

Autumn Nutrition Blog: Go for Green

Making healthy choices when out and about or shopping can be made easier by following the traffic light food labels. Opt for low (Green) options where possible.

FOOD LABEL DECODER ALL MEASURES AS 100G/MIL		FAT	SATURATES	SUGARS	SALT
	LOW HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
	MEDIUM OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
	HIGH JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

Here is our recipe of the month **Chicken Tikka Masala***



Ingredients:

Serves 4

- 1 tsp rapeseed oil
- 1 large onion, chopped
- 1 red pepper, finely chopped
- 2 skinless chicken breasts, cubes
- 2 tbsp tikka paste
- 2-3 cloves of garlic, crushed
- 1 x 400g tin chopped tomatoes
- 2 tbsp freshly chopped coriander plus 2 tsp to serve
- 2 tbsp 0% fat Greek yogurt

Method:

1. Add the oil to a pan and add the onions and peppers. Cook for 5 minutes until soft and add the chicken breasts and cook for 3 minutes.
2. Add the tikka paste and stir for 1-2 minutes until the chicken is evenly coated.
3. Add the garlic and tomatoes, mix again and bring to a gentle boil then cover and simmer gently for 6-8 minutes.
4. Add the coriander, stir well then remove from the heat.
5. Stir in the yogurt, sprinkle with the remaining coriander and serve immediately.

*Taken from [Diabetes UK](https://www.diabetes.org.uk/guide-to-diabetes/recipes/chicken-tikka-masala) <https://www.diabetes.org.uk/guide-to-diabetes/recipes/chicken-tikka-masala>