

# Elf-y Party Food Recipes!

At the British Nutrition Foundation, we want to help you find your own way to eat a healthier *and* more sustainable diet.

Here are some quick and easy party food recipes for you to try this Christmas. Let's be 'san-tainable', make 'elf-y' food choices, and party for the planet!

# Roasted Chestnuts

- 1) Preheat the oven to 200°C/180°C (fan oven).
- 2) Using a sharp knife, cut a slit or cross into the shell of each chestnut.
- 3) Put the chestnuts onto a baking tray with the slit or cross facing upwards.
- 4) Roast for approximately 30 minutes until the shells open and insides are tender.
- 5) Once cooled, serve and peel away the darker outer shell and lighter inner skin to find the sweet kernel.



## Santa's Solutions

- Not enough time? Heat up pre-packaged cooked chestnuts from the supermarket according to the cooking instructions on the food label. Look for recyclable and/or resealable packaging!

# Homemade Houmous

- 1) Drain and rinse 1 x 400g canned chickpeas under cold water.
- 2) Blend the chickpeas, 2 tbsps olive oil, 1-2 garlic cloves, juice and zest of 1 lemon, 1 tsp cumin and/or paprika, 1 tbsp tahini, and a pinch of black pepper until smooth.
- 3) Mix in 3-4 tbsps water if the consistency is too thick.
- 4) Serve with toasted wholemeal pitta, oatcakes, rye crackers, or winter vegetable sticks.



## Santa's Solutions

- Don't have a blender? Try mashing the ingredients with a potato masher.
- No time for homemade? Choose reduced fat houmous in recyclable and resealable packaging from the supermarket.

# Nut Stuffed Dates

- 1) Using a sharp knife, slice the longest side of the date and remove the seed. Ensure you only slice one side of the date.
- 2) Add chopped nuts (such as almonds or Brazil nuts) or 1 tsp 100% nut butter (without added palm oil or salt) to the hole you have created.
- 3) Serve and enjoy this delicious snack!

## Santa's Solutions

- Don't like nuts? Eat the dates as they are (remember to remove the seed) or try seed pastes instead, such as tahini (sesame seed paste).



# Roasted Chickpeas

- 1) Preheat the oven to 200°C/180°C (fan oven).
- 2) Using a sieve, drain and rinse 1 x 400g canned chickpeas under cold water and allow to dry.
- 3) Add the chickpeas to a bowl and mix with 1 tbsp olive oil, 1 tsp paprika, 1 tsp cumin, and a pinch of black pepper.
- 4) Put the chickpeas onto a baking tray and roast in the oven for 30-35 minutes. Toss the chickpeas halfway through cooking. Remove from the oven and allow to cool. Serve!



## Santa's Solutions

- What if I only have dried chickpeas? Prepare (soak and cook) the dried chickpeas as instructed on the food label then roast following the recipe above.

# Minty Pea Dip

- 1) Blend 400 g peas (defrosted if frozen), 100 g low fat plain yogurt, juice of 1 lemon, handful of mint leaves, 1 garlic clove, and a pinch of black pepper.
- 2) Serve with toasted wholemeal pittas, oatcakes, rye crackers, or winter vegetable sticks.

## Santa's Solutions

- Mint goes off too quickly? Choose a small pot of mint at the supermarket to keep on your windowsill – more mint readily available and lasts longer!
- Don't let fresh peas go to waste? Try frozen peas or canned peas in water with no added salt.





# Sustainable Fish Pâté

- 1) Remove the skin and bones (if present) from 2-3 fillets of **pre-cooked** sustainably sourced fish, such as smoked mackerel or trout.
- 2) Blend the fish, 1 tbsp low fat cream cheese, juice of  $\frac{1}{2}$  - 1 lemon, 1 tsp mixed herbs, and a pinch of black pepper until smooth.
- 3) Serve on wholemeal toast with salad.



## Santa's Solutions

- How to choose more sustainably sourced fish? Look out for the **Marine Stewardship Council (MSC)** or **Aquaculture Stewardship Council (ASC)** ecolabels.  
- Prefer fresh fish? Cook the fish according to the cooking instructions on the food label then follow the recipe above.

# Cinnamon Spiced Popcorn

- 1) In a non-stick pan, add 1 tbsp low-fat unsaturated spread and 100 g corn kernels.  
Cover the pan with a lid and pop the kernels on a low heat until puffed up.
- 2) Once the popcorn has finished popping, remove from the heat and mix with 1-2 tsps cinnamon.
- 3) Serve with a drizzle of 100% nut butter without added palm oil or salt (optional).



## Santa's Solutions

- Don't have corn kernels? Look for popcorn at the supermarket that is low in saturated fat, salt, and sugar.





We hope you have a Merry Christmas  
and Happy New Year!

