



Making sense of **sugar**

LUNCH RECIPES

These recipes were developed with support from the British Nutrition Foundation.

Spiced carrot and lentil soup with roll (498 kcal) - Serves 4

Ingredients:

- 2 tsp ground cumin
- 2 tsp ground coriander
- Pinch chilli flakes
- 2 tbsp vegetable oil
- 600 g carrots, washed and chopped
- 140 g split red lentils
- 1l hot vegetable or chicken stock
- 125 ml semi-skimmed milk
- 4 tbsp low fat plain yoghurt
- 2 tbsp fresh coriander, chopped
- 4 wholemeal rolls
- Polyunsaturated spread, thinly spread

Instructions:

- 1.** Dry-fry the cumin, coriander and chilli flakes for 1 minute in a large saucepan.
- 2.** Add the oil, carrot, lentils, stock and milk to the pan and bring to the boil. Simmer for 15 minutes until the lentils have cooked.
- 3.** Blend the soup until smooth and finish with a spoonful of yoghurt and a sprinkling of fresh coriander. Serve with a wholemeal roll.

Dessert: Small chocolate mousse (60 g each)

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Chicken salad sandwich, grapes and diet soft drink (526 kcal)

- 2 medium slices wholemeal multi-seed bread
- Polyunsaturated spread, thinly spread
- 1 small dollop of salad cream
- 2 thin slices of roast chicken
- Small handful of lettuce
- 6 slices of cucumber
- 1 small tomato
- 100 g grapes
- 330 ml can of diet soft drink

Tuna sweetcorn jacket potato, salad and orange juice (510 kcal)

- 1 large baked potato
- 1 tsp polyunsaturated spread
- Small can of tuna, in spring water
- 1 tbsp sweetcorn
- 2 spring onions
- 1 tbsp light mayonnaise
- Handful of lettuce
- 1 small tomato
- 4 slices of cucumber
- Small glass (150 ml) orange juice

Chicken and feta pasta salad (great for using up leftovers) (569 kcal)

- 150 g cooked wholewheat pasta
- 100 g roasted chicken breast
- 20 g feta cheese
- 1 tbsp olive oil
- 1 tsp vinegar
- 6 cherry tomatoes
- ½ green pepper
- 4 spring onions
- Black pepper

Beans and mushrooms on toast with a banana and apple juice (496 kcal)

- 2 medium slices of granary bread, toasted
- 1/3 (approx. 135 g) can of baked beans
- 30 g mushrooms
- 1 medium banana
- Small glass (150 ml) apple juice