

Three Delicious, Heart Healthy Budget-friendly Recipes

Here are 3 easy and healthy recipes to try, using items from the
Low-cost, Nutrient-rich All-star Cast.

Roast Chicken with Root Vegetables & Yoghurt Dill Sauce



Ingredients:

- 2 medium potatoes, cut in half
- 2 medium beets, peeled and cut in half
- 2 large carrots, peeled and cut in half
- 1 red onion, peeled and cut into quarters
- 1 whole roast chicken
- 2 Tbsp olive oil
- Rosemary, sage, thyme, whole sprigs
- Whole garlic cloves, husk on
- 1 cup plain low-fat yoghurt
- 1 Tbsp finely chopped fresh dill
- Salt & fresh pepper to taste
- 1 lemon, cut into 4 wedges, for serving

Nutritional information

(Per serving)

Energy: 2200 kJ

Protein: 42 g

Total fat: 24 g

Carbs: 28 g

Sodium: 500 mg

Method:

1. Preheat oven to 375 degrees F or 180 degrees C.
2. Season chicken with salt and pepper and place in a large roasting pan, scattering the vegetables evenly on the bottom. Drizzle everything with olive oil and add herbs and garlic.
3. Roast for about an hour, turning vegetables after 30 minutes.
4. Mix dill and yogurt in a small bowl. Season with salt and pepper and set aside.
5. Remove pan when an instant thermometer placed in hip joint reads 165 degrees F (80 degrees C) or when juices run clear.
6. Serve on a platter with dill yoghurt and lemon wedges.

Tuna & Rice Salad Bowl with Apple Slaw & Caramelized Onion Vinaigrette



Ingredients:

- 1 cup cooked brown rice
- ¼ head cabbage, grated
- 1 apple, grated
- 2 small onions, sliced
- 4 Tbsp apple cider vinegar
- 2 Tbsp canola/olive oil
- ¼ lettuce head, finely shredded
- 2 small cans tuna (in water), strained
- 2 Tbsp sunflower seeds
- Salt & pepper to taste

Nutritional information (per serving)

Energy: 1500 kJ

Protein: 16 g

Total fat: 9 g

Carbs: 61 g

Fiber: 3 g

Sodium: 827 mg

Method:

1. Boil 1 part brown rice in 6 parts salted water until tender, about 45 minutes. Strain and set aside.
2. Place grated cabbage in a large colander. Season generously with salt and let sit for about 30 minutes.
3. Squeeze out excess water and place cabbage into a clean bowl. Add 2 Tbsp of cider vinegar. Add grated apple and toss to combine.
4. Saute onions with 1 Tbsp of olive oil in a nonstick pan over medium heat until caramelized, about 15 minutes. Add 2 Tbsp of apple cider vinegar and remaining 1 Tbsp of olive oil. Stir to incorporate and set aside.
5. Build bowl from bottom up with shredded lettuce, rice, cabbage, slaw and tuna.
6. Spoon caramelized onion vinaigrette over salad and sprinkle sunflower seeds to garnish.
7. Season with salt & pepper.



Spiced Lentil-Carrot Soup with Yoghurt & Crispy Onions



Ingredients:

- 4 carrots, dices
- 2 small onions, dices
- 3 cloves garlic, smashed
- 3 Tbsp canola/olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp ground ginger
- ½ tsp ground cinnamon
- 3 Tbsp tomato paste
- 3 litres vegetable or chicken stock
- 2 cups red lentils, rinsed
- 1 Tbsp salt, plus more to taste
- Yoghurt to garnish (optional)
- Cilantro to garnish (optional)
- Sunflower seeds to garnish (optional)



Nutritional information

(per serving)

Energy: 516 kJ

Protein: 7 g

Carbs: 22 g

Fiber: 6 g

Total fat: 1 g

Sodium: 122 mg

Method:

1. Peel and dice the carrots and onions.
2. In a large pot set over medium heat, saute the carrots and onions in canola/olive oil until lightly caramelized and translucent.
3. Add spices and tomato paste and stir well to incorporate.
4. Add vegetable stock, lentils and salt and stir to combine.
5. Bring to a boil.
6. Reduce to a simmer and cook, stirring often, until lentils and carrots are soft and soup is thickened, about 40 minutes.
7. Season to taste with salt & pepper.
8. Puree with a hand blender or keep chunky if preferred.
9. Garnish with a drizzle of yoghurt, chopped fresh cilantro and sunflower seeds.

TIPS

LEARN TO PRESERVE FOOD

Extend the life of foods from days to months (or even years) with these tips.



DAYS

When whole fruits or vegetables on the counter get ripe, transfer them to the fridge to extend their life by a few days.



MONTHS

When food in the fridge will not be eaten soon, transfer to an airtight, freezer-safe container or re-sealable bag and store in the freezer for 3-6 months. Lightly steam or boil veggies before freezing.



YEARS

Learn how to make jams, pickles, dehydrated/fermented goods, smoked/cured meats, etc. Some of these methods can preserve food for years.

Fermented foods

are **rich in probiotic bacteria**. So, by consuming fermented foods you are adding **beneficial bacteria** and enzymes to your overall intestinal flora, increasing the health of your gut microbiome and digestive system and supporting a healthy **immune system**.

