perfect recipes for an active summer
Being more active and getting our hearts pumping can make us feel great! It helps us to be healthier and ultimately, live longer. And if we eat healthier foods as well as doing physical activities, we’ll feel, well, even greater!

We know that life can be busy and we often don’t make time for healthier meals. But the truth is, preparing and enjoying healthier meals can be easier than you may think. Plus, they don’t have to cost a lot of money!

To show you just how easy it can be, Change4Life have created lots of quick yet healthy summer recipes (perfect for a picnic), some of which you’ll find in this leaflet.

If you get hungry for even more recipes, search for Change4Life online!
New potato and tuna salad

Tuna in a lemon juice, garlic and parsley dressing tastes fantastic. It goes really well with new potatoes, served warm to bring out their best.

Serves: 4 adults
Preparation time: 15 mins
Cooking time: 20 mins

Ingredients:
1kg new potatoes scrubbed
1 garlic clove crushed
1 tbsp fresh parsley chopped
1 lemon-juice and zest
2 tbsp olive oil

2 cans tuna in water drained
5 spring onions trimmed and finely chopped
¼ cucumber finely chopped
2 tomatoes chopped

What to do:
1. Cook the potatoes in boiling water until tender, about 15-20 minutes.
2. Meanwhile, mix together the garlic, parsley, lemon juice, zest and olive oil to make the dressing.
3. Drain the potatoes well, then put them into a salad bowl. Pour over the dressing and stir it through so that the flavours are soaked up by the potatoes as they cool down.
4. Flake the tuna fish into chunks and add to the potatoes with the spring onions, cucumber and tomatoes. Toss together gently, then serve at once.

Tip 1: Enjoy this as a main course salad, or serve it with a choice of other salad dishes.

Tip 2: Use a 416 g tin of red or pink salmon instead of tuna.

Nutritional information:

Per adult portion (i.e. ¼ recipe) 43g carbohydrate of which 5g sugars
311 kcals
21g protein
7g fat of which 1g saturates
3g dietary fibre
33mg sodium
79mg salt
Roasted vegetable couscous

This tasty couscous can be enjoyed on its own, served with grilled fish, or reduced fat goats’ cheese.

Serves: 4 adults
Preparation time: 15 mins
Cooking time: 30 mins

Ingredients:
1 red pepper deseeded and chopped
1 yellow pepper deseeded and chopped
2 courgettes sliced
1 large red onion sliced
1 tbsp vegetable oil
300g couscous
450ml reduced salt vegetable or chicken stock
250g cherry tomatoes
1 pinch ground black pepper

What to do:
1. Preheat the oven to 200°C, fan oven 180°C, gas mark 6.
2. Put the peppers, courgettes and onion into a roasting tin and add the vegetable oil, tossing to coat. Roast in the oven for 25-30 minutes, turning over after 15 minutes.
3. Meanwhile, put the couscous into a heatproof bowl and add the hot stock, stirring to mix. Cover and leave for 10-15 minutes to soak and swell, then stir with a fork to fluff up the grains.
4. Remove the vegetables from the oven and add the cherry tomatoes and couscous, stirring them through. Season with some pepper. Return to the oven for a further 5 minutes to heat through, then serve.

Tip 1: If you’re a fish lover, you could serve the couscous with grilled salmon or haddock fillets.
Tip 2: For vegetarians, serve each portion with a 25g portion of reduced fat goats’ cheese on the top.

Nutritional information:
Per portion (i.e. ¼ recipe) 50g carbohydrate of which 10g sugars
280 kcals / 1172kJ 3g dietary fibre
7g protein 66mg sodium
7g fat of which 1g saturates 0.2g salt
Tasty chicken wraps

These delicious wraps are ideal for packed lunches too, making a welcome change from sandwiches.

Serves: 4 adults
Preparation time: 15 mins
Cooking time: 0 mins

Ingredients:
- 4 soft flour tortillas
- 4 tbsp lower fat soft cheese
- 4 tbsp low-fat natural yoghurt
- 120g skinless, boneless roast chicken breasts chopped
- 100g sweetcorn
- ¼ cucumber
- 1 pinch ground black pepper
- 2 handfuls lettuce leaves

What to do:
1. Lay out the wraps or tortillas on a clean work surface.
2. Put the soft cheese and yoghurt in a bowl and mix together until smooth.
3. Add the chicken, sweetcorn and cucumber. Season with some pepper, then mix well. Spread an equal amount over each wrap, then top with the lettuce.
4. Roll up each wrap tightly, slice in half, then wrap in cling film. Keep cool until ready to serve.

Tip 1: If you’re not keen on cucumber or sweetcorn, use grated carrot or some of your favourite veg instead.

Tip 2: If you’re packing these wraps into a lunch box, try to remember to put a small ice pack in with them to keep them cool and fresh.

Nutritional information:
Per adult portion (i.e. ¼ recipe)
- 295 kcals
- 22g protein
- 6g fat, of which 3g saturates
- 2g dietary fibre
- 42.5g carbohydrate, of which 6g sugars
- 364mg sodium
- 0.9g salt
Coronation chicken

Cooked chicken tastes so good in this fruity, lightly curried sauce – perfect served with couscous, toasted pitta or crusty fresh bread.

Serves: 4 adults
Preparation time: 15 mins
Cooking time: 0 mins

Ingredients:
- 4 tsp half fat crème fraîche
- 8 tsp low-fat natural yoghurt
- 2 tsp medium curry powder
- 2 tbsp chopped fresh coriander
- 2 large, boneless, skinless cooked chicken breast, sliced
- 4 fresh apricots, pitted and chopped
- 1 large mango, peeled, pitted and sliced
- 6 spring onions, finely chopped
- 1 x 120g bag rocket

What to do:
1. In a bowl, mix together the crème fraîche, yoghurt, curry powder and coriander.
2. Add all the remaining ingredients, stir through gently, then serve with couscous, toasted pitta or bread of your choice.

Nutritional information:
Per adult portion (i.e. ¼ recipe)
- 180 kcals
- 27 g protein
- 3 g fat of which 1 g saturates
- 12 g carbohydrate of which 11 g sugars
- 2 g dietary fibre
- 64 mg sodium
- 0.15 g salt

Provided by Diabetes UK www.diabetes.org.uk
Spanish omelette

Inexpensive, filling and very tasty!

Serves: 4 adults
Preparation time: 15 mins
Cooking time: 25 mins

Ingredients:
- 450g potatoes, peeled and cut into small chunks
- 1 tsp olive or vegetable oil
- 1 red onion, thinly sliced
- ½ green pepper, deseeded and thinly sliced
- 1 tbsp chopped fresh parsley
- 3 eggs, beaten
- 1 tbsp finely grated Parmesan cheese
- freshly ground black pepper

Nutritional information:
- Per adult portion (i.e. ¼ recipe)
  - 190 kcals
  - 10g protein
  - 7.5g fat of which 3g saturates
  - 22.5g carbohydrate of which 3g sugars
  - 2.5g dietary fibre
  - 120mg sodium
  - 0.3g salt

What to do:
1. Cook the potatoes in boiling water for 6-8 minutes until just tender. Drain thoroughly.
2. Heat the oil in a non-stick frying pan. Add the onion and pepper and fry gently for 3-4 minutes until softened.
3. Add the potato and parsley and gently combine. Beat together the eggs and Parmesan. Season with black pepper.
4. Pour the egg mixture into the pan and cook for 3-4 minutes to set the base, then place under a medium-hot grill and cook until golden and set.
5. Serve with a crisp salad.

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on your marks, get set... go!

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