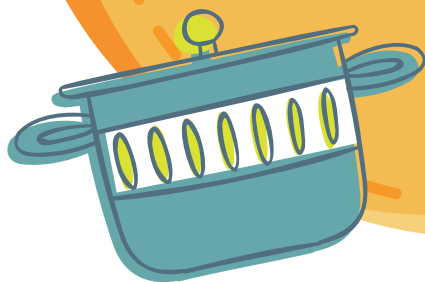


CIT Dept of Sport, Leisure & Childhood Studies and the  
Dept of Tourism & Hospitality, with Good Start, bring you...



# ‘A Healthy CIT’ Cookery Demo Event

Recipe Booklet



Discover some quick, easy and nutritious recipes  
demonstrated and prepared by CIT lecturers,  
Sinéad Clancy & Lisa O’Brien.

# Foods To Boost Memory

Did you ever wonder if there are certain foods which can help you retain information? Could these foods help your grades? The Academy of Nutrition and Dietetics ([www.eatright.org](http://www.eatright.org)) recommends the following foods to boost your brain power!

## 1) GREEN VEGGIES

Think broccoli, kale, and cabbage. You can often pick these up as part of special offer deals in local supermarkets. Add raw broccoli, pomegranate, feta cheese, walnuts to a large bowl and you have the world's easiest salad!

## 2) BERRIES

Blueberries, raspberries, blackberries and cherries. You can buy these fresh or frozen (which might be a cheaper, more convenient option). Try a portion of blueberries in your porridge to kick start your day. Berries contain chemicals called anthocyanins which help increase memory function.

## 3) OMEGA 3's

Essential fatty acids can help boost brain function. Try cooking fish (salmon, tuna, sardines) instead of meat for a change.

## 4) WALNUTS

Walnuts can be eaten on their own, they can be sprinkled on morning porridge, or added to salads for an extra bite.

# Vegetable & Lentil Soup

## Ingredients

- 1 tbsp coconut oil
- 1 large brown onion, peeled and chopped
- 1 large red bell pepper, deseeded and chopped
- 1 large sweet potato, peeled and chopped
- 3 carrots, peeled and chopped
- ½ cup red lentils
- 5 cups vegetable stock
- ¼ tsp salt
- ½ tsp ground black pepper
- ½ tsp salt

## Method

1. Heat the oil in a large saucepan and add the onions. Cook for 5-6 minutes until soft. Add in the red pepper, sweet potato and carrots and cook for another couple of minutes.
2. Add in the lentils and stir to coat in the oil. Add in the stock and bring to the boil. Turn down the heat and simmer for 20 minutes.
3. After the soup has been cooking for 20 minutes, turn off the heat and carefully blend it using a hand blender. The soup should be thick, but you can add a little hot water if you want to thin it down a little.
4. Taste and add a little more salt and pepper if required.

# Spinach & Pepper Frittata

## Ingredients

½ tsp coconut oil  
5 large eggs  
300g tub low-fat natural cottage cheese  
1 garlic clove, finely chopped  
15g finely grated Parmesan cheese  
225g baby spinach (washed)  
2 roasted red pepper (not in oil), torn into strips  
Generous grating of nutmeg  
50g chopped cooked potatoes  
100g whole cherry tomatoes

## Method

1. Preheat oven to 190C/170C fan/375F/gas 5.
2. Heat the coconut oil in a non-stick oven proof pan, and gently fry the vegetables (excluding the tomatoes) over a low heat until soft.
3. Beat the eggs in a large bowl with the cottage cheese with half the Parmesan, the nutmeg and some black pepper.
4. Tip into the pan, top with the tomatoes and sprinkle with the remaining Parmesan. Bake for 40 minutes until set all the way through and starting to puff up. Cut into wedges and serve hot or cold. Will keep for 3-4 days in the fridge.

# Bolognese

## Ingredients

1 tsp coconut oil  
500g beef mince (5% fat)  
1 onion, finely chopped  
2 garlic cloves, finely chopped  
1 small carrot, grated  
75g mushrooms, finely chopped  
2 x 400g tins chopped tomatoes  
Tin of mixed beans (strained and rinsed)  
1 tbsp tomato purée  
1 tsp dried oregano  
100g baby spinach (washed)  
Handful of fresh basil, chopped

## Method

1. Put a large heavy-based saucepan on a medium heat and add oil, add the onion, carrot, garlic and sweat off until the onion is soft, stirring often. Increase the heat to medium-high, add the mince and cook stirring for 3-4 minutes until the meat is browned all over.
2. Add the tomato puree and cook out for a minute or two.
3. Add the tinned tomatoes, chopped basil, and oregano. Bring to the boil, reduce to a gentle simmer and cover with a lid. Cook for 1 hr 15 mins stirring occasionally, until you have a rich, thick sauce. Add the spinach, check the seasoning and stir.

**\*This a very versatile base which can be served with pasta, baked potatoes, turned into Cottage Pie or Lasagna.**

# Fudgy Almond Brownies

## Ingredients (12 Portions)

150g walnuts  
200ml coconut  
200g ground almonds  
100g white spelt flour  
300ml maple syrup/agave syrup  
40g cocoa powder  
2 tsp baking powder  
1 tsp salt  
200ml rice milk or milk of your choice  
1 tbsp vanilla extract

## Method

1. Preheat the oven to 160°C/325F/gas mark 3.
2. Chop the walnuts into small pieces. Leave 50g aside to decorate the brownies.
3. Melt the coconut oil and pour into a large bowl. Add all the ingredients and mix well until uniform in texture.
4. Line a tray (approx. 40cm x25cm and 3cm high) with baking paper and pour in the mixture.
5. Bake for 18 minutes. Once baked remove from the oven, scatter the chopped walnuts on top and gently press them down so they are studded in.
6. Leave to cool at room temperature. When cool put into the fridge for 30minutes to set fully (this will also make it a little fudgier).

## Notes

