

JEWISH BLIND & DISABLED
The key to independence

THE KEY TO HEALTHY LIVING



HEALTHY RECIPES FROM ACROSS THE JBD COMMUNITY

JBD in the community | EDUCATIONAL SESSIONS

JBD is committed to helping prevent physical disabilities and sight loss through education and awareness.

Our new series of free diabetes educational sessions are led by health experts and provide practical guidance on healthy lifestyles, early intervention and prevention to support overall wellbeing.

For more information about our work in diabetes education and prevention, **visit jbd.org/education** or email **communityservices@jbd.org.**

To support our work, visit **jbd.org/donate**

At Jewish Blind & Disabled, we understand the impact that physical disability and sight loss can have.

Prevention is an increasingly important part of our work, helping people to take positive steps to reduce their risk of developing preventable health conditions. One key area of focus is diabetes, which is one of the leading causes of preventable sight loss and can contribute to a range of other serious health complications.

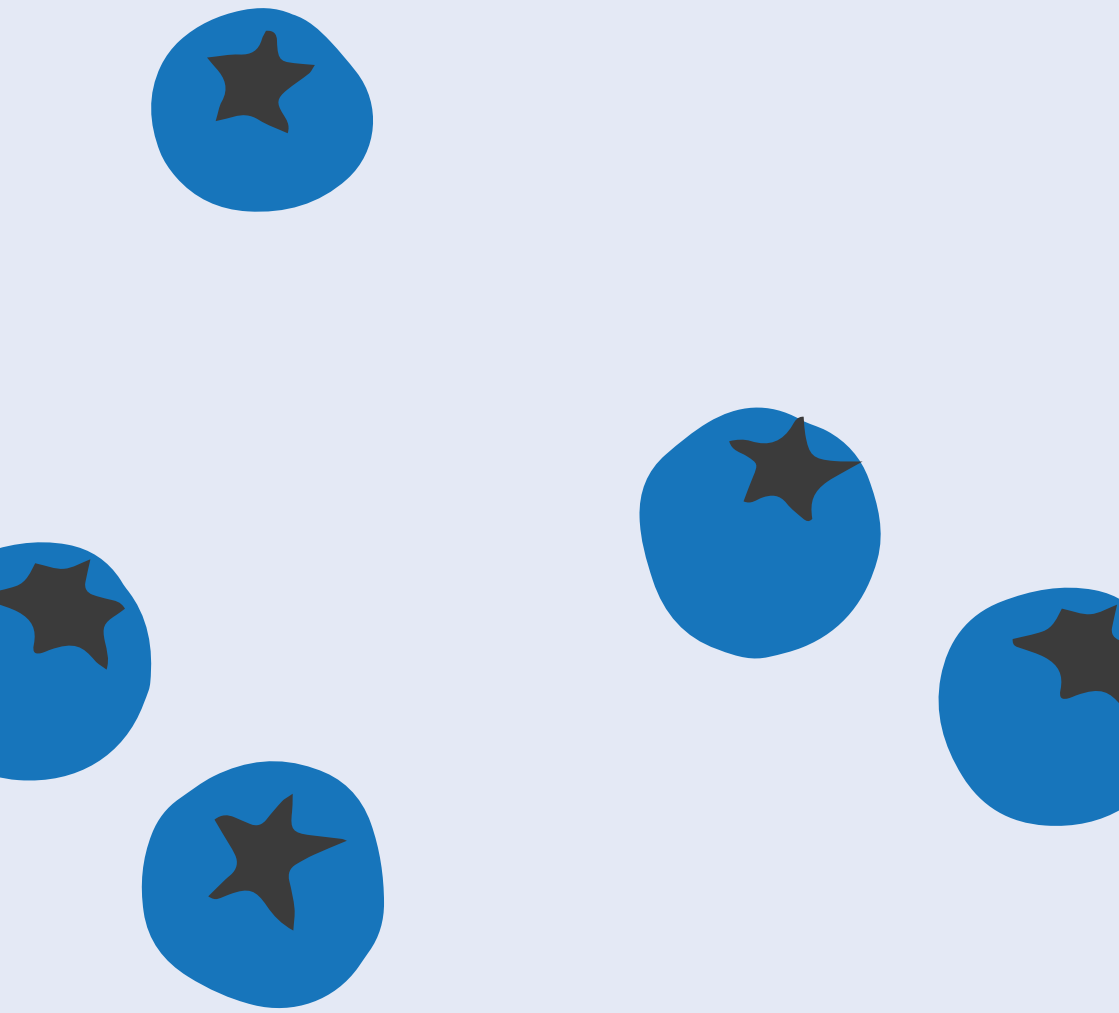
The good news is that lifestyle changes can help people to manage type 2 diabetes and can also reduce the risk of developing the condition. Improving diet and physical activity can make a difference, while supporting overall health and wellbeing.

We are delighted to share this collection of healthy recipes from across the JBD community. Tenants, clients and colleagues have contributed dishes they enjoy, from simple breakfasts and warming soups to colourful salads, family meals and satisfying snacks.

Healthy eating does not have to be complicated. It can be as much about what you add to your diet as what you take away. Small, realistic choices can all help, such as including more vegetables, choosing wholegrains where possible and being mindful of portion sizes. We hope these recipes offer some fresh inspiration and encourage you to enjoy preparing and sharing food.

Everyone's nutritional needs are different, particularly for people living with diabetes or another health condition. This booklet is intended as general inspiration rather than individual medical advice. If you are unsure whether a recipe is suitable for you, speak to your GP, diabetes care team or a registered dietitian.

Thank you to everyone who shared a recipe.



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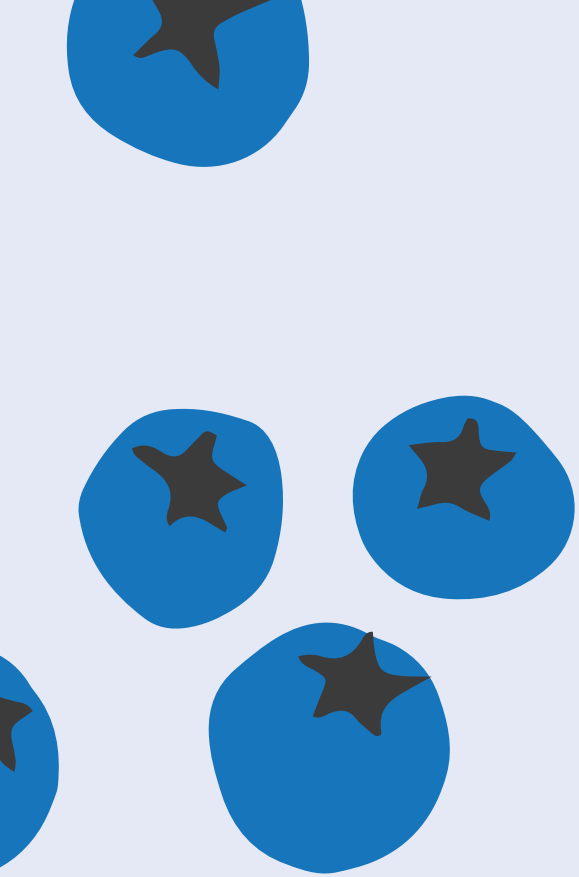






Breakfast Smoothie

Amanda Fisher, JBD Head of Operations

Serves 1

INGREDIENTS

- 200g Greek yoghurt
- 20-30g raw oats
- 200ml unsweetened soya milk (or unsweetened almond milk)
- ½ banana
- Handful of frozen berries
- Handful of spinach

METHOD

1. Blend all the ingredients together until smooth and enjoy.





Overnight Oats

Denise, JBD tenant

Serves 1

INGREDIENTS

- 3 large tbsp porridge oats
- 100ml milk
- 2 tbsp yogurt
- A small handful of frozen or fresh blueberries
- ½ banana, cut up
- 1 tbsp linseed with nuts

METHOD

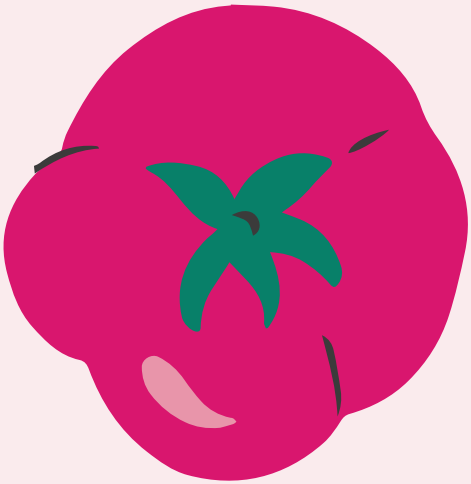
1. Soak the oats in milk overnight.
2. In the morning, add the banana, linseed, blueberries and yogurt.



Main meals & sides

02











Asian Chicken & Crispy Rice Salad

Harlie Winner, JBD Head of Marketing & Communications
Serves 2-3

INGREDIENTS

For the salad

- 2 skinless, boneless chicken breasts
- 150g rice (uncooked), or 1 packet of pre-cooked rice
- 100g frozen edamame beans
- ½ large cucumber
- 30g mixed chopped herbs (coriander, dill, basil)

For the sauce

- 2 tbsp soy sauce
- 2 tbsp tahini
- 1 tbsp honey
- Juice of ½ lime
- ½ tbsp of sriracha or chilli sauce (optional)
- ½ tbsp sesame oil
- 1 clove of garlic, crushed or finely grated

METHOD

1. Cook the rice according to packet instructions.
2. Once cooked, drain the rice and place on a baking sheet lined with baking parchment. Coat the rice with around 1-2 tsp of sesame oil and bake at 200c for around 20 minutes, until crisp and golden. Leave to cool.
3. Cook the chicken breasts by baking them in the oven or poaching them, around 20-25 minutes. Once cooked, leave to cool and shred.
4. Boil the frozen edamame beans according to the packet instructions, for around 5 minutes. Drain and leave to cool.
5. Chop the cucumber and herbs.
6. Mix together all the ingredients for the sauce. Add to a bowl with all the salad ingredients and combine.

Stir Fried Chicken with Broccoli & Brown Rice

Karen Clements, JBD Maintenance Team Administrator
Serves 2

INGREDIENTS

- 200g trimmed broccoli florets (about 6), halved
- 250g chicken breast, chopped
- 15g ginger, cut into shreds
- 2 garlic cloves, chopped
- 1 red onion, sliced
- 1 whole red pepper, sliced
- 2 tsp olive oil
- 1 tsp chili flakes
- 1 tbsp reduced-salt soy sauce
- 1 tbsp honey
- 250g cooked brown rice

METHOD

1. Put the kettle on to boil and tip the broccoli into a medium pan, ready to go on the heat.
2. Pour the water over the broccoli, then boil for 4 mins.
3. Heat the olive oil in a non-stick wok and stir-fry the ginger, garlic, onion and pepper for 2 mins. Add the chilli flakes and stir briefly.
4. Add the chicken and stir-fry for 2 mins more. Drain the broccoli and reserve the water. Tip the broccoli into the wok with the soy sauce, honey and 4 tbsp broccoli water, then cook until heated through.
5. Meanwhile, heat the rice following the packet instructions and serve with the stir-fry.





One Pot Wonder

Denise, JBD tenant

INGREDIENTS

- 1 chopped onion
- Frozen cube garlic
- Frozen cube ginger
- Frozen cube chopped spinach
- 1 large carrot, cut up
- 1 large celery stick, cleaned
- 1 chicken top, cut into cubes
- Or, for a vegetarian version: tinned beans, drained and washed, and/or tinned lentils, drained
- Osem “chicken” stock
- Pasta
- Fresh herbs or dried herbs (optional)
- 1 Tablespoon rapeseed oil
- Optional extras: mushrooms, sweet potato or new potato

METHOD

1. Warm the rapeseed oil in a saucepan.
2. Add the onion, garlic, ginger and spinach. Cook for 5mins, until the onion is soft and the garlic, ginger and spinach are cooked.
3. Add the carrot and celery.
4. Mix 2 heaped teaspoons of stock with boiling water and add to the vegetables.
5. Add the chicken and cook until cooked through. Add the lentils and beans, and cook until the carrot and celery are cooked.
6. Add the pasta. If needed, add enough extra water for the pasta to cook.
7. Add any optional extra ingredients and fresh or dried herbs.
8. When the pasta is cooked, remove from the heat. Taste and add more seasoning if needed.

Cauliflower & Courgette Creamy Soup

Miriam, JBD tenant

INGREDIENTS

- 1 medium sized cauliflower (about 600g), separated into florets
- 4 large courgettes, cut into large chunks, around 600g
- 2-3 carrots, peeled and left whole, around 250g
- One large onion, cut into 4
- A small bunch of parsley
- Seasoning: salt and nutmeg powder
- Black pepper (optional)

METHOD

1. Cook the vegetables in a pot covered with water (not too much water) until the cauliflower is soft.
2. Take the carrots out and use them in the carrot salad recipe (next page).
3. Take the parsley out and blend the soup to a creamy texture.
4. Season with salt and nutmeg. Add black pepper, if desired.





Carrot Salad

Miriam, JBD tenant

INGREDIENTS

- Warm cooked carrots, reserved from the Cauliflower and Courgette Creamy Soup (previous page)
- Lemon juice
- 2 minced garlic cloves
- Salt
- Cumin
- A drizzle of olive oil (optional)

METHOD

1. While the carrots are still warm, slice them into thick rounds.
2. Add lemon juice, the minced garlic, salt and cumin.
3. Add a drizzle of olive oil, if desired.

Roasted Cauliflower Salad with Lemon Tahini Dressing

Miriam, JBD tenant

INGREDIENTS

For the salad

- 1 head cauliflower
- ½ red onion
- 2 tbsp olive oil
- Salt and Pepper to taste
- ½ bunch parsley

For the lemon tahini dressing

- 1/3 cup tahini
- 1/3 cup water
- ¼ cup lemon juice
- 2 cloves garlic, minced
- ½ tsp cumin
- ¼ tsp cayenne
- ¼ tsp salt

For the spiced chickpeas

- 1 15oz can chickpeas
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ¼ tsp garlic powder
- 1/8 tsp cayenne
- Salt and pepper to taste

METHOD

1. Preheat the oven to 400ºF.
2. Chop the cauliflower into small florets and place them on a large baking sheet. Slice the red onion into ¼-inch strips and place them on the baking sheet. Drizzle the cauliflower and onions with olive oil and season with a pinch or two of salt and pepper. Toss until coated.
3. Roast for 20 minutes, then stir. Return to the oven and roast for an additional 10-15 minutes, or until the cauliflower is tender and browned on the edges. Leave to cool slightly.
4. While the cauliflower and onions are roasting, make the dressing. Add the tahini, water, lemon juice, garlic, cumin, cayenne and salt to a blender. Blend until smooth, then refrigerate until ready to serve.
5. Drain and rinse the chickpeas. Add them to a frying pan with the olive oil, smoked paprika, cayenne and a pinch of salt and pepper. Stir and cook over a medium heat for about five minutes, or until they sizzle and become slightly crispy. Remove from the heat.
6. Pull the parsley leaves from their stems and roughly chop the leaves into small pieces (about 1.5 cups loosely packed, once chopped).
7. Combine the roasted cauliflower and onions in a bowl with the spiced chickpeas and chopped parsley. Drizzle the dressing over the top and toss to combine.
   Serve warm or cold.



Butternut Sesame Squares

Miriam, JBD tenant

INGREDIENTS

- 250g peeled butternut squash, cut into 2cm X 2cm squares
- 1 tbsp sesame oil
- 1 tbsp clear honey
- 1 tbsp soya sauce
- Salt and pepper to taste
- 2 tbsp sesame seeds

METHOD

1. Preheat the oven to 200ºC.
2. Mix together the sesame oil, soya sauce and honey, and pour over the butternut squares. Coat thoroughly, then add the sesame seeds and mix well.
3. Pour into a shallow ovenproof dish lined with baking parchment and cook for 20 to 25 minutes, until crispy.

Pearl Barley Risotto

Harlie Winner, JBD Head of Marketing & Communications

Serves 2-3

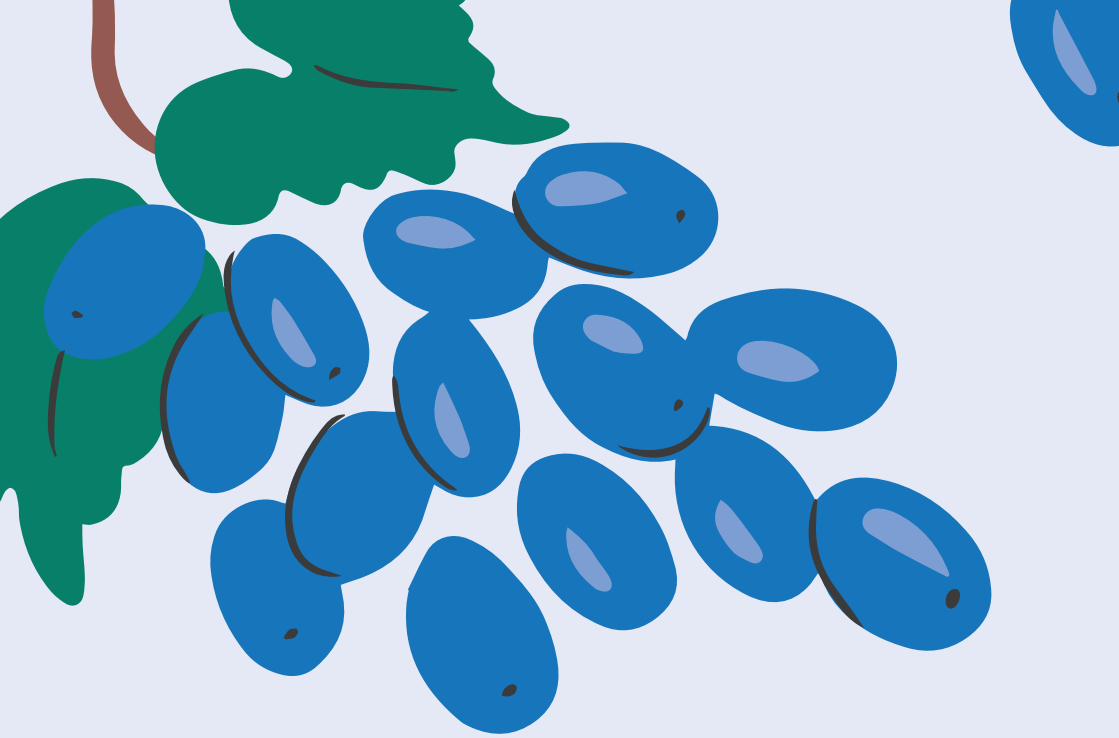
INGREDIENTS

- 1 onion, finely diced
- 2 cloves of garlic, crushed
- 1 courgette cubed or thinly sliced
- 1 leek, thinly sliced
- 50g frozen peas
- 125g pearl barley (uncooked weight)
- 600ml chicken or vegetable stock
- Parmesan to finish, if desired

METHOD

1. Cook onion and garlic in oil until soft over medium heat for around 2 minutes.
2. Add courgette and leek and cook for a further 4-5 minutes until soft.
3. Rinse the pearl barley in a sieve under cold water.
4. Add the pearl barley into the softened vegetables and cook for a minute or two.
5. Add the chicken stock a bit at a time until absorbed and the pearl barley is cooked through. This process takes about 30 minutes in total. The pearl barley should be soft but still have a bite when cooked. Additional stock may be required.
6. Season with salt and pepper if needed (this may not be required as the chicken stock may already have seasoning).
7. Add the frozen peas and cook for a further 2-3 minutes until cooked through.
8. Turn off the heat and add a 1-2 tbsp of parmesan through, if desired.





Healthier Sweet Treats

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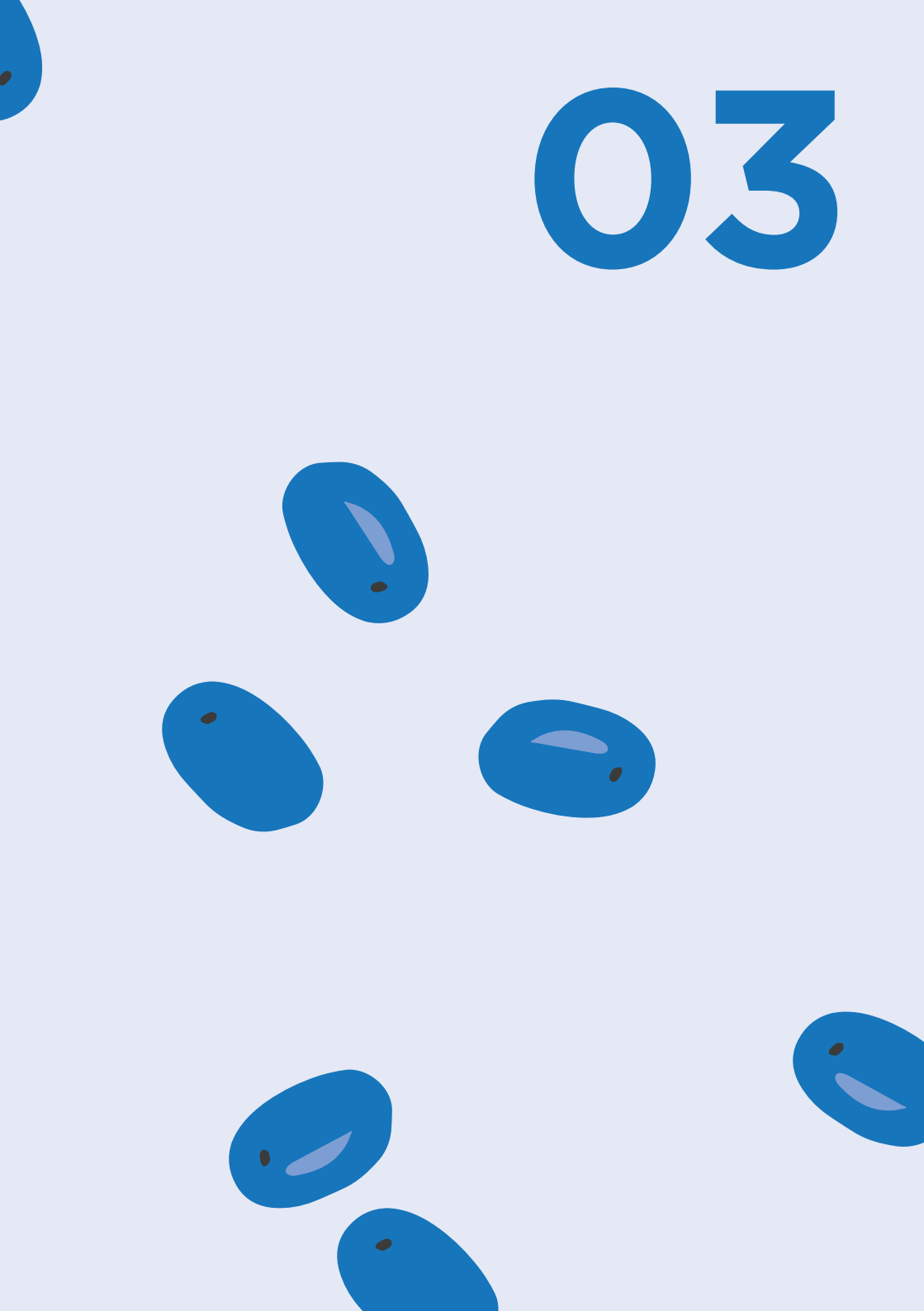




Almond, Coconut & Chocolate Cookies

Lisa Wimborne, JBD Chief Executive

Makes 12-14 cookies

INGREDIENTS

- 100g ground almonds
- 80g dark chocolate in small pieces – the darker the healthier option
- 100g desiccated coconut
- 90g coconut sugar (you can put a bit less in; circa 70g is fine to make it healthier)
- 2 eggs
- 1 pinch salt

METHOD

1. Mix all the ingredients together.
2. With wet hands, divide and shape the dough into 12-14 equal-sized balls. Place on a baking tray and flatten with your fingers.
3. Bake at 180°C / 160°C fan for 10-15 mins, until lightly browned.

Sugar Free Fruit Cake

Liz, tenant
Makes 2 cakes

INGREDIENTS

- ½lb (250g) chopped dates, not sugar rolled
- 1lb (500g) mixed dried fruit
- ½ pint (250ml) cold water
- 3oz (85g) plain wholemeal flour
- 3oz (85g) plain white flour
- 2oz (50g) ground almonds
- 1oz (25g) baking powder
- ½oz (12 g) mixed spice
- 3fl.oz (90ml) orange juice
- 2oz (50g) flaked almonds (sprinkle on top of cake)

METHOD

1. Mix all the ingredients together.
2. Grease and line a round tin or 2 loaf tins.
3. Bake at 155C for 1-1.5 hours.
4. Test with a skewer. If it comes out clean, the cake is baked.
5. Eat one and freeze one.





‘Snickers’ Stuffed Dates

Jess Cohen, JBD Marketing Executive

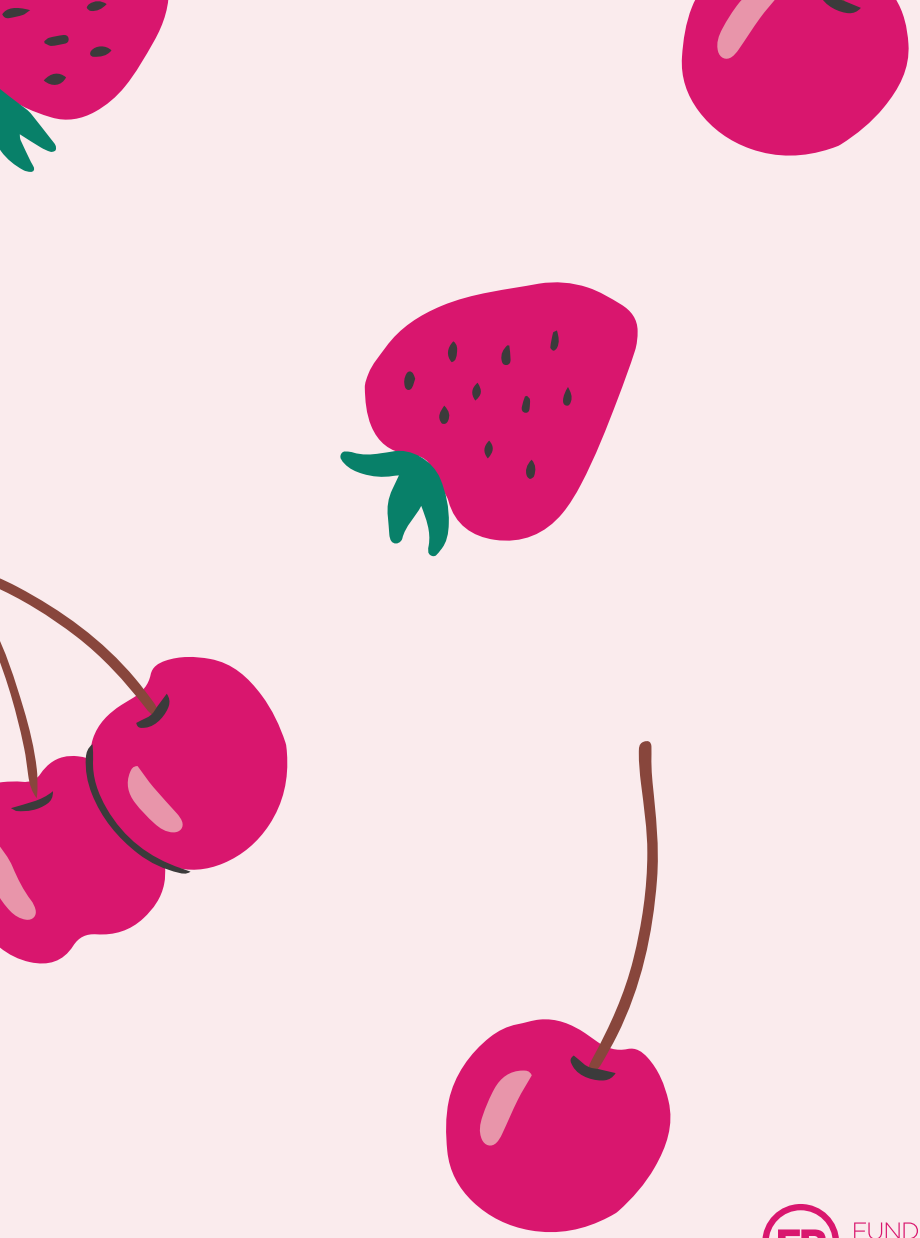
Makes 8-10 dates

INGREDIENTS

- 8-10 Medjool dates, pitted
- 90-100g bar of good quality dark chocolate, 70% minimum
- Peanut butter (ideally with no additives)

METHOD

1. Remove the stones from the dates but be careful not to cut the date into two halves – keep whole where possible.
2. Melt the chocolate in the microwave – around 1-1.5 minutes.
3. Stuff the dates with peanut butter, about ½ tsp per date, and close back up.
4. Dip each date into the melted chocolate to cover, and sprinkle with flaky sea salt if desired.
5. Leave to cool on a plate lined with greaseproof paper.
6. Store in the fridge.



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