

Healthier Christmas Recipes

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A Derby City Council Project

Low fat roasties

Enjoy these guilt free roast potatoes - they contain around 6g fat compared to the usual 14g

Ingredients

- 800g roasting potatoes, quartered
- 1 garlic clove, sliced
- 200ml vegetable stock (from a cube is fine)
- 2 tbsp olive oil



Method

Heat oven to 200C/fan 180C/gas 6. Put the potatoes and garlic in a roasting tin. Pour over the stock, then brush the tops of the potatoes with half the olive oil. Season, then cook for 50 mins. Brush with the remaining oil and cook 10-15 mins more until the stock is absorbed and the potatoes have browned and cooked through.

Taken from [BBC Good Food](#)

Braised red cabbage with cider & apples

A great accompaniment to cooked meats, cold or hot

Ingredients

- 1 $\frac{1}{2}$ kg red cabbage
- 2 onions, chopped
- 4 Granny Smiths apples, peeled and cored and chopped
- zest 1 orange or 2 clementines
- 2 tsp ground mixed spice
- 100g light soft brown sugar
- 3 tbsp cider vinegar
- 300ml dry cider
- 25g butter

Method

• STEP 1

Peel off the outer leaves from the cabbage and discard. Quarter the cabbage, removing the tough stem, then thinly slice. Arrange a layer of the cabbage on the bottom of a large saucepan, followed by some of the onions, apples, zest, mixed spice, sugar and seasoning. Continue to create layers until you have used up the ingredients.

• STEP 2

Pour over the vinegar and cider and dot the butter on top. Bring to the boil then simmer with a lid on over low heat for $1\frac{1}{2}$ hrs, until tender. The cabbage will keep for 2 days, covered, in the fridge or freeze for up to 1 month. Reheat in either a pan or in the microwave.



Taken from [BBC Good Food](#)

Healthy mince pies

Ingredients

- 1 tart eating apple, such as Cox or Braeburn, peeled, cored and cut into small dice
- 1 pear, peeled, cored and cut into small dice
- 50g (1 $\frac{3}{4}$ oz) mixed dried fruit
- 50g (1 $\frac{3}{4}$ oz) dried blueberries
- Finely grated zest and juice of $\frac{1}{2}$ a large orange
- 2 tsp mixed spice
- $\frac{1}{4}$ tsp ground cinnamon
- Small piece fresh root ginger, finely grated, optional
- 3 sheets filo pastry, about 140g (5oz)
- 1 small egg yolk, beaten with a splash of cold water
- $\frac{1}{4}$ tsp icing sugar



Method

1. Heat the oven to 180C / 160C fan / gas mark 4. Put the apple, pear and dried fruits in a small saucepan with the orange zest, juice, spices and ginger, if using. Stir over a medium heat for 5-7 minutes or until the fresh fruit begins to soften at the edges and most of the liquid has evaporated. Leave to cool.
2. Lay the filo sheets on top of each other. Cut in half then cut each half into quarters. This will give 24 pieces of pastry in total, see Cooks tip. Keep the filo pastry covered with a clean tea towel to prevent it from drying out.
3. Using a deep, non-stick, 6 hole muffin tin, lightly wipe out each hole with oiled kitchen paper. Line each one with two pieces of the filo pastry.
4. Spoon the cooled fruit mixture into each muffin tin and press another two pieces of pastry on top. Brush all over with the beaten egg and bake for 10 minutes until golden.
5. Take the tin from the oven. The pies will be quite firm to move by now. Using a small knife, loosen the pies from their tins and turn over to expose the base. Brush the bases with the beaten egg and return the pies to the oven (base upwards) for a further 5 minutes until crisp and golden.
7. Cool on a wire rack and dust lightly with the icing sugar.

Taken from [British Heart Foundation](#)

Very berry trifle

Ingredients

- 55g (2oz) good quality, crustless, white bread (see Cook's tips)
- 140g (5oz) frozen mixed summer fruits, plus a few extra to decorate
- Pared zest and juice of 1 large orange
- 100ml (3½ fl oz) skimmed milk, plus 2 tbsp
- 30g (7 level tsp) low fat custard powder
- 125g (4½ oz) fat free, thick set yogurt, such as Greek yogurt or skyr (fat-free Icelandic-style strained yogurt)



Method

1. Cut the bread into small cubes and divide between two serving glasses.
2. Put the frozen fruit in a small saucepan with the orange zest and half the juice, about 50ml (2fl oz). Bubble gently, without stirring too much, until the fruit is soft. Cool a little, remove the zest, then divide the mixture between the two glasses. Press down lightly to push the juice into the bread.
3. Put the remaining orange juice into a measuring jug and make up to 100ml (3½ fl oz) with water. Add 100ml (3½ fl oz) skimmed milk.
4. Blend the custard powder to a smooth paste with a little of the liquid then mix both in a small saucepan. Slowly bring to the boil, then simmer, stirring all the time, for 2-3 minutes until thickened.
5. Cool the custard a little before spooning all but 3tbsp over the fruit mixture. Leave to cool completely.
6. Beat the reserved custard into the yoghurt with 2tbsp of skimmed milk and spoon on top of the custard. Chill for at least 30 minutes before serving.
7. Serve decorated with a few extra frozen fruits.

Taken from [British Heart Foundation](#)

Carrot and Coriander Soup

Looking for a warming supper or lunchtime snack? Carrot and Coriander go so well together, but the splash of orange in this soup makes it doubly special. Try it and see. Each portion provided at least 2 of your 5-a-day.



Ingredients

- 1 tablespoon sunflower or rapeseed oil
- 1 clove garlic, crushed
- 1 onion, chopped
- 2 medium carrots, grated
- 2 celery sticks, chopped
- 2 tomatoes, chopped
- 600mls low-salt vegetable stock
- 300mls orange juice
- 3 tablespoons freshly chopped coriander
- freshly ground black pepper to season

Method

Heat the oil, add the garlic, onion, carrot, celery and tomatoes and cook for a few minutes until softened.

Add the stock, season and simmer for 20-25 minutes.

Add the coriander and orange juice.

Pulse in a blender, reheat, check the seasoning and serve.

Serve with chunks of wholegrain bread

Recipe Tip

Reduce salt further by using homemade vegetable stock or by using a low salt stock cube

Taken from [Heart UK](#)

Roast Turkey

Tender roast turkey - a healthier way to cook this classic roast meat.



1. Preheat the oven to 220°C/gas 8. Cook your turkey at this temperature for the first 30 mins and then lower the oven temperature to 190°C/gas 5.
2. Stuff the turkey's cavity with the lemon, onion quarters, garlic, bay leaves and thyme.
3. Put the turkey into a large roasting tin. Lay the bacon across the turkey breast (see chefs tips), then cover it with foil.
4. Cook for at least 3 hours, removing the foil for the last 30 minutes of cooking time so that the bacon and skin can brown.
5. Check the turkey is cooked, then remove from the oven, cover loosely with the foil and leave to one side to rest for 30 minutes before carving.

Chefs tips

Different sized turkeys will require different cooking times; cooking time will be approximately 30-35 mins per kg.

Your turkey should be moist and succulent. It's ready when the juices run clear. Test by plunging a fork into the deepest part of the thigh or breast. If using a thermometer, the internal cooked temperature will be 165°F/74°C.

To make a bacon weave: simply interweave the rashers of bacon on a piece of cling film, once you have a neat weave carefully place it on the turkey breast and remove the film.

Taken from [Diabetes UK](#)

Carrot and swede mash

A tasty vegetable dish which is a good alternative to mashed potato and provides one of your five a day.

Ingredients

- 450g carrots, peeled and chopped
- 450g swede, peeled and chopped
- 25g butter
- 2 tbsp creamed horseradish
- freshly ground black pepper



1. Cook the carrots and swede together in a pan of boiling water for 20-25 minutes, until tender.
2. Drain and return to the pan.
3. Add the butter and horseradish, mash well and season to taste.

Chefs tips

For a lactose-free version, use 1 tbsp olive oil rather than butter and Dijon mustard instead of horseradish.

You can make this the day before you need it then microwave or bake in an ovenproof dish.

Freezing instructions: Defrost then heat in the microwave to serve.

Taken from [Diabetes UK](#)

Mini Christmas puddings

Bite-sized, healthier version of the traditional Christmas pudding, with fruit and spices.

Ingredients

- 350g mixed vine fruits
- 3 dried figs, chopped
- 6 glacé cherries, chopped
- 1 tsp mixed spice
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- pinch ground cloves
- 250ml boiling water
- 1 large banana
- 1 unpeeled apple, grated
- 75g fine oatmeal
- 60g ground almonds
- 25g sunflower seeds
- grated zest 1 orange
- 2 tsp sunflower oil, for oiling



- Preheat the oven to 170°C/ gas 3. Put the mixed fruit, figs, cherries and spices into a bowl. Mix, then add the boiling water, cover and leave to stand for 15 minutes.
- Meanwhile, mash the banana and mix in the grated apple, oatmeal, ground almonds, seeds and zest.
- Next, combine everything together in one bowl, mixing well.
- Lightly oil two 12-cup mini bun tins (or simply make 2 batches in the same tin) and place the mixture into the tins.
- Bake in the oven for 15-25 minutes, depending on the size of the bun tins.
- When cooked (they are firm and a knife comes out clean), turn out onto a wire rack and allow to cool.

Chefs tips

You can use any sized bun tin, just adjust the cooking time accordingly, as larger buns will take longer to cook.

These small puddings cook much more quickly and you don't need to steam them, making them ideal for pre-Christmas parties, too.

Try topping with nuts or orange slices for super- luxury puddings.

Freezing instructions: Defrost in the microwave then steam, microwave, or heat in a moderate oven.

Taken from [Diabetes UK](#)