






Ratoath GAA Healthy Month – Healthy Recipes Selection

Full details of following recipes, visit <https://www.bbcgoodfood.com/recipes/category/healthy>

Healthy

107 Collections

Discover BBC Good Food's best healthy recipes, including healthy breakfasts, lunches, dinners and snacks. Find dishes to fit in with special diets, from dairy-free to the 5:2 diet.



5:2 diet

If you follow the 5:2 diet, try these healthy and filling recipes for fasting days – all dishes come in...

Looking to cook something that's healthy, nutritious and low calorie? Try these light yet lovely recipe...



7-a-day

Simple & delicious recipes with at least 3 portions of fruit & veg to get you to that lucky number 7...

Discover our best ever healthy dishes, all under 300 calories. Pack in the flavour while counting the...



200-400 calorie

Low in calories yet still super-satisfying – try our pick of lighter recipes that make the most of...

Healthy, delicious and under 400 calories – discover our highest-rated, calorie-counted dishes...



500 calorie meal

Discover tasty, healthy meals from BBC Good Food that are all around 500 calories per portion. Choose from...



600 calorie meal

Discover healthy, highly-rated recipes that all come in at around 600 calories per portion. Choose from our...



Brain-boosting

Packed with nutrients to help you feel more focused, refreshed and alert, Good Food's brain-boosting recipes...

For details of following recipes, visit <https://supervalu.ie/real-food/recipes/healthy>

Healthy Recipes



Be inspired with nutritious recipes. All recipes are made using the best of fresh ingredients from the SuperValu Range.

Whether you have over-indulged or just feel like eating healthier, these recipes are delicious.

[Click here for hints and tips on portion control.](#)



Grilled Pork Chop and Vegetable Stir Fry



Spiced Cottage Pie



Asian Style Turkey Meatballs



Beetroot & Apple Soup with Horseradish



Moroccan Turkey Stew



Chorizo and Mixed Bean Soup



Beetroot & Apple Soup with Horseradish



Moroccan Turkey Stew



Chorizo and Mixed Bean Soup



Lamb and Lentil Stew



All-in-One Veggie Breakfast Bake



Winter Minestrone Stew with Herbed Ricotta Toasts



Chicken, Red Lentil and Sweet Potato Curry



Tomato, Carrot and Cardamom Soup



Brown Bread

For detail of the following recipes visits <https://irishheart.ie/your-health/healthy-recipes/>

Meats



Chilli con carne



Chicken chompers with sweet chilli dip



Quick chicken stir-fry



Homemade beef burgers with guacamole

Fish



Super salmon parcels



Fishcakes with minty yoghurt dip



Mexican fish tacos with cherry tomato salsa



Tuna, sweetcorn and spinach pasta

Vegetarian



Onion and new potato tortilla



Chickpea and vegetable patties in pitta with salad



Low fat chips



Baked potato and coleslaw

Desserts



Apple crumble



Gooseberry and lime fool



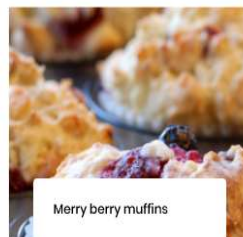
Pancakes with fresh fruit and yoghurt



Tropical pineapple ice lollies



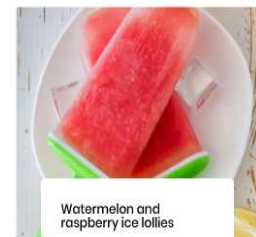
One crust rhubarb



Merry berry muffins



Oatmeal and apricot cookies



Watermelon and raspberry ice lollies