



**Irish Heart  
Foundation**

The National Stroke & Heart Charity

# Heart Healthy Recipes

**Easter Edition**



# Top tips for eating well this Easter

***This Easter why not try to incorporate as many seasonal fruits and vegetables as possible into the dishes you make?***

You could add these to some of your favourite dishes or try something completely new. We have put together some of our top Easter recipes inspired by the fruits and vegetables which are in season at this time of year. These recipes are also 'dietitian-approved' and align with healthy eating advice which we recommend for a healthy heart. Remember to include at least 5-7 servings of fruit and vegetables every day as part of a healthy diet. The more the better. Ideally, half of your plate should be made up of fruit, vegetables or salad. Fresh, frozen, dried or tinned fruit all count towards your daily servings.



**Some examples of fruits and vegetables which are in season at this time of year include:** apples, asparagus, beetroot, brussels sprouts, cabbage, carrots, cauliflower, celeriac, chard, kale, leeks, mushrooms, onions, parsnips, potatoes, purple broccoli, rhubarb and spinach.

Incorporate these heart-healthy fruits and vegetables within the dishes you make this Easter. By choosing seasonal fruits and vegetables, you will also be helping the environment and improving the sustainability of your diet.

Make conscious, healthy choices this Easter. Remember to nourish your body and look after your health by choosing foods which are in keeping with healthy eating recommendations. You can find more information about these recommendations on our [website](#).

## 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.



# SAGE AND MAPLE ROASTED ROOT VEGETABLE SOUP

*A hearty soup for cold days. The crispy sage leaves on top bring this soup to the next level.*

Prep Time:  
10 Mins

Cook Time:  
40 Mins

Serves:  
6

Difficulty:  
Super Easy

## Method

1. Preheat the oven to 180°C (fan). Peel and chop the carrots, parsnip and onion into small bite sized pieces. Quarter the baby potatoes but leave them unpeeled.
2. Spread the vegetables evenly onto a baking tray lined with baking paper, drizzle with the olive oil, maple syrup and nutmeg. Roast for 25 minutes, moving the vegetables around occasionally to ensure they all cook evenly.
3. Add the sage leaves and roast for a further 10 minutes until the carrots are soft right through to the centre. Put a few roasted sage leaves aside for the garnish.
4. While the vegetables are cooking, heat the vegetable stock, bay leaves and pepper in a large pot to a simmer.
5. Take the roasted vegetables out of the oven. Remove the bay leaves and add the roasted vegetables and vinegar to the vegetable stock pot. Using a hand blender, blend the mixture until it is smooth and creamy. Season to taste with pepper or additional vinegar as needed. Spoon into bowls and garnish with the roasted sage leaves.

Typical nutritional content (per portion)

154	1.8g	0.4g	2.6g	4.3g	30g	12g	0.2g
Calories	Fat	Saturates	Protein	Fibre	Carbs	Sugars	Salt

## Ingredients

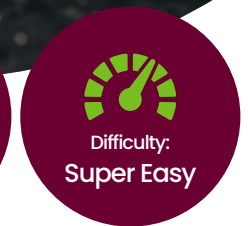
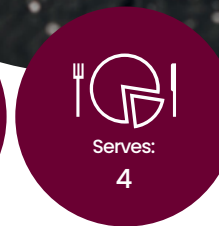
- 4 carrots
- 1 parsnip
- 1 large red onion
- 500g baby potatoes, washed (skins left on)
- 1 handful of fresh sage (alternatively can use thyme or rosemary)
- 2 litres low-salt vegetable stock
- 2 bay leaves
- 3 tablespoons maple syrup
- 1 teaspoon olive oil
- ½ teaspoon ground nutmeg
- 1 tablespoon apple cider vinegar (or any wine vinegar)

# QUICK QUESADILLAS

*Crispy outer shell, gooey melty cheese, Mexican spices and filling beans – what's not to love? A brilliant 15 minute dinner or light meal.*

## Ingredients

- 1 x 400g tin of black beans
- 1 x 250g tin of sweetcorn
- ½ a red onion
- 2 spring onions
- 10 cherry tomatoes
- 1 red chilli
- 1 ripe avocado
- 1½ teaspoons cumin seeds
- ½ teaspoon smoked paprika
- ¼ teaspoon cinnamon
- ¼ teaspoon ground black pepper
- 1 tablespoon reduced-salt soy sauce
- Juice of 1 lime
- 4 wholemeal tortillas
- Small bunch fresh coriander
- 150g reduced-fat mozzarella cheese, grated



## Method

1. Drain the black beans and the sweetcorn separately and rinse well.
2. Peel and slice the red onion in thin strips. Thinly slice the spring onions at an angle.
3. Quarter the cherry tomatoes and finely chop the coriander and red chilli (remove the seeds if you like it less spicy). Peel and slice the avocado into thin slices.
4. Heat a non-stick pan on high heat with no oil, once hot add the sweetcorn and cook until it starts to char (about 2 minutes). Add the red onion, spring onions and chilli and fry for 2 minutes, stirring continuously. Add the spices, soy sauce and lime juice and fry for 30 seconds. Finally, add the beans and cherry tomatoes and cook for 2 minutes, mashing and stirring.
5. Clean and dry the pan and put on a medium heat. Add a tortilla and leave to heat up for 10 seconds. Sprinkle a quarter of the mozzarella across the full tortilla, followed by a large dollop of the black bean and sweetcorn mix on ½ the tortilla, top with the sliced avocado and some chopped coriander. Fold over the tortilla, and once starting to go golden and crisp up remove from the pan and slice on a chopping board. Repeat with the remaining tortillas and fillings.

Typical nutritional content (per portion)

554	23g	8.8g	24g	12g	55g	12g	2.2g
Calories	Fat	Saturates	Protein	Fibre	Carbs	Sugars	Salt





# STEAMED HAKE WITH MUSTARD AND CHIVE DRESSING

*These are simple and elegant – and easy on the washing-up. You could always prep these parcels the evening before, then simply pop them in the oven as soon as you get in the door. Hake is a beautiful, delicate white fish, but you could also switch it out for salmon, cod, whiting or haddock. The mustard and chive dressing also tastes great with chicken.*



Prep Time:  
10 Mins



Cook Time:  
10 Mins



Serves:  
4



Difficulty:  
Super Easy

## Method

1. Cut out four sheets of parchment paper and brush lightly with olive oil, then season lightly with pepper and scatter the chives over them. Place one piece of hake on each sheet. Fold in the sides of each parcel to enclose the hake. Twist the edges to seal. Place in a large steamer set over a pan of simmering water. Cover with a tight-fitting lid and steam for 5–6 minutes. The hake should flake slightly when pierced with the tip of a sharp knife, but it should still be moist.
2. Meanwhile, in a liquidiser, blend together the mustard and the vinegar. Pour the oil into the mustard mixture in a steady stream, whisking vigorously as you do so. Season with pepper.
3. Place the hake fillets on warmed plates. Add the chives to the dressing and spoon the dressing over the fillets. Serve with baby new potatoes and spinach.

Typical nutritional content (per portion)

305	9.1g	1.3g	4g	0.6g
Calories	Fat	Saturates	Sugars	Salt

## Ingredients

### For the fish parcels:

- 4 x 175g (6oz) hake fillets from sustainable sources, preferably from the centre cut, pin bones removed
- 1 teaspoon fresh chives, snipped into little pieces
- A little olive oil

### For the dressing:

- 2 tablespoons wholegrain mustard
- 1½ tablespoons white-wine vinegar
- 2 tablespoons olive oil
- 1–2 tablespoons fresh chives, snipped into little pieces
- Freshly ground black pepper
- Steamed baby new potatoes and spinach, to serve



# LAMB SHANKS WITH ROASTED VEGETABLES



Prep Time:  
10 Mins



Cook Time:  
165 Mins



Serves:  
4



Difficulty:  
Super Easy

## Ingredients

- 4 lamb shanks (oven ready)
- 15-30ml/1-2 tablespoons vegetable oil
- 4 sprigs rosemary
- 2 garlic cloves, chopped
- 2 tablespoons parsley and chives, chopped
- 250g/9oz carrots, parsnips and turnips, cut into small chunks
- 8 shallots, peeled
- Freshly ground black pepper
- Flat leaf parsley for garnish

*A meltingly tender lamb stew recipe with minimal prep – get it in the oven in next to no time, and leave it to work its magic.*

*This dish is a wonderful alternative to an Irish stew. Ask your butcher to trim off any visible fat from any of the shanks and to remove the knuckles.*

Typical nutritional content (per portion)

6

217

Calories

12.3g

Fat

4.3g

Saturates

13g

Sugars

0.3g

Salt

## Method

1. Pre-heat the oven to 160°C/325°F/Gas Mark 3.
2. Heat oil in a large roasting dish and brown the shanks on all sides.
3. Remove the shanks and brown the vegetables. Remove the vegetables.
4. Put the shanks and juice back in the dish with rosemary and garlic and half a glass of water. Season with the freshly ground black pepper.
5. Cover the dish with tin foil and cook for 1½ hours. Then add the vegetables and continue to cook for a further ¾ hour – 1 hour. Remove from the oven, place the shanks and vegetables on a dish and keep warm. Strain off the juices into a small pot.
6. Remove any visible fat from the juice. Boil for 5-6 minutes until it has a light sauce consistency. Remove from the heat and add the chopped parsley and chives.
7. Warm four large plates. Place shank of lamb in the centre, surround with vegetables and coat with the sauce.

**Chef's Note:** Lamb shanks can vary in size. A large shank should serve two people.





# LENTIL, MUSHROOM AND DOUBLE POTATO BAKE



Prep Time:  
30 Mins



Cook Time:  
60 Mins



Serves:  
6



Difficulty:  
Showing Off

## Ingredients

### For the filling:

- 2 tablespoon olive oil
- 2 onions, roughly chopped
- 2 garlic cloves, crushed
- 175g dried puy lentils
- 150ml white wine
- 1½ tablespoons sun-dried tomato paste (regular tomato paste is fine if sun-dried tomato paste is not available)
- 600ml low-salt vegetable stock
- 8 sun-dried tomatoes, chopped
- 1½ tablespoons Worcestershire sauce
- 500g chestnut mushrooms, sliced
- Freshly ground black pepper

### For the topping:

- 350g sweet potatoes, peeled and diced into 2cm (½in) cubes
- 350g baby potatoes, washed, skins on, diced into 2cm (½in) cubes
- 1 tablespoons of olive oil
- 2 garlic cloves, crushed
- 2 tablespoons of snipped chives
- 50g reduced-fat cheddar cheese, grated

### For the sides:

- 1 head of pointed green cabbage, washed and roughly sliced
- 200g tender-stem broccoli, washed

*A hearty meat-free dish, this is just right for feeding a gang of hungry people. It's served in one dish and can be prepared ahead, ready to pop in the oven when it's nearly time to eat – so it's great for a hosting a special occasion dinner. We promise you it's so full of flavour the carnivores won't miss their meat, and it packs in over half your daily fibre requirement. Cold weather comfort food at its finest.*

### Typical nutritional content (per portion)

472 Calories	19g Fat	3.7g Saturates	16g Protein
16g Fibre	47g Carbs	22g Sugars	1.3g Salt



## Method

1. Preheat the oven to 180°C fan.
2. Heat a teaspoon of oil in the frying pan, add the onions and fry for about 5 minutes. Add the garlic and fry for about 10 seconds. Add the lentils, white wine, tomato paste and stock, stir and bring to the boil. Add the sun-dried tomatoes and season with pepper. Cover the pan with a lid and transfer to the oven for about 50–60 minutes or until the lentils are cooked and the liquid is absorbed. If you don't have a lid, simply cover with tin foil. Stir in the Worcestershire sauce.
3. Meanwhile, heat a teaspoon of oil in a pan, add the mushrooms and fry over a high heat for a minute. Cover with a lid and cook for few minutes more over a gentle heat. Remove the lid and increase the heat to evaporate the liquid. Season with pepper. Add to the lentil mixture, stir and spoon into an ovenproof dish.
4. Increase the oven temperature to 200°C fan.
5. For the topping, cook the potatoes in a pan of boiling water for 5–8 minutes until just soft, then drain well. Heat a tablespoon of oil in the empty pan, tip the potatoes back in and add the garlic and chives. Season with pepper and carefully mix to coat the potatoes in the herbs and garlic.
6. Spoon the potatoes on top of the lentil mixture and sprinkle with the grated cheese. Bake for about 20 minutes until crispy brown and bubbling around the edges.
7. Boil the tender-stem broccoli in a pan of hot water for 6 minutes until cooked but al dente – add in the cabbage for the last 3–4 minutes.
8. Serve the mushroom and lentil bake piping hot with sides of tender-stem broccoli and cabbage.



# RASPBERRY AND RHUBARB CRUMBLE

*Crumbles are one of the easiest desserts to make. This one is lower in sugar and saturated fat and higher in fibre, and real crowd-pleaser too. Throughout the year you can swap your fillings for what's in season, like peaches and strawberries in Summer or apples and blackberries in the colder months. You can also play around with spices – cinnamon, nutmeg, ginger and allspice work well.*



Prep Time:  
10 Mins



Cook Time:  
30 Mins



Serves:  
8



Difficulty:  
Super Easy

## Ingredients

### Stewed fruit:

- 800g rhubarb
- 200g raspberries – if using frozen raspberries, let them thaw first
- 4 tablespoons water
- 5 tablespoons maple syrup
- 1 teaspoon vanilla extract

### Topping:

- 75ml sunflower oil
- 150g oats
- 50g wholemeal flour
- 3 tablespoons of pumpkin seeds
- 50g of sliced almonds (or nuts of your choice, crushed)
- 90ml of maple syrup

**Optional:** serve with low-fat natural yoghurt

## Method

1. Preheat the oven to 180°C (fan).
2. Cut the rhubarb into bite-size pieces. Tip the rhubarb and raspberries into a saucepan with the maple syrup, water and vanilla extract.
3. Cover and simmer on a low heat for 20 mins, stirring occasionally. When soft (but still holding its shape), pour the stewed fruit into a medium sized baking dish.
4. To make the topping, mix all the topping ingredients together, apart from the sliced almonds.
5. Evenly scatter the topping over the stewed fruit, then sprinkle the sliced almonds on top and bake in the preheated oven for about 30 minutes, or until the top of the crumble starts to turn golden. Serve with a generous dollop of low-fat yoghurt (optional).

Typical nutritional content (per portion)

340	17g	2.1g	6.6g	6.7g	34g	16g	0.02g
Calories	Fat	Saturates	Protein	Fibre	Carbs	Sugars	Salt



# BANANA CHOCOLATE CHIP FLAPJACK BARS

*These tasty little flapjack bars are lower in saturated fat and higher in protein and fibre than your typical chocolate bar. Perfect with a cup of elevenses, as a sweet treat after a meal or a tasty snack on the go.*

- Prep Time: 10 Mins
- Cook Time: 25 Mins
- Serves: 8
- Difficulty: Super Easy

## Method

1. Preheat oven to 180°C fan.
2. Peel and mash the bananas in a large baking bowl with a fork, then add in the oats, oat flour, baking powder, peanut butter, syrup and 50g of chocolate chips. Stir well to combine.
3. Scoop the mixture into a small lined baking tray and spread out evenly. Sprinkle the remaining 20g of dark chocolate chips across the top of the mixture.
4. Bake in oven for 25 minutes. Once golden brown, remove from the oven and allow to cool outside of the baking tray for 10 minutes before slicing into 8 bar shapes. This helps the flapjacks firm up a little and helps with slicing into bars.

## Ingredients

- 3 ripe bananas
- 250g oats
- 70g oat flour (oats blended in blender)
- ½ teaspoon baking powder
- 1 teaspoon cocoa powder
- 50g smooth peanut butter
- 70g dark chocolate chips
- 1 tablespoon maple syrup

Typical nutritional content (per portion)

283	9.3g	3g	7.3g	4.3g	40g	13g	0.23g
Calories	Fat	Saturates	Protein	Fibre	Carbs	Sugars	Salt



# Irish Heart Foundation

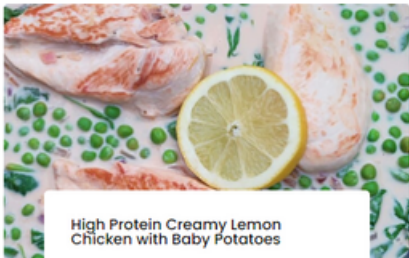
The National Stroke & Heart Charity

## An Easter 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 Easter.*

## Heart Healthy Recipes

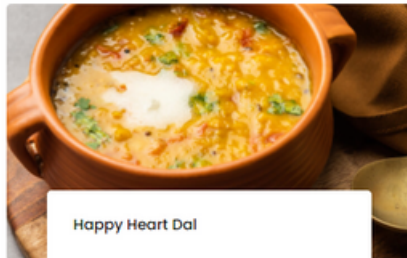
For more healthy recipes visit our website [irishheart.ie/recipes](https://irishheart.ie/recipes)



High Protein Creamy Lemon  
Chicken with Baby Potatoes

[View Recipe](#)

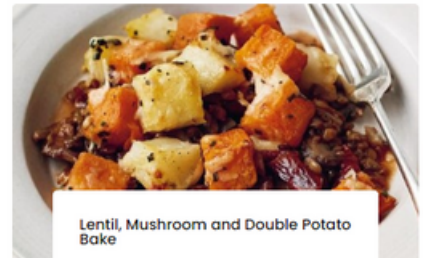
🕒 10 MIN 🍴 SUPER EASY



Happy Heart Dal

[View Recipe](#)

🕒 20 MIN 🍴 NOT TOO TRICKY



Lentil, Mushroom and Double Potato  
Bake

[View Recipe](#)

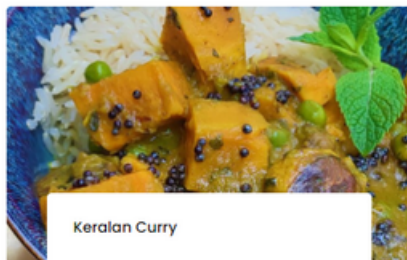
🕒 30 MIN 🍴 SHOWING OFF



Winter Nut Roast with Spiced  
Tomato Salsa

[View Recipe](#)

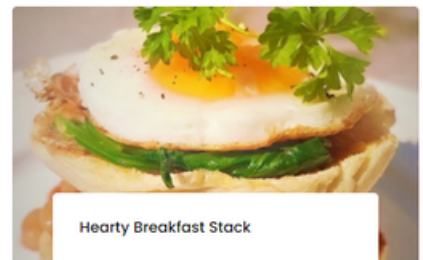
🕒 40 MIN 🍴 SHOWING OFF



Keralan Curry

[View Recipe](#)

🕒 15 MIN 🍴 NOT TOO TRICKY



Hearty Breakfast Stack

[View Recipe](#)

🕒 10 MIN 🍴 SUPER EASY