



# RECIPES

## QUICK AND EASY COOKING

GOOD FOOD FOR ALL

### Muesli (serves 6)

#### Ingredients

100g rolled oats  
25g chopped mixed nuts  
25g sesame seeds  
25g raisins  
25g wheatgerm and/ or sunflower seeds  
and/ or desiccated coconut (optional)  
25g brown sugar

#### Method

- ◆ Place an empty frying pan on a medium high heat, pour in the oats and stir for a couple of minutes.
- ◆ Add the remaining ingredients apart from the sugar and dry-fry for a further 6-8 minutes until most of the ingredients are toasted.
- ◆ Add the sugar and stir quickly for a minute while it melts.
- ◆ Remove the pan from the heat and continue stirring until thoroughly mixed.
- ◆ Serve with natural yoghurt or over fresh fruit salad.
- ◆ Store remaining muesli in an airtight container (for up to 1 week)

### Breakfast smoothies (serves 1)

#### Ingredients

A handful of any soft fruit: banana, strawberries, raspberries, mango, nectarines, peaches, pears

1 cup semi-skimmed milk/ skimmed milk (you can use fruit juice or milk alternative such as soya or rice milk)

Drizzle of honey (no need for honey if you use fruit juice instead of milk)

1 teaspoon chopped nuts (optional)

#### Method

- ◆ Blend the fruit with a cup of semi-skimmed or skimmed milk.
- ◆ Add a small drizzle of honey and pour into a tall glass (Optional).
- ◆ Sprinkle with a teaspoon of wheatgerm or chopped nuts (optional).

### Quick Breakfasts

- ◆ Fresh or tinned grapefruit in natural juice followed by baked beans on toast.
- ◆ A bowl of cereal with added raisins or chopped fresh fruit and low fat yoghurt
- ◆ Fruit juice or a piece of fruit plus a bowl of porridge.

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## QUICK AND EASY COOKING

### Lentil soup (serves 2)

Quantities may be doubled for four people or halved for one person

Preparation time: 5 minutes

Cooking time: 35 minutes

#### Ingredients

10ml / 2 teaspoon oil

1 large onion, peeled and chopped

2 medium carrot, peeled and chopped

100g / 8 tablespoons red lentils

900ml water

Chopped parsley to garnish (optional)

Pepper to season

#### Method

Heat the oil in a saucepan.

- ◆ Add the onion and carrot and fry on a low heat until softened, about 3 minutes.
- ◆ Add all the other ingredients, put a lid on the pan and turn up the heat until the soup is boiling. Reduce heat and simmer gently for about 35 minutes or until the lentils are soft, stirring occasionally. Add a little more water if required.
- ◆ For a smoother soup put in a blender or through a sieve.
- ◆ Sprinkle with the chopped parsley before serving with wholemeal, brown or malted grain bread or roll.

### Leek and potato soup (serves 4)

Quantities may be halved for two people.

Preparation time: 10 minutes

Cooking time: 20 minutes



#### Ingredients

10ml / 2 teaspoons sunflower oil

2 large leeks, washed and sliced

2 medium potatoes, peeled and diced

850ml water or chicken stock

#### Method

- ◆ Heat the oil in a large frying pan over a medium heat.
- ◆ Add the leeks and cook for 3 minutes, stirring frequently.
- ◆ Add the potatoes and cook for a further minute before adding the stock.
- ◆ Place a lid on the pot and bring to the boil over a high heat. Turn down the heat to a low level and simmer the soup for 20 minutes or until the potatoes are soft.
- ◆ For a smoother soup put in a blender or through a sieve.
- ◆ Serve with crusty wholemeal rolls or bread.
- ◆ Sprinkle with the chopped parsley before serving with wholemeal, brown or malted grain bread or roll.

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## QUICK AND EASY COOKING

### Spicy bean tortilla (serves 1)

Quantities may be doubled for two people.

Preparation time: 10 minutes

Cooking time: 12 minutes

#### Ingredients

- 5ml / 1 teaspoon oil
- 1 small onion, finely chopped
- 1 small clove garlic, crushed
- 1/2 teaspoon chilli powder
- 1 small tin tomatoes
- 1 small tin of kidney beans, drained and rinsed well
- 4 mushrooms, washed and sliced
- 2 tortillas

#### Method

- ♦ Heat the oil in a pan.
- ♦ Fry the onion and garlic over a medium heat for 2 minutes until soft. Add chilli powder and stir through.

- ♦ Add tin of tomatoes, kidney beans and mushrooms. Cook for 10 minutes on a medium heat.

- ♦ Place tortilla (hot or cold) on a plate. Place bean mixture in the centre of the tortilla. Fold up the bottom of the tortilla then roll.

- ♦ Serve with a salad.

- ♦ This makes enough to fill 2 tortillas for a main meal or it will serve 2 for a light meal with salad.

#### You could also try

- ♦ Adding cooked chicken, beef or lamb to the beans, or
- ♦ adding a salad of tomatoes and avocado either on the side or in the tortilla wrap. Chop 1 small tomato and half an avocado, season with a little salt and pepper and toss in a dessertspoon (8ml) lemon juice.



### Homemade chips / potato wedges (serves 4 to 5)

Quantities may be halved for two people.

Preparation time: 5 minutes

Cooking time: 20 - 25 minutes

#### Ingredients

- 1-1 ½ lbs potatoes (about 4-6 potatoes)
- 2-3tbsp sunflower oil

#### Method

- ♦ Do not peel but scrub the potatoes. Cut them into thick wedges or slices.
- ♦ Pat dry with some kitchen paper
- ♦ Place on a baking tray large enough so the wedges are a single layer. Pour on the oil and with your fingers make sure they are all coated.
- ♦ Bake in the oven Gas Mark 7, 200°C, 400°F for 25 -30 minutes until crispy and brown.

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## QUICK AND EASY COOKING

### Pizza

Quantities may be halved for two people.

Preparation time: 10 minutes

Cooking time: 20 minutes for sauce, 15-20 minutes for cooking the prepared pizzas

### Ingredients

#### *For the base use*

Large round pizza bases (try wholemeal)  
Ready made pizza base mix (make up as instructions)

Pitta bread - try wholemeal

Muffins - try wholemeal

French bread sticks - try granary

#### *Tomato sauce topping (enough for 3 medium pizzas):*

1 large tin of tomatoes

1 large onion, finely chopped

2tsp tomato puree

1tsp mixed herbs

Half a mango - finely chopped (optional)

salt & pepper

2 cloves garlic, crushed (optional)

A table spoon sunflower oil

#### *Toppings*

you can try almost anything

as a pizza topping:

sliced mushrooms

diced pineapple

sweetcorn

ham

sliced onions

chopped / sliced peppers

grated cheese

### Method - to cook the sauce

- Heat the oil in a frying pan and fry the onions until translucent. Place the rest of the sauce ingredients into the pan and simmer gently for 20 minutes.

- Grate some cheese approximately ½ lb / 250gms

- Prepare toppings: Tuna Chunks & Sweetcorn/Chopped Ham and Tinned Pineapple/Ham & Mushroom/Onions, Peppers, Tomatoes/Sardine & Onion/Garlic Sausage & onion

- With your choice of pizza bases, sauce & toppings, assemble the pizza. Bread-sauce-cheese-topping. Sprinkle with mixed herbs (fresh if you have some in your garden) to give the authentic flavour. Bake in medium hot oven for 20 minutes (depends on size)

For children make faces, sail boat shapes etc. with the toppings - get them to help.





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## QUICK AND EASY COOKING

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### Fruit crumble (serves 4)

Quantities may be halved for two people.

Preparation time: 15 minutes

Cooking time: 40 - 45 minutes

#### Ingredients

2 large (200g) cooking apples

50g sultanas

a large pinch cinnamon or mixed spice

50g brown or white sugar

100g plain flour

50g margarine / butter

75g rolled oats

#### Method

- ◆ Preheat oven to 190°C, gas mark 5.
- ◆ Sieve the flour into a bowl.
- ◆ Rub in the margarine into the flour until it resembles fine breadcrumbs.
- ◆ Stir in the oats and add 25g of sugar.
- ◆ Peel the apples, remove the cores and chop into large chunks.
- ◆ Place apples, sultanas and cinnamon in the pie dish and cover with 25g of sugar.
- ◆ Spread the crumble mixture over the apples.
- ◆ Place in the oven and bake for 40 - 45 minutes until golden brown.

### Hummous dip

Quantities may be halved for two people.

Preparation time: 5 minutes

Cooking time: no cooking

#### Ingredients

14oz tin chick peas

small carton plain yogurt

1tbsp fresh parsley

1 large garlic clove

dash of lemon

salt and pepper

#### Method

- ◆ Wash tinned chick peas thoroughly under cold running water and shake dry in

a colander.

- ◆ Mix all the ingredients together in a blender - this will mince the parsley so that it goes unnoticed. If you don't have a blender, mash the chick peas with a fork and finely chop the garlic and parsley.
- ◆ Add lemon and seasoning to taste. For children, go easy on the lemon. Spread mixture into buns which don't need to be buttered and top with medium sliced cucumber for a crunchy texture.

Tip - With sloppy mixtures go for crusty wholemeal buns, only slicing through one side; this way they won't end up leaking!

### For more recipes visit

[www.healthyliving.gov.uk](http://www.healthyliving.gov.uk)

[www.foodandhealth.org.uk/outreach/recipes/index.asp](http://www.foodandhealth.org.uk/outreach/recipes/index.asp)

[www.bradfordfoodnetwork.org/recipes.htm](http://www.bradfordfoodnetwork.org/recipes.htm)

[www.vegansociety.com/html/food/recipes](http://www.vegansociety.com/html/food/recipes)

[www.vegsoc.org/cordonvert/recipes/](http://www.vegsoc.org/cordonvert/recipes/)

[www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes)

<http://www.earthshare.co.uk/Recipepage01.html>