



# HEALTHY DESIRES

Easy and Tasty Recipes



SEYCHELLES CENTENNIAL WOMEN LIONS CLUB  
IN COLLABORATION WITH  
MINISTRY OF HEALTH – NUTRITION UNIT



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Special thanks to the Nutrition Unit – Ministry of Health for their technical support and guidance. To all who contributed recipes to this book – both members and non-members, we value your contribution and it is our hope that many would love the easy ideas. To Diabetes District Officer 2020-21 of District 411A Lion Dr. Sasikumar our gratitude to your continuous support. To our Club's Diabetes Team your dedication to the project is admirable.

# FOREWORD

Although recognized almost 3000 years ago as a serious medical condition Diabetes Mellitus still remains as one of the most complex and challenging health issues. It is associated with various debilitating complications and premature deaths.

Poorly controlled Diabetes lead to irreversible damage to all parts of the body leading to disability and poor quality of Life. It is the major cause for blindness end stage, kidney damage and lower limb amputation among other complications.

Medication, regular physical activity and a healthy eating plan are vital towards keeping the blood profile within target ranges reducing the occurrence of complications.

Diet and Exercise are instrumental in Diabetes prevention. Commendations to the Centennial Women Lions Club in producing this booklet, which will enhance the building of a healthy attitude towards food and healthy eating.

Improvise experiment and enjoy healthy eating for a healthy Life.

**Julita William**  
**Program Manager**  
**Diabetes prevention**  
**Ministry of Health**

# PREFACE

Diabetes remains one of the main health challenges to the Seychelles population. According to the World Health Organisation (WHO) Diabetes country profile for 2019, the prevalence of diabetes in the Seychelles population was 12.3 per cent.

Given that Diabetes is one of the Global Causes under Lions Club International (LCI) and such an important national health issue, these factors influenced the conceptualization of this project.

Therefore, to address the national health issue and to meet our obligation under this banner Seychelles Centennial Women Lions Club (SCWLC) partnered with the Nutrition Unit of the Ministry of Health to compile a recipe book with simple recipes using locally sought ingredients. The aim of the project is to provide sustained guidance to diabetic patients, people who care for the diabetic patients, person predisposed to the disease and anyone interested in healthy eating.

We envisage that this book would be used as a tool by Ministry of Health to counsel patients.

**Lion Miss Ruth Mohotti**  
**Club President 2020-21**  
**Seychelles Centennial Women Lions Club (SCWLC)**

# DIABETES NUTRITIONAL MANAGEMENT

## A healthy diet

There is no special diet for a person living with diabetes. It is a healthy, balanced diet consisting of a variety of foods from all the food groups in the right amount and is applicable for the whole population. A person with diabetes should therefore cook their food together with other family members to encourage them to have a healthy diet as well.

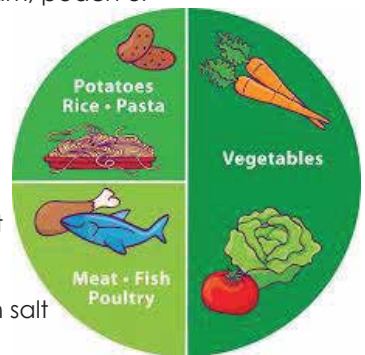
## Why is what you eat important?

Knowing which foods to eat, how much to eat, and when to eat are all very important to keep your blood sugar in the healthy range. It is important to eat regularly and throughout the day. Your plate should include a carbohydrate source, a protein source and a vegetable source as shown below. A meal can be a plate of tubers/ rice with fish and salad or a sandwich made from wholegrain bread and filled with either meat, fish or egg plus vegetables.

## Reduce fat and salt intake

There is a higher risk of getting high blood pressure and heart disease if diabetes is not well controlled.

- Deep fried food should be limited to once per week
- Instead of frying, other options include grill, steam, poach or bake foods
- If margarine or butter is used on bread or crackers, spread very thinly
- Remove visible fat on meat or remove skin of chicken before cooking
- Avoid processed meat e.g. ham, poloni salami, sausages, corned beef bacon and luncheon meat as these are high in fat and salt
- Avoid commercial sauces e.g. soya, HP oyster as well as stock cubes (Maggi), instant noodles, soups and aromat as these are high in salt
- Reduce the amount of salt added to meals instead use more herbs spices, chili, garlic, ginger, lemon and lime
- Avoid placing salt at the dinner table



## **A diet high in fibre**

Fibre is important in the diet as it helps to keep the gut healthy and prevents constipation. It is advisable to also include at least 2 litres of water per day. Fibre also helps with the regulation of blood sugar level.

- Have a variety of at least 2 portions of fruit and 3 portions of vegetables every day.
- Avoid large amounts of fruits at one time as they are high in natural sugars and can increase blood sugar level in large amounts. It is best to have ½ portion to 1 portion of fruit at a time.
- Choose fresh whole fruits instead of fruit juice. Fruit juice should only be used if blood sugar is low.
- Include high-fibre cereals e.g. bran flakes, weetabix and oatmeal.
- Have more beans e.g. Kidney beans, chickpeas, haricot beans, lentils and peas in your meals.
- Replace rice with tubers on more than three days a week e.g. sweet potatoes, potatoes, cassava and yam as these are higher in fibre.
- Eat brown rice instead of white rice as often as possible.

(N.B. It is important to include carbohydrate food sources (e.g. rice/ pasta/ tubers/ bread/ cereals) in all meals as they are the main energy source for the body. However avoid large portions of these foods as they can lead to high blood sugar level.)

## **Set regular exercise**

Exercise regularly at a level that is safe for you. If you are not used to exercising, start by exercising for 5 to 10 minutes every day. As you get stronger, you can increase your exercise time to at least 30 minutes. Exercise will help keep your blood sugar normal and it can make you feel better. Walking is usually the easiest type of exercise but swimming or other exercise and sport that you enjoy work just as well. Always consult with your doctor before starting any exercise regime.

## **Have alcohol in moderation**

Men and women should have no more than 2 units of alcohol per day. One unit is equivalent to 1 bottle of beer or Guinness/ 1 shot (25ml) spirit or 1 glass (50ml) wine. Those with uncontrolled blood sugar should avoid alcohol. Never have alcohol on an empty stomach as it can lead to low blood sugar level.

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# **SALAD**

Filling and scrumptious!





## Tuna fish salad

Serves: 2

### Ingredients

- 1 can of tuna (in brine)
- 1 cup of green leafy vegetables (watercress, lettuce, Chinese cabbage)
- ½ a cup capsicum (mixed colored)
- ¼ cup of corn
- 2 slices of toasted brown bread
- 1 tablespoon of nuts of your choice (optional)

### Dressing:

- ½ cup of milk
- ¼ cup anchor or cheddar cheese
- 1 pinch of salt and pepper
- 1 garlic clove grated

### Method

1. Remove the brine from the tuna
2. Chop all vegetables and bread to bite size
3. Place everything in a large bowl and mix it with the nuts
4. Prepare the salad dressing by boiling the milk with the grated garlic clove, salt and pepper.
5. After the milk is boiled, add the cheese and stir until the cheese has melted.
6. After the dressing has cooled, mix it to the salad and serve.



## Rainbow Pasta Salad

Serves: 4

### Ingredients

2 cups pasta (200g)  
Fresh tuna steak  
Spring onion finely chopped  
1 cucumber, diced  
1 corn cob, cooked, and corn kernels removed  
2 tomatoes, diced  
1 green and 1 red capsicum, seeded and cut into 2-3cm pieces  
1 can of beans (chickpea/ kidney beans or any other bean of choice), rinsed and drained  
½ cup flat leaf parsley, finely chopped  
½ cup basil leaves, roughly torn

### Dressing:

2 tablespoons Dijon mustard  
½ tablespoon honey  
1 tablespoon lemon juice  
½ tablespoon water

### Method

1. Add pasta to boiling water and cook until just tender, about 10 minutes.
2. Once pasta is cooked drain and allow to cool.
3. Steam the tuna steak until cooked through and set aside.
4. Mix all the vegetables, beans, onion and herbs in a large bowl.
5. Once the tuna is cooled, flake it before adding to the bowl of vegetables.
6. In a small jug, mix together dressing ingredients and pour over salad.
7. Add pasta to the other salad ingredients and toss until well combined.

# SOUP

Warming and nourishing!



## Pottage

Serves: 1

### Ingredients

- 1 medium sweet potato/ breadfruit
- ½ red onion
- 2 garlic cloves
- ½ teaspoon of thyme, ½ teaspoon of parsley
- 1 cup of lentils
- ½ cup chicken meat (remove skin)
- 1 pinch of salt
- 2 cups mixed vegetables of your choice
- 4 cups of water

### Methods

1. Soak the lentils in cold water
2. Wash and chop vegetables and potato into bite size pieces.
3. Finely chop the onions, garlic, thyme and parsley
4. Remove the skin from the chicken cut into bite size pieces
5. Preheat a large pot on a medium flame, add 1 teaspoon of sunflower oil, add onions, chicken and garlic. Stir fry the chicken meat till golden brown.
6. Wash the lentils then add it with the potatoes and 2 cups of water to the chicken. Let it boil for a while or until the lentils are cooked.
7. Add all the vegetables to the soup and 1 cup of water, let it boil for another 5 minutes then add the parsley, thyme and salt.
8. Serve while still hot.



## Fish Soup

Serves: 1

### Ingredients

- 1 medium sweet potato/ breadfruit
- ½ red onion
- 2 garlic cloves
- ½ teaspoon of thyme, ½ teaspoon of parsley
- 1 cup of lentils
- ½ cup white fleshed fish
- 1 pinch of salt
- 2 cups of carrots
- 2 cups of pumpkin
- 4 cups of water

### Methods

1. Soak the lentils in cold water
2. Wash and chop vegetables and sweet potato/ breadfruit into bite size pieces.
3. Finely chop the onions, garlic, thyme and parsley
4. Chop the fish into bite size pieces
5. Preheat a large pot on a medium flame, add 1 teaspoon of sunflower oil, add onions, fish and garlic.
6. Wash the lentils then add it with the sweet potato/ breadfruit and 2 cups of water to the fish. Let it boil for a while or until the lentils are cooked.
7. Add all the vegetables to the soup and 1 cup of water, let it boil for another 5 minutes then add the parsley, thyme and salt.
8. Serve while still hot.



## Lentil and Vegetables Soup

Serves: 1

### Ingredients

1 tsp olive oil  
1 medium size onion chopped  
1 medium carrot chopped  
2 garlic cloves chopped  
2 cups water  
½ table spoon corn flour (optional)  
½ cup lentils  
Fresh basil chopped  
Fresh thyme  
1 tomato, diced  
1 cup diced bottle gourd  
1 cup local spinach chopped  
Salt and pepper

### Methods

1. Heat oil in a medium size pot over medium high-heat.
2. Add chopped carrots, onions and sauté for 3 minutes
3. Add garlic and sauté for 1 minute longer.
4. Add lentils, basil and thymes and season with salt and pepper as per taste.
5. Sauté for 2 more minutes.
6. Add 2 cups of water.
7. If using corn flour add it to the mixture.
8. Mix well.
9. Bring to boil, then reduce heat to low.
10. Cover and simmer for 20-25 minutes.
11. Add in bottle gourd, spinach and simmer for about 10 minutes.  
Serve warm.

# SMOOTHIES

Simple and refreshing!



## Breakfast smoothie

Serves: 2

### Ingredients

2 cups of low-fat milk

½ papaya cutting in cubes

1 teaspoon of ground cinnamon or vanilla essence

### Methods

1. Place all ingredients in a blender, mix until smooth and well combined
2. Serve immediately





## Tropical smoothie

Serves: 2

### Ingredients

2 cups low-fat milk  
½ cup low-fat natural yogurt  
½ passion fruit  
3 slice of mango

### Methods

1. Place all ingredients in a blender, mix until smooth and well combined
2. Serve immediately



## Banana and oats Smoothie

Serves: 2

### Ingredients

- 2 cups low-fat milk
- ½ cup low-fat natural or vanilla yoghurt
- 1 ripe banana, sliced
- 1-2 tablespoons rolled oats

### Methods

1. Place all ingredients in a blender, mix until smooth and well combined.
2. Serve immediately.

# BREAKFAST

Easy and energizing!



## Overnight oats

Serves: 1

### Ingredients

- ½ cup old-fashioned rolled oats
- ½ cup milk
- ½ cup yoghurt
- ½ banana mashed (optional)

### Methods

1. Add the milk, oats, yoghurt and banana to a container and stir well.
2. Refrigerate this mixture overnight for at least 5 hours.
3. Before serving you may add additional milk to achieve your desired consistency.
4. Top with any of the following options – nuts, seeds, peanut butter, fruits or lemon zest.



## Frittata

Serves: 4

### Ingredients

8 eggs

1/3 cup milk

1 medium red capsicum, thinly sliced

1 medium tomato, chopped

1/2 small red onion, thinly sliced

2 tbsp. chopped spring onion

1/2 cup grated cheddar cheese (or any other cheese of your choice)

1/2 teaspoon salt

1/4 teaspoon pepper (optional)

2 tablespoons olive oil

### Methods

1. Preheat oven to 175°C.
2. In a large bowl, beat eggs with milk, salt and pepper.
3. Warm oil in a 10-inch ovenproof skillet over medium heat. Add tomato, capsicum, spring onion, and red onion and sauté until softened, for about 7 minutes.
4. Distribute vegetables evenly in pan and pour in egg mixture.
5. Add cheese on top and cook without stirring until eggs are just beginning to set around the edges, for about 2 to 3 minutes.
6. Place pan in oven. Bake frittata until almost set in center, for about 15 minutes. Turn grill on high; grill frittata until top is golden brown, for about 2 minutes, watching carefully to prevent overbrowning.
7. Remove from oven. Let frittata rest for 5 minutes before serving.



## Banana Pikelets

Serves: 4

### Ingredients

1 banana, mashed  
1 cup self-raising flour  
1/2 tsp baking powder  
1 egg  
3/4 cup milk  
a couple of drops of vanilla extract  
pinch salt

### Methods

1. Mix everything into a bowl being careful not to overmix. Lumps are ok. Leave it for about half an hour or so.
2. Add a small amount of oil in a pan over medium-low heat. Drop a tablespoonful (for baby sized pikelets) in the pan without touching. For bigger sizes, use two tablespoons and spread it out a bit.
3. After two minutes or so, bubbles should appear and begin to burst, and the sides of the pikelet should be fairly sturdy. The underside should be starting to brown. Flip carefully, and cook the other side for a minute or so, until underside is golden. Serve.



## Oats Pancakes

Serves: 1

### Ingredients

- 1 cup old fashioned oats
- ½ cup skimmed milk
- 1 egg
- 1 drop vanilla essence
- ½ teaspoon baking powder (optional)
- 1 pinch of salt
- 1 pinch nutmeg (miska) powder (optional)

### Methods

1. Blend the oats to a fine powder.
2. Beat your eggs and add the oats powder to the eggs.
3. Add the milk to the oats and eggs until you get a smooth consistency.
4. Add the vanilla essence, baking powder, salt and nutmeg to the mixture.
5. Preheat frying pan on a medium flame, add one teaspoon of sunflower oil or butter to the frying pan, add one serving spoon (gro kwiyer) of the mixture to the frying pan and spread it out.
6. After a few minutes flip the pancake to the other side.
7. Serve with fruit slices.

# MEALS

Hearty home cooking!





## Vegetable and Egg Fried Rice

Serves: 6

Preparation time: 5 minutes

Cooking time: 35 minutes

### Ingredients

1 cup brown rice (uncooked)

2½ cups of water

2 tablespoons olive oil

1 onion, thinly sliced

5 cloves of garlic, diced

3 eggs, lightly beaten

1 carrot peeled and cut into cubes

150g green beans, cut into small pieces

Fresh parsley and thyme

½ tsp each salt and ground black pepper

2 tablespoons water, extra

### Methods

1. Put the water and rice in a rice cooker and soak the rice for at least 1 hour. Then cook the rice.
2. Once the rice is cooked, set aside. Add salt and pepper and mix through.
3. Heat 1 tablespoon olive oil in a frying pan or wok.
4. Add egg and scramble until cooked, then set aside.
5. Add the remaining 1 tablespoon oil and add onion to pan, cooking until soft.
6. Add in garlic followed by vegetables, cooking until cooked through, about 7 minutes.
7. Add the parsley and thyme and mix well.
8. Stir in the rice and fry for 2 minutes.
9. Break the omelet into pieces and stir through the rice mixture.
10. Serve warm.



## Brown rice, Roasted chicken and papaya chutney

Serves: 4

### Ingredients

- 1 whole chicken
- 1 canned of peeled tomatoes
- 1 onion
- 7 garlic cloves
- 1 cup of brown rice
- 1 teaspoon of thyme
- 1 teaspoon parsley
- 1 cup raw papaya

### Methods

1. Soak the brown rice for 2 hours
2. Remove the skin from your chicken and chop it into large pieces. Put the pieces in a bowl add salt and pepper.
3. Open the canned peeled tomatoes and pour it in a bowl
4. Grate your garlic and onion into the peeled tomato.
5. Finely chop the parsley and thyme and add to the tomato mixture
6. Preheat oven to 175° C. Pour the tomato mixture over the chicken pieces. Broil it for 5 minutes on the stove.
7. Then put the chicken on the oven tray and put the tray in the oven
8. While the chicken is in the oven, wash the rice and cook it.
9. If the papaya is grated, put one teaspoon of sunflower oil in a pan. Add half a finely chopped onion to the oil, add the papaya and cook.
10. After the chicken has cooked, serve with the rice and chutney.



## Curried Rice Pilaf with Red Lentils

Serves: 4-6

### Ingredients

- 2 tablespoons extra virgin olive oil
- 1 cup diced onion
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- 1 cup uncooked basmati rice
- 1 cup uncooked red lentils
- 1½ cup fresh diced tomatoes
- 1½ teaspoons Garam Masala
- 2 tablespoons Curry Paste
- ¼ cup diced fresh coriander leaves, plus more for garnish
- ½ cup coconut milk
- 3 cups water
- ½ teaspoon salt
- Few grinds freshly cracked black pepper.

### Method

1. In a medium sauce pan with a tight fitting lid, heat oil over medium high heat.
2. Add onion, garlic and ginger and sauté for three minutes.
3. Add dry rice and dry lentils and sauté for two minutes.
4. Reduce heat to medium and add fresh tomato, garam masala and curry paste, stir and cook for one minute.
5. Add coriander, coconut milk and water and raise heat to high.
6. Bring to a boil, cover and lower heat to low.
7. Cook covered for 20 minutes.
8. Remove from heat and add salt and pepper, stir and let sit covered for five minutes.



## Baked fish cakes

Serves: 2

### Ingredients

- 2 fish fillets, minced
- 2 sweet-potatoes
- ½ olive oil
- 1 handful of chopped spring onion
- Black pepper
- 1 garlic gloves
- 1tb spoon fresh ginger grated
- 2 handful coriander
- 1 chili

### Method

1. Preheat the oven at 200 degrees.
2. Chopped the fish fillet in a bowl and keep aside.
3. Put a pot of water to boil.
4. Wash the sweet potatoes properly and add them to the pot of boiling water. Once cooked let it cool down, then peel the sweet potatoes and mash it properly
5. Add minced fish in a bowl, chopped green chili, spring onions, coriander leaves, mashed sweet potatoes and olive oil. Season with salt and pepper and add a few drops of lemon juice before mixing them together.
6. Once mixed take a small portion of the mixture and shape it into a patty. Repeat the same process with the remaining mixture.
7. Line a baking tin with parchment paper and add a small amount of oil to prevent the fish cakes from sticking. Place the patty on the baking tin and bake in the middle rack for about 20-25 minutes until brown.
8. Remove fish cakes from the oven and transfer to a serving plate garnished with coriander leaves and serve.



## Grilled Fish steak

Serves: 4

### Ingredients

Fish fillet of choice (job fish, snapper, dorado, etc.)  
3 tablespoons lemon juice  
1tbspoon of olive oil  
½ teaspoon coriander powder  
2 medium green chili (optional)  
½ teaspoon powdered turmeric  
½ teaspoon salt  
4 gloves garlic  
1tbspoon fresh grated ginger  
1 handful parsley/thymes

### Method

1. Mix together the garlic, turmeric powder, green chili, thymes, coriander powder, salt, olive oil and ginger and grind to a paste.
2. Rub all over fish fillet and keep aside to marinate for 10-15 minutes.
3. Place the marinated fish on a preheated grill or oven and cook on both sides until cooked through.
4. Transfer to a plate and pour lime juice. Serve at once with chutney or salad of your choice.

## Some useful tips



- *Maintain a regular timing of meals*
- *Include a wholegrain option at breakfast such as oatmeal, weetabix or bran flakes*
- *Choose wholegrain bread instead of white bread*
- *Replace white rice with brown rice or other starch sources such as wholegrain pasta, tubers e.g. sweet potato, cassava and yam in all main meals*
- *Eat at least 3 portions of vegetables and 2 portions of fruits every day (a total of 5 portions) with a focus on fresh, local fruits and vegetables that are in season Choose plain, low-fat or milk and yoghurt*
- *Reduce the amount of salt used in meal preparation by using more spices garlic, ginger lemon/ lime and bilimbi to flavour your food naturally*
- *Drink plenty of water every day – target a minimum of 1.5 litres*
- *It is best to avoid alcohol as it can lead to low blood sugar level but if alcohol is consumed it is best to have it with a meal*
- *Maintain a healthy body weight by engaging in regular physical activity and eating nutritious foods*
- *Aim for a minimum of 30 minutes of moderate intensity physical activity (e.g. walking, jogging, swimming) on at least 5 days per week; additionally include at least 2 days of muscle-strengthening activities (e.g. lifting weights) per week*

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Seychelles Centennial Women Lions Club  
In Collaboration With  
Seychelles Ministry of Health - Nutrition Unit

THIS RECIPE BOOK IS INTENDED  
TO BE SHARED AND SHOULD NOT BE SOLD.