



MEDITERRANEAN VEGETABLES WITH WHITE BEAN SALAD

[V] Vegetarian [GF] Gluten Free

 10 minutes 40 minutes 4 portions

INGREDIENTS

- 450 grams of squash, butternut, baked
- 1 average portion of sweet potato, baked (130 g)
- 2 cup, chopped of peppers, sweet, red, raw (149 g) or 1 medium unit of pepper, capsicum, yellow, raw (160 g)
- 2 medium units of pepper, capsicum, yellow, raw (320 g)
- 2 medium units of courgette, boiled in unsalted water (200 g)
- 400 grams of beans, white, mature seeds, canned
- 1 portion of pine nuts, kernel only (13 g)
- 1 teaspoon of mint, dried (1 g)
- 2 tablespoons of oil, coconut (22 g)
- 2 cloves of garlic, raw (6 g)
- 2 tbsps of honey (42 g)
- 1 teaspoon of paprika (3 g)
- 1 tsp, ground of spices, pepper, black (2 g)
- 2 teaspoons of oil, olive (6 g)

COOKING METHOD

¹⁰ Directions: Heat the coconut oil in a pan and stir in the remaining ingredients to make the marinade. Heat the oven to 200°C/400°F, gas mark 6. Place the vegetables in a roasting dish and drizzle over the marinade. Season with sea salt & black pepper. Bake in the oven for 30 minutes. Remove the dish from the oven then stir in the beans. Return to the oven for 10 minutes until the vegetables are golden. Sprinkle over the Herbamare, or sea vegetable flakes, extra virgin olive oil fresh mint leaves and pine nuts. Add a boiled egg per person for additional protein, or some feta and olives, sun-dried tomato and serve on a bed of green leaves – rocket, spinach and watercress.

2° Considerable research points towards the therapeutic effects of the Mediterranean diet for heart health and the management of type 2 diabetes. The maxim of eating a rainbow every day with foods containing a variety of brightly coloured vegetables containing bioflavonoid and anti oxidants seems to support their protective effect in cardiovascular health(1) and type 2 diabetes (2). This low glycaemic recipe also contains good levels of fibre that is known to help with satiety and weight control. 1. Sofi F, Abbate R, Gensini GF, Casini A. Accruing evidence on benefits of adherence to the Mediterranean diet on health: an updated systematic review and meta-analysis1,. Am J Clin Nutr [Internet]. American Society for Nutrition; 2010 Nov 1 [cited 2017 Feb 27];92(5):1189–96. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/20810976> 2. Ajala O, English P, Pinkney J. Systematic review and meta-analysis of different dietary approaches to the management of type 2 diabetes. Am J Clin Nutr [Internet]. 2013 Mar 1 [cited 2017 Mar 15];97(3):505–16. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/23364002>

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (421 g)	% DRI
ENERGY	81 kcal	343 kcal	17 %
PROTEIN	3 g	11 g	23 %
CARBOHYDRATE	13 g	54 g	21 %
SUGARS	6 g	24 g	26 %
FAT	2 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	27 %
FIBER	2 g	7 g	30 %
SODIUM	87 mg	365 mg	15 %