

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) Weigh 180 g uncooked chestnuts.
- 3) Using a sharp knife, cut a slit or cross into the shell of each chestnut.
- 4) Put the chestnuts onto a baking tray with the slit or cross facing upwards.
- 5) Roast for approximately 30 minutes until the shells open and insides are tender.
- 6) 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) Using a sieve, drain and rinse 1 x 400 g canned chickpeas under cold water.
- 2) Combine and blend the chickpeas with 2 tbsp olive oil, 2 garlic cloves, juice and zest of ½ lemon, 1 tsp cumin and/or 1 tsp paprika, 1 tbsp tahini, and a pinch of black pepper until smooth.
- 3) Mix in 3-5 tbsp 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 (if present).
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 400 g canned chickpeas under cold water.
- 3) Add the chickpeas to a bowl. 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 25-30 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) Weigh 200 g frozen or fresh peas and allow to defrost.
- 2) Blend the (defrosted) peas, 75 g low-fat plain yogurt, juice of 1 lemon, handful of mint leaves, 1 garlic clove, and a pinch of black pepper.
- 3) 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) Using a sieve, drain your choice of one can of sustainably sourced fish, such as mackerel or pink salmon.
- 2) Blend the fish with 30 g (approximately 1 tbsp) low-fat soft 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 tsp 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 tsp 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!

