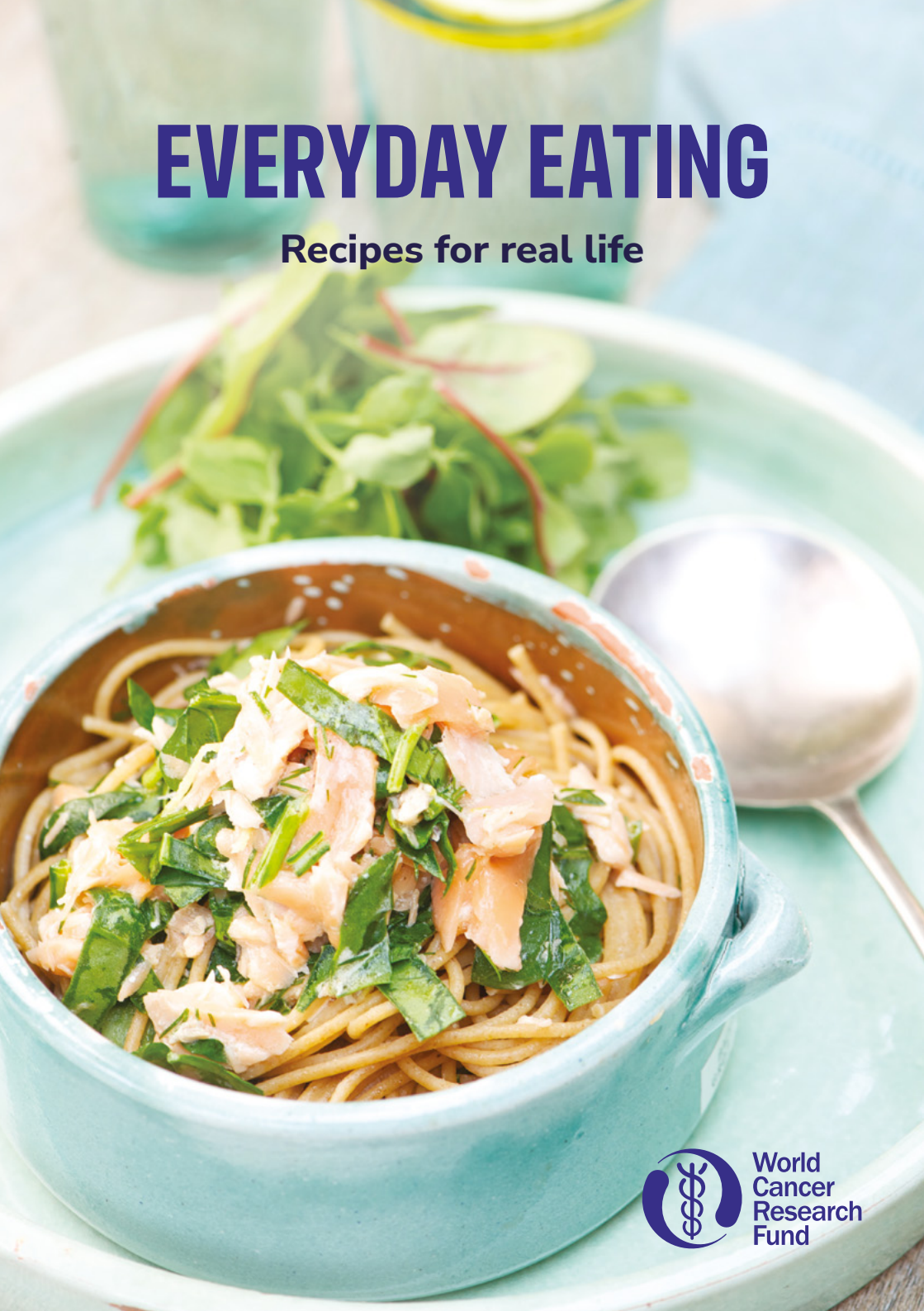


EVERYDAY EATING

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 22).

We hope you enjoy the recipes in this cookbook. Please share them with your loved ones and help us spread our important cancer prevention messages.

Yours faithfully,

A handwritten signature in black ink, reading "Marilyn Gentry". The signature is fluid and cursive, with the first name "Marilyn" and the last name "Gentry" clearly distinguishable.

Marilyn Gentry
Founder

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NUTRITION INFORMATION

The nutrition information on our recipes is calculated by our registered nutritionists and is based on products that contain the lowest possible amount of fat, sugar and salt. Use this information as a guide, as it may vary depending on the products you choose to buy. If you adjust the recipes, the nutrition information will no longer be accurate.

When shopping, choose foods without added sugar and salt, and opt for low and reduced-fat, low sugar and reduced-salt versions, where possible.

CARIBBEAN FISH STEW

PESCATARIAN

INGREDIENTS

2 tbsp vegetable oil
1 medium onion, diced
1 tsp 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 tbsp low-fat natural yoghurt
Handful fresh dill,
chopped (optional)
Handful fresh coriander,
chopped (optional)

METHOD

1. 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.
2. Reduce the heat and add the pepper, potatoes and chilli (optional) and cook for 3–4 minutes, again stirring continuously.
3. 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).
4. 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.

Number of portions: **4**

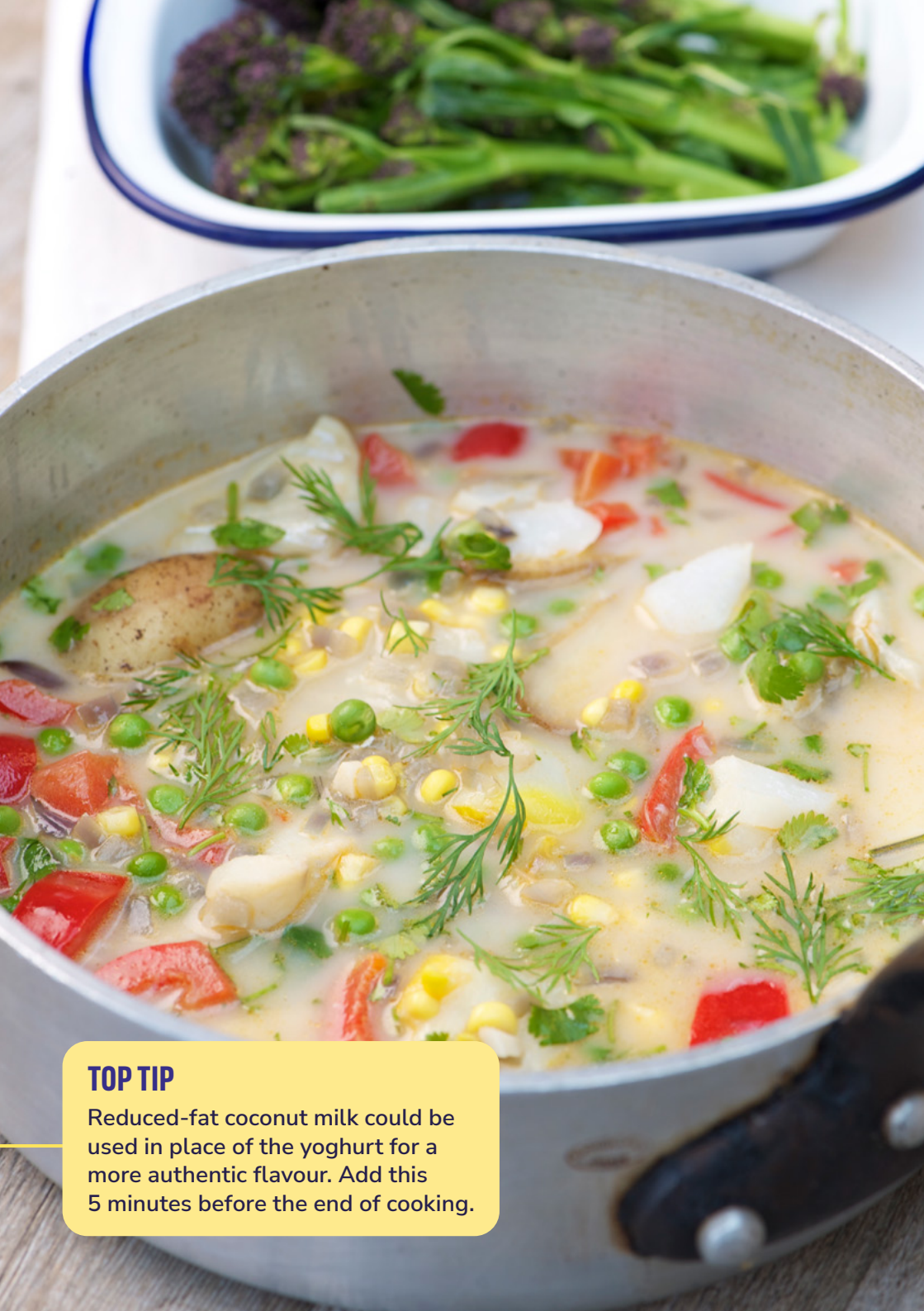
5 A DAY
1

Calories
282

Fat
8.1g

Salt
0.3g

Nutrition information (per serving)



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

MEAT-BASED

INGREDIENTS

Tzatziki:

6cm piece cucumber

3 tbsp 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

Number of portions: 6

5 A DAY
0.5

Calories
220

Fat
9.7g

Salt
0.3g

Nutrition information
(per serving)

METHOD

1. 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.
2. 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.
3. Divide the turkey mixture into 6 even balls and shape into burgers.
4. 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.
5. Serve immediately with a spoonful of tzatziki.



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

VEGAN

INGREDIENTS

2 tsp 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 tsp chilli powder
(optional)

½ tsp 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

1. 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.
2. 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.
3. Remove from the heat and serve.
4. 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.

Number of portions: **4**

5 A DAY
3.5

Calories
148

Fat
3.1g

Salt
0.2g

Nutrition information (per serving)



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

VEGAN

INGREDIENTS

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

METHOD

1. 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.
2. 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.
3. Add the lemon juice and coriander and stir through. Serve as it is or roughly blend for a smoother soup.

Number of portions: **4**

5 A DAY
3

Calories
155

Fat
4.5g

Salt
0.8g

Nutrition information (per serving)



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

PESCATARIAN

INGREDIENTS

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 tsp dried dill

½ lemon, juice and zest

Freshly ground black pepper

160g spinach, fresh or
thawed from frozen

Number of portions: 2

5 A DAY
1

Calories
462

Fat
8.4g

Salt
0.7g

Nutrition information
(per serving)

METHOD

1. Preheat the oven to 180°C/
Fan 160°C.
2. 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).
3. While the trout is in the oven, cook
the spaghetti in a pot of boiling
water according to the packet
instructions. Once cooked, remove
from the heat, drain the water and
set aside in the covered pan.
4. Spoon the Greek yoghurt into
a mixing bowl, then stir in the
dill, lemon juice and zest and
black pepper.
5. 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.
6. 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.



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

VEGETARIAN

INGREDIENTS

3 tsp olive oil

1 small onion,
finely chopped

1 clove garlic, finely chopped

4 medium eggs

1 tbsp 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

1. Heat 1 teaspoon oil in a non-stick pan over medium-high heat. Sauté the onion until soft, then add garlic and cook for 1 more minute. Transfer to a dish to cool, leaving oil in the pan.
2. Whisk eggs and milk in a bowl. Stir in the cooked onion and garlic, spinach, cheese and black pepper.
3. Add the remaining oil to the pan and coat the sides. Pour in the egg mixture, ensuring the spinach is spread evenly. Distribute the potato pieces on top.
4. As the eggs set, lift the edges with a spatula. Cook until the bottom is browned, and the centre is slightly runny.
5. Remove from heat, place a plate over the pan, and flip the frittata onto it. Slide it back into the pan and cook until fully set and lightly browned on both sides.
6. Alternatively, finish under a grill if using an oven-safe pan. Garnish with courgette ribbons if desired.

Number of portions: 2

5 A DAY
1.5

Calories
342

Fat
18.4g

Salt
0.6g

Nutrition information (per serving)



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

VEGETARIAN

INGREDIENTS

2 tsp olive oil

2 cloves garlic, crushed

1 x 400g can plum tomatoes

1 tsp dried oregano or mixed Italian herbs

2 tsp tomato purée

4 wholemeal soft tortilla wraps

1 x 125g ball reduced-fat mozzarella, drained

Topping:

80g mushrooms, sliced

½ tsp smoked paprika (optional)

1 small red onion, finely sliced

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

METHOD

1. Preheat the oven to 220°C/Fan 200°C. Place two baking trays inside to heat up (alternatively, cook the pizzas directly on the oven shelves once prepared).
2. Heat olive oil and garlic in a pan over low-medium heat for 1–2 minutes. Add tomatoes, herbs and tomato purée, then mix together.
3. Bring to the boil, then simmer for 5–7 minutes on lower heat. Break up the tomato with a fork or blend for a smoother sauce.
4. Place tortillas on a clean surface. Spread 3 tablespoons of sauce on each, leaving a 2cm crust.
5. Tear mozzarella into small pieces and divide evenly among the pizzas.
6. Toss mushrooms in smoked paprika. Add mushrooms, red onion and pepper to the pizzas.
7. Transfer pizzas to the hot trays (or directly on oven shelves) and bake for 5–10 minutes until the cheese melts and the crusts are golden.
8. Serve immediately.

Number of portions: **4**

5 A DAY
2

Calories
278

Fat
8.0g

Salt
0.8g

Nutrition information (per serving)



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

VEGETARIAN

INGREDIENTS

Filling:

1 tbsp 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 tsp dried oregano or mixed Italian herbs
1 tsp 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

1. Preheat the oven to 200°C/Fan 180°C.
2. 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.
3. 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.
4. 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.
5. 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.
6. Place in the oven and cook for 20–25 minutes, until the crumble is golden brown.

Number of portions: 4

5 A DAY
4

Calories
328

Fat
8.8g

Salt
0.8g

Nutrition information (per serving)



TOP TIP

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

SEA BASS WITH SPICED RED CABBAGE

PESCATARIAN

INGREDIENTS

3 tbsp orange juice

1 tsp Demerara sugar

200g red cabbage, shredded

1 fennel bulb, finely sliced

1 tbsp sultanas

¼ tsp mixed spice

¼ tsp cinnamon

1 tsp balsamic vinegar

2 fillets sea bass or other white fish, such as cod or pollock (about 150g per fillet)

1 tsp olive oil

Freshly ground black pepper

METHOD

1. Put the orange juice and sugar in a thick-based saucepan and gently heat until the sugar dissolves.
2. 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.
3. 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.
4. Spoon the spiced red cabbage onto two plates and top with the sea bass fillets.

Number of portions: **2**

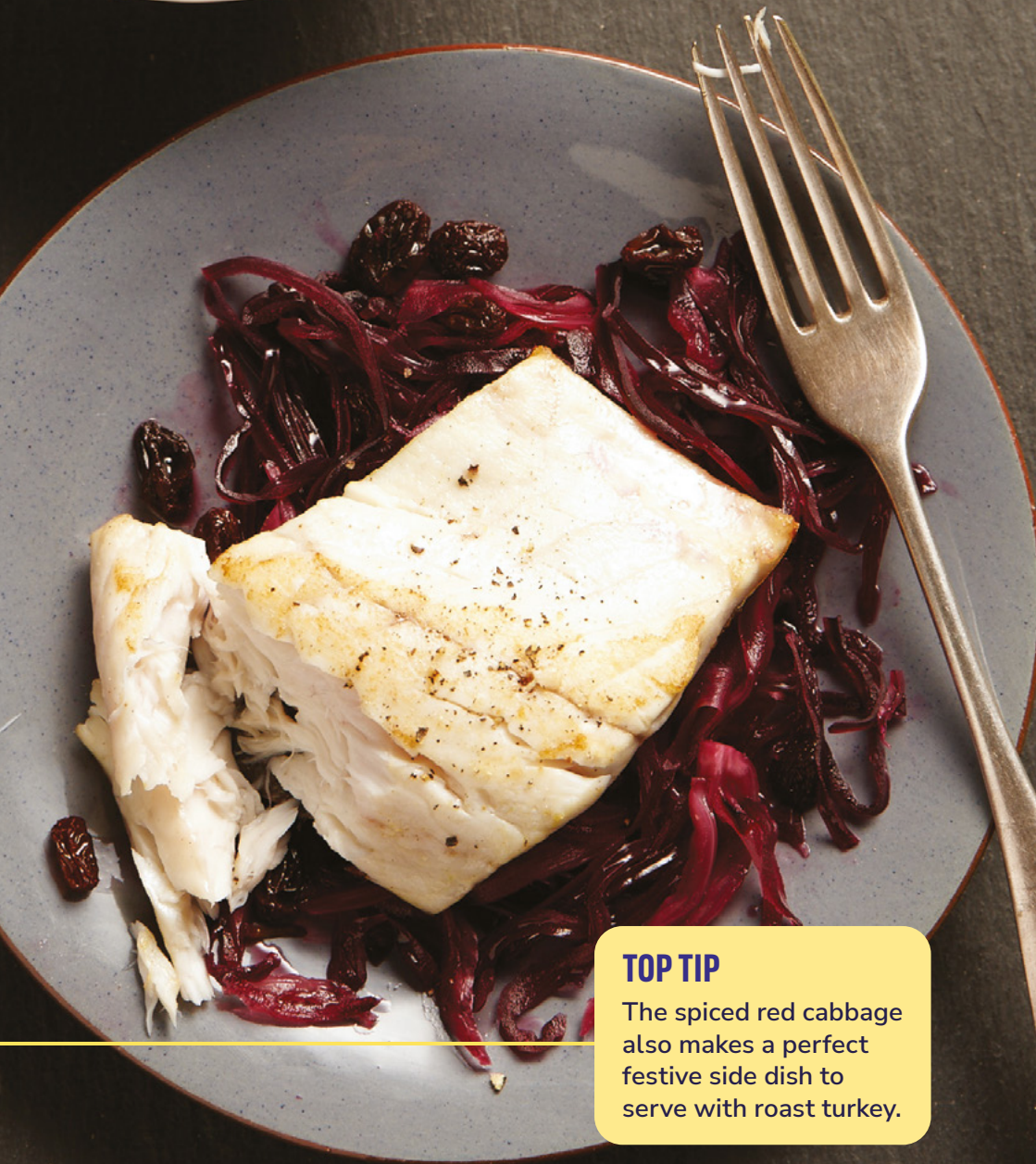
5 A DAY
3.5

Calories
258

Fat
6.0g

Salt
3.5g

Nutrition information (per serving)



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



Be physically active



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



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



Limit consumption of red and processed meat



Limit consumption of sugar-sweetened drinks



Limit alcohol consumption



Do not use supplements for cancer prevention



For mothers: breastfeed your baby, if you can



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

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.

To read our full Recommendations visit: wcrf.org/recommendations

ABOUT WORLD CANCER RESEARCH FUND

World Cancer Research Fund examines how diet, weight and physical activity affect your risk of developing and surviving cancer. As part of an international network of charities, we have been funding life-saving research, influencing global public health policy and educating the public since 1982.

While society continues searching for a cure, our prevention and survival work is helping people live longer, happier and healthier lives – free from the devastating effects of cancer.

How can you help?

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 and live well with cancer. wcrf.org/donate



For lots of easy-to-make recipes, browse the recipes on our website: wcrf.org/recipes

You can also download a range of cookbooks for free, from *Budget-friendly recipes* to *Family flavours* – we have something for everyone: wcrf.org/cookbooks





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Preventing cancer. Saving lives

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