



**Irish Heart  
Foundation**

The National Stroke & Heart Charity

# 8 Heart Healthy Recipes

*Christmas Edition*





## 4 Tips for Eating Well this Christmas

*Embrace the festive season without succumbing to the pitfalls of diet culture or overindulgence with these 4 practical tips for a safe and healthy Christmas.*

- 1. Prioritise nourishing your body between the social festivities.** Aside from protecting your heart health, you'll be less likely to pick up a cold or suffer constipation, poor sleep or low energy. Sleep as well as you can, drink plenty of fluids and aim to eat seven portions of fruit and vegetables every day. Try to fit in more heart-loving foods like oats, flaxseed, nuts, seeds, beans and lentils where possible.
- 2. Enjoy mindful mealtimes.** Slowing down and chewing each mouthful up to 25 times helps your brain to measure how much you're eating so you're much more likely to eat the right amount for you. Try to enter mealtimes at a 3/10 fullness level, stopping at 7-8/10. This is a great way to enjoy your food more, avoid hunger-induced cravings and that stuffed indigestion sensation. Learn to trust what your body is telling you.
- 3. Say 'when' sooner.** No amount of alcohol is good for heart health. When we drink we're more likely to crave 'beige' food (think deep fried party platters), sleep poorly, eat more nutrient-poor food and skip exercise the following day. Visit [askaboutalcohol.ie](http://askaboutalcohol.ie) for some practical tips.
- 4. Get the basics right.** Have a breakfast, lunch and dinner. For Christmas dinner, remove the turkey skin, trim off the fat from the ham, load up on veg, and swap the duck fat for olive oil for your roast potatoes.

### Understanding the nutritional content of each recipe:

The calories, fat, saturated fat, protein, fibre, carbohydrate (carbs), sugar and salt are calculated per portion. You can check how much fat, saturated fat, sugar and salt is in your food using the traffic light system:



HIGH per 100g



MEDIUM per 100g



LOW per 100g

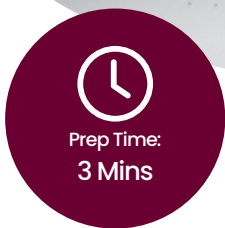


Other information such as calories, protein and carbohydrate are not marked using the traffic light system.



# CARAMELISED BANANA AND NUT BUTTER TOAST

*Is there any better match than caramelised banana, creamy nut butter, crunchy toast and a sprinkle of cinnamon? We don't think so. For the caramelised bananas, you can add a little water to any sticky bits left to deglaze the pan. This makes a great natural syrup which you can drizzle on top of the toast if you're feeling fancy.*



## Method

1. Heat a non-stick frying pan to a medium heat. Peel and slice the banana lengthways and add to the pan once hot. Dry fry for 2-3 minutes on each side until golden. Take care flipping them with a fish slice because they soften as they cook.
2. Toast the bread.
3. Spread the nut butter onto the toast and, using a fish slice, gently top with the caramelised banana slices onto the toasted bread. Add a little water to any sticky bits left in the pan to deglaze it. Stir gently to make a natural syrup which you can drizzle on top of the toast.
4. Dust with a little cinnamon or cocoa powder and enjoy.

## Ingredients

- 1 slice wholegrain bread
- 1 tablespoon nut butter of your choice (peanut, almond, etc.)
- 1 ripe banana
- Pinch of ground cinnamon or cocoa powder

Typical nutritional content (per portion)

173	5.3g	0.5g	4.9g	4g	26g	9.5g	0.2g
Calories	Fat	Saturates	Protein	Fibre	Carbs	Sugars	Salt



# WHITE WINTER VEGETABLE SOUP

*Many of us grew up only knowing boiled cauliflower or boiled turnip. The secret to the flavour in this creamy, comforting soup is the deep flavours that develop when you sauté these vegetables, bringing out their natural flavour.*

## Ingredients

- 1 tablespoon olive oil
- 1 white onion, peeled and finely diced
- 1 small cauliflower, divided into small florets
- 1 white turnip, peeled and finely diced
- 2 celery sticks, thinly sliced
- 1 parsnip, peeled and finely diced
- 1 tablespoon fresh rosemary leaves
- 1.2 litres low-salt vegetable stock
- 300ml low-fat milk
- Freshly ground black pepper
- 6 small sprigs of rosemary to garnish



Prep Time:  
20 Mins



Cook Time:  
25 Mins



Serves:  
6



Difficulty:  
Super Easy

## Method

1. Pour the olive oil into a large pan on a medium heat, add all the vegetables and rosemary and sauté gently for 10 minutes, stirring occasionally.
2. Add the stock and pepper, bring to the boil, then reduce the heat and simmer for 15 minutes, until the vegetables are tender.
3. Add the milk and purée the soup with a handheld blender. Gently reheat the soup until piping hot.
4. Season with freshly ground black pepper and serve the soup in bowls. Garnish with some rosemary sprigs and pepper.

Typical nutritional content (per portion)

80

Calories

3g

Fat

0.7g

Saturates

3.4g

Protein

2g

Fibre

9g

Carbs

5.8g

Sugars

0.22g

Salt





# WINTER VEGETABLE AND LENTIL SOUP

*When it's cold outside, treat yourself to this heart healthy vegetable soup, packed with fibre and three of your five a day.*



Prep Time:  
15 Mins



Cook Time:  
45 Mins



Serves:  
6



Difficulty:  
Super Easy

## Method

1. Heat the oil in a large pan and add the onion and leeks. Cook gently for a few minutes until softened. Stir in the carrots, celery and garlic and cook for another 4-5 minutes, stirring occasionally, without allowing the vegetables to brown.
2. Pour the stock into the pan and add the tomatoes, lentils and bouquet garni. Season lightly with pepper, bring to the boil, then reduce the heat, cover and simmer gently for about 30 minutes or until the lentils are completely tender. Remove the bouquet garni.
3. Pour into bowls. Scatter the parsley over to serve.

Typical nutritional content (per portion)

240	7.5g	2.5g	22.4g	0.42g
Calories	Fat	Saturates	Sugars	Salt

## Ingredients

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 small leeks, thinly sliced
- 2 carrots, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, finely chopped
- 1.2 litres (2 pints) vegetable stock
- 4 large, ripe tomatoes, peeled and roughly chopped
- 100g (4oz) red lentils
- 1 bouquet garni (small bunch of herbs- mixture of parsley stems, thyme and bay leaf tied together in muslin or piece of string)
- Freshly ground black pepper
- 1 tablespoon fresh flat-leaf parsley, roughly chopped



# WINTER NUT ROAST WITH SPICED TOMATO SALSA



Prep Time:  
40 Mins



Cook Time:  
40 Mins



Serves:  
8



Difficulty:  
Showing Off

## Ingredients

### FOR THE NUT ROAST:

- 100g quinoa or couscous
- 150g mixed nuts like walnuts, cashews, hazelnuts
- 150g butternut squash
- 1 large carrot
- 1 onion
- 2 cloves garlic
- 2 sticks celery
- 200g vacuum packed chestnuts
- 2 sprigs fresh rosemary
- 2 sprigs fresh sage
- 2 tablespoons olive oil, plus extra for greasing
- ½ teaspoon cayenne pepper or chilli powder
- ½ teaspoon smoked paprika
- 100ml white wine
- 2 Portobello mushrooms
- Zest of ½ a lemon
- 60g wholemeal breadcrumbs
- 100g dried cranberries
- 4 large free-range eggs
- 50g reduced-fat Cheddar cheese
- Freshly ground black pepper

### FOR THE WINTER SPICED TOMATO SALSA:

- 2 fresh red chillies
- 1 tablespoon olive oil
- 2 sticks of cinnamon
- 2 cloves of garlic
- 1 small onion
- ½ bunch fresh thyme
- 2 x 400g tins plum tomatoes
- 1 tablespoon balsamic vinegar
- Freshly ground black pepper

*This epic nut roast is the ultimate vegetarian Christmas centrepiece or celebratory dinner for a special occasion.*

*Want to put your own twist on it? You can swap the wine for salt-free vegetable stock, cranberries for raisins, and just leave out the chestnuts if you can't get your hands on them.*

*To save time, you can also use pre-cooked quinoa and pre-chopped squash.*

### Typical nutritional content (per portion)

410 Calories	20g Fat	3.8g Saturates	17g Protein
7.2g Fibre	35g Carbs	16g Sugars	0.4g Salt



## Method

1. Pre-heat the oven to 180°C. Grease a 1 litre loaf tin with some olive oil and line with greaseproof paper. Cook the quinoa or couscous according to the packet instructions, then set aside to cool.
2. To prepare the nuts, roast on a lined baking tray in your pre-heated oven for 10 minutes until slightly golden. Optional: If you prefer a less chunky consistency for your nut roast, place the nuts in a clean kitchen towel and bash with a rolling pin or a heavy based saucepan.
3. Prepare your vegetables. Peel and halve the squash, scoop out the seeds, then chop the flesh into small 1cm chunks. Peel and finely dice the onion and garlic, then trim and finely chop the celery. Peel and grate the carrot. Crumble the chestnuts. Pick the rosemary and sage leaves and roughly chop.
4. Drizzle 2 tablespoons of olive oil into a large frying pan over a medium heat, then add the squash, onion, garlic, celery and carrot, and crumble in the chestnuts. Pick in the rosemary and sage leaves, discarding the stalks, then toss well.
5. Increase the heat to a high heat. Add the cayenne pepper, smoked paprika, black pepper, rosemary and sage leaves and stir well. As it starts to stick to the bottom add the wine to deglaze the pan. This means using the wine to incorporate the charred bits that are starting to stick to the pan. Cook for 3–4 mins stirring regularly until the alcohol has burned off, then reduce the heat to medium-low for around 15 minutes, or until the squash has softened slightly. Meanwhile, roughly chop the mushrooms, then add to the pan for the final 5–6 minutes of cooking, covering with a lid or tin foil.
6. Remove the pan from the heat and grate in the lemon zest. Transfer the mixture to a large bowl, then stir in the cooled quinoa, breadcrumbs, dried cranberries and nuts. Crack in the eggs, then stir well to combine.
7. Pop the mixture into the prepared loaf tin, then place in the hot oven for 45 to 50 minutes, or until cooked through and set.
8. When there's about 30 minutes to go, make the winter-spiced tomato salsa. Place a roasting tray on the hob over a medium-low heat. Alternatively, you can just use a frying pan and transfer the sauce to an oven-proof casserole dish before it goes into the oven. Prick the chillies and add to the tray with a tablespoon of olive oil and the cinnamon sticks.
9. Peel and finely slice the garlic, peel and slice the onion into 8 wedges, then add them to the tray. Pick in most of the thyme leaves (save a few sprigs to one side).
10. Pour in the plum tomatoes and 1 tin's worth of water, then stir well, breaking up the tomatoes with the back of a spoon. Season with black pepper and stir in the balsamic vinegar, then bring to the boil. Reduce the heat and simmer for around 10 minutes, or until thickened and reduced.
11. Once the salsa is ready, take 1 chilli out of the tray, then carefully halve, deseed and roughly chop it before returning it to the tray. Pick out the extra chilli and cinnamon stick, rinse clean and put to one side.
12. Remove the nut roast from the oven, then carefully turn it out, peeling away the greaseproof paper. Pop the nut roast into the tray and grate over the cheese. Place the clean cinnamon stick, chilli and reserved thyme sprigs on top.
13. Return it to the oven for 10 to 15 minutes or until bubbling and golden, and serve with potatoes and seasonal greens.



# TASTY TURKEY MEATBALLS WITH TAGLIATELLE



Prep Time:  
15 Mins



Cook Time:  
45 Mins



Serves:  
4



Difficulty:  
Not too Tricky

## Ingredients

### For the meatballs:

- 500g lean turkey mince
- ½ onion, peeled and finely diced
- 1 garlic clove
- 1 teaspoon Worcestershire sauce
- 1 free-range egg, beaten
- 1 teaspoon of olive oil

### For the tomato sauce:

- 1 tablespoon of olive oil
- ½ onion, peeled and diced
- 1 garlic clove, crushed
- 60g of courgettes (about ¼ of a courgette, cut into bite-sized chunks)
- 2 x 400g tins of chopped tomatoes
- 1 teaspoon of tomato purée
- 1 teaspoon of dried oregano

### To serve:

- 700g of cooked wholewheat tagliatelle (approx. 300g uncooked)
- Optional: a sprinkle grated parmesan cheese, handful of chopped basil leaves to garnish

*Around this time of year we see turkey here, there and everywhere. We love the traditional turkey Christmas dinner, but in the days following Christmas, these tender turkey meatballs are a delicious alternative that taste amazing.*

*Got leftover turkey? Simply cook up the tomato sauce and pasta and replace the meatballs with shredded pieces of your cooked turkey.*

### Typical nutritional content (per portion)

532 Calories	11g Fat	2.5g Saturates	44g Protein
10g Fibre	59g Carbs	9.9g Sugars	46g Salt



## Method

1. Preheat oven to 180°C.
2. In a small bowl, mix the turkey mince, chopped onion, garlic, Worcestershire sauce and beaten egg until combined. Shape the mixture into little round meatballs that are about the size of a golf ball – you should have about 15.
3. Measure out one teaspoon of olive oil and use your fingers or a pastry brush to finely coat the meatballs with olive oil. Place them on baking paper on oven tray and bake for 25 minutes until slightly brown in colour and cooked through – they should be white, not pink, in the centre.
4. Meanwhile, make the tomato sauce. Add a tablespoon of olive oil in a large sauce pan and place over medium heat. Sauté the onion and courgette for 4 minutes until soft, then add the garlic and oregano and cook for a further minute. Add in chopped tomatoes and tomato purée and stir to combine.
5. Take the meatballs out of the oven and add them into the tomato sauce. Simmer the meatballs, cook the tagliatelle according to the directions on the packet.
6. Divide the pasta and meatballs between bowls or plates. Add a fine grating of Parmesan and scatter over the chopped basil, then tuck in.



# SPICED POACHED PEARS WITH RED WINE AND YOGHURT

*Whole poached pears drenched in spiced red wine make an elegant festive dessert. The fragrant cinnamon and star anise bring this recipe to the next level. If you're not a fan of star anise, you can leave it out and consider adding a few drops of vanilla essence to the yoghurt for a contrasting twist. Guess what? The good news is this dessert counts as one of your five a day, making it a heart healthy choice for a special occasion*

## Ingredients

- 150ml red wine
- 150ml light cranberry juice
- 2 tablespoons honey
- Juice and finely grated rind of 1 lemon
- Juice and finely grated rind of 1 orange
- 1 cinnamon stick, broken in half
- 2 whole star anise
- 6 black peppercorns
- 2 whole cloves
- 4 firm ripe large pears
- 275g low-fat natural yoghurt



Prep Time:  
10 Mins



Cook Time:  
55 Mins



Serves:  
4



Difficulty:  
Super Easy

## Method

1. Place the red wine in a deep-sided pan (with a lid) that will be just large enough to hold the pears in an upright position. Add the cranberry juice, honey, lemon juice and rind and half of the orange juice and rind. Bring to the boil and then add the cinnamon stick, star anise, peppercorns and cloves. Reduce the heat and allow to simmer gently for another few minutes to allow the flavours to infuse.
2. Peel the pears, leaving the stalks attached. Add the pears, standing them upright in the pan. Cover with the lid and simmer gently for 20-35 minutes until the pears are just tender, basting them from time to time with the liquid. The cooking time will depend on the ripeness of the pears.
3. Using a slotted spoon, transfer the pears to a dish and set aside. Boil the liquid in the pan until reduced in volume by half to a more syrupy consistency. Leave to cool.
4. Mix the remaining orange juice and rind into the yoghurt and divide among the serving dishes. Place a cooled poached pear on top of each one and then ladle over the remaining cooking liquid to serve

Typical nutritional content (per portion)

109  
Calories

0.6g  
Fat

0.4g  
Saturates

11g  
Sugars

0.2g  
Salt





# TRADITIONAL APPLE CRUMBLE

*This crumble freezes extremely well. Simply wrap the dish with clingfilm or freeze the fruit and crumble mixture in separate freezer bags for future use. To cook from frozen, cover with foil and bake at 180°C for 1½ hours, removing the foil for the last 15 minutes.*



Prep Time:  
10 Mins



Cook Time:  
45 Mins



Serves:  
6/8



Difficulty:  
Super Easy

## Method

1. Preheat the oven to 190°C. Place the apples in a 1.5 litre ovenproof dish and pour over the apple juice.
  2. To make the topping, tip the flour into a large bowl. Add the butter or spread and rub in with your fingertips until the mixture resembles fine breadcrumbs. Stir in the muesli and brown sugar and scatter over the apple mixture to cover it completely. Bake for about 45 minutes until the topping is golden and crunchy.
  3. Leave the crumble to cool for about 5 minutes and then divide among warmed bowls and add a dollop of low fat Greek-style yoghurt to each one to serve, if liked.
- **Variation:** Rhubarb and strawberry: Use 675g of chopped rhubarb with 225g of strawberries with stalks removed, instead of the apple filling.
  - **Variation:** Raspberry and almond: Use 900g of frozen raspberries for the filling and add 50g of ground almonds to the topping.

Typical nutritional content (per portion)

233	4.9g	1.5g	27g	0.2g
Calories	Fat	Saturates	Sugars	Salt

## Ingredients

### For the filling:

- 900g Bramley apples, peeled, cored and sliced
- 150ml unsweetened apple juice

### For the topping:

- 100g wholemeal flour
- 75g butter or reduced fat spread
- 100g muesli (with no added salt or sugar)
- 2 tablespoons light brown sugar (reduce sugar if fruit is sweet)



# Irish Heart Foundation

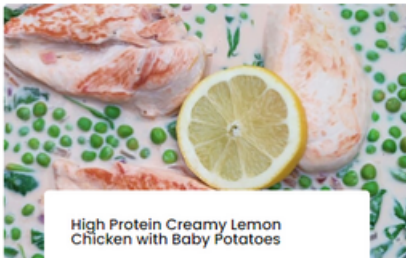
The National Stroke & Heart Charity

## A Christmas message from the Irish Heart Foundation

*We would like to wish our patients, supporters and all those affected by heart disease and stroke in Ireland, a very happy Christmas and a wonderful New Year.*

### Heart Healthy Recipes

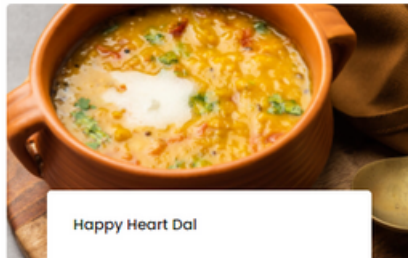
For more healthy recipes, visit our website, [irishheart.ie/recipes](https://irishheart.ie/recipes)



High Protein Creamy Lemon  
Chicken with Baby Potatoes

[View Recipe](#)

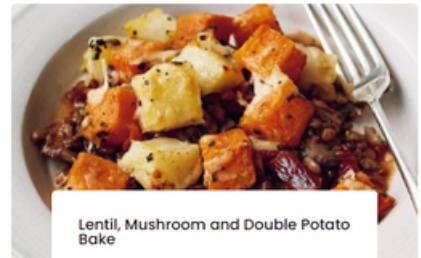
10 MIN SUPER EASY



Happy Heart Dal

[View Recipe](#)

20 MIN NOT TOO TRICKY



Lentil, Mushroom and Double Potato  
Bake

[View Recipe](#)

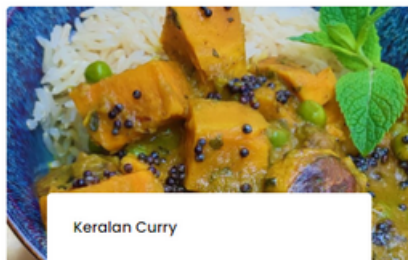
30 MIN SHOWING OFF



Winter Nut Roast with Spiced  
Tomato Salsa

[View Recipe](#)

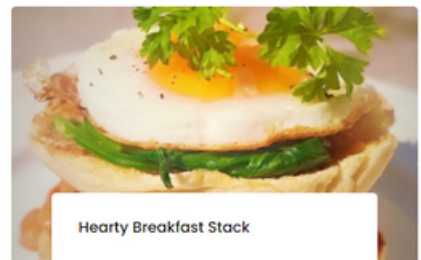
40 MIN SHOWING OFF



Keralan Curry

[View Recipe](#)

15 MIN NOT TOO TRICKY



Hearty Breakfast Stack

[View Recipe](#)

10 MIN SUPER EASY