



Healthy Eating

Tips and Recipes



INMED Aquaponics® Social Enterprise
Healthy Recipe Booklet



SA Food-based Dietary Guidelines

Be active!

Enjoy a variety of foods.

Drink lots of clean, safe water.

Have milk, maas or yoghurt every day.

Eat dry beans, split peas, lentils and soya regularly.

Fish, chicken, lean meat or eggs can be eaten daily.

Make starchy foods (carbohydrates) part of most meals.

Eat plenty of vegetables and fruit every day (3-5 portions/day).

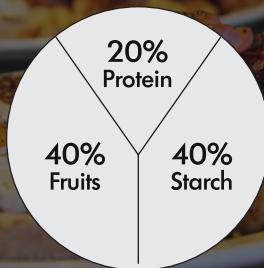
Plan Your Meal

The size of each section gives a rough idea as to the amount of each food group that you should eat with each meal.

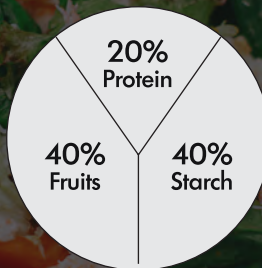
For example, large amounts of fruit and vegetables and very small amounts of fatty foods like crisps and chocolate should be eaten.



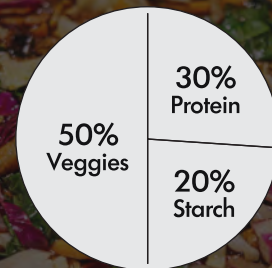
BREAKFAST PLATE



LUNCH PLATE



DINNER PLATE





Directions

1. Heat olive oil in a pan. Add chopped onion and fish strips, and brown lightly.
2. Add all chopped vegetables and fish; stir fry for a few minutes.
3. Add chickpeas, as well as fluid from tin OR add a little water.
4. Leave to cook for further 5 minutes.
5. Season with lemon juice, tomato paste and sweet chilli chutney.
6. Add salt and pepper to taste

Serve with brown rice, samp or couscous



Spicy Fish & Vegetable

Stir Fry

(Serves 4-6)

Ingredients

- 360 g fish fillet (cut into strips)
- 1 cup butternut (chopped)
- 1 cup cabbage OR spinach (chopped)
- 2 carrots (diced)
- 2 - 3 tomatoes (diced)
- 1 onion (diced)
- 1 sweet red pepper (diced)
- 1 chilli (remove pips and dice) – optional
- 1-2 garlic cloves, crushed
- 1 tin (410g) chickpeas (or 1 cup dry chickpeas, soaked overnight)
- 1 tablespoon olive oil OR canola oil
- 30 ml lemon juice
- 30 ml tomato paste
- 30 ml sweet chilli chutney
- Salt & pepper to taste

HEALTHY RECIPE

Healthy Eating

Healthy Hints

- Use chicken breast instead of dark meat chicken.
- Choosing soya in place of meat and using controlled amounts of olive oil or canola oil are good ways to decrease saturated fat (bad fat) and to increase use of healthier polyunsaturated fats.
- Read food labels – check the fat content: look for foods with <5g fat per portion/serving.
- Low-fat cooking methods: grill / stew / roast / boil / stir-fry (1 tsp oil /cooking spray).
- Add vegetables or chickpeas to dishes to increase their soluble fibre content.
- Add salt to taste rather than adding it automatically as part of the recipe.
- Fresh or dried herbs e.g. oregano, rosemary, thyme or basil can also add flavour in place of salt.
- Use leftovers from a healthy dinner for lunch at work or school, with an added fruit.



HEALTHY RECIPE

Fish Tikka

(Serves 4)

Ingredients

For Marinade:

250 ml plain yoghurt or maas

Half an onion, finely chopped

2 ml ground ginger

4 cloves garlic, crushed

5 ml ground coriander

30 ml lemon juice

8 ml mild curry powder

30 ml tomato puree

Salt to taste

500 g hake fillets

2 onions, cut into chunks

1 each red, green and yellow

peppers cut into chunks

Directions

1. Mix together all ingredients, except for fish, onion chunks and peppers.
2. Cut fish into bite-sized chunks.
3. Place fish, onion chunks and peppers in a shallow dish, spoon marinade over and turn, so that fish and vegetables are coated.
4. Cover and marinate for 1 hour.
5. Cook until fish is cooked and firm, and both fish and vegetables are slightly charred.

Serve on cooked biryani rice (a mixture of basmati rice, lentils and biryani spice mix).



Spinach Basics

Cooks classify this good-for-you green three ways:

Curly-leaf spinach has crinkled leaves; flat-leaf spinach, often sold frozen or canned, has smoother leaves and a slightly milder flavor; and baby spinach is simply the flat-leaf type harvested when very young and tender.

In Season: Fresh spinach is available year-round.

What to Look For: Look for bright green, unwilted leaves. Avoid slimy or spotted leaves.

How to Store: Refrigerate spinach in a plastic bag; it spoils quickly, so use it within a couple of days.



The benefits of consuming fruits and vegetables of all kinds, including spinach, are impressive!

- As the proportion of plant foods in the diet increases, the risk of heart disease, diabetes, and cancer decreases.
- High fruit and vegetable intake is also associated with healthy skin and hair, increased energy and lower weight.
- Increasing consumption of fruits and vegetables significantly decreases the risk of obesity and overall mortality.

HEALTHY RECIPE

Ingredients

1 head lettuce
1 cucumber, peeled and sliced
2 to 3 plum tomatoes, cored and cut into small wedges
1 small red onion, sliced thin
Olive oil and red wine vinegar, to taste
Salt and pepper to taste

Directions

Tear the lettuce leaves into bite-sized pieces and transfer them to a large salad bowl.

Add the cucumber, tomatoes, and onion. Sprinkle with the oil, vinegar, and salt and pepper, and toss to combine.



(Serves 4)

Fresh Green Salad

Fresh salad vegetables are packed full of beneficial nutrients and antioxidants and are a rich source of vitamins A and C and folic acid.



Healthy
**Sauces
& Spreads**



Low-fat Yoghurt Sauce/Dressing

Ingredients

- 1 cup Low fat plain yoghurt
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 tsp parsley (chopped) OR dill

Directions

1. Mix together all the ingredients.

Serving suggestions:

Use this dressing instead of mayonnaise, to lower saturated and total fat intake in the diet.

Use as a salad dressing on green salad or on baked potato or potato or pasta salad.

Use as a healthy sauce with cold meat or chicken.

Use as a dip with low fat, low salt snacks.

Healthy Sauces & Spreads



Hummus

Ingredients

2 cups chickpeas (cooked)
1/3 cup tahini (sesame paste)
1/4 cup lemon juice
2 garlic cloves
Salt & pepper to taste

Directions

1. Combine all the ingredients in a food processor and blend until very smooth. Add water as needed.
2. Taste. Add additional lemon juice, garlic, salt & pepper if desired.
3. Serve as dip for pita bread and veggies, or serve on bread.



A Basic Guide to Herbs

Herbs can be used to flavour food instead of adding extra salt.

They can be used fresh or dry.

Grow your own herb garden. Buy plants at your supermarket or nursery and put each one in its own container in your windowsill in a sunny spot. Water regularly and use cuttings in food.

Freeze whole herbs in plastic bags. No need to thaw; simply cut as much as you need and add to dishes.

Dried herbs are more concentrated than fresh herbs. For every teaspoon of dried herbs, use one tablespoon of fresh herbs.

Make your own herbal oils and vinegar. Add favourite herbs and spices to olive oil or vinegar then leave to flavour. Use in salad dressings.

Basil	All tomato dishes
Chives	Potato, egg dishes, soups, stews
Coriander	Curries, salads and sauces
Dill	Pickles, soups, and fish dishes
Garlic	Meat, chicken, potato, pasta, soup, stews
Mint	Savoury dishes such as lamb, also desserts
Oregano	Stuffing, pizza, soups and stews
Parsley	Garnishes, salads, soups, stews
Rosemary	Lamb and chicken dishes, potatoes
Sage	Stuffing for meat, pork
Thyme	Lamb, chicken, soup, stews, etc.

A Basic Guide to Spices

Allspice	Used in fruit cakes, mince pies and Christmas puddings.
Anise	Adds liquorice flavour; used in confectionery and baking.
Fennel	Used in curries, vegetables and bean casseroles (also liquorice flavoured).
Cayenne Pepper	Used for giving heat to curries, as well as for seasoning cheese and fish dishes.
Chilli	Used to give heat and flavour to curries.
Cinnamon	Ground cinnamon is used for desserts, cakes and biscuits, while cinnamon sticks are used in curries, soups and casseroles.
Cloves	Used in baking, pickling and marinades, apple dishes, fruit punches.
Coriander (Dhania or Cilantro)	These spicy dried seeds are used in curry pastes and powders, marinades and pickling.
Cumin (Jeera)	Used in cheese, bread, sauces and curries.
Ginger	Combines well with garlic. Also used in baking, herbal teas.
Mixed Spice	Used for biscuits, puddings and cakes.
Mustard Seed	Used to give tang to casseroles and sauces.
Nutmeg	Sprinkled on milk puddings, pumpkin, spinach and pasta.
Paprika	Made from dried red pepper, it goes well with beef, chicken and fish.
Saffron	Used with rice and fish dishes, as well as in cakes and biscuits.
Turmeric	Often used instead of saffron to colour food yellow. Its warm and spicy taste makes it good for use in curries, pickles, chicken and fish stews.



Microgreens Salads

Rainbow Salad with Orange Vinaigrette

Ingredients

- 3 cups baby leaf salad
- 1 thinly sliced purple radish
- 3 rainbow carrots, shaved into ribbons, then shocked in an ice bath to set curl
- 1/2 cup thinly cucumber
- 1/2 cup sliced fresh strawberries
- 1/2 cup cocktail tomatoes
- 2 shallots, cut into rings
- 1 small purple onion, cut into thin rings
- 1/2 cup orange juice
- 1/2 cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon dried oregano
- 1 tablespoon honey
- Salt and pepper, to taste

For garnish add microgreens and/or optional for garnish, add edible flowers.

Green Smoothie

Ingredients

1/2 cup grapefruit juice
1/2 cup aloe vera juice
1/2 apple
1/3 cup of plain yoghurt
3 bunches of microgreens

Optional:

1 teaspoon spirulina powder

This smoothie will provide you with over 100% of your daily recommended intake of vitamin A and C, over half of your calcium intake and 2 grams of fiber.



Microgreens
Smoothies



Microgreens

Cooking

Pasta with Pea Shoots

Ingredients

250 g pasta of your choice, cooked
1 shallot, thinly sliced
2 cloves of garlic, crushed
2 tablespoons olive oil
1 cup fresh peas
3 cups pea shoots
3 tablespoons freshly grated Parmesan cheese

Directions

1. Heat a pan over medium heat.
2. Add olive oil, shallot and garlic and stir-fry lightly.
3. Add in peas and cook for a few minutes until heated through.
4. Add pea shoots and cook for one more minute before tossing with pasta.
5. Garnish with freshly grated Parmesan.

Ingredients:

1 tablespoon vegetable oil
2 onions, peeled and finely chopped
400 g catfish fillet(s), chopped
1/2 cup dry breadcrumbs
1 egg, beaten
2 tablespoon chopped parsley
1 tablespoon chopped thyme leaves
Pinch of cayenne pepper
Vegetable oil, to shallow-fry
1/4 cup peach chutney
1 tablespoon soy sauce
Salt & pepper to taste



Healthy Catfish Frikkadels

(Serves 4 | Cooking time: 15min)

1. Heat the olive oil in a large frying pan over low heat. Fry the onions until soft, but not coloured. Transfer to a bowl.
2. Add the catfish, breadcrumbs, egg, parsley and thyme to the onion and mix well. Roll into small balls.
3. Heat the vegetable oil in the frying pan over high heat. Shallow-fry the frikkadels for 3–4 minutes, until golden. Drain on paper towel.
4. In a large pot over low heat, mix the chutney, soy sauce and 1/4 cup water and bring to a simmer. Add the frikkadels and stir to coat.
5. Serve the frikkadels with lemon slices, a starch of your choice, a crispy green salad and/or tomato salsa.



Tilapia Skewers

(Serves 4)

Directions

1. Cut the fish into 4 cm chunks for skewering.
2. In a small bowl whisk together oil, lemon juice, garlic, paprika, salt, cumin, turmeric, cayenne pepper and bay leaves.
3. Place fish chunks in a glass dish. Pour marinade over the fish chunks and stir to coat.
4. Cover with plastic wrap. Place in refrigerator and let fish marinate for at least 30 minutes. If using wood skewers, let them soak in water while the fish is marinating. This will keep them from burning on the grill.
5. Preheat your grill. Skewer the fish chunks, evenly divided between four wooden skewers.
6. Generously oil the grill. Place the skewers on the grill and cook for about 10 minutes total, turning once during cooking, till the edges are browned and the fish cooked through. A bit of the fish might stick to the grill, but the less you turn the skewers, the less this will happen.
7. Garnish with chopped parsley and serve with lemon wedges.

Ingredients

- 750 g tilapia fillets
- 1/4 cup vegetable oil
- 1/4 cup freshly squeezed lemon juice
- 2 bay leaves
- 2 crushed garlic cloves
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon cayenne pepper
- Sliced lemon wedges
- Chopped parsley for garnish

HEALTHY IDEAS

Sandwich, roll or pita made with brown or whole-wheat bread topped with cottage cheese; tuna, pilchards; mashed egg with low fat mayonnaise; baked beans; peanut butter; avocado or pear with lemon juice; lean chicken slices, fish paste and sliced tomato.

Pasta salad with chopped vegetables, lean chicken and some plain yoghurt.

Fresh or dried fruit or fruit salad or veggie sticks

Peanuts and raisins

Low-fat yoghurt

Home-made oat crunchies or popcorn



Healthy

Lunch Box & Snack Ideas



The INMED Aquaponics® Social Enterprise (INMED ASE) is a revolutionary incubator of agro-businesses designed to transition historically marginalised populations from subsistence to self-reliance through climate-smart aquaponics. It is the latest initiative of INMED Partnerships for Children to address global food security, climate-change adaptation, inclusion, sustainable livelihoods and other intertwined causes of systemic poverty. The INMED ASE is facilitated by INMED South Africa with seed funding from Mondelēz International's Sustainable Futures programme. Learn more at <https://inmedase.org>.



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