



Pitta Pizzas

Ingredients

- 4 pitta breads, ideally brown
- 4 tablespoons tomato puree
- Vegetables chopped in to small pieces
- 120g reduced fat cheese, grated

Method

- Preheat the oven to 180°C
- Spread each pitta with 1 tablespoon tomato puree
- Go nearly up to the edge, but leave a small gap
- Add 30g cheese per pitta/wrap
- Add the vegetables of your choice
- Cook in the oven for around 10 minutes, until the cheese is melted.

You can also use free from pitta and cheese options



Potato Wedges

Ingredients

- **3 large potatoes**
- **2 teaspoons of vegetable oil**
- **Black pepper**
- **Dried herbs/spices (1tsp of each)**

Method

- **Preheat the oven to 200°C**
- **Leaving the skins on, cut the potatoes into wedges**
- **Put in to a mixing bowl and add the oil, black pepper and any other seasonings of your choice.**
- **Mix together with a spoon until all of the wedges are coated**
- **Place on a baking tray and cook for around 30 minutes**

Recipe adapted from Jamie Oliver



Homemade Chicken Dippers

Ingredients

- 3-4 chicken breasts
- 75g cornflakes
- 1 tsp black pepper
- Plain flour
- Dried herbs/spices
- 1 tablespoon vegetable oil
- 2 eggs

Instead of chicken, you could use Tofu or Quorn fillets.

Method

- Preheat the oven to 200°C
- Cut the chicken breasts up in to nugget or dipper shape/size pieces
- Add the cornflakes, black pepper, dried herbs/spices and vegetable oil to a food processor or bowl, mix up until they look like breadcrumbs
- Lay the mixture on to a tray or large plate
- Whisk the eggs in a bowl
- Dip the chicken pieces in the flour, then the egg mixture and finally coat in the breadcrumbs
- Repeat until all of the chicken is coated
- Lay the coated chicken on to a baking tray
- Cook in the oven for 25-30 minutes

Recipe adapted from Jamie Oliver



Homemade Fish Fingers

Ingredients

- 3-4 skinless white fish fillets
- 75g cornflakes
- 1 tsp black pepper
- Plain flour
- Dried herbs/spices
- 1 tablespoon vegetable oil
- 2 eggs

Instead of fish, you could use
Tofu or Quorn fillets.

Method

- Preheat the oven to 200°C
- Cut the fish into finger pieces
- Add the cornflakes, black pepper, dried herbs/spices and vegetable oil to a food processor or bowl, mix up until they look like breadcrumbs
- Lay the mixture on to a tray or large plate
- Whisk the eggs in a bowl
- Dip the fish pieces in the flour, then the egg mixture and finally coat in the breadcrumbs
- Repeat until all of the fish is coated
- Lay the coated fish on to a baking tray
- Cook in the oven for 15-20 minutes

Recipe adapted from Junior Magazine



Tuna Bolognese

Ingredients

- 1tsp vegetable oil
- 1 can of tuna chunks
- 150g pasta (ideally brown)
- Vegetables of your choice (e.g. diced onion, sliced peppers)
- 1 tin chopped tomatoes
- Seasonings of your choice

Instead of tuna use jackfruit, Quorn mince or tinned beans.

Method

- Cook the pasta according to the packet instructions
- Meanwhile, in a large pan heat the oil on a medium heat
- Add the vegetables of your choice and fry off for a few minutes, until starting to soften
- Add the chopped tomatoes and the seasonings of your choice, stir well, and leave to simmer on low-medium heat
- When the pasta is ready, drain it and then add it to the pan. Add the tuna to the pan
- Stir it well and let it heat through for a minute or two

Recipe adapted from Princes



Apple and Oat Snack Bars

Ingredients

- 150g oats
- 2 level tablespoons of butter
- 2 small apples
- 2 tablespoons of honey or maple syrup
- **Optional**
 - 145g chopped dried fruit
 - 40g chopped seeds/nuts

Method

- Pre heat your oven to 190°C
- Add the chopped apples to a food processor & pulse until they are finely chopped and turned 'mushy'. If you don't have a processor, you can grate them instead.
- Mix together the butter, honey/syrup in a pan over a medium heat until melted together.
- Add the apples and stir to combine.
- Add the oats, dried fruit and seeds/nuts and stir to mix well.
- Press the mixture into a lined baking tin, bake for 15-20 minutes until golden. Allow to cool before cutting into bars.

Recipe adapted from Nic's Nutrition



Breakfast Burritos

Ingredients

- 4 soft tortillas/wraps
- 6 eggs
- 4 tablespoons milk
- 1 pepper, finely chopped

Method

- Preheat the grill to medium.
- Lay out the tortillas on a work surface or chopping board.
- Beat the eggs and milk together in a bowl. Add black pepper to season. In another bowl, mix together the finely chopped tomatoes and pepper.
- Heat $\frac{1}{2}$ teaspoon of vegetable oil in a non-stick frying pan and pour in a quarter of the beaten egg mixture. Cook on the hob over a medium heat for a few moments, until the base starts to set.
- Remove the cooked egg on to a tortilla, then top with a quarter of the tomatoes/peppers and a quarter of the cheese. Place under the grill to further set the egg and melt the cheese.
- Remove from the grill, roll up the tortilla and slice in half, or wrap in foil to eat later.
- Repeat to make the other 3 tortillas.

You can also use free from wrap and cheese options

- 2 tomatoes, finely chopped
- 2 teaspoons vegetable oil
- 40g reduced fat cheese

Recipe adapted from Change 4 Life



Frozen Yoghurt Lollies

You can also use
free from yoghurt

Ingredients

- 500g yogurt (you can use your favourite yoghurt, but try to go for a low fat and low sugar option)
- Fresh, frozen or tinned fruit (berries or bananas work well, but you can choose whatever you like best)

Method

- Mix the yoghurt with the fruit of your choice
- Pour the mixture in to the ice lolly moulds
- Freeze for at least 2 hours, until frozen solid

Recipe adapted from Abel & Cole



Banana Ice Cream

Ingredients

- 4 very ripe bananas

Method

- Peel the bananas and chop them up in to small slices (use 1 banana per person).
- Put them in to a freezer bag or Tupperware box and freeze for at least 2 hours but ideally overnight.
- Add to a food processor or blender and whiz up until smooth and creamy.
- Scoop into bowls – for extra flavour you could add some fresh, frozen or tinned fruit as a topping.



Chilli Beef and Bean Burgers

Ingredients

- 1 small onion, quartered
- 210g red kidney beans
- 250g lean beef mince
- 2tsp mild chilli powder

Method

- Place the onion in to a food processor and whiz to chop. Then add the beans, mince, breadcrumbs, chilli powder, beaten egg and tomato puree, and mix again.
- If you don't have a food processor, or you prefer a chunkier texture, mash the beans with a fork or potato masher, chop the onion by hand in to small pieces and then add the rest of the ingredients and mix well.
- Shape the mixture into 4 burger patties and chill until you're ready to barbecue/grill.
- Barbeque for 5-7 minutes on each side. Alternatively, you could use your oven grill, but be aware that they may take slightly longer to cook.
- Serve the burgers in rolls. Add salad to the roll, or serve on the side.

Instead of mince you could add an extra can of mixed beans

- Breadcrumbs
- 1 egg, beaten
- 1 tbs tomato puree
- 4 wholemeal rolls
- Salad, to serve

Recipe adapted from Change 4 Life



Barbecued Chicken Fajita Skewers

Ingredients

- 3 limes
- 1tsp dried oregano
- 1tsp ground cumin
- 1tsp smoked paprika
- 1tsp olive oil
- Wooden or metal skewers

Method

- In a large bowl, juice two of the limes. Add the oregano, cumin, paprika, olive oil and garlic, and mix together.
- Dice the chicken, then stir it through the marinade and set aside.
- Cut the peppers and onion into chunks.
- Carefully thread alternate pieces of chicken, peppers and onion onto your skewers.
- Cook the skewers for 12-15 minutes on a barbeque, griddle pan or grill, turning every few minutes, until they are cooked all the way through.
- Serve in heated tortilla wraps with a spoon of guacamole.

Instead of chicken use use extra vegetables, Quorn chunks or vegetarian meatballs.

- 2 garlic cloves, crushed
- 4 chicken breasts
- 3 peppers
- 1 red onion
- 2 ripe avocados
- 6 cherry tomatoes, halved
- 8 tortilla wraps

Recipe Adapted from BBC Good Food