



101⁺ SQUARE MEALS





Foreword

I am delighted to welcome a reprint of “101+ Square Meals” which has proven a wonderful and valuable resource for individuals and families in the home and also for those delivering home management educational programmes in the community. The presentation and layout is innovative and appeals to new as well as seasoned cooks.

This book was designed to accommodate two considerations i.e. budget and nutrition. Irish healthy eating guidelines encourage people to eat a wide variety of foods based around the Irish Food Pyramid. Research shows that on average people are eating too many high fat foods and not taking enough fruit and vegetables. The cook book provides clear and simple-to-follow recipes which encourage people to reduce fat in their everyday meals and support the philosophy of affordable good nutrition. In this context it is great to see Limerick MABS continuing in its pioneering role of producing materials dealing with money management.

Finally, I would like to congratulate Limerick MABS, Limerick Community Dietitians (HSE West), and *safefood* for updating and expanding this valuable resource under the new title of ‘101+ Square Meals’.

Happy and healthy cooking for you and your families.

Catherine Murphy

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Introduction

This publication recognises a critical aspect of domestic budget management, i.e. purchasing and preparing nutritious food. It is a response to a need identified by the Limerick Money Advice and Budgeting Service and the Health Promotion Unit of the HSE West as part of their remit to produce resource materials relating to money management and healthy eating.

The aim of this cookery book is to provide easy-to-prepare, low-budget, yet highly nutritious meals. It also contains useful tips on shopping, home freezing and food safety. Hopefully this will result in healthier, more balanced diets for families and individuals and a reduction in their food bills.

In this edition, you will find sections on



A guide to Healthy Eating, Keep a Well Stocked Food Cupboard and Cooking for One. There is also a new section, which provides a practical guide and creative ideas on healthy eating for young people. These welcome additions ensure that the book continues to offer the best and most up-to-date advice, and that it will be a valuable support in the national campaign against obesity.

The '101+' recipes offer variety for every age and circumstance.

Compiled by Norah Bourke, with contributions from
Community Dietitians HSE West.



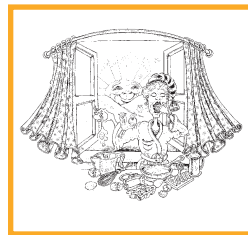


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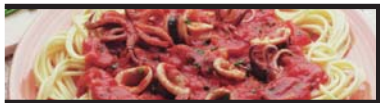


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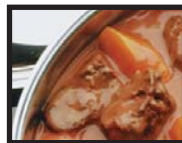
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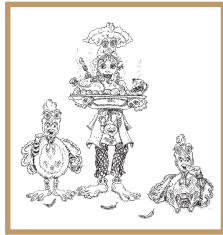
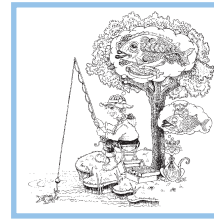


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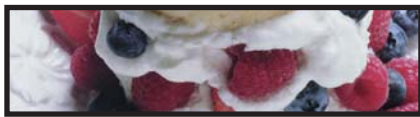
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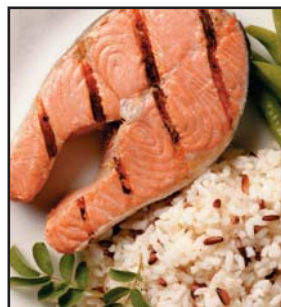
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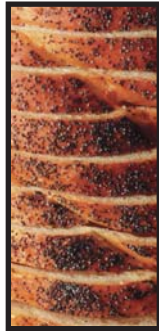
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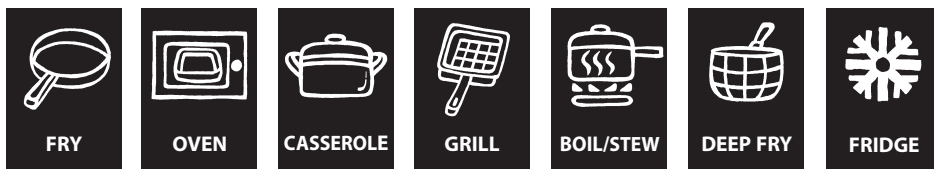
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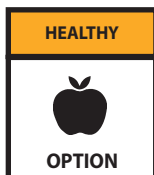


Recipe Symbols



LOW COST	MEDIUM COST	HIGH COST

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes



UTENSILS NEEDED
TYPE OF UTENSILS NEEDED TO COOK THE RECIPE

NUMBER OF SERVINGS	
	1 serving
	2 servings
	3 servings
	4 servings
	family

HANDY HINTS
Usually giving an alternative ingredient or serving suggestion.





Measurements / Weights

Metric	Imperial	Metric	Imperial
5g	1/4 oz/1 teaspoon	250g	9oz
15g	1/2 oz/1 dessertspoon	280g	10oz
25g	1oz	300g	11oz
50g	2oz	340g	12oz
85g	3oz	375g	13oz
110g	4oz	400g	14oz
140g	5oz	425g	15oz
180g	6oz	450g	16oz/1lb
200g	7oz		
225g	8oz		

Metric	Imperial	Metric	Imperial
1/4 pt	150ml	3/4 pt	425ml
1/3 pt	200ml	1 pt	575ml
1/2 pt	275ml	1 3/4 pts	1 litre

HANDY HINTS

Yoghurt pot measures

Use any standard shape yoghurt pot marked 125g or 5.3oz

One pot is approximately:

4oz white flour

3oz wholemeal flour

6oz castor or granulated sugar

4oz soft brown sugar

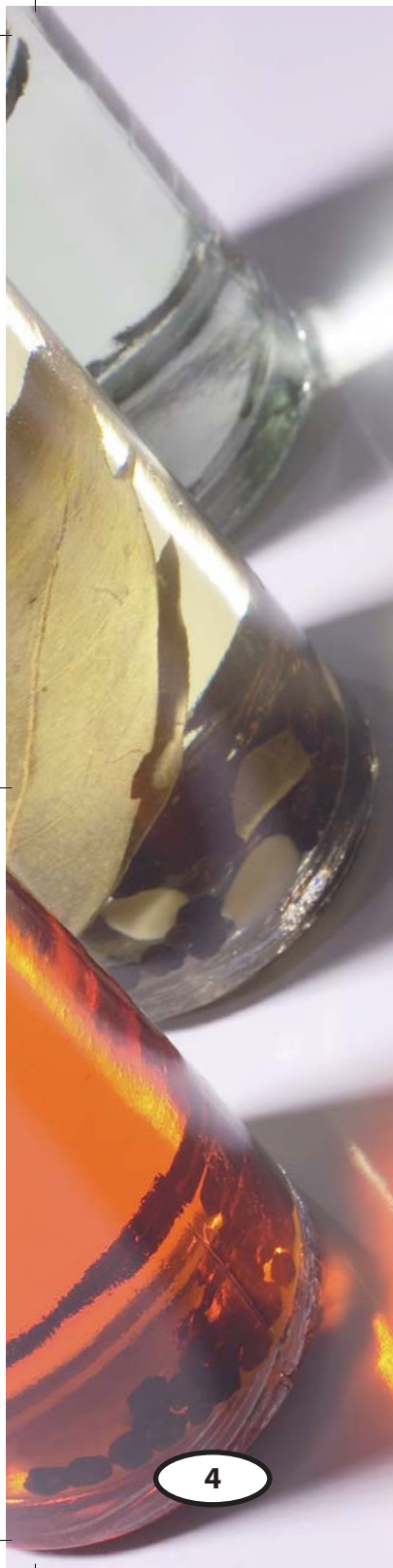
5 fluid oz - liquid (e.g., water, milk)



Oven Temperature Conversion Table

DESCRIPTION	DEG. C	DEG. F	GAS MARK
Cool	110	225	Quarter
Extremely low	120	250	Half
Very low	140	275	1
Low	150	300	2
Very moderate	160	325	3
Moderate	180	350	4
Moderately hot	190	375	5
Fairly hot	200	400	6
Hot	220	425	7
Very hot	230	450	8
Very very hot	240	475	9





A guide to healthy eating based on the Irish Food Pyramid

- 1 Include plenty of fruit, vegetables and wholegrains in your diet for optimal health. Try to regularly choose wholegrain bread, rice and pasta in place of the white versions.
Tip: wholegrain breadcrumbs work well in place of white breadcrumbs when baking.
- 2 Dairy products (like milk, cheese and yoghurts) are needed throughout life for strong bones and teeth. A healthy habit is to buy low-fat or skimmed milk, cheese and yoghurts which contain as much calcium as the full-fat varieties. Children under the age of two, however, should still drink whole milk. Skimmed milk should not be given to children under the age of 5.
- 3 A modest amount of protein should be included in the diet each day. For vegetarians, peas, beans and lentils are all excellent sources of vegetable protein. Fish, eggs and lean meat cuts are healthy sources of animal protein. Fish tinned in brine (salted water) can be rinsed gently under running water to remove some of the salt from it.
- 4 Steaming, grilling and baking are all healthy cooking methods.
Remember that meat can be sealed and browned on a pan without using cooking oil, or using just a dribble of oil.



- 5 When it comes to drinks, water is the greatest thirst quencher. Pure unsweetened fruit juice and milk are nutritious drinks for children at mealtimes.
(Note: fizzy and sugary drinks should only be consumed occasionally and should be taken at the same time as meals to prevent damage to teeth.)
- 6 Food should be tasted before salt is added to it during cooking or at the table, and then salt should be added in moderation.
Why not experiment with flavouring your food with pepper, herbs or spices instead of salt?
- 7 Sugar adds calories to the diet so should only be added to foods if desired, and used sparingly. Sugar-free jellies work as well as standard jellies in baking.
- 8 When buying vegetable oils to use during cooking, go for the healthiest options – olive, sunflower or rapeseed oil – and use sparingly. When baking, standard margarines can be replaced with low-fat margarines.
- 9 Some of the recipes in this book contain nuts.
If you are allergic to nuts or are cooking for a young child, remove the nuts from the recipe.





Keep a Well Stocked Food Cupboard

- A well-stocked food cupboard means you will always have some ingredients to make a meal.
- Plan ahead by adding at least 1 or 2 cupboard foods to your shopping list each week. That way, over time you'll have a well-stocked cupboard.

Some suggestions based on the Irish Food Pyramid:

Bread, Cereals & Potatoes

- Instant mashed potatoes
- Rice/pasta/noodles
- Breakfast cereals
- Porridge

Fruit & Vegetables

- Canned vegetables e.g. sweetcorn, tomatoes
- Fruit tinned in its own juice
- Tinned or packet soups

Milk, Cheese & Yoghurts

- Dried mild powder, evaporated or condensed milk (a good standby if you run out of fresh milk)
- Tinned milk puddings such as rice, sago or tapioca
- Ready-made or tinned custard



Meat, Fish, Eggs, Peas & Beans

- Corned beef
- Tinned fish e.g. tuna, mackerel, sardines
- Baked beans/peas
- Tinned or dried pulses e.g. red kidney beans, butter beans, lentils, wholegrain chickpeas etc.

Others

- Stock cubes and gravy granules
- Tomato sauce and puree
- Herbs and spices for flavouring e.g. dried mixed herbs, pepper
- Tea, coffee
- Sweetener or sugar
- Cocoa/drinking chocolate
- Complan
- Jelly
- Plain biscuits





Breakfasts



Breakfasts

- 1 **JUICE** Orange/Grapefruit
- 2 **FRUIT** Oranges/Mandarins, Grapefruit, Bananas
Kiwis, Apples, Dried/Tinned Fruit, etc
- 3 **BREAD** Wholemeal, Wholegrain, White Bread
- 4 **CEREALS**
 - HIGH FIBRE EG: Porridge
Wheat Biscuits
Fruit & Fibre
Muesli
Shredded Wheat
Common-Sense Oatflakes
Bran Buds
Sultana Bran
 - LOW IN FIBRE EG: Cornflakes
Rice Krispies
Special K
 - OCCASIONAL TREATS, (LOW IN FIBRE) EG: Coco Pops
Sugar Puffs
Crunchy Nut Cornflakes
Honey Nut Loops
Frosties





Suggestions for Cooked Breakfasts

- 1 French Toast page 11
- 2 Omelette page 12
- 3 Poached Eggs page 13
- 4 Scrambled Eggs page 14
- 5 Baked Beans on Toast
- 6 Grilled Rashers and Tomato



French Toast

INGREDIENTS

4 slices bread	3 dessertspoons milk	
1 egg	pinch of salt if desired	
a little vegetable oil	pepper	

- 1 Beat egg, milk, pepper and salt together in a shallow bowl.
- 2 Dip the slices of bread in the egg mixture.
- 3 Fry in hot oil until they are golden brown.
- 4 Drain on kitchen paper.



FRY

COST



NUMBER OF SERVINGS



PREPARATION
TIME

5
minutes

COOKING
TIME

5
minutes

UTENSILS NEEDED

FRYING PAN

HANDY HINTS

Serve with grilled sausage and tomato or grilled rasher and tomato.

Omit salt & pepper and serve with a little jam or castor sugar.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
<p>If more than one omelette is required increase the eggs and onion. Fry the mixture and complete cooking under the grill.</p> <p>Serve with toast.</p> <p>Could also include vegetables such as sweetcorn, peas, peppers or tomatoes.</p>

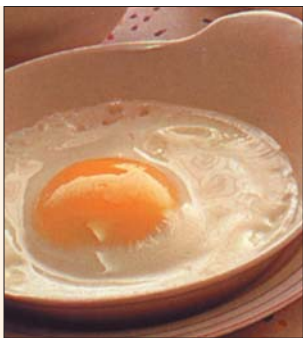
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Omelette

INGREDIENTS		
2 eggs 1 dessertspoon oil pinch of salt if desired	pepper 1 small onion, finely chopped	2 dessertspoons water/milk

- 1 Heat the oil in a frying pan and fry the onion gently until it is cooked.
- 2 Beat the eggs, add the water/milk, salt and pepper and pour into the pan over the onion.
- 3 Spread the mixture around the frying pan and cook until the eggs are set and come away from the edge of the frying pan.
- 4 Turn the omelette carefully to cook on the other side.



Poached Eggs

INGREDIENTS		
3 eggs	pinch of salt if desired	
1 dessertspoon of vinegar	pepper	
	1/2 pt/250ml water	

- 1 Put the water into a saucepan or frying pan, add the salt, pepper and vinegar. Bring to the boil.
- 2 Break the eggs into the boiling salted water. Simmer gently until the eggs are set (this takes about 2 - 3 minutes).
- 3 Serve with toast and beans.



BOIL/STEW

COST

HEALTHY



NUMBER OF SERVINGS



**PREPARATION
TIME**

**COOKING
TIME**

2

3

minutes

minutes

UTENSILS NEEDED

**SAUCEPAN
FRYING PAN**

HANDY HINTS

The vinegar prevents the egg yoke from breaking.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	2-3 minutes

UTENSILS NEEDED
SHALLOW BOWL WOODEN SPOON SAUCEPAN

HANDY HINTS
Add grated cheese, parsley, ham etc.

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Scrambled Eggs

INGREDIENTS		
3 eggs	pepper	
a little vegetable oil	4 dessertspoons milk	
pinch of salt if desired		

- 1 Break the eggs into a shallow bowl and beat well with a fork.
- 2 Heat the oil in a saucepan then add the milk, pepper and salt.
- 3 Add the beaten eggs and stir over a moderate heat until mixture is thick and creamy.
- 4 Do not cook for too long or it will curdle.
- 5 Serve on hot toast.



Sauces & Soups



BOIL/STEW

COST



NUMBER OF SERVINGS

PREPARATION
TIME

2

minutes

COOKING
TIME

5

minutes

UTENSILS NEEDED

WOODEN SPOON
SAUCEPAN

HANDY HINTS

If the sauce becomes lumpy, place it in a sieve over a pot.

Work the sauce through the sieve into the pot below.

Always use a wooden spoon when preparing sauces.

16



White Pouring Sauce

INGREDIENTS

1 oz/25g margarine
1 oz/25g flour
 $\frac{3}{4}$ pt/425ml milk

pinch of salt if desired
pepper

- 1 Melt the margarine in a saucepan.
- 2 Add the flour and cook over a low heat for 1 minute, stirring all the time.
- 3 Remove from the heat and cool slightly.
- 4 Add the milk, salt and pepper beating all the time.
- 5 Return to the heat and bring to the boil. Keep stirring.
- 6 Reduce heat and cook slowly for 5 minutes.

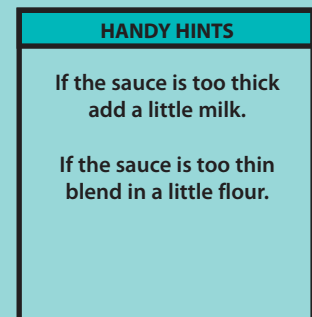


Sauces - Various

- 1 **White Coating Sauce**
as for pouring sauce but using $\frac{1}{2}$ pt/275ml milk.
- 2 **Onion Sauce**
as for white sauce but fry one finely chopped onion in margarine before adding the flour.
- 3 **Cheese Sauce**
as for white pouring sauce but add 2oz/50g grated cheese 2 minutes before the end of the cooking time.
- 4 **Parsley Sauce**
as for white pouring sauce but add 1-2 teaspoons of finely chopped parsley 2 minutes before the end of the cooking time.



PREPARATION TIME	COOKING TIME
2 minutes	5 minutes





COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
8 minutes	20 minutes

UTENSILS NEEDED
WOODEN SPOON SAUCEPAN

HANDY HINTS
*To make chicken stock, simply add a couple of chicken wings or a carcass of a chicken and an onion to 1 ³ / ₄ pts/1 litre of water and boil for 1 hour.



Chicken Soup

INGREDIENTS		
1 teaspoon vegetable oil 2oz/50g flour 1/2 pt/275ml milk	1 pt/575ml of chicken stock* or 2 stock cubes dissolved in 1pt/575ml of boiling water pinch of salt if desired	pepper 1 finely chopped onion

- 1 Heat the oil in a saucepan.
- 2 Add the finely chopped onion and fry for 1 minute.
- 3 Add in the flour and cook for 2 minutes, stirring all the time.
- 4 Gradually stir in the stock with salt and pepper.
- 5 Bring to the boil and simmer for 15 minutes, keep stirring until thickened.



Cream of Mushroom Soup

INGREDIENTS		
1 teaspoon vegetable oil	1 pt/575ml stock or 2 stock cubes dissolved in 1 pt/575ml of boiling water	pinch of salt if desired pepper
10 mushrooms chopped 50g/2oz flour	$\frac{3}{4}$ pt/425ml milk	1 finely chopped onion

- 1 Heat the oil in a saucepan. Add the mushrooms and onion and fry, stirring continually for 5 minutes.
- 2 Add the flour and stir well. Cook for another 2 minutes.
- 3 Gradually stir in the stock and milk and bring to the boil. Keep stirring.
- 4 Simmer for 20 minutes, until thickened.
- 5 Add salt and pepper to taste.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
8 minutes	20 minutes

UTENSILS NEEDED
WOODEN SPOON SAUCEPAN

HANDY HINTS
Corn may be added to this soup.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	45 minutes

UTENSILS NEEDED
WOODEN SPOON SAUCEPAN

HANDY HINTS
Not all vegetables here need to be used. Select according to availability, choice and cost.

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Farmhouse Vegetable Soup

INGREDIENTS		
3 carrots	8 mushrooms	1/4 pt/150ml milk
1 turnip	3 tomatoes/tin of tomatoes	pinch of salt if desired
1 parsnip	1 teaspoon vegetable oil	pepper
1-2 leeks	2oz/50g flour	2 vegetable stock cubes dissolved in
1 onion		1 3/4 pts/1 litre of water

- 1 Wash, peel and dice carrots, turnips and parsnips. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.
- 2 Heat the oil in a large saucepan, and gently fry onion and mushrooms.
- 3 Add carrots, turnips, parsnips and leeks and fry gently.
- 4 Stir in the flour to absorb fat, gradually stir in the milk.
- 5 Add stock and bring to boil, stirring continuously.
- 6 Add tomatoes, pepper and a pinch of salt if desired.
- 7 Cover saucepan and simmer gently for about 45 minutes.



Mince



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED
LARGE LOAF TIN MIXING BOWL

HANDY HINTS
Serve hot with vegetables. Serve cold with salad.



Beef Loaf

INGREDIENTS		
1lb/450g minced beef	pepper	1 egg, beaten
1 large onion, very finely chopped	2 dessertspoons tomato sauce	
4oz/110g fresh brown breadcrumbs (4 slices)	2 beef cubes crumbled and dissolved in ¼ pt/150ml hot water	
pinch of salt if desired		

- 1 Place all the ingredients in a large mixing bowl and mix thoroughly together.
- 2 Brush a large loaf tin with oil and fill with the mixture.
- 3 Smooth the top with a palette knife and place in the fridge for 1 hour.
- 4 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 5 Cook in the pre-heated oven for 1¼-1½ hours.



Burgers - Quick

INGREDIENTS		
1lb/450g minced beef/lamb	pinch mixed herbs	pinch of salt if desired
4oz/110g breadcrumbs (4 slices)	1 small onion - finely chopped	pepper
	a little beaten egg	a little flour

- 1 Mix all the ingredients together in a bowl.
- 2 Bind with a little beaten egg.
- 3 Shape mixture into round shapes with a little flour.
- 4 Fry or grill gently on both sides over a low heat until well cooked.
- 5 Serve in bread buns or with mashed potato and salad.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED
MIXING BOWL FRYING PAN



HANDY HINTS
Add a few drops of Tabasco Sauce to the minced beef mixture for extra flavour.
To ensure that burgers are cooked in the centre, cover the pan with a lid and lower the heat.
Delicious served in pitta breads.



FRY



BOIL/STEW

COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
30 minutes	20 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
Use a saucepan if frying pan is too small.
Serve with boiled rice or potatoes.
Could use more beans and less meat for a cheaper but equally satisfying meal.

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Chilli Con Carne

INGREDIENTS		
1lb/450g of minced beef/lamb	1 beef cube	1 clove of garlic (crushed)
1 onion, finely chopped	1 teaspoon chilli powder	$\frac{1}{2}$ tin of kidney beans or 1 tin of baked beans
carrots, peas, peppers, mushrooms etc	2 dessertspoons tomato sauce	1 dessertspoon of flour
$\frac{1}{2}$ tin tomatoes		

- 1 Chop onion and garlic.
Dissolve beef cube in a $\frac{1}{4}$ pt/150ml of boiling water.
- 2 Put minced beef/lamb in dry frying pan. There is sufficient fat in mince for frying. Cook for 20-25 minutes over a low heat until well browned, stirring all the time.
- 3 Add onions and garlic to the pan and cook for 2 to 3 minutes. Sprinkle on the flour and chilli powder and cook for 1-2 minutes, stirring all the time.
- 4 Add beef stock, tomato sauce and tinned tomatoes. Bring to the boil.
- 5 Add kidney beans/baked beans to mince. Simmer for 20 minutes.



Hot Pot - Creamy

INGREDIENTS		
1lb/450g minced beef	pepper	1/2 pt/275ml milk
1 medium onion, finely chopped	1 can of cream of celery soup	4 potatoes peeled and thinly sliced
2 carrots, sliced	1 tablespoon worcestershire sauce	
pinch of salt if desired		

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Put minced beef and finely chopped onion into a large frying pan and fry until the meat is browned and onion is cooked (about 5 minutes). Keep stirring.
- 3 Stir in the soup mixture, milk and worcestershire sauce. Simmer gently for 10 minutes. Add pepper and salt, if desired.
- 4 Spoon mixture into casserole dish and top with sliced potatoes and carrots.
- 5 Bake for 30 minutes until the potatoes are tender.



COST	HEALTHY

NUMBER OF SERVINGS

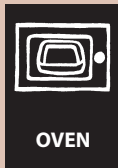
PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
Leek and potato soup can also be used.



FRY



OVEN



COST



NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	40 minutes

UTENSILS NEEDED
SAUCEPAN CASSEROLE DISH

HANDY HINTS
Double the ingredients and make in a large roasting dish.
When cooked divide into individual portions and freeze.
Use a medium sized box of easi-cook lasagne sheets.

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Lasagne

INGREDIENTS		
1lb/450g mince beef/lamb	1 tin chopped tomatoes	1 clove garlic
1 onion	2 dessertspoons of tomato sauce	cheese sauce (see page 17)
1 green or red pepper	pinch of salt if desired	10 sheets of easi-cook lasagne sheets
8 mushrooms	pepper	

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 **TO MAKE MEAT SAUCE:**
Chop onions, peppers, mushrooms and garlic. Put mince into a large pan and fry until completely brown, stirring all the time with a wooden spoon. Add onions and garlic to mince and cook for 3-4 minutes. Add chopped peppers, chopped mushrooms, tin of tomatoes and tomato sauce to the mince mixture. Bring to the boil and leave to simmer on a low heat for 15-20 minutes.
- 3 **TO MAKE THE CHEESE SAUCE:** see page 17.
- 4 **FINAL PREPARATION:**
Put layer of meat sauce in the bottom of casserole dish, cover with easi-cook lasagne sheets. Make 1 or 2 more layers as above finishing with a layer of lasagne sheets. Cover with cheese sauce. Sprinkle with remainder of cheese and bake for 30 to 40 minutes.
- 5 Serve with salad or vegetables.



Minced Beef and Vegetable Pie

INGREDIENTS

1lb/450g minced beef	1 packet of beef and vegetable soup	pepper
1 onion	5 potatoes cooked	$\frac{3}{4}$ pt/425ml of cold water
2 carrots (optional: peas, broccoli, mushrooms etc)	a little low fat milk pinch of salt if desired	

- 1 Pre-heat the oven to 180°C / 375°F / Gas Mark 4.
- 2 Place the minced beef in a frying pan. Add pepper and salt if desired.
- 3 Peel the onion and the carrots and chop them finely. Add to the minced beef.
- 4 Fry until the meat is browned (approx. 15 mins).
- 5 Mix the packet of soup powder with $\frac{3}{4}$ pt/425ml of cold water and add to the minced meat.
- 6 Bring to the boil, stirring all the time.
- 7 Put into a greased casserole dish.
- 8 Mash the potatoes and add a little milk and seasoning.
- 9 Spoon on top of meat mixture and smooth gently with a knife or fork to form a pattern on top.
- 10 Bake in the pre-heated oven for 45 minutes.



FRY



BOIL/STEW



OVEN

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIME
20
minutes
COOKING
TIME
45
minutes

UTENSILS NEEDED

 FRYING PAN
CASSEROLE DISH

HANDY HINTS

Use a packet of oxtail soup instead of beef and vegetable soup for tasty shepherd's pie.

27



FRY



BOIL

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	45 minutes

UTENSILS NEEDED
FRYING PAN SAUCEPAN

HANDY HINTS
Any leftover bolognese sauce can be used to fill pancakes or as a topping for baked potatoes.

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Spaghetti Bolognese

INGREDIENTS		
1lb/450g mince beef/lamb	1 dessertspoon tomato sauce	1 tin of tomatoes
1 onion finely chopped	pinch of salt if desired	(optional: 6 mushrooms chopped, peppers, broccoli, sweetcorn, carrots)
beef cube	pepper	8oz spaghetti
$\frac{1}{2}$ pt/275ml of water	1 dessertspoon flour	

- 1 Cook the mince beef/lamb, onions and mushrooms on a dry pan (low heat) for 15 minutes. (Sufficient fat in mince for frying).
- 2 Add flour and stir well.
- 3 Add the water and before it comes to the boil add the crushed beef cube, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 45 minutes.
- 4 Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.
- 5 Serve with the bolognese sauce on top.



Spicy Meatballs

INGREDIENTS		
1lb/450g minced lamb/beef	2-3 cloves of garlic finely chopped	2 dessertspoons curry powder
1 large onion, finely chopped	1 teaspoon ginger (optional)	1 dessertspoon cornflour/flour

- 1 Place the minced meat in a large bowl.
- 2 Fry the onion and garlic until golden brown.
- 3 Mix the curry powder, ginger and cornflour/flour with a little water and add to the pan. Cook for a few minutes.
- 4 Add this mixture to the mince meat and mix well.
- 5 Shape into meatballs with damp hands.
- 6 Fry gently for 15-20 minutes, turning occasionally.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	20 minutes

UTENSILS NEEDED
FRYING PAN LARGE BOWL

HANDY HINTS
Omit the curry powder and ginger from the ingredients and make up curry sauce separately and cook the meatballs in it.
Use tomato sauce instead of curry sauce.
Serve with pasta or rice.



Beef / Lamb / Pork



Beef Casserole

INGREDIENTS

1½ lb / 675g round beef steak/rib steak	1oz / 25g cornflour	1 pt/575ml beef stock (2 stock cubes dissolved in 1pt/575ml of warm water)
1 dessertspoon cooking oil	7 mushrooms, sliced	1 tablespoon tomato puree
1 large onion, peeled and chopped	3 carrots, sliced	
	pinch of salt if desired	
	pepper	

- 1 Pre-heat the oven to 170°C / 325°F / Gas Mark 3.
- 2 Trim the beef and cut it into thin strips about 2 inches in length.
- 3 Heat the oil and fry the chopped onion, mushrooms and carrots for 2-3 minutes. Place in casserole dish.
- 4 Fry the beef strips until brown.
- 5 Place in the casserole dish.
- 6 Mix the cornflour with the juice in the pan and cook for 2-3 minutes. Remove from heat and stir in the stock.
- 7 Bring to the boil, add the tomato puree, salt and pepper.
- 8 Add to the casserole dish and cook for 1½ hours.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	1½ hours

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
Add 4oz/110g of beef kidney washed and dried for beef and kidney casserole.



FRY



OVEN

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME**20**
minutes**1½**
hours

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

HANDY HINTS

This can be cooked on top of the cooker in a saucepan over a low heat for 1-1½ hours until the meat is tender.

Serve with boiled rice or boiled potatoes.

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Beef/Lamb Curry

INGREDIENTS

1lb/450g stewing
beef/lamb

1 large onion chopped

1 clove of garlic
chopped

2 dessertspoons curry
powder

1oz/25g flour

1 apple, peeled and
grated

1¾ pts/1 litre stock
(2 beef cubes dissolved
in 1¾ pts/1 litre warm
water)

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Cut meat into one-inch pieces. Fry the meat, onion and garlic over a low heat until the meat is brown on all sides.
- 3 Then place in a casserole dish.
- 4 Add flour and curry powder to the juices remaining in the pan.
- 5 Cook for 2-3 minutes.
- 6 Add the stock and grated apple. Stir continuously to avoid lumps.
- 7 Bring to the boil and add to the meat mixture in casserole.
- 8 Cook in the pre-heated oven for 1½ hours until meat is tender.



Beef Goulash

INGREDIENTS		
1 1/2 lb/675g stewing beef	pinch of salt if desired pepper	1 dessertspoon tomato puree
1 dessertspoon cooking oil	tin of chopped tomatoes	1 pt/575ml water
3 onions, peeled and sliced	1/2 dessertspoon paprika	6-8 potatoes, peeled and sliced
		1 clove garlic crushed

- 1 Remove the fat from the meat and cut into one-inch cubes.
- 2 Heat the oil in a large frying pan. Add the cubes of beef a few at a time and fry them until they are brown on all sides.
- 3 Transfer the browned meat to a saucepan.
- 4 Fry the onions in the pan until they are golden brown.
- 5 Stir in the tomatoes, garlic, paprika, tomato puree, salt and pepper.
- 6 Add this to the browned meat. Then add the water. Bring to boil, stirring all the time.
- 7 Cover with a lid and cook slowly for 1 hour.
- 8 Add the sliced potatoes and simmer for another 30 minutes approximately.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1 1/2 hours

UTENSILS NEEDED
FRYING PAN SAUCEPAN

HANDY HINTS
Stir in 2 dessertspoons of natural yoghurt before serving.



FRY



BOIL/STEW

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1½ hours

UTENSILS NEEDED
FRYING PAN SAUCEPAN

HANDY HINTS
Add washed and peeled potatoes to the stew, 30 minutes before the end of cooking time.
This may also be cooked in a casserole in the oven.

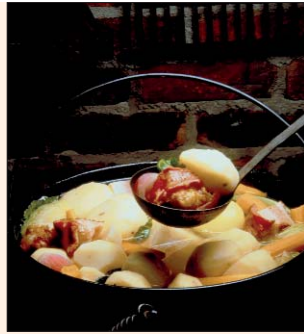
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Beef Stew

INGREDIENTS		
1½ lb/675g stewing beef	2 beef stock cube dissolved in 1pt/ 575mls water	pinch of salt if desired
1 dessertspoon vegetable oil	1½ oz/40g flour	pepper
		5 carrots
		1 onion

- 1 Fry the meat on both sides until browned.
- 2 Remove from the frying pan and place in a saucepan.
- 3 Chop the onions and carrots and fry lightly.
- 4 Remove from the frying pan and place with the meat in the saucepan.
- 5 Sprinkle the flour into the frying pan and stir well.
- 6 Add the stock cubes, water and seasoning. Continue stirring.
- 7 Add this to the meat and vegetables and cook gently over a low heat for 1-1½ hours until the meat is tender.



Lamb Cutlet Casserole

INGREDIENTS

1 dessertspoon oil	5 potatoes, peeled and thinly sliced	2 dessertspoons worcestershire sauce
8 lamb cutlets	$\frac{1}{2}$ pt/275mls vegetable stock	1 teaspoon dried mixed herbs (optional)
2 large onions peeled and sliced thickly into rings	1 dessertspoon plain flour	pinch of salt if desired
		pepper

- ① Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
- ② Partially cook the potatoes in boiling salted water for 5 minutes, then slice thinly.
- ③ Cook cutlets in a frying pan over a low heat for 5-10 mins until browned, turning once. Put on a warm plate.
- ④ Add the onions to the pan and cook gently for 2-3 minutes until browned.
- ⑥ Drain off all but 1 tablespoon of juice from the pan.
- ⑦ Scatter the flour in the pan and cook for 1 minute stirring constantly.
- ⑧ Add the stock, worcestershire sauce and mixed herbs. Cook until thickened. Add the salt and pepper to taste.
- ⑨ To assemble: lightly grease a casserole dish. Lay half the potatoes on the base, then top with lamb cutlets. Pour over the thickened stock and onions. Lay the rest of the potatoes on top.
- ⑩ Cook in the oven for 45 minutes until cutlets are tender and the potatoes on the surface are golden.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	45 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
Leftover potatoes could be used.
Pork chops could also be used.



FRY



OVEN

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
Place flour and seasoning in a small plastic bag. Place liver in the bag and shake well, coating the liver pieces.

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Liver Hot-Pot

INGREDIENTS		
1lb/450g liver	1/4 pt/150ml milk	1/4 pt/150ml stock
1 oz/25g flour	1 dessertspoon cooking oil	2 dessertspoons tomato sauce
pinch of salt if desired	2 onions	3 cooked potatoes
pepper	6 mushrooms	

- 1 Pre-heat the oven to 190°C / 350°F / Gas Mark 5.
- 2 Wash the liver, dry with kitchen paper. Cut liver into small pieces.
- 3 Peel and chop onions, wash and slice mushrooms.
- 4 Season flour with the salt and pepper. Coat liver on all sides with seasoned flour.
- 5 Heat the oil in pan and fry onions until tender. Add mushrooms and fry for a few minutes. Add liver and brown.
- 6 Gradually add in stock, milk and tomato sauce. Bring to the boil stirring continuously. Season well.
- 7 Pour into casserole dish. Cover with the sliced potato.
- 8 Bake in the pre-heated oven for approx. 30 minutes.



Pork Casserole

INGREDIENTS

1 1/2 lbs/675g diced pork	1 teaspoon curry powder	pinch of mixed herbs
1 small green pepper	pinch of salt if desired	1/2 pt/275mls vegetable stock (1 vegetable stock cube mixed with 1/2 pt/275mls of warm water)
1 dessertspoon oil	1/2 teaspoon pepper	
1 onion peeled and chopped	1oz/50g flour	
6 mushrooms sliced	1 tin tomatoes	

- 1 Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
- 2 Remove stalks and seeds from the pepper and chop it up.
- 3 Heat the oil and fry the onion, pepper and mushrooms for 3 minutes. Transfer to a casserole dish.
- 4 Add the curry powder, salt and pepper to the flour, and coat the pork in this mixture.
- 5 Fry the coated pork for 5 minutes and then put into the casserole dish with the vegetables. Add tomatoes, herbs and vegetable stock.
- 6 Cover tightly and cook in the pre-heated oven for 1 1/2 hours.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1 1/2 hours

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
This dish is delicious served with baked potatoes (page 101), boiled potatoes or boiled noodles and carrots or broccoli.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	15 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
Chicken, beef or lamb can be used instead of pork. A variety of ingredients can be added to fried rice - chopped onion or garlic can be fried with the rice. Add spring onions, frozen peas, peeled prawns or diced cooked chicken halfway through cooking. Serve with noodles.

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Pork Stir-Fry

INGREDIENTS		
1lb/450g pork pieces	1 pepper	1 dessertspoon oil
1 clove garlic	2 carrots	1 chicken stock cube dissolved in
1 onion	2 dessertspoons soy sauce	$\frac{1}{4}$ pt/150mls of boiling water
6 mushrooms	2 teaspoons cornflour	

- ① Cut pork into thin slices.
- ② Cut onions into thin slices and chop garlic.
- ③ Slice mushrooms and cut carrots and pepper into thin strips.
- ④ Mix the $\frac{1}{4}$ pt/150mls chicken stock with the soy sauce. Blend in the cornflour and mix to a smooth paste.
- ⑤ Heat the oil in a large frying pan. Add the pork and fry until well browned.
- ⑥ Add onion and carrot to the pan and fry for 2-3 minutes.
- ⑦ Then add mushrooms and pepper to pork mixture and continue frying for 2-3 minutes.
- ⑧ Pour the stock mixture into the pan and bring to the boil, stirring all the time. Simmer for 5 minutes. Serve immediately with fried rice.

TO MAKE FRIED RICE:

Beat an egg in a cup. Fry in a little oil. Place on a plate and chop finely. Add the cooked rice to the frying pan. Mix in the chopped egg. Stir until well heated.



Stuffed Pork Chops in Foil

INGREDIENTS

4 thick pork chops pinch of salt if desired pepper	pinch of mixed herbs 6-8 mushrooms chopped	1 dessertspoon flour 1 dessertspoon lemon juice
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- 1 Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
- 2 Trim the chops and season on both sides with salt and pepper.
- 3 Fry chops in a little oil to seal in the juices. Remove from the pan.
- 4 Cook mushrooms for a few minutes until soft. Stir in lemon juice.
- 5 Sprinkle the flour and mixed herbs over mushrooms and cook for a few minutes. Remove from heat.
- 6 Cut four pieces of tin foil large enough to completely cover each chop.
- 7 Place a chop in the centre of each piece of foil.
- 8 Cover with the mushroom mixture.
- 9 Fold the foil over loosely and seal completely.
- 10 Place on a baking sheet and cook in a pre-heated oven for 35-40 minutes.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	40 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
This dish is delicious served with baked potatoes (page 101).
Onions can also be used with the mushrooms.



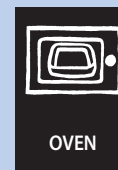
Fish



Baked Stuffed Fish

INGREDIENTS		
8 small fillets of fish	pepper	1 teaspoon of vegetable oil
2 ozs brown breadcrumbs (2 slices)	1 tablespoon finely chopped parsley (or 1 tablespoon dried parsley) or 1/4 teaspoon mixed herbs	a little lemon juice (or grated rind)
1 onion finely chopped		
pinch of salt if desired		

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Clean and prepare fish. Dry in kitchen paper.
- 3 Mix breadcrumbs, chopped onion, parsley/mixed herbs, salt and pepper, in a small bowl.
- 4 Heat oil and stir into crumb mixture. Finally add a little lemon rind or juice.
- 5 Lay 4 fillets on a greased dish, skin side down and spoon stuffing carefully onto each fillet. Flatten well down and cover with the other four fillets. Cover with foil.
- 6 Bake for 20-30 minutes, depending on size and thickness of fish.
- 7 Lift fish carefully on to a warmed serving dish and surround with cooked peas, lemon wedges and parsley.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED
CASSEROLE DISH

HANDY HINTS
Fish suitable for baking: cod, haddock, mackerel, herrings, trout.



DEEP FRY



FRY

COST



NUMBER OF SERVINGS

PREPARATION
TIME**10**
minutesCOOKING
TIME**10**
minutes

UTENSILS NEEDED

DEEP FAT FRYER

HANDY HINTS

Can also be shallow fried in
a frying pan.

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Chip Shop Fish Supper

INGREDIENTS

1/4 pint (150ml) fritter batter (see recipe page 46)	2 dessertspoons flour pinch of salt if desired pepper	4 fillets white fish
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- 1 Make the batter (page 46).
- 2 Mix the flour, salt and pepper together.

Coat the fish with the seasoned flour.
- 3 Dip the fish in the batter and place in deep fat fryer for about 10 minutes according to thickness of the fish.
- 4 Drain on kitchen paper.
- 5 Serve with spicy potato wedges (see page 128) and salad.



Crispy Baked Fish in Tomato Sauce

INGREDIENTS		
1½ lb/675g cod or haddock (filleted and skinned)	TOMATO SAUCE: 1 small onion 1 clove garlic 1-2 celery sticks 1 tin tomatoes pinch of salt if desired pepper 1 level teaspoon sugar 1 teaspoon of vegetable oil	TOPPING: 1 teaspoon of vegetable oil 2oz/50g white or brown breadcrumbs (2 slices) 1oz/25g cheddar cheese grated

- ① Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- ② Wash and dry the fish, then cut into neat pieces. Place in a lightly greased shallow ovenproof dish.
- ③ **TOMATO SAUCE:**
Heat oil in a small saucepan. Stir in the finely chopped onions, garlic and celery. Cook for 2-3 minutes until the vegetables soften but have not become coloured. Add the tomatoes, sugar, salt and pepper and bring to the boil, stirring all the time. Cover and simmer for 10-15 minutes, stirring occasionally.
- ④ Meanwhile prepare the topping. Heat oil in a small saucepan. Remove from the heat. Using a fork, stir in the breadcrumbs, then mix in the grated cheese.
- ⑤ Pour the tomato sauce over the fish. Sprinkle the topping evenly all over.
- ⑥ Cook for 30 minutes until the topping is crisp and brown.



CASSEROLE

COST

HEALTHY



NUMBER OF SERVINGS



PREPARATION TIME

COOKING TIME

30
minutes

30
minutes

UTENSILS NEEDED

SHALLOW OVEN DISH

HANDY HINTS

Fish suitable for baking: haddock, mackerel, cod, herring, and trout.



BOIL/STEW



GRILL

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME**30**
minutes**10**
minutes

UTENSILS NEEDED

CASSEROLE DISH
SAUCEPAN

HANDY HINTS

Add 8oz/225g of frozen vegetable, to the fish before cooking for 10 minutes.
(Point 2)

Fish suitable for this dish include cod, herring, trout, mackerel and salmon.

This tasty dish is a great opportunity to try out new fish.

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Family Fish Pie

INGREDIENTS

1½ lb/675g filleted fish
1 onion finely chopped
pinch of salt if desired
pepper

few drops of lemon
juice
¼ pt/150mls water
½ pt/275mls milk

1oz/25g margarine
1 dessertspoon of flour
8 potatoes (cooked and
mashed)

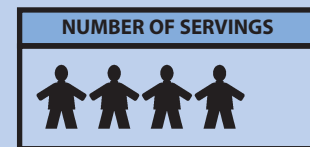
- 1 Skin the fish and cut into 4 pieces. Wash in cold water.
- 2 Place in a saucepan with onion and lemon juice. Add the water and milk. Cover and cook gently for 10 minutes.
- 3 Drain the fish, saving the stock.
- 4 Melt the margarine in a saucepan. Add the flour and cook for 2 minutes until it forms a soft ball. Remove from heat and add the fish stock gradually. Bring to the boil, reduce heat and cook for another 2 minutes.
- 5 Grease a pie dish and add a little sauce. Place fish in dish and cover with the seasoning and remaining sauce.
- 6 Using a piping bag with a rose nozzle, pipe the mashed potatoes around edge of dish or spoon the potatoes around the edge.
- 7 Brown under the grill or in the oven.



Fish Cakes

INGREDIENTS		
12oz/350g cooked white fish (cod or whiting)	pepper	2 beaten eggs
6 potatoes mashed	1oz/25g melted butter	3oz/75g brown breadcrumbs - (3 slices)
pinch of salt if desired	2 dessertspoons chopped parsley	2 dessertspoons flour
	vegetable oil	

- 1 Place the flaked fish, potatoes, butter, parsley, salt and pepper and 1 beaten egg in a bowl and mix gently with a fork. Place in the fridge for 30 minutes.
- 2 Roll into a long 'snake' on a floured surface. Cut into 8 portions and shape each into a flat round.
- 3 Dip the cakes into the second beaten egg and coat in breadcrumbs.
- 4 Fry or grill the fish cakes until golden brown on each side.
- 5 Serve with Tossed Green Salad. (page 126).



PREPARATION TIME	COOKING TIME
30 minutes	15 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
Tinned salmon may be used instead of white fish if preferred.
Use a plastic bag to hold breadcrumbs.



PREPARATION TIME	COOKING TIME
10 minutes	

UTENSILS NEEDED

MIXING BOWL

HANDY HINTS

Could try using other toppings for the fish like crushed cornflakes or breadcrumbs.

To reduce the fat content cook in a frying pan.



Fritter Batter

INGREDIENTS		
4oz/110g plain white flour 1 egg	$\frac{1}{4}$ teaspoon salt 1 teaspoon of breadsoda	$\frac{1}{4}$ pt/150mls milk

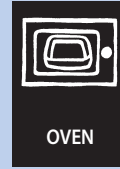
- 1 Sieve the flour, salt and breadsoda into a bowl.
- 2 Make a well in the centre of the bowl, add the egg and a little of the milk.
- 3 Stir briskly, gradually adding the rest of the milk beating well all the time.
- 4 Leave batter mixture in the fridge until ready to use.
- 5 This batter could be used for fish, banana, and pineapple fritters.



Golden Cod

INGREDIENTS		
1½lbs/675g cod, cut into 6 pieces pinch of salt if desired pepper juice of a lemon	1 dessertspoon water 1 onion peeled and chopped 1 teaspoon vegetable oil	1 carrot peeled and grated 4oz/120g cheese grated 4 potatoes cooked peeled and sliced

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Place fish in oven-proof dish, sprinkle with salt, pepper and juice of lemon. Add water.
- 3 Heat oil in a pan, fry onion and carrot for 2-3 minutes. Then spread over fish.
- 4 Put a layer of cooked potato slices on top of vegetables.
- 5 Bake in the pre-heated oven for 30 minutes or until fish is cooked.
- 6 After 20 minutes of cooking time, sprinkle with grated cheese.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	30 minutes

UTENSILS NEEDED
FRYING PAN OVEN-PROOF DISH

HANDY HINTS
Any white fish may be used, eg whiting
Brown breadcrumbs may be used instead of potatoes.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED
SAUCEPAN CASSEROLE DISH

HANDY HINTS
8oz of flaked cooked fish, without bones or skin (cod or whiting) may be used instead of tinned salmon.
Tinned tuna could also be used.



Salmon Surprise

INGREDIENTS		
1 packet of cream of mushroom soup	1/2 pt/275mls cold water	2oz/50g grated cheese
1 level dessertspoon flour	1 tin of peas	pinch of salt if desired
	5 potatoes (boiled)	pepper
	1 large tin of salmon	a little milk

- 1 Empty contents of packet of soup into saucepan and add flour. Gradually blend in the cold water and mix well. Bring to the boil, stirring all the time. Simmer for 5 minutes, stirring occasionally.
- 2 Empty tin of salmon, including juices into soup mixture, add the strained peas and mix gently. Pour mixture into a casserole dish.
- 3 Mash potatoes adding the milk, salt and pepper, then pipe or spoon around salmon mixture.
- 4 Sprinkle salmon mixture with grated cheese and brown lightly under a grill or bake in a pre-heated oven 180°C / 350°F / Gas Mark 4 for 20 minutes.

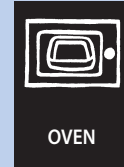


Tuna Quick Bake

INGREDIENTS		
2 cans tuna, drained (198g/7oz)	1 teaspoon worcestershire sauce	knob of margarine
1 onion, chopped	pinch of salt if desired	8oz/225g fresh brown breadcrumbs (6 slices)
1 can of mushroom soup	pepper	

FISH SAUCE:

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Flake the tuna and mix together with the onion, soup, worcestershire sauce, salt and pepper.
- 3 Pour some of the fish sauce into a casserole dish. Add a layer of breadcrumbs, followed by a layer of sauce.
- 4 Continue layering in this way until all the ingredients have been used up.
- 5 Finish with a layer of breadcrumbs on the top, dot the surface with the margarine and bake in the pre-heated oven for 20-25 minutes.
- 6 Serve immediately.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	25 minutes

UTENSILS NEEDED
CASSEROLE DISH

HANDY HINTS
Add a little grated cheese to the brown breadcrumbs for the top of the dish.
Tinned fish can be gently rinsed under running water to make it less salty.



Chicken



American-Style Chicken

INGREDIENTS		
3ozs/75g corn flakes (crushed)	1 teaspoon mixed herbs pinch of salt if desired pepper	4 chicken legs
1 egg (beaten)		

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
- 2 Mix the crushed corn flakes, salt, pepper and mixed herbs together in a bowl.
- 3 Beat the egg in a separate bowl.
- 4 Dip the chicken pieces in the egg and then in the seasoned cornflake crumbs, pressing on well.
- 5 Place in a casserole dish, lined with tin foil. Bake in the pre-heated oven for 1 hour or until chicken is cooked.
- 6 Serve hot or cold with salad.



OVEN

COST



HEALTHY



NUMBER OF SERVINGS



PREPARATION
TIME

15
minutes

COOKING
TIME

60
minutes

UTENSILS NEEDED

CASSEROLE DISH

HANDY HINTS

Use a plastic bag to hold crushed cornflakes when coating the chicken.



OVEN

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME**15****60**

minutes

minutes

UTENSILS NEEDED

CASSEROLE DISH

HANDY HINTS

Serve with baked potato
(page 101) or salad.

52



Chicken in Barbecue Sauce

INGREDIENTS

8 chicken thighs/legs	pepper	1 dessertspoon worcestershire sauce
2 medium onions thinly sliced	1 green pepper thinly sliced	1 teaspoon chilli powder
pinch of salt if desired	6 dessertspoons tomato sauce	

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
- 2 Mix all ingredients except the chicken to make the sauce.
- 3 Arrange the chicken in a single layer in the casserole dish.
- 4 Spoon sauce over the chicken.
- 5 Cover and bake for 55-60 minutes, until the chicken is tender.



Chicken and Broccoli Pie

INGREDIENTS

1 teaspoon vegetable oil	1 tin of chicken or mushroom soup	pinch of salt if desired
4 chicken fillets chopped	1 dessertspoon of curry powder	pepper
1 onion	¼ pt/150mls milk	2oz/50g brown breadcrumbs (2 slices)
1lb/450g broccoli		2oz/50g grated cheese

- 1 Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
- 2 Chop the onion finely and fry for 2-3 minutes.
- 3 Add the chicken pieces. Cook for 10 minutes.
- 4 Boil broccoli for 2-3 minutes.
- 5 Mix the milk, soup, curry powder, salt and pepper together in a jug.
- 6 Put the cooked chicken pieces, onion and broccoli into the casserole dish.
- 7 Pour in the soup mixture and cover with the breadcrumbs and grated cheese.
- 8 Cook in the pre-heated oven for 30 minutes.



FRY



BOIL/STEW



OVEN

COST



HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIME20
minutesCOOKING
TIME30
minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

HANDY HINTS

Carrots or any other vegetable can be used instead of broccoli.

A cooked or boiled chicken could also be used.

Mix breadcrumbs and cheese together and then place on top of pie (helps prevent cheese burning).



PREPARATION TIME	COOKING TIME
20 minutes	60 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH



Chicken Casserole - in a creamy sauce

INGREDIENTS		
6 chicken portions pinch of salt if desired pepper 2ozs/50g margarine	$\frac{3}{4}$ pt/425mls water 2 sticks celery scrubbed and chopped 1 packet broccoli and cauliflower soup	1 red pepper de-seeded and chopped (optional: peppers, carrots, mushrooms, peas)

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
 - 2 Season the chicken and fry it briefly on a dry pan (no oil) to seal it.
 - 3 Drain well and transfer to a casserole dish.
- TO MAKE SAUCE:
- 4 Melt the margarine in a saucepan and fry the celery and red pepper gently until they soften, but do not colour.
 - 5 Remove the pan from the heat, stir in the soup mix and then blend in the water. Bring to the boil, stirring all the time.
 - 6 Simmer for 5 minutes.
 - 7 Pour over the chicken pieces and cook on the middle shelf of a pre-heated oven for 55-60 minutes until light golden brown.



Chicken Casserole with Tomatoes

INGREDIENTS		
8 small chicken portions	pinch of chilli powder	1 chicken stock cube dissolved in
2 teaspoons oil	1 teaspoon mixed herbs	$\frac{1}{2}$ pt/275mls of boiling water
4 carrots (peeled and sliced)	2 cans of tomatoes	chopped fresh parsley to garnish (optional)
4 celery sticks trimmed and sliced	pinch of salt if desired	
	pepper	
	1 medium onion	

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
- 2 Heat the oil in a pan and brown half the chicken pieces thoroughly on all sides. This will take about 10 minutes. Remove with a spoon, then fry the remaining pieces. Remove and set aside.
- 3 Fry the onion, carrots and celery over a medium heat for 10 minutes, stirring occasionally, until soft but not brown. Stir in the chilli powder, herbs, tomatoes and stock.
- 4 Return the chicken to the pan, season to taste and bring to the boil. Place in a casserole dish.
- 5 Cover and cook in the centre of the oven for 1 hour.
- 6 Remove the lid and continue cooking for a further 15-30 minutes until the meat is very tender.
- 7 To serve: Sprinkle with the chopped fresh parsley.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
40 minutes	1$\frac{1}{2}$ hours

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
Not all vegetables here need to be used. Select according to availability, choice and cost.



COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME

30
minutes

30
minutes

UTENSILS NEEDED

FRYING PAN
CASSEROLE DISH

HANDY HINTS

Boil 4 chicken legs and remove the meat from the bone instead of using 1 cooked chicken.

Fresh chicken fillets can be used. Fry gently before adding vegetables.

56



Chicken Curry

INGREDIENTS

1 cooked chicken
5 mushrooms
1 pepper
1 onion

(optional: corn, carrots,
peas, broccoli)
1 clove of garlic
2 dessertspoons
medium curry powder

1 teaspoon vegetable
oil
1 chicken stock cube
1 dessertspoon flour

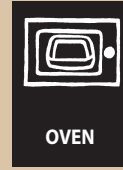
- 1 Remove the chicken off the bone.
- 2 Slice vegetables and garlic.
- 3 Dissolve the stock cube in $\frac{1}{2}$ pt/275mls of boiling water.
- 4 Heat the oil in a frying pan and gently fry the onions and garlic.
- 5 Add mushrooms and pepper to the frying pan and cook for 2 to 3 minutes.
- 6 Add curry powder and flour to the pan and cook for one minute stirring all the time.
- 7 Stir in the stock and chicken pieces.
- 8 Reduce heat, cook slowly for 10 minutes without stirring.
- 9 Serve with boiled brown or white rice.



Chicken Hot-Pot

INGREDIENTS		
1 teaspoon veg. oil	4 large potatoes peeled and cut into large slices	2 chicken stock cubes dissolved in 1pt/575ml of boiling water
4 chicken leg pieces or breasts	1 small green pepper, chopped (optional)	pinch of salt if desired
1 large onion, thinly sliced	3 large tomatoes peeled and chopped or 1 tin of tomatoes	pepper
8oz/225g frozen sweetcorn or peas		2 sticks celery, sliced

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Heat the oil in the frying pan, add the chicken and cook until brown on all sides.
- 3 Place chicken in a casserole dish.
- 4 Add the onion, salt, pepper, celery and potatoes to the juices in the frying pan and cook for 5 minutes. Drain off the fat.
- 5 Add the tomatoes and stock. Bring to the boil.
- 6 Pour this over chicken pieces in the casserole dish.
- 7 Cover and cook for 45 to 50 minutes.
- 8 Add sweetcorn and/or peas and cook for another 15 minutes.
- 9 Serve with rice or a baked potato.



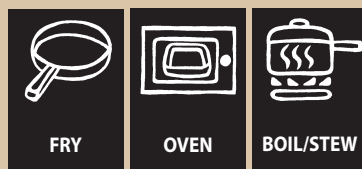
COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	65 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
Use a variety of vegetables. These may be cooked in a saucepan on the top of the cooker.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	60 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
A tin of chicken or mushroom soup can be used instead of the sauce.



Chicken in Mushroom Sauce

INGREDIENTS		
6 chicken portions pinch of salt if desired pepper 1 chicken stock cube dissolved in 6 dessertspoons of water	1 dessertspoon oil SAUCE: 1 dessertspoon vegetable oil	6 mushrooms (sliced) 1 packet chicken soup 1 level teaspoon flour ³ / ₄ pt/425ml water

- ① Trim chicken joints and remove all fat and skin, then season with salt and pepper.
- ② Heat the oil in a large pan and fry the chicken portions on each side until golden brown.
- ③ Transfer the chicken portions to a casserole dish.
- ④ Pour the stock into the pan and stir, using a wooden spoon. Mix any crispy pieces from the sides of the pan. Boil for a few minutes. Keep for sauce.

TO MAKE SAUCE:

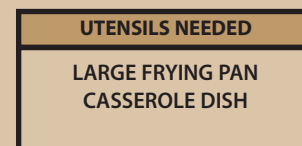
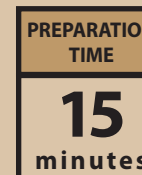
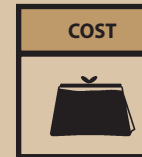
- ① Heat the oil in a saucepan, add the mushrooms and cook over a low heat until the mushrooms soften.
- ② Stir in the soup mix and the flour, then blend in the water.
- ③ Bring to the boil and simmer for 5 minutes.
- ④ Stir in the juices from the frying pan.
- ⑤ Pour the sauce over the chicken joints.
- ⑥ Cook in a pre-heated oven 190°C / 375°F / Gas Mark 5 for 50-60 minutes until the chicken is fully cooked.



Chicken, Mustard & Bacon Casserole

INGREDIENTS		
8 chicken portions skinned	3 dessertspoons plain flour	2 dessertspoons lemon juice
8 back rashers trimmed pepper	2 chicken stock cubes (dissolve in 1pt/575ml of boiling water)	(optional: carrots, onions, leeks)
1 dessertspoon mustard powder		

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
- 2 Wrap the chicken pieces in the bacon rashers and secure each one with a cocktail stick.
- 3 Cook until brown on all sides in a dry pan.
- 4 Remove from the pan with a spoon and put to one side.
- 5 Add the mustard powder, flour and pepper into the pan and cook, stirring for 1 minute.
- 6 Add the stock and the lemon juice and bring to the boil stirring continuously.
- 7 Place the chicken pieces in a casserole dish, add the stock from the frying pan and cover. Cook in pre-heated oven for 1-1½ hours.





FRY



BOIL/STEW

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME**30**

minutes

30

minutes

UTENSILS NEEDED

FRYING PAN
SAUCEPAN

HANDY HINTS

Stir frequently to prevent the risotto from sticking to the bottom of the pan.

60



Chicken Risotto

INGREDIENTS

10oz/280g long grain rice

1 onion

1 clove of garlic

1 green or red pepper

5 mushrooms

1 small packet (or 1 small tin) of frozen corn
pinch of salt if desired
pepper

3 or 4 chicken fillets

1 teaspoon oil

1 chicken stock cube dissolved in $\frac{3}{4}$ pt /425ml of boiling water
(optional: carrots, onions, leeks)

- 1 Boil rice for approx. 5 mins, and drain.
- 2 Chop onion, pepper and mushrooms.
- 3 Cut chicken fillets into cubes.
- 4 Crush the garlic or chop into fine pieces.
- 5 Fry chicken pieces in vegetable oil.
- 6 Add garlic, onions, peppers and mushrooms. Fry gently.
- 7 Add rice to pan.
- 8 Stir in stock, add corn, salt and pepper.
- 9 Bring to boil and cook gently for 30 minutes, or until all the liquid has been absorbed.
- 10 Season to taste.



Chicken & Vegetable Casserole

INGREDIENTS		
4 chicken portions 3 large carrots 2 onions 6 mushrooms	$\frac{1}{2}$ pt/275ml chicken stock or (2 stock cubes dissolved in $\frac{1}{2}$ pt/275ml boiling water)	2 dessertspoons lemon juice $\frac{1}{2}$ dessertspoon mixed herbs pinch of salt if desired pepper

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Wash, peel and chop carrots, onion and mushrooms.
- 3 Place chicken portions in a casserole dish with carrots, onion and mushrooms.
- 4 Pour in chicken stock, lemon juice, mixed herbs, salt and pepper.
- 5 Bake for 1-1 $\frac{1}{2}$ hours or until chicken is cooked.
- 6 Serve with baked potatoes (page 101) or rice.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	1$\frac{1}{2}$ hours

UTENSILS NEEDED
CASSEROLE DISH

HANDY HINTS
This is a basic recipe for a tasty casserole. Any vegetables can be used instead of mushrooms and carrots. Use vegetables in season.



Vegetarian



Cheese, Onion & Potato Pie

INGREDIENTS		
8 large potatoes	4oz/100g grated cheese	pepper
1 onion, grated	pinch of salt if desired	

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Boil the potatoes, strain and mash.
- 3 Add onion, grated cheese, salt and pepper to the potatoes.
- 4 Place in a casserole dish.
- 5 Put under the grill for a few minutes to form a crust on the potato, or bake in a pre-heated oven for 20 minutes.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	20 minutes

UTENSILS NEEDED
CASSEROLE DISH SAUCEPAN

HANDY HINTS
Serve with baked beans or salad.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED
CASSEROLE DISH FRYING PAN

HANDY HINTS
Serve with side salad and/or potatoes.



Mushroom Bake

INGREDIENTS		
16 mushrooms, sliced 8oz/225g breadcrumbs 6oz/180g cheese grated	1 red and 1 green pepper, chopped 2 onions, chopped a little cooking oil	TOPPING: 2oz/50g grated cheese 2oz/50g brown breadcrumbs

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Heat the oil in the frying pan.
- 3 Add the onions and peppers and cook for 5 minutes. Keep covered during cooking.
- 4 Add mushrooms. Cook for another 5 minutes, with the lid on.
- 5 Add 6oz/180g of breadcrumbs and 4oz/110g cheese.
- 6 Mix well together and place in casserole dish.
- 7 Top with grated cheese and breadcrumbs mixed together.
- 8 Bake in a pre-heated oven for 20 minutes.



Spanish Omelette

INGREDIENTS		
1 dessertspoon vegetable oil	pinch of salt if desired pepper	1 dessertspoon chopped parsley
2 onions, chopped	4 eggs	
1 red pepper, cored and chopped	2 large potatoes boiled and chopped	

- 1 Heat 1 dessertspoon of oil in a frying pan.
- 2 Add the onions and cook until soft.
- 3 Add the red pepper, cook for 5 minutes.
- 4 Beat the eggs in a bowl. Add salt and pepper.
- 5 Stir the potatoes, parsley and fried vegetables into the egg mixture.
- 6 Pour the egg mixture into the heated frying pan and spread evenly to the edge.
- 7 Cook for 5 minutes until the egg mixture comes away from the side of the pan.
- 8 Place the pan under a pre-heated moderate grill for about 3 minutes to cook the top of the omelette.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	15 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
A good way of using leftover potato.
Serve with tossed green salad (page 126)



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	20 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
A little soya sauce can be added for extra flavour.
Sweet and sour sauce can also be used.



Stir-Fry Vegetables

INGREDIENTS		
1 green pepper	1 dessertspoon oil	pepper
1 yellow pepper	1/4 pt/150ml stock (1 stock cube dissolved in water)	3 carrots
10 mushrooms		1/2 lb/225g french peas / string beans
1 onion		

- 1 Peel and slice the carrots.
- 2 Slice the peppers, onion and mushrooms thinly.
- 3 Heat the oil in a frying pan. Add the mixed vegetables and stir well.
- 4 Add the stock. Keep stirring.
- 5 Cover the vegetables and cook gently for 10-15 minutes, until the vegetables are tender but still crisp. Add the peas/beans and cook for a further 3-5 minutes.
- 6 Serve with boiled rice, pasta or potatoes.



Veggie Burger

INGREDIENTS		
1 leek or onion, finely chopped	2 dessertspoons chopped parsley	pepper
1 clove garlic, crushed	5 potatoes, cooked and mashed	wholemeal breadcrumbs
5 mushrooms, chopped	pinch of salt if desired	1 dessertspoon of vegetable oil
1 carrot finely, chopped		

- 1 Heat the vegetable oil, add the onion and/or leek and fry until softened.
- 2 Add mushrooms, carrot and garlic and fry for 5 minutes.
- 3 Strain off any liquid.
- 4 Add vegetables and parsley to the mashed potato.
- 5 Season with salt and pepper.
- 6 Divide mixture into 8 portions and shape into rounds.
- 7 Coat with breadcrumbs. Grill or fry for two minutes on both sides until golden.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	5 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
Serve with a crunchy mixed salad.
For extra protein include some lentils.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	1 1/2 hours

UTENSILS NEEDED
CASSEROLE DISH

HANDY HINTS
Instead of a vegetable stock cube cook the vegetables for 1hr in salted water, drain and add 1pt /575mls of white sauce (page 16). Sprinkle with breadcrumbs and cheese and return to the oven for 30 mins.



Vegetarian Casserole

INGREDIENTS		
2lbs/900g vegetable mix:	pinch of salt if desired	
potatoes, carrots, onions, turnips, peas, lentils, etc.	pepper	
	1pt/575mls vegetable stock (2 vegetable stock cubes)	

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
- 2 Slice potatoes and put a layer in the bottom of the casserole dish.
- 3 Layer vegetables etc., over the potatoes.
- 4 Repeat layering until the dish is full. Season between the layers.
- 5 Finish with a layer of potatoes.
- 6 Add vegetable stock.
- 7 Cover and cook in the pre-heated oven for 1 1/2 hours.



Vegetable Curry

INGREDIENTS		
1 dessertspoon vegetable oil	pepper	1 dessertspoon dessicated coconut (optional)
1 chopped onion	1pt/575ml stock (2 stock cubes dissolved in 1pt/575ml boiling water)	2ozs/50g sultanas
1 or 2 apples, cored and peeled	2lbs/900g mixed vegetables (mushrooms, carrots, celery etc.)	1 teaspoon brown sugar
2 dessertspoons curry powder		1 teaspoon lemon juice
1 dessertspoon flour		1 tin peas/beans
pinch of salt if desired		1 dessertspoon chutney (optional)

- 1 Prepare the mixture of vegetables. Wash them and chop into cubes. Place in a saucepan.
- 2 Add the apple, lentils, lemon juice, coconut, sultanas, brown sugar and chutney. Add $\frac{3}{4}$ pt/425ml of stock and boil for 20 mins.
- 3 Heat the oil and fry the onion until it is soft.
- 4 Stir in the curry powder, flour and remainder of stock.
- 5 Bring to the boil. Add this to the mixed vegetables and season.
- 6 Simmer for 10 minutes. Reduce heat and cook slowly for another 20 minutes.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	45 minutes

UTENSILS NEEDED
FRYING PAN OR SAUCEPAN

HANDY HINTS
Serve with rice or pasta.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
40 minutes	40 minutes

UTENSILS NEEDED
CASSEROLE DISH

HANDY HINTS
For extra protein include some lentils/beans/barley.

70



Vegetable Goulash

INGREDIENTS		
2lb/900g mixed vegetables i.e., carrots, potatoes, mushrooms, corn, courgettes, etc.	1 dessertspoon cooking oil	pinch of salt if desired
2 onions, finely chopped	14oz/400g can of chopped tomatoes	pepper
1 clove of garlic, finely chopped	1 red and green pepper	
	4 dessertspoons tomato puree	
	2 dessertspoons paprika	

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
- 2 Cut the vegetables into bite-sized pieces.
- 3 Heat the oil and fry the onions and garlic in the oil for 5 minutes.
- 4 Mix in the chopped vegetables, tomatoes, tomato puree, paprika and seasoning. Fry for another 5 minutes.
- 5 Transfer to a casserole dish. Bake in the oven until the vegetables are cooked for about 40 minutes.



Vegetable Lasagne

INGREDIENTS		
1 large onion, sliced	1 can tomatoes	pinch of salt if desired
1 green pepper, sliced	2 dessertspoons tomato sauce	pepper
1 yellow pepper, sliced	8oz/225g lasagne or medium box of easi-cook lasagne	1/2 pt/275ml vegetable stock
10 mushrooms, sliced	grated cheddar cheese	1/2 pt/275ml white sauce (page 16)
3 carrots, finely chopped		mixed herbs
1 can kidney beans		

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Fry the onions, peppers, mushrooms and carrots for 3-5 mins.
- 3 Add the tomato sauce, kidney beans, tomatoes and vegetable stock. Season with salt and pepper.
- 4 Layer the sheets of lasagne and vegetables in a casserole dish: starting with a layer of vegetables and finishing with a layer of lasagne.
- 5 Make the white sauce (see sauces page 16) and pour on top.
- 6 Sprinkle with mixed herbs and grated cheddar cheese.
- 7 Bake in the pre-heated oven for 20 to 25 minutes.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	25 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH SAUCEPAN

HANDY HINTS
Serve with crunchy side salad or garlic bread.
GARLIC BREAD Slice a french loaf in thick slices (do not cut through). Mix soft margarine/butter with crushed garlic. Spread on each slice of the loaf. Roll in tin foil and heat in a moderate oven for 10 minutes.



FRY



CASSEROLE

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
30 minutes	15 minutes

UTENSILS NEEDED
FRYING PAN CASSEROLE DISH

HANDY HINTS
Try different shapes and colours of pasta for variety.



Vegetable Pasta Bake

INGREDIENTS		
1 dessertspoon vegetable oil	2 dessertspoons tomato sauce	1 pt/575ml cheese sauce (page 17)
1 onion, chopped	1 or 2 cloves of garlic	3 dessertspoons wholemeal breadcrumbs
1 green pepper, sliced	mixed herbs	
8 mushrooms, sliced	pepper	
1 tin tomatoes	200g/8oz pasta	

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Heat the oil, fry the onion, pepper, mushrooms and crushed garlic for 5 minutes.
- 3 Add the tomatoes, tomatoe sauce, mixed herbs and a little pepper.
- 4 Bring to the boil, reduce heat and simmer for 20 minutes.
- 5 Cook the pasta in boiling water for 12-15 minutes until it is soft. Drain the pasta and add to the vegetable mix.
- 6 Stir and cook gently for 2-3 minutes.
- 7 Put the pasta and vegetable mix into and a casserole dish and cover with a thick cheese sauce. (page 17).
- 8 Sprinkle with grated cheese and breadcrumbs.
- 9 Bake in the pre-heated oven for 10-15 minutes.



Vegetable Risotto

INGREDIENTS		
10oz/280g rice 1/2 pt/275ml stock (2 vegetable stock cubes dissolved in 1/2 pt/275ml boiling water)	1 dessertspoon of cooking oil 1/2 lb/225g bag of frozen peas 6 mushrooms, chopped	1 finely chopped onion 1 can of kidney beans 1 green pepper, finely chopped 1 lb/450g tin tomatoes

- 1 Rinse rice and cook in stock for 10 minutes.
- 2 Heat the oil. Fry the chopped onion, mushrooms and pepper in the oil for 5 minutes.
- 3 Add the frozen peas, kidney beans and tomatoes to the fried vegetables and heat gently.
- 4 Stir in the rice and cook for 10 minutes until the liquid has been absorbed.
- 5 Serve with side salad.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED
SAUCEPAN FRYING PAN



Cakes



Apple Cake

INGREDIENTS

8oz/225g flour	2 cooking apples	a little salt
3oz/85g margarine	1 egg, beaten	
4oz/110g sugar	a little milk	

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 6.
- 2 Sieve flour and salt into a bowl.
- 3 Rub in margarine until the mixture looks like breadcrumbs.
- 4 Peel and chop the apples and add to the flour mixture. Add the sugar and mix well. Add the beaten egg.
- 5 If mixture is too dry, add a little milk to make a stiff dough.
- 6 Put the mixture into a greased sandwich tin and sprinkle with granulated sugar.
- 7 Bake in the pre-heated oven for about 40 minutes until golden brown.



OVEN

COST

HEALTHY



NUMBER OF SERVINGS



PREPARATION
TIME

20
minutes

COOKING
TIME

40
minutes

UTENSILS NEEDED

SANDWICH TIN

HANDY HINTS

Fresh pears can be used.

Add a few sultanas for variety.

Serve hot or cold.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	30 minutes

UTENSILS NEEDED
PIE DISH BOWL

HANDY HINTS
Rhubarb can be used.
Ground or chopped almonds can be added to the crumble mixture for added flavour.
Fresh or tinned pears can also be used.



Apple (Rhubarb) Crumble

INGREDIENTS	
3 cooking apples or 6 stalks of rhubarb	TOPPING:
2oz/50g sugar	6oz/180g flour
3 dessertspoons water	2oz/50g caster sugar
	2oz/50g margarine

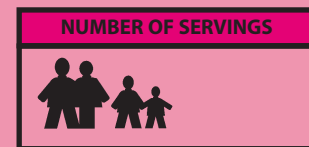
- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Put sliced apples (rhubarb), sugar and water in a saucepan and cook gently until they are soft. Place cooked fruit mixture in a pie dish.
- 3 Sieve flour into a bowl. Rub in margarine. Add sugar and mix thoroughly.
- 4 Sprinkle crumble mixture over fruit mixture.
- 5 Bake in the pre-heated oven for 30 minutes.



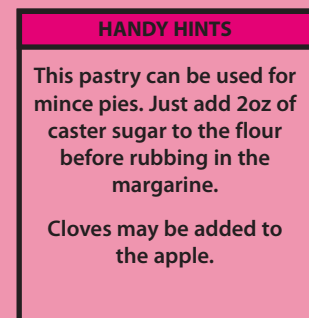
Apple (Rhubarb) Tart

INGREDIENTS	
PASTRY INGREDIENTS: 12oz/340g plain flour 6oz/180g hard margarine a little milk or water	FILLING: 2 or 3 medium cooking apples (4 stalks of rhubarb) 2 oz sugar

- 1 Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
- 2 Sieve the flour and salt into a baking bowl. Cut the margarine and rub into flour with fingertips until the mixture resembles fine bread crumbs.
- 3 Add the water or milk to the flour mixture and mix to a stiff dough.
- 4 Divide the pastry in to $\frac{1}{3}$ and $\frac{2}{3}$ portions.
- 5 Roll the larger piece ($\frac{2}{3}$) into a circle and use to line the base of a large greased plate/pie dish. Slice apples (rhubarb) and arrange on the base of the plate. Sprinkle with sugar.
- 6 Roll out the second piece ($\frac{1}{3}$) of pastry to cover tart. Wet edges of pastry and press the pastry top in place.
- 7 Bake in the pre-heated oven for 30 minutes.



PREPARATION TIME	COOKING TIME
10 minutes	30 minutes





OVEN

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME
10
minutes

1½
hours

UTENSILS NEEDED

LOAF TIN

HANDY HINTS

Serve with hot custard.

The mixture can also be split into muffin cases to make 8 good size muffins - great for a great for a quick breakfast.

78



Banana Bread

INGREDIENTS

10oz/280g self-raising flour
5oz/140g brown sugar
3 eggs, beaten
3 bananas, mashed

½ teaspoon baking powder
4oz/110g walnuts chopped

½ teaspoon cinnamon
½ teaspoon nutmeg
7oz/200g melted margarine

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Mix the dry ingredients in one bowl.
- 3 Mix the wet ingredients in another bowl.
- 4 Mix the wet mixture and the dry mixture together.
- 5 Put into well greased loaf tin.
- 6 Bake in the pre-heated oven for 1½ hours.

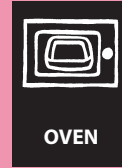


Bread and Butter Pudding

INGREDIENTS

6 slices of bread	a little milk	pinch of nutmeg
2oz/50g butter	sugar	
1 egg	sultanas	

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 5.
- 2 Cut crusts off the bread, (if preferred) butter it and cut into fingers.
- 3 Grease the dish. Then put a layer of bread fingers on the base of the dish. Sprinkle with sultanas and sugar. Continue the layers, finishing with a layer of bread.
- 4 Beat egg and milk together and pour over the bread.
- 5 Sprinkle nutmeg on top.
- 6 Bake in the pre-heated oven for 30 minutes.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED
PIE DISH

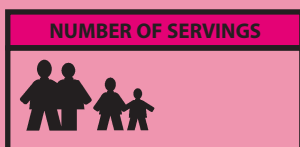
HANDY HINTS
A good way of using up stale bread.
Stale cake or scone crumbs may also be used.
Serve with hot custard.



OVEN



COST



NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	50 minutes

UTENSILS NEEDED
8" CAKE TIN

HANDY HINTS
Sultanas can be added to the cake mixture.
The cake may be iced with a butter icing.

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Carrot Cake

INGREDIENTS		
8ozs/225g caster sugar $\frac{1}{2}$ cup cooking oil	8oz/225g grated carrots, raw 2 eggs	9oz/250g white self-raising flour

- 1 Pre-heat the oven to 190°C / 375°F / Gas Mark 4.
- 2 Mix sugar, grated carrots, eggs and oil together. Fold in flour and mix well.
- 3 Turn into an 8" round tin lined with greaseproof paper, and bake in the pre-heated oven.
- 4 Check after 50 minutes, by which time the centre of the cake should have risen.
- 5 Place on a wire tray to cool, with the greaseproof paper removed.



Cheese Cake

INGREDIENTS

1 pkt. digestive biscuits (9ozs/250g)	1/4 pt/150ml cream	2ozs/50g low-fat margarine
tub of creamed cheese (5ozs/140g)	1 packet of lemon jelly	1 cup of water
	1 lemon	

BASE:

Melt the margarine over a low heat and add the crushed biscuits and mix well. Press the mixture into a loose-bottomed 9" cake tin and place in the fridge.

FILLING:

- 1 Melt the jelly in 1 cup of water. Allow to cool but not set.
- 2 Add the juice of the lemon and the lemon rind to the jelly.
- 3 Whisk together the cream cheese and cream.
- 4 Add this mixture to the jelly and blend well together.
- 5 Pour on top of the biscuit base.
Place in fridge until it is firm and set.



BOIL/STEW



FRIDGE

COST



NUMBER OF SERVINGS



PREPARATION
TIME

45
minutes

COOKING
TIME

UTENSILS NEEDED

9" CAKE TIN

HANDY HINTS

Any flavoured jelly can be used.

Low-fat cream cheese can be used.

Decorate with fresh fruit.



OVEN

COST



NUMBER OF SERVINGS

PREPARATION
TIME45
minutesCOOKING
TIME5-6
hours

UTENSILS NEEDED

A DEEP 10"/25CM ROUND
CAKE TIN OR A DEEP
9"/23CM SQUARE TIN

HANDY HINTS

The whiskey may be poured over the prepared fruit and left overnight. Alternatively, the whiskey could be poured evenly over the cake about 30-40 minutes after it is removed from the oven, while the cake is still warm. To do this, first make a few holes in the top, with a fine skewer or darning needle.

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Christmas Cake All-In-One

INGREDIENTS

12oz/340g margarine	grated apple	4oz/110g cherries, washed, dried and halved
12oz/340g dark brown sugar	1lb currants	14oz/400g plain white flour
7 eggs (Size 1)	12oz/340g sultanas	1½ teaspoon mixed spice
3 tablespoons whiskey	12oz/340g raisins	1 teaspoon ground nutmeg
grated rind of 1 lemon	4oz/110g chopped almonds	4oz/110g ground almonds
grated rind of 1 orange	4oz/110g mixed peel	

- 1 Pre-heat the oven to 140°C / 275°F / Gas Mark 1.
- 2 Prepare the tin. For the bottom of the tin: cut either circles or squares of double-thickness greaseproof paper. For the sides: Cut a strip of double greaseproof paper about 1 inch higher than the depth of the tin. (Grease well).
- 3 Weigh all the ingredients carefully.
- 4 Place all the cake ingredients together in a very large mixing bowl or basin and beat with a wooden spoon until well mixed (4-6 minutes).
- 5 Place this mixture in the prepared tin and smooth the top with the back of a wet dessertspoon.
- 6 Bake in the pre-heated oven on the middle shelf for approx 5-6 hours. Check at intervals after 2½ hours as ovens tend to vary. Cover the cake with double greaseproof paper or foil for about the last 1-2 hours, to prevent the top of the cake from becoming too brown.
- 7 Test the cake carefully before removing it from the oven.
- 8 Leave the cake to cool in the tin overnight. Turn out and remove papers, then store.



Christmas Pudding

INGREDIENTS

3oz/85 g self-raising flour	and cooled grated apple	MIX TOGETHER:
½ level teaspoon mixed spice	8oz/225g currants	2 large eggs
½ level teaspoon ground nutmeg	4oz/110g raisins	1 dessertspoon brandy/rum/whiskey
½ level teaspoon ground cinnamon	4oz/110g sultanas	¼ pint/150ml guinness
4oz/110g white breadcrumbs	2oz/50g cut mixed peel	juice and grated rind of 1 orange
6oz/150g dark brown sugar	2oz/50g cherries, halved, washed and dried	juice and grated rind of 1 lemon
4oz/110g margarine melted	1oz/25g chopped almonds	

PREPARATION:

Have ready 1 greased 2 pint/1.1 litre pudding bowl. Cut a large circle of double greaseproof paper for the top of the pudding and grease well. Cut a large circle of tin foil, place over the double circle of greaseproof paper on top of the pudding.

TO MAKE PUDDING:

- 1 Sieve the flour and spices into a large bowl.
- 2 Add the breadcrumbs, sugar, prepared fruit, nuts, orange and lemon rind, make sure the rind is finely grated. Then mix thoroughly.
- 3 Make a well in the centre. Pour in the melted margarine, beaten eggs, spirits and guinness mixture. Mix thoroughly with a wooden spoon.
- 4 Cover and leave to stand overnight. The mixture is slack in the beginning but thickens overnight. Mix well again before filling the bowl.
- 5 Place the pudding bowl in a saucepan of water and boil for 2-3 hours. Keep the water topped up in the saucepan.



BOIL/STEW

COST



NUMBER OF SERVINGS



**PREPARATION
TIME**

45
minutes

**COOKING
TIME**

2-3
hours

UTENSILS NEEDED

2 PT PUDDING BOWL
LARGE POT

HANDY HINTS

Stand overnight.



OVEN

COST



NUMBER OF SERVINGS

PREPARATION
TIME**30**
minutesCOOKING
TIME**35**
minutes

UTENSILS NEEDED

2 x 6 1/2 or 7 1/2 inch
(16 or 19 cm)
sandwich tins.

HANDY HINTS

Ideal for birthday cakes.

To make a chocolate cake
substitute 4 oz flour and
2oz drinking chocolate for
6oz flour. (Omit coffee
essence).Grease tins and put circle of
greaseproof paper at base
of each tin.

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Coffee Cake

INGREDIENTS

6oz/180g margarine (at
room temp.)
6oz/180g caster sugar
3 large eggs

6oz/180g self-raising
flour, sieved
1 dessertspoon coffee
essence

COFFEE ICING:
8oz/225g icing sugar
1 teaspoon coffee
essence
1 dessertspoon milk

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.

ALL-IN-ONE METHOD:

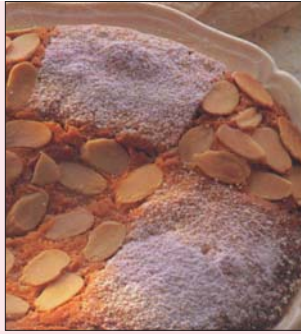
- 1 Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed (2-3 minutes). Place half the mixture in each of the prepared tins. Bake in the pre-heated oven for 25-35 minutes. When cooked remove from tins and allow to cool on a wire tray.

TO MAKE ICING:

- 1 Place all the ingredients together in a mixing bowl and beat with a wooden spoon until smooth.

TO FINISH CAKE:

- 1 Sandwich the two cakes with a little of the icing.
- 2 Pipe the remaining icing on top of the cake.



Eve's Pudding

INGREDIENTS

4oz/110g sugar	1 beaten egg	3 large cooking apples
4oz/110g butter	4oz/110g flour	sugar to sweeten

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Melt the sugar and butter together in a saucepan and allow to cool.
- 3 Add the beaten egg. Then add all the flour and mix.
- 4 Stew the apples very lightly.
- 5 Add some sugar to sweeten the stewed apples.
- 6 Put the apples into a pyrex dish. Pour the cake mixture over the apples.
- 7 Cook in the pre-heated oven for 1 hour.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	60 minutes

UTENSILS NEEDED
PYREX DISH

HANDY HINTS
Decorate with flaked almonds.
Serve with fresh cream, hot custard or ice cream.



OVEN

COST



NUMBER OF SERVINGS

PREPARATION
TIME**30**
minutesCOOKING
TIME**20**
minutes

UTENSILS NEEDED

FLAN TIN

HANDY HINTS

Fresh fruit in season can
also be used.

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Fruit Flan

INGREDIENTS

3oz/85g flour

3oz/85g caster sugar

3 eggs

FILLING:

1 small tin of fruit

1 quick-set jel or jelly

small carton of cream

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Place sugar in a bowl and whisk together with eggs over a pan of hot water for 10 minutes. Remove and continue whisking for 5 minutes on table.
- 3 Gently fold in sieved flour, in about 4 lots.
- 4 Pour sponge-cake mixture into a greased and floured flan tin.
- 5 Bake in a pre-heated oven for approx. 20 minutes.
- 6 Dissolve jelly and leave in a cool place. Do not allow to set.
- 7 Drain the tin of fruit.
- 8 When flan case is cooled, arrange fruit on top and cover with jelly.
- 9 Allow jelly to set and decorate with piped cream.



Fruit Salad

INGREDIENTS		
SYRUP: ¾ pt/425ml water 6ozs/180g sugar juice of 1 lemon	FRUIT: 2 apples 2 pears 2 oranges	2 bananas 2 kiwi fruit green and black grapes

- 1 Dissolve the sugar in the water, bring to the boil and add the lemon juice. Pour into a bowl and allow to cool.
- 2 Wash the apples. Cut in thin slices and put into the syrup. Peel the pears and kiwi fruit and place them in the syrup also.
- 3 Peel the oranges and cut into segments and add to the bowl.
- 4 Slice the grapes in half and remove pips before adding them to the syrup.
- 5 Mix all the fruit carefully.
- 6 Cover the bowl with cling film and place in the fridge for 1-2 hours.
- 7 Peel the bananas, slice them, sprinkle with lemon juice and add to the salad shortly before serving.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	

UTENSILS NEEDED
SERVING DISH

HANDY HINTS
Use a little orange juice with a few teaspoons of lemon juice added to it instead of syrup.



OVEN

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIME**30**
minutesCOOKING
TIME**1³/₄**
hours

UTENSILS NEEDED

LOAF TIN OR CIRCULAR TIN

HANDY HINTS

Useful for school lunches.

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Irish Tea Brack

INGREDIENTS

1 cup of strong tea
6oz/180g brown sugar
9ozs/250g plain flour

1lb/450g mixed dried
fruit
1 egg (lightly beaten)

$\frac{1}{2}$ level teaspoon
breadsoda

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Put tea, sugar and dried fruit in a bowl, cover and leave to soak overnight.
- 3 Grease a 2lb loaf tin.
- 4 Add the lightly beaten egg to the fruit mixture.
- 5 Sieve the flour and breadsoda together and fold into mixture.
- 6 Turn into the prepared tin. Place in the pre-heated oven and bake for $1\frac{1}{2}$ to $1\frac{3}{4}$ hours.
- 7 Cool on a wire tray and serve sliced with butter.



Jam Swiss Roll

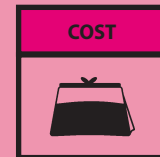
INGREDIENTS

4oz/110g margarine (at room temp.)	6oz/180g self-raising flour, sieved	FILLING & DECORATION: warmed jam caster and icing sugar
6oz/180g caster sugar		
4 large eggs		

- ① Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- ② Place all the ingredients for the cake in a mixing bowl and beat with a wooden spoon until well mixed. (2 - 3 minutes).
- ③ Prepare the tin, by lining it with greaseproof paper.
- ④ Put the mixture in the greased and lined swiss roll tin.
- ⑤ Bake in the middle of the pre-heated oven for 10 - 12 minutes.

WHEN BAKED

- ⑥ Place a sheet of greaseproof paper on top of a damp tea-towel.
- ⑦ Sprinkle lightly with caster sugar.
- ⑧ Turn the Swiss roll out onto the sugared paper.
- ⑨ Remove the paper from the bottom of the cake and trim the edges of the cake.
- ⑩ Spread quickly with warmed jam and roll up using the greaseproof paper as a guide.
- ⑪ When cold unwrap and sprinkle with icing sugar.
- ⑫ If liked, mark the top with diagonal lines, using a hot skewer.



NUMBER OF SERVINGS



PREPARATION TIME	COOKING TIME
30 minutes	12 minutes

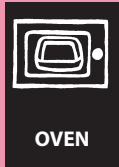
UTENSILS NEEDED

SWISS ROLL TIN
11" X 7"

HANDY HINTS

For a chocolate swiss roll simply replace 1oz of flour with 1oz of drinking chocolate or cocoa.

Try using low-fat creme fraiche with fresh strawberries chopped on top as a healthy treat!



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
20 minutes	2 hours

UTENSILS NEEDED
9" CAKE TIN

HANDY HINTS
To make a boiled fruit cake substitute the guinness with water.

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Porter Cake

INGREDIENTS		
5oz/140g margarine	3oz/85g candied peel	1/2 teaspoon of bread soda
5oz/140g brown sugar	14oz/400g flour	1 1/2 teaspoons cinnamon
1 cup of guinness	2 eggs beaten	
1lb/450g sultanas		

- 1 Pre-heat the oven to 160°C / 325°F / Gas Mark 3.
- 2 Put the margarine, sugar and guinness into a saucepan and boil gently. Stir the mixture until the margarine is melted and sugar dissolved. Add the fruit and candied peel and let everything simmer for 5 minutes. Allow to cool.
- 3 Meanwhile sieve flour, bread soda and cinnamon into a bowl. Make a well in the centre and add the beaten eggs.
- 4 Add the cooled mixture from the saucepan and mix together quickly and well.
- 5 Turn into a lined and greased 9" cake tin. Bake in the pre-heated oven for 1 1/2 - 2 hours.

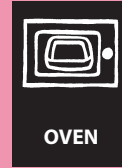


Queen Cakes

INGREDIENTS

4oz/115g soft margarine	8oz/225g self-raising flour	a little milk
2 eggs	4oz/115g caster sugar	

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Sieve flour into bowl.
- 3 Cream the margarine and sugar together.
- 4 Beat the eggs.
- 5 Add the flour and eggs gradually to the creamed margarine and sugar, beating well to avoid curdling.
- 6 If the mixture is dry add a little milk.
- 7 Divide the mixture into bun cases.
- 8 Bake in the pre-heated oven for 20 minutes.



NUMBER OF SERVINGS



PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED

BUN TRAY

HANDY HINTS

Makes 2 dozen small buns.
Add some sultanas or cherries to the mixture for variety.
These buns freeze well.
If soft margarine is used all the ingredients can be beaten together.



OVEN

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME**20**
minutes**20**
minutes

UTENSILS NEEDED

MIXING BOWL
BAKING TRAY

HANDY HINTS

Any type of jam can be
used.

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Raspberry Buns

INGREDIENTS

12ozs/340g self-raising
flour
4ozs/110g sugar
2ozs/50g margarine

2 eggs
pinch of salt
4 dessertspoons milk

raspberry jam
2 dessertspoons water
1 teaspoon caster sugar
for dusting

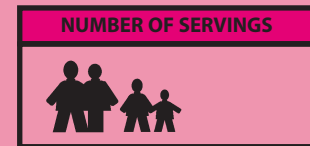
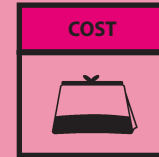
- 1 Pre-heat the oven to 230°C / 450°F / Gas Mark 8.
- 2 Sift the flour, salt and baking powder into a bowl. Rub in the margarine. Add the sugar and mix well.
- 3 Beat the eggs with the milk until light and lemon-coloured. Stir this into the flour mixture, mixing with a knife to get a smooth dough. (If dough seems slightly dry add cold water carefully a little at a time).
- 4 Roll dough on a lightly floured board into a thick roll, and divide in 12 equal portions.
- 5 Flour hands lightly and roll each portion into a ball. Place 2 inches apart on a greased baking sheet. Make a hole in the top of each bun and push in a little jam. Wet the edges of each hole and pinch together.
- 6 Brush with milk or egg and dust each bun over with caster sugar.
- 7 Bake in the pre-heated oven for 15 to 20 minutes.



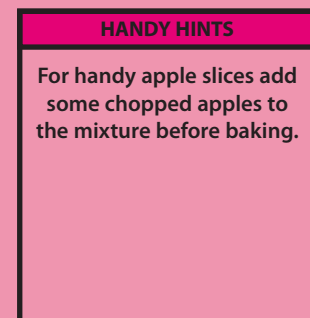
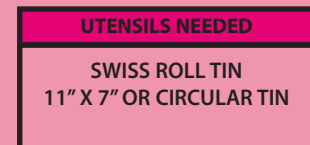
Sponge Tray Bake - basic all-in-one

INGREDIENTS		
8oz/225g soft margarine	4 dessertspoons milk	4 eggs
8oz/225g caster sugar	12oz/300g self-raising flour	



- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Grease and base line a 12 x 9 inch (30 x 23cm) baking tray with greased greaseproof paper.
- 3 Measure all the ingredients into a large bowl and beat well for about 2 minutes until well blended.
Turn the mixture into the prepared tin and level the top.
- 4 Bake in the pre-heated oven for about 35-40 minutes or until the cake has shrunk from the sides of the tin and springs back when pressed in the centre with your fingertips.
Leave to cool in the tin.
- 5 Cut into slices.




PREPARATION TIME	COOKING TIME
30 minutes	40 minutes





COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

UTENSILS NEEDED
BAKING TRAY

HANDY HINTS
To make fruit scones add 2oz/50g mixed fruit to the mixture before adding the beaten eggs and water.



Tea Scones

INGREDIENTS		
1lb/450g self-raising flour	2oz/50g sugar	1 egg
	4oz/110g margarine	water/milk

- 1 Pre-heat the oven to 200°C / 375°F / Gas Mark 6.
- 2 Put flour and sugar into a mixing bowl. Rub in the margarine.
- 3 Add the beaten eggs with sufficient water/milk to make a nice soft dough.
- 4 Put on a floured surface and roll to 1/2 inch thickness. Cut with a knife or pastry cutter, brush over with egg wash or a little milk and put on a floured baking tray.
- 5 Bake in the pre-heated oven for 15-20 minutes.



Wholemeal Bread

INGREDIENTS		
1lb/425g wholemeal flour	1 dessertspoon bran	1 teaspoon salt
1 dessertspoon wheatgerm	$\frac{1}{2}$ pt/275ml butter milk	2 teaspoons polyunsaturated oil
	1 teaspoon breadsoda	1 egg (optional)
	1 teaspoon brown sugar	

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Mix all the ingredients well together. Then pour the lot into a lightly oiled loaf tin.
- 3 Bake in the pre-heated oven for 15 minutes.
- 4 Reduce heat to 150°C / 300°F / Gas Mark 2 and bake for a further 40 minutes.



COST	HEALTHY



NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
30 minutes	55 minutes

UTENSILS NEEDED
LOAF TIN

HANDY HINTS
In an electric oven you can turn off the heat for the last 5 to 10 minutes and leave bread in oven to finish baking.



COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
20 minutes	20 minutes

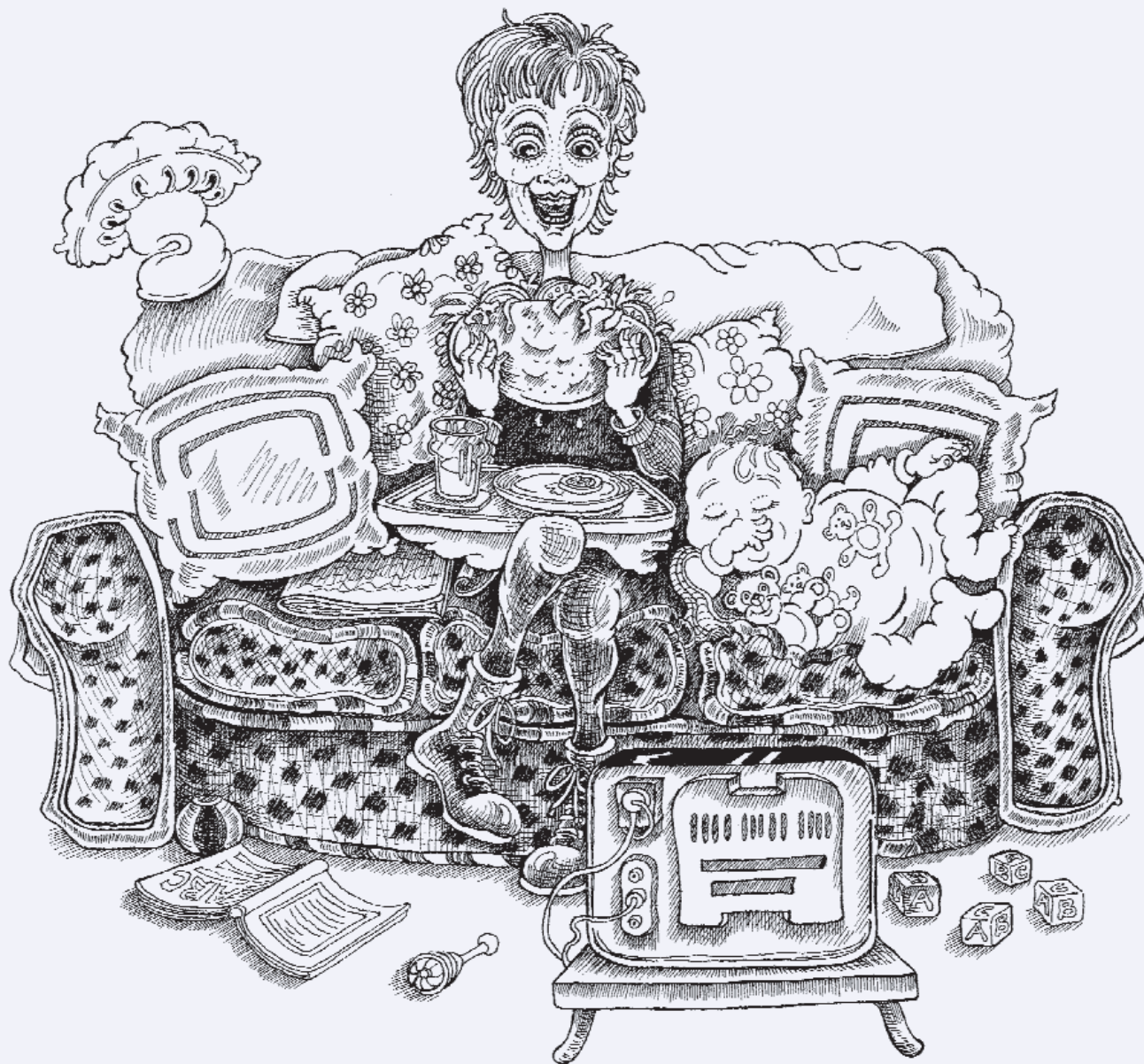
UTENSILS NEEDED
BAKING TRAY



Wholemeal Scones

INGREDIENTS		
6ozs/180g wholemeal flour	$\frac{1}{2}$ pt/275ml fresh milk	1 dessertspoon caster sugar (optional)
7oz/200g plain flour	1 teaspoon baking powder	
2oz/50g margarine	pinch of salt	

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Place wholemeal flour, plain flour and sugar in a mixing bowl. Sieve in the salt and baking powder and mix well.
- 3 Rub in the margarine.
- 4 Add enough milk to make a soft dough. Turn onto a lightly floured board and gently knead. Roll out dough to $\frac{1}{2}$ inch in thickness. Using a 2 inch cutter, shape scones and place on a baking sheet which has been dusted with flour.
- 5 Bake in the pre-heated oven for approx. 20 minutes.



Light Meals



Traditional Packed Lunch

Choose one item from each box

1. FRUIT

- One apple/orange/
banana/pear/peach
- Two plums/mandarins/
kiwis
- Handful of grapes
strawberries/blackberries
- Any other fruit

2. BREAD

- Wholemeal or
high-fibre bread
- Brown/white soda bread
- Brown/white bread
- French stick
- Pitta bread
- Scones
- Banana bread
- Wraps

3. FILLINGS

- Tuna and sweetcorn
- Cold chicken mashed in
natural yoghurt and
cucumber
- Sliced ham and tomato
sauce and lettuce
- Hard boiled eggs mixed
with onion in natural
yoghurt and lettuce
- Curried tuna and lettuce
- Grated low-fat cheese
with tomato and lettuce
- Peanut butter and banana
- Sliced beef

4. DRINK

- Milk
- Yoghurt
- Flavoured milk*
- Fruit juice*
- Homemade soup
- Water

*Should only be taken with meals
due to the high sugar content



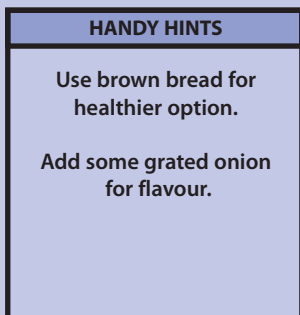
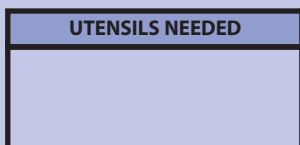
Alternative suggestions for packed lunches

- 1 **Salad Box**
Egg, lettuce, tomato, onion, cucumber, coleslaw
- 2 **Pasta Dishes**
Pasta, tuna and sweetcorn
Pasta, tomato and ham
- 3 **Chicken drumsticks and salad**
- 4 **Cream crackers and low-fat cheese**





PREPARATION TIME	COOKING TIME
5 minutes	10 minutes



100



Bacon Surprise

INGREDIENTS		
4 slices white or brown bread	4oz/110g grated cheese	
small amount of butter or margarine	4 back rashers or 4 streaky rashers	

- 1 Cut off crusts of bread. Roll out bread thinly.
- 2 Spread lightly with butter.
- 3 Put 1oz/25g grated cheese on each slice of bread and roll up tightly.
- 4 Wrap each roll with a rasher and grill until golden brown or bake in the oven at 180°C.



Baked Potato with Fillings

INGREDIENTS

2 large potatoes scrubbed but not peeled		
---	--	--

- 1 Pre-heat the oven to 220°C / 425°F / Gas Mark 7.
- 2 Wash the potatoes, then prick them all over with a fork.
- 3 Bake in a pre-heated oven for 1½ hours or until the inside is tender.
- 4 For the microwave method, follow the instructions given in the manual.

FILLINGS FOR BAKED POTATO

BACON AND SWEETCORN FILLING:

2 large baked potatoes	4 rashers
6 dessertspoons tinned sweetcorn	pepper

1. Grill the rashers and cut into small pieces.
2. Cut the potato in half and carefully scoop the centre out of the potato.
3. Mix this potato with the sweetcorn, rashers and pepper.
4. Return the mixture to potato skin.
5. Place in a hot oven and bake until warmed through and golden.



COST	HEALTHY



NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED
OVEN TRAY

HANDY HINTS
Par-boil the potatoes in their skins for about 20 minutes, then prick them and cover them with oil and bake for 15 minutes in a conventional oven. 180°C / 350°F / Gas Mark 4. Serve with natural yoghurt or salsa.



COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED
OVEN TRAY



Baked Potato with Fillings (continued)

SAVOURY MINCED BEEF AND TOMATO FILLING

2 large baked potatoes **pepper** **tomato slices for garnish**
1 medium onion **1 dessertspoon tomato puree**
pinch of salt if desired **4oz/110g minced beef**

1. Fry the minced beef, onion and tomato puree until well cooked.
2. Cut the potato in half and carefully scoop the centre out of the potato.
3. Mix this potato with the mince. Add the salt and pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed through and slightly browned on top.
6. Garnish with tomato slices.

TUNA AND POTATO FILLING

2 large baked potatoes **7oz/200g can tuna fish, flaked**
pinch of salt if desired **4oz/110g back bacon, grilled until crisp, crumbled**
pepper

1. Cut the potato in half and carefully scoop the centre out of the potato.
2. Mix this potato, tuna and chopped bacon together.
3. Add a little salt and pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed through and slightly browned on top.

TURKEY AND HAM TOPPING

2 large baked potatoes **4oz/110g cooked turkey** **1 tsp mayonnaise**
4oz/110g cooked ham **1 dessertspoon of peas**

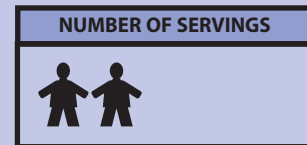
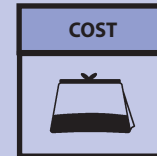
1. Cut the potato in half and carefully scoop the centre out of the potato.
2. Slice the turkey and ham and add to the mashed potato flesh.
3. Stir in peas and a little mayonnaise.
4. Add a little salt and pepper.
5. Return the mixture to the potato skins.
6. Place in a hot oven and bake until warmed through and slightly browned on top.



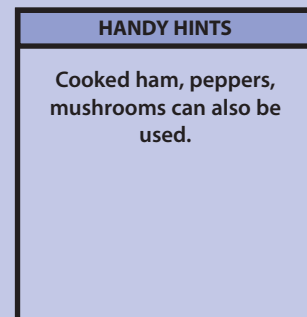
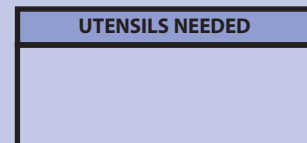
French Bread Pizza

INGREDIENTS		
1 french baguette, cut in half black pepper	2 tomatoes, sliced 2 dessertspoons (30 ml) tomato sauce	2oz/50g cheese, grated



- 1 Pre-heat the grill.
- 2 Spread the tomato sauce over the cut surfaces of the baguette.
- 3 Top with slices of tomato and season with black pepper.
- 4 Sprinkle with the cheese.
- 5 Grill for about 2 minutes until the cheese has melted and is beginning to bubble.



PREPARATION TIME	COOKING TIME
5 minutes	2 minutes





COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
10 minutes	20 minutes

UTENSILS NEEDED
LARGE PIE DISH

HANDY HINTS
Any type of pasta can be used.

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Macaroni Cheese

INGREDIENTS		
6oz/180g quick-cooking macaroni	TOPPING:	2oz/50g brown breadcrumbs
cheese sauce (page 17)	2oz/50g grated cheddar cheese	
pinch of salt if desired		

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Cook macaroni in lightly salted boiling water and drain.
- 3 Make the cheese sauce. (See sauces, page 17).
- 4 Add cooked macaroni to cheese sauce and pour into a large pie dish. Top with grated cheese and breadcrumbs.
- 5 Bake in the pre-heated oven for 20 mins.
- 6 Serve with tossed green salad (page 126).



Pancakes

INGREDIENTS		
8oz/225g flour	$\frac{3}{4}$ pt/425ml milk	
1 egg	pinch of salt if desired	

- 1 Sieve flour and salt into a bowl.
- 2 Make a hole in the centre of the flour and drop in the egg with $\frac{1}{4}$ of the milk.
- 3 Stir the egg mixture in the centre of the bowl with a wooden spoon, allowing the flour to fall in gradually from the sides.
- 4 Add the rest of the milk slowly, beating well to avoid lumping.
- 5 **To Cook:** Pour a thin layer of the mixture onto a hot, non-stick pan. Use a spatula to turn the pancake over when bubbles start to appear on top.

SWEET FILLINGS:

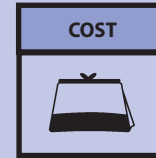
Stewed fruit
Jam
Fried bananas

SAVOURY FILLINGS:

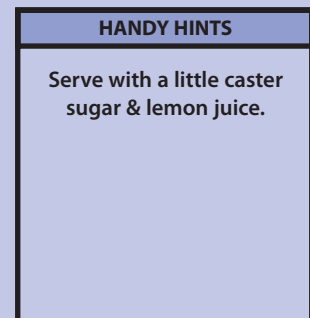
Chopped cooked chicken
Smoked haddock
Tinned salmon
Mushrooms
*Stirred in and cooked
in white sauce*

OTHER:

Mince cooked
in curry sauce
Bolognese sauce



PREPARATION TIME	COOKING TIME
10 minutes	15 minutes





COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	3 minutes

UTENSILS NEEDED
BAKING TRAY



Pizza Baps

INGREDIENTS		
a brown or white bap	2oz/50g grated cheese	red/green pepper (optional)
1 tomato, thinly sliced	2 mushrooms (optional)	
1/2 onion, sliced	diced cubes of	

- 1 Lightly brown the bap under the grill until softened and warm, then cut in half.
- 2 Cook 2 slices of onion in a little oil and add the sliced mushrooms and diced pepper if desired.
- 3 Slice a tomato thinly and arrange on the two sides of the bap and pop the onions and mushrooms on top.
- 4 Sprinkle the grated cheese on top.
- 5 Bake in a pre-heated oven 180°C / 350°F / Gas Mark 4, or grill until golden brown for a few minutes.



Pizza Quick

INGREDIENTS		
SCONE BASE:	1 dessertspoon milk	4 mushrooms
7oz/200g self-raising flour	1 dessertspoon oil	6 tomatoes / 1 tin of tomatoes
3oz/85g margarine	1 onion	2oz/50g grated cheese

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Heat the oil in a frying pan, cook the chopped onion and mushrooms for 3-5 minutes. Add the chopped tomatoes. (If using tinned tomatoes add the juice as well). Simmer gently for 5 minutes.
- 3 Sieve the flour and salt into a bowl. Rub in the margarine.
- 4 Add the milk and mix to a stiff ball. Roll into a large round 1/2" in thickness.
- 5 Place on a greased tin.
- 6 Spread the tomato mixture on the base and sprinkle cheese on top.
- 7 Bake in the pre-heated oven for 30 minutes.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	30 minutes

UTENSILS NEEDED
BAKING TRAY

HANDY HINTS
Any variety of vegetables or cooked meat can be used to top the pizza.
Serve with salad.



PREPARATION TIME	COOKING TIME
20 minutes	10 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
Serve with hot beans.
A handy way to use leftover potatoes.
Mixed herbs and chopped onion can be added for variety.

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Potato Cakes

INGREDIENTS		
2oz/55g flour ¹ / ₄ teaspoon baking powder	3 potatoes, cooked and mashed ¹ / ₂ oz/15g melted butter or margarine	vegetable oil for cooking

- 1 Sieve together flour and baking powder.
- 2 Add the mashed potatoes and melted butter.
- 3 Bind together, using milk if necessary.
- 4 Turn onto a floured board or clean table top. Knead until the mixture is smooth.
- 5 Divide in two equal parts.
- 6 Flatten each piece with your hand to form a circle and cut into eight triangles.
- 7 Cook on a well-oiled, hot pan until brown on both sides.
- 8 Serve with Tossed Green Salad (page 126) or baked beans.



Quiches - Various

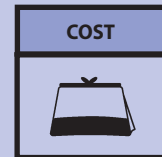
INGREDIENTS-PASTRY		
6oz/180g plain flour	pinch of salt if desired	or 1 packet of frozen shortcrust pastry
3oz/85g margarine	a little water	

PASTRY:

- 1 Sieve the flour and salt into a bowl.
- 2 Rub in the chopped margarine until the mixture resembles fine breadcrumbs.
- 3 Add the water and mix to a stiff dough.
- 4 Roll out the pastry and line a flan dish.

SUGGESTIONS FOR FILLINGS:

- 1 Salmon and tomato
- 2 Bacon and mushroom
- 3 Quiche Lorraine



PREPARATION TIME	COOKING TIME
20 minutes	45 minutes

UTENSILS NEEDED
FLAN DISH OVEN DISH

HANDY HINTS
Use cooked vegetables for a quick filling.
For a special occasion replace a little milk with cream.
Serve with a tossed green salad (page 126).



OVEN

COST



NUMBER OF SERVINGS

PREPARATION
TIME**20**
minutesCOOKING
TIME**45**
minutes

UTENSILS NEEDED

FLAN DISH
OVEN DISH

HANDY HINTS

Serve with tossed green
salad page 126.

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Quiche Fillings

BACON AND MUSHROOM:

2 back rashers	4 mushrooms	pinch of salt if desired	pepper
2 eggs	1/3 pt/200ml milk	2oz/50g grated cheese	

Mix the eggs, milk, pepper and salt together. Grill the bacon and mushrooms, and allow to cool. Then chop them roughly and arrange on base of the flan. Pour the egg mixture over the bacon and mushrooms. Sprinkle a little grated cheese on top. Bake in the oven.

SALMON AND TOMATO:

1 tin of salmon	pepper	2 tomatoes	2 eggs
pinch of salt if desired	grated cheese	1/3 pt/200ml milk	

Drain the salmon and remove the bones. Slice the tomatoes. Arrange salmon and tomato on base of the flan case. Mix together the eggs, milk, pepper and salt and pour over the salmon and tomatoes. Sprinkle a little grated cheese on the top. Bake in the oven.

QUICHE LORRAINE:

4 back rashers	2oz/50g grated cheese	1/3 pt/200ml milk
2 eggs	pinch of salt if desired	pepper

Grill the bacon and chop roughly. Place in the flan case. Mix together the milk, eggs, pepper, salt and pour over the bacon. Sprinkle the grated cheese on top and bake in the oven.

Bake in a pre-heated oven 200°C / 400°F/ Gas Mark 6 for 40-45 minutes.



Tea-Time Scramble

INGREDIENTS		
3 eggs	2oz/50g cooked ham, chopped	pepper
2 dessertspoons of milk	2oz/50g cheddar cheese, grated	2 slices hot toast
1/4oz/5g butter or margarine	pinch of salt if desired	parsley to garnish
1 tomato, chopped		

- 1 Beat eggs and milk together. Pour into a saucepan.
- 2 Add butter, chopped tomato and ham, grated cheese and seasoning.
- 3 Cook over a low heat until creamy, stirring all the time.
- 4 Spoon equal portions on to the toast.
- 5 Sprinkle with chopped parsley and serve hot.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED
SAUCEPAN

HANDY HINTS
Serve with baked beans.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	2 minutes

UTENSILS NEEDED

HANDY HINTS
Use worcestershire sauce instead of mustard.

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Toasted Cheese

INGREDIENTS		
2 slices bread	2 teaspoons soft margarine or butter	1 teaspoon french mustard
2oz/50g grated cheese		

- 1 Pre-heat the grill. Toast the bread on one side.
- 2 Toast the other side until it crisps but has not turned brown.
- 3 Mix the grated cheese, margarine and mustard together and spread over the toast.
- 4 Grill for about 2 minutes until bubbling and starting to brown.

TOASTED CHEESE AND TOMATO:

As above, but add 2 teaspoons tomato puree to the cheese mixture before toasting.

TOASTED CHEESE AND PICKLE:

As in main recipe, but add 2 teaspoons of your favourite pickle to the cheese mixture before toasting.



Weaning



***Stage 1:**
6mths for breastfeed babies
4-6mths for bottle-feed babies

Suggested Guide to Weaning

	Stage 1* - Introducing complementary foods	Stage 2 Over 6 months	Stage 3 9-12 months
Cereal	Start with 1 teaspoon of baby rice. It should be of a thick liquid consistency and easy for the baby to swallow.	Mixed cereal based on wheat, oats, rye and barley.	Regular cereals, i.e., wheat biscuit. Avoid sugar-coated cereals.
Bread		Fingers of toast/bread, rusks.	Fingers of toast/bread, rusks.
Vegetables	Carrot, potato, cauliflower: simmer them and then liquidise or sieve them. (Avoid tinned vegetable).	Stronger flavoured vegetable: cabbage*, sprouts*, turnips. Simmer them, then mash or mince them.	Mash, mince or chop vegetables at this stage. Baked beans* can be introduced.
Fruit	Mash bananas, stew fresh fruit and liquidise or sieve them, i.e., apples, pears. Tinned fruit in juice can also be used.	Mash raw fruit.	Mince or chop fruit finely at this age.
Eggs		Scrambled or hard boiled eggs*. Add to vegetables or cereal.	Scrambled or hard boiled eggs*. Add to vegetables or cereal.
Yoghurt		Plain yoghurts with a little pureed fruit.	Plain yoghurts with a little pureed fruit.
Cheese		Soft cheese or grated mild cheese.	Soft cheese or grated mild cheese.
Meat Poultry		Finely chopped meat* without salt or spice. Moisten with home-made stock.	Mince* or chop*.
Fish		White fish grilled, baked or steamed. Always remove the bones.	Fish fingers or other frozen fish products. Tinned salmon or tuna could be tried. Remove bones.

*Good sources of iron - important for babies over 6 months



Hints & Recipes for Baby Foods

To Freeze

Spoon the prepared food into plastic ice cube trays. Allow to cool. Freeze food cubes, pop out and put into freezer bags. Label and date. As the baby gets older use larger containers (e.g. yoghurt or margarine cartons).

AVOID the following when preparing food for your baby

Salt	Stock cubes, Gravy
Packet soups	All savoury mixes with high salt content.
Packet sauce mixes	
Butter or margarine in large amounts	



To moisten baby foods use


UNDER 6 MONTHS:	7 MONTHS ONWARDS:
Breast milk or formula milk if not breast feeding	Breastmilk or formula
Water	Thin white sauce
Vegetable water	Thin custard
Home-made stock	Plain natural yoghurt





BOIL/STEW

COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED
SAUCEPAN SIEVE

HANDY HINTS
* Vegetable water can also be used for moistening baby food.
Use liquidisers to puree vegetables and chicken.
Use remainder of stock for soup.

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Chicken and Rice

(from 7 months)

INGREDIENTS		
75g/3oz chicken fillets $\frac{1}{2}$ cup of rice	50g/2oz mixed vegetables e.g., carrots, parsnips, etc.	$\frac{1}{4}$ pt/150ml water

- 1 Cut chicken fillets into small pieces.
- 2 Wash, peel and chop mixed vegetables.
- 3 Simmer the chicken and vegetables in the water for 20-30 minutes until tender. Save the stock.
- 4 Cook rice in boiling water for 10-12 minutes.
- 5 Strain the rice in the sieve and pour boiling water through to remove starch.
- 6 Mix the chicken, rice and vegetables together. Add a little stock to moisten*. Mash or puree.





Fish Surprise


(from 7 months)

INGREDIENTS		
1oz/25g margarine/butter 1/4 pt/150ml milk	1 dessertspoon plain flour 4oz/110g cooked white fish*	2 dessertspoons frozen peas (cooked)

- 1 Melt the margarine or butter in a saucepan, stir in the flour and cook for two minutes.
- 2 Gradually add the milk, stirring continuously.
- 3 Bring to the boil slowly. Remove from the heat.
- 4 Flake the fish and mash with the peas. Add in the white sauce gradually according to desired texture and flavour.



COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED
SAUCEPAN

HANDY HINTS
<p>*Tinned salmon or tuna may be used instead of the white fish. Always remove the bones and drain tinned fish.</p> <p>Cook the fish on a plate over the saucepan in which the peas are cooking.</p>



BOIL/STEW

COST

HEALTHY



NUMBER OF SERVINGS



**PREPARATION
TIME**

**COOKING
TIME**

10
minutes

30
minutes

UTENSILS NEEDED

CASSEROLE DISH
A BLENDER IF AVAILABLE

HANDY HINTS

Try different shapes and
colours to add variety
to dish.

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Mince and Cheese Pasta

(from 7 months)

INGREDIENTS

4oz/125g of cooked
minced meat
8oz/250ml of milk

2 dessertspoon grated
cheddar cheese
1 egg

1 cup of cooked pasta
(e.g., macaroni)

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Beat the egg. Add milk and cheese, mixing well.
(A blender is ideal).
- 3 Add to the cooked pasta.
- 4 Pour into a lightly greased casserole dish.
- 5 Bake in the oven for about 30 minutes.



Savoury Potatoes

(from 7 months)

INGREDIENTS		
potatoes	cauliflower	cottage cheese or grated cheese
vegetables	peas	
carrot	broccoli	

- 1 Boil potatoes in their skins and peel afterwards.
- 2 Mash potato with a little milk, adding one or more of the following:
 - mashed cooked vegetable like carrot, cauliflower, peas, broccoli;
 - cottage cheese or grated cheese.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	10 minutes

UTENSILS NEEDED
SAUCEPAN

HANDY HINTS
Ideal for children to make.
Use a microwave for cooking potatoes and vegetables.



Young People



Benefits of Healthy Eating!

- Achieve a healthier body shape
- Clear, healthy skin
- Shiny, healthy hair
- Healthy happy heart
- Great smile and strong bones
- Be the best you can be at sports
- Concentrate better at work, school or college.

Just Do It!

- Beat the morning blues!
Breakfast is the most important meal of the day!
- **1.** Breakfast **2.** Lunch **3.** Dinner - **GO!!!**
- When hunger attacks - Strike back with a Healthy Snack!
- Thirsty Teenagers -
Try Tasty Healthy Drinks!
- **V** - Variety **B** - Balance **P** - Portions!

Remember: Use the following tables as a guide for choosing meals and snacks.



Mix & Match for Meal Planning

Mix and match foods from the colour code below when planning your meals.

Green: = Go Foods - Eat to your hearts content!!

Orange: = Caution Foods - Enjoy foods from here but don't go wild!

Red: = Easy-Does-It - Enjoy these foods as a treat!



	Green	Orange	Red
Cereal	<ul style="list-style-type: none"> High fibre cereals Porridge 	<ul style="list-style-type: none"> Plain cereals 	<ul style="list-style-type: none"> Chocolate/sugar coated cereals
Bread	<ul style="list-style-type: none"> Brown bread 	<ul style="list-style-type: none"> All white bread 	<ul style="list-style-type: none"> Bread with large amounts of spreads/jams/butter
Potatoes	<ul style="list-style-type: none"> Boiled/steamed or baked potatoes 	<ul style="list-style-type: none"> Potatoes: roast/mashed Homemade spicy wedges 	<ul style="list-style-type: none"> Chips
Rice	<ul style="list-style-type: none"> Brown boiled rice 	<ul style="list-style-type: none"> White boiled rice 	<ul style="list-style-type: none"> Fried rice
Pasta	<ul style="list-style-type: none"> Brown boiled pasta 	<ul style="list-style-type: none"> White boiled pasta Plain pizza/with vegetables on 	<ul style="list-style-type: none"> Pasta with creamy sauces and extra cheese Pepperoni pizza/extra cheese
Vegetables	<ul style="list-style-type: none"> Fresh/frozen vegetables Salad Homemade vegetable soup 	<ul style="list-style-type: none"> Salad with small amounts of regular dressing or low fat dressing Coleslaw-small amounts 	<ul style="list-style-type: none"> Salad with lots of dressing/oils Potato salad Packet vegetable soup
Fruit	<ul style="list-style-type: none"> Fresh fruit e.g. apples, pears Tinned fruit in natural/ own juice Freshly squeezed juices 	<ul style="list-style-type: none"> Raisins/dried fruits No added sugar/ unsweetened fruit juices 	<ul style="list-style-type: none"> Tinned fruit in syrup Squash/juice drinks



Mix & Match for Meal Planning cont'd

	Green	Orange	Red
Milk	<ul style="list-style-type: none"> • Low fat milk • Skimmed milk • Semi-skimmed milk 	<ul style="list-style-type: none"> • Full Fat milk 	<ul style="list-style-type: none"> • Flavoured milk e.g. chocolate, strawberry • Ice cream
Yoghurt	<ul style="list-style-type: none"> • Natural yoghurts • Diet yoghurts • Yoghurt drinks 	<ul style="list-style-type: none"> • Yoghurt - Frozen - Full fat - Fruit 	<ul style="list-style-type: none"> • Chocolate/toffee flavoured yoghurts
Cheese	<ul style="list-style-type: none"> • Low fat cheddar cheese • Cottage cheese • Edam/ mozzarella 	<ul style="list-style-type: none"> • Cheese - Full fat - Mini round - Plain sticks 	<ul style="list-style-type: none"> • Cheese spreads • Processed cheese
Meat/Poultry Alternatives	<ul style="list-style-type: none"> • Beans* • Lentils 	<ul style="list-style-type: none"> • Lean red meat* • Chicken/turkey* 	<ul style="list-style-type: none"> • Meat/chicken in batter or breadcrumbs • Burgers/sausage rolls • Sausages/rashers/pudding
Fish	<ul style="list-style-type: none"> • Fresh fish 	<ul style="list-style-type: none"> • Tinned Fish - In brine - Tomato sauce - Olive oil 	<ul style="list-style-type: none"> • Fish in batter/ breadcrumbs
Eggs		Boiled/scrambled* poached	Fried

* Good healthy sources of iron. Iron is important for teenagers.

Snack Attack!!!!

Green	Orange	Red
<ul style="list-style-type: none"> • Fruit/Brown scones • Crackers • Brown bread • High fibre breakfast cereals • Plain popcorn 	<ul style="list-style-type: none"> • Plain biscuits • Plain scones • Pretzels • Bagels • Rolls • Peanut butter/banana on brown bread 	<ul style="list-style-type: none"> • Sweet/chocolate biscuits • Cookies/buns/muffins • Cakes and tarts • Ice-cream • Chocolate • Crisps • Peanuts • Chocolate spread • Salted/butter/toffee coated popcorn
	<ul style="list-style-type: none"> • High fibre cereal bar (nuts and grains) 	<ul style="list-style-type: none"> • Cereal bars coated with sweet layer or chocolate
<ul style="list-style-type: none"> • Yoghurt <ol style="list-style-type: none"> 1. Natural yoghurts 2. Diet yoghurt 3. Yoghurt drinks 	<ul style="list-style-type: none"> • Frozen yoghurt • Full fat yoghurts • Low fat custard • Sugar free jelly 	<ul style="list-style-type: none"> • Chocolate/toffee flavoured yoghurts
<ul style="list-style-type: none"> • Fresh fruit • Vegetable sticks e.g. carrots 	<ul style="list-style-type: none"> • Raisins/dried fruit 	
<ul style="list-style-type: none"> • Baked potato 	<ul style="list-style-type: none"> • Pizza • Brown bread with luncheon meat, tuna & sweet corn • Homemade oven chips • Homemade spicy wedges 	<ul style="list-style-type: none"> • Chips • Burgers • Sausages/rashers/pudding • Sausage rolls

Quench It! - Drinks



Green	Orange	Red
<ul style="list-style-type: none"> • Water • Milk • Freshly squeezed juices • Homemade fruit smoothies 	<ul style="list-style-type: none"> • Unsweetened fruit juice • No added sugar drinks/squashes • Diet/light minerals • Fruit based milky drinks • Flavoured waters • Sports energy drinks if involved in training 	<ul style="list-style-type: none"> • Fizzy drinks • Sugar drinks (squash & juices) • High-energy caffeine drinks.



Fruit Smoothies

INGREDIENTS		
1-2 pieces of large fruit (e.g. apple and pear) 1/2 carton of low fat diet yoghurt	1 cup of low fat milk 1/2 cup of freshly squeezed fruit juice	1 teaspoon of honey 4 ice cubes 2 marshmallows (optional)

- 1 Make sure all the ingredients are chilled before use.
- 2 Wash and peel fruit.
- 3 Blend fruit, yoghurt, milk and juice together until creamy.
- 4 Add honey and ice cubes and blend again.
- 5 Serve in a tall glass and place a marshmallow on top.

COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
10 minutes	

UTENSILS NEEDED
LIQUIDISER/BLENDER JUICE SQUEEZER

HANDY HINTS
Use a variety of fruit: apples, oranges, kiwi, seedless grapes, strawberry and bananas.
Use freshly squeezed orange or lemon juice.
Use low fat/diet yoghurt natural/ strawberry, orange, vanilla.



Tossed Green Salad

COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
10 minutes	

UTENSILS NEEDED
LARGE SERVING BOWL JAR WITH SECURE LID (JAM JAR)

HANDY HINTS
Try mange tout, peas, diced mushrooms, olives & nuts. Spinach leaves are very tasty. Complete the meal with wholemeal bread (P95) and hard boiled eggs, chopped ham steak or sliced chicken breast or Spaghetti Bolognese (P28)

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INGREDIENTS	
DRESSING: 3 tablespoons olive oil 1 teaspoon whole grain mustard 1 teaspoon honey 1 tablespoon of lemon juice pinch of salt if desired pepper	SALAD: 7oz/200g mixed lettuce leaves 1/2 cucumber 3-4 tomatoes 1 medium carrot

- 1 **DRESSING METHOD:**
 - Place all ingredients in jar with a secure lid.
 - Make sure lid is on tightly.
 - Shake well to mix ingredients together.
- 2 **SALAD METHOD:**
 - Wash, drain and gently pat the lettuce leaves.
 - Tear leaves into small pieces.
 - Wash, dry and slice cucumber.
 - Wash tomatoes and cut each into eight pieces.
 - Wash, peel and grate carrot.
 - Mix lettuce, cucumber and tomatoes in large bowl.
- 3 **WHEN READY TO SERVE:**
 - Drizzle dressing over the salad and toss to coat.
 - Sprinkle grated carrot on top.



Pesto and Chicken with Pasta

INGREDIENTS		
4 chicken fillets chopped 12oz/340g pasta 1 pepper	3 teaspoons green pesto pinch of salt if desired pepper	1 teaspoon vegetable oil 1 small onion chopped

- 1 Cook the pasta as instructed on the pack.
- 2 Heat the olive oil in a frying pan. Add the chopped onion. Fry for 2 mins. Add the chopped chicken and fry for 8-10 mins, turning occasionally. Season with salt and pepper.
- 3 Chop the pepper.
- 4 Add the chopped pepper, pasta and pesto sauce to the chicken. Stir well. Cook for a further 5 mins.
- 5 Serve hot.



PREPARATION TIME	COOKING TIME
5 minutes	20 minutes

UTENSILS NEEDED
FRYING PAN SAUCEPAN

HANDY HINTS
Any vegetable can be added to this dish.
Delicious sprinkled with roasted pine nuts.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
15 minutes	35 minutes

UTENSILS NEEDED
PLASTIC CONTAINER BAKING TRAY 1 LARGE BOWL AND METAL SPOON

HANDY HINTS
Serve with tossed green salad (page 126).
Cover with natural yoghurt, low fat grated cheese or salsa.
Try other spices to alter flavours – Cajun, Indian or Mexican, garlic.

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Spicy Potato Wedges

INGREDIENTS	
4 medium size potatoes 2 tablespoons of vegetable oil	1 teaspoon cayenne pepper black pepper

- 1 Pre-heat the oven to 200°C/400°F/Gas Mark 6.
- 2 Wash and cut potatoes into 8 wedges (leave skin on).
- 3 Place in a container and pour vegetable oil over them. Close container and shake.
- 4 Sprinkle wedges with cayenne pepper and pepper and close container and shake again.
- 5 Place wedges on baking tray.
- 6 Cook for 35 minutes until golden brown.



Cheese Melties

INGREDIENTS

2 soft flour tortillas	1 teaspoon wholegrain mustard
2oz/50g grated cheese	1 teaspoon of vegetable oil
1 slice of ham	

- 1 Heat the vegetable oil in a frying pan.
- 2 Place 1 tortilla on a dinner plate. Spread 1 teaspoon of wholegrain mustard evenly on one side.
- 3 Sprinkle the grated cheese on top.
- 4 Chop the ham into small pieces and place on top of the cheese.
- 5 Place the second tortilla on top, making a sandwich.
- 6 Put the sandwich into the hot frying pan. Using a spatula turn the sandwich immediately.
- 7 Cook on the reverse side for 1 minute and turn again.
- 8 Cut into 6 pieces. Serve with a tossed green salad (pg 126).



NUMBER OF SERVINGS



PREPARATION TIME

5
minutes

COOKING TIME

2
minutes

UTENSILS NEEDED

SPATULA
FRYING PAN
CHEESE GRATER

HANDY HINTS

If you are having a second meltie heat 1 teaspoon of oil between each sandwich.

The melties burn very easily. Take care when cooking them.

Very, very filling.



PREPARATION TIME	COOKING TIME
5 minutes	15 minutes

UTENSILS NEEDED
FRYING PAN

HANDY HINTS
For a healthy option add grated carrot and/or mushrooms.
Serve with low fat natural yoghurt or sour cream.
8 chicken nuggets baked in oven instead of chicken fillets.

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Chicken Tortillas

INGREDIENTS		
2 chicken fillets	4oz/100g grated cheese	seasoning/sauce/salsa
1 green pepper	4 tortilla wraps	1 teaspoon vegetable oil
1 red pepper	chicken fajita	

- 1 Cut the chicken into small strips.
- 2 Slice the peppers and onions into thin strips.
- 3 Fry the chicken in the olive oil over a medium heat for 8-10 minutes.
- 4 Add the fajita spice mix and vegetables.
- 5 Stir fry for a further 3 minutes until the seasoning mix coats them thoroughly to make a juicy filling.
- 6 Heat the tortillas in either:

Oven	Pre-heat the oven to 180°C / Gas Mark 4.
or	Wrap in tin foil and heat for 15 minutes.
Microwave	Place on a plate, cover with cling film and heat for 1 minute on full power.
- 7 Place the chicken mix on top of the wrap, sprinkle cheese on top and roll the tortilla around the filling to make a fajita.
- 8 Serve with tossed green salad (pg 126).



Baked Apples

INGREDIENTS		
3 cooking apples	3 teaspoons of butter	
50ml water	low fat natural yoghurt	
brown sugar		

- 1 Pre-heat the oven to 200°C / 400°F / Gas Mark 6.
- 2 Wash apples and remove the core.
- 3 Place in a baking dish.
- 4 Pour the water around the apples.
- 5 Fill each apple with sugar and top with 1 teaspoon of butter.
- 6 Bake in the oven till the apples are soft - about 30 minutes.
- 7 Remove from baking dish and drizzle with low-fat natural yoghurt.



COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
10 minutes	30 minutes

UTENSILS NEEDED
BAKING DISH

HANDY HINTS
Use mincemeat (jar) instead of sugar.
Stuff the apples with currants, sultanas, raisins or any dried fruit.
Mix grated orange rind or cloves with the brown sugar.
Can be cooked in the Microwave.



“A Graze Box”

COST	HEALTHY

NUMBER OF SERVINGS

PREPARATION TIME	COOKING TIME
5 minutes	

UTENSILS NEEDED
AIR TIGHT CONTAINER - LUNCH BOX

HANDY HINTS
You can make enough for a week or according to your budget.
Buy the broken nuts in the Health shops as they are cheaper.

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INGREDIENTS		
100g of dried fruit - raisins, sultanas, apricots etc	100g of nuts - sunflower seeds, almonds, shelled nuts, cashews,	hazelnuts

- 1 Place ingredients into an airtight container.
- 2 Put on lid and shake well mixing all the flavours of the nuts and dried fruit together.
- 3 Store in a cool dry place.
- 4 Eat within 14 days of preparation.

Ideal to munch on looking at TV, studying or just grazing!

CAUTION: This is not suitable for children under 5 years of age.



Other meal & snack suggestions

Meals



Chilli Con Carne
Page 24



Spanish Omelette
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Stir-Fry Vegetables
Page 66

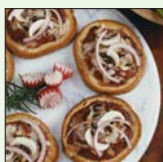


Veggie Burger
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Snacks



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Pizza Baps
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Tea-Time scramble
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Toasted Cheese
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Cooking for One



Cooking for One

A common dilemma for many people living on their own is how to prepare and enjoy healthy meals in a way that is worth the effort, cost and time. Whether you are a younger student or an older person living on your own, the following section provides some helpful ideas on how to plan and cook meals in smaller amounts.

Smart Shopping

- Make a list and stick to it.
- Never shop on an empty stomach – you may buy food you wouldn't normally buy.
- Own brands are often just as nutritious as big name brands and are generally cheaper.

Bread, Cereals & Potatoes

- Buy small loaves of bread.
- Fresh bread and bread rolls, scones and bagels can all be frozen.
- Par-baked bread rolls are ideal as they can be baked when needed.
- Choose loose potatoes rather than a large heavy bag.
- Whole wheat pasta and brown rice are great alternatives to potatoes.





Fruit & Vegetables

- Buy fresh fruit and vegetables when in season as they are cheaper and tastier.
- Frozen vegetables are just as nutritious as fresh vegetables and require little preparation (do not over cook). They are also very economical as there is no waste.
- Fruit tinned in natural juice is a handy alternative to fresh fruit.

Milk, Cheese & Yoghurts

- Supermarket own brands are often cheaper than big name brands and are available in a variety of sizes.

Meat, Fish, Eggs, Peas & Beans

- Butcher's counters are ideal places to buy meat in smaller amounts.
- Large packets of meat or fish on special offer, can be broken into smaller amounts and frozen for later use.
- Tinned fish is economical, comes in small tins ideal for one and requires no cooking.
- Frozen fish or fish fingers are good alternatives to fresh fish.



Stir-Fry

INGREDIENTS

150g chicken, beef, pork
or lamb pieces
1 clove garlic
1 small onion
2 mushrooms
1 small pepper

1 carrot
1 dessertspoon soy
sauce
1 teaspoon cornflour
1 teaspoon vegetable
oil

$\frac{1}{2}$ stock cube dissolved
in 90mls of boiling
water
 $\frac{1}{3}$ dessertspoon
cornflour or flour

- ① Cut pork into thin slices.
- ② Cut onions into thin slices and chop garlic.
- ③ Slice mushrooms and cut carrots and pepper into thin strips.
- ④ Mix the 90mls chicken stock with the soy sauce.
Blend in the cornflour and mix to a smooth paste.
- ⑤ Heat the oil in a large frying pan.
Add the pork and fry until well browned.
- ⑥ Add onion and carrot to the pan and fry for 2-3 minutes.
- ⑦ Then add mushrooms and pepper to pork mixture and continue
frying for 2-3 minutes.
- ⑧ Pour the stock mixture into the pan and bring to the boil,
stirring all the time. Simmer for 5 minutes.
Serve immediately with fried rice.

TO MAKE FRIED RICE:

Beat an egg in a cup. Fry in a little oil. Place on a plate and chop finely. Add the cooked rice to the frying pan. Mix in the chopped egg. Stir until well heated.



COST



HEALTHY



NUMBER OF SERVINGS



PREPARATION
TIME

30
minutes

COOKING
TIME

15
minutes

UTENSILS NEEDED



FRYING PAN


HANDY HINTS

Chicken, beef or lamb can be used instead of pork.
A variety of ingredients can be added to fried rice - chopped onion or garlic can be fried with the rice. Add spring onions, frozen peas, peeled prawns or diced cooked chicken halfway through cooking.
Serve with noodles.



Baked Stuffed Fish

COST	HEALTHY
	

NUMBER OF SERVINGS


PREPARATION TIME	COOKING TIME
20 minutes	30 minutes

UTENSILS NEEDED
CASSEROLE DISH

HANDY HINTS
Fish suitable for baking: cod, haddock, mackerel, herrings, trout.

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INGREDIENTS		
2 small fillets of fish	1 teaspoon finely chopped parsley (or 1 teaspoon dried parsley) or a pinch of mixed herbs	$\frac{1}{2}$ teaspoon vegetable oil
1oz brown breadcrumbs (1 slice brown bread)		a little lemon juice (or grated lemon rind)
1 small onion (chopped)		

- 1 Pre-heat the oven to 180°C / 350°F / Gas Mark 4.
- 2 Clean and prepare fish. Dry in kitchen paper.
- 3 Mix breadcrumbs, chopped onion, parsley/mixed herbs, salt and pepper, in a small bowl.
- 4 Heat oil and stir into crumb mixture. Finally add a little lemon rind or juice.
- 5 Lay 1 fillet on a greased dish, skin side down and spoon stuffing carefully onto each fillet. Flatten well down and cover with the other fillet. Cover with foil.
- 6 Bake for 20-30 minutes, depending on size and thickness of fish.
- 7 Lift fish carefully on to a warmed serving dish and surround with cooked peas, lemon wedges and parsley.



Spaghetti Bolognese

INGREDIENTS

1lb/450g mince beef/lamb	1 dessertspoon tomato sauce	1 tin of tomatoes
1 onion finely chopped	pinch of salt if desired	(optional: 6 mushrooms chopped, peppers, broccoli, sweetcorn, carrots)
beef cube	pepper	8oz spaghetti
$\frac{1}{2}$ pt/275ml of water	1 dessertspoon flour	

- 1 Cook the mince beef/lamb, onions and mushrooms on a dry pan (low heat) for 15 minutes. (Sufficient fat in mince for frying).
- 2 Add flour and stir well.
- 3 Add the water and before it comes to the boil add the crushed beef cube, tin of tomatoes, tomato sauce, salt and pepper. Cook gently for 45 minutes.
- 4 Cook the spaghetti for 10-15 minutes in boiling salted water. Strain.
- 5 Serve with the bolognese sauce on top.



FRY



BOIL

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME15
minutes45
minutes

UTENSILS NEEDED

FRYING PAN
SAUCEPAN

HANDY HINTS

Any leftover bolognese sauce can be used to fill pancakes or as a topping for baked potatoes.



BOIL/STEW

COST

HEALTHY



NUMBER OF SERVINGS

PREPARATION
TIMECOOKING
TIME**15**
minutes**45**
minutes

UTENSILS NEEDED

WOODEN SPOON
SAUCEPAN

HANDY HINTS

Not all vegetables here need to be used. Select according to availability, choice and cost.

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Farmhouse Vegetable Soup

INGREDIENTS

1 carrot	1 tomato	pinch of salt if desired
1/4 turnip	1/8 teaspoon vegetable oil	1 chicken stock cube dissolved in 3/4 pint water
1 parsnip	1oz/25g flour	parsley to garnish
1 leek	pt/75ml milk	
1 onion	pepper	
2 mushrooms		

- 1 Wash, peel and dice carrots, turnips and parsnips. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.
- 2 Heat the oil in a large saucepan, and gently fry onion and mushrooms.
- 3 Add carrots, turnips, parsnips and leeks and fry gently.
- 4 Stir in the flour to absorb fat, gradually stir in the milk.
- 5 Add stock and bring to boil, stirring continuously.
- 6 Add tomatoes, pepper and a pinch of salt if desired.
- 7 Cover saucepan and simmer gently for about 45 minutes.



Other meal & snack suggestions for Cooking for One



Omelette
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Quiches *
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Tea Time Scramble
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Chicken Casserole *
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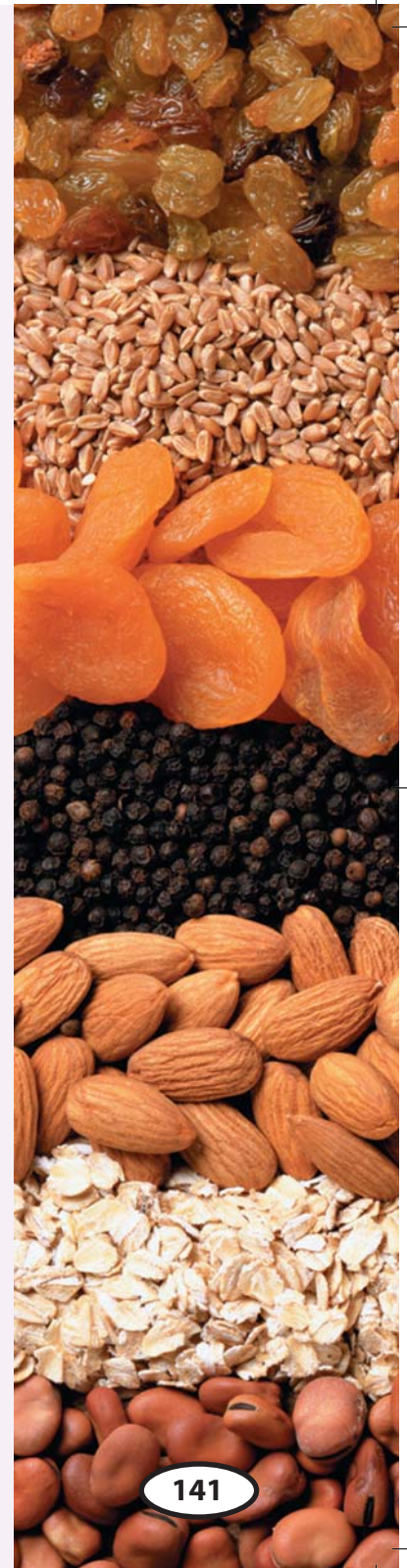


Pizza Baps
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Toasted Cheese
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*Leftovers can be divided into individual portions and stored in plastic containers in the freezer for later use.





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Food Safety in the Kitchen

- 1 Purchase food from a reliable source. Check the "sell by", "use by" and "best before" dates.
- 2 Put refrigerated foods and frozen foods into your fridge or freezer as soon as possible after buying.
- 3 Do not overload your fridge or freezer.
- 4 Do not store raw and cooked foods on the same shelf. Place cooked and ready-to-eat foods on a shelf higher than uncooked foods to prevent juices from raw meat coming into contact with other food.
- 5 Do not handle food unnecessarily.
- 6 Wash raw fruit and vegetables thoroughly before eating.
- 7 Cook food thoroughly. Cooked food should be kept clean and covered.
- 8 When re-heating food ensure that it is piping hot all the way through before eating. Food should never be re-heated more than once.
- 9 Surfaces and utensils should be cleaned with hot water and detergent before being used.



Food Safety in the Kitchen

- 10 All kitchen cloths should be washed frequently and replaced regularly. Use carefully, remembering where they were last used. Tea towels should not be used as hand towels or wipe cloths.
- 11 Keep family pets outside the kitchen. Their food should be kept separate from family food and different utensils and dishes should be used to feed them.
- 12 All rubbish should be stored in a rubbish bag or bin and sealed tightly when full. Waste should always be kept covered and rubbish bags should be removed daily to an outdoor bin.
- 13 Wash your hands thoroughly:
 - Before preparing food,
 - After handling raw meat and vegetables,
 - After coughing, sneezing or using a handkerchief,
 - After handling a baby's nappy,
 - After handling pets.
- 14 Cover cuts and scars with water-proof dressing.





General Freezing and Thawing

- All frozen foods should be properly sealed.
- The freezer should be maintained at a temperature of -18°C or less, check that the freezer is in good working order.
- Frozen food must not be stored for longer than recommended by the manufacturer as the quality gradually deteriorates.
- Never use hot water or other artificial means to thaw frozen food.
- Always make sure that frozen foods are completely thawed especially chicken before cooking (unless the instructions specifically state "cook from frozen", e.g., frozen vegetables).
- Frozen foods should be defrosted in a fridge.
- The freezer should be defrosted on a regular basis to prevent the build-up of ice.
- Label food with food type, date and weight.
- Never refreeze food unless it has first been cooked.
- Avoid putting hot food in a freezer.



Shopping Guide

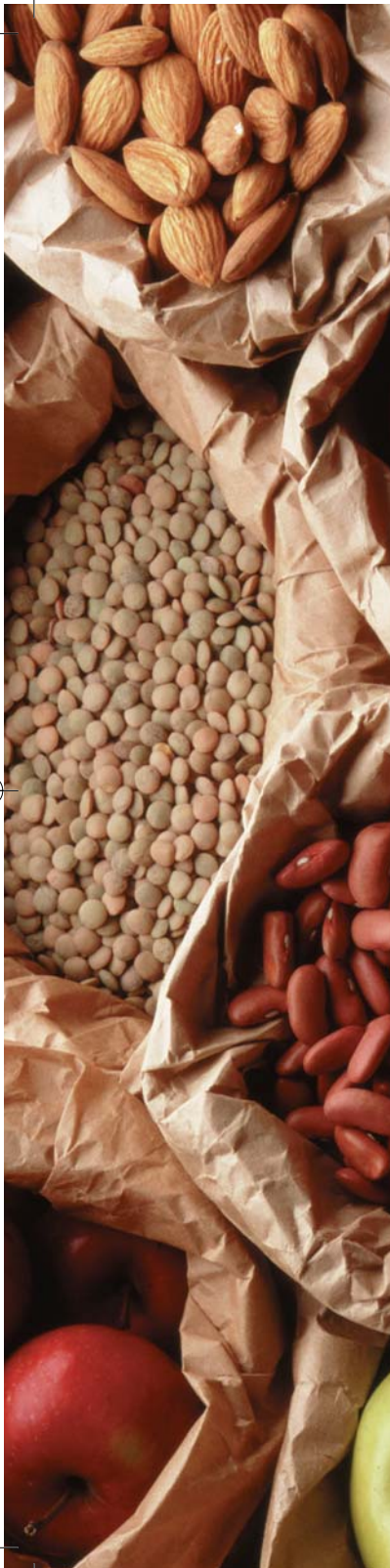
- 1 Set aside the amount of money you can spend on food each week.
- 2 Write out a shopping list. Plan menus for a few days ahead; it will save money as you are less likely to buy food on impulse.
- 3 The more expensive brands are usually displayed at eye level; check the top and bottom shelves for special offers and cheaper brands.
- 4 Supermarkets' own brands are cheaper. They are often made by the same company as the 'advertised' brands.
- 5 Pound for pound, potatoes are cheaper than ready-made chips but they take time to prepare.
- 6 Fruit and vegetables tend to be cheaper in grocery shops than in the supermarkets.





Shopping Guide

- 7 Cheapest vegetables are usually cabbage, carrots, cauliflower, broccoli, mixed vegetables (frozen) and frozen peas.
- 8 When fresh vegetables are not in season frozen or tinned ones will be cheaper and are just as good.
- 9 Eggs are easy to cook and full of nourishment. Healthy cooking options include boiled, poaching or scrambled.
- 10 Meat is cheaper in a butcher's shop than the supermarket and you can choose the exact amount you want.
- 11 Mince is low in cost and it has no waste from bone and gristle. Mince may be high in fat. It is better to buy a smaller quantity of leaner mince.
- 12 Fish is quick to prepare and very nutritious. Different varieties of fish, such as mackerel, coley, herrings, fish fingers and tinned fish, are good value for money.



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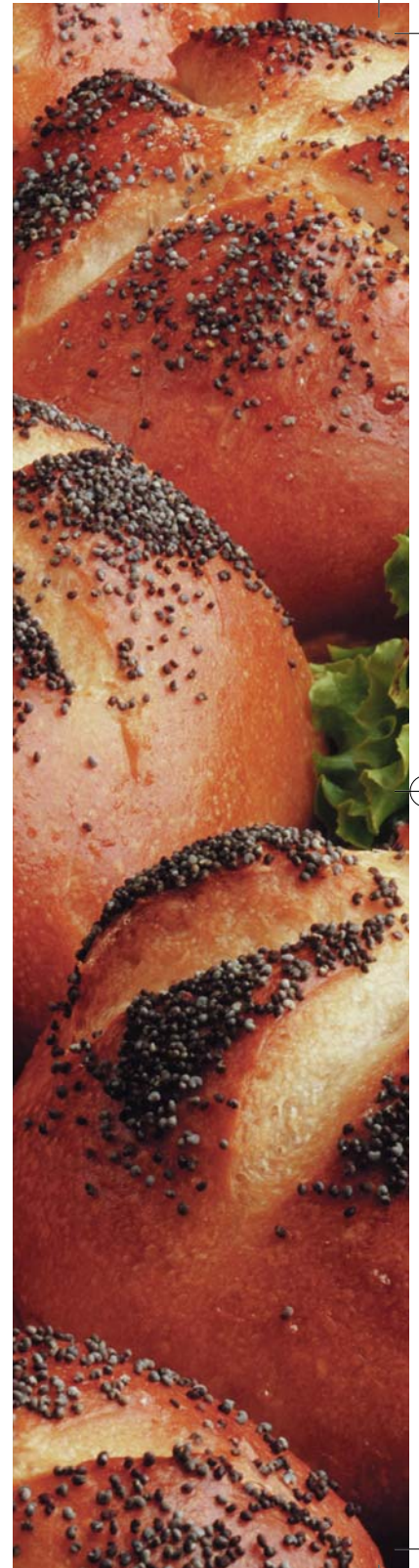
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