

Pitta Pizzas

Ingredients

You can also use free from pitta and cheese options

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

- 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.



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

Dried herbs/spices

1 tsp black pepper 1 tablespoon vegetable oil

Plain flour

2 eggs

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

Instead of chicken, you could

use Tofu or Quorn fillets.



Homemade Fish Fingers

Ingredients

■ 3-4 skinless white fish fillets

75g cornflakes

1 tsp black pepper

Plain flour

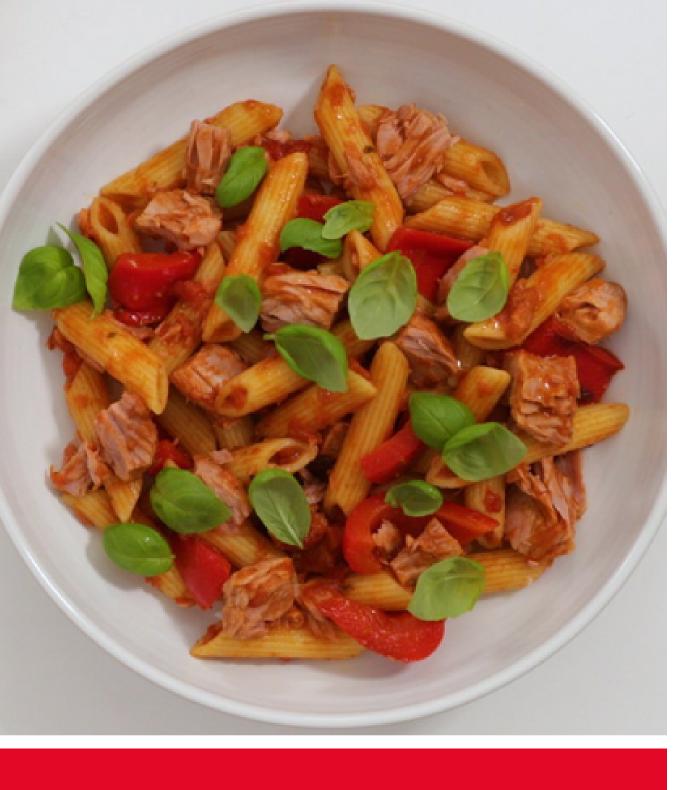
Instead of fish, you could use Tofu or Quorn fillets.

Dried herbs/spices

1 tablespoon vegetable oil

2 eggs

- 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



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)

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

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

- 1 tin chopped tomatoes
- Seasonings of your choice



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

- 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.



Breakfast Burritos

Ingredients

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

You can also use free from wrap and cheese options

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

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 ½ 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.

Recipe adapted from Change 4 Life



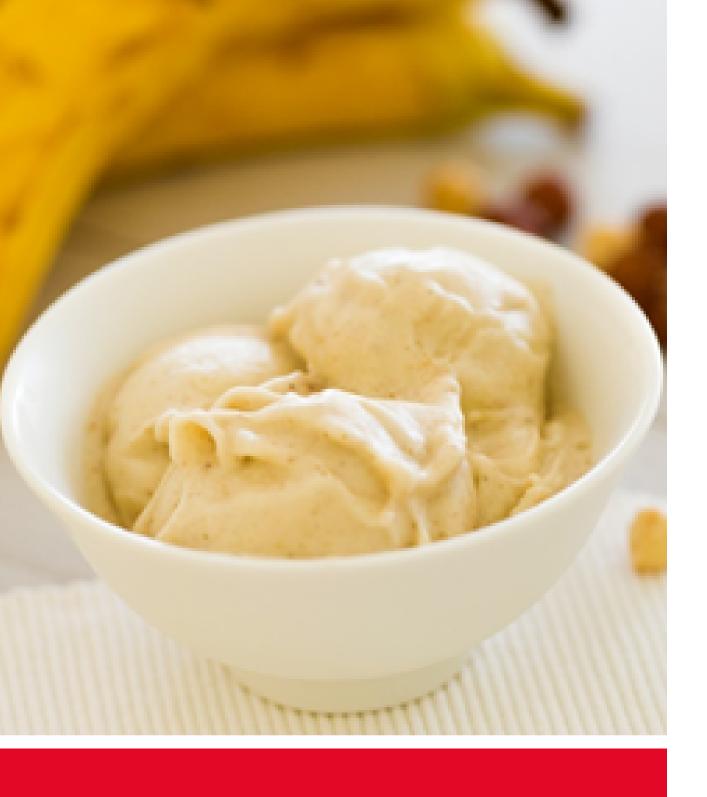
500g yogurt (you can use your favourite yoghurt, but try to go for a low fat and low sugar option) ■ Fresh, frozen or tinned fruit (berries or bananas work well, but you can choose whatever you like best)

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



Frozen Yoghurt Lollies



Banana Ice Cream

Ingredients

4 very ripe bananas

- 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

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

- 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.



Barbecued Chicken Fajita Skewers

Ingredients

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

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

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

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.

Recipe Adapted from BBC Good Food