

TSEBO



National Nutrition Week 2026

9-15 OCTOBER 2026



Recipe Ideas to Support Healthy Food Environments

These recipes are designed for the catering industry and align with the principles of creating healthy food environments by increasing the availability of vegetables, legumes, wholegrains, lean proteins and nutritious snacks.

They are suitable for staff restaurants, hospitals, retirement villages, schools and workplace canteens.



Rainbow Three-Bean Salad

Supports: Fibre, plant protein, vegetables, affordable healthy options

Ingredients (10 portions)

1 cup	Kidney beans, cooked
1 cup	Chickpeas, cooked
1 cup	Sugar beans, cooked
2	Tomatoes, diced
1	Cucumber, diced
1	Green pepper, diced
1	Red pepper, diced
1	Red onion, finely chopped
½ cup	Chopped parsley

Dressing

60 ml	Olive or canola oil
60 ml	Lemon juice
1 tsp	Mustard
	Black pepper to taste

Method

1. Mix all salad ingredients.
2. Combine dressing ingredients.
3. Toss before serving.

Nutrition message: Legumes provide fibre, plant protein and help improve satiety.



Lentil & Vegetable Cottage Pie

Supports: Meat reduction, fibre, sustainability

Ingredients (20 portions)

1 kg	Brown lentils, cooked
500 g	Lean mince (optional)
2	Onions, chopped
4	Carrots, diced
2 cups	Peas
2 tins	Chopped tomatoes
2 tbsp	Mixed herbs
4 kg	Mashed potato or sweet potato

Method

1. Cook onions and vegetables.
2. Add lentils, mince (if used), tomatoes and herbs.
3. Place in baking dish.
4. Top with mash and bake at 180°C for 30 minutes.

Nutrition message: Combining legumes with small amounts of meat increases fibre and reduces cost.

Oven-Baked Chicken & Vegetable Tray Bake

Supports: Lean protein and vegetables

Ingredients (20 portions)

3 kg	Chicken portions
2 kg	Sweet potato cubes
1 kg	Butternut cubes
1 kg	Carrots
500 g	Onions
60 ml	Canola oil
	Garlic, rosemary and paprika

Method

1. Place all ingredients in baking trays.
2. Season lightly.
3. Bake at 180°C for 45–60 minutes.

Serve with

Brown rice
Samp and beans
Wholewheat rolls



High-Fibre Somp & Bean Pot

Supports: Traditional healthy eating

Ingredients (20 portions)

1.5 kg	Cooked somp
1 kg	Sugar beans
2	Onions
4	Tomatoes
2	Carrots, grated
2 tbsp	Curry powder
1 tbsp	Paprika

Method

1. Cook onions and spices.
2. Add tomatoes and carrots.
3. Stir in beans and somp.
4. Simmer 20 minutes.

Nutrition message: Traditional foods can be nutritious, affordable and high in fibre.



Roasted Vegetable and Chickpea Wrap

Supports: Grab-and-go healthy options

Ingredients (20 portions)

Wholewheat	Wraps
2 cups	Roasted butternut
2 cups	Roasted peppers
2 cups	Chickpeas
Lettuce	
Low-fat	Yoghurt dressing

Method

Fill wraps and serve chilled.

Nutrition message: Healthy convenience foods support better choices.



Spinach, Feta and Wholewheat Muffins

Supports: Nutritious snacks

Ingredients (24 muffins)

500g	Wholewheat flour
2 tsp	Baking powder
4	Eggs
500 ml	Low-fat milk
200 g	Feta
2 cups	Cooked spinach
60 ml	Canola oil

Method

Bake at 180°C for 20–25 minutes

Suitable for

Tea stations
School tuck shops
Grab-and-go offerings



Fresh Fruit & Yoghurt Pots

Supports: Healthier desserts

Ingredients (10 portions)

1 L	Plain yoghurt
Seasonal	Fruit
Oats	or toasted muesli
Cinnamon	

Method

Layer and serve chilled.

Nutrition message: Fruit-based desserts provide vitamins, fibre and natural sweetness.



Homemade Hummus with Vegetable Sticks

Supports: Healthy snacks

Ingredients

2 cups	Chickpeas
2 tbsp	Lemon juice
1 tbsp	Olive oil
Garlic	
Cumin	

Method

Blend until smooth.

Serve with

Carrot sticks
Cucumber sticks
Wholegrain crackers



Vegetable-Packed Beef Bobotie

Supports: Hidden vegetables

Add:

Grated carrot
Lentils
Butternut
Mushrooms

Serve with:

Brown rice
Green beans
Salad



National Nutrition Week Menu Ideas

Monday:

Legume Day

Lentil cottage pie
Three-bean salad
Fruit salad

Tuesday:

Vegetable Day

Chicken tray bake
Brown rice
Seasonal vegetables

Wednesday:

Traditional Foods Day

Samp and beans
Grilled chicken
Chakalaka

Thursday:

Wholegrain Day

Wholewheat wraps
Roasted vegetables
Yoghurt pots

Friday:

Healthy Hydration Day

Fish bake
Sweet potato
Water infusion station



National Nutrition Week Challenge

Encourage teams to:

- ✓ Add one extra vegetable to meals
- ✓ Include legumes twice per week
- ✓ Offer fruit daily
- ✓ Promote water consumption
- ✓ Introduce one wholegrain option
- ✓ Reduce salt where possible
- ✓ Highlight healthier grab-and-go choices
- ✓ Reduce food waste

These recipes demonstrate that healthy food environments can be nutritious, affordable, attractive, culturally appropriate and enjoyable, while supporting the wellbeing of patients, residents, employees and customers.

