

A  
TASTE  
OF



# Slimming EATS

Healthy, delicious recipes –  
100+ under 500 calories

Siobhan Wightman



328  
Calories

V

DF



KCALS  
328

FAT  
9.9g

SAT FAT  
6.8g

CARBS  
45.3g

SUGARS  
14.3g

FIBRE  
12.8g

PROTEIN  
8.1g

SALT  
0.53g

# Curried Sweet Potato and Lentil Soup

## SERVES 4

cooking oil spray  
1 large onion, cut into small dice  
½ tablespoon grated fresh ginger  
3 garlic cloves, crushed  
2 teaspoons ground cumin  
2 teaspoons ground coriander  
1 teaspoon ground turmeric  
½ teaspoon hot chilli powder  
600g (21oz) sweet potatoes, peeled and cubed  
1 x 400g (14oz) tin of lentils, drained and rinsed  
480ml (17fl oz) vegetable stock  
1 x 400ml (14fl oz) tin of light coconut milk  
salt  
2–3 tablespoons chopped fresh coriander (cilantro)

### *Gluten-free:*

Use gluten-free chilli powder.

### *Freezing:*

To reheat after freezing, simply defrost in the fridge and warm through in the microwave or in a saucepan over a medium heat.

**This curried sweet potato and lentil soup is probably one of my favourite meat-free soups that I make on regular rotation. We love sweet potato, and it adds a subtle sweetness against the spices and creaminess of the coconut milk.**

1. Place a large saucepan over a medium-high heat and spray with cooking oil.
2. Add the onion and fry until golden and translucent.
3. Add the ginger and garlic, and fry until the garlic just starts to go golden (add a little water to prevent burning if needed). Add the spices and stir until it becomes paste-like.
4. Add the sweet potatoes, lentils, stock and light coconut milk. Bring to the boil, then simmer for 15 minutes, until the sweet potato is softened. Roughly crush some of the sweet potato to help thicken the soup.
5. Taste and season with salt as needed, then stir in the fresh coriander.



364  
Calories

# Creamy Cajun Chicken

GF

KCALS  
364

FAT  
11.4g

SAT FAT  
2.4g

CARBS  
6.3g

SUGARS  
4.9g

FIBRE  
3.5g

PROTEIN  
57.3g

SALT  
1.17g

## SERVES 4

4 skinless chicken breasts  
(approx. 200g/7oz each),  
flattened  
olive oil spray  
4 garlic cloves, crushed  
1 red pepper, diced  
1 green pepper, diced  
1 tablespoon tomato purée  
(paste)  
420ml (¾ pint) chicken  
stock  
120g (4oz) light cream  
cheese  
30g (1oz) Parmesan, grated  
salt and freshly ground  
black pepper  
chopped fresh parsley

### *For the Cajun seasoning:*

1 tablespoon paprika  
1 teaspoon onion powder  
1 teaspoon garlic powder  
½ teaspoon dried oregano  
½ teaspoon dried thyme  
¼–½ teaspoon cayenne

### *Swap:*

If you don't like peppers  
you can try swapping them  
out for other vegetables  
– mushrooms, spinach,  
courgettes (zucchini) all  
work well.

### *Sides suggestions:*

Pair with rice, potatoes, pasta  
or for a low-carb option  
some cauliflower rice (see  
page 239) or steamed/  
roasted veggies.

**A wonderful dinner that is ready and on the table in less than 30 minutes – this tender chicken with peppers in a creamy Cajun sauce pairs really well with a variety of sides.**

1. Mix all the Cajun seasoning ingredients together in a bowl. Rub half the seasoning into the chicken breasts.
2. Place a frying pan over a medium–high heat and spray with olive oil. Add the chicken breasts and brown on both sides (approx. 5 minutes each side), then remove from the pan and set aside.
3. Add the garlic and peppers to the pan and fry for a couple of minutes.
4. Add the rest of the Cajun seasoning, the tomato purée, stock and cream cheese, and stir until the cheese has melted.
5. Put the chicken back into the pan and simmer until it is cooked through and the sauce has thickened.
6. Add the Parmesan and stir until melted. Taste and season as needed with salt and freshly ground black pepper.
7. Sprinkle with chopped fresh parsley.



347  
Calories

GF

V

KCALS  
347

FAT  
11.7g

SAT FAT  
1.0g

CARBS  
41.7g

SUGARS  
39.8g

FIBRE  
2.6g

PROTEIN  
17.5g

SALT  
0.15g

# Cinnamon Sugar Pecan-baked Bananas with Greek Yoghurt

## SERVES 2

2 ripe bananas (not overripe, though)  
22 pecan halves, roughly chopped  
coconut oil spray  
2 tablespoons Demerara sugar  
½ teaspoon ground cinnamon  
285g (10oz) fat-free Greek yoghurt

### *Dairy-free:*

Serve with a dairy-free yoghurt of your choice.

### *Variations:*

Try different chopped nuts, or even a crushed biscuit of your choice, instead of the pecans.

### *Sugar swap:*

If you prefer to save some calories you can swap the Demerara sugar for a brown granulated sweetener, but you won't get quite the same caramelization.

### *Lighten the calories:*

Bananas are quite high in calories before adding anything else. If you want to reduce the calories in this dessert, enjoy a smaller serving (½ banana) with yoghurt.

Buying too many bananas seems to be a weekly occurrence in my household, so when I have some I want to use up, this recipe for baked bananas is a go-to. I love the way the Demerara sugar caramelizes around the pecans to form a yummy topping on the warm baked bananas. Perfect served over Greek yoghurt or with some low-calorie ice cream or frozen yoghurt of your choice.

1. Preheat the oven to 200°C/180°C fan/400°F/gas 6.
2. Peel the bananas and slice them in half lengthways. Place them in an ovenproof baking dish.
3. Put the pecans into a bowl, spray with coconut oil, then add the sugar and cinnamon and toss until the pecans are all coated.
4. Sprinkle the nuts over the top of the bananas and spray the top with coconut oil.
5. Bake for 15–20 minutes, until golden and caramelized.
6. Serve with the Greek yoghurt.



163  
Calories

# Chocolate Cake

V

DF



KCALS  
163

FAT  
5.2g

SAT FAT  
3.4g

CARBS  
24.2g

SUGARS  
9.1g

FIBRE  
1.6g

PROTEIN  
3.6g

SALT  
0.34g

## MAKES 9 SQUARES

160g (5½oz) plain  
(all-purpose) flour  
1 teaspoon baking powder  
½ teaspoon bicarbonate  
of soda (baking soda)  
pinch of salt  
15g (½oz) cocoa powder  
130g (4½oz) banana, mashed  
4 tablespoons maple syrup  
2 tablespoons coconut oil  
or butter (melted)  
120ml (4fl oz) chocolate  
almond milk  
1 large egg  
1 teaspoon vanilla extract

### *For the chocolate milk drizzle:*

60ml (2fl oz) chocolate  
almond milk  
30g (1oz) milk or dark  
chocolate chips

### *Dairy-free:*

Ensure you use dark rather than milk chocolate.

### *Freezing:*

To eat after freezing, simply defrost in the fridge. You could warm the cake through in the microwave if you like.

**If you can't get enough of chocolate, this delicious cake will satisfy all your cravings. The final chocolate milk drizzle keeps the cake lovely and moist. Good on its own with a cuppa, or served with some berries.**

1. Combine the dry ingredients in a bowl.
2. Combine the wet ingredients in a second bowl.
3. Fold the wet ingredients into the dry ingredients.
4. Preheat the oven to 180°C/160°C fan/350°F/gas 4, and line a 20cm (8 inch) square cake tin with parchment paper.
5. Put the mixture into the lined tin.
6. Bake for 20–25 minutes, until a skewer inserted into the centre comes out clean.
7. Remove from the oven and poke holes all over the top of cake with a skewer.
8. To make the drizzle, put the chocolate almond milk into a small saucepan and bring to a slow bubble.
9. Remove from the heat and stir in the chocolate chips until melted.
10. Pour this all over the top of the cake.
11. Enjoy as is, or serve with some berries and light aerosol cream for a decadent dessert.

