



Healthy eating for people with diabetes and their families

No matter what the occasion you can be sure that all these recipes can be enjoyed with a clear conscience.

Created by adults and children with **DIABETES**
in aid of The Stephanie Marks Appeal

Foreword by Antony Worrall Thompson

Introduction

The original idea for 'Delicious Dining' came from Cathy Dennis, HR Retention Manager at Ashford & St Peter's Hospitals NHS Trust - a passionate collector of recipes, but less enthusiastic cook. In parallel, Zöe Wood and Catherine Jenkins, Paediatric Dietitians, were considering how best to respond to parents who asked them to suggest tasty and inventive recipes for children with diabetes. Being well aware that patients, carers and busy parents don't have the time or inclination to cook separate meals for different family members, the local community were invited to share their favourite recipes and have them published. Hence the idea of Delicious Dining, healthy eating for the 'entire family' was born.

Our thanks to

There are so many people that have made Delicious Dining possible. Firstly, we couldn't have done it without everyone from the local community who contributed all these tasty recipes - our sincere thanks to you all.

Sarah Havard encouraged children from Laleham County Primary School to enter our drawing competition which was judged by Waterstone's Book Sellers in Walton on Thames. Our five winning artists were Bethen Evans — Starters; Connor Buckley — Main Courses; Madeleine Havard — Puddings; Alice Hatswell — Healthy Snacks & Light Bites and Emily Walker - Children's Parties.



Stephanie Marks

We would like to acknowledge Ashford & St Peter's Hospitals NHS Trust Dietetics Department, especially Katie Richards, Elma Phillips, Catherine Jenkins and Joan Leeks; Claire Daniels and the Stephanie Marks Committee: Kevin Topham of Brooklands College, Weybridge and Angela Johnstone from OCS Healthcare.

PAN, our creative agency, has done a fantastic job of designing and producing the recipe book donating their time and talent completely free of charge. Words are inadequate to express our thanks.

The Stephanie Marks Appeal is dedicated to improving the quality of diabetes care throughout Surrey and West Middlesex by creating a dedicated 'Diabetes Resource Centre'. Based within the grounds of St Peter's Hospital Chertsey, this state of the art facility will offer integrated diabetes treatment, education and research. The Centre will significantly raise awareness of this escalating condition leading to prevention, early detection, management and monitoring of the disease. All proceeds from this book will support The Stephanie Marks Diabetes Appeal.

Further copies of this recipe book can be obtained from Ashford & St Peter's Hospitals NHS Trust Dietetics Department, the League of Friends shops at St Peter's Hospital, Chertsey and Ashford Hospital, Ashford, Middx and The Diabetes Specialist Nurses.

Stephanie Marks was born at St Peter's Hospital. She had Type 1 diabetes for six years. Sadly she died of complications in 2002, she was only 17. Stephanie's dream was to become a doctor. The Centre will be a lasting tribute to her memory. Sir Ian Botham is Patron of the Appeal.

Zöe Wood
Paediatric Dietitian

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Chicken and Mushroom Risotto

Serves 4

**250g risotto
(aborio) rice**

2 tbsp olive oil

**100g onion,
finely chopped**

250ml chicken stock

1 bay leaf

**Freshly milled pepper
50g parmesan cheese,
freshly grated**

2 chicken breasts

**200g mushrooms,
sliced**

12g parsley, chopped

- ✿ Remove the skin from the chicken breasts and cut into 1cm cubes.
- ✿ Heat a thick bottomed saucepan; add in the olive oil and the onions.
- ✿ Cover with a lid and soften without allowing them to colour.
- ✿ Add the risotto rice and stir well to coat in the oil.
- ✿ Add the chicken and mushrooms and cook for a few minutes.
- ✿ Pour in the stock, seasoning and bay leaf.
- ✿ Bring to the boil, replace the lid and cook on a very low heat, stirring frequently.
- ✿ Check the rice after 15-20 minutes and when cooked, carefully fold in the olive oil.
- ✿ Fold in the grated Parmesan and parsley.
- ✿ Serve immediately with a little Parmesan sprinkled on top.

Serving Suggestion:

Serve with a really crisp green salad.

Nutritional Info per serving:

Energy 456kcal, Fat 13g, CHO 56g, Sugar 2g, Fibre 1g

Top Tips: This recipe doesn't need much preparation and can contain more or less any combination of vegetables or white meat, depending on your taste. The secret of success here is to get the rice to the right consistency and keep stirring. When you check it after about 20 minutes, most of the liquid should have been absorbed and the rice should be firm, with a little bite to it. If you think it's too firm add some more stock or a dash of water and carry on cooking. If it's too wet, remove the lid and let it cook for a few more minutes. When it's ready, add some olive oil to give it flavour and to allow the rice to separate slightly.

Kevin Topham, Brooklands Catering College, Weybridge

The brilliant thing about this recipe is that, apart from the meat oil and salt, there are no limits on how much of the ingredients you put into the recipe, in fact the more the merrier!

Cowboy Chilli

Serves 4 Cowboys, or 6 Cowgirls

500g minced beef, lean	1 tbsp tomato puree
4 tbsp olive oil	400g tin chopped tomatoes
1 large onion	125g mushrooms, chopped/sliced
Garlic, as much as you dare	1/2 green and 1/2 red pepper, chopped/sliced
Fresh chilli and/or chilli powder, hotness to suit your taste.	400g tin of red kidney beans, drained
	Salt

- ✿ In a large saucepan, dry fry the mince. Drain off the excess fat.
- ✿ Add olive oil.
- ✿ Add the chopped onions, chopped garlic and chillis and continue to fry all the ingredients together until the onions become soft and the mince is cooked through.
- ✿ Add the tomatoes, stir and cook.
- ✿ Add the tomato puree, stir and cook.
- ✿ Add the mushrooms, stir and cook.
- ✿ Add the peppers, stir and cook.
- ✿ Drain the can of red kidney beans (wash with water if needed) and add to the saucepan, continue to stir and cook.

✿ Add salt to taste, be sparing with this.

✿ After 5 minutes serve the chilli with one or more of the following:

- Reduced fat sour cream
- Salsa
- Reduced fat guacamole
- Taco shells/nachos/Basmati rice/Jacket potato

Nutritional Info per serving:

Energy 477kcal, Fat 19g, CHO 55g, Sugar 9g, Fibre 9g










Top Tip: This can also be kept for 2-3 days in an air tight container in a fridge.

Alun Willis, Head of Dietetics, Ashford and St Peter's Hospital NHS Trust, Chertsey

Vegetarian Kedgeree

Serves 4

100g cauliflower	3g ground cardamom
100g french beans	3g turmeric
100g courgettes	100g basmati rice
100g mange tout	180ml vegetable stock
50g onions	75g cooked
1 clove garlic	green lentils
25ml sunflower oil	4 hard boiled eggs
25g curry powder	(optional)
10g root ginger	500ml curry paste

-  Cut the cauliflower into small florets and lightly blanch.
-  Halve the French beans, cut the courgettes into long batons and top and tail the mange tout. Blanch separately.
-  Heat some oil and sweat the chopped onion and garlic.
-  Add the curry powder, ginger, cardamom and turmeric and cook for 1 minute.
-  Add the rice and stir. Add the vegetable stock, bring to the boil, cover and cook in the oven at 200°C until al dente.
-  Remove from the oven and add the cooked lentils.
-  Reheat the vegetables in a frying pan, keeping firm and add to the rice.
-  Finish by quartering and adding the hard boiled eggs.
-  Use the curry paste to form a cordon and serve some in a sauceboat separately.

Serving suggestions:

Serve with curry paste and mango chutney.

Nutritional Info per serving:

Energy 299kcal, Fat 15g, CHO 32g, Sugar 8g, Fibre 3g

Kevin Topham, Head Chef Uxbridge College Catering Courses

Shepherd's Lentil Pie

Serves 10

600g lentils

2½ cloves garlic, crushed

2½ sticks celery

2½ large carrots, diced

250g mushrooms, chopped

125g olive spread









6.5g thyme

6.5g marjoram

12.5g tomato puree

1500g potato, mashed

400g of tinned, chopped tomatoes

-  Soak the lentils then drain and rinse well.
-  Put into a saucepan, cover with cold water and simmer gently until tender.
-  Drain off any excess liquid.
-  Fry all the vegetables in the margarine for 15 minutes until they are tender. Add the lentils, herbs, chopped tomatoes, tomato puree and seasoning.
-  Grease a shallow dish, spoon in the lentil mixture.
-  Spread with mashed potato and rough up the top with a fork.
-  Dot with margarine.
-  Bake for 30-40 minutes, until golden brown.

Nutritional Info per serving:

Energy 469kcal, Fat 18g, CHO 63g, Sugar 7g, Fibre 6g

Dorset Apple Cake

Serves 12

200g wholemeal self raising flour

100g unsalted butter








300ml semi-skimmed milk

200g apples

Pinch of salt

8 tsps of artificial sweetener

1 egg

-  Sieve flour and salt (any remains just throw in).
-  Cut butter into chunks then rub together with flour and add artificial sweetener
-  Mix in egg and then milk until the mixture is the consistence of a stiff cake mixture.
-  Wash and core apples, leave the skins on and cut into small cubes.
-  Mix apples with mixture.
-  Put mixture into a greased baking tray or an over proof dish.
-  Cook for about 40 minutes at 170°C depending on the oven.

Nutritional Info per serving:

Energy 135kcal, Fat 8g, CHO 13g, Sugar 3g, Fibre 2g

Mary and Derek Mitchell

My husband takes slices of this to work to keep his blood glucose steady.

Banana and Walnut Bread



Serves 10-12

**115g low-fat spread,
plus a little extra to
grease the cake tin**

**1 tbsp bicarbonate of
soda**

**2 tsp either allspice or
cinnamon or ground
ginger according
to taste**

**225g wholemeal
plain flour**

**2 large eggs,
beaten well**

**3 very ripe
medium bananas**

**30-40ml soya milk,
or skimmed milk**

**A good handful of
chopped walnuts and
a few half walnuts to
decorate the top**

- Pre-heat oven to 180°C.
- Grease a loaf tin.
- Cream the low fat spread in a bowl until fluffy.
- Sift the flour, bicarbonate of soda and mixed spices into a bowl then add to the creamed low fat spread alternately with the eggs.
- Peel the bananas and slice them into a bowl. Mash them well, then stir them into the cake mixture.
- Mix in the milk and add the chopped nuts.
- Spoon the mixture into the loaf tin and level the surface with a spoon, I usually give the tin a little bang on the table to settle it well.

- If you like, add a row of walnuts along the top for decoration.
- Bake for about an hour or until a fine skewer inserted in the centre comes out clean.
- Turn the cake out and cool it on a rack.

Top Tip: Whilst baking, if you feel the cake is getting too brown it is a good idea to put a sheet of foil on the top for the last 10 minutes.

Nutritional Info per serving:

Energy 154kcal, Fat 7g, CHO 19g, Sugar 7g, Fibre 2g

Dee Norris

Mango Smoothie




Serves 3

2 large ripe mangos, peeled and chopped

350ml low fat yoghurt

500ml semi-skimmed milk

3-4 mint leaves

-  Put all the ingredients, except the mint, into a blender and blitz until the mango is pureed and the ingredients are smoothly combined.
-  Add a little more milk if it is too thick for your taste.
-  Pour into a glass, topped with fresh mint leaves and add some ice cubes if desired.

Nutritional Info per serving:

Energy 200kcal, Fat 4g, CHO 30g, Sugar 30g, Fibre 3g

Azmina Govidji

Consultant Nutritionist, Registered Dietitian, broadcaster and best-selling author.

Please note:

This recipe is high in fruit and sugar. Therefore, if you have diabetes we recommend it is consumed with a meal to help slow down the release of the sugar.

Potato Skins with Dips

Serves 2

2 Potatoes






**100g low fat natural
yoghurt**

1 clove garlic

1 tsp tomato puree

1/2 tsp chilli sauce

Salt and pepper

-  Bake potatoes in the oven until tender.
-  Cut in half and scoop out flesh and cut in half again.
-  Put on a baking tray skin side down.
-  Grill for approximately 45minutes.
-  Mix together dip ingredients and serve.

Nutritional Info per serving:

Energy 167kcal, Fat 0.5g, CHO 37g, Sugars 6g, Fibre 3g

Catherine Jenkins

Roasted Aubergine Dip with Pitta Strips

Serves 4

4 wholemeal pittas

2 large aubergines






1 garlic clove peeled

1 tbsp lemon juice

1/2 tsp ground cumin

ground black pepper

2 tbsps freshly chopped parsley

-  Pre-heat the oven to 180°C.
-  Cut the pitta breads into strips. Spread the bread, in a single layer, onto a large baking tray.
-  Cook in the preheated oven for 15 minutes until golden and crisp. Leave to cook on a wire cooling rack.
-  Trim the aubergines, rinse lightly and reserve. Heat a griddle pan until almost smoking. Cook the aubergines and garlic for about 15 minutes.
-  When the aubergines are cool enough to handle, cut in half and scoop out the cooked flesh and place in a food processor.
-  Squeeze the softened garlic flesh from the papery skin and add to the aubergine.
-  Blend the aubergine and garlic until smooth, then add the lemon juice and cumin and blend again to mix.
-  Season to taste with pepper, stir in the parsley and serve with the pitta strips and mixed salad leaves.

Nutritional Info per serving:

Energy 218 kcal, Fat 1g, CHO 46g, Sugar 4g, Fibre 7g

Tuna and Sweetcorn Quiche

Serves 10

Dough

200g wholemeal flour
100g low fat margarine
250g potato, peeled and grated
2 eggs, beaten
1 level tsp baking powder

Filling

250g onion, finely chopped
60ml olive oil
150g green pepper, chopped
350g tuna
200g sweetcorn
4 eggs
200ml natural low fat yoghurt
Oregano, to taste
Black pepper, to taste
100g low fat cheddar cheese

 Bake pastry case blind.

 Fry onions in oil until soft and remove from pan.

 Drain the tuna and mix with onion and pepper.

 Add the yoghurt, beaten eggs, oregano, pepper and cheese.

 Transfer into baked pastry case and return to oven until browned.

Nutritional Info per serving:

Energy 374kcal, Fat 19g, CHO 30g, Sugar 5 g, Fibre 4g