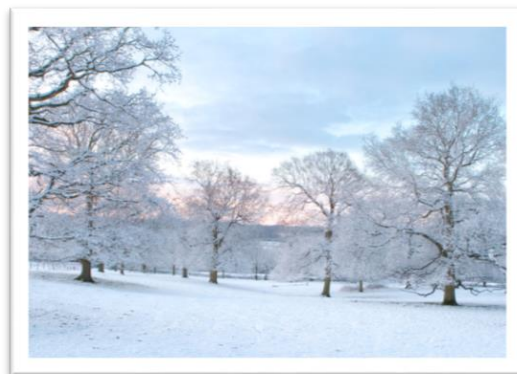




Winter Recipes



Contents

Introduction and cooking abbreviations	2
Winter Mediterranean diet recipes:	
Breakfast	
Porridge with blueberries and walnuts	4
Muesli	5
Poached egg and spinach	6
Avocado and tomato bagel	7
Lunch	
Curried parsnip soup	9
Roasted Mediterranean vegetables	10
Tomato, vegetable and bean soup	11
Herring with lime and white wine dressing	12
Lentil soup	13
Dinner	
Turkey with bean mash	15
Mediterranean meatballs	16
Fish pie	17
Tuna steaks with potatoes and vegetables	18
Vegetable chilli con carne	19
Steak and warm Mediterranean salad	20
Mediterranean chicken and vegetable roast	21
Dessert	
Pear and berry cobbler	23
Example 7-day Mediterranean meal plan	24

Introduction

This book contains adaptable everyday meal ideas and recipes for following a healthy diet based on a Mediterranean style diet. These are recipes using foods which are in season in winter but can be enjoyed at any time of the year.

For each recipe, an ingredient list, step by step method and an approximate meal cost is given.

Timings given are also approximate, so should be used as a guide only. Preparation timings may vary depending on techniques used by different people and cooking times may also vary.

These recipes are suggestions for you to try and the ingredients used can also be changed to suit your preferences. No specialist equipment is required to make these recipes.

Most recipes are designed to serve two people. If you wish to make a recipe for one person, the ingredients should be halved. E.g. 150g pasta for two people would mean 75g would serve one person.

Cooking abbreviations

tbsp: tablespoon

tsp: teaspoon

oz: ounce

fl oz: fluid ounce

pt: pint

lbs: pounds

Breakfast



Porridge with Blueberries and Walnuts

Ingredients

(Serves 1)

.....
50g porridge **oats**

.....
350ml milk

.....
Greek or natural yogurt

.....
Handful of **walnuts**, crushed

.....
Handful of **blueberries**

Instructions

Put the oats in a saucepan, pour in the milk and bring to the boil. Simmer for 5 minutes, stirring occasionally to make sure that the mixture doesn't stick to the pan.

To serve, pour into bowls, pour yogurt on top and add walnuts and blueberries

Ready in 10-15 minutes

Contains 3 key Mediterranean diet foods

Tip

You can vary this breakfast through using different fruit and nuts.

.....
Total meal cost: £1.34

Cost per serving: 67p

.....



Muesli

Ingredients

(Serves 2)

.....
100g porridge **oats**

.....
12g **bran flakes**

.....
30g **hazelnuts**, crushed

.....
30g **almonds**, crushed

.....
25g **sultanas**
.....

Instructions

Preheat the oven to
160°C/325°F/Gas mark 3.

Put the oats, bran flakes,
hazelnuts and almonds on a
baking tray and place in the oven
for 10 minutes, shaking and
turning in the tray after 5 minutes.
Then remove the tray and leave to
cool for 10 minutes.

Mix the toasted ingredients with
the sultanas and serve with milk.

(Prep: 30 mins, Cook: 10-30 mins)

Contains 5 key Mediterranean diet foods

Tip

Other dried fruits or types of nuts can
be added to vary this recipe.

.....
Total meal cost: 77p

Cost per serving: 38p
.....

Poached Egg and Spinach

Ingredients

(Serves 2)

.....
1 tbsp **extra virgin olive oil**
.....

2 large eggs
.....

6 **cherry tomatoes**, halved
.....

100g **spinach**
.....

½ **garlic** clove, crushed
.....

1 tbsp **spring onion**, chopped
.....

Freshly ground black pepper
.....

Contains 5 key Mediterranean diet foods

Instructions

Fill a saucepan with water and bring to a boil. Break each egg into a ramekin dish.

Meanwhile, heat olive oil in a pan over a medium heat. Add tomatoes and cook, stirring for about 5 minutes. Season with pepper. Add spinach and garlic and cook for about 1-2 minutes.

Once water has boiled, turn off heat. Slowly slide each egg into the water and let stand until whites are opaque and yolk is as desired. Once ready, use a slotted spoon to transfer each egg onto a paper towel to drain off excess water.

Divide tomatoes and spinach mixture between two plates and place a poached egg on top. Season with pepper and garnish with spring onions.

.....
Total meal cost: £1.35

Cost per serving: 67p
.....



Avocado and Tomato Bagel

Ingredients (Serves 2)

.....
1 avocado

.....
½ lime (juice)

.....
Pepper

.....
4 cherry tomatoes, quartered

.....
2 wholegrain bagels

.....
Extra virgin olive oil

.....

Instructions

Mash the avocado and mix with squeezed lime juice. Season with pepper.

Toast the bagels, then add the avocado and chopped tomatoes. Drizzle olive oil on top.

Contains 5 key Mediterranean diet foods

.....
Total meal cost: £2.09

Cost per serving: £1.04

.....

Lunch



Curried Parsnip Soup

Ingredients

(Serves 2)

.....
40g olive oil based spread

.....
1 onion, chopped

.....
750g parsnips, peeled and
chopped

.....
1 tbsp curry powder

.....
½ tsp paprika

.....
1l chicken stock

.....
Black pepper

Instructions

Heat the spread in a saucepan and fry onion and parsnips for 3 minutes. Add curry powder and paprika and cook for 2 minutes.

Add stock, bring to boil and simmer for 45 minutes.

Blend, season with black pepper and serve with wholegrain bread.

Contains 3 key Mediterranean diet foods

.....
Total meal cost: £1.23

Cost per serving: 62p

.....

Roasted Mediterranean Vegetables

Ingredients

(Serves 2)

.....
2 red, yellow or orange
peppers
.....
1 red onion
.....
2 large courgettes
.....
1 small aubergine
.....
2 tomatoes
.....
2-3 cloves of garlic
.....
Freshly ground black pepper
.....
Dried thyme
.....
Extra virgin olive oil
.....

Instructions

Pre-heat the oven to 200°C/ 400°F/
Gas mark 6.

Halve and deseed the peppers, then
cut each half into 4 pieces. Peel the
red onion and cut into 8 wedges. Halve
the courgettes lengthways then slice
into roughly 2cm/ 1 inch chunks. Top
and tail the aubergine, cut it into
quarters, then into 2cm/ 1 inch chunks.
Quarter the tomatoes.

Leave the cloves of garlic in their skins
but crush them slightly.

Put all vegetables in a roasting tin,
scatter over the thyme and season
well.

Drizzle with olive oil and toss to coat.

Roast for around 50 minutes, or until
soft, golden and cooked through.

**Contains 7 key Mediterranean
diet foods**

Tip

You can use any combination of vegetables that take
your fancy for this dish.

It can be used as a side dish for meats or fish or as
a sandwich filling for wholegrain crusty bread,
ciabatta or pitta bread. It can also be mixed hot or
cold with wholegrain pasta, couscous or potatoes.

.....
Total meal cost: £2.85

Cost per serving:£1.42
.....

Tomato, Vegetable and Bean Soup

Ingredients (Serves 2)

.....
½ onion, finely chopped
.....
½ clove garlic, finely chopped
.....
½ tsp paprika
.....
1 tbsp extra virgin olive oil
.....
1 ½ carrots, peeled and chopped
.....
1 ½ large sticks celery, chopped
.....
1 leek, chopped
.....
160g chickpeas, kidney beans or
cannellini beans
.....
150g chopped tomatoes
.....
½ tsp tomato puree
.....
150ml chicken or vegetable stock
.....

Instructions

Cook the onion in olive oil on a low heat for 8-10 minutes until softened.

Add garlic and paprika and cook for a further minute, being careful not to burn the paprika.

Next add the chopped vegetables, chickpeas or beans, tinned tomatoes, tomato puree and just enough stock to cover.

Simmer on a medium heat until the vegetables are cooked but retain a bite (about 20 minutes)

Serve with wholegrain bread.

Tip

You can vary this recipe using different combinations of vegetables or different types of beans.

Contains 9 key Mediterranean diet foods

.....
Total meal cost: £1.30

Cost per serving: 65p
.....

Herring with Lime and White Wine Dressing

Ingredients

(Serves 2)

.....
2 x100g **herring fillets**

.....
50ml water

.....
1 **lime**, juice only

.....
½ tbsp white wine vinegar

.....

Instructions

For the herring, bring the water, lime juice and white wine vinegar to a slow boil in a pan. Turn down the heat to a gentle simmer, add the fish and poach for about 12 minutes, or until cooked through.

Drain the fish and serve with potatoes and/or vegetables.

(15-30 minutes cooking time)

Contains 2 key Mediterranean diet foods

.....
Total meal cost: £1.54

Cost per serving: 77p

.....

Lentil Soup

Ingredients

(Serves 2)

.....
1 tbsp **extra virgin olive oil**

.....
½ clove **garlic**, thinly sliced

.....
½ **carrot**, diced

.....
½ large **onion**, sliced

.....
½ **celery** stick, sliced

.....
1 small **potato**, diced

.....
1 slice of **turnip**, diced

.....
50g **red lentils**

.....
500ml chicken or vegetable stock

.....
Seasoning

.....
Wholegrain bread to serve
(optional)

Instructions

Heat the olive oil in a saucepan and add the onion and garlic. Sauté gently for 5 minutes until softening

Add the rest of the vegetables and cook for a further 4-5 minutes.

Add the lentils and stock and bring to the boil. Simmer for 15-20 minutes.

Season, blend until smooth.

Pour the mixture back into the pan, reheat gently.

Tip

You can use sweet potato as an alternative to a standard potato to give a different flavour.

Contains 9 key Mediterranean diet foods

.....
Total meal cost: 60p

Cost per serving: 30p

.....

Dinner



Turkey with Bean Mash

Ingredients

(Serves 2)

.....
1 **lemon** (zest and juice)

.....
1 tbsp **extra virgin olive oil**

.....
1 **garlic** clove, crushed

.....
½ tsp dried thyme

.....
2 thick turkey steaks

.....
125g **cherry tomatoes**,
some halved, some left whole

.....
400g **haricot beans**, drained
.....

Contains 5 key Mediterranean diet foods

Tip

For a different dish you could try serving the bean mash with chicken, fish or meat.

Instructions

Heat oven to 200°C or 390°F / 180°C fan / Gas mark 6 and bring a pan of water to the boil.

Juice 1 lemon and mix with lemon zest, oil and garlic. Set aside two-thirds of the dressing.

Mix thyme into the remainder of the dressing and use to coat the turkey steaks on a plate.

Fry the turkey steaks in a non-stick frying pan for 1-2 mins on each side to brown, then transfer to a roasting tin.

Add the tomatoes to the tin, placed around the steaks and roast in the oven for 4-8 mins or until the steaks are cooked through.

Meanwhile, cook the beans in the boiling water for 5 mins or until tender. Drain the beans and tip into the processor with the reserved dressing.

Whizz to create a mash, then serve with the turkey steaks and tomatoes.

(Prep: 10 mins, Cook: 10 mins)

.....
Total meal cost: £3.04

Cost per serving: £1.52
.....

Mediterranean Meatballs

Ingredients (Serves 2)

For the tomato sauce:

1 tbsp **extra virgin olive oil**

.....
½ **onion**, chopped

.....
1 tbsp **tomato purée**

.....
400g **tin chopped tomatoes**

.....
Pepper

For the meatballs:

1 tbsp **extra virgin olive oil** and
extra for brushing

.....
½ **onion**, chopped

.....
2 ½ **garlic** cloves, chopped

.....
250g minced pork

.....
½ tbsp chopped fresh basil

.....
150g **Wholegrain spaghetti**, to
serve

Instructions

Sauce: In a large pan, cook the onion and garlic in the oil over a low heat for 5 mins until softened. Add the tomato purée and cook for a few minutes, then add the tinned tomatoes. Season with pepper and bring to the boil, then turn the heat down very low. Half-cover the pan with a lid and leave to simmer for one hour, stirring occasionally.

Meatballs: In a frying pan, fry the onion and garlic in oil over a medium heat until softened. Remove from the heat and allow to cool slightly. Preheat the grill to its highest setting. Place the pork mince and basil into a bowl and add the cooked onion and garlic. Mix the ingredients together and roll small amounts of the mixture into balls. This mixture should make 12-16 meatballs, depending on size. Brush the meatballs with a little oil and place onto a baking tray. Place under the grill to cook for 6-8 minutes, turning occasionally and brushing them with a little oil as they brown.

To serve, cook spaghetti according to packet instructions, stir through the sauce and serve with meatballs placed on top.
(Prep: 30 mins, Cook 1-2 hours)

Contains 8 key Mediterranean diet foods

.....
Total meal cost: £2.88

Cost per serving: £1.44

.....
Remember: As part of a Mediterranean diet, meals containing red meat should be eaten no more than twice/ week and meals containing processed meat should be eaten no more than once/week.
.....

Fish Pie

Ingredients

(Serves 2)

.....
290g sweet potatoes

.....
1 carrots

.....
225g cod or haddock fillets

.....
½ leek

.....
200g fresh spinach

.....
25g olive oil based spread

.....
110ml milk

.....
37g cheddar cheese, grated

.....
1 ½ tbsp fresh lemon juice

.....
pepper

.....
12g wholemeal flour

.....
125ml natural yoghurt

.....
1 tomato

.....
Garden peas to serve

.....
Contains 8 key Mediterranean diet foods

Instructions

Chop sweet potatoes and carrots and cook until tender either in microwave or by boiling. Rinse fish and cut into bite-sized cubes. Wash the leek and slice thinly. Rinse the spinach.

Mash potatoes and carrots together with half the butter and milk. Add the cheese. Sprinkle the fish with lemon juice and pepper.

Preheat the oven to 200°C/ 400°F/ Gas mark 6.

Melt remaining butter in a pan. Add the flour. Cook for 1 minute stirring. Stir in the remaining milk, yoghurt and the leek. Simmer for 6 minutes until thick. Add fish and cook for 2 minutes.

Put spinach in a pan, cover and cook over medium heat for about 30 seconds until wilted. Drain and chop.

Pour the fish sauce into a heatproof dish. Cover with the spinach. Slice tomatoes thickly and lay on top. Top with the potato mash.

Bake in the oven for 30 minutes until golden brown. Serve with garden peas.

.....
Tip

Vary the flavor of this recipe by using different types of fish or combining two types of fish such as cod and salmon.

.....
Total meal cost: £5.31

Cost per serving: £2.65

.....

Tuna Steaks with Potatoes and Vegetables

Ingredients (Serves 2)

.....
2 **tuna steaks**

.....
1 tbsp **extra virgin olive oil**

.....
1 **garlic** cloves, crushed

.....
½ tsp dried **thyme**

.....
225g baby **potatoes**, sliced

.....
½ red **pepper**, cut into large
chunks

.....
½ yellow **pepper**, cut into large
chunks

.....
½ red **onion**, sliced into large pieces

.....
½ **courgette**, sliced thickly

.....
200g **cherry tomatoes**

.....
½ **lemon** (juice)

.....
Black pepper

.....

.....
Total meal cost: £4.72

Cost per serving: £2.35

.....

Instructions

Heat oven to 220°C/fan 200°C/gas mark 7 and put in a roasting tin to heat up.

Put the tuna in a shallow dish with half the oil, garlic and thyme. Leave to marinate.

Put the potatoes, peppers, onion, courgette and tomatoes into the roasting tin with the remaining oil. Toss to coat, then roast for 20-25 minutes until potatoes are tender.

Heat a frying pan, wipe most of the garlic marinade off the fish with kitchen paper, season with pepper, then sear for 1 min each side for medium or longer if you prefer. Serve on top of the veg and squeeze lemon juice over.

(Prep: 10 mins, Cook: 25 mins)

Contains 10 Mediterranean diet foods

Vegetable Chilli Con Carne

Ingredients

(Serves 2)

.....
½ 200g tin kidney beans

.....
1 tbsp extra virgin olive oil

.....
½ chopped onion

.....
½ green pepper, chopped

.....
1 400g tin chopped tomatoes

.....
½ tbsp tomato puree

.....
90ml water

.....
1 tbsp chilli powder (or to taste)

.....
½ tbsp white wine vinegar

.....
1 tsp crushed garlic

.....
½ tsp dried thyme

.....
½ tsp cumin

.....
Ground black pepper

.....
1 bay leaf

.....

.....
Total meal cost: £1.13

Cost per serving: 57p

.....

Instructions

Heat oil in a pan over medium-high heat.

Add onion and pepper. Cook until onion is transparent.

Add beans and remaining ingredients.

Bring to boil, reduce heat and simmer for approximately 30 minutes, stirring occasionally.

Remove bay leaf before serving.

Serve with potatoes, wholegrain pasta, wholegrain rice or another 'grain' such as couscous or polenta

Tip

To vary this recipe, the kidney beans can be replaced with other tinned beans such as butter beans, cannellini beans or chickpeas.

Contains 7 Mediterranean diet foods

Steak and Warm Mediterranean Salad

Ingredients

(Serves 2)

.....
1 **lemon**, juiced
.....
4 tbsp **extra virgin olive oil**
.....
1 tbsp paprika
.....
2 lean sirloin or rump steaks
.....
250g baby **potatoes**
.....
100g **green beans**
.....
1 large **carrot**, chopped into sticks
.....
250g **cherry tomatoes**
.....
Fresh basil leaves
.....
Pepper
.....

Instructions

Mix the lemon juice with 3 tbsp olive oil and the paprika. Take 1 tbsp of this mix and rub over the steaks.

Boil the potatoes in a saucepan until tender (about 12 minutes). Add the beans and carrots for the last 2-3 minutes. Once the vegetables are tender, drain and toss with the tomatoes, basil and remaining lemon juice mixture.

Chargrill the steaks for 2½ minutes each side for medium-rare and serve with the potato salad. Season with pepper.

(Ready in 30 minutes)

Tip

Vary this meal by swapping steak for chicken or fish.

Contains 6 key Mediterranean diet foods

.....
Total meal cost: £10.64

Cost per serving: £5.32
.....

Remember: As part of a Mediterranean diet, meals containing red meat should be eaten no more than twice/ week and meals containing processed meat should be eaten no more than once/week.
.....

Mediterranean Chicken and Vegetable Roast

Ingredients (Serves 2)

.....
1 small whole chicken (approx. 1kg)

.....
3 mushrooms, sliced

.....
1 pepper (any colour), cut into large chunks

.....
1 red onion, cut into large wedges

.....
2 courgettes cut into large chunks

.....
2 plum tomatoes, halved

.....
70g feta cheese, crumbled

.....
210g chickpeas, drained

.....
1 ½ cloves garlic, finely chopped

.....
1 lemons

.....
Mixed herbs

.....
2 tbsp extra virgin olive oil

.....
Wholegrain crusty bread, to serve (optional)

.....
Contains 10 key Mediterranean diet foods

.....
Total meal cost:

Cost per serving:
.....

Instructions

Heat oven to 200°C/ 180°C fan/ 390°F/ Gas mark 6. Mix the garlic, juice of one lemon and 3 tbsp of the oil to make a dressing. Slice into each chicken leg a few times, then put the chicken in a large roasting tin and rub with 2 tbsp of the dressing. Slice the second lemon into wedges and stuff inside the body cavity. Cook for 30 mins.

As the chicken is cooking, put the mushrooms, peppers, onions, courgettes and tomatoes into a bowl. Toss with 1 tbsp oil and mixed herbs. After 30 mins, place the vegetables around the chicken, drizzle with half the remaining dressing and cook for 1 hour.

Remove the chicken from the oven, place on a plate, cover with foil and leave to rest. Pour any chicken fat out of the roasting tin. Stir the feta, chickpeas and remaining dressing through the vegetables, then return to the oven for 10 mins to heat through. Serve the chicken and vegetables seasoned with mixed herbs.

(Prep: 20 mins Cook: 1 hr, 30 mins)

Tip

Left over chicken can be chilled and used in salads for lunch.

Dessert





Pear and Blackberry Cobbler

Ingredients (makes 4 servings)

.....
350g **pears**, peeled, cored and cut into wedges

.....
150g **blackberries**

.....
150g **wholegrain flour**

.....
35g **oats**, plus 1 tbsp for topping

.....
18g golden caster sugar

.....
 $\frac{3}{4}$ tsp bicarbonate soda

.....
 $\frac{3}{4}$ tsp baking powder

.....
35g unsalted butter, melted

.....
100g Greek yoghurt

.....
60ml milk

.....
2 tbsp caster sugar

.....
 $\frac{1}{2}$ tsp cinnamon

.....

Contains 4 key Mediterranean diet foods

.....
Total meal cost: £3.57

Cost per serving: £1.78

.....

Remember: As part of a Mediterranean diet, no more than 3 servings of sweet food should be eaten/ week.

Instructions

Preheat the oven to 180°C/ 350°F/ Gas mark 4.

Place the pears, berries and sugar in a large saucepan. Bring to the boil and simmer uncovered for 15 minutes. Transfer to an ovenproof dish.

Stir together the flour, oats, bicarbonate soda, baking powder and caster sugar in a large bowl. Make a well in the centre, add the butter, milk and yoghurt then mix together to form a sticky dough. Drop large spoonfuls of the dough onto the fruit, scatter over 1 tbsp oats then bake for 30 - 35 minutes until the crust is golden brown and the fruit is tender. Serve warm with Greek yoghurt.

(Prep: 15 minutes, Cook: 30 minutes)

Tip

You can use different fruits to vary this recipe, for example, you could create a peach and raspberry cobbler.

7 day Winter Mediterranean Diet Menu

Here is what an example Mediterranean menu plan might look like. This can be altered to suit your likes and dislikes, adapting the Mediterranean style ingredients as you wish.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Breakfast</u></p> <p>Porridge with blueberries and walnuts & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Wholegrain toast with olive spread & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Muesli & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Wholegrain cereal and milk with a banana</p>	<p><u>Breakfast</u></p> <p>Poached egg with spinach on toast & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Filled wholegrain bagel & glass of 100% fruit juice</p>	<p><u>Breakfast</u></p> <p>Avocado and tomato bagel & glass of 100% fruit juice</p>
<p><u>Lunch</u></p> <p>Curried parsnip soup</p> <p><i>Handful of nuts as a snack</i></p>	<p><u>Lunch</u></p> <p>Roasted Mediterranean vegetables</p> <p><i>Handful of nuts as a snack</i></p>	<p><u>Lunch</u></p> <p>Mediterranean beans on toast</p> <p><i>A piece of fruit as a snack</i></p>	<p><u>Lunch</u></p> <p>Tomato, vegetable and bean soup with bread</p> <p><i>A piece of fruit</i></p>	<p><u>Lunch</u></p> <p>Herring with lime and white wine dressing</p> <p><i>A piece of fruit as a snack</i></p>	<p><u>Lunch</u></p> <p>Smoked salmon quiche and salad</p> <p><i>Fruit smoothie as a snack</i></p>	<p><u>Lunch</u></p> <p>Lentil soup</p> <p><i>Handful of nuts as a snack</i></p>
<p><u>Dinner</u></p> <p>Turkey with bean mash & fresh fruit salad</p>	<p><u>Dinner</u></p> <p>Mediterranean meatballs</p> <p>Fruit smoothie</p>	<p><u>Dinner</u></p> <p>Fish pie with potatoes</p>	<p><u>Dinner</u></p> <p>Tuna steaks with potatoes & veg</p> <p>Sliced melon</p>	<p><u>Dinner</u></p> <p>Vegetable chilli con carne</p> <p>Fruit & low fat yoghurt</p>	<p><u>Dinner</u></p> <p>Steak & warm Mediterranean salad</p>	<p><u>Dinner</u></p> <p>Mediterranean chicken and vegetable roast</p> <p>Mixed berries</p>

