

"5 a Day"

Fast Food



Betty Bossi

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Dear reader

We all know that pizza and burgers don't provide the nutrients we need. Nevertheless, they are among the most popular fast foods around and one simply can't deny that they taste delicious. What if we could combine that wonderful flavour with a balanced composition of nutrients? Wouldn't that be amazing?

Well, it's certainly not impossible! All you have to do is take the matter into your own hands – we supply the tasty and easy recipes.

Why not try these sumptuous burgers and delicious pizzas? Surprise your family with healthy pancakes and mango lassi for breakfast. Make a trendy, vitamin-packed bowl or those great salad rolls for your lunch.

Healthy fast food – easy to make. Discover something new!

Betty Bossi

Unless stated otherwise, all recipes in this brochure are calculated for 2 servings.

Oven temperatures

Temperatures are stated for ovens with top and bottom heat. For baking/roasting in fan-assisted ovens reduce the temperature by 20°C. Please observe the information provided by the oven manufacturer.

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Cover image: Classic Burger (p. 6)



Fish Nuggets with Vegetable Fries

Preparation time: approx. 25 min

Baking time: approx. 25 min

Makes 2 servings

200 g skinned trout fillet

½ tbsp olive oil

¼ tsp salt

30 g panko

1 lime, rinsed with hot water and patted dry, grated peel and ½ tbsp of juice set to the side

200 g parsnips, cut into sticks of approx. 1 cm in diameter

200 g multicoloured turnips, cut into sticks of approx. 1 cm in diameter

1 tbsp olive oil

¼ tsp salt

100 g plain yoghurt

½ tsp sambal oelek

2 tbsp dill, finely chopped

1. Use tweezers to remove the bones from the fish fillets. Cut the fillets into strips, put them in a bowl and mix them with olive oil and salt.

2. Mix the panko with the lemon peel, immerse both sides of the fillets in the mixture and place them on a baking tray covered with baking paper.

3. Mix parsnips, turnips, oil and salt in a bowl and place on the tray with the fillets.

4. **Baking:** preheat oven to 200°C and bake in the middle for approx. 25 min.

5. Mix yoghurt, sambal oelek, retained lime juice and dill and serve with the fish nuggets and vegetable fries.

Per serving: 441 kcal, F 21 g, C 28 g, P 24 g



Cauliflower Pizza

Preparation time: approx. 20 min
 Leave to sit: approx. 30 min
 Baking time: approx. 25 min
 Makes 2 servings

600 g cauliflower

½ tsp salt

80 g grated gruyere

1 garlic clove, pressed

1 egg

1 dash pepper

250 g cherry tomatoes, cut in halves

60 g mozzarella pearls

50 g pastrami in slices

50 g rocket

1. Grate the cauliflower into a bowl, add salt and let sit for approx. 30 min. Place the cauliflower on a clean cloth, squeeze it and return to the bowl.

2. Mix in cheese, garlic, egg and pepper, spread the mixture on a baking tray covered with baking paper (approx. 30 cm Ø), press down well. Cover with tomatoes and mozzarella.

3. Baking: preheat oven to 220 °C and bake in lowest position for approx. 25 min. Remove pizza and cover with pastrami and rocket.

Per serving: 415 kcal, F 23 g, C 13 g, P 35 g



Sweetcorn Pizza

Preparation time: approx. 30 min
 Baking time: approx. 25 min
 Makes 2 servings

1 tsp olive oil

1 onion, finely chopped

2 garlic cloves, pressed

300 ml vegetable stock

80 g polenta (4 min)

2 tomatoes, sliced

2 spring onions, cut into rings

¼ tsp salt

1 dash pepper

3 tbsps grated parmesan

90 g baby spinach

½ tsp olive oil

2 pinches Fleur de Sel

1 dash pepper

1. Heat oil in a pan. Lightly steam onion and garlic. Add the vegetable stock and bring to the boil. Stir in polenta and reduce heat, simmer at low heat for approx. 4 min while stirring until it turns into a thick puree.

2. Spread polenta on a baking tray covered with baking paper (approx. 25 cm Ø). Cover with tomatoes and spring onions, season and sprinkle cheese on top.

3. Baking: preheat oven to 220 °C and bake in the middle for approx. 25 min.

4. Mix spinach with oil, season and spread half on the pizza. Serve the rest on the side.

Per serving: 318 kcal, F 9 g, C 42 g, P 13 g



Classic Burger

Preparation time: approx. 25 min
Makes 2 servings

300 g lean minced meat (beef)
2 carrots, coarsely grated
1 egg
1 tsp paprika
½ tsp salt
1 dash pepper

1 tbsp olive oil

2 hamburger buns with sesame seeds,
cut open

50 g low-fat cream cheese
(e. g. Philadelphia Balance)
1 tomato, sliced
¼ cucumber, sliced
1 small radicchio, cut in strips

1. Preheat oven to 60°C.
2. Mix together minced meat and all ingredients up to and including pepper in a bowl and knead well with your hands until ingredients combine into a compact mixture. Divide into two portions and shape burgers.
3. Heat up oil in a non-stick pan. Reduce heat and fry burgers for approx. 5 min on each side, take out and keep warm.
4. Roast hamburger buns face-down in the same pan. Spread cream cheese on bun, add warm burger, tomato, cucumber and radicchio.

Per serving: 709 kcal, F 36 g, C 51 g, P 44 g



Sweet Potato Burger

Preparation time: approx. 40 min
Makes 2 servings

250 ml water
50 g quinoa (e. g. tricolore)
1 cooked beetroot (approx. 120 g),
coarsely grated
2 tbsp flour
1 egg
¼ tsp cumin
½ tsp salt

1 tbsp olive oil

1 sweet potato (approx. 300 g),
cut into 8 slices of approx. 5 mm

1 courgette (approx. 200 g),
coarsely grated

90 g plain Greek yoghurt
¼ tsp salt
1 dash pepper
30 g micro greens or radish sprouts

1. Boil water, add quinoa and cook at medium heat for approx. 15 min until the liquid has evaporated. Cool down slightly and mix in beetroot and all other ingredients up to and including salt.
2. Heat up oil in a large non-stick pan. Divide mixture into 4 portions, flatten slightly. Fry burgers and potato slices at medium heat for approx. 5 min each side.
3. Mix courgette and yoghurt, season and distribute on individual potato slices. Put on quinoa burger and micro greens and top with remaining potato slices.

Per serving: 427 kcal, F 16 g, C 55 g, P 14 g

"5 a Day" – Simply Good for You!



What is "5 a Day"?

"5 a Day" recommends consuming five servings of vegetables and fruits per day. One serving equals a handful of vegetables and fruits. Ideally, this means three servings of vegetables and two servings of fruits. Be open to variety because in every vegetable and fruit there are other substances that do good things for our bodies. The more colorful the better!

Keep Fit with "5 a Day"

You'll keep fit with "5 a Day", because it is full of vitamins, minerals and dietary fibers. A varied and balanced diet is the Alpha and Omega for both body and soul. With our delicious recipe ideas, we show you just how easy it is to include fresh vegetables and fruits in your daily diet. A vegetable-rich and fruit-rich diet always contributes to healthy weight management.

What Counts in "5 a Day"?

- All fruits and vegetables count - whether consumed raw, cooked or frozen, they all count.
- At least one serving per day should be eaten raw, since heat-sensitive vitamins are lost during cooking.
- One of the servings can be replaced by 200 ml of unsweetened juice or 20-30 g of dried fruits.



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Melon Bowl

Preparation time: approx. 35 min
Makes 2 servings

-
- 60 g beluga lentils**
 - 400 ml boiling water**
-
- 1 melon** (e. g. charentais, approx. 450 g)
-
- 1 tbsp lemon juice**
 - 1 tbsp olive oil**
 - ¼ tsp salt**
 - 1 dash pepper**
 - 1 red pepper, cubed**
 - 2 tbsp peppermint, coarsely chopped**
 - 4 mini cucumbers, cut in slices (lengthwise)**
 - 50 g feta, crumbled**
 - 1 tbsp unsalted shelled pistachios, coarsely chopped**
-

1. Cook lentils in boiling water for approx. 20 min until soft, rinse with cold water and drain.
2. Cut melon in half and remove seeds. Work the flesh out with a spoon and cut into pieces.
3. Stir lemon juice into the oil and season. Mix lentils, melon, red pepper and peppermint, place mixture into the empty melon halves and cover with cucumber and feta. Sprinkle pistachios on top.

Per serving: 338 kcal, F 16 g, C 32 g, P 14 g



Burrito Bowl

Preparation time: approx. 25 min
Makes 2 servings

-
- 1 tbsp mustard**
 - 1 lime**, rinsed with hot water, patted dry, grated peel and 1 tbsp of juice
 - 1 tbsp olive oil**
 - 50 ml vegetable stock**
 - 90 g plain yoghurt**
 - salt, pepper, as required**
-
- 2 tins tuna in saltwater** (approx. 200 g each), drained, pulled into pieces
 - 1 tin sweet corn** (approx. 340 g), drained
 - 1 tbsp olive oil**
 - ½ tsp salt**
 - 1 dash pepper**
-
- 200 g mini romaine lettuce**, cut into strips
 - 100 g celery stalks**, in thin slices
 - 12 cherry tomatoes**, cut into quarters
 - 30 g plain tortilla chips**
-

1. Stir together mustard and all ingredients up to and including yoghurt, season.
2. Mix tuna, sweetcorn and oil, season.
3. Divide romaine between 2 bowls and cover with tuna, celery and tomatoes. Sprinkle sauce on top and serve with tortilla chips.

Per serving: 572 kcal, F 21 g, C 43 g, P 49 g



Green Gazpacho

Preparation time: approx. 15 min
Cooling time: approx. 1 hr
Makes 2 servings

2 yellow peppers, cut into pieces
½ cucumber (approx. 200 g), cut into pieces
1 green chilli pepper, seeds removed, cut into pieces
50 g toast, in pieces
100 ml water
1 tbsp olive oil
1 tsp vegetable stock powder
½ bunch basil
salt, as required

Puree all ingredients up to and including basil in a blender. Cover the soup and put it in the fridge to cool for approx. 1 hr, add salt.

Per serving: 200 kcal, F 9 g, C 22 g, P 5 g



Hot Ginger and Pumpkin Soup

Preparation time: approx. 30 min
Makes 2 servings

½ tbsp olive oil
1 shallot, finely chopped
400 g pumpkin (e.g. butternut), cubed
½ tbsp turmeric
1 tbsp ginger, finely grated
700 ml vegetable stock
salt, pepper, as required

50 g cress
1½ tbsp roasted pumpkin seeds
2 tbsp grated parmesan

1. Heat oil in a pan. Lightly steam shallot and pumpkin. Add turmeric, ginger and stock, bring to the boil and simmer at medium heat for approx. 15 min, then puree and season.

2. Garnish with cress, pumpkin seeds and cheese.

Per serving: 206 kcal, F 11 g, C 21 g, P 9 g

Fast Food with “5 a Day”



Quick and healthy?

Fast food means quickly-prepared meals intended for fast consumption. These can be eaten standing up or on the go. However, fast food is often discredited by citing typical examples such as French fries, burgers or pizza, since they all contain lots of fat, salt, sugar, calories and only a few vitamins or nutrients. A slender figure and good health cannot be encouraged with this thought in mind.

However, a fast and healthy meal is not a contradiction in terms! It's easy to spice up fast food if you supplement it with nutrient-rich foods. “5 a Day” can be especially worthwhile here. Already, an added “5 a Day” serving increases vitamin, mineral and dietary fibre content and thus increases the meal's health value. Now and again, a fast food meal can be further optimized by using wholegrain products, worthwhile vegetable oils and protein in the meal's preparation. All it must be is, “fast” – and as quick as possible.

Fast Food & Co. – an Overview

- **Fast Food** means the fast preparation of food. “5 a Day” makes it happen: Wash an apple and eat it. Peel and eat carrots. This is fast food at its finest.
- **Junk Food** is an expression used to denote unhealthy or inferior-quality food. “Junk,” is described in the dictionary as rubbish, scrap or debris. This certainly does not exist in “5 a Day”.
- **Convenience Foods** are ready-to-eat foods that make it easier to prepare meals at home (such as instant soups, pre-packaged rösti (Swiss fried potatoes), etc.). Frozen vegetables, prepared salads and ready-made smoothies are on board at “5 a Day”, which are very convenient, as well as easy and handy to eat.
- **Superfoods** are natural foods that contain a relatively high content of health-promoting substances. That's purely super “5 a Day”!
- **Functional Foods** are foods to which health-promoting substances have been added (such as vitamins, prebiotics, plant extracts, etc.) At “5 a Day”, countless health-promoting plant substances (phytochemicals) are already included.



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Summer Rolls

Preparation time: approx. 25 min
Makes 2 servings

-
- 6 rice papers** (approx. 22 cm Ø)
 - ½ avocado**, cut into strips
 - ½ cucumber**, seeds removed, cut into strips (lengthwise)
 - 200 g carrots**, cut into strips (lengthwise)
 - 1 red pepper**, cut into strips
 - 80 g alfalfa** or onion sprouts
 - ½ bunch coriander leaves**
 - 1 dash Fleur de Sel**
 - 1 dash pepper**
-
- 2 tbsp soya sauce**
 - 2 tbsp water**
 - 1 tbsp peanut butter**
 - 1 tsp Sambal Oelek**
 - 1 tsp clear honey**
-

1. Submerge one rice paper in warm water for approx. 1 min and place on a damp dish cloth. Place a small amount of avocado, cucumber, carrot, pepper, sprouts and coriander in the middle of the paper and season. Fold over edges and roll up from the bottom. Place on a dish and cover with damp dish cloth. Repeat for remaining rice papers.

2. Mix soya sauce and all remaining ingredients and serve with the rolls.

Per serving: 289 kcal, F 11 g, C 35 g, P 9 g



Salad Rolls with Lentil Filling

Preparation time: approx. 30 min
Makes 2 servings

-
- 1 tbsp olive oil**
 - 80 g red lentils**
 - 350 ml vegetable stock**
 - 2 tbsp lime juice**
 - 2 tbsp roasted sesame oil**
 - 1 tbsp chives**, finely chopped
-
- 6 large leaves of garden lettuce** or iceberg lettuce
 - 100 g cottage cheese**, rinsed if necessary
 - 2 tomatoes**, seeded and cubed
 - 4 plums**, quartered
-

1. Heat oil in pan. Lightly steam lentils, add stock and bring to the boil. Simmer at low heat for approx. 8 min, let cool and mix in lime juice, oil and chives.

2. Fill salad leaves with lentils, cottage cheese, tomatoes and plums, roll up and secure with kitchen string.

Per serving: 406 kcal, F 22 g, C 31 g, P 19 g



Apricot (N)Ice Cream

Preparation time: approx. 10 min
Makes 2 servings

200 g frozen apricots
150 g plain Greek yoghurt
1 tbsp lemon juice
1 tbsp agave syrup or sugar
100 g sliced apricots

Puree apricots, yoghurt, lemon juice and agave syrup in a blender, fill into small bowls and garnish with apricot slices.

Tip: Apricots can be replaced with frozen berries.

Per serving: 199 kcal, F 8 g, C 28 g, P 4 g



Chai Mango Lassi

Preparation time: approx. 10 min
Makes 2 servings

1 mango (approx. 550 g), cut into pieces
(makes approx. 300 g)
360 g plain yoghurt
1 cm ginger, finely chopped
½ tsp cinnamon
¼ tsp cardamom powder
1 pinch clove powder

Puree mango and all remaining ingredients in a blender.

Per serving: 201 kcal, F 6 g, C 27 g, P 7 g



Banana Pancakes

Preparation time: approx. 15 min
Makes approx. 8 for 2 servings

-
- 1 ripe banana**, cut into pieces
 - 2 fresh eggs**
 - 2 tbsp flour**
 - 1 tbsp chia seeds**
 - ½ tsp baking powder**
 - ¼ tsp cinnamon**
 - 1 pinch salt**
-
- ½ tsp rapeseed oil**
 - 200 g mixed berries**
 - 1 tsp clear honey** or agave syrup
-

1. Place banana in a bowl and mash with a fork. Stir in eggs, then flour, chia seeds, baking powder, cinnamon and salt.
2. Heat up oil in a non-stick pan, reduce heat, fry mixture in portions at medium heat for approx. 4 min a side until golden brown.
3. Mix berries with honey and spread over the pancakes.

Per serving: 247 kcal, F 11 g, C 25 g, P 10 g

“5 a Day” Makes You Smart!

Fun Facts

- A hamburger contains about 12 g of lettuce. It would take about 108 g more of lettuce in order to be considered as a “5 a Day” serving with such a meal.
- 50 g of red currants or 60 g of red pepper cover the daily requirement of Vitamin C (110 mg). To compare, you would have to eat 3,5 kg of a Margherita pizza to cover the same Vitamin C requirement.
- When eating a hot dog (120 g), your intestines are provided with 2 g of dietary fibre and 260 kcal. On the other hand, a serving of kohlrabi provides three times more dietary fibre and only 32 kcal – which is pleasing to your intestines, and helps maintain your figure.
- A grilled sausage (120 g) contains about 25 g of fat and thus covers ⅓ to ¼ of the daily requirement of fat. The same amount of tomato contains only 0,3 g of fat.
- For the same amount of calories consumed, you can eat three times more “5 a Day” Apricot (N)Ice Cream than regular vanilla ice cream.
- A “5 a Day” Chai Mango Lassi has 2½ tbsp of sugar less for you, compared to a higher calorie frappe from a fast food restaurant. Additionally, you save 50 % on the cost.



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"5 a Day" – Colourful Superfood



Superfood is a term used for foods that have a high content of health-promoting substances. Chia seeds, goji berries, quinoa, algae, and others are considered to be particularly healthy due to their specific, individual ingredients. However, these come from countries such as Mexico, China or Bolivia, are often expensive and are not necessarily better than locally produced foods. Superfood is also available right on our doorsteps. Although many vegetable and fruit varieties are not officially referred to as superfoods, they still do provide many valuable nutrients. "5 a Day" offers a huge selection of superfoods. All you have to do is go out and get them.

Onions, leeks and cruciferous vegetables (cabbage varieties) contain so-called sulphides, which have an antibiotic effect, and are also effective in lowering blood pressure and cholesterol. If you eat berries, apples, hot peppers or celery, you are automatically taking in the so-called flavonoids, which stimulate the immune system and have an anti-inflammatory effect.

We hope that you relish in reading and trying out "5 a Day".
Dig in and enjoy!

"5 a Day"

Skins, peelings and outer layers of vegetables and fruits contribute a great deal to the superfood effect, since they contain numerous vital substances. Therefore, always eat the skins, peelings and colour-intensive edible plant parts, too.

It is this large amount of phytochemicals, vitamins and essential oils that make vegetables and fruits so healthy. Sometimes, a small serving is enough to cover the daily vitamin or mineral requirement. There is scientific evidence that the combination of different foods increases the absorption of nutrients in the body. For example, organic acids such as citric acid or malic acid, enhance the absorption of zinc in the body. Therefore, you should not only focus on eating a special superfood and in large quantities, but instead make a daily habit of enjoying many different foods rich in vital substances – as well as including at least five servings of vegetables and fruits.



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Betty Bossi AG
Baslerstrasse 52
P.O. Box
8021 Zurich
www.bettybossi.ch

Customer Centre

Customer advice, product advice, culinary
and nutritional advice

Phone +41 (0) 44 209 19 29
(Swiss landline rates)

Mo-Fr 8.00 a.m. – 5.00 p.m.



"5 a Day"
info@5aday.ch
www.5aday.ch

Betty Bossi

