

EVERYDAY EATING

— *recipes for real life*



World
Cancer
Research
Fund

Dear Supporter,

Thank you for choosing World Cancer Research Fund's cookbook,
Everyday Eating.

Did you know that eating well and being a healthy weight are two of the most important ways of reducing your cancer risk?

Our cookbooks and health information publications aim to support you in making lifestyle choices that can help you towards a healthy, cancer-free future.

Healthy food is often thought to be expensive, time-consuming to make and tasteless, but that doesn't have to be the case. The recipes in this cookbook have been designed to show you how easy and delicious it can be for you to follow our Cancer Prevention Recommendations (listed on page 20).

We hope you enjoy the recipes in this cookbook. Please share them with your family and friends, and help spread our cancer prevention message – together, we can!

Yours faithfully,

A handwritten signature in black ink that reads "Marilyn Gentry". The signature is written in a cursive style with a long horizontal line extending from the end of the name.

Marilyn Gentry

Founder

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



Caribbean Fish Stew



Ingredients (serves 4):

2 tablespoons vegetable oil

 1 medium onion, diced

 1 teaspoon ground cumin

 1 clove garlic, crushed

 80g frozen pepper, or
 ½ fresh red pepper, sliced

 320g new potatoes, halved

 1 green chilli, deseeded and finely
 chopped (optional)

 200ml fish stock

 600ml water

 Freshly ground black pepper

 4 fillets white fish, fresh or frozen,
 skinless (150g per fillet)

 80g frozen peas

 80g frozen sweetcorn, or
 ½ x 198g can salt-free sweetcorn

 3 tablespoons low-fat natural
 yoghurt

 Handful fresh dill, chopped
 (optional)

 Handful fresh coriander, chopped
 (optional)

Method:

Warm the oil in a large non-stick pan over a medium heat. Cook the onion until it starts to soften, then add the cumin and garlic and cook for a further minute, stirring continuously.

Reduce the heat and add the pepper, potatoes and chilli (optional) and cook for 3–4 minutes, again stirring continuously.

Add the stock, water and black pepper. Bring to the boil and then reduce the heat. Cover the pan and leave to simmer for 15 minutes (10 minutes if using frozen fish).

Add the fillets of fish, peas and sweetcorn and cook over a low heat – not allowing the stew to boil – for 6–10 minutes (about 15 minutes if using frozen fish), until the fish is cooked. Remove from heat and gently stir through the yoghurt, dill and coriander (optional). Serve immediately.

Serving suggestion: Serve with a side of steamed green vegetables.

Top Tip:

Reduced-fat coconut milk could be used in place of the yoghurt for a more authentic flavour. Add this 5 minutes before the end of cooking.





Greek Turkey Burgers

with low-fat tzatziki

Ingredients (serves 6):

Tzatziki:

6cm piece cucumber

3 tablespoons fat-free Greek yoghurt

Large handful fresh mint, chopped

½ lemon, juice

Burgers:

½ lemon, zest, grated

2 cloves garlic, crushed

500g lean turkey mince

1 large egg white

50g wholemeal breadcrumbs

120g frozen spinach, thawed

30g reduced-fat feta cheese, crumbled

Freshly ground black pepper

Method:

To make the tzatziki, cut the cucumber in half, lengthways, then remove the seeds and finely dice. Place the cucumber onto a sheet of kitchen towel and gently squeeze to remove some of the moisture. Transfer to a mixing bowl. Add the yoghurt, about 2 teaspoons of chopped mint, and the lemon juice, then mix. Cover and refrigerate until ready to use.

To make the burgers, put the lemon zest, remaining mint and garlic into a large mixing bowl and stir. Add the turkey, egg white and breadcrumbs and combine using a fork. If the spinach has been thawed in the microwave or with hot water, make sure it has cooled before use. Then add the spinach, feta and black pepper and mix, again using a fork, ensuring the ingredients are evenly combined.

Divide the turkey mixture into 6 even balls and shape into burgers.

Place the burgers onto a foil-lined baking tray.

To grill, cook for 5 minutes on each side, or until cooked through (until no pink meat remains).

To bake, preheat the oven to 200°C/Fan 180°C and cook for 15–20 minutes, until cooked through.

Serve immediately with a spoonful of tzatziki.

Serving suggestion: Serve in a wholemeal burger bun, with a large fresh side salad to make sure your meal contains at least 1 of your 5 A DAY.

Top Tip:

Add mint leaves and lemon juice to the side salad to enhance the Grecian experience.

If you make more burgers than you need, wrap the uncooked burgers in cling film or put them in a freezer bag and freeze for a later date – use within 1 month. Defrost in the refrigerator and cook as instructed.





Mexican Bean Casserole



Ingredients (serves 4):

2 teaspoons vegetable oil
.....
1 medium onion, diced
.....
160g frozen pepper, thawed,
or ½ fresh green pepper and
½ fresh red pepper, sliced
.....
1 clove garlic, crushed
.....
½ teaspoon chilli powder (optional)
.....
½ teaspoon ground cumin
.....
Freshly ground black pepper
.....
1 x 410g can mixed beans or
pulses in water, drained
.....
1 x 400g can chopped tomatoes
.....
1 x 198g can salt-free sweetcorn,
drained, or 160g frozen sweetcorn,
thawed
.....
200ml water
.....

Method:

Warm the oil in a large non-stick saucepan over a medium-high heat. Cook the onion until it starts to soften, then add the pepper, garlic, chilli powder (optional), cumin and black pepper and stir for a further 2 minutes.

Add the mixed beans or pulses, tomatoes and sweetcorn and stir. Then add the water and bring to the boil. Reduce the heat, cover the pan and leave to simmer for 20 minutes. Add more water if required.

Remove from the heat and serve.

Serving suggestion: Serve with steamed brown rice or a baked potato. For a lighter meal, spoon a smaller portion into a warmed wholemeal pitta bread pocket, with shredded lettuce.

Top Tip:

Try it with a spoonful of low-fat natural yoghurt or grated reduced-fat Cheddar cheese.

If you make more than you need, why not freeze the leftovers as individual portions for a quick and healthy meal at a later date? Use within 1 month.





Moroccan Chickpea Soup



Ingredients (serves 4):

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 stalks celery, sliced
- 1 large carrot, peeled and diced
- 1 clove garlic, finely diced
- 1 teaspoon ground cumin
- 1 x 400g can chopped tomatoes
- 450ml reduced-salt vegetable stock
- 150ml water
- 1 x 410g can chickpeas in water, drained
- ¼ teaspoon cinnamon
- ¼ teaspoon turmeric
- Freshly ground black pepper
- ½ lemon, juice
- Handful coriander, chopped

Method:

Warm the oil in a large saucepan over a medium-high heat. Cook the onion and celery until they start to soften, then add the carrot, garlic and cumin and cook for a further minute, stirring continuously.

Add the tomatoes, stock, water, chickpeas, cinnamon, turmeric and black pepper and mix thoroughly. Bring the mixture to the boil and then reduce the heat. Cover the pan and leave to simmer for about 30–40 minutes, until the chickpeas and vegetables are tender.

Add the lemon juice and coriander and stir through. Serve as it is or roughly blend for a smoother soup.

Serving suggestion: Delicious with toasted wholemeal pitta bread.

Top Tip:

If you make more than you need, freeze the leftovers as individual portions for a quick and healthy meal at a later date – use within 1 month.

For more of a Moroccan flavour add 3–4 chopped dried apricots or dates. You could also swap the lemon juice for some finely sliced preserved lemon peel.





Spaghetti with Trout and Spinach

in a lemon and dill sauce



Ingredients (serves 2):

2 fillets trout, fresh or frozen
(about 110g per fillet)

150g dried wholemeal spaghetti

100g fat-free Greek yoghurt

3 sprigs fresh dill, chopped, or
1–2 teaspoons dried dill

½ lemon, juice and zest

Freshly ground black pepper

160g spinach, fresh or thawed
from frozen

Method:

Preheat the oven to 180°C/Fan 160°C.

Place the trout on a large piece of tin foil, add a tablespoon of water and wrap in a loose parcel. Bake in the oven for about 15 minutes (this may take longer if you are using frozen fillets).

While the trout is in the oven, cook the spaghetti in a pan of boiling water according to the packet instructions. Once cooked, remove from the heat, drain the water and set aside in the covered pan.

Spoon the Greek yoghurt into a mixing bowl, then stir in the dill, lemon juice and zest and black pepper.

When the trout is cooked, place the fillets onto a plate and shred using a fork. Be sure to discard any bones or skin. Add the shredded trout to the yoghurt mixture and combine.

Stir the trout and yoghurt mixture and the spinach through the spaghetti. Then return to the hob, on a low heat for 2–3 minutes, until warmed through. Remove from the heat and serve.

Serving suggestion: Serve on its own or with some steamed vegetables or salad.

Top Tip:

Instead of trout, salmon also works well with this recipe. You could even try it with tinned salmon (check labels for a low-salt brand), making it a very quick meal to cook.





Spinach and Potato Frittata

Ingredients (serves 2):

3 teaspoons olive oil
.....
1 small onion, finely chopped
.....
1 clove garlic, finely chopped
.....
4 medium eggs
.....
1 tablespoon skimmed milk
.....
160g frozen spinach, thawed
.....
20g reduced-fat mature Cheddar
cheese (or similar), grated
.....
Freshly ground black pepper
.....
240g cooked potato (2 small
baked potatoes or 6 new
potatoes), cubed or sliced
.....
½ courgette, thinly sliced
(optional garnish)
.....

Method:

Warm 1 teaspoon of oil in a large, non-stick frying pan over a medium-high heat. Cook the onion until it starts to soften, then add the garlic and stir for a further minute. Using a slotted spoon, transfer the onion and garlic to a dish to cool, leaving the oil in the pan.

Crack the eggs into a mixing bowl, then add the milk and lightly whisk. Add the cooked onion and garlic, the spinach, cheese and black pepper and mix thoroughly.

Add the remaining oil to the pan and warm over a high heat. Tilt the pan so that the base and sides are coated with oil. Pour in the egg mixture, making sure the spinach is spread out. Quickly add the potato pieces evenly across the pan.

As the eggs start to set, use a spatula to lift the frittata around the edges and tilt the pan slightly, allowing the raw egg to run onto the base of the pan.

Cook until the frittata is browned on the bottom and almost set – the centre should still be runny.

Remove the pan from the heat. Place a plate over the pan and invert, tipping the frittata onto the plate. Then carefully slide the frittata back into the pan and return to the heat until the eggs are cooked and both sides are lightly browned. Alternatively, if using a frying pan with an oven-proof handle, finish cooking under the grill. For a garnish, add a few ribbons of cooked courgette (optional).

Serving suggestion: A frittata is a meal in itself, but you could add to your 5 A DAY with a side salad or portion of green vegetables.

Top Tip:

If you don't have frozen spinach, you can use fresh spinach, or any other frozen or fresh vegetables that cook quickly, such as peppers or mushrooms.

If you have any leftover cooked vegetables, why not use them up in a frittata?





Tortilla Pizza

Ingredients (serves 4):

- 2 teaspoons olive oil
 - 2 cloves garlic, crushed
 - 1 x 400g can plum tomatoes
 - 1 teaspoon dried oregano or mixed Italian herbs
 - 2 teaspoons tomato purée
 - 4 wholemeal soft tortilla wraps
 - 1 x 125g ball reduced-fat mozzarella, drained
- Topping:**
- 80g mushrooms, sliced
 - ½ teaspoon smoked paprika (optional)
 - 1 small red onion, finely sliced
 - 80g frozen pepper, thawed, or ½ fresh pepper, sliced

Method:

Place two large baking trays in the oven – alternatively, the pizzas can be placed directly onto the oven shelves. Preheat the oven to 220°C/Fan 200°C.

Add the olive oil and garlic to a cold saucepan and place over a low-medium heat to warm for 1–2 minutes. Then add the tomatoes, herbs and tomato purée and mix thoroughly, breaking up the tomatoes.

Increase the heat and bring the mixture to the boil. Then reduce the temperature and leave to simmer for 5–7 minutes. Use a fork to break up any remaining large pieces of tomato – alternatively, use a hand blender for a smoother result.

Place the tortillas on a clean, dry surface. The tortillas will form the base of the pizza. Spoon about 3 tablespoons of the tomato sauce onto each, and use the back of the spoon to evenly coat the tortillas, leaving a 2cm edge for the crust.

Tear the mozzarella into small pieces. Add a quarter to each pizza, spreading the pieces out evenly.

If using smoked paprika, place the sliced mushrooms into a bowl and sprinkle the paprika over the top. Toss gently to coat all slices with the paprika.

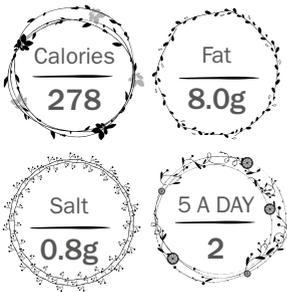
Add the slices of mushroom, red onion and pepper to all the pizzas.

Carefully remove the baking trays from the oven. Transfer the pizzas onto the trays and place them back into the oven. Cook for 5–10 minutes, until the cheese has melted and the crusts are golden.

Serving suggestion: Serve with a side salad.

Top Tip:

Tortilla wraps are a healthier alternative to pre-made pizza bases. If you prefer a thicker crust, wholemeal pitta breads and English breakfast muffins (cut in half) are also good options.





Root Vegetable and Butter Bean Crumble



Ingredients (serves 4):

Filling:

1 tablespoon vegetable oil

1 medium onion, diced

2 cloves garlic, crushed

500g mixed root vegetables (carrots, parsnip, swede, sweet potato or squash), peeled and diced into 2cm cubes

1 x 400g can chopped tomatoes

1 x 410g can butter beans in water, drained

200ml reduced-salt vegetable stock

100ml water

1–2 teaspoons dried oregano or mixed Italian herbs

1 teaspoon dried chilli flakes (optional)

Freshly ground black pepper

Crumble:

50g wholemeal flour

25g low-fat spread, cubed

40g wholemeal breadcrumbs (about 1 large slice of bread)

25g porridge oats

30g reduced-fat mature Cheddar cheese (or similar), finely grated

Method:

Preheat the oven to 200°C/Fan 180°C.

Warm the oil in a large, non-stick saucepan over a medium-high heat. Cook the onion until it starts to soften, then add the garlic and cook for a further minute, stirring continuously.

Add the remaining ingredients for the filling and mix thoroughly. Bring to the boil, then reduce the heat. Cover the pan and leave to simmer for 15 minutes, until the root vegetables are tender.

While the vegetables simmer, make the crumble. Place the flour in a mixing bowl. Add the low-fat spread and rub into the flour until the mixture resembles fine crumbs. Then stir in the breadcrumbs and oats.

Transfer the root vegetable mix into a deep oven-proof dish. Sprinkle the crumble over the top, evenly covering all the vegetables. Then sprinkle the cheese over the crumble.

Place in the oven and cook for 20–25 minutes, until the crumble is golden brown.

Serving suggestion: Serve on its own or with some green vegetables. Delicious with a spoonful of fat-free Greek yoghurt mixed with a splash of lemon juice and some freshly ground black pepper. Alternatively, smaller portions make a great side dish to accompany fish or poultry.

Top Tip:

For extra flavour, try adding dried herbs, dried onion or seeds to the crumble before baking.





Sea Bass with Spiced Red Cabbage

Ingredients (serves 2):

3 tablespoons orange juice
.....
1 teaspoon Demerara sugar
.....
200g red cabbage, shredded
.....
1 fennel bulb, finely sliced
.....
1 tablespoon sultanas
.....
¼ teaspoon mixed spice
.....
¼ teaspoon cinnamon
.....
1 teaspoon balsamic vinegar
.....
2 fillets sea bass or other white
fish, such as cod or pollock (about
150g per fillet)
.....
1 teaspoon olive oil
.....
Freshly ground black pepper
.....

Method:

Put the orange juice and sugar in a thick-based saucepan and gently heat until the sugar dissolves.

Add the shredded cabbage and sliced fennel and bring to the boil. Add the sultanas, spices and vinegar, stir and cover with a lid. Turn down the heat and simmer for about 20 minutes. Add a small amount of water if necessary.

Meanwhile, brush the skin of the sea bass with olive oil and season with black pepper, then slash the skin three times. Heat a heavy-based non-stick frying pan and, once hot, fry the fish, skin-side down, for 5 minutes or until the skin is crisp and golden. The fish will be almost cooked through. Turn over, cook for another 30 seconds to 1 minute, then transfer to a serving plate and keep warm.

Spoon the spiced red cabbage onto two plates and top with the sea bass fillets.

Serving suggestion: Serve with steamed new potatoes and green vegetables.

Top Tip:

The spiced red cabbage also makes a perfect festive side dish to serve with roast turkey.





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 is the leading UK charity dedicated to the prevention of cancer. Our mission is to champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity so that we can help people make informed lifestyle choices to protect themselves against cancer.

Currently, one in two people born in the UK after 1960 will develop cancer at some point in their lives, but around 40 per cent of cancer cases could be prevented. 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.

The cornerstone of our research programme is our Continuous Update Project (CUP). It's the world's largest source of scientific research on cancer prevention and survival through diet, weight and physical activity. A panel of world-renowned independent experts review the scientific research to develop Cancer Prevention Recommendations based on the best evidence. 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.

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

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