



## Pea and Pesto Soup (Serves 4)

This soup is a great low-calorie lunch and provides 1 portion of your 5 a day. The pasta helps to thicken the soup making it a very satisfying meal.

### Ingredients

- 1tsp oil
- 1 garlic clove, crushed (optional)
- 1 stock cube (made up to 1 litre with water)
- 1 tin butter beans, drained (any tinned beans will work)
- 200g frozen peas (tinned will also work)
- ¼ jar green pesto
- 75g pasta (optional)

### Method

1. Heat oil in large pan, add garlic and cook for 1 minute
2. Stir in butter beans, pour in the stock and bring to the boil
3. Add pasta, reduce heat and let simmer for 10 minutes
4. Pour in peas and simmer for a further 5 mins, until pasta and peas are cooked through
5. Stir in the pesto and serve

### Nutrition

Butter beans are low in fat and being high in fibre and protein can help you to feel full for longer. Beans and pulses count as one of your 5 a day, but no more than one 80g portion counts as they contain fewer vitamins and minerals than other fruits and vegetables.

#### Nutrition per portion - 415g

Energy 237kcal 12%	Fat 7.9g 11%	Saturates 1.2g 6%	Sugars 4.6g 5%	Salt 1.1g 19%	Protein 10.3g 21%	Carbs 28.6g 11%	Fibre 7g
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% of an adult's reference intake

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## Mackerel Pâté (Serves 4)

This pâté can be made in 5 minutes for a quick and delicious lunch

### Ingredients

- 2 x 125g cans mackerel fillets in oil, drained (sardines or pilchards can be used instead), drained
- 1 tsp English mustard
- 1 tbsp low fat yogurt
- Pinch of cayenne pepper
- 1 tsp lemon juice
- Black pepper

### Method

1. Put mackerel into the bowl of a food processor or hand blender
2. Add the mustard, yogurt, cayenne, lemon juice and some black pepper
3. Blitz together, until it forms a thick paste
4. Taste and add more pepper and lemon juice if desired

Serve the pâté spread onto wholemeal toast or oatcakes, along with a salad and some pickled onions or gherkins

### Nutrition

As part of a healthy diet we should aim to have one 140g portion of fresh oily fish or 1 small can of oily fish a week. Oily fish, such as mackerel, are high in long-chain omega 3 fatty acids which can help maintain a healthy heart and may reduce our risk of heart disease. Oily fish is also a good source of Vitamin D which helps to keep bones and muscles healthy.

#### Nutrition per portion - 57g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
95kcal	9.8g	2.3g	0.9g	0.5g	0.6g	1g	0g
5%	14%	12%	1%	8%	1.2%	0.4%	-

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## Homemade Beans and Toast (Serves 4)

Making your own beans in tomato sauce is easy. They are just as tasty as readymade versions and can be healthier as you decide how much sugar and salt is added.

### Ingredients

- 1 tbsp oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 1 tsp paprika
- 1 tin chickpeas (or any canned beans, you can also try a mixture of beans)
- ½ tsp sugar
- 1 tin chopped tomatoes
- 2 tsp tomato puree
- Pinch pepper

### For the toast

- 4 tsp low fat spread or butter
- 4 slices wholemeal bread or any bread available, toasted

### Method

1. Heat oil in frying pan, add onion and garlic, fry for 2-3 minutes until soft
2. Add tomato puree, paprika and sugar and cook for a further 2-3 minutes
3. Add beans and chopped tomatoes and leave to simmer for 5-10 minutes, until sauce has thickened
4. Toast bread, cover with a scraping of low fat spread and top with beans

### Nutrition

Beans are a cheap source of protein, low in fat and count as one of your 5 a day. They are also high in fibre. You will achieve about a third of your recommended intake of 30g fibre per day by eating a portion of these homemade beans on wholemeal toast. Chickpeas along with other beans and legumes are a good source of folate which is a B vitamin essential for the formation of healthy red blood cells.

#### Nutrition per portion - 236g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
368kcal	13g	2.1g	13g	0.5g	15.1g	44.1g	9.6g
18%	19%	11%	14%	9%	30%	17%	-

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## Pitta Pizzas (Serves 4)

Pitta breads are a quick and easy alternative for a pizza base. Don't be afraid to get adventurous with your toppings and add some extra veg.

### Ingredients

- 4 wholemeal pitta breads (could use white pitta breads or tortilla wraps)
- 4 tsp chopped tomatoes or tomato puree
- 1 pepper, sliced into thin strips (can substitute with other vegetables)
- 2 tbsp sweetcorn (can substitute with other vegetables)
- 50g cheddar, grated

### Method

1. Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
  2. Spread 1tsp of chopped tomatoes or tomato puree over each pitta
  3. Top with veg and cheese
  4. Place on a baking tray and bake in oven for 5-10 minutes, until the cheese has melted
  5. Alternatively place under grill for 4 minutes
- Serve with aside salad

### Nutrition

As fruits and vegetables contain different combinations of vitamins, minerals and phytonutrients, to gain the greatest health benefit aim to 'eat a rainbow'. This recipe allows everyone to choose their own pizza topping and salad ingredients. To help you choose a rainbow of colours here are some extra topping ideas

Red tomato and radish  
Green sugar snap peas and lettuce,  
Yellow pepper and sweetcorn

White mushrooms and onion  
Purple beetroot and cabbage  
Orange carrot and sweet potato.

#### Nutrition per portion - 141g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
296kcal	5.4g	2.7g	5.6g	1.6g	12.8g	47.2g	3.5g
15%	8%	13%	6%	27%	26%	18%	-

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## Baked Potatoes + Tuna (Serves 4)

A classic comfort food which will help to keep you full for the afternoon. Baked potatoes go well with so many different fillings. Here are some of our suggestions.

### Ingredients

- 4 baking potatoes or sweet potato

#### Fillings:

- 2 cans tuna, drained and 4 tbsp reduced fat mayonnaise

### Method

1. Pre-heat oven to 200°C/180°C/392°F/Gas mark 6
2. Wash potatoes and prick all over with a fork
3. Place on baking tray and bake in oven for 1 hour, or until potatoes are soft
4. Alternatively cook in microwave for 10-15 minutes
5. Whilst potatoes are cooking, mix tuna with the mayonnaise
6. Remove potatoes from oven, cut in half and divide filling evenly between potatoes

### Nutrition

Starchy foods, such as potatoes, are an important part of a healthy diet. As well as providing energy from carbohydrate, potatoes are a good source of potassium. Potassium helps to regulate fluid balance in the body, it also helps the heart muscle to work properly.

Potatoes are also a good source of fibre, make sure you eat the skin for extra fibre.

#### Other tasty fillings for your baked potato:

Homemade baked beans ([check out our recipe](#))

Vegetarian Bean Chilli ([see our dinner recipe](#))

Vegetable Curry ([see our dinner recipe](#))

#### Nutrition per portion - 260g

Energy 320kcal 16%	Fat 9.4g 13%	Saturates 1g 5%	Sugars 3.9g 4%	Salt 0.4g 6%	Protein 17.1g 34%	Carbs 39.5g 15%	Fibre 4.6g -
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## Mixed Pepper Tortilla (Serves 4)

This simple lunch dish is packed with protein, tasty and filling. Serve hot or cold with a side salad.

### Ingredients

- 3 potatoes, peeled and cut into chunks or ½ tin potatoes, sliced
- 5 eggs
- 1 pepper chopped or 100g mixed frozen peppers (could use any frozen vegetables available)
- 2 tsp olive oil.
- Pinch of salt
- Pinch of pepper.

### Method

1. Boil potatoes in a large pan of water for 10-12 minutes and slice
2. Whisk eggs in a bowl add a pinch of salt and pepper
3. Heat olive oil in a pan and fry peppers until soft, add sliced potato turning regularly until browned. Add the egg mix
4. When the mixture is firm on the bottom and egg slightly cooked, remove from heat and place pan under a med grill until golden brown

Serve with a side salad

### Nutrition

Eggs are a great source of protein which is essential for the growth and repair of body tissues. Meals higher in protein can help to make us feel fuller for longer.

#### Other tasty swaps for your tortilla:

Any mixture of canned, frozen or fresh cooked vegetables such as peas, broccoli, spinach, sliced mushrooms

Cooked ham, chicken, tinned fish, grated cheese

#### Nutrition per portion - 156g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
167kcal	9g	2.3g	1.9g	0.6g	11.3g	9.2g	1.7g
8%	13%	12%	2%	10%	23%	4%	-

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## Lentil Soup (Serves 4)

This soup is a hearty but low calorie lunch which is easy to throw together. You can also freeze any leftovers for convenience in the future.

### Ingredients

- 2 vegetable stock cubes (made up to 1750ml with water)
- 150g red lentils
- 5 carrots, peeled and chopped
- 1 large onion or 2 leeks

### Method

1. Add water and stock cubes to large pan and bring to boil.
2. Add lentils, carrots and onion to pan, reduce to a medium heat and cover
3. Leave to simmer for 25-30 mins, until lentils have broken down.
4. Leave as is or blend with a hand blender for a smoother texture

Serve with bread.

### Nutrition

Lentils are a rich source of carbohydrates, protein and fibre. They are also a good plant-based source of Iron. Iron is important for making red blood cells that transports oxygen around the body. Iron also plays an important role in maintaining a healthy immune system.

#### Nutrition per portion - 597g

Energy 191kcal	Fat 1.8g	Saturates 0g	Sugars 9.6g	Salt 1.7g	Protein 23g	Carbs 31.6g	Fibre 6.5g
10%	3%	0%	11%	29%	11.3%	12%	-

% of an adult's reference intake