

Lasagne

(reproduced with permission from www.asda.co.uk)

This bolognese sauce is made with very lean mince (less than five per cent fat), while the cheese sauce is made with skimmed milk, olive spread and reduced-fat Cheddar. The onions are not fried in oil. This saves about 22g fat per serving, compared with a traditional lasagne.

Nutrition information per serving:

Energy	340kcal
Carbohydrate	25g
Fat	13g

Serves 6

Preparation time 35 minutes

Cooking time 35 minutes

Ingredients

- 500g Asda lean minced beef
- 1 red onion, finely chopped
- 1 clove garlic, crushed
- 2 carrots, chopped
- 100g mushrooms, chopped
- 2 tsp Asda dried oregano
- 400g can thick-cut chopped tomatoes
- 2 tbsp tomato purée
- 1 beef stock cube
- 40g Asda Olive Gold spread
- 40g plain flour
- 425ml skimmed milk
- 125g Asda reduced-fat mature Cheddar, grated
- 100g lasagne



Instructions

1. Cook the mince and onion, stirring, until the mince browns. Add the garlic, stir in and cook for a minute.
2. Add the carrots, mushrooms, oregano, tomatoes and purée. Dissolve the stock cube in 150ml hot water and add to the pan. Season, cover and simmer for 20 minutes.
3. Meanwhile, preheat oven to 190°C/Gas 5. Melt the spread in a small pan then stir in the flour. Cook over a low heat for a minute, stirring all the time. Remove from heat and stir in milk. Heat until boiling, whisking all the time, then simmer for 1 to 2 minutes. Add most of the cheese and season.
4. Place meat sauce in a deep ovenproof dish, about 18cm by 23cm. Cover with half the lasagne sheets and pour over half the cheese sauce. Repeat the layers, finishing with cheese sauce, and sprinkle with the rest of the cheese. Bake for 35 minutes.

Chilli con carne (low fat)

(reproduced with permission from www.asda.co.uk)

Using lean mince (less than five per cent fat) saves 14g per serving. Traditional recipes suggest frying the onion in oil; not doing this reduces the fat content by another 7g. Sweetcorn adds fibre and helps the meal to go further, too.

Serves 4

Preparation time 15 minutes

Cooking time 30 minutes

Nutrition information per serving:

Energy **250kcal**

Carbohydrate **33g**

Fat **8g**

Ingredients

- 500g lean minced beef
- 1 large onion, chopped
- 1 clove garlic, crushed
- 2tsp chilli powder
- 1tsp ground cumin
- 1tsp soft brown sugar
- 400g can chopped tomatoes with chillis and peppers
- 300ml beef stock
- 1 red pepper, deseeded and diced

Instructions

1. Cook the mince in a large pan until it browns. Add the onion and garlic, stirring for a few minutes, then add the chilli powder and cumin and stir over a low heat for another minute.
2. Add sugar, chopped tomatoes and stock. Stir together and bring to a simmer gently for 15 minutes.
3. Add the red pepper and simmer for another 10 minutes, then add the kidney beans and sweetcorn. Season and cook for 5 minutes. Serve with rice.



Tortillas stuffed with chicken and salad

(reproduced with permission from www.diabetes.org.uk)

You can rustle up this healthy, filling lunch in under 15 minutes. Tortillas are a sort of unleavened bread, which provide an alternative form of starchy carbohydrate with a meal.

Serves 2
Ready in approx. 15 minutes

Nutritional information per serving:

314kcal Energy
36g Carbohydrates
5g Fat

Ingredients

- 1 teaspoon olive oil
- 1 small onion, chopped
- 1 red pepper, sliced
- 1 boneless, skinless, chicken breast, sliced
- 1 x 400g can red kidney beans, drained and rinsed
- 1 tablespoon light creme fraiche
- 3 small flour tortillas
- 1 carrot, peeled and grated
- 1 x 60g bag mixed salad leaves
- salt and freshly ground black pepper

Instructions

1. Heat the oil in a non-stick frying pan.
2. Add the onion and red pepper and fry for 2-3 minutes, until softened.
3. Add the chicken and fry for 3-4 minutes until browned and cooked through.
4. In a bowl, mash together the kidney beans and creme fraiche.
5. Divide the bean mixture between the tortillas, spoon over the chicken mixture, add the carrot and salad leaves season well, roll up, cut in half and serve. Finish with a high carbohydrate dessert or drink to maximise your carbohydrate intake.



Thai chicken stir fry

(reproduced with permission from www.diabetes.org.uk)

A low calorie dish which is full of flavour. Serve with rice or noodles to give a balanced high carbohydrate meal.

Serves 2
Ready in approx. 15 minutes

Nutritional information per serving:

225kcal Energy
14g Carbohydrates
5g Fat

Ingredients

- 1 teaspoon sunflower or rapeseed oil
- 2 boneless, skinless chicken breast, thinly sliced
- 2 cloves garlic, sliced
- 2.5cm/1 inch fresh ginger, peeled and grated
- 1 red chilli, finely sliced
- 1 bunch spring onions, sliced
- 1 red pepper, seeded and cubed
- grated rind and juice of 1 lime
- 1 tablespoon runny honey
- large bunch basil
- 1 tablespoon soy sauce

Instructions

1. Heat the oil in a frying pan or wok, until it begins to smoke. Add the chicken and fry for 2-3 minutes until golden, remove from the pan with a slotted spoon and set aside.
2. Add the garlic, ginger and chilli and fry for 1 minute, add the spring onions and pepper and continue to fry for 2 minutes.
3. Return the chicken to the pan with the remaining ingredients and heat through, until piping hot. Serve.



Sweet and sour pork

(reproduced with permission from www.diabetes.org.uk)

Traditionally cubed pork coated in batter and deep fried is served with an over sweet sauce. A typical portion of sweet and sour chicken with egg fried rice from the take away can be loaded with a staggering 1140 kcals and 58g fat. This alternative recipe is delicious. Serve with rice or noodles to give a high carbohydrate meal.

Nutritional information per serving:

250kcal Energy
23g Carbohydrates
5g Fat

Serves 2

Ready in approx. 15 minutes

Ingredients

- 1 teaspoon sunflower oil
- 1 clove garlic, crushed (optional)
- 1 teaspoon fresh ginger, finely chopped (optional)
- 150g/5 ½oz lean pork eg tenderloin, sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 3 bok choy, roughly chopped (you could use 150g/5 ½oz Chinese leaf or 150g/5 ½oz broccoli florets instead)
- 3 spring onions, sliced
- ½ x 220g can water chestnuts, drained and halved

For the sauce:

- 1 tablespoon soft light-brown sugar
- 1 tablespoon white wine vinegar
- 100ml/3 ½floz chicken stock
- 1 teaspoon tomato puree
- 1 teaspoon cornflour

Instructions

1. Heat the oil in a non-stick frying pan, add the garlic, ginger and pork and fry for 3-4 minutes until the pork begins to brown.
2. Add the peppers, bok choy, spring onions and water chestnuts and continue to fry for 3-4 minutes until the vegetables are just tender.
3. Mix together all the sauce ingredients. Add to the frying pan and simmer for 1-2 minutes until the sauce has thickened.
4. Serve with plenty of steamed rice or plain noodles.



Thai-style noodles with gingered pork
(reproduced with permission from www.diabetes.org.uk)

Delicate rice noodles and coconut make this Thai style dish a delight to eat

Serves 2
Ready in approx. 15 minutes

Nutritional information per serving:

453kcal Energy
72g Carbohydrates
8g Fat

Ingredients

- 1 teaspoon oil
- 150ml/¼ pint reduced-fat coconut milk
- 100g/3½oz pork fillet, sliced
- 2.5cm/1 inch root ginger, peeled and grated
- 1 bunch spring onions, sliced
- 100g/3½oz mangetout, halved
- 1 red pepper, sliced
- 1 small carrot, thinly sliced
- 1 clove garlic, crushed
- 2 tablespoons Thai green curry paste
- 150g/5½oz rice noodles

Instructions

1. Heat the oil in a non-stick frying pan or wok.
2. Add the pork and ginger and fry for 3-4 minutes until browned and cooked through.
3. Add the spring onions, mangetout, red pepper, carrot and garlic and curry paste and continue to fry for 2 minutes.
4. Meanwhile, cook the noodles according to the pack instructions. Drain.
5. Add the noodles to the frying pan along with the coconut milk, bring to the boil to heat through.
6. Remove from heat and serve.



Pork balls with tomato sauce and spaghetti
(reproduced with permission from www.diabetes.org.uk)

This simple pasta dish is a good source of carbohydrates, and the meat balls are grilled rather than fried, to reduce the fat content.

Nutritional information per serving:

437kcal Energy
74g Carbohydrates
5g Fat

Serves 2
Ready in approx. 15 minutes

Ingredients

- 175g/6oz dried spaghetti
- 150g/5½oz pork mince
- ½ small onion, finely sliced
- 1 clove garlic (optional), crushed
- ½ teaspoon dried oregano
- 2 teaspoons tomato purée
- 1 x 500g carton creamed tomatoes
- salt and freshly ground black pepper

Instructions

1. Cook the spaghetti according to the pack instructions. Meanwhile, mix together the mince, onion, garlic and herbs, season well then shape into 6 balls.
2. Place the meatballs onto a baking tray and cook under a preheated grill for 6-7 minutes, turning occasionally, until browned and cooked through
3. Drain the pasta, stir through the creamed tomatoes and the meatballs and heat through. Serve with seasonal vegetables.



Sweet and sour spiced pork with fruity couscous
(reproduced with permission from www.diabetes.org.uk)

Delicious sticky pork served with fresh vibrant couscous.

Nutritional information per serving:

546kcal Energy
88g Carbohydrates
5g Fat

Serves 2
Ready in approx. 10 minutes

Ingredients

- ½ teaspoon dried chilli flakes
- 1cm/½ inch fresh ginger, grated
- 6 tablespoons plum sauce
- 1 tablespoon soy sauce
- 1 teaspoon Chinese 5 spice powder
- 200g/7oz piece lean pork fillet

For the couscous:

- 125g/4½oz couscous
- ½ red chilli, finely chopped
- 2 tablespoons fresh mint, chopped
- 50g/1¾oz raisins
- salt and freshly ground black pepper

Instructions

1. In a small bowl mix together the chilli flakes, ginger, plum sauce, soy sauce and the Chinese 5 spice powder.
2. Heat a non-stick pan until hot. Add the pork fillet and brown all over.
3. Pour over the sauce, then cook over a low heat for 5-6 minutes, turning occasionally and basting with the sauce. Remove from the heat and slice thickly.
4. Meanwhile, prepare the couscous according to the pack instructions. Stir through the remaining couscous ingredients and serve with the pork.

Creamy bacon and rosemary pasta

(reproduced with permission from www.diabetes.org.uk)

This creamy sauce has a fraction of the calories of most shop-bought versions, and you can whip it up in the time it takes to cook the pasta.

Nutritional information per serving:

413kcal Energy
72g Carbohydrates
7g Fat

Serves 2

Ready in approx. 15 minutes

Ingredients

- 175g/6oz dried pasta shapes
- 2 rashers lean back bacon, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 x 150g carton natural yogurt
- 1 tablespoon sundried tomato paste
- salt and freshly ground black pepper
- to serve: a little freshly grated Parmesan cheese

Instructions

1. Cook the pasta according to pack instruction and drain.
2. Meanwhile, place the bacon and rosemary into a frying pan and fry for 2-3 minutes, until the bacon becomes crisp.
3. Mix the yogurt and sundried tomato paste, stir it through the pasta with the bacon and rosemary. Sprinkle a little Parmesan on top and serve with plenty of salad or vegetables.

