

*You don't need to choose between your culture and your health*

Eat Smart and Black Garlic are excited to have teamed up to create for you a traditional Zambian recipe that is both budget friendly and healthy for you. The *Eat Healthy, Eat Local* initiative aims to fill a gap in the availability of Southern African resources that provide practical Healthy Eating Advice and show you how easy it is to eat healthily with readily available local foods. Nshima can be included regularly as part of a healthy diet. Choosing unrefined options such as roller-meal, and sticking to the right portion per meal is key. Most importantly is crowding in plenty of vegetables onto your plate. Hope you enjoy this recipe. Tag us in your creations!



## NSHIMA, BEANS & CHIBWABWA

SERVES 4

### INGREDIENTS

- 3/4 cup Dried Mixed Beans
- 30ml Vegetable Oil
- 3g salt (~1/2 teaspoon)
- 2 tomatoes, cubed
- 1 onion, diced
- 1 bunch Chibwabwa (Pumpkin Leaves)
- 2 cups roller maize meal

### NUTRITION VALUE Per Serve

Energy (Cal)	418
(kJ)	1747
Carbohydrates (g)	49
Protein (g)	12.1
Fat (g)	9.7
Sat Fat (g)	0.75
Fibre (g)	12.1
Sodium (mg)	334

#### Recommended Serving Size

- 1/2 cup cooked beans
- 1/2 cup cooked Nshima
- 2 cups cooked greens

### METHOD

- BEANS.** Start by adding dried beans to a pot with enough water to cover. Boil for about 2hrs or until soft.
- Add in 1/2 the onion, 1.5g salt, 1 tomato chopped and 15ml cooking oil and cook for a further 10 minutes.
- CHIBWABWA.** Wash the chibwabwa thoroughly and add to a pot, along with 1.5g salt and 500ml water. Cook for 5 minutes and drain out any excess water.
- Add in the remaining onion, tomato and remaining cooking oil to the chibwabwa and cook for a further 5 minutes.
- NSHIMA.** In a pot, add 1 cup of roller meal and 250ml cold water. Pour in 250ml hot water and mix well.
- Once boiling for at least 10 minutes, start to slowly add the remaining rollermeal stirring continuously until a stiff consistency is achieved. Your Nshima is now ready.

BUDGET FRIENDLY

RECIPE CARD 1



@eatsmart\_dietetics  
@\_black.garlic



Diabetic Friendly



Hypertensive Friendly



Vegan

Disclaimer: These Codes apply when recommended serve is consumed only

*Black Garlic*  
FLAVOURFUL OCCASIONS

*You don't need to choose between your culture and your health*

Eat Smart and Black Garlic are excited to have teamed up to create for you a recipe based on locally sourced Zambian fish, that is well balanced and healthy for you. The *Eat Healthy, Eat Local* initiative aims to fill a gap in the availability of Southern African resources that provide practical Healthy Eating Advice and show you how easy it is to eat healthily with readily available local foods. Rice can be included regularly as part of a healthy diet. Choosing unrefined options such as brown rice, and sticking to the right portion per meal is key. Most importantly is crowding in plenty of vegetables onto your plate. Hope you enjoy this recipe. Tag us in your creations!



**Serving Suggestion:** You can add a serving of sauce or even Salsa to boost the vegetable content and flavour

## NUTRITION VALUE Per Serve

Energy (Cal)	401
(kj)	1678
Carbohydrates (g)	44
Protein (g)	29.4
Fat (g)	9.3
Sat Fat (g)	1.1
Fibre (g)	7.2
Sodium (mg)	409

### Recommended Serving Size

1.5 cups Cooked vegetable rice  
1/2 a Fish

## BAKED FISH & VEGETABLE RICE

SERVES 4

### INGREDIENTS

- 2 Fresh fish (500g each with bones)
- 2 cloves garlic
- 1 Lemon, sliced
- Pinch Salt (0.5g) x 2
- 1 cup Brown Rice
- 20ml vegetable oil
- 1 Red pepper
- 1 Green pepper
- 4 carrots
- 1 teaspoon crushed garlic
- 1/2 teaspoon Chicken Spice

### METHOD

- FISH.** Prepare fish by cleaning it thoroughly. Marinate in a pinch of salt, garlic and fresh lemon slices for at least an hour.
- Wrap fish in foil and grill in an oven preheated at 180 degrees Celsius for 10min, and then open the foil up and cook for a further 15min or until fish is golden.
- RICE.** Add brown rice to a pot along with 3 cups of boiling water, a pinch of salt and 5ml oil.
- Bring to a boil and then turn onto low heat and cover with lid. Cook until soft.
- VEGETABLES.** Add assorted vegetables to a pan along with 15ml of cooking oil, garlic and chicken spice.
- Cook for 10 minutes and stir into cooked rice.



*You don't need to choose between your culture and your health*

Ramadaan is a special month for Muslims around the world. Each culture has its own specialities when it comes to food. The food we consume during this month is often strongly grounded in centuries of culture and decades of memories. Most foods are rooted deep in our emotional subconscious.

Following the sunnah is a great way to maximise the blessings of this month. What better way than to try new foods, such as this delicious sunnah food; Talbina. A perfect balance between complex carbohydrates and protein. It makes the perfect Suhoor. This recipe was generously shared by one of my family members. We hope you enjoy it. Tag us in your creations!



## TALBINA (BARLEY PORRIDGE)

SERVES 8

### INGREDIENTS

- 1 cup pearl barley (soak for 4 hours)
- 4 cups water
- 2 cups milk
- 1 cinnamon stick
- 100g dates - pitted and mashed.
- 2 Tbsp honey
- Toasted almonds/pistachios/dates to serve

### METHOD

1. Add the barley, water, milk and cinnamon stick to a pot and bring to the boil.
2. Turn down the heat and gently simmer with the lid on until the barley is soft - approx 1.5 hrs. Stir every now and then.
3. Remove the cinnamon stick and using a stick blender, blitz the mixture so that about half the barley is blended. If you prefer a smoother texture then blend more. Leave it slightly runny as it will thicken as it cools.
4. Mix the dates and honey through.
5. Serve hot, garnish with toasted nuts and sliced dates.

Make ahead and store in the fridge for an easy suhoor meal!

### NUTRITION VALUE

#### Per Serve

Energy (Cal)	187
(kJ)	780
Carbohydrates (g)	27.1
Protein (g)	5
Fat (g)	5.7
Sat Fat (g)	1.7
Fibre (g)	3
Sodium (mg)	29.6



*You don't need to choose between your culture and your health*

Eat Smart and Bites by Chi are excited to have teamed up to create for you a healthier version of the delicious sweet treat we all love, Muffins!

The Eat Healthy, Eat Local initiative aims to fill a gap in the availability of Southern African Resources that provide practical Healthy Eating Advice and show you how easy it is to eat healthily with readily available local foods. Blueberries are in season, and why not use them in your baking! Baking can be healthy by tweaking recipes to reduce sugar, butter, portion size and by adding in additional fibre. How often you include these foods in your diet is key. Hope you enjoy this recipe. Tag us in your creations!



## BLUEBERRY & OAT MUFFINS

SERVES 20

### INGREDIENTS

- 250ml Full Cream Milk
- 85g Oats
- 170g Brown Flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- Pinch of salt
- 45g Softened unsalted Butter
- 100g Honey
- 2 eggs
- 1 teaspoon vanilla essence
- 100g blueberries

### METHOD

1. Preheat your oven to 190 degrees Celsius.
2. Combine the milk and oats in a bowl and let it soak for 20 minutes.
3. In another bowl, mix together the dry ingredients.
4. Whisk together butter, honey, egg and vanilla and mix into dry ingredients
5. Add in the oats and milk and combine.
6. Coat the blueberries in flour, to prevent them from sinking and then fold through into batter
7. Spoon into muffin cases and bake for 15-20minutes or until golden.

Top Tip: Be sure to avoid over mixing your batter.

### NUTRITION VALUE Per Serve

Energy (Cal)	99
(kj)	414
Carbohydrates (g)	13.6
Protein (g)	2.7
Fat (g)	3.3
Sat Fat (g)	1.7
Fibre (g)	2.6
Sodium (mg)	77

BUDGET FRIENDLY

RECIPE CARD

3



Diabetic Friendly



Hypertensive Friendly



Vegetarian

*Disclaimer: These Codes apply when recommended serve is consumed only*



# EAT HEALTHY, EAT LOCAL

*You don't need to choose between your culture and your health*

Dee Walker and I got talking and had a great idea to showcase some of the beautiful local vegetables in season this winter in Zambia. She has cooked up a delicious winter salad, loaded with fibre and flavour !

The Eat Healthy, Eat Local initiative aims to fill a gap in the availability of Southern African Resources that provide practical Healthy Eating Advice and show you how easy it is to eat healthily with readily available local foods. Salad never needs to be boring and vegetables are a great host for flavour. Dee has a great love for food and healthy eating. Her *Winter Butternut Salad* recipe shows us just how delicious a salad should be ! Hope you enjoy this recipe. Tag us in your creations!

## WINTER BUTTERNUT SALAD



SERVES 5

### INGREDIENTS

- 1 medium Butternut
- 2 medium Eggplants
- 1/2 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 3-4 cloves Garlic
- 1 diced Chilli
- 1/2 head of Lettuce
- 1 medium Cucumber, sliced
- 1 Red Pepper, diced
- 1 Punnet Cherry Tomatoes
- 2 Discs Feta Cheese

### DRESSING:

- 1 teaspoon wholegrain mustard
- 1/4 teaspoon salt, 1/4 teaspoon pepper
- 1 tablespoon honey
- 2 tablespoon lemon juice
- 5 tablespoons olive oil (taste as you go and adjust until it tastes balanced)

### METHOD

1. Roast butternut and eggplant in the oven for approximately 15-20 mins.  
Marinade using salt, black pepper, garlic & chilli
2. Prepare lettuce, cucumber, peppers and cherry tomatoes
3. Top with roasted butternut and eggplant.
4. Drizzle with a homemade dressing and then sprinkle with feta cheese

### NUTRITION VALUE

#### Per Serve

Energy (Cal)	306
(kj)	1280
Carbohydrates (g)	20.2
Protein (g)	8.7
Fat (g)	19.3
Sat Fat (g)	5.3
Fibre (g)	7
Sodium (mg)	610

# EAT HEALTHY, EAT LOCAL

*You don't need to choose between your culture and your health*

The Eat Healthy, Eat Local initiative aims to fill a gap in the availability of Southern African Resources that provide practical healthy eating advice and show you how easy it is to eat healthily with readily available local foods. A breakfast loaded with fibre and protein is a great way to start the day and ensure you stay full for longer. Charisa is such a sweetheart and she has graciously shared one of her favourite Zambian breakfasts; Samp. We hope you enjoy this recipe. Tag us in your creations!

## SAMP & PEANUT PORRIDGE



SERVES 12

### INGREDIENTS

- 4 cups of Samp
- 40g Honey/Sugar
- 2 teaspoons Salt
- 4 tablespoons Smooth peanut butter/ Groundnut powder
- 1/2 cup Sourmilk
- Water, as needed

### METHOD

1. Sort through the Samp for stones and other unwanted matter and then wash thoroughly in running water, a few times through.
2. Add the samp and salt to a pot and cover with water.
3. Cook for about 2 and a half hours in water and, keep adding water to the pot, as it runs out. Samp takes really long to cook, it is traditionally cooked on a mbaula (brazier).
4. Once the Samp is tender, you can add your peanut butter or groundnut powder and sugar and mix thoroughly.
5. Add half a cup sour milk to blend the peanut butter and samp.
6. Once it's nice and smooth, it's ready to eat.

### NUTRITION VALUE Per Serve

Energy (Cal)	222
(kj)	926
Carbohydrates (g)	39.2
Protein (g)	5.2
Fat (g)	3.9
Sat Fat (g)	1.1
Fibre (g)	3.5
Sodium (mg)	109



# EAT HEALTHY, EAT LOCAL

You don't need to choose between your culture and your health



The Eat Healthy, Eat Local initiative aims to fill a gap in the availability of Southern African Resources that provide practical healthy eating advice and show you how easy it is to eat healthily with readily available local foods. A breakfast loaded with fibre and protein is a great way to start the day and ensure you stay full for longer. Stephanie serves up the most delicious food and I just had to ask her to share her favourite sweet potato recipe. We hope you enjoy this recipe. Tag us in your creations!

## BREAKFAST SWEET POTATOES



SERVES 2

### INGREDIENTS

- 1 Sweet Potato
- 1/2 Onion, chopped
- 1 cup Spinach
- 1 tablespoon Olive oil
- 1/4 cup Black beans
- 1 teaspoon black pepper
- 1/2 teaspoon salt or all purpose seasoning
- 1 small chilli - Optional
- 1 cup mixed peppers ( red, green and yellow)
- 3 eggs
- 1 medium avocado

### METHOD

1. Rinse 1 large sweet potato (you can peel the potato if you don't like the skin) and dice into equal pieces so that they cook at the same time. Season with a pinch of salt and pepper to taste. Then place at the bottom shelf in the oven at 220 degrees for 20mins.
2. Heat the oil in a large skillet over medium heat and fry the chopped onions and scotch bonnet. Then add the cooked sweet potatoes, toss them in the skillet for a about 5 mins, add your seasonings and your chopped mixed bell peppers and cook for further 5 mins.
3. You want to get a little colour on the sweet potato, and it should be just starting to get tender. Lastly add your black beans and spinach and sauté until spinach is wilted and potatoes are tender.
4. Taste for seasoning and serve with scrambled eggs and avocado.

### NUTRITION VALUE

#### Per Serve

Energy (Cal)	355
(kj)	1482
Carbohydrates (g)	30.8
Protein (g)	11.7
Fat (g)	18.8
Sat Fat (g)	4.2
Fibre (g)	7.5
Sodium (mg)	377

RECIPE CARD 6



Diabetic Friendly



Hypertensive Friendly



Vegetarian

Disclaimer: These Codes apply when recommended serve is consumed only