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Weight Plan

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Heather Thomas

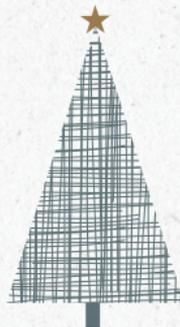
The recipes in this book have been created by Heather Thomas, who is a cookery writer and editor. She also helped write our very own Cambridge Meals in Minutes book, available to buy from your Cambridge Consultant.

# Enjoying Christmas

Christmas and cold winter nights can often be difficult for slimmers, there are so many temptations and seasonal treats on offer it can be hard to resist over-indulging sometimes. Relax, you are not alone. Your Cambridge Consultant is experienced in being able to help devise a plan specifically for this period.

The good news is that Christmas only needs to last for one or two days: Christmas Day and Boxing Day. Did you know that the average Christmas dinner is over 1500kcal? But we have managed to get it to almost half that!

This handy Christmas recipe book will give you a guide to enjoying a lighter Christmas and Boxing Day. Along with the support and advice of your Cambridge Consultant, this booklet will go a long way to helping you keep control.



# A light Christmas



Here are a few tips to help you through the entire festive season, but remember your Consultant is always there to help you too:

- \* Shop carefully: avoid special offers on high-calorie food items, no matter how tempting.
- \* Check the labels before buying: many popular Christmas treats are loaded with fat and calories.
- \* Don't have anything in the fridge or cupboard that you don't need.
- \* Do your food shopping list in advance ... and stick to it!
- \* Buy lots of fresh vegetables: they will help you feel full so you will be less likely to snack later.
- \* Don't pick at bowls of nuts and crisps: you can consume an awful lot of calories through continuous nibbling (just 10 peanuts add up to a staggering 59kcal and 5g fat!).

- \* Watch what you drink. Please be aware that due to its high calorie content, among other reasons, no alcohol is allowed on Cambridge Steps 1–5. However, if you are in the weight-management phase we have included two low-calorie drink options.
- \* Stay active over Christmas to burn some of those extra calories. Get out in the fresh air for lots of walks or bike rides.
- \* Pause before you reach for that extra helping: are you really hungry or are you simply eating because it's there?
- \* When eating Christmas dinner, choose more steamed and boiled vegetables and less roast potatoes and parsnips.



## No need to miss out



Parties can be worrying to some slimmers, often with copious amounts of food and drink on display for all to help themselves to. As well as being laden with calories, alcohol can dilute all your good intentions, so try to avoid it. If you have a slimline tonic or diet cola in a glass with ice and lemon, no one need know that you are drinking a soft drink.

Here are a few more tips for enjoying a Christmas party without the calories:

- \* Don't starve yourself in anticipation of a big 'blow-out'.
- \* If you end up sitting next to a bowl of crisps, nuts or snacks, then either move them or move yourself.
- \* Dancing is a fun and social way to burn calories so avoid the temptation of nibbles by spending your evening on the dance floor.

- \* When choosing from the menu, don't be afraid of asking the waiter how something will be prepared or cooked so you can avoid fatty or fried foods.
- \* Avoid "all you can eat" buffets, which are tempting even with the greatest willpower.
- \* If going out with friends, why not choose one of the growing number of restaurants that show calorie content on their menu, that way you will know what you should or shouldn't have.

Remember, if you have a night out planned then speak to your Consultant in advance and they will be able to help you tailor your weight loss programme to suit your requirements.



# Roast turkey with lemon and thyme stuffing

286kcal

**Serves:** 4 **Prep:** 30 mins **Cook:** 4 hours **Fat:** 6g **Fibre:** 2.2g **Salt:** 1.7g **GI:** low

## The turkey:

1 x 4.5kg oven-ready turkey  
Salt and black pepper

## Lemon and thyme stuffing:

Spray oil  
1 large onion, finely chopped  
60g fresh white breadcrumbs  
A few sprigs of thyme, leaves stripped  
3–4tbsp chopped parsley  
Grated zest of 1 lemon  
Juice ½ a lemon  
Sea salt and black pepper  
1 egg, beaten

- 1 Lightly spray a frying pan with oil and place it over a low heat. When it's hot, add the onion and cook gently until tender and golden.
- 2 Stir in the breadcrumbs, thyme, parsley, lemon zest and juice. Season to taste and add the beaten egg. Set aside to cool.
- 3 Wash the turkey inside and out under a running cold tap. Pat dry with kitchen paper. Pack the cooled stuffing into the neck cavity and secure with a skewer.
- 4 Sit the turkey breast side down on a rack in a large roasting pan and cover loosely with kitchen foil.
- 5 Roast in a preheated oven at 220°C, Gas Mark 7 for 30 minutes, then remove the turkey and reduce the temperature to 180°C, Gas Mark 4. Turn the turkey over, replace the foil and cook for a further 3 hours, basting occasionally with the juices.
- 6 Increase the oven temperature to 200°C, Gas Mark 6, remove the foil and roast the turkey for a further 30 minutes, until brown. It is cooked when the juices run clear when you pierce it behind the leg with a sharp knife or skewer.
- 7 Remove the turkey from the oven and let it stand for





15 minutes, covered with foil, before carving. Remove the skin and allow 125g meat per person.

**Tip:** The remaining carcass and leftover meat will feed four people for two more meals: one on Boxing Day and one the following day.

**Vegetarian:**

- 1 Cook 1 x 454g Quorn Turkey Roast (using the instructions on the pack) and carve four portions.
- 2 Cook the stuffing recipe in a baking dish in the oven at 180°C, Gas Mark 4, for about 20 minutes and serve. The calorie count per serving (including stuffing) will be 220kcal and 3g fat.



May your turkey  
be tasty!

# Low-fat gravy



58kcal

**Serves:** 4 **Cook:** 20 mins **Fat:** 0.7g **Fibre:** 0.7g **Salt:** 0.5g **GI:** Low

1 onion, finely chopped  
400ml made-up Cambridge  
Golden Vegetable Drink  
or vegetable stock  
1 tbsp low-fat gravy granules  
Black pepper  
1 tsp cranberry jelly



- 1 Put the onion and made-up Golden Vegetable Drink in a saucepan, and simmer gently for about 15–20 minutes, until the onion is really tender and softened.
- 2 Stir in the gravy granules and cook gently, stirring with a wooden spoon until thickened and smooth. If the gravy is too thick for your liking, you can thin it with a little of the hot vegetable water from the Brussels sprouts or carrots.
- 3 Add a little black pepper and stir in the cranberry jelly. Simmer gently for 2–3 minutes until you are ready to serve the turkey.



# Brussels sprouts with chestnuts and pancetta

120kcal

**Serves:** 4 **Prep:** 15 mins **Cook:** 15 mins **Fat:** 4.7g **Fibre:** 3.6g **Salt:** 0.7g **GI:** Low

100g peeled chestnuts, halved  
300ml made-up Cambridge  
Golden Vegetable Drink  
or vegetable stock  
350g Brussels sprouts,  
trimmed  
4 thin slices pancetta  
(or smoked streaky bacon),  
finely chopped  
Black pepper

- 1 Put the chestnuts and vegetable stock in a saucepan. Cover the pan and simmer gently for about 15 minutes until the chestnuts are cooked and tender. Drain well.
- 2 Meanwhile, cook the sprouts in an uncovered pan of boiling, lightly salted water for about 8 minutes until just tender. Drain well.
- 3 At the same time, heat a non-stick frying pan and dry-fry the pancetta for about 3 minutes until crisp and golden. Remove and pat with kitchen paper.

- 4 Mix together the chestnuts, sprouts and pancetta. Grind a little black pepper over the top and keep warm until you are ready to serve.



# Low-fat roast potatoes

80kcal

**Serves:** 4 **Prep:** 10 mins **Cook:** 1 hour **Fat:** 0.3g **Fibre:** 0.6g **Salt:** 0.2g **GI:** High

400g potatoes, preferably  
Desirée or King Edward  
Spray oil  
Pinch of sea salt



- 1** Peel the potatoes and then cut them into large chunks. Place them in a saucepan of cold salted water and bring to the boil. Boil for 2–3 minutes, then remove from the heat and drain.
- 2** Scratch the surface of each potato with a fork, or cut into it a little at regular intervals with a very sharp knife.
- 3** Lightly spray a non-stick roasting pan with oil. Arrange the potatoes in the pan, spray them lightly with oil, then sprinkle them lightly with sea salt.
- 4** Bake in the preheated oven above the turkey for about 1 hour, turning the potatoes occasionally, until crisp and golden outside and tender inside.
- 5** When the potatoes are cooked, transfer them to a serving dish and keep them warm until you are ready to dish up.



# Low-fat roast parsnips



76kcal

**Serves:** 4 **Prep:** 10 mins **Cook:** 40 mins **Fat:** 0.8g **Fibre:** 3.4g **Salt:** 0.2g **GI:** High

350g parsnips  
Spray oil  
Sea salt



**1** Peel the parsnips and, depending on their size and thickness, cut them into halves or quarters lengthwise. Place them in a saucepan of cold salted water and bring to the boil. Boil for 2–3 minutes, then remove from the heat and drain well.

**2** Lightly spray a non-stick roasting pan with oil. Arrange the parsnips in the pan, spray them lightly with oil and sprinkle lightly with sea salt.

**3** Bake the parsnips in the preheated oven above the turkey for about 30–40 minutes, turning them

occasionally, until crisp and golden outside and tender inside. Do not over-cook them or they will become dry and over-coloured.

**4** When they are cooked, transfer them to a serving dish and keep warm until you are ready to dish up.

**Tip:** You can drizzle a teaspoon of clear honey over the parsnips together with a tablespoon of vegetable stock about 5 minutes before the end of cooking time for a really sweet flavour. This will add 7kcal per serving.



## Orange-glazed baby carrots

48kcal

**Serves:** 4 **Prep:** 5 mins **Cook:** 20 mins **Fat:** 0.4g  
**Fibre:** 2.9g **Salt:** 0.1g **GI:** Medium

400g baby Chantenay carrots, trimmed  
Juice of 1 large orange  
2 cardamom pods  
1 star anise (optional)

- 1 Put the whole baby carrots in a saucepan with the orange juice and whole spices. Cover with plenty of water and bring to the boil.
- 2 Reduce the heat to a simmer and cook gently for about

15 minutes until the carrots are tender and most of the liquid has evaporated. You can increase the heat and boil it up at the end to glaze the carrots.

- 3 Drain and discard the spices. Put the carrots in a serving dish and keep warm until you are ready to dish up.

**Tip:** Star anise is now available in all big supermarkets. It has a very distinctive aniseed flavour.



## Cranberry and satsuma sauce

**Serves:** 4 **Prep:** 2 mins  
**Cook:** 15–20 mins  
**Fat:** 0.3g **Fibre:** 0.3g  
**Salt:** 0.1g **GI:** Low

150g fresh cranberries  
Finely grated zest and juice of 2 satsumas  
30g caster sugar

- 1 Put the cranberries, satsuma zest and juice in a small saucepan. Cover the pan and simmer gently for 5 minutes.

48kcal



- 2 Stir in the sugar until it dissolves and simmer for 10–15 minutes until the cranberries are tender and the sauce reduces and thickens.
- 3 Allow to cool, then transfer to a glass jar or plastic container. Cover tightly. This sauce can be made on the day or up to three weeks in advance and stored in the refrigerator until needed.

**Tip:** You can substitute the satsumas in this recipe for clementines or tangerines.

## Bread sauce

65kcal

**Serves:** 4   **Prep:** 5 mins   **Cook:** 20 mins   **Fat:** Trace  
**Fibre:** 0.5g   **GI:** Medium

- 1 onion, peeled and quartered  
6 whole cloves  
300ml skimmed milk  
1 bay leaf  
45g fresh white breadcrumbs  
Salt and black pepper
- 3 Discard the bay leaf and cloves and stir in the breadcrumbs. Reheat very gently, stirring occasionally, for about 5 minutes. Season to taste with salt and pepper.

- 1 Stud the onion quarters with the cloves. Put them in a small saucepan with the milk and bay leaf, and bring to the boil.
- 2 Reduce the heat and simmer gently for 15 minutes, until the onion is tender.

**Tip:** This bread sauce can be made in advance and cooled and frozen in a sealed container. Defrost in the refrigerator overnight on Christmas Eve and reheat for your Christmas lunch.



# Quick and easy Christmas trifle



205kcal

**Serves:** 4 **Prep:** 15 mins **Soak/chill:** 30 mins/2 hrs+ **Fat:** 2.8g **Fibre:** 3.8g **Salt:** 0.1 **GI:** Low

4 trifle sponges  
50ml medium sherry,  
e.g. Amontillado  
100g raspberries (fresh or  
frozen and thawed)  
2 small bananas, peeled  
and thinly sliced  
Juice ½ a lemon  
200g ready-made  
low-fat custard  
100g fat-free vanilla yoghurt  
10g dark chocolate  
(70% cocoa solids), grated

- 1 Cut the trifle sponges in half and arrange them in the base of a large decorative glass serving dish. Sprinkle the sherry over the top of the sponges and set aside to soak for at least 30 minutes.
- 2 Spread the raspberries and banana slices over the trifle sponge base. Sprinkle the lemon juice over the bananas to stop them discolouring.
- 3 Spoon the low-fat custard over the top of the fruit to cover it completely, then cover that with a layer of vanilla yoghurt. Level the top.
- 4 Sprinkle the grated chocolate evenly over the top of the trifle.
- 5 Cover with cling film and chill in the refrigerator until you are ready to serve the trifle. You can make this a day in advance and it will keep well overnight.



# Pomegranate Prosecco fizz

105kcal

**Serves:** 8   **Prep:** 10 mins   **Fat:** 0.2g  
**Fibre:** Trace   **Salt:** Trace   **GI:** Low

4 pomegranates  
1 x 750ml bottle  
chilled Prosecco



- 1 Cut 3 pomegranates in half and squeeze them with a hand citrus juicer, pressing them down and moving them in a circular motion until all the juice has been released. Pour the juice into a jug and set aside.
- 2 Carefully pick the whole seeds out of the remaining fruit—they will look like little red jewels!

- 3 Pour a little juice into each fluted champagne glass or large wine glass and sprinkle in a few pomegranate seeds. Top each one up with chilled Prosecco and serve immediately.

**Tip:** You can use ready-squeezed pomegranate juice but check the label on the carton to ensure that it is pure and no sugar has been added.



# Turkey and mushroom risotto

391kcal



**Serves:** 4 **Prep:** 15 mins **Cook:** 40 mins **Fat:** 4.0g **Fibre:** 5.8g **Salt:** 1.0g **GI:** Medium

Spray oil

1 large onion, finely chopped

2 celery sticks, diced

2 garlic cloves, crushed

Pinch of chilli powder

450g chestnut

mushrooms, sliced

200g risotto rice, e.g. Arborio

800ml hot vegetable stock or

Golden Vegetable Drink

Pinch of saffron threads (opt.)

300g cooked, chopped turkey

meat (dark and white)

4 ripe tomatoes, skinned

and chopped

Salt and black pepper

Juice ½ a lemon

4 tbsp virtually fat-free

fromage frais

Bunch of parsley, chopped

4 tsp grated parmesan

cheese

**1** Lightly spray a large frying pan with oil and heat on low.

Add the onion, celery and garlic, and cook gently for 10 minutes until tender.

**2** Add the chilli powder and mushrooms and cook for 3–4 minutes. Stir in the rice and cook for 1 minute, then add a little of the hot stock with the saffron threads (if using).

**3** Bring to the boil and then turn down the heat to a simmer. Stir in the turkey and

tomatoes and cook gently for 20 minutes, adding a ladle of stock as it is absorbed by the rice. The rice is cooked when it is plump and tender, and all the stock has been absorbed.

**4** Season the risotto to taste and stir in the lemon juice, fromage frais and parsley. Sprinkle with Parmesan and serve immediately with a crisp green salad.

**Vegetarian:** Substitute 400g plain Quorn fillets for the turkey meat and the calorie count will stay the same. Cook the fillets with the onion and celery, cut into smaller pieces and make the risotto as above.

# Festive turkey quesadillas



398kcal

**Serves:** 4 **Prep:** 10 mins **Cook:** 10 mins **Fat:** 9.2g **Fibre:** 3.3g **Salt:** 0.2g **GI:** Low

8 tbsp canned refried beans  
8 x 30g flour tortillas  
250g cooked leftover turkey,  
skinned and chopped  
115g reduced-fat mozzarella  
cheese, thinly sliced  
8 tbsp reduced-fat  
tomato salsa  
1 bag mixed rocket,  
watercress and spinach salad  
¼ red onion, chopped  
12 cherry tomatoes, halved  
2 tablespoons oil-free  
vinaigrette dressing

- 1 Heat the refried beans in a small saucepan over a very low heat for 2–3 minutes.
- 2 Divide them equally between the tortillas and spread them out evenly but leaving an area around the circumference of each one.
- 3 Arrange the chopped turkey, sliced mozzarella and salsa over the top of the refried beans. Fold each tortilla over to enclose the filling.
- 4 Heat a ridged griddle pan and carefully place the filled tortillas in the hot pan (you may have to cook them in batches and keep them warm). Heat them through for 2–3 minutes each side, until the cheese melts. Alternatively, you can heat them in the microwave.
- 5 Serve the quesadillas straight away while they are piping hot with the salad leaves, red onion and cherry tomatoes tossed in the oil-free vinaigrette dressing.

# Chocolate yule log



175kcal

**Serves:** 8   **Prep:** 20 mins   **Cook:** 8–10 mins   **Fat:** 6.7g   **Fibre:** 0.4g   **Salt:** 0.2g   **GI:** Medium

Spray oil  
3 eggs  
60g caster sugar  
85g self-raising flour  
1 tbsp cocoa powder  
Icing sugar, for dusting

## Chocolate cream

100ml double cream  
200g virtually fat-free  
natural fromage frais  
4tsp cocoa powder  
4tsp hot water



- 1 Preheat the oven to 200°C, Gas Mark 6. Lightly spray a Swiss roll tin with oil and line it with non-stick baking parchment.
- 2 In a mixing bowl, beat the eggs and sugar until pale and fluffy with an electric hand whisk. Sift in the flour and cocoa powder and then fold in lightly but thoroughly in a figure-of-eight movement with a metal spoon.
- 3 Spread the mixture out in the prepared tin, levelling the surface. Bake in the preheated oven for 8–10 minutes until the sponge is well risen and springs back when you touch it lightly with your finger.
- 4 Turn out the sponge on to a large sheet of greaseproof paper. Carefully peel away the lining paper, then cover with a clean damp tea towel and leave to cool.
- 5 Whip the cream until it holds its shape and gently fold in the fromage frais. Blend the cocoa and hot water and stir into the creamy mixture.
- 6 Spread half of the chocolate cream over the sponge, and roll up tightly from one long end. Place the Swiss roll on a rectangular serving plate or Christmas cake base.

- 7** Cover the cake with the remaining chocolate cream and draw some long lines through it with a fork to resemble a log. Dust lightly with icing sugar and decorate with a plastic Christmas robin (optional) and sprigs of holly (real or artificial). Serve cut into slices.



## Mulled wine

**Serves:** 12    **Prep:** 10 mins  
**Fibre:** 0.9g    **Salt:** Trace

300ml water  
300ml unsweetened orange juice  
2 tbsp caster sugar  
6 cloves  
2 cinnamon sticks  
Good pinch of grated nutmeg  
2 oranges, thinly sliced and cut into quarters  
1 lemon, thinly sliced and cut into quarters  
1 x 750ml bottle inexpensive red wine  
100ml inexpensive brandy



**94kcal**

**Cook:** 15 mins    **Fat:** 0g  
**GI:** low

- 1 Put the water, orange juice, sugar, spices, sliced oranges and lemon in a large saucepan and heat through gently for 10 minutes.
- 2 Add the wine and brandy, and reheat gently — do not allow to boil.
- 3 Remove the cloves and cinnamon sticks and ladle into heatproof glasses or mugs.

**Tip:** This version is lower in calories than most mulled wines as it contains very little sugar. If it is not sweet enough, add some artificial sweetener after heating.

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## meals in minutes



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