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READY STEADY GO! INTO THE NEW YEAR



To motivate people into keeping or starting healthy resolutions we recently held four days of indoor sports and healthy living advice and snacks. People working in and visiting the City Centre came in to the Central Library to take part in a variety of indoor games, from hula hooping to table tennis. Volition (the voluntary sector mental health network), Leeds City Credit Union, Europe Direct Leeds, and the Change4Life campaign provided information stalls.



Healthy refreshments were provided from different European countries so that people could try something different. A smoothie-bike sponsored by Europe Direct Leeds and powered by people provided delicious red berry flavoured smoothies. Snacks included German Cucumber Salad and Spanish Green Beans (see page 2).

More than 90 attendees enjoyed the events with some joining the library for the first time. The Saturday event was especially for Children and Families and was held in the Children's Library with table tennis, hula hooping, hopscotch, skipping, giant dominos and giant Connect 4.

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Healthy eating . . .

German Cucumber Salad



This tangy treat works well alone or as a healthy accompaniment to your main meal

Prep: 5 minutes. Cook: 2 hours

Ingredients:

- 1 whole cucumber
- 4 tablespoons sour cream
- 1 tablespoon cider vinegar
- Pinch of salt
- Pepper (to taste)
- 1 tablespoon fresh dill and/or parsley

Method:

1. Peel and very thinly slice the cucumber. Set aside.
2. Mix the sour cream, vinegar, salt, pepper and fresh herbs together in a large bowl.
3. Add the cucumber to the bowl; check the taste for seasonings and leave to chill for 2-3 hours.
4. Serve topped with a sprig of parsley.

Spanish Green Beans

Green beans, full of flavour, fab with rice or salad

Prep: 10 minutes. Cook: 20 minutes

Ingredients:

- 1lb green beans
- 1 tablespoon olive oil
- 3 tablespoons low-fat spread (suitable for cooking)
- 1 medium onion, finely sliced
- Salt and pepper
- 250ml vegetable stock
- 2 cloves crushed garlic

Method:

1. Place beans in a pan of boiling water and cook for 5 minutes until firm but not raw. Drain well.
2. Melt the spread and oil in a pan, add the onion and cook for 3 minutes.
3. Add the beans, salt and pepper to taste and toss.
4. Add the veg stock and garlic.
5. Cover and cook for 10 minutes until tender.
6. Season well and serve. Can also be chilled and served cold.

