

PROCAS - Lifestyle Breast Cancer Prevention Study

Healthy Recipes

Contents

Recipe	Carb	Protein	Dairy	Fat	Veg	Fruit
Two Day Diet Recipes						
Breakfast						
Egg ham and mushroom muffins *		3	1	0.5	1.5	
Chocolate raspberry smoothie			1.5	1		1
Lunch						
Creamy broccoli soup			1		1	
Ham and leek soup		1			2.5	
Lemon and Coriander mackerel salad		3		0.5	2.5	
Main Meals						
Spinach and cottage cheese stuffed peppers			2	3	2	
Vegetable kebabs with meat/poultry/fish/Quorn/Tofu		4		1	2	
Fish Plaki		4		1	2	
Easy Italian Chicken *		4			2.5	
Shepherds pie with cauliflower topping *		4	1	1	2	
Dessert						
Baked Rhubarb and Custards		1	1			0.5
Mixed berry crumble				1		1
Mediterranean Recipes						
Breakfast						
Poached eggs a la Grecque	2	1			2.5	
Mixed berry bruschetta	1		1			1
Lunch						
5 minute soup					1.5	
Carrot and red lentil soup		2			1.5	0.5
<i>Salad, pasta, sandwich and jacket potato Fillings</i>						
Tuna and sweetcorn	1	2	0.5	0.5	0.5	
Vegetarian	0.5		0.5	0.5	2.5	
Coronation chicken		3		1.5		0.5
Ham, tomato and onion		2	0.5	0.5	2.5	
Main Meals						
Vegetable Lasagne	2	2	1.5	1	4	
Fish Pie	2	4.5	1	1		
Lemon Chicken	2	4		1	1	
Lean beef and mushroom hotpot	0.5	3		0.5	5	
Dessert						
Fromage Frais pancakes with honey and blueberries	3.5	0.5	0.5			1
Poached vanilla pear						1

*Vegetarian Option

Two Diet Days Recipes

Breakfast

Egg, ham and mushroom muffins

Serves 1

These ingenious muffins make for an indulgent breakfast or brunch, whilst being bread-free and full of protein.

Tip: These muffins also taste great cold and make a perfect packed lunch. Just make double the recipe, refrigerate after cooking and eat within three days.

Vegetarian: Omit the ham and replace with 80g (2¾oz) wilted spinach or 80g (2¾oz) cherry tomatoes, cut in half. Add herbs such as parsley and basil to taste.

1 teaspoon olive oil
80g / 2¾oz chestnut or button mushrooms, sliced
2 medium free-range eggs
2 medium slices of lean ham, chopped into bite-size pieces
1 tablespoon light cream cheese
4 spring onions, sliced
Freshly ground black pepper

Preheat the oven to 180°C/fan 160°C/gas 4. Heat half the oil in a non-stick frying pan over a medium heat. Add the mushrooms and fry for 2 minutes, turning occasionally, until golden brown. Remove from the pan with a slotted spoon and set aside to cool.

Beat the eggs in a bowl. Add the remaining ingredients, including the mushrooms, and beat until well combined. Season well with black pepper.

Use the remaining oil to lightly grease two holes of a muffin tin. Pour the egg mixture evenly between the two holes and bake for 20 minutes, until a skewer inserted into the centre of the muffin comes out clean. Loosen the muffins from the tin by running a knife around the edge of each muffin. Serve immediately.

Chocolate raspberry smoothie

Serves 1

Start the day by treating yourself to this indulgent smoothie.

3 tbsp low-fat natural yogurt
85 g (3 oz) frozen raspberries
100 ml (3½ fl oz) skimmed milk
2 tsp cocoa powder

Put all the ingredients in a blender or food processor and blitz until completely smooth. Serve immediately.

Lunch ideas

Creamy broccoli soup

Serves 2

160g / 5 ½oz broccoli, cut into small pieces
1 clove garlic sliced
½ stock cube
380 ml / 2/3 pint milk

Put the broccoli in a pan with just enough water to cover. Bring to the boil and add the stock cube. Simmer in a lidded pan for 5 minutes.

Add the milk and garlic ingredients and continue to simmer until vegetables are soft.

Blend until smooth. Season with black pepper and serve immediately.

Ham and leek soup

Serves 1

This simple soup will warm you up on a cold day and keep restricted-day hunger pangs at bay.

½ tsp olive oil
2 spring onions, sliced
85 g (3 oz) leeks, finely sliced
250 ml (9 fl oz) low-salt vegetable stock
few sprigs of thyme
30 g (1 oz) cooked lean gammon ham, chopped
85 g (3 oz) baby spinach leaves, washed

Heat the oil in a non-stick pan over a low–medium heat and add the spring onions and leeks. Cook stirring occasionally, for 5–8 minutes, until softened but not brown.

Pour in the stock, thyme and ham and simmer gently for 20 minutes until the leeks are meltingly soft. Add the spinach and simmer for a further minute, until wilted. Season with black pepper and serve immediately.

Lemon and coriander mackerel salad

Serves 1

Tip: If making the salad ahead of time, refrigerate and store the dressing separately. Pour over the dressing just before serving.

1 smoked mackerel fillet, weighing about 90g (3oz)
80g (2¾oz) mixed salad leaves, such as spinach, rocket and watercress, washed and dried
40g (1½oz) mange tout, halved
5 radishes, finely sliced
4 spring onions, finely sliced
Small handful of coriander leaves
Juice of 1/2 lemon
½ teaspoon olive oil
Pinch of chilli flakes

Carefully peel away the skin of the mackerel and discard. Flake the fillet into bite-size pieces and toss with the salad leaves, mange tout, radishes, spring onions and coriander leaves.

In a small bowl, whisk together the lemon juice, olive oil and chilli flakes, pour over the salad and serve.

Main meals

Spinach and cottage cheese stuffed peppers

Serves 1

1 green pepper

80g / 2 ¾ oz fresh spinach

30-60g / 1-2oz hazelnuts

Nutmeg grated (optional)

Preheat the oven to 180°C/fan 160°C/gas 4.

Halve the pepper lengthways and remove the seeds.

Blanch the spinach until soft and drain well. Place in a bowl.

Toast the hazelnuts in a dry pan and crush them with a mortar and pestle. Mix with the spinach and cottage cheese, add the nutmeg if using and season to taste.

Divide the mixture between the two pepper halves and bake in oven for 15 minutes.

Vegetable kebabs with meat/poultry/fish/Quorn/tofu

Serves 1

120g / 4oz lean meat/poultry/fish/Quorn/tofu - cut into chunks

7 button or halved mushrooms

¼ large courgette, cut into large cubes

¼ green pepper, cut into chunks

4 cherry tomatoes

Juice of one lemon or lime

1 dessertspoon olive oil

1 crushed clove garlic

Black pepper

Mix together the lime/lemon juice, olive oil, garlic and black pepper to make the marinade.

Divide your chosen protein and the vegetables between three kebab sticks.

Place in a dish, pour over the marinade and refrigerate for 1 hour.

Half way through the marinating time, remove from the fridge and spoon over the marinade once again before returning to the fridge.

Barbeque or grill until cooked through

Fish Plaki

Serves 4

Plaki is a Greek and Bulgarian method of cooking fish. It is cooked with a lot of wonderful and crispy vegetables. You can prepare plaki with any kind of white fish or salmon.

480g / 17oz white fish or 240g / 8oz salmon, bones removed and cut in pieces

3 cloves garlic, chopped

1 dessertspoon olive oil

5 tbsp chopped parsley

5 tbsp chopped basil

400g can of tomatoes, chopped
100ml / 4 fl oz water
160g / 17oz of spinach, washed and chopped

Sauté the garlic in olive oil in a heavy and deep frying pan until soft.

Add the tomatoes and water and bring to boil.

After 3 minutes reduce heat and simmer for a further 15 minutes until the cooking liquid is reduced

Stir in the spinach. Finally add the fish pieces on the top. Season and let simmer for about 15 minutes until the fish is cooked through.

Easy Italian chicken

Serves 2

240g / 8oz skinless chicken breast cut into chunks or Quorn pieces
1 clove garlic, finely diced
2 400g tins of chopped tomatoes
14 sliced button mushrooms or 3 handfuls sliced mushrooms
2 tsp dried Italian herbs
2 tsp Worcestershire sauce
freshly ground black pepper

Preheat the oven to 180°C / fan 160°C or gas mark 4.

Add all ingredients to an ovenproof dish, mix thoroughly and bake in the oven for 40 minutes until the chicken is cooked through.

Shepherd's pie with cauliflower topping

Serves 2

Instead of the classic potato topping use crunchy cauliflower mash

240g / 8oz lean beef mince or Quorn mince
1 dessertspoon olive oil
½ leek, chopped
14 button mushrooms or 3 handful sliced
125ml / 5fl oz stock
2 tsp Worcester sauce
Small bunch of parsley, finely chopped
½ large cauliflower, washed and cut into small florets
25ml / 1fl oz semi-skimmed milk
60g / 2oz low fat grated cheese

Preheat the oven to 180°C/ fan 160°C/ gas 4.

Fry the leek and mushrooms in the olive oil until cooked through.

Add the mince, Worcester sauce and stock. Simmer for about 30 minutes and spoon into a shallow oval baking dish.

To prepare the cauliflower topping, boil/steam the cauliflower florets for 10 minutes or until they are soft. Drain and then add the milk, grated cheese and pepper to taste. Mash as you would if they were potatoes. Don't worry if the cauliflower mash is not as smooth as a potato mash. This is due to the different texture of the cauliflower. Spoon the mashed cauliflower mash on the top of the meat and sprinkle the top with the grated cheese.

Bake for 40 minutes until golden brown.

Desserts

Baked rhubarb and custards

Serves 4

This British classic is given a low-calorie twist as the custard is baked until set.

Tip: This dessert can be served warm but is also delicious cold. Allow the custards to come to room temperature after baking, then refrigerate overnight before serving.

600ml (1pt) semi-skimmed milk
3 medium free-range eggs
2 teaspoons vanilla extract, or the seeds of a vanilla pod
4 tablespoons sweetener
160g (5½oz) rhubarb, cut into 2.5cm (1in) pieces

Preheat the oven to 170°C/fan 150°C/gas 3. Pour the milk into a saucepan and place over a medium heat. When bubbles begin to appear at the edges of the pan, remove from the heat.

Meanwhile, whisk the eggs, half the vanilla and 3 tablespoons of the sweetener together in jug. Gradually pour in the milk, stirring continually, before straining into four individual ramekins or one large baking dish.

Carefully place the ramekins or dish in a roasting tin and pour enough boiling water into the tin to come halfway up the sides of the dishes. Transfer to the oven, being careful not to spill any water, and bake for 20–25 minutes for the ramekins and 45–50 minutes for the larger baking dish. The custards are ready when set, with a slight wobble in the middle. Remove from the roasting tin and leave to cool for 10 minutes before serving.

Meanwhile, tip the rhubarb into a medium saucepan and add the remaining vanilla and sweetener. Add 4 tablespoons of water and place over a low to medium heat. Cover and simmer the rhubarb for 10–15 minutes, until the rhubarb has softened but is still holding its shape and is bathed in pink syrup. Allow to cool slightly before spooning over or alongside the custards. If serving the custards cold, poach the rhubarb the day before and refrigerate.

Mixed berry crumble

Serves 4

This light version of a crumble is just as satisfying as the comfort-food classic. Use frozen berries if fresh ones are out of season.

160 g (5¾ oz) raspberries
160 g (5¾ oz) blackberries
1 tsp granulated sweetener
8 almonds, finely chopped
6 walnut halves, finely chopped
pinch of ground ginger (optional)

Preheat the oven to 200°C (180°C fan)/400°F/Gas Mark 6.

Mix the berries with half the sweetener and transfer to an ovenproof dish. Stir together the chopped nuts, remaining sweetener and ginger (if using). Sprinkle over the berries and transfer to the oven.

Bake for 20–25 minutes, until the berries have broken down and the topping is golden. If the topping is golden after ten minutes of cooking, cover loosely with foil to avoid burning.

Mediterranean days

Breakfast

Poached egg à la Grecque

Eating healthily doesn't have to mean no more cooked breakfasts. What's important is what you cook and how you cook it – poaching, grilling, microwaving and steaming are all better options than frying. Choose low fat and lean foods to go with these healthier cooking methods. Tomatoes are very versatile and make great meals and snacks.

Serves 1

1 egg
Handful of mushrooms, sliced
2 Medium tomatoes, halved
2 slices wholegrain bread, toasted
Pinch of black pepper

Boil a small pan of water. Place the sliced mushrooms and halved tomatoes under a hot grill for 5 minutes, turning once half-way through.

Whilst the tomatoes and mushrooms are under the grill crack the egg into the boiling water. Simmer for 2-3 minutes for a soft egg and 3- 4 minutes for a firm egg. How long you need to cook the egg for will depend on the size of the egg and whether it is being cooked straight from the fridge,

Place the toast on a warmed plate, spoon over the mushrooms and tomatoes and top with the poached egg. Season to taste with a little black pepper.

Mixed berry bruschetta

Berries are a great source of vitamin C and are packed with cancer protective plant chemicals. Each serving also provides 45% of the calcium and 20% of the folate you need each day.

Serves 2

160g / 5 ½ oz mixed berries, such as strawberries, blueberries and blackberries
½ tsp cinnamon
2 crusty slices of mixed grain bread
6 tbsp low fat plain yoghurt or Fromage Frais

Lightly toast the bread on both sides and then wash, hull and dry the berries.

Place a handful of the berries on the top of each of the two toasted slices of bread.

Sprinkle some cinnamon on top and serve accompanied by 3 spoons full of yoghurt.

Lunch

5-Minute Soup

This quick soup is packed full of healthy vitamins and plant nutrients. Try a variety of seasonings and fresh herbs to bring out the flavour of the vegetables. Besides basil, other flavoursome choices include chopped parsley, coriander or chives.

Serves 2

1 teaspoon olive oil
1 large can (400g) tomatoes, chopped
1 small onion, peeled and finely chopped
10 drops Worcestershire sauce or $\frac{1}{2}$ a vegetable stock cube (optional)
Black pepper
Sprinkle of dried mixed herbs or handful of fresh basil leaves, washed and shredded

In a thick bottomed pan, gently heat the oil and lightly sauté the onion until soft.

Add the entire can of chopped tomatoes and all the juices to the pan. Stir over a gentle heat for a further 5 minutes.

Season with Worcestershire sauce or stock and a little freshly milled pepper and the herbs.

Serve in mug or bowl, with wholemeal or granary bread or toast.

Carrot and Red Lentil Soup

Serves 2

1 teaspoon olive oil
1 small onion, peeled and chopped
2 medium carrots, peeled and chopped
1 medium cooking apple, cored, peeled and chopped
 $\frac{1}{2}$ stock cube dissolved in 600ml / 1 pint hot water
1 bay leaf
80g / $2\frac{3}{4}$ oz dried red lentils
Black pepper
Optional: pinch of cinnamon
Optional: chopped parsley/chives to garnish

Heat the oil in a saucepan and add the onions. Cook over a low heat until soft.

Add the carrots, stir well and cook for 5 minutes.

Add the apple, stock and bay leaf. Bring to the boil, then add the lentils and reduce the heat, cover and simmer for 20-30 minutes until the lentils are soft.

Add black pepper and the cinnamon and remove the bay leaf.

Serve soup as it is, or it can be blended in a liquidiser or with a hand-held blender, for a smoother consistency.

Top with chopped parsley or chives as desired.

Salad, pasta, sandwich and jacket potato Fillings

All fillings provide 2 servings

Tuna & Sweetcorn

Mix together:

- 1 can tuna (185g) in water or brine, drained
- ½ can sweetcorn (100g), rinsed and drained (or use frozen)
- 1/4 cucumber, chopped
- 1 small pot (125g) low fat natural yoghurt
- 1 tablespoon reduced fat salad cream/ mayonnaise

Vegetarian

Mix together:

- 80g / 2¾oz mushrooms, peeled and sliced
- 1 courgette, finely diced
- 1 red pepper, diced
- 60g / 2oz sweetcorn, canned or frozen
- 1 tablespoon reduced fat salad cream/ mayonnaise
- 1 small pot (125g) low fat natural yoghurt

Coronation Chicken

Mix together

- 1 teaspoon medium-hot curry paste
- 2 teaspoon mayonnaise
- 2 teaspoon low-fat natural yogurt
- Large squeeze of lime juice
- 4 dried apricots, roughly chopped
- 2 spring onions, sliced
- 2 tablespoons of cashew nuts, chopped
- 120g (4oz) cooked skinless chicken breast, sliced
- 2-3 tablespoons chopped coriander

Ham, Tomato & Onion

Mix together:

- 120g / 4oz diced ham
- 3 fresh medium tomatoes
- 2 spring onions, finely chopped
- 1 tablespoon reduced fat salad cream/ mayonnaise
- 1 small pot (125g) low fat natural yoghurt

Main Meals

Vegetable lasagne

This is an ideal recipe for entertaining as you can prepare it in advance and then cover and chill overnight, or even put it in the freezer for up to three months. Then all you have to do is top with cheese and re-heat thoroughly.

Serves 2

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 1 clove of garlic, finely chopped
- 120g / 4oz mushrooms, sliced
- Half a red pepper, finely sliced
- 1 courgette, sliced
- 1 small can tomatoes or half a large one
- 2 tablespoons tomato purée
- 1 teaspoon dried mixed herbs
- 1 teaspoon cinnamon
- 1 small can butter beans
- 1 small can chick peas
- 1 heaped teaspoon cornflour
- 150ml / 1/4 pt semi-skimmed milk
- 60g / 2oz reduced fat cheddar cheese, grated
- 1/4 teaspoon mustard powder
- 120g / 4oz Wholemeal lasagne sheets

Preheat the oven to 190°C / Fan 170 °C / Gas Mark 5

Pour the oil into a large saucepan. Add the onion and cook for 2 minutes then add the garlic, mushrooms, red pepper and courgette and cook over a medium heat for 5 minutes.

Add the tinned tomatoes, tomato purée, herbs and spices. Stir and leave to simmer for 5 minutes. Next, stir in the butter beans and chick peas.

Mix the cornflour with a little of the milk to form a paste. Put the rest of the milk in a small saucepan and heat until simmering. Add the cornflour paste, stirring all the time until the milk thickens into a sauce. Remove from heat and stir in half the cheese and mustard powder.

Put some of the vegetable mixture into an ovenproof dish, then a little cheese sauce, then a layer of lasagne sheets. Repeat – ending with a layer of cheese sauce. Sprinkle over the rest of the cheese. Place in a hot oven for about 25 minutes, until golden brown.

Fish Pie

A filling and comforting meal, add some colour by mixing in a selection of fresh vegetables. Serve with peas, broccoli or green beans.

Serves 4

- 680g / 1lb 7oz potatoes, peeled and diced
- 720g / 1lb 9oz haddock or any kind of white fish
- 180g / 6oz Salmon
- 425ml / 15 fl oz semi-skimmed milk
- 30g / 1oz olive oil spread
- 30g / 1oz flour
- 30g / 1oz low-fat strong cheddar cheese

Preheat the oven to 200°C / Fan 180 °C / Gas Mark 6.

Start by preparing the potatoes. Boil them for about 10-15 minutes until they're soft, then drain them and mash with a little semi-skimmed milk.

To make the sauce, mix the milk, margarine and flour in a small pan and warm over a medium heat. Stir continuously until the sauce starts to bubble and thicken.

Pour the sauce over chunks of fish in an ovenproof dish, then top with mashed potato and sprinkle the cheese over the top.

Bake in the centre of the oven for 30 minutes, until the top is golden brown.

Lemon chicken

This fresh and zesty sauce is the perfect complement to chicken - throw in some greens to add some colour. Serve with wholemeal rice (60g/2oz per person) and steamed green vegetables, such as cabbage or green beans.

Serves 2

240g / 8 oz skinless chicken fillet, cut into strips
1 small onion, chopped
1 tbsp olive oil
1 glass white wine or low-salt stock
½ lemon plus its juice
80g / 2¾oz mushrooms, sliced
1 tbsp parsley, chopped
pinch dried dill
pinch black pepper

Gently fry the chicken in the oil until golden brown. Then carefully remove and put on a plate.

Add the mushrooms and onion to the pan, lightly toss in the hot oil and add the wine.

Bring to the boil, add a pinch of dill and start to simmer over a low heat.

Grate the lemon skin into the pan, and add the parsley, lemon juice and black pepper.

Simmer until the sauce has reduced by half and then put the chicken back in the pan.

Cook for another 15-20 minutes, until the chicken is cooked through.

Lean Beef and Mushroom Hotpot

This beef and mushroom hotpot includes a small amount of lean, red meat as well as a host of vegetables. Serve the potatoes either on the side or in the hotpot.

Serves 2

2 teaspoons olive oil
1 teaspoon ground cinnamon
1 large onion, peeled and chopped
120g / 4oz lean beef, cut into cubes
120g / 4oz tinned chickpeas, drained
240g / 8oz mushrooms, sliced
1 carrot, sliced
1 x400g tinned, chopped tomatoes
1 tablespoon tomato purée
150g / 5oz boiled potatoes (keep the skins on)
120g / 4oz spinach, washed and trimmed
Handful of parsley
Black pepper to taste

Heat the oil in a heavy-based pan, add the onion and cinnamon and cook gently for 5 minutes.

Add all the other ingredients to the pan – except the potatoes, parsley, spinach and pepper. Stir thoroughly.

Cover and simmer stirring from time to time, for about 50 minutes.

Add the spinach, parsley (*and potatoes if they are being served in the hotpot*) and simmer for a further 5 minutes.

Serve with the boiled potatoes.

Add black pepper to taste.

Dessert

Fromage Frais pancakes with honey and blueberries

Each serving of these tasty pancakes provides plenty of plant nutrients and 20% of the calcium you need each day.

Serves 2

For the pancake batter

40g / 1 1/3 oz plain flour

40g / 1 1/3 oz wholemeal flour

3oz / 80ml warm milk

1 tsp sweetener

¼ tsp salt

1 egg, separated

1 tsp dry yeast

½ tbsp Fromage Frais

1 tsp olive oil spread (to use for cooking)

2tsp Honey

160g / 5 ½ oz Blueberries

125g pot of low fat yogurt

Place the flour in a large mixing bowl and make a well in the centre. Add the warm milk, sugar and salt, and mix well. Stir in the egg yolks and add the yeast. Mix well until everything has dissolved and you have a smooth batter.

Cover, and leave in a warm place for about an hour until the batter has doubled in size.

Whisk the egg white until it resembles soft peaks. Fold it into the pancake batter. Stir in the Fromage Frais.

Place a heavy, non-stick frying pan, about 18cm in diameter, on a medium-high heat. With a pastry brush, brush its surface with a little olive oil spread.

Add a ladle-full of the pancake mixture into the pan and cook until golden brown on each side. Give each pancake about 40 seconds on each side, flipping each one over half-way through cooking.

Serve hot with honey and blueberries and a few spoons of low fat yoghurt.

Poached vanilla pear

Serves 4

These delicious poached pears are quick and simple to prepare, but make an impressive dessert.

4 pears
1 tsp runny honey
1 tsp vanilla essence
2 tbsp raspberries or blackberries

Peel each pear and cut in half, then carefully scoop out the core but try to leave the stalk in place. Put the pears in a pan and add water so they are just covered.

Then add the honey and vanilla essence and simmer gently for 6 minutes until the pears are tender but not mushy.

Next, gently stir in the raspberries.

Lift the fruit out of the pan, including the berries, and place in a serving dish. Then boil the juice, reducing it to a syrup, and pour over the fruit.

Serve warm or chilled.

Alternative: you can add a stick of cinnamon during cooking for a spicier flavour. Try serving with low fat natural yoghurt.



This clinical trial is supported by
Genesis Breast Cancer Prevention

Genesis Breast Cancer Prevention is the only charity in the UK entirely dedicated to the prevention of breast cancer. Currently, 1 in 10 women and 1 in 1,000 men will develop breast cancer in their lifetime.

**Through the funding of vital medical research,
Genesis Breast Cancer Prevention aims to make 1
in 10, none in 10.**

Our purpose built breast cancer prevention centre, Europe's first, was completed in 2007 and we aim to support its services by sponsoring people and science.

We will achieve this by providing a strategic programme of clinical research, the UK's largest family history clinic, plus a training centre for specialists in all breast cancer disciplines.

We will promote breast screening and early diagnosis, and research new treatments to stop breast cancer in its early stages.