

Heart-Healthy Seasonal Recipes



Easy and healthy recipes to incorporate all these lovely winter vegetables, legumes, pulses, and microgreens into your meals.



Minestrone Soup

This is a healthy version made with zucchini and fresh basil.

Ingredients:

- 1 cup uncooked macaroni
- 2 tablespoons extra-virgin olive oil, plus more for garnish
- 3 cups diced onion
- 1 tablespoon chopped garlic
- 1 cup diced carrots
- 1 cup diced celery
- 1 tablespoon dry Italian seasoning
- $\frac{3}{4}$ teaspoon salt
- 6 cups vegetable stock
- 1 small zucchini or baby marrow, diced
- 3 medium sized peeled and chopped tomatoes
- $\frac{1}{4}$ cup red kidney beans, soaked overnight drained and rinsed
- $\frac{1}{4}$ cup chopped fresh basil

Nutritional information (per 250 ml serving):

Energy: 466 kJ, Protein: 3g, Total fat: 2g,

Carbs: 18g, Fiber: 4g, Sodium: 648 mg

Instructions:

Cook Pasta: Bring a medium saucepan of water to a boil. Add macaroni and cook according to package instructions. Drain.

Sauté The Vegetables: Meanwhile, heat 2 tablespoons oil in a large heavy-bottomed soup pot over medium-high heat. Add onion and garlic and cook, stirring often until the onion is starting to brown slightly, about 3 minutes. Add in carrots, celery, Italian seasoning and salt, and stir to combine. Continue cooking, stirring often, until the vegetables are softened and the pan has a little fond along the bottom, 3 to 5 minutes.

Make The Soup: Add in broth and zucchini, increase heat to high, and bring to a boil. Reduce heat to maintain a simmer, and cook until the vegetables are tender, 4 to 6 minutes. Crush tomatoes into the soup and add any tomato sauce from the can. Stir in beans and the cooked macaroni and cook, stirring often until heated through, about 4 minutes.

To Finish and Serve: Remove from heat. Stir in basil. Serve in bowls topped with Parmesan and additional olive oil if desired.

Spiced Root vegetable Soup



Ingredients:

- 2 tbsp vegetable oil
- 2 onions, finely chopped
- 2 sweet potatoes, chopped
- 2 carrots, chopped
- 2 parsnips, chopped
- 1 red chilli, roughly chopped
- 1 tbsp ground cumin
- 75 g dried green lentils
- 1.3 litres vegetable stock
- 425 ml milk
- 100 g Greek yoghurt
- 1 tbsp coriander leaves, chopped

Instructions:

1. Heat the oil in a large pan. Add the onions and fry for 5 minutes until softened. Tip in the remaining vegetables and cook for another 5 minutes, adding the chilli and cumin for a final 2 minutes.
2. Add the lentils and vegetable stock to the pan. Bring to the boil, then lower heat and simmer for 25 minutes until vegetables are tender and lentils are soft. With a hand blender, blend until smooth together with the milk and add a little extra water or stock, if necessary. Season, then reheat until piping hot.
3. Ladle into bowls and serve with a dollop of Greek yoghurt and a sprinkle of chopped coriander.

This soup is made with seasonal vegetables and packed with vitamins and minerals. This is also a budget-friendly recipe, as all the vegetables are in season and could even be grown at home in the cold months.

Nutritional information:

(Per serving)

Energy: 1625 kJ

Protein: 15 g

Total fat: 14 g

Carbs: 56 g

Fibre: 9 g

Sodium: 280 mg



Serve with a crusty wholewheat home-made bread (recipe below)

Easy 4-step wholewheat bread

Kids can help with this
super-simple bread
recipe!



Healthy alternatives to spread on bread:

Avocado. Healthy, natural and good for you, and high in monounsaturated fat.

Hummus. High in soluble fibre and monounsaturated fat.

Olive oil. A Mediterranean favourite, cold pressed extra virgin olive oil is high in monounsaturated fat and contributes to the long-life that the Mediterranean foodies are renowned for!

Peanut butter. Go for the no-salt-added instead of butter or margarine. High in

Ingredients:

- 500 g wholewheat bread flour
- 7 g sachet fast-acting dried yeast
- 1 tsp salt
- 2 tbsp oil
- 1 tbsp honey

Nutritional information

(per serving):

Energy: 970 kJ, Protein: 10 g

Total fat: 4 g, Carbs: 42 g

Fiber: 4 g, Sodium: 630 mg (low salt)

Method:

1. Put the flour, yeast and salt in a large bowl and mix together with your hands. Stir 300 ml hand-hot water with the oil and honey, then stir into the dry ingredients to make a soft dough.
2. Turn the dough out onto a lightly floured surface and knead for 5 minutes, until the dough no longer feels sticky, sprinkling with a little more flour if you need it.
3. Oil a 900 g loaf tin and put the dough in the tin, pressing it in evenly. Put in a large plastic food bag and leave to rise for 1 hour, until the dough has risen to fill the tin and it no longer springs back when you press it with your finger.
4. Heat oven to 180 degrees Celsius. Make several slashes across the top of the loaf with a sharp knife, then bake for 30 – 35 minutes until the loaf is risen and golden. Tip it out onto a cooling rack and tap the base of the bread to check it is cooked. It should sound hollow. Leave to cool.



Winter citrus salad with avocado

A bright, beautiful salad showcasing seasonal blood oranges tossed with mixed baby greens in a sweet and tangy orange honey vinaigrette.



Instructions:

Dressing:

1. Combine the first 4 ingredients in a medium bowl. Slowly whisk in the oil. Season with salt & pepper. Set aside (can be made ahead, cover and refrigerate up to 1 week).

Salad:

1. With a sharp knife, cut off rind and pith from the oranges. Slice them crosswise. Set aside.
2. In a large bowl, toss together the baby greens, half of the orange slices, red onion, raisins.
3. Drizzle in just enough dressing to coat; do not soak. Reserve extra dressing to pass separately or save for another use.
4. Arrange remaining orange slices and avocado on top. Serve with extra dressing on the side. Enjoy!

Ingredients:

Dressing:

- 1/3 cup fresh orange juice
- 2 tbsp red wine vinegar
- 1 tbsp honey
- 2 tsp Dijon mustard
- 1/4 cup canola oil
- Salt & pepper to taste

Salad:

- 2 medium oranges
- 2 blood oranges
- 1/2 cup mixed baby greens or baby spinach or baby salad leaves
- 1/2 red onion, thinly sliced
- 1/3 cup golden raisins
- 1 small avocado

Nutritional information (per serving): Energy: 970 kJ, Protein: 3g, Total fat: 13.8 g, Carbs: 29 g, Fiber: 9.5 g, Sodium: 10 mg

Pasta with veggies and pea shoots

Ingredients:

- 250 g pasta of your choice, cooked
- 1 shallot thinly sliced
- 2 cloves of garlic, crushed
- 2 tablespoons canola oil
- 1 cup fresh peas
- 3 cups pea shoots
- 3 tablespoons freshly grated parmesan cheese



Directions:

1. Heat a pan over medium heat.
2. Add olive oil, shallot and garlic and stir-fry lightly.
3. Add in peas and cook until heated through for a few minutes.
4. Add pea shoots and cook for one more minute before tossing with pasta. Garnish with freshly grated parmesan.

Cooking with Microgreens



One cup of **pea shoots** provides about 35% the recommended daily allowance (RDA) of vitamin C and 15% the RDA of vitamin A. They are also an excellent source of vitamin K, providing 66% the RDA from a one-cup serving.