

Recipe of the Week 22

Fresh Seasonal Vegetables with Yogurt

The fresh seasonal vegetables with yogurt is an ideal snack for between training sessions and during periods with reduced training demands. The snack is low in calories making it ideal for athletes on weight management plans but packed with nutrients that will support performance and preserve health.

Tip: Experiment adding your favourite vegetables to the dish to increase the nutrient contact



Ingredients

100g pack asparagus
500g peas in their shells
1kg broad beans in their shells
200g low fat yogurt Greek style yogurt
1 garlic glove (finely chopped)
10g Chives (finely snipped)

Serves: 2 - 4
Preparation time: 10 -minutes
Cooking time: 10-minutes

Each serving contains

Energy (kcal) – 160kcal
Carbohydrates –20g
Protein – 7g
Fat – 5g (2g saturated)

Method

1. Cook the asparagus in a small saucepan with only the stems in the water, according to the pack instructions.
2. Shell the peas and cook for approximately 2 minutes in boiling water, then refresh in cold water.
3. Shell the broad beans and cook in boiling water for 2- 3 minutes, allow to cool, then remove the skin of the beans.
4. Mix the asparagus with the peas and beans. Mix the yogurt with the garlic and season well.
5. Stir in the snipped chives and serve with the asparagus, peas and beans.

Adapted from: www.sainsburys.co.uk, 2010
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