



comhairle chontae na mí
meath county council

Our 'green goals'

1. Reduce meat consumption
2. Increase plant-based proteins
3. Increase vegetable intake
4. Chose local, seasonal and sustainable options where possible
5. Reduce food waste
6. Reduce food-related packaging

Focus this week: reduce meat consumption

Try to have at least 2 meat free lunches and dinners this week.

Try one of our healthy recipes

Fill half of your plate at lunch and dinner with vegetables

Sustainable and healthy eating initiative Week 1

Breakfast ideas

- Porridge with natural / natural soya yoghurt, spiced apple compote (recipe overleaf), ground linseeds
- Slice wholegrain bread with 2 scrambled eggs, grilled mushrooms, sautéed kale / greens

Lunch ideas

- Spiced carrot and lentil soup (recipe overleaf)
- Wholegrain pitta with hummus and roast veg

Dinner ideas

- Butternut squash and chickpea curry with wholegrain rice (recipe overleaf)
- Baked white fish with lemon and butter, served with steamed vegetables and potatoes or brown rice

Glenville
NUTRITION

COURSES **CLINICS** CENTRES

Recipes

Spiced apple compote

Ready in 30 minutes

4 eating apples

½ tsp ground cinnamon / ginger

- Core and chop unpeeled apples and stew for 15 – 20 minutes
- Blend if desired or leave 'chunky'
- Serve with porridge or eat with natural yoghurt as a healthy snack

Adapt the recipe to use any tired looking fruit. Try pears, plums, any berries, grapes, rhubarb or whatever fruit is in season... Use whatever spices you like.

Compote can be stored in the fridge for 3 – 4 days. If making a large batch, freeze for later use

Make your meat go further. Simply add some dried lentils (cook in 20 minutes) or tinned chickpeas, butterbeans or other pulses to a soup, casserole, Bolognese, chilli. We challenge you this week to adapt one of your own recipes to include less meat and some pulses.

Spiced carrot and lentil soup

Ready in 30 minutes

2 tsp cumin seeds

1 tsp dried chilli flakes

1 tbsp rapeseed oil

1 large onion, finely chopped

600g carrots, peeled and sliced

150g red lentils

1 L vegetable stock

125ml milk (use dairy free milk if required)

Toasted pumpkin seeds to serve

- Dry fry the cumin seeds and chilli flakes for 1 – 2 minutes until fragrant and place in a bowl
- Heat the oil in a large saucepan and gently fry the onion for 5 – 6 minutes until softened, then add ¾ of the cumin chilli mixture and fry for 1 minute
- add the carrots, lentils, stock and milk, bring to the boil and simmer for 15 – 18 minutes until the carrots are soft
- Season, blend and serve topped with toasted pumpkin seeds and a little chilli and cumin
- Store in single serving containers in the freezer for quick, healthy lunches

Butternut squash and chickpea curry

Ready in 45 minutes

1 large onion, sliced

2 tbsp curry paste e.g. Pataks (or use 1 tsp turmeric, 1 tsp cumin, 2 – 3 tsp garam masala)

1 small butternut squash, peeled and cut into small chunks

1 tin chopped tomatoes

1 handful frozen spinach

150ml vegetable stock or water

1 can chickpeas, drained

Frozen coriander

- Cook the onion in a little olive oil for 5 mins until softened.
- Add the paste and cook for 3 mins
- Next add the squash, tomatoes and vegetable stock / water, cover and simmer for 20 minutes,
- Add the spinach and chickpeas and cook for a further 10 minutes.
- Season, sprinkle with coriander and serve with wholegrain rice

This curry tastes even better the next day. If you can, make it a day ahead in a large batch and freeze some to use another day