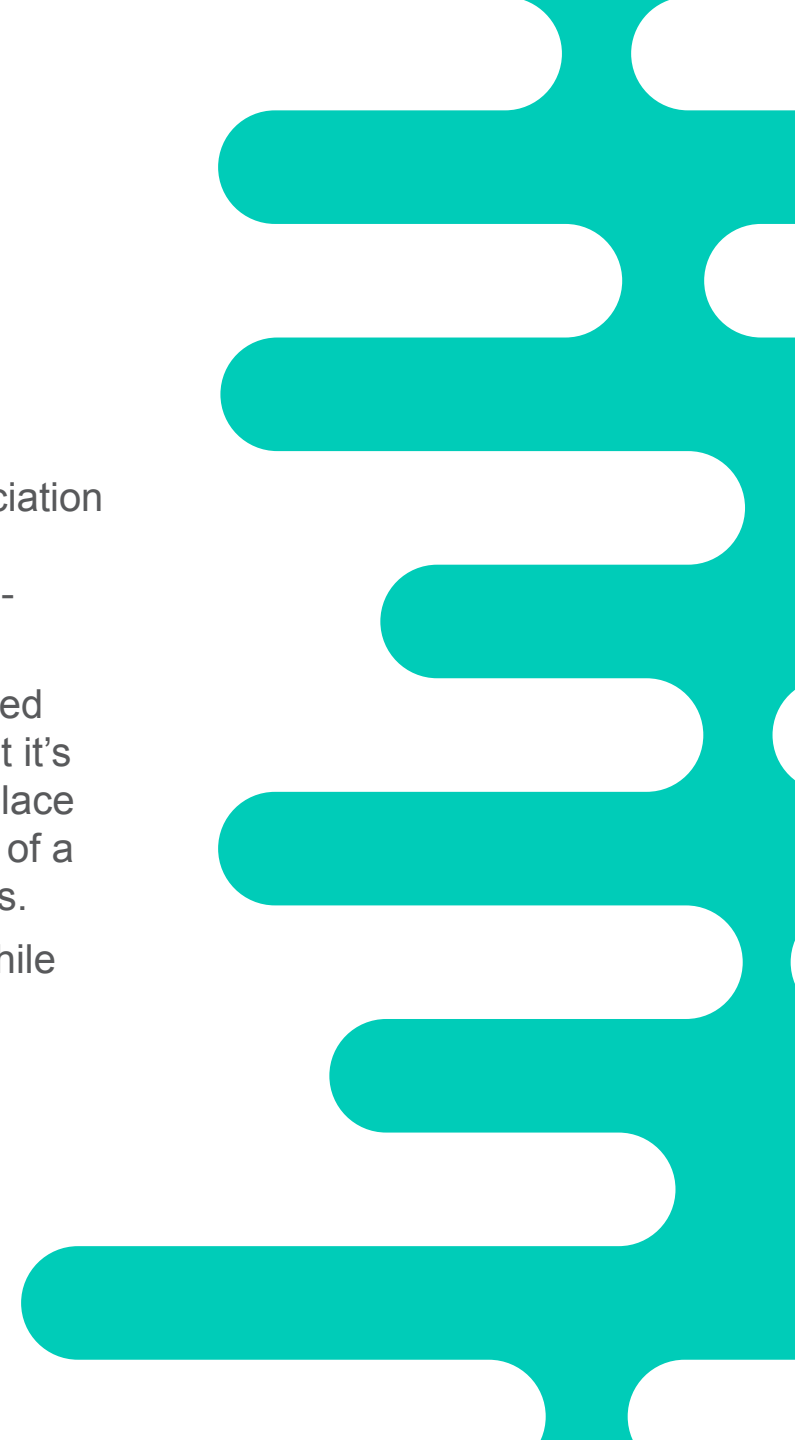


## Niamh Devaney NUTRITIONIST

Food Choice Nutritionist Niamh Devaney holds a BSc in Human Nutrition and is a fully registered associate member with the Association for Nutrition. Niamh delivers evidence-based nutrition advice to corporate organisations and provides one to one nutrition and well-being clinics to help employees achieve their health goals.

Niamh began her career in the food service industry and has worked with two catering companies over a 6-year period. Niamh says that it's been amazing to see the importance of nutrition grow in the workplace since she has started. Niamh's love for food came from being part of a big family so food was always and still is a part of family gatherings.

Her favourite food growing up was her mum's homemade boxty while her favourite food now a days is pulled pork or beef brisket.







## Angela Crowley INTERIM CEO/COO

Angela is a Finance Professional who has held Senior Management roles across Finance, HR, Digital Media, Business Development and Relationship Management. As Interim CEO/COO Angela brings a wealth of commercial expertise from both the private and public sector to the Food Choice Management Team.

Should you have any queries in relation to the services offered by Food Choice please contact Angela at [a.crowley@foodchoiceatwork.com](mailto:a.crowley@foodchoiceatwork.com).





# Food Choice

Food Choice aims to improve employee health and wellbeing through its @work and @home services. The @work service supports on-site food service providers with menu planning, recipe analysis and menu labeling enabling improvements in employee dietary patterns and health status. The @home services include personalized face to face or virtual consultations and nutritional education accessible to all employees.

 @food\_choice  [www.foodchoiceatwork.com](http://www.foodchoiceatwork.com)  Food Choice