



مركز أبوظبي
للصحة العامة
ABU DHABI PUBLIC
HEALTH CENTRE



HEALTHY RECIPES



Simple Tips To Prepare Healthy Food

Soup

- Use fresh vegetables.
- Avoid using flavoring cubes, instead use chicken or vegetable broth (Preparation method is described below).
- Use little amount of olive oil to cook vegetables, or steam/boil them instead.
- Use herbs and avoid salt.
- If the recipe includes milk use low fat or skimmed.



Chicken broth to replace using Flavoring cubes

- Clean chicken or meat, remove skin and fat, place chicken or meat in a pot and add 8 cups of water, fresh herbs and spices such as black pepper, cloves, basil leaves, nutmeg, cardamon, cinnamon, onion, celery and carrots.
- After the mixture simmers for one hour and fifteen minutes, drain it and use the broth immediately, or keep it in the freezer for later when you need to prepare soup.



Salads and Appetizers

- Use little amount of olive oil (one tablespoon to serve 7-6 people).
- Replace oil and salt in salads with vinegar, lemon and fresh herbs, you may add roasted nuts.
- Use low fat cheese if it is included in the recipe.



Main dishes

- Use fresh vegetables.
- Avoid using flavoring cubes, instead, use chicken broth.
- Use little amounts of olive oil to cook vegetables, or steam/boil them instead.
- Use herbs and avoid salt.
- Always use lean meat, with no visible fat.
- If you have to use dairy (such as milk, yogurt, cream, or cheese) in some dishes, opt for low fat.
- Grill instead of frying food.
- Use one spoon of vegetable oil to prepare an entire dish or for fillings.
- If your dish contains bread, it is preferred to use wholegrain bread, as it is rich in fiber, always toast the bread instead of frying it.
- If your dish contains rice or pasta, it is preferred to use wholegrain options, as they are rich in fiber.



Desserts

- Reduce the amount of sweets you eat, and replace them with fresh and fried fruits.
- Reduce the amount of sugar when you prepare desserts.
- If the recipe contains dairy (such as milk, yogurt, cream or cheese), opt for low fat options.



Breakfast



FENNEL OMELETTE



Ingredients

- 1 small boiled sweet potato (50g), diced into 10 pcs
- 3 egg white and 1 whole egg
- 1.5 teaspoon (7ml) olive oil.
- 2 tablespoons fresh fennel, diced.
- 1 teaspoon rosemary.
- 1 clove of garlic, minced.



Recipe by: Imperial
College London
Diabetes Center



Serve 2
Persons



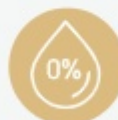
Preparation

- In small pan heat the oil, add the rosemary and garlic, and sauté the ingredients.
- Add boiled potatoes and sauté until slightly brown.
- Add beaten eggs and once set, serve.



Energy

127
kcal



Fat

5.1
g



Saturates

1.1
g



Sugar

1.6
g



Salt

0.60
g



OATMEAL PARFAIT



Ingredients

- 1/2 cup quick rolled oats.
- 2 cups skimmed milk (soy milk if desired).
- 1/2 cup or 120 grams strawberry yogurt (low fat).
- Walnuts or almonds - as desired (20gm)
- 1/4 cup dried peaches.



Preparation

- Mix the oats with the milk, almonds, and dried fruit.
- Leave in the fridge for a couple of hours.
- In tall glasses, layer the oat mixture, and fruit yogurt (make as many layers as you like).
- Garnish with extra dried fruits and walnuts or almonds.



Recipe by: Imperial
College London
Diabetes Center



Serve 4
Persons



Energy

156
kcal



Fat

5.1
g



Saturates

1.1
g



Sugar

13
g



Salt

0.16
g



Appetizers



EGGPLANT MOUTABAL



Ingredients

- 2 cups eggplant, grilled, peeled.
- 1 tablespoon or 16gm tahini.
- 3 garlic cloves.
- 1/2 cup low fat yogurt.
- 1/4 teaspoon salt.
- 1 teaspoon cumin.



Recipe by: DOH



Serve 4
Persons



Preparation

- In the oven, grill the eggplant as a whole, after making a number of deep cuts in it, after 1 hour, remove it from the oven and peel outer black skin after it cools.
- Crush the eggplant, add the garlic, yogurt, tahini, and spices.
- Garnish with cumin and parsley.



Energy

84
kcal



Fat

3.9
g



Saturates

0.8
g



Sugar

5.3
g



Salt

0.61
g



FATTET HUMMUS



Ingredients

- 2 cups boiled garbanzo beans (chickpeas).
- 1 tablespoon tahini.
- 3 garlic cloves, diced.
- 1/2 cup low fat yogurt.
- 1/4 teaspoon salt.
- 1 teaspoon cumin.
- 2 loaves whole grain Arabica pita, cut into squares and oven baked.



Recipe by: DOH



Serve 6
Persons



Preparation

- Toast bread in the oven, and then add the chickpeas with $\frac{1}{4}$ cup of its fluid.
- Add the yogurt mixed with the garlic, tahini, and spices.
- Garnish plate with parsley and paprika powder.



Energy

259
kcal



Fat

5.1
g



Saturates

0.8
g



Sugar

6.5
g



Salt

0.88
g



Salads



JICAMA & CUCUMBER SALAD



Ingredients

- 600gm sweet jicama root.
- 200gm heart lettuce.
- 120gm fresh coriander leaves.
- 200g lime.
- 5gm white pepper.
- 400gm cucumber.
- 600gm orange.
- 20gm dried chilli flakes.
- 5gm salt.
- 30ml extra virgin olive oil



Recipe by:
Emirates Palace



Serve 6
Persons



Preparation

- Slice jicama root and cucumber.
- Arrange heart lettuce leaves in a bowl.
- Mix jicama, cucumber and dried chilli flakes.
- Arrange them in the bowl over the lettuce leaves.
- Garnish with orange segments and fresh coriander leaves.
- Serve with lemon vinaigrette on the side.



Energy

154
kcal



Fat

6.0
g



Saturates

0.8
g



Sugar

19
g



Salt

1.1
g



QUINOA WITH KALE SALAD



Ingredients

- 600g quinoa.
- 80g green apple.
- 80g fresh cranberry.
- 30ml extra virgin olive oil.
- 5g white pepper.
- 40g dijon mustard.
- 30g fresh kale.
- 80g red apple.
- 120g mango.
- 5g salt.
- 5g sugar.
- 80ml apple cider vinegar.



Recipe by:
Emirates Palace



Serve 6
Persons



Preparation

- Arrange portioned kale on a plate.
- Sprinkle cooked quinoa.
- Add mango, sliced apple and cranberry.
- Dressing: mix olive oil, mustard, vinegar, sugar, salt and pepper and add to the salad.
- Serve the salad with apple cider dressing.



Energy

281
kcal



Fat

9.7
g



Saturates

1.3
g



Sugar

11
g



Salt

1.7
g



SPINACH & STRAWBERRY SALAD (INSALATA DI SPINACI E FRAGOLE)



Ingredients

- 400g baby spinach.
- 200g strawberries, sliced.
- 50g low fat cheddar cheese.
- 15g pine nuts toasted.
- 40ml balsamic vinegar.
- 1 teaspoon extra virgin olive oil.



Preparation

- Place baby spinach in a bowl and add sliced strawberries and toasted pine nuts.
- Drizzle with extra virgin olive oil and balsamic vinegar and toss all ingredients together.
- Garnish with bits of cheddar cheese.



Recipe by: Fairmont
Bab Al Bahar Hotel



Serve 6
Persons



Energy

144
kcal



Fat

8.4
g



Saturates

2.2
g



Sugar

6
g



Salt

0.39
g



BROWN RICE & SALMON SALAD



Ingredients

- 1 cup brown rice.
- 1 tablespoon paprika.
- 1 red pepper.
- 1 green pepper.
- mixed greens.
- 280g salmon thin slices.
- 1/2 teaspoon lemon juice.
- 1 garlic clove.
- 1 tablespoon sesame oil.



Recipe by:
Slices Restaurant



Serve 4
Persons



Preparation

- Marinate salmon slices in the paprika and lemon juice for a few minutes.
- Heat sesame oil in a pan, and add garlic and red pepper, and sauté.
- Add the salmon slices and cook until pink then keep it on the side.
- Mix the cooked brown rice, red pepper, green peppers and mixed greens.
- To prepare the dressing, add vinger, and sesame oil and lemon juice in a cup.
- Pour over salad and stir well.



Energy

289
kcal



Fat

15
g



Saturates

2.6
g



Sugar

1.2
g



Salt

0.51
g



BULGUR WITH TOMATOES



Ingredients

- 2 small onion, diced.
- 1 cup whole wheat bulgur (coarse).
- 3 small tomatoes, peeled and diced.
- 1 tablespoon olive oil.
- 1 cup of water.



Recipe by: Imperial
College London
Diabetes Center



Serve 3
Persons



Preparation

- sauté the onion until translucent.
- Add the tomatoes and let it cook until tomatoes are almost saucy.
- Add the cup of bulgur and one cup water, and once it boils, let it simmer until the water is absorbed.
- Leave in pot for 10 minutes before serving.



Energy

333
kcal



Fat

5.5
g



Saturates

0.8
g



Sugar

2.0
g



Salt

0.10
g



OKRA IN OIL (Lebanese dish)

eaten as side or as main course with pita bread



Ingredients

- 1/2 kg fresh okra, hulled.
- 2 onions, sliced.
- 1 tablespoon olive oil.
- 1 teaspoon coriander, dried.
- pepper to taste.
- 1/2 kg ripe tomatoes.
- 1 garlic clove, diced.
- lemon juice to taste.
- pinch of cumin (optional).
- 1/4 cup of water.



Recipe by: Imperial
College London
Diabetes Center



Serve 3
Persons



Preparation

- Heat the olive oil in a pot.
- Add the onions and sauté until golden, then add the okra and garlic.
- Once mixture is slightly browned, add tomatoes, juice and coriander.
- Add 1/4 cup water and leave it to simmer for around 20min.



Energy

116
kcal



Fat

5.7
g



Saturates

1.1
g



Sugar

9.7
g



Salt

0.05
g



BROCCOLI SALAD



Ingredients

- 3 cups fresh broccoli.
- 1/2 cup chopped red onion.
- 60g low fat feta cheese.
- 2 teaspoons sesame seeds.

Dressing:

- 1/2 cup low fat yogurt.
- 1 tablespoon water.
- 2 tablespoons lemon juice.



Recipe by: Imperial
College London
Diabetes Center



Serve 3
Persons



Preparation

- Cut the broccoli into florets and add the onion.
- Prepare the dressing by mixing dressing ingredients.
- Sprinkle the dressing over the broccoli, adding the crumbled feta and sesame seeds.



Energy

221
kcal



Fat

12
g



Saturates

4.4
g



Sugar

8.8
g



Salt

0.63
g



LOUBIEH BI ZEIT

(Green beans in oil)



Ingredients

- 1 small onion, diced.
- 1 tablespoon olive oil.
- pepper to taste.
- 1/2 kg fresh green beans (with stems taken out and each green pea cut into 3 pieces).
- water as needed.
- 1 diced tomato.
- 2 garlic cloves, diced.



Recipe by: Imperial
College London
Diabetes Center



Serve 4
Persons



Preparation

- sauté the onion and garlic in the olive oil.
- Add the pepper, tomatoes and the green beans, and stir until the mixture is covered in olive oil.
- Add water to cover the beans, and cook on low heat without covering the pot, until the water evaporates completely.
- Serve warm or cold.



Energy

154
kcal



Fat

7.1
g



Saturates

1.1
g



Sugar

4.5
g



Salt

0.48
g



Soups



MINTY TOMATO

(With low fat halloumi cheese & baked croutons)



Ingredients

- 4 cups fresh tomatoes peeled and pureed.
- 100g grated low fat halloumi cheese.
- 1/4 cup mint
- 1/4 cup white onion
- 4 pieces rye bread.
- 2 tablespoon low fat sour cream
- 1 tablespoon olive oil.
- 1 teaspoon garlic



Recipe by:
Slices Restaurant



Serve 4
Persons



Preparation

- In a saucepan, saute the chopped onion and garlic with oil.
- Add tomatoes bring to boil, cover and keep warm.
- While the soup is heating, top each toasted bread with 15g cheese (1 tablespoon) and place on a baking pan.
- Add sour cream and mint to soup, pour soup in to soup bowl and top with toasted bread.
- Sprinkle with pepper and garnish with mint.



Energy

231
kcal



Fat

10
g



Saturates

4.2
g



Sugar

9.6
g



Salt

1.5
g



LENTIL SOUP



Ingredients

- 1 cup dry yellow lentils.
- 2 carrots.
- 1 small potato.
- 2 zucchinis.
- 3 small onions.
- 2 cups chicken stock.

Dressing:

- 1/4 teaspoon salt.
- 1.2 teaspoon black papper.
- 2 teaspoons cumin.
- 1 teaspoon ginger.
- 1 tablespoon olive oil.



Recipe by: DOH



Serve 5
Persons



Preparation

- Wash lentils and let them drain.
- Meanwhile, stir-fry the onion, add the chopped carrots, zucchinis, and potato. Add the lentils with 5 cups pre prepared chicken stock, and stir the mixture.
- Leave on low heat for 30 min, then season with black papper, grinded ginger, cumin, and sprinkle of salt. Leave the mixture for 5min, and then blend well in the food processor.
- Serve the soup hot and granish with parsley and slices of lemon.



Energy

294
kcal



Fat

6.7
g



Saturates

1.3
g



Sugar

6.9
g



Salt

1.3
g



CARROT SOUP



Ingredients

- 10 carrots, peeled, chopped.
- 1/2 tablespoon honey.
- 1/4 teaspoon black pepper.
- 4 cups milk, fat free.
- 2 cups water.
- 3 tablespoon wholegrain flour.
- 1/4 teaspoon nutmeg, ground.
- 2 tablespoons chopped parsley.



Recipe by: DOH



Serve 6
Persons



Preparation

- In a pan, heat carrots with honey and water. Cover and leave on low heat for 20min.
- Drain the carrots and set aside some of its fluid.
- In another pan, mix flour, pepper, nutmeg, and milk. Cook over medium heat while stirring occasionally, until the sauce thickens.
- Blend the carrots and the sauce in the blender, until smooth and homogeneous.
- Add the remaining carrot fluid until you obtain the desired soup texture.
- Pour the soup in serving plates, and garnish each plate with a teaspoon of parsley.
- Serve hot.



Energy

126
kcal



Fat

1.0
g



Saturates

0.3
g



Sugar

14
g



Salt

0.36
g



CHICKEN SOUP



Ingredients

- 2 Chicken breasts, skinless.
- 2 carrots.
- 1 small potato.
- 2 zucchinis.
- 3 Onions.
- 3 garlic cloves
- 5 cups chicken stock.

Dressing:

- 1/4 teaspoon salt.
- 1/4 teaspoon black pepper.
- 1 teaspoon ground mixed spice.
- 1 tablespoon olive oil.



Recipe by: DOH



Serve 5
Persons



Preparation

- Cut the chicken into small pieces, then stir-fry in the oil with diced onions and garlic.
- Add the chopped carrots, zucchini, potatoes and pour the chicken stock over. stir the mixture well, and leave to simmer on low heat for 40min.
- Add the spices (pepper, mix ground spices, pinch of salt), and leave for 5min.
- Serve the soup warm and garnish with parsley.
- Note: Chicken can be substituted with meat or 2 cups or mixed vegetables.



Energy

294
kcal



Fat

9.1
g



Saturates

1.9
g



Sugar

6.6
g



Salt

1.4
g



CHICKEN & VEGETABLE RICE SOUP



Ingredients

- 6 cups chicken broth.
- 1/2 cup celery, diced.
- 1/4 cup corn.
- 1 tablespoon frsh parsley, chopped.
- pepper to taste.
- 1/3 cup raw brown long grain rice.
- 1/4 cup onion diced.
- 1/2 cup carrot, diced.
- 1 cup peas.
- 1 teaspoon lemon zest.
- 1 cup cooked chicken, diced.



Recipe by: Imperial
College London
Diabetes Center



Serve 6
Persons



Preparation

- Combine the stock with the vegetables and seasoning and bring to boil.
- Reduce heat once the stock boils and cook until vegetables are tender.
- Add the rice and keep cooking until the rice is well cooked.
- Add the chicken pieces and heat, until the chicken is warm. Pour the soup and serve warm.



Energy

140
kcal



Fat

2.1
g



Saturates

0.6
g



Sugar

4.7
g



Salt

1.6
g



HAREES SOUP



Ingredients

- 1/2 cup wheat, soaked in water for at least 1 hour.
- 3 zucchinis diced.
- 1 carrot diced.
- 1 onion diced.
- 5 cups vegetable broth.
- 1 tablespoon olive oil.
- 1 teaspoon dry mint.
- black pepper to taste.



Recipe by: Imperial
College London
Diabetes Center



Serve 4
Persons



Preparation

- In a covered pot, boil the harees in vegetable broth.
- Meanwhile sauté the vegetables in olive oil.
- After the harees boils for one hour, add the vegetables.
- Boil the mixture for another 15 minutes, sprinkle salt and pepper to taste.
- Serve with a sprinkle of dry mint.



Energy

189
kcal



Fat

8.0
g



Saturates

1.2
g



Sugar

3.6
g



Salt

1.7
g



Main Dishes



PUREED MUJADARA



Ingredients

- 2 cups lentils.
- 6 cups water.
- 1/2 cup brown rice
- 1 onion, diced.
- 1 tablespoon olive oil.



Preparation

- Soak the lentils in water and cook in 6 cups of water until soft.
- Once soft, puree the lentils with a hand blender.
- Add the rice, and keep cooking the pot until the rice is tender (stir often).
- Add the olive oil once the desired consistency is reached.



Recipe by: Imperial
College London
Diabetes Center



Serve 4
Persons



Energy

512
kcal



Fat

6.6
g



Saturates

0.9
g



Sugar

2.8
g



Salt

0.04
g



MIDDLE EASTERN GRILLED SALMON



Ingredients

- 4 tablespoon fresh chopped basil.
- 1 tablespoon diced garlic.
- 4 pieces salmon fillet (each weighing 150g)
- 4 chopped olives.
- 1 tablespoon parsley.
- 2 tablespoon lemon juice.
- black pepper to season.
- 4 lemon slices.



Recipe by: DOH



Serve 4
Persons



Preparation

- Heat the grill, and spray a grilling tray with cooking oil. place the tray 4 to 6 inches away from the heat.
- In a small bowl, mix the parsley, basil, garlic, and lemon juice, add the pepper and cover each salmon fillet with equal amounts of the mixture. Place the fish on the heat, keeping the coated side downwards.
- Grill for 3-4min on high heat. When corners become white, place the fish on the side of the grill with least heat, and slightly reduce the grill's temperature.
- Grill until the fish becomes dark colored. Place in a serving plate, and garnish with lemon slices and chopped olives.



Energy

337
kcal



Fat

32
g



Saturates

4.2
g



Sugar

0
g



Salt

0.21
g



CHICKEN & RICE STEW



Ingredients

- 400g skinless boneless chicken, or 400g lean meat.
- 1 small potato.
- 3 onions.
- 1 cup diced tomatoes.
- parsley
- 1 cup whole grain rice.
- 2 carrots.
- 2 zucchinis.

- 1 cup chopped cauliflower.
- 3 garlic cloves.
- 5 cup chicken stock.

Seasoning:

- 1/2 teaspoon salt.
- 1/2 teaspoon black papper.
- 2 teaspoons cumin.
- 1/2 teaspoon ginger.
- 1 tablespoon olive oil.



Recipe by: DOH



Serve 6
Persons



Preparation

- Trim the skin and extra fat. Then, place the chicken or meat in a heated pot with 8 cups of water and whole spices and natural herbs and vegetables, such as black pepper, cloves basil leaves, nutmeg, cardamom, onion, celery, and carrots.
- Leave the mixture on the heat for 1hr, and then drain the fluid.
- Drizzle the olive oil in a pan, and shallow fry onion and garlic until golden, add the chopped carrot, zucchini, cauliflower, potato, and tomatoes, and add the chicken stock. Stir the mixture and leave on low heat for 10min. Then, add the spices, and 1 teaspoon of ground ginger, cumin and a pinch of salt.
- Rice preparation method, shallow fry a chopped onion in olive oil, then add the rice and stir for 2min. Then add spices, 2 cups of stock, and allow it to cook for 30min.
- Prepare the serving plates by adding the rice, and the chicken or meat on top, with some sauce. Put the remaining sauce in a separate serving pot.



Energy

379
kcal



Fat

7.0
g



Saturates

1.3
g



Sugar

6.1
g



Salt

1.8
g



BEEF STEW



Ingredients

- 450g beef.
- 2 cups onions, chopped.
- 1 cup tomatoes, diced.
- 1/2 cup potatoes with skin, finely chopped.
- 1 cup carrots, finely chopped.
- 1 cup kale, chopped.
- 1/4 cup red vinegar.
- 3 cups chicken or vegetable stock.
- 1 teaspoon frsh thyme, ground.
- 1 tablespoon dried thyme.
- black pepper to season.
- 2 teaspoons canola oil.
- 1 cup celery, finely chopped.
- 1/2 cup sweet potato, finely chopped.
- 1/2 cup mushroom, chopped.
- 4 garlic cloves, diced.
- 1/2 cup barley raw.
- 1 teaspoon balsamic vinegar.
- 1 teaspoon sage, dried, ground.
- 1 tablespoon frsh parsley, chopped.
- 1 teaspoon rosemary, dried, ground.



Recipe by: DOH



Serve 6
Persons



Preparation

- Heat the grill (or non stick pan) to medium.
- Grill the meat for 12-14min, flipping once. Do not overcook. Remove from grill and place aside while preparing the vegetables.
- In a big pan, stir-fry the vegetables in oil on medium heat until golden, for 10min.
- Cut the meat into small cubes, add the vegetables, vinegar, stock, spices and herbs.
- Cook for 1hr, until the grains are thoroughly cooked and you obtain a thick textured soup.



Energy

478
kcal



Fat

9.3
g



Saturates

2.4
g



Sugar

17
g



Salt

1.6
g



GRILLED CHICKEN (PASTA & MUSHROOMS)



Ingredients

- 450g or 2 skinless, boneless chicken breasts.
- 1/2 cup onions, chopped.
- 1 cup white beans, cooked.
- 1/4 cup fresh basil, chopped.
- 1/4 cup parmesan cheese.
- 1 tablespoon olive oil.
- 1 cup mushroom, sliced.
- 2 tablespoons, diced garlic.
- 1 pack whole grain pasta, uncooked.
- black pepper, to season.



Recipe by: DOH



Serve 4
Persons



Preparation

- Heat the pan or grill, and slightly grease with oil.
- Grill chicken for 10min, until it is brown.
- Let it rest for 5min, then cut into stripes.
- In a non-stick pan, heat olive oil on medium heat. Add the onion and mushroom, and cook for 5min.
- Add the beans, garlic, basil, chicken, and cook until done.
- Meanwhile, fill 3/4 of a pot with water, and bring it to boil. Add the pasta, and cover for 10-12min, or until it becomes 'al dente'
- Drain the pasta, and add the vegetable and chicken mixture. stir well.
- Garnish the plate with 1 teaspoon of parmesan cheese and a pinch of black pepper.



Energy

485
kcal



Fat

11
g



Saturates

2.7
g



Sugar

4.0
g



Salt

0.47
g



CHICKEN & BEAN STEW



Ingredients

- 1 + 1/4 chicken thighs.
- 2 medium onions, sliced.
- 2 small hot peppers, chopped, seeds removed.
- 400g tomatoes.
- 800g white beans, cooked and drained.
- coriander, chopped, to garnish.
- 1 garlic clove, diced.
- 250g bell peppers (green, yellow, red).
- 420g red beans, cooked and drained.
- 400ml chicken stock.
- 150ml low fat sour cream/labneh and toast-ed bread to serve.



Recipe by: DOH



Serve 6
Persons



Preparation

- Remove chicken skin. Heat the oil in a pot, and fry the chicken until golden brown. Set the chicken aside.
- Place onion and garlic, and stir for 5min, until soft, and golden.
- Add the chopped bell peppers, tomato, beans, and hot chicken stock.
- Combine chicken and other ingredients together in the pot. Cover half of the pot, and cook for 50min, until the chicken is well cooked.
- Garnish with coriander, and serve with sour cream/labneh and bread.



Energy

620
kcal



Fat

16
g



Saturates

5.3
g



Sugar

5.5
g



Salt

0.81
g



BAKED FISH



Ingredients

- 4 pieces (600g) salmon fillet - or any other fish.
- salt and pepper.
- 2 scallions, chopped.
- 2 tablespoons lemon juice.
- 1 teaspoon dried thyme.
- 2 teaspoons and 2 tablespoons olive oil.
- 3 tomatoes, chopped.
- 2 zucchinis, chopped.
- 1 teaspoon rosemary.



Recipe by: DOH



Serve 4
Persons



Preparation

- Heat oven to 400 °F. Sprinkle the fish with salt, pepper, and 2 teaspoons olive oil. in medium bowl, mix tomatoes, scallions, 2 tablespoons olive oil, lemon juice, rosemary, thyme, salt and pepper.
- Place salmon fish in thick oven tray. Pour 1 tablespoon of the tomato mixture over each piece of fish. Repeat until you use all the quantity.
- Bake salmon for 25min, and then place on the serving plate.



Energy

405
kcal



Fat

30
g



Saturates

5.3
g



Sugar

1.4
g



Salt

0.17
g



HAMMOR FISH WITH GRILLED VEGETABLES



Ingredients

- 650g hammor fish fillet.
- 40ml canola oil.
- 5g white pepper powder.
- 25g lemon wedges.
- 12g garlic chopped.

Garnish:

- Lemon wedges.
- Lollo Rosso (red lettuce).
- iceberg lettuce.
- local lettuce (optional).



Recipe by: The
BiteRite Restaurant
and Cafes



Serve 4
Persons

For the grilled vegetables:

- 200g eggplant.
- 200g baby marrow.
- 40g red capsicum.
- 5g oregano.
- 200g carrot.
- 160g green capsicum.
- 40g yellow capsicum



Preparation

- Marinate the hammor with canola oil, garlic, white pepper powder and salt, and keep it aside.
- Cut the vegetables into medium thin slices, and then add oregano and salt.
- Spray a little oil in a pan so that the fish does not stick, and then grill the fish until golden brown.
- Cook the vegetables well, and serve the fish with the vegetable on the side.



Energy

295
kcal



Fat

12
g



Saturates

1.3
g



Sugar

6.0
g



Salt

0.32
g



LENTIL CHICKPEAS BURGER



Ingredients

- 1 tablespoon tahini.
- 1/4 cup lemon juice.
- 400g brown lentils.
- 4 spring onions.
- 1/2 cup bread crumbs.
- 4 whole meal buns.
- 1 cup spinach.
- 1/2 cup low fat yogurt.
- 1 cup chickpeas.
- 1 tablespoon indian curry paste.
- 1 egg.
- 1 tablespoon vegetable oil.
- 4 sliced tomatoes.



Recipe by:
Slices Restaurant



Serve 4
Persons



Preparation

- Dressing: Combine low fat yogurt, lemon juice, tahini, black pepper and salt.
- Place the mashed chickpeas, lentils, curry paste, spring onion, egg, and breadcrumbs in a large bowl. Season with salt and pepper.
- Heat the oil in a large frying pan over a medium heat. Cook the patties for 2 to 3min on each side.
- Serve on wholemeal buns with tomato slices, spinach, and yogurt dressing.



Energy

476
kcal



Fat

13
g



Saturates

1.9
g



Sugar

10
g



Salt

1.2
g



SALMON FILLET WITH BLASAMIC VINAIGRETTE



Ingredlents

- 600g salmon fillet.
- 2 teaspoons lemon zest.
- 2 tablespoons lemon juice.
- 2 teaspoons dried rosemary.

Vlnalgrette

- 1+1/2 tablespoon olive oil.
- 3 tablesoiins balsamic vinegar.
- pepper to taste.
- 1 teaspoon mustard à l'ancienne

- 1 teaspoon freshly chopped chives.



Recipe by:
Imperial College
London Diabetes
Center



Serve 4
Persons



Preparatlon

- Marinate the fish fillet in lemon juice, lemon zest and rosemary mi .
- Bake at 220°C until fish is tender and fully baked for around 25min.
- In a small bowl, whisk balsamic vingar with mustard and slowly whisk in olive oil.
- Add chives, pepper and salt to taste.
- Serve with balsamic sauce.



Energy

164
kcal



Fat

8.9
g



Saturates

1.7
g



Sugar

3.7
g



Salt

0.13
g



STEAMED CHINESE SALMON



Ingredients

- 3 salmon filets (each qual to the size of hand palm, around 85 grams).
- lemon wedges (wedges from 1 lemon).
- 1 tablespoon chopped ginger.
- 1.5 tablespoons low sodium soya sauce.
- 1 teaspoon sesame oil.
- 1/2 teaspoon sugar.



Recipe by:
Imperial College
London Diabetes
Center



Serve 3
Persons



Preparation

- Mix all the ingredients and marinate the salmon pieces it for 30 min in the fridge.
- In a chinese bamboo steamer, steam the salmon steaks.
- If you want you can scatter sesame seeds over them.



Energy

92

kcal



Fat

6.7

g



Saturates

11

g



Sugar

0.8

g



Salt

0.68

g



Desserts



FRUIT SALAD



Ingredients

- 1 cup mixed berries.
- 1 orange.
- 1 1/2 cup strawberries.
- 2 kiwis.
- 1 1/2 cup orange juice
- 1 medium apple
- 1 cup bananas.
- 1 medium pear.
- 1 medium pomegranate.



Recipe by: DOH



Serve 4
Persons



Preparation

- Wash the fruits well and peel them if required, cut into small pieces and place them together in a serving bowl.
- Add the orange juice.



Energy

38
kcal



Fat

0
g



Saturates

0
g



Sugar

7.4
g



Salt

0
g



BRAN MUFFIN



Ingredients

- 5 whole eggs and 4 egg white.
- 150ml skimmed milk.
- 250g whole meal flour.
- 1/2 teaspoon vanilla essence.
- 250g bran flakes.
- 100g dates.
- 250g flour.
- 1/2 teaspoon baking powder.
- 120g plain yogurt skimmed.
- 100g unsweetened applesauce.



Recipe by:
The BiteRite Restaurant
and Cafés



Serve 12
Persons



Preparation

- Mix the flour, whole meal four, Bran flakes and baking powder, and set aside.
- Whisk the eggs until stiff.
- Soak the dates in water overnight and blend with a little water. Add the milk, yogurt, dates and vanilla essence and then fold with the eggs and the flour mixture nicely. the flour mixture nicely.
- Portion into the muffin cups, and bake at 180°C for 20min.



Energy

251
kcal



Fat

3.8
g



Saturates

0.9
g



Sugar

8.5
g



Salt

0.26
g



UNBELIEVABLE FRUIT SALAD



Ingredients

- 1 mango, diced.
- 1 orange, diced.
- 1/2 cup strawberries sliced.
- 1 apple, diced.
- 1 tablespoon orange blossom water.
- 1 tablespoon pistachio nuts (unsalted), soaked in cold water.
- 2 kiwis, sliced.
- 1 bananas - sliced thinly.
- 2 tablespoons of dried cranberry.
- 1/2 fresh orange juice.
- 2 tablespoons of almonds, blanched and peeled.



Recipe by:
Imperial College
London Diabetes
Center



Serve 5
Persons



Preparation

- Mix all ingredients together and serve in individual cups with almonds, pistachio nuts and whipped cream as a garnish.



Energy

74
kcal



Fat

2.1
g



Saturates

0.2
g



Sugar

11
g



Salt

0
g



بالعافية BOŊ APPETIT



اصبح رمز الاشجاية المهيمة لزيارة
منصات التواصل الاجتماعي الخاصة بنا
Scan the QR code to visit our social
media platforms