

ALFRESCO DINING

 *Healthy recipes for sunny days* 



Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook,
Alfresco dining.

During the warmer months, it's lovely to eat outdoors with our family and friends, whether it's to celebrate a special occasion or simply because the sun is shining. It may be a picnic in the park, a gathering in the back garden, or even a party on your street. Regardless of the event, rather than sitting down for a meal, the food served outdoors is usually buffet-style, which we serve ourselves.

The food associated with outdoor eating tends to be highly processed. This often includes lots of processed meat, fried bites, and rich pastry-based foods, which are all high in fat, salt or sugar. The vegetable crudités that are added to bring a bit of colour to the spread are the only nod towards healthy foods.

Our **Alfresco dining** cookbook brings you 8 recipes that are inspired by the traditional buffet foods we eat outdoors but have been given a healthier makeover. The recipes have been designed to follow World Cancer Research Fund's Cancer Prevention Recommendations (see page 16) and aim to show how easy and delicious it can be for you to follow them too. The recipes are also low in salt, added sugar and saturated fat.

Our cookbooks and health information guides aim to support you in making positive lifestyle choices, and to help you live a healthy, cancer-free life.

We hope you enjoy the recipes in this cookbook. Please share them with your family and friends, and help spread our cancer prevention messages.

Yours faithfully,

A handwritten signature in black ink, reading 'Rachael Gormley' in a cursive script.

Rachael Gormley

CEO, World Cancer Research Fund

PS. Don't forget your sun cream.

Contents

Vegan sausage rolls	2
Chinese-style tofu in lettuce wraps	4
Chicken satay skewers	6
Salmon, bean and pea fishcake bites	8
Coronation chicken sandwiches	10
Hummus and beetroot salsa wraps	10
Roasted chickpea and pomegranate rice salad	12
Oatmeal and raisin scones	14
Cancer Prevention Recommendations	16



Nutrition information: Our nutrition information is calculated by qualified nutritionists and is based on readily available products that contain the lowest possible amount of fat, salt and sugar. This information is to be used as a guide and may vary depending on the exact products you use. Try to choose foods that contain no added salt or sugar or opt for low or reduced-salt and sugar versions where possible. If you adjust the recipes using our top tips or serving suggestions, the nutrition information will no longer be accurate.

VEGAN SAUSAGE ROLLS



Ingredients (makes 18)

Light cooking spray oil

1 medium red onion, diced

200g chestnut mushrooms, sliced

Small handful fresh sage,
roughly chopped

1 clove garlic, sliced

1 teaspoon smoked paprika

Freshly grated nutmeg, to taste

Freshly ground black pepper, to taste

1 tablespoon vegan
Worcestershire sauce

1 x 400g can green or brown lentils,
rinsed and patted dry

50g rolled oats

4 sheets pre-made vegan filo pastry

Unsweetened soya milk or similar,
for glazing

Serving suggestion

Best served immediately. If necessary, reheat in the oven for 5–10 minutes (at 180°C/Fan 160°C).



Method

1. Preheat the oven to 200°C/Fan 180°C.
2. Coat a non-stick frying pan in spray oil and warm over a medium-low heat. Cook the onion until soft and translucent. Then increase the heat to high and stir constantly until the onion is golden brown. Remove from the heat and put in a food processor.
3. Add a little more spray oil to the same pan and, over a medium-high heat, cook the mushrooms. Stir regularly until browned. Then reduce the heat and continue to cook until the volume has significantly reduced. Drain off any excess liquid and add to the onion in the food processor.
4. Add the sage, garlic, paprika, nutmeg, black pepper and Worcestershire sauce to the onion and mushrooms, and blitz to form a rough paste.
5. Then add the lentils and oats, and blitz – to mix thoroughly but maintain some texture.
6. Place two sheets of filo pastry on top of each other on a dry chopping board. Spoon the 'sausage' mixture along the length of the long side, about 4cm from the edge. The sausage should be about 2cm wide and 1cm in height. Lift the 4cm edge over the sausage, then carefully roll the sausage. Cut into 9 sausage rolls, about 2.5cm long. Repeat with the remaining filo and sausage mixture.
7. Place the sausage rolls on a lined baking tray and glaze with soya milk. Bake in the oven for 20–22 minutes.

Nutrition information (per sausage roll)

Calories
72

Fat
1.1g

Sugar
1.4g

Salt
0.1g

5 A DAY
<0.5



CHINESE-STYLE TOFU IN LETTUCE WRAPS

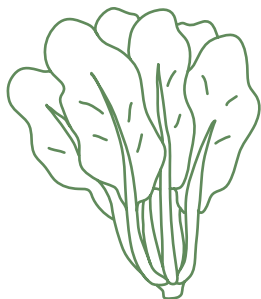


Ingredients (makes 18)

1 clove garlic, finely diced
2cm root ginger, peeled and grated
4 tablespoons hoisin sauce
2 tablespoons reduced-salt soy sauce
2 tablespoons rice wine vinegar
2 teaspoons lime juice
450g tofu, pressed (if necessary)
1 x 225g can water chestnuts, drained and finely chopped
2 red peppers, finely diced
4 spring onions, finely sliced
Light cooking spray oil
12 outer leaves from little gem lettuce, washed

Method

1. To make the marinade, add the garlic, ginger, hoisin sauce, soy sauce, vinegar and lime juice into a large bowl and mix.
2. Dice the tofu and add to the marinade with the chestnuts, red pepper and spring onions. Stir to coat thoroughly. Cover and refrigerate for at least 1 hour.
3. Coat a large pan in spray oil and warm over a high heat. Transfer the marinated tofu and vegetables to the pan and stir continuously for about 6–8 minutes, or until the pepper is tender.
4. Add a spoonful of the tofu and vegetables into the centre of each of the lettuce leaves and serve.



Nutrition information (per wrap)

Calories
63

Fat
2.7g

Sugar
2.5g

Salt
0.4g

5 A DAY
<0.5



CHICKEN SATAY SKEWERS

Ingredients (makes 15)

650g skinless chicken breast, diced

For the marinade:

150ml unsweetened coconut drink
(found with non-dairy milk drinks)

2 teaspoons medium curry powder

1 tablespoon reduced-salt soy sauce

1 heaped teaspoon smooth mango
chutney

For the peanut dipping sauce:

3 tablespoons smooth peanut butter
(opt for a brand with no added salt,
sugar or oil)

2.5cm root ginger, peeled

1 medium clove garlic, peeled

½ teaspoon medium curry powder

2 tablespoons rice wine vinegar

1 tablespoon reduced-salt soy sauce

1 tablespoon lime juice

1 teaspoon smooth mango chutney

Method

1. To make the marinade, add all the marinade ingredients into a large bowl and mix.
2. Add the chicken to the marinade and stir to coat thoroughly. Cover and refrigerate for at least 1 hour.
3. Put the dipping sauce ingredients in a blender, and blitz until smooth. Pour into a serving bowl.
4. If using wooden skewers, soak in water to prevent burning.
5. Thread 2–3 pieces of chicken onto each skewer.
6. Place on a grill tray under a medium-high grill and cook for about 4 minutes – some of the edges should start to brown. Remove from the grill, carefully turn the skewers – remember, the skewers themselves may be hot – and cook for a further 4 minutes until the chicken is cooked through.

Serving suggestion

These are delicious hot or cold. If the sauce has been refrigerated, it may thicken up. Simply add a splash of water and stir for a thinner consistency.

Top Tip

This also makes a tasty salad. Remove the chicken from the skewers and add to a bowl of salad, then drizzle over some of the peanut dipping sauce.



Nutrition information (per skewer, with sauce)

Calories
64

Fat
2.4g

Sugar
1.1g

Salt
0.4g



SALMON, BEAN AND PEA FISHCAKE BITES



Ingredients (makes 20)

2 x salmon fillets (about 260g in total), fresh or frozen
.....
1 lemon, juice and zest
.....
Freshly ground black pepper, to taste
.....
2 x 400g can butter beans, drained
.....
100g petits pois, frozen, rinsed under cool water
.....
1 egg, lightly beaten
.....
50g breadcrumbs, ideally wholemeal (to make your own, dry 2–3 slices of wholemeal bread in the oven while the salmon cooks, and then blitz)
.....
2 heaped teaspoons capers
.....
2 tablespoons fat-free, plain Greek yoghurt
.....

Top Tip

Instead of salmon, try using canned tuna in spring water with sweetcorn instead of peas. Remember, if using canned sweetcorn, choose a no added salt version.



Method

1. Preheat the oven to 190°C/Fan 170°C.
2. Wrap the salmon in a loose foil parcel with a splash of water. Place in the oven and bake for 15–25 minutes, depending on how you prefer your salmon cooked. Leave to cool.
3. Transfer the salmon to a large bowl and shred, discarding any skin and bones. Add the lemon zest, half the lemon juice and black pepper, and stir through.
4. Place the butter beans and petits pois into a food processor and pulse to break down a little. Then, adding a little at a time, mix it with the salmon.
5. When all of the beans and salmon are combined, add the egg and mix thoroughly. Refrigerate until needed.
6. Preheat the oven to 220°C/Fan 200°C.
7. Divide the mixture into 20 – about 40g each – and roll into balls. Roll each ball in the breadcrumbs and place onto a lined tray.
8. Place the fishcakes in the oven for about 20 minutes, turning halfway through.
9. Spoon the capers into a small bowl and mash with the back of a spoon. Add the yoghurt and remaining lemon juice, and mix thoroughly.
10. Remove the fishcakes from the oven and serve with the yoghurt dip.

Nutrition information (per fishcake with dip)

Calories
70

Fat
2.5g

Sugar
0.6g

Salt
0.1g

5 A DAY
<0.5



CORONATION CHICKEN SANDWICHES



Ingredients (makes 8 sandwich quarters)

Method

3 tablespoons fat-free, plain Greek yoghurt
.....
¼ teaspoon mild or medium curry powder
.....
Sprinkle turmeric (for colour, optional)
.....
1 teaspoon lemon or lime juice
.....
1 dried apricot, finely diced
.....
10cm cucumber, de-seeded and diced
.....
1 heaped teaspoon sultanas, diced
.....
120g cooked chicken breast, cooled
and shredded
.....
4 medium slices wholemeal bread
.....

1. Add the yoghurt, curry powder, turmeric and lemon or lime juice to a bowl, and mix thoroughly.
2. To the yoghurt mixture, add the diced apricot, cucumber, sultanas and shredded chicken, and mix thoroughly.
3. Assemble the sandwiches – there's no need for butter or spread – and cut into quarters.
4. Serve immediately or transfer into a sealed pot and store in the fridge until needed. It is best to make up the sandwiches on the day, however the filling can be prepared in advance.



HUMMUS AND BEETROOT SALSA WRAPS



Ingredients (makes 12 wraps)

Method

6 large wholemeal wraps
.....
150g reduced-fat plain hummus
.....
90g baby spinach leaves, washed
.....
For the beetroot salsa:
.....
250g steamed beetroot, finely diced
.....
2 spring onions, trimmed and finely sliced
.....
1 teaspoon red chilli puree
.....
Small handful fresh mint, chopped
.....
1 tablespoon lemon juice
.....

1. Place the salsa ingredients into a bowl and mix.
2. Spread the hummus over one side of each wrap.
3. Spoon over the beetroot salsa and top with spinach leaves.
4. Fold in about 3cm of two opposite sides of the wrap. Then lift one of the unfolded sides and roll, so the folded sides form the ends.
5. Cut the wrap in half. Secure each half with a cocktail stick.



Nutrition information (per sandwich quarter)

Calories
83

Fat
0.9g

Sugar
2.5g

Salt
0.2g

5 A DAY
<0.5



Nutrition information (per wrap)

Calories
151

Fat
5.5g

Sugar
3.1g

Salt
0.6g

5 A DAY
<0.5

ROASTED CHICKPEA AND POMEGRANATE RICE SALAD



Ingredients (serves 4)

1 x 400g can chickpeas, drained

Light cooking spray oil, olive oil

150g wild rice with basmati or long grain rice

1 teaspoon ground cumin

120g mixed salad leaves

20cm cucumber, diced

1 red or yellow pepper, sliced

4 spring onions, finely sliced

80g pomegranate seeds

For the dressing:

4 tablespoons white wine vinegar

2 tablespoons olive oil

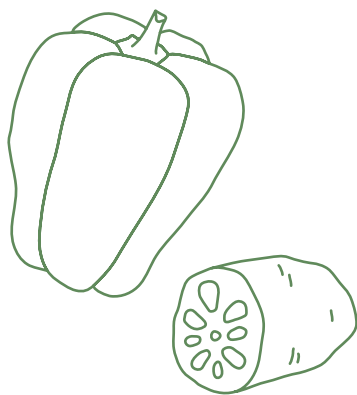
½ orange, juice only

Method

1. Preheat the oven to 210°C/Fan 190°C.
2. To make the roasted chickpeas, rinse the chickpeas under cool running water. Pat them dry with a clean tea towel or paper kitchen roll. Then spread them evenly over a lined baking tray and coat with spray oil. Gently toss to ensure they're evenly coated, before roasting for 20–30 minutes – gently toss again after 10 minutes to evenly cook.
3. Meanwhile, cook the rice according to packet instructions – there's no need to add salt to the cooking water. Drain and allow to cool before assembling the salad.
4. Once the chickpeas are golden and slightly crispy, remove them from the oven, sprinkle over the ground cumin, and toss.
5. Add the dressing ingredients to a tight-sealing pot such as a Tupperware pot or jam jar. Put the lid on securely and shake vigorously.
6. Mix the salad leaves with the rice and the other vegetables. Then add the dressing and mix again.
7. Top with the roasted chickpeas and pomegranate, and serve.

Top Tip

As well as a tasty main meal, this salad will make the perfect side to accompany the previous recipes in this cookbook.



Nutrition information (per serving)

Calories
249

Fat
9.8g

Sugar
7.5g

Salt
0.1g

5 A DAY
3



OATMEAL AND RAISIN SCONES



Ingredients (makes 8)

4 tablespoons skimmed milk

½ teaspoon lemon juice

150g wholemeal self-raising flour,
sieved

20g golden caster sugar

1 teaspoon baking powder

½ teaspoon ground cinnamon

40g reduced-fat spread

25g rolled oats

50g raisins or sultanas

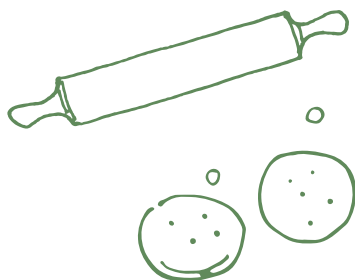
1 medium egg, lightly whisked

Method

1. Preheat the oven to 220°C/Fan 200°C.
2. Gently warm the milk either in the microwave or on the hob and add a splash of lemon juice. Set aside until needed.
3. Combine the flour, sugar, baking powder and cinnamon together in a bowl.
4. Divide the reduced-fat spread into small pieces and add to the dry ingredients. Rub in the spread with your fingertips until the mix looks like fine crumbs.
5. Into the same bowl, add the oats, raisins, warmed milk and most of the egg – leaving a small amount for glazing. Mix well to form a dough.
6. On a lightly floured surface, roll out the dough to about 1cm thickness. Using a 6cm diameter cutter, cut out 8 scones.
7. Place the scones onto a lined baking tray – evenly spaced – and lightly brush with the remaining egg.
8. Bake for 10–12 minutes, until golden and crispy.

Serving suggestion

Instead of the traditional clotted cream with jam, serve with slices of strawberry and fat-free Greek yoghurt or reduced-fat crème fraîche.



Top Tip

To make cheese scones instead, simply remove the sugar, raisins and cinnamon. Instead, add 40g of strong cheese like mature cheddar, grated nutmeg, and ½ teaspoon of smoked paprika. These are delicious warm or cold with reduced-fat cream cheese.



Nutrition information (per scone)

Calories
140

Fat
4.3g

Sugar
7.5g

Salt
0.5g



Cancer Prevention Recommendations



Be a healthy weight

Keep your weight within the healthy range and avoid weight gain in adult life



Be physically active

Be physically active as part of everyday life – walk more and sit less



Eat a diet rich in wholegrains, vegetables, fruit and beans

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars

Limiting these foods helps control calorie intake and maintain a healthy weight



Limit consumption of red and processed meat

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



Limit consumption of sugar-sweetened drinks

Drink mostly water and unsweetened drinks



Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol



Do not use supplements for cancer prevention

Aim to meet nutritional needs through diet alone



For mothers: breastfeed your baby, if you can

Breastfeeding is good for both mother and baby



After a cancer diagnosis: follow our Recommendations, if you can

Check with your health professional what is right for you

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

About us

World Cancer Research Fund (WCRF) is one of the world's leading cancer prevention charities, and the only UK charity solely dedicated to funding life-changing research into the prevention and survival of cancer through diet and lifestyle. We champion the latest and most authoritative global scientific research on cancer prevention and survival through diet, weight and physical activity, helping people to make fully informed lifestyle choices to reduce their cancer risk.

We know that around four in ten – or 40 per cent – of cancer cases are preventable. That's around 147,000 people every year in the UK. Our vision is to live in a world where no-one develops a preventable cancer. By following our Cancer Prevention Recommendations, choosing not to smoke (or giving up smoking) and being safe in the sun, you will have the best chance of living a life free from the disease. Find out more: wcrf-uk.org/our-research

Contact us

We're always looking for ways to improve the information we provide.

If you have any comments or suggestions about any aspect of this booklet or our other health information, please contact us at resources@wcrf.org with your feedback.

Recipes by Sarah James, registered sports and exercise nutritionist
Food photography by Matilda Bourne (www.matildabourne.co.uk)

For any enquiries or to request the information in large print, please contact us.

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Will you help us build a world where fewer people every day get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy to access health information to help people reduce their risk of cancer: **wcrf-uk.org/donate**

