

Recipes by Taste Health Kitchen

The Irish Institute of
Nutrition & Health

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Welcome to our Taste Health Kitchen at the Irish Institute of Nutrition & Health!

Due to popular demand we have launched a 2nd edition of some of our favourite Taste Health recipes. These are designed to entice you into our world of delicious, nutritious whole foods. It's a small collection of tasty yet practical recipes for people keen to explore and enjoy a wider range of wholesome foods. Moreover, each recipe offers healthful alternatives for those who have intolerances to certain foods or ingredients, such as wheat, gluten or dairy products.

As a chef and Director of Cooking Studies at the Institute, my top priority is to ensure that taste is not compromised when creating wholesome dishes – healthy food shouldn't be bland or boring! My hope is that you – like me – get inspired to create delicious meals that will leave you and your loved ones feeling nurtured, energised and satisfied.

Please download this ebook and share the link with family and friends. Visit our website – www.iinh.net and sign up to our blog for updates on nutrition courses, recipes and cooking classes – including more ebooks!

Your opinions are very important to us and we are happy to receive your feedback.

Happy, healthy cooking!

Maggie

“Wake up, little Smoothie”

Smoothies are a great way to start the day for all the family – packed with antioxidants and iron, and rich in potassium, vit A (beta carotene), folate and calcium. You could double up the recipe and enjoy through the day. If you are diabetic, leave out the banana and add extra greens or berries. The super brave can add in flax oil, seaweed, super greens. Enjoy!

Ingredients

150-250 grams fresh blueberries / raspberries / blackberries (frozen is OK)

Small handful green leaves: kale, spinach, chard, nettles, dandelion or broccoli.

1 banana or apple, chopped (freeze banana for a thicker texture)

1 fresh orange (whole) or 200 ml orange juice

2-3 tablespoons natural yoghurt / soya yoghurt / coconut milk (optional)

1 dessertspoon mixed pumpkin & flax seeds – ground

1 stalk celery, 1 carrot or 1 beetroot

½ dessertspoon apple concentrate or raw agave to sweeten, if needed

1. Combine all ingredients and blend smooth (can be kept in fridge up to 24 hours)

Maggie's Tip

Do your best to source organic & seasonal ingredients for smoothies! Using organic fruits is specially important for kids. If mostly blending vegetables you can leave out the yoghurt, and add water instead.

Add 4 grams soaked seaweed (e.g. arame) for a trace mineral boost.

Use 1-2 teaspoons dried barley or wheat grass powder in place of fresh greens.

Healthy ✓ Diabetic Friendly (omit banana) ✓ Coeliac Friendly ✓
Child Friendly ✓ Vegan Friendly (use soy or coconut milk) ✓ Easy ✓



Buckwheat and Buttermilk Pancakes

All the family will enjoy these fluffy, wholegrain pancakes – who'd guess they're gluten free! Easily adapted for special diet requirements.

Ingredients

70 grams buckwheat flour
70 grams rice flour
1 lightly rounded teaspoon baking powder
½ teaspoon fine sea salt
½ teaspoon bread soda
1/8 teaspoon cinnamon
15 grams (1 tablespoon) unrefined brown sugar (rapadura is ideal), or xylitol
1 large egg
120 ml natural yoghurt
125-150 ml buttermilk
1 tablespoon melted butter

1. Sieve all dry ingredients together into a bowl.
2. Whisk wet ingredients together and stir into dry ingredients. Mix to a smooth, thick creamy batter.
3. Heat pan, add a little butter or coconut oil, then spoon mixture onto pan. Allow bubbles to appear before turning over. Allow to cook for about one more minute, then serve with your favourite topping.

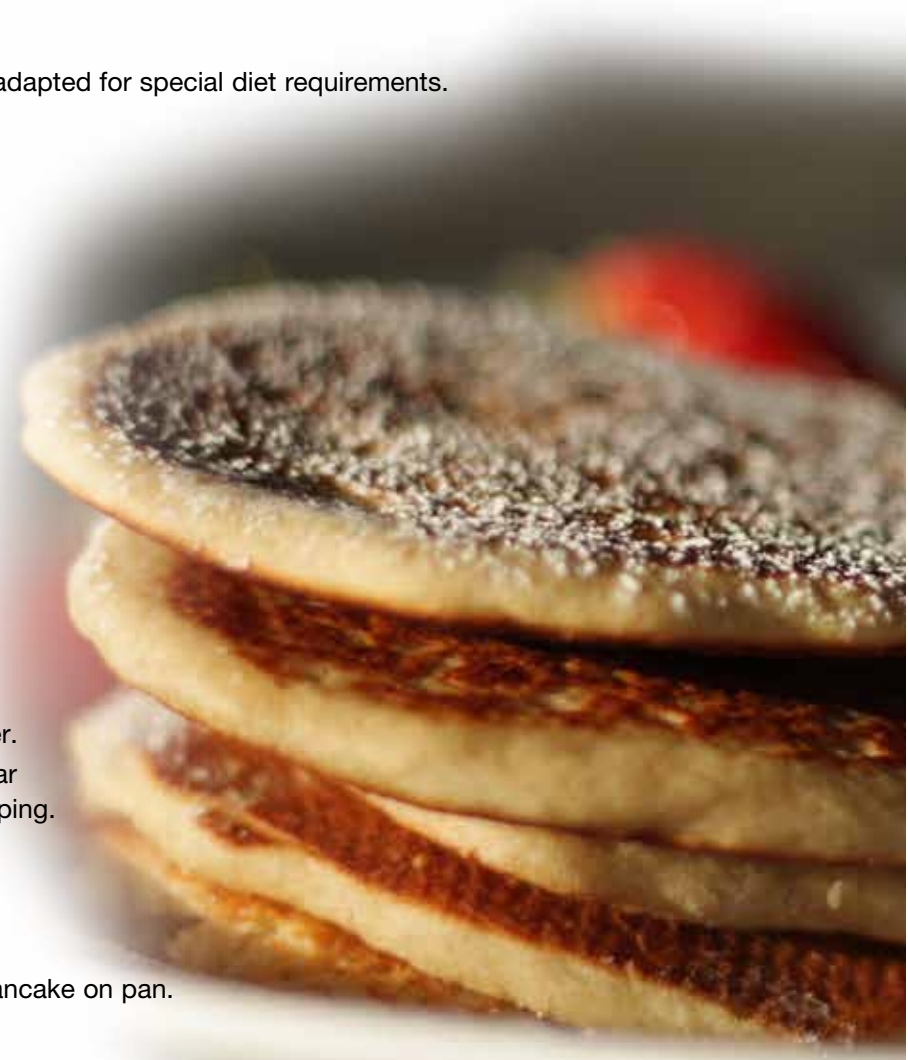
Maggie's Tip

Add berries, teaspoon of fruit puree, sliced banana, diced apples, chopped nuts, before turning pancake on pan.
Transform to a savoury pancake by omitting cinnamon and sugar.

Healthy ✓ Diabetic Friendly, add some nuts and seeds ✓ Coeliac Friendly ✓ Child Friendly ✓

Vegan Friendly: Replace egg and natural yoghurt with 250 ml soy yoghurt, and buttermilk with 125-150 ml soy, coconut or rice milk. Cook pancakes in coconut oil ✓

Sugar Free: Leave out sugar ✓ Dairy Free: Omit natural yoghurt and buttermilk and replace with soy yoghurt or coconut milk ✓ Easy ✓



Thai Spiced Pumpkin Soup

This spicy aromatic soup is a wonderful way of using leftover pumpkin, but works great with all squashes. Warming, nutritious and rich in antioxidants, it will strengthen eyes and bones, and promote healthy digestion and a strong immune system. Perfect on a chilly night, but also perfect served as an appetizer at a dinner party or for a light lunch.

Ingredients

1 kilo prepared roasted pumpkin	2 tablespoons freshly squeezed lemon juice
2 banana shallots, finely chopped	1200 ml chicken stock
1 level teaspoon Thai curry paste	1 x 400 ml can coconut milk
2 cloves garlic, finely chopped	100 grams young or baby spinach, chopped
6 cm piece of ginger, finely chopped or grated	20 grams fresh coriander, chopped
1 big red chilli, finely chopped	20 grams fresh basil, chopped
6 frozen lime leaves, finely chopped	To garnish – thinly sliced red onion, red chilli and chopped coriander
2 tablespoons fish sauce	

1. Slice pumpkin in half to remove seeds. Cut into smallish chunks and then roast in oven at 200°C for approximately 15-20 minutes.
2. Meanwhile, cook shallot in a little coconut or sunflower oil until translucent. Add ginger, garlic, red chilli, chopped lime leaves and cook for another 1-2 minutes. Add curry paste and cook until paste has blended in.
3. Add roasted pumpkin and stock, lemon juice, fish sauce and coconut milk. Bring to simmer. Add chopped spinach, coriander and basil. Taste for seasoning. Serve in large bowls garnished with sliced red onion, chilli and coriander.

Maggie's Tip

Add tofu, prawns, chicken or chickpeas for a protein boost.

Healthy ✓ Diabetic Friendly: avoid starchy vegetables, use carrot, aubergine instead ✓ Coeliac Friendly ✓ Child Friendly: if too spicy, use less chilli
Vegan Friendly: use a vegetarian stock and exchange fish sauce for tamari or shoyu natural soy sauce ✓ Easy: a little extra preparation required



Beetroot Hummus

Hummus is gorgeous and so easy to make, specially using canned chickpeas, which are as nutritious as the dried version. Stock for soups made using dried chickpeas is really delicious, but the convenience of canned beans is hard to beat! This little red number looks fun and tastes superb. Beetroot contains soluble fibre, which helps combat high cholesterol and high blood sugar. Rich in folate, potassium and manganese. Great addition to a detox plan when eaten raw. Known in Chinese medicine as a blood tonic.

Ingredients

220 grams cooked chickpeas, or 1 can drained and rinsed

Dash of Tabasco

1 level teaspoon smoked paprika or normal paprika

1 rounded teaspoon cumin

2½ tablespoons lemon juice

2 tablespoons extra virgin oil

1 dessertspoon light tahini

1 clove garlic, finely chopped

100 grams cooked beetroot or 50 grams raw spinach

Salt and cracked black pepper to taste

30-50 ml chickpea stock or water, if required

1. Puree ingredients in blender until smooth, adding water or chickpea stock if needed to obtain a soft, creamy consistency. Serve with vegetables, Turkish flat breads, pittas, in wraps, or as part of a mezze.

Maggie's Tip

Alternatives to beetroot: add avocado, raw baby spinach, kale, harissa paste, chopped fresh chilli, roasted red pepper, cooked carrot etc.

Healthy ✓ Diabetic Friendly ✓ Coeliac Friendly ✓ Child Friendly: if too 'earthy', leave out beetroot and maybe add carrot ✓ Vegan Friendly ✓ Easy ✓



Wholemeal Spaghetti with...

This is a very simple pasta dish, bursting with nutrients and flavour. Try adding chicken strips, tofu and any number of vegetables, but preferably use wholewheat or pasta for optimal nutrient density. Just switching to wholemeal pasta is a useful nutritional upgrade.

Ingredients

250 grams wholemeal spaghetti, penne or other pasta – follow packet instructions
Handful of baby spinach leaves
Extra Parmesan cheese to serve

...Spinach, Rocket & Basil Pesto

Ingredients

2 cloves garlic	50 grams rocket
2 tablespoons Parmesan cheese	50 grams basil
1 tablespoons pine nuts	250 ml olive oil
50 grams spinach	Sea salt and freshly cracked pepper

1. Place all ingredients in a tall jug and whiz together with a hand blender.
2. Cook the pasta. Drain and toss pesto with the pasta, along with baby spinach leaves.
Serve topped with Parmesan cheese.

Maggie's Tip

To store pesto transfer to a glass jar, cover with an extra drizzle of olive oil and store in fridge up to 2 weeks.
Or place in ice cube dishes and store in freezer.

Pesto can be used in a variety of soups, pasta dishes and salads, and in fish, chicken and vegetarian dishes.

Healthy ✓ Diabetic Friendly ✗ Coeliac Friendly: use a gluten free pasta ✓ Child Friendly Vegan Friendly: use a vegan cheese ✓ Easy ✓



Vibrant Organic Leaves, Bean & Pomegranate Salad

Simple and colourful, the quality of this salad really relies on the source and freshness of your leaves. I am very lucky to buy all my greens and veggies from **my local hero, the lovely Jenny** at our local farmers' market. When leaves and vegetables have been lovingly nurtured and picked fresh they come with all the vibrancy and flavour one could ask for – so you have very little else to do!

Ingredients

Good handful of land cress

Good handful of rocket

10 grams mint

10 grams parsley leaves

100 grams edamame beans, pre-cooked and chilled

100 grams garden peas, pre-cooked and chilled

Seeds of ½ pomegranate

Dressing

4 tablespoons good quality olive oil (e.g. Belazu). Sea salt and cracked pink peppercorn to taste.

1. Cook edamame and peas as per packet instructions and refresh under cold water to stop cooking process and keep the vibrant green colour. Drain and set aside.
2. In a large bowl, combine all the leaves, herbs and beans. Drizzle oil and seasoning around side of bowl and gently mix until leaves are coated. Sprinkle with the pomegranate seeds.

Maggie's Tip

Always dress the bowl with the dressing first, then add the leaves and lightly toss. This prevents the leaves getting bruised, and the dressing will naturally coat them more evenly.

Healthy ✓ Diabetic Friendly ✓ Coeliac Friendly
✓ Child Friendly ✓ Vegan Friendly ✓ Easy ✓



Quinoa with Roasted Pear, Spinach, Crozier Blue & Crushed Hazelnuts

This is a little twist on standard quinoa recipes: I marry the sweetness of the pear with the salty blue cheese, while the crushed hazelnuts add extra crunch.

On a health note, quinoa is also known as the 'Caviar of grains', 'Mother grain', and 'Gold of the Incas'. Empowering in name and nutrition! And gluten-free, too! Quinoa is rightfully termed a 'superfood'. Its high levels of good quality protein make it very useful in a vegetarian / vegan diet. It has more calcium than milk (weight-for-weight), and is also rich in magnesium, iron, copper and fiber. Quinoa may be useful for preventing type-2 diabetes and helping those who already have it.

Ingredients

- 175 grams quinoa
- 400 ml vegetable stock
- Pinch of saffron
- 2 tablespoons olive oil
- 2-3 pears, quartered or cut smaller depending on size
- Zest of 1 lemon
- 100 grams crozier blue, other blue cheese or feta cheese, crumbled
- 3 tablespoons hazelnuts – caramelised in maple or agave syrup
- Good squirt of maple or agave syrup
- 100 grams baby spinach leaves or land cress
- 20 grams fresh mint leaves, chopped
- 20 grams flat parsley, chopped



Quinoa with Roasted Pear, Spinach, Crozier Blue & Crushed Hazelnuts Cont...

1. Preheat oven to 200°C.
2. Heat stock until boiling, add saffron and allow to infuse for a few minutes. Rinse quinoa by swirling around in a large bowl of water, then rinse it under a tap and add to boiling stock. Gently give it a quick stir before covering saucepan. Cook on a low simmer for 15-20 minutes. Check after 15 minutes and test a few grains – ideally there should still be a little crunch. You will notice a small white comma shape; this is a sign the quinoa is cooked, or very nearly. The liquid should have evaporated completely. Let the grains sit cooling for 5-10 minutes before fluffing them up. Then transfer to a large bowl and set aside.
3. As quinoa is cooking prepare the pears and hazelnuts. To prepare pears, heat a little maple / agave syrup in a large ovenproof pan, add pear wedges and 'fry' for a few minutes until lightly golden. Place pan in oven and roast for 6-8 minutes or until pears are tender and caramelised. Remove, and turn pears on pan so they gather excess caramel from juices, then allow to cool. To prepare hazelnuts, heat a little maple agave syrup in a clean pan, add hazelnuts and gently toss for 2-3 minutes until a nice glaze forms over the nuts. Transfer to parchment, spread out. Allow to cool before gently pulsing in a small blender so nuts are still quite crunchy.
4. Add olive oil, zest of lemon, seasoning, parsley and mint to the quinoa, then gently mix. Add spinach or land cress leaves and gently mix again. Arrange on a large platter, layering quinoa, pears, nuts and blue cheese alternately. Finish off with some baby spinach or land cress leaves, pears, nuts and blue cheese on top.
5. Serve immediately.

Maggie's Tip

Play around with this recipe – instead of pears try roasted vegetables, and swap blue cheese for a lovely goats cheese or feta cheese. Use pecans or almonds instead of hazelnuts.

Healthy ✓ Diabetic Friendly ✓ Coeliac Friendly / Wheat Free ✓
Child Friendly ✓ Vegan friendly ✓ Easy: a little extra preparation required



Roasted Butternut Squash

With Saffron Yoghurt, Pomegranate, Parsley & Torn Mint



A very simple yet tasty dish for when you have a vegetarian or vegan coming for dinner. It looks amazing and is very easy to prepare. Butternut squash is one of the mildest and easiest vegetables to digest. It is rich in antioxidants, fibre and a wide range of vitamins and minerals. It is warming and satisfying and – served like this – just gorgeous to behold!

Ingredients

1-2 butternut squashes, split in half lengthwise and seeds removed
½ pomegranate, deseeded
1 small handful mint, leaves only, washed and gently torn with your fingers
Maple syrup
Olive oil

Saffron Yoghurt

200 ml yoghurt
Pinch of saffron, soaked in a little hot water
¼ clove garlic
Cracked peppercorns and sea-salt to taste
Squeeze of lemon juice

1. Heat oven to 190°C. Split butternut squash in half lengthways and remove seeds. Lightly brush squash with maple syrup.
2. Heat a roasting tin in oven for 1-2 minutes. Oil lightly, place squash flat side down, then place pan back in oven and roast for 10-15 minutes. Gently turn the squash – it should have lightly caramelized. Return to oven and cook for about 15 more minutes or until squash has started to soften. Remove from oven and set aside.
3. Mix all of the yoghurt ingredients together in a small bowl, thinning out with a little water if necessary – you need a runny consistency.
4. Arrange butternut on a large serving platter, drizzle with a little of the saffron yoghurt. Toss over mint and parsley, scattering the pomegranate over it all. Lastly give it another little drizzle of the yoghurt.

(This can be served hot or at room temperature)

Maggie's Tip

Add protein by scattering some chickpeas over the butternut.

Healthy ✓ Diabetic Friendly ✗ Coeliac Friendly Child Friendly ✓
Vegan Friendly: omit blue cheese ✓ Easy ✓

Blueberry, Apple & Cinnamon Crumble

A healthy dessert? Yes! This lovely little treat is easily adapted for a guest who is coeliac and/or diabetic, yet it will suit the whole family. Delicious and guilt-free!

Ingredients

1 kilo cooking apples
200 grams (approx) caster sugar or xylitol to sweeten
500 grams blueberries, fresh or frozen

Cinnamon Crumble

200 grams jumbo oats
150 grams spelt flour or gluten-free flour mix
(For diabetics: 100 grams coconut flour + 50 grams ground almonds)
150 grams butter or 120 grams coconut oil
100 grams sugar or xylitol
50 grams chopped hazelnuts or almonds
2 small teaspoons cinnamon

1. Preheat oven to 170°C. Peel, core and chop apples into thin slices, then place in a saucepan with sugar or xylitol and a little water. Gently stew until apples are semi soft and sugar has melted (about 10 minutes). Allow to cool slightly then add in blueberries. Leave to sit for a few minutes, then check for sweetness and adjust if necessary.
2. To make crumble, combine all dry ingredients in a bowl and stir in melted butter or coconut oil. The mixture should become slightly moist and crumbly.
3. Place apple and blackberry mixture in individual ramekin dishes or in a large ovenproof dish. Cover well with crumble mixture. Bake for about 25-40 minutes, depending on size of crumble, or until topping is nice and golden and the fruit starts to bubble from beneath. Serve with crème fraîche, Greek yoghurt or soy yoghurt.

Maggie's Tip

Use any fruit in season, such as rhubarb, pear, any berries.
Vary nuts and add a handful of seeds for extra protein and crunch.

Healthy ✓ Diabetic Friendly: Check recipe option ✓
Coeliac Friendly / Wheat Free: Check recipe option ✓
Child Friendly ✓ Vegan Friendly: use coconut oil ✓ Easy ✓



Acknowledgements

- Thanks for downloading this ebook. I really hope you enjoy using our Taste Health recipes.
- I'm grateful to all past and current students of the Irish Institute of Nutrition and Health, and friends of The Soul Food Company, for continually inspiring my creativity in the Taste Health kitchen. We are always learning so much from each other on this wonderful food journey.
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- Graphic Design by Ashling Aylward. Many thanks to Ashling for her wonderful graphic design skills and patience.
- Lastly, please keep in touch and share this book with your family and friends. And remember to check what's coming up next in our Taste Health Kitchen.

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