



**A Feast *for* Your
Eyes Recipe Book**

Good nutrition is vital for healthy eyes, so we've put together this exclusive collection of mouth watering recipes to help inspire you in the kitchen.

Whether you're a budding chef or complete novice we've got some quick and easy ways to help you give your vision a boost at mealtimes.

Here's our guide to some eye-friendly food...

Cold water fish like cod, sardines and tuna are excellent sources of DHA, and Omega-3 fatty acids. These provide structural support to cell membranes and may be beneficial for dry eyes, and the maintenance of general eye health.

Research has shown that eating just one portion of fish a week may reduce your risk of developing age-related macular degeneration (AMD) – the UK's leading cause of blindness – by up to 40%.¹

Blueberries and grapes contain anthocyanins, which may help improve night vision.

Green leafy vegetables such as spinach or kale are rich in carotenoids, especially lutein and zeaxanthin.

Lutein and zeaxanthin may help prevent age-related eye diseases such as macular degeneration and cataract.

These carotenoids may also reduce discomfort from glare and enhance visual contrast.²

Whole grains and avocados are rich in zinc and Vitamin B. Deficiency in complex B Vitamins may increase your risk of cataracts and retinopathy.

Garlic, onions, shallots and capers are rich in sulfur, which is necessary for the production of glutathione, an important antioxidant required to help maintain healthy sight.

Eggs are rich in cysteine, sulfur, lecithin, amino acids and lutein. Sulfur may also help protect the lens of the eye from cataracts.

Papaya is a good source of beta carotene which can help to prevent ‘free radical’ damage inside the eye. Free radical damage is linked to degenerative eye disease.

Soy contains essential fatty acids, phytoestrogens, Vitamin E and natural anti-inflammatory agents.

Vitamin E is important for the maintenance of good eye health.

Recommended Daily Intake (RDI) for some key eye-friendly nutrients³

Vitamin A – 0.7mg a day for men and 0.6mg for women

Vitamin B6 – 1.4 mg for men and 1.2 mg for women

Vitamin C – 40mg a day for all adults

Vitamin E – 4mg a day for men, 3mg a day for women

Zinc – 5.5-9.5mg for men and 4-7mg for women

1. *Dietary Fatty Acids and the 5-Year Incidence of Age-related Maculopathy*, Brian Chua et al.
2. *Journal of Food Science*
3. *NHS Choices. Recommended Daily Intakes for healthy adults.*



Lamb kebabs with mint sauce, hummus dip, flatbread and a trio of eastern inspired salads

Enjoy together as a feast filled with eye-friendly nutrients or as separate dishes – the hummus dip is delicious served with vegetable crudités.

Lamb Kebabs (serves 3 - 4)

Ingredients

400g diced lamb leg or shoulder
2 tbsp olive oil
1 tsp oregano
½ lemon zest
Salt and pepper to taste
Wooden skewers

Method

1. Place all the ingredients in a bowl and mix well

2. Fry the diced lamb cubes over a medium to high heat and cook until browned on the outside and still slightly pink inside
3. Rest for a minute or two
4. Thread the chunks onto your skewers and serve.

Super Simple Hummus

Ingredients

400g can of chickpeas
2 tbsp lemon juice
2 garlic cloves
3 tsp water
3 tbsp extra virgin olive oil
1 tsp paprika (optional)
Salt to taste

Method

1. Drain the chickpeas and rinse
2. Crush the garlic cloves

- Place the chickpeas, garlic, lemon juice and water in a food processor or blender
- Blend and slowly drizzle in the extra virgin olive oil until smooth
- Add a little more lemon juice and salt to taste
- Tip into a serving bowl and sprinkle with paprika if using.

Flatbread (makes 6)

Ingredients

- 250g self raising flour
- ½ tbsp salt
- ½ tbsp baking powder
- 250g natural yoghurt

Method

- Place all the ingredients in a bowl and mix by hand or pulse in a food processor until combined and doughy
- Dust your work surface with a little flour and tip out your doughy mixture
- Knead gently for a minute or two
- Divide into six even pieces
- Roll out to form a thin disc
- Dry fry individually in a frying pan until they puff slightly and begin to brown. Flip halfway through cooking.

Mint Sauce

Ingredients

- 1 bunch of fresh mint
- 4 tbsp boiling water
- 4 tbsp white wine vinegar
- 1 tbsp caster sugar

Method

- Finely chop the fresh mint leaves
- Place in a bowl, add the sugar and pour over the boiling water
- Leave to cool
- Stir in the white wine vinegar and it's ready to serve.

Tip : Alternatively, you could use shop bought flatbread and mint sauce.



Chargrilled Aubergine Platter (serves 3 – 4)

Ingredients

- 2 aubergines
- 150g baby tomatoes
- 3 large handfuls of baby leaf spinach
- 1 large handful basil
- 1 large handful parsley
- Juice of 1 lemon
- 5 tbsp of olive oil
- 1 tsp chilli flakes
- Salt and pepper (to taste)

Method

- Chop the aubergine in half width-ways and then slice into strips of roughly 1cm

2. Dry fry these in a frying pan or griddle, until they become thinner and have char-lines on them
3. Leave these on a plate to cool (Usually 10 minutes and make sure they are not over-lapping too much as they will become soggy)
4. Roughly chop the spinach, parsley and basil and sprinkle on top of the aubergine
5. Drizzle over the lemon juice and olive oil and season with salt, pepper and chilli flakes before serving.



Green Salad with Dates & Pumpkin Seeds (serves 4)

Ingredients

- 2 baby gem lettuce
- 3 handfuls of baby spinach
- 3 handfuls of rocket leaves
- 4 medjool dates
- 20g of pumpkin seeds

Dressing

- ½ orange, zest and juice
- ½ Lemon, zest and juice
- 5 tbsp olive oil
- Salt and pepper, to taste

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Method

1. Prepare the dressing; grate or zest the rind of the orange and lemon and stir in the juice, olive oil and salt and pepper to taste. Set aside whilst you prepare the rest of the salad.
2. Toast the pumpkin seeds in a small frying pan (no oil needed), wait until they are golden brown and start to 'pop' then turn off the heat. Allow to cool.
3. Wash all the leaves and chop the baby gem length-ways and then into strips and add all the leaves into a large bowl
4. Chop the dates into chunks of roughly 1-2cm long, add 3 dates to the salad and leave aside the other for a garnish on top
5. Pour the dressing over the salad and toss well
6. Sprinkle the dates and pumpkin seeds on the top.



Eastern Salad with Watermelon & Feta (serves 4)

Ingredients

- 1 garlic clove, crushed
- 1 small red onion, diced

2 tbsp of dukkah spice mix
1 tin chickpeas
100g quinoa
200g cauliflower
½ a small watermelon
75g feta cheese
45g rocket
1 small handful fresh mint leaves
1 lime; juice and zest
10 tbsp of olive oil

Method

1. Preheat oven to 200°C/400°F/gas 6
2. Drain and rinse the chickpeas and chop the cauliflower into small pieces
3. In a roasting tin combine the crushed garlic, diced onions, dukkah spice mix and drizzle with 5 tbsp of olive oil, mix thoroughly
4. Place in the oven for 25 minutes, until the edges of the cauliflower begin to crisp and turn brown
5. Prepare the quinoa according to the packet instructions
6. Take the cauliflower and chickpeas out of the oven, set aside in a cold bowl and allow to cool
7. Chop the watermelon into slices (roughly 4cm x 2cm)
8. Add the zest of the lime, and the quinoa to the cooled chickpea and cauliflower mix
9. Add the juice of the lime and 5 remaining tbsp olive and mix well
10. Sit for 5 mins to absorb flavour
11. Before serving add the rocket leaves and mix well; decorate with the watermelon, feta and mint leaves.



Healthy Blueberry & Avocado Mousse (serves 2)

Ingredients

- 1 medium - large avocado
- 4 cups of frozen blueberries
- Splash of almond milk (to help the contents mix well)
- ½ tsp vanilla extract
- 1 tbsp of lemon juice
- handful of fresh blueberries, to garnish

Method

1. Blend all the ingredients in a food processor until a smooth mousse forms
2. Place into serving glasses and decorate with the fresh blueberries
3. Enjoy!

*For more fresh salad ideas visit
www.thesaladlady.wordpress.com*

Here are some quick and easy ways to pack your mealtimes with eye-friendly nutrients.

Serve a side of sautéed kale with your Sunday roast.

Add some grated carrot and sultanas to your cheese sandwich.

Swap one of your daily cuppas for a mug of green tea.

Top a salmon fillet with two teaspoons of roasted tomato pesto and bake.

Add a couple of hard boiled eggs and some sliced avocado to a simple green salad.

Swap chips for sweet potato wedges.

Bake some kale crisps – rub a little olive oil on clean dry kale leaves and bake in a moderate oven for 10 to 12 mins.

Make rainbow fruit kebabs using raspberries, strawberries, orange segments, cubes of peeled mango, pineapple chunks, cubes of peeled kiwi, green and red grapes plus a couple of blueberries.



For a nutrient-packed watermelon and strawberry smoothie

blend together...

2 handfuls of watermelon
(deseeded and cubed)

1 handful of strawberries
(hulled)

2 handfuls of baby spinach

A couple of baby tomatoes



**NATIONAL EYE
HEALTH WEEK**

MONDAY 19 – SUNDAY 25 SEPTEMBER 2016

YOUR VISION MATTERS