

## FOODS TO PROMOTE GOOD HEALTH

# Good food

With much focus now placed on hygiene and eating healthy in the light of Covid-19, the Association for Dietetics in South Africa shares recipes developed by dietitians, using foods that are good for you

THIS recipe is high in fibre, is packed with omega 3 fatty acids, heart-healthy mono-unsaturated fatty acids, an array of vitamins and minerals and contains a balance of protein, carbohydrate and fat. Research shows that omega-3 fatty acids reduce inflammation and may help lower the risk of chronic diseases such as heart disease, cancer and arthritis. Oats are a good source of soluble fibre – also known as oat beta-glucan. Research suggests that the soluble fibre in oats may reduce the risk of coronary heart disease by reducing cholesterol levels, specifically LDL “bad” cholesterol.

### FISHCAKES:

1 x can (400g) of mackerel (middle cut)  
½ cup oat bran  
½ cup grated carrot  
1 free-range egg  
zest of 1 lemon  
10g chopped fresh herbs (chives, dill, parsley)  
salt and pepper  
2 tbs avocado oil

Drain the mackerel of any liquid and put it into a large mixing bowl.

Using a fork, shred the fish until it's fine and there are no large chunks.

Add the oat bran, carrot, egg, lemon zest and chopped herbs and mix well. Leave the mixture to stand for about 30 minutes in the fridge, so the oat bran soaks up the excess liquid in the mixture.

Separate the mixture into 8 equal-sized balls and shape them into

## Fishcakes With Barley Salad And Lemon Drizzle



| Supplied

patties. Season the fishcakes with salt and pepper.

Put a large non-stick frying pan on to a medium heat and drizzle the oil into the pan. Once the pan is hot,

add the fishcakes and fry on the first side for around 2 minutes until golden brown.

Turn them over and repeat on the other side.

### THE BARLEY SALAD:

1 cup cooked pearl barley, cold  
40g watercress  
½ a medium cucumber  
1 avocado

50g almonds, raw and chopped  
50g mixed bean sprouts  
100g cherry tomatoes, cut in half  
50g sliced red onion  
10g basil  
10g fennel  
100g feta  
salt and pepper

Wash the cucumber, tomatoes and herbs. Using a peeler, shave the cucumber into ribbons. Cut the avocado in half. Remove the skin and pit and cut the avocado into chunks.

In a large bowl, mix together the barley, cucumber ribbons, almonds, bean sprouts, tomatoes and onion.

Tear up the fennel and basil and add to the salad. Assemble the salad on a platter. Spread the barley salad mixture on the bottom of the platter.

Add the chunks of avocado and crumble the feta over the top of the salad. Sprinkle the watercress.

### LEMON DRIZZLE

zest and juice of 1 lemon  
1 tsp smooth Dijon mustard  
4 tbs extra virgin olive oil  
1 tsp chopped chives  
salt and pepper

Whisk together the lemon juice, zest and mustard. Drizzle the olive oil into the lemon mixture while whisking. Mix in the chopped chives and season with salt and pepper.

Serves 4. | Vanessa Marx

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## Red Lentil Veg Curry

NOT only are lentils a great plant protein (containing the third-highest levels of protein of all legumes and nuts), but they are a great source of soluble and insoluble fibre, folate and magnesium, which all contribute to a healthy heart.

½ cup red lentils, raw, making 1 cup cooked  
2 handfuls baby spinach  
½ small onion  
1 large tomato  
1 clove garlic  
salt and pepper  
½ tsp turmeric  
½ tbs coriander

1 tsp cumin  
fresh chopped chilli (to your taste)  
1 tbs olive oil  
fresh coriander

Boil the lentils until tender.

Finely chop the garlic and fry in olive oil, at medium heat, in a large pot.

Add the spices, salt, pepper and chilli and fry for about 5 minutes. Chop the baby spinach, onion and tomato.

Add to the pot and fry on low for 5-10 minutes. Mix the lentils into the mixture. Top with coriander.  
Serves 1. | Alex Royal

## Beef And Butternut Casserole With Mushrooms And Tomato

THIS recipe is packed with vegetables, high in fibre and a good source of iron.

1 onion  
1 leek  
4 cloves garlic  
2 rashers bacon, optional  
2 sprigs fresh rosemary  
2 tsp olive oil  
2 bay leaves  
1 butternut, large (800g)  
250g mushrooms, mixed are most delicious  
410g tinned chopped tomatoes  
150ml red wine, optional  
50g beef goulash pieces, check for minimal visible fat  
8 black olives  
2.5ml salt and freshly ground black pepper

Preheat the oven to 180°C. Chop the onion and slice the leek and garlic.

Heat a large pan or ovenproof casserole on medium heat. Finely dice the bacon. Pick the leaves off the rosemary sprig and chop

them finely. Pour the olive oil into the hot pan. Add the bacon, rosemary and the bay leaves and gently fry, stirring regularly.

Add the garlic, onion and leek and cook for 10 minutes, stirring regularly. Meanwhile, peel and cut the butternut into bite-size cubes and add to the pan. Clean the mushrooms and cut off the stems. Add both the stems and whole mushroom tops to the pan. Add the meat cubes. Pour over the wine and simmer for 10 minutes.

Add the tinned tomatoes. Rinse out the tomato tin with a quarter tin of water and add to the pan or casserole. De-stone the olives by cutting in half. Add to the casserole and mix in gently.

Bring the casserole to a boil and then place in the preheated oven to bake for 45 minutes, until thick.

Serves 4. | Cath Day and Gabi Steenkamp

◆ Serve on its own as a complete balanced meal. One serving is equivalent to 1 carbohydrate, 4 proteins and 4 vegetables.



## Veggie Frittata



THIS is quick, easy and nutritious. It is a versatile choice for breakfast, brunch, lunch or dinner. It may sound exotic but it is a fancy omelette, containing colourful vegetables and cooked in the oven. Eggs are one of the few foods that contain high concentrations of choline – essential for normal development, and linked to improved memory and performance.

6 large free-range eggs  
salt and pepper  
1 tbs olive oil  
½ a medium onion  
½ a red pepper  
2 courgettes  
100g mushrooms  
100g mozzarella, grated  
50g feta, crumbled  
5g Italian parsley, chopped  
5g fresh coriander, chopped

Preheat oven to 200°C.  
Beat the eggs together.

Season and set aside. Drizzle the olive oil into a large ovenproof, non-stick frying pan and set over medium heat on the stove.

Slice the onion, red pepper, courgettes and mushrooms.

Add the sliced vegetables to the pan and fry until they begin to get a little colour.

Add the beaten eggs and the cheese, and mix slightly.

Turn the heat down to medium-low and cook for three to five minutes, until a crust begins to form on the bottom (do not stir the mixture).

Place the pan in the oven and bake for 10 minutes, until the mixture has set.

Remove the pan from the oven and allow the frittata to cool slightly (five minutes).

Tip the frittata out, upside down, on to a board or platter. Sprinkle with the chopped parsley and coriander, and serve warm.

Serves 8. | Vanessa Marx

SEEDS like pumpkin, sunflower and sesame are easily incorporated into a variety of dishes. They not only boost flavour and crunch, but they also pack a nutritional punch – loaded with fibre, protein and healthy fats.

### THE CRUST:

½ cup rolled oats  
½ cup desiccated coconut  
20g sunflower seeds  
20g sesame seeds  
20g pumpkin seeds  
½ cup unsweetened fresh apple juice  
4 tbs honey  
½ vanilla pod

Preheat the oven to 160°C. Mix together all the coconut, seeds and oats. Cut the vanilla lengthwise and scrape out the seeds.

Put the apple juice, honey, vanilla pods and seeds into a small saucepan, and heat until infused and combined.

Pour the apple juice over the oats mixture.

Spread the mixture out on to an ovenproof tray and bake until golden and crispy, stirring every 10 minutes, to make sure it is cooked evenly.

Remove from the oven and allow to cool. Line the base of your pie dish with the mixture, to prepare it for the milk tart filling.



## Milk Tart – With A Healthy Twist

### THE FILLING:

3 eggs  
80ml cornflour  
½ tsp vanilla extract  
2½ cup low-fat milk  
¼ vanilla pod, seeds removed  
½ cup xylitol  
cinnamon for dusting

Mix eggs and cornflour in a bowl. Cut the vanilla pod lengthwise and scrape out the seeds.

Put the milk, vanilla pods and seeds, vanilla extract and xylitol in a saucepan and heat until it comes to a boil.

Remove from the heat and pour a little of the warm milk into the egg mixture, while whisking.

Add the egg mixture back into the pot, with the remaining milk, and whisk. Put the mixture back on the heat and whisk vigorously, until it thickens and comes to a boil.

Have your pie dish, with the base, ready and pour in the custard mixture. Leave the tart to cool at room temperature and refrigerate for 2 hours until cold.

Remove the tart from the fridge and dust with cinnamon.

Serves 12. | Vanessa Marx

## Avocado Chocolate Mousse

A CLEVER alternative to regular chocolate mousse – a plant-based chocolate alternative. The mousse is packed with healthy unsaturated fat. It contains none of the major allergens (cow's milk, egg, soya, tree nuts, peanuts, wheat/gluten) and is ideal for individuals suffering from allergies to these food items. Avocado pears contain primarily mono-unsaturated fats that have been shown to assist in keeping your heart healthy. They are also a good source of vitamin E, which keeps your skin healthy and speeds up healing.

1 ripe avocado  
1 ripe banana  
1 orange  
3 tbs cocoa powder  
2 tbs xylitol

Cut the avocado in half. Remove the pit from the centre and discard it. Remove and discard the skin too.

Add the avocado, banana, cocoa powder and xylitol to a food processor.

Zest and juice the orange and add both to the food processor.

Blend the mixture until completely



smooth and dark chocolate brown.

The sweetness and darkness can both be adjusted by adding more or less xylitol and cocoa powder.

The xylitol can also be substituted with honey, a low calorie or non-nutritive sweetener.

You can remove the orange

and replace it with another flavour variation like cinnamon or lemon zest. Spoon the mousse into 4 glasses for serving and refrigerate until ready to serve.

Serve with fresh fruit or biscuits. Serves 4. | The Association for Dietetics in South Africa