

# delicious and healthy!

## Recipes from the healthyliving award

The healthyliving award makes it easier for us all to eat healthily when eating out. Only establishments that are committed to working towards achieving or that have gained the award can use the healthyliving award logo and apple symbol, so that you can see at a glance where to find healthier meals.

The recipes in this booklet have been provided by businesses from all over Scotland that have already achieved the healthyliving award and who are using healthier ingredients and preparation methods throughout their menus.

Why not try the recipes at home, and discover for yourself just how easy and delicious healthier food can be? You may also gain some tips on how to use healthier preparation methods for all your meals.

Next time you're looking for a bite to eat just look for the healthyliving award green apple – it's your sign of healthier food.

For more information, and a full list of places to eat healthily, visit [www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)



**healthyliving**  
**award**  
the sign of healthier food

## Indian Spiced Pumpkin Soup

Sheraton Grand Hotel Staff Restaurant, Edinburgh

Serves 4-6

### Ingredients

5 spring onions, chopped  
 700g (peeled weight) pumpkin or butternut squash, chopped  
 2 carrots, diced  
 1 teaspoon mustard oil or olive oil  
 1 fresh chilli, finely chopped  
 2 cloves garlic, finely chopped  
 ½ teaspoon ground black pepper  
 ¼ teaspoon ground cardamom  
 ¼ teaspoon ground cinnamon  
 ¼ teaspoon ground cloves  
 Pinch of nutmeg  
 300ml water  
 100ml semi-skimmed milk  
 2 tablespoons chopped fresh coriander

### Method

Roast all vegetables lightly in mustard oil/olive oil at 170°C/350°F/  
 Gas mark 3 until soft, 20-30 minutes.  
 Place vegetables and spices in a pot and add water.  
 Bring to the boil and simmer until totally cooked, blend  
 until smooth.  
 Adjust to required thickness with semi-skimmed milk.  
 Garnish with chopped coriander and serve.

Why not serve with crusty wholemeal bread?

### top tip

*To reduce your fat intake, switch to using skimmed or semi skimmed milk, and low-fat spread instead of butter.*



# Thai Watermelon Salad

Gateway at University of St Andrews  
Serves 4

## Ingredients

- ¼ of a watermelon
- 2 handfuls of fresh coriander leaves
- 2 handfuls of fresh rocket
- 1 small bunch of radish, finely sliced

## Dressing

- 50g fresh root ginger, finely chopped
- 1 yellow chilli, finely sliced
- 1 red chilli, finely sliced
- 1 green chilli, finely sliced
- 6 tablespoons olive oil
- Juice of 3-4 limes
- Pinch of sea salt and freshly ground black pepper

## Method

Remove the skin and seeds from the watermelon and cut the flesh into small cubes. Mix with the coriander, rocket and radish. Mix the ingredients for the dressing together. Serve the watermelon mixture with the dressing on the side.

Why not serve as an accompaniment to a main dish?

top tip

*Serve dressings on the side to allow people to choose for themselves how much or how little they would like.*



starter

## Moroccan Fish Tagine

Compass at Royal Bank of Scotland  
*Serves 2*

### Ingredients

2 cloves of garlic, crushed  
½ tablespoon of ground cumin  
½ tablespoon of paprika  
1 red chilli (optional), finely chopped  
1 tablespoon of tomato puree  
3 ml lemon juice  
2 pieces of whiting or cod  
6 sliced tomatoes  
2 green peppers, seeded and finely sliced  
Black pepper  
Fresh coriander, chopped for garnish

### Method

Mix together the garlic, cumin, paprika, chilli, tomato puree and lemon juice. Spread the mixture over the fish, then cover and chill for about 30 minutes to let the flavour penetrate. Pre-heat the oven to 200°C/400°F/Gas mark 6. Arrange half of the tomatoes and peppers in a baking dish. Cover with the fish, in one layer, then arrange the remaining tomatoes and peppers on top. Cover the baking dish with foil and bake for about 20 minutes until the fish is tender. Sprinkle with chopped coriander or parsley.

Serve with couscous, rice or a crisp green salad and crusty bread.

### top tip

*Try gradually cutting down the amount of salt you use over a few weeks – that way you won't even miss it.*



# Ricotta, Spinach and Lentil Lasagne

Sodexo at the Scottish Executive  
*Serves 2*

## Ingredients

6mls vegetable oil	75g onions
40g celery	1 clove garlic
90g spinach	15g tomato paste
60g chopped tomatoes	40g ricotta cheese
Pinch thyme	125g red split lentils
12g Italian hard cheese grated	125g lasagne sheets
20g grated low fat mature cheddar	
Low salt vegetable stock (enough to cook lentils)	

## Béchamel Sauce

100 ml semi skimmed milk  
30g cornflower  
20 ml water

## Béchamel Sauce Method

Mix the cornflour with the water. Bring semi skimmed milk to the boil, whisk in the cornflour mixture and heat until thickened.

## Method

Preheat oven to 190°C/375°F/Gas mark 5  
Chop the onions and celery. Wash the spinach, crush the garlic and make stock as instructed on packet.  
Cook the onions and celery in a small amount of oil without colouring. Add the tomato puree, thyme and stock.  
Add the lentils.  
Add enough stock to cover the lentils and simmer until cooked.  
Add spinach and tomatoes, stir in the ricotta until you get the required consistency, not too firm.  
In an ovenproof dish layer the spinach sauce and lasagne sheets. Repeat 3 times. Combine the béchamel sauce with some of the cheddar to create a cheese sauce.  
Top the lasagne with the cheese sauce and remaining grated cheddar and parmesan.  
Bake for 20 minutes or until golden and bubbling.

## Oven Roast Chicken with Vegetable Couscous

John Lewis, Glasgow

Serves 2-3

### Ingredients

2 chicken fillets

½ red onion, chopped

1 red pepper, chopped

1 small courgette, chopped

Small bunch of fresh coriander, chopped

1 ml olive oil

Low salt boullion

½ orange and grated rind

1 teaspoon of pesto

100g couscous

### Method

#### Chicken

Cook the chicken fillets in the oven for about 20 minutes with olive oil (optional) and black pepper on the top.

Allow the fillets to cool and then slice.

#### Couscous

Make enough low salt boullion to cook the couscous, according to instructions. Roast the peppers, red onion and courgettes in the oven for about 8 minutes. Mix the couscous and hot boullion together and allow to cool. Add the roast vegetables, coriander, orange juice and rind, and a dash of olive oil (optional).

Arrange the plate with the couscous in a ring in the centre with the sliced chicken on top, garnish with coriander and pesto around the plate edge.

### top tip

*To get your 5 a day, serve vegetables or salad with every main meal.*



## Apple Crumble

Mosspaul Inn, Teviothead

*Serves 4- 5*

### Ingredients

6 medium apples (we use Bramleys or Granny Smiths)

100g self raising flour

75g oats

75g low fat spread

1 teaspoon cinnamon

2 teaspoon ground ginger

50g brown sugar

### Method

Peel core and slice the apples. Add 25g of the sugar and 1 teaspoon of ginger with a small amount of water and soften in a bowl in the microwave or in a pan on the hob.

Mix the flour and spread by hand until it resembles fine breadcrumbs. Add the oats, remaining sugar, cinnamon and remaining ginger.

When the apples are soft strain off the excess juice and place in a shallow dish, cover with the crumble topping and bake in the oven at 180°C/350°F/Gas Mark 4 for approximately 30 minutes or until the topping is golden.

*In season we will add rhubarb.*

*We also sometimes add banana or pear.*

*Elaine Smith, Mosspaul Inn*

top tip

***Remember, even healthier oils like olive and sunflower contain 100% fat, so use them sparingly.***



dessert

## Mango and Sultana Loaf (Fat and Sugar Free)

Chest, Heart & Stroke Coffee Shop, Inverness

### Ingredients

425g tin mango slices in juice  
375g sultanas  
1 teaspoon bicarbonate of soda  
1 egg  
1 cup self-raising flour

### Method

Place mango slices and sultanas in a saucepan.  
Bring to the boil and simmer for 8 minutes.  
Allow to become cold.  
Add bicarbonate of soda, egg and flour and mix well.  
Bake in a 2lb loaf tin for 50-60 minutes at 180°C/350°C/Gas mark 4.

### top tip

*To reduce the amount of sugar you take, when using tinned fruit always try to use fruit in real fruit juice instead of syrup.*



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