

Tuna and Sweetcorn Pasta

Pasta gives you lots of energy, fills you up and you can be really creative with it.

Ingredients (Serves 4)

- 300g (12oz) dried pasta
- 1 x 400g tin chopped tomatoes
- 2 x 200g tins tuna in spring water
- 1 x 200g tin sweetcorn, in unsalted water, drained
- ½ teaspoon mixed herbs (optional)
- Black pepper to taste (optional)
- 75g (3oz) low-fat cheddar cheese, grated (optional)

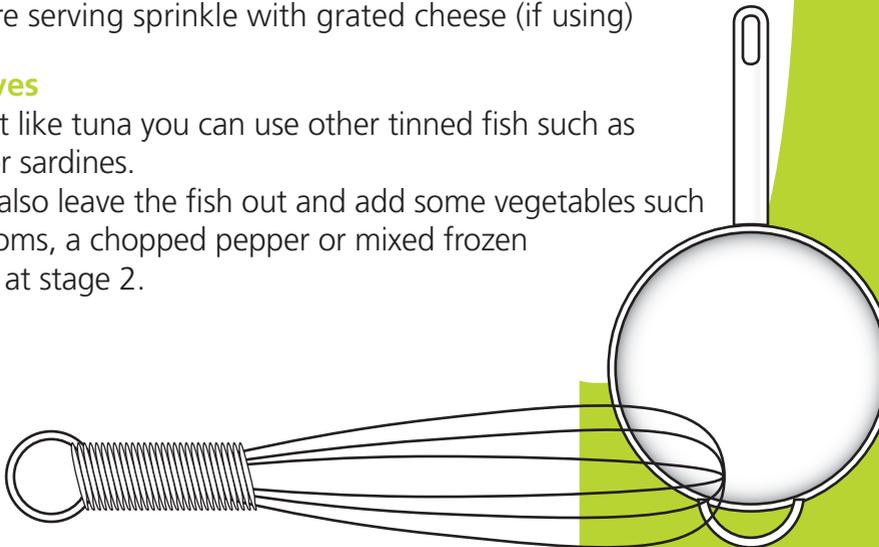
Method

1. Cook pasta in a pan of boiling water for 8-10 minutes or until soft
2. In another large pan, mix the tomatoes, tuna, sweetcorn and herbs (if using)
3. Heat sauce until very hot
4. Drain the pasta and add to the sauce, adding black pepper (if using)
5. Before serving sprinkle with grated cheese (if using)

Alternatives

If you don't like tuna you can use other tinned fish such as mackerel or sardines.

You could also leave the fish out and add some vegetables such as mushrooms, a chopped pepper or mixed frozen vegetables at stage 2.



Pesto Pasta

Ingredients (Serves 4)

300g (12oz) dried pasta

3 dessertspoons pesto sauce

50g (3oz) feta cheese, chopped into small pieces (optional)

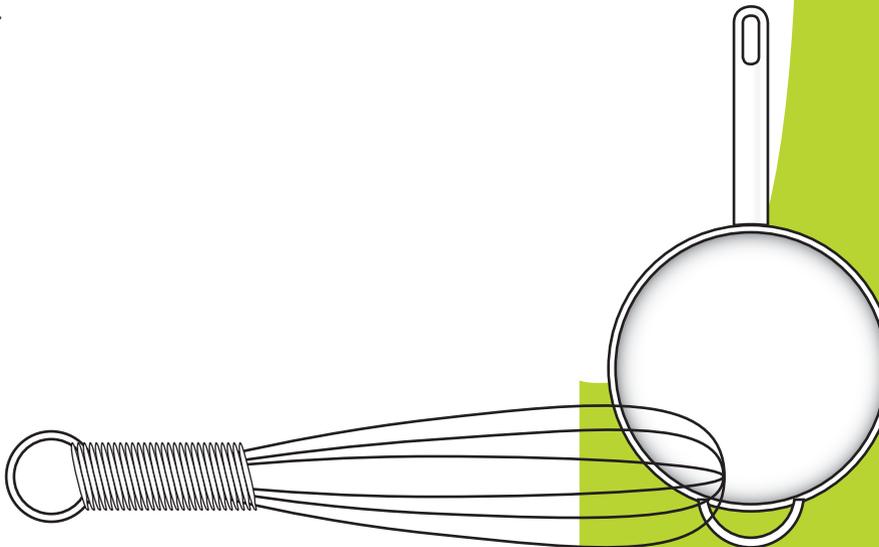
A handful of cherry tomatoes (optional)

Method

1. Cook pasta in pan of boiling water for 8-10 minutes or until soft
2. Drain the pasta and add the pesto sauce
3. Add the cheese and cherry tomatoes (if using)
4. Mix well and serve immediately

Additional

To bulk it out and provide more nutrients you could add some quick vegetables at stage 2 e.g. peppers, mushrooms or a handful of frozen veg.



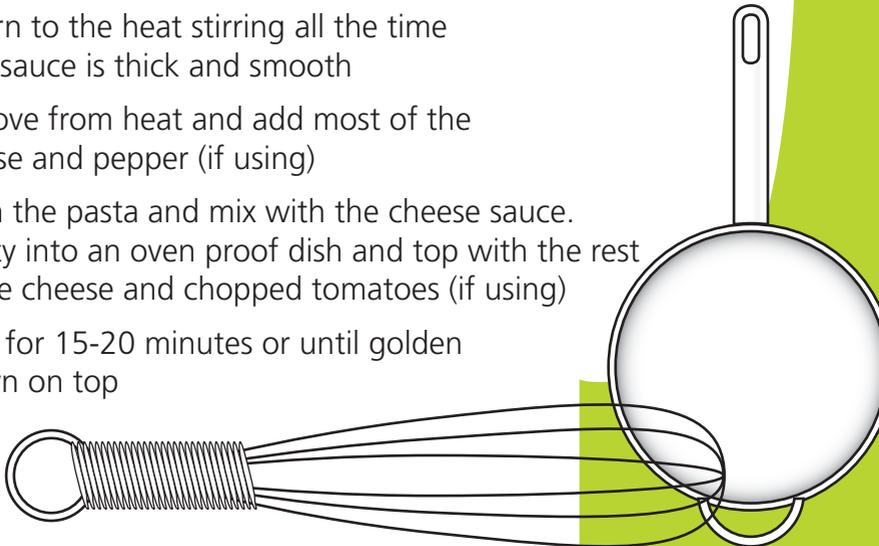
Macaroni Cheese

Ingredients (Serves 4)

- 300g (12oz) dried pasta
- 50g (2oz) low-fat spread
- 50g (2oz) plain flour
- 600ml semi skimmed milk
- 100g low-fat cheese, grated
- Black pepper to taste (optional)
- 2 tomatoes (optional)

Method

1. Pre-heat the oven to 190C°/Gas Mark 5
2. Cook pasta in a pan of boiling water for 8-10 minutes or until soft
3. In another pan, melt the low fat spread, stir in the flour and cook gently for 1 minute. Keep stirring until the sauce has a texture like sand
4. Remove from the heat and add the milk a little at a time, stirring well to mix together
5. Return to the heat stirring all the time until sauce is thick and smooth
6. Remove from heat and add most of the cheese and pepper (if using)
7. Drain the pasta and mix with the cheese sauce. Empty into an oven proof dish and top with the rest of the cheese and chopped tomatoes (if using)
8. Bake for 15-20 minutes or until golden brown on top



Spaghetti Bolognese

Ingredients (Serves 4)

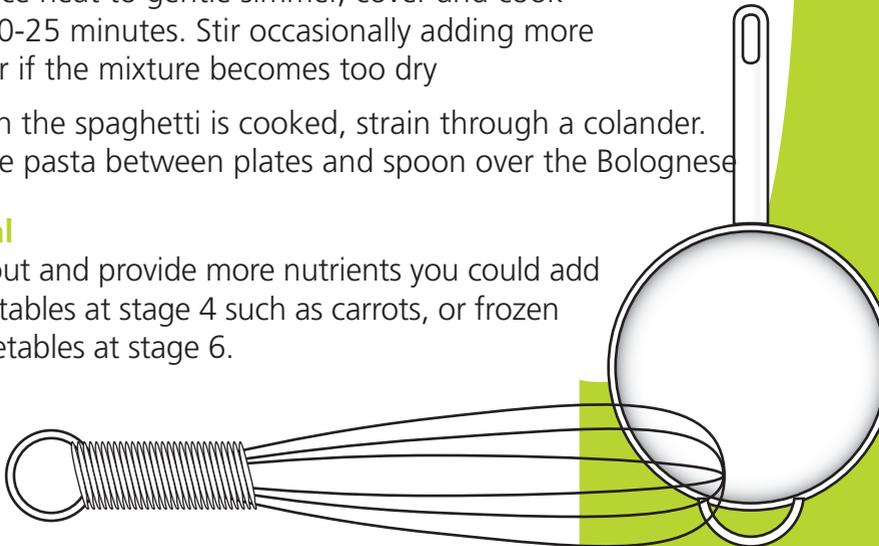
- 300g (12oz) dried pasta
- 450g lean minced beef or vegetarian mince
- 1 onion, peeled and finely chopped
- 1 x 400g tin chopped tomatoes
- 6 mushrooms, washed and finely chopped
- 1 green pepper, washed, deseeded and chopped (optional)
- ½ teaspoon mixed herbs (optional)

Method

1. Cook pasta in a pan of boiling water for 8-10 minutes or until soft
2. Place the minced beef in a medium sized saucepan or a lidded frying pan and fry for 5-8 minutes or until brown
3. Add the onion and fry for a further 2-3 minutes until it softens
4. Add the chopped tomatoes
5. Bring to the boil. Stir in the mushrooms and green pepper (if using)
6. Reduce heat to gentle simmer, cover and cook for 20-25 minutes. Stir occasionally adding more water if the mixture becomes too dry
7. When the spaghetti is cooked, strain through a colander. Divide pasta between plates and spoon over the Bolognese

Additional

To bulk it out and provide more nutrients you could add other vegetables at stage 4 such as carrots, or frozen mixed vegetables at stage 6.



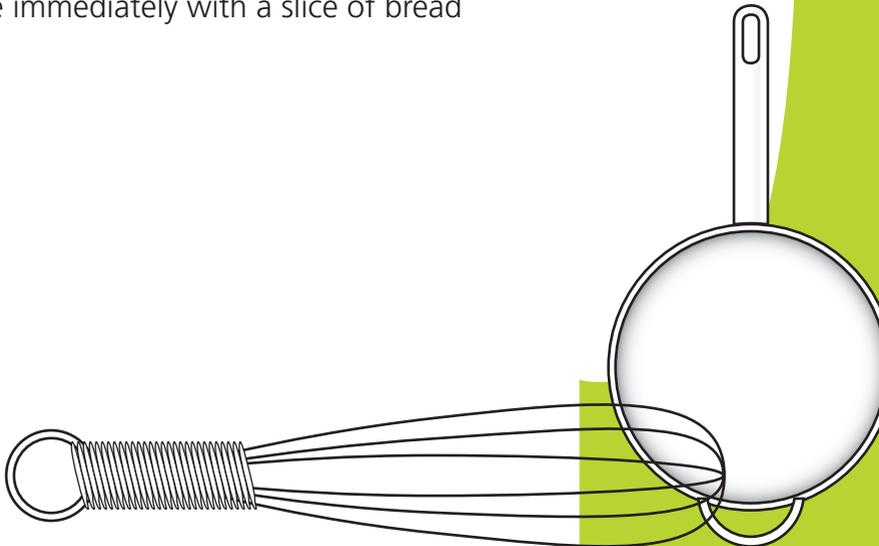
Leek and Potato Soup

Ingredients (Serves 4)

- 2 teaspoon sunflower oil
- 4 medium leeks, washed and sliced into small pieces
- 1 onion, peeled and chopped
- 4 medium potatoes, washed, peeled and sliced into small chunks
- 1000ml (1 litre) water
- 1 low-salt vegetable stock cube
- Black pepper to taste (optional)

Method

1. Heat the oil in a large saucepan and gently fry the leeks and onion until golden and see through
2. Add the potatoes and crumble the stock cube into the pan, add the water and cook for about 20 minutes or until the potatoes are soft
3. With a potato masher, mash the potatoes in the soup to break them up and season with black pepper (if using)
4. Serve immediately with a slice of bread



Tomato Soup

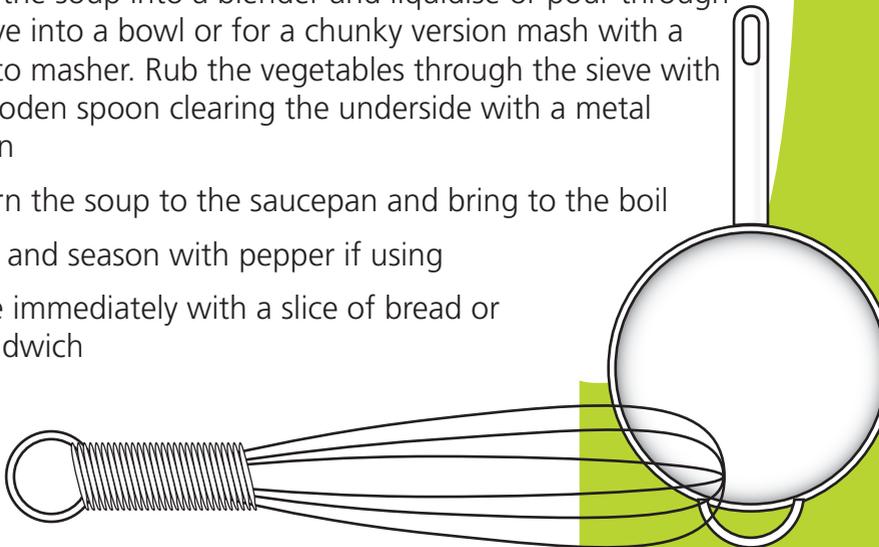
A hearty soup makes a great meal with a slice of bread or a sandwich especially when it's cold outside.

Ingredients (Serves 4)

- 2 dessertspoons sunflower oil
- 1 onion, peeled and finely chopped
- 1 carrot, washed, peeled and thinly sliced
- 1 x 400g tin tomatoes
- 1 low-salt vegetable stock cube
- 1000ml (1 litre) of water
- 1 teaspoon mixed herbs (optional)
- Black pepper to taste (optional)

Method

1. Heat the oil in a large saucepan, add the onion and fry until soft. Add the carrot and fry for a further 2-3minutes
2. Add the tinned tomatoes, crumbled stock cube, water and mixed herbs (if using) and bring to the boil. Cover, reduce heat and simmer slowly for 30 minutes
3. Pour the soup into a blender and liquidise or pour through a sieve into a bowl or for a chunky version mash with a potato masher. Rub the vegetables through the sieve with a wooden spoon clearing the underside with a metal spoon
4. Return the soup to the saucepan and bring to the boil
5. Taste and season with pepper if using
6. Serve immediately with a slice of bread or a sandwich



Egg Fried Rice

Ingredients (Serves 4)

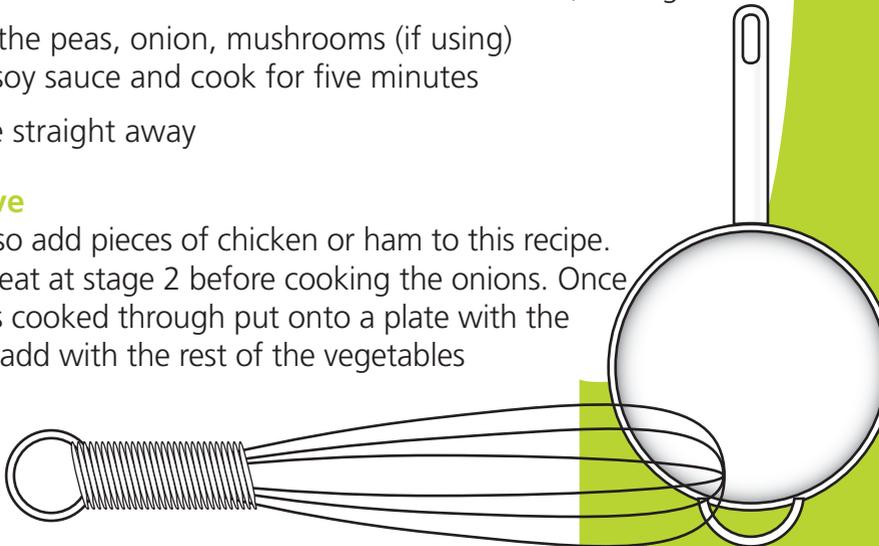
- 400g (12oz) of rice, cooked and cooled
- 100g (4oz) peas, tinned, fresh or frozen
- 3 spring onions, washed and finely chopped or ½ an onion, peeled and chopped
- 4 eggs, beaten
- 2 teaspoons sunflower oil
- 3 teaspoon low-salt soy sauce
- 4 mushrooms, washed and finely chopped (optional)

Method

1. The rice used should already be cooked & cooled before using
2. Heat a large pan over a high heat and when hot add the oil. Wait a few seconds and then add the spring onions/onion and stir fry for one minute
3. Empty the spring onions/onion on to a plate
4. Reheat the pan over a high heat and when hot turn down to medium and add the eggs. Stir fry the eggs for two minutes until they start to look scrambled and then add the cooked rice and stir for a further three minutes, mixing well
5. Add the peas, onion, mushrooms (if using) and soy sauce and cook for five minutes
6. Serve straight away

Alternative

You can also add pieces of chicken or ham to this recipe. Add the meat at stage 2 before cooking the onions. Once the meat is cooked through put onto a plate with the onion and add with the rest of the vegetables at stage 5.



Chicken, sweet potato and coconut curry

Ingredients (Serves 4)

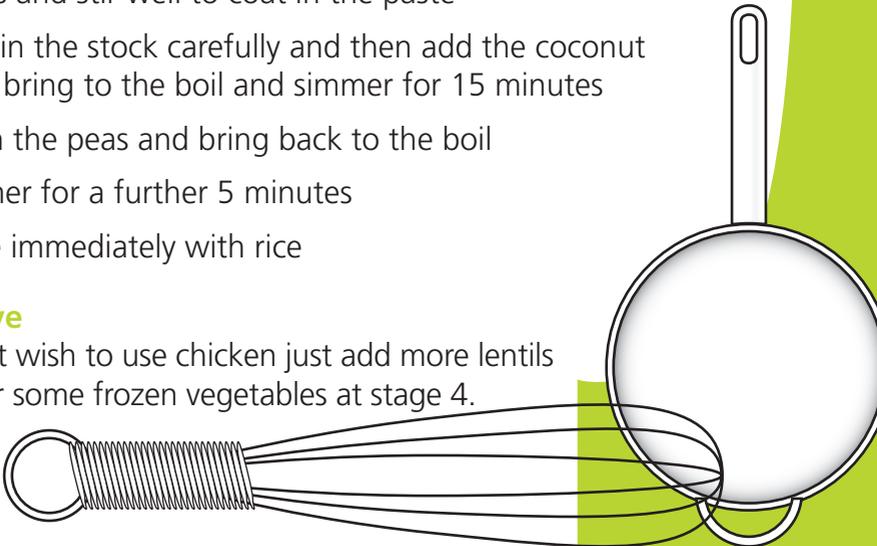
- 1 dessertspoon sunflower oil
- 2 teaspoons mild curry paste
- 2 chicken breasts, chopped into small pieces (optional)
- 2 medium sized sweet potatoes, peeled and chopped into small chunks
- 100g (4oz) split red lentils
- 300ml of water
- 1 low-salt chicken stock cube
- 1 x 400ml tin of low-fat coconut milk
- 125g (4oz) frozen peas

Method

1. Heat the oil in a large pan or wok
2. Stir in the curry paste and fry for 1 minute
3. Add the chicken (if using), sweet potato and lentils and stir well to coat in the paste
4. Pour in the stock carefully and then add the coconut milk, bring to the boil and simmer for 15 minutes
5. Tip in the peas and bring back to the boil
6. Simmer for a further 5 minutes
7. Serve immediately with rice

Alternative

If you don't wish to use chicken just add more lentils (stage 3) or some frozen vegetables at stage 4.



Baked potatoes

Baked potatoes are cheap, easy to make and fill you up.

Wash the potato, pierce and place in a preheated oven at 200°C/ Gas Mark 6 for approximately 45 minutes, times will vary depending on the size of the potato. Use a knife to test if the potato is soft and cooked all the way through.

Tuna and Sweet corn (Serves 2)

Ingredients

- 1 x 200g can of tuna, in spring water
- 2 teaspoons low-fat mayonnaise
- 1 x small can of sweet corn, in unsalted water, drained
- Black pepper to taste (optional)

Method

1. Place all the ingredients in a bowl and mix well
2. Serve on top of baked potato

Baked beans and cheese (Serves 1)

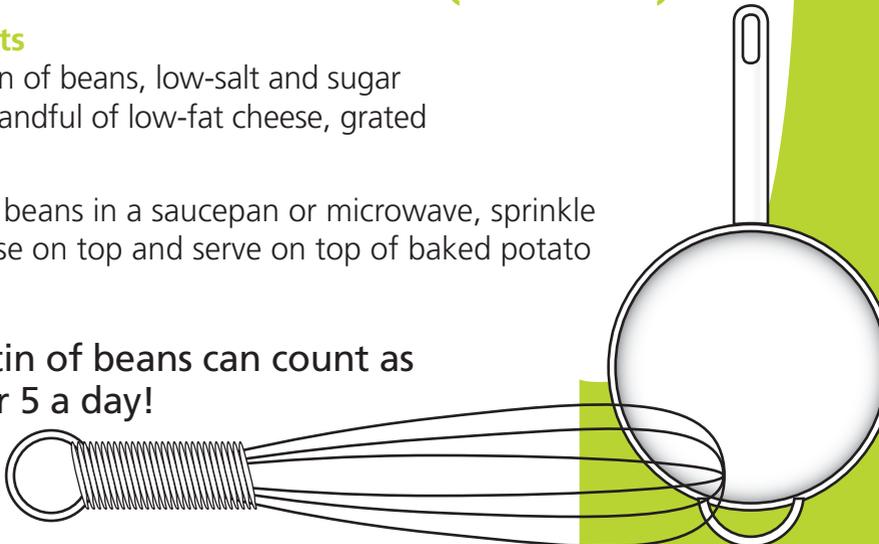
Ingredients

- 1 x small tin of beans, low-salt and sugar
- 1 x small handful of low-fat cheese, grated

Method

1. Heat beans in a saucepan or microwave, sprinkle cheese on top and serve on top of baked potato

A small tin of beans can count as
1 of your 5 a day!



Potato Wedges

Ingredients (Serves 6)

4 medium potatoes, washed and peeled

1 tablespoon sunflower oil

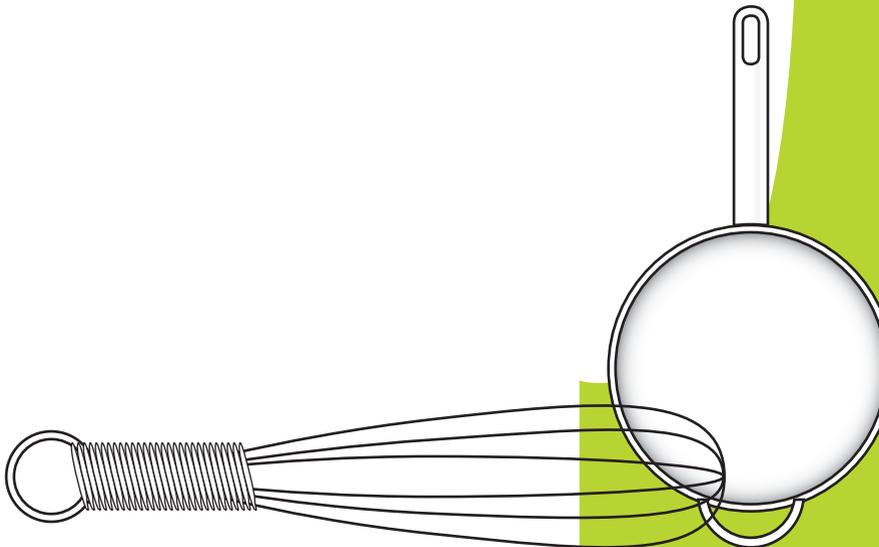
Seasoning, dried herbs, black pepper, chilli flakes etc

Method

1. Preheat oven to 200°C/Gas Mark 6
2. Cut the potatoes into chunky wedge shapes
3. Lay the wedges on a baking tray and drizzle the oil and seasoning over
4. Bake for approx 30 minutes or until golden brown and soft inside. Wedges can be turned during cooking for an even colour

Alternative

You can also use sweet potatoes but they will need less cooking time.



Apple Crumble

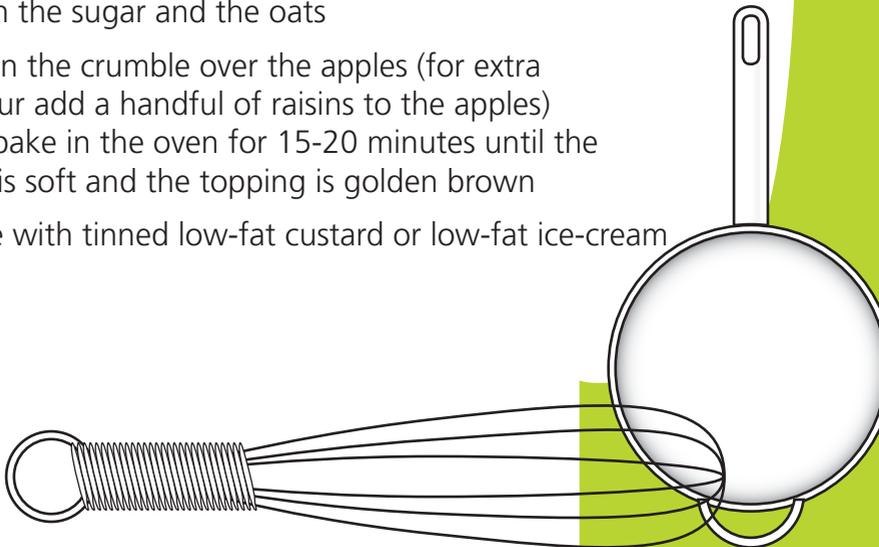
Porridge oats aren't just useful at breakfast time but can be used to make some tasty puddings.

Ingredients (Serves 4)

4 large cooking apples, peeled, cored and chopped
4 dessertspoons cold water
75g (3oz) sunflower margarine
75g (3oz) plain flour
75g (3oz) porridge oats
50g (2oz) of sugar
Handful of raisins (optional)

Method

1. Pre-heat oven to 190°C/Gas Mark 5
2. Place the apples in a saucepan, add the water and cook for 5 minutes until the apples have softened, transfer into a small casserole dish
3. Place flour in a large bowl, add the margarine and rub it into the flour until it resembles fine breadcrumbs
4. Stir in the sugar and the oats
5. Spoon the crumble over the apples (for extra flavour add a handful of raisins to the apples) and bake in the oven for 15-20 minutes until the fruit is soft and the topping is golden brown
6. Serve with tinned low-fat custard or low-fat ice-cream



Banana Flapjack

Ingredients (Serves 8)

- 100g (4oz) margarine
- 4 dessertspoons honey
- 100g (4oz) soft brown sugar
- 1 large banana, mashed
- 250g porridge oats
- 1 level teaspoon ground ginger (optional)

Method

1. Pre-heat the oven to 180°C/Gas Mark 4
2. Place the margarine, honey and sugar into a pan and heat gently until the sugar has dissolved
3. Remove from the heat, stir in the banana and the oats and mix well
4. Spread the mixture into a baking tray, making sure the mixture is level
5. Bake for approx 30 minutes or until golden brown
6. Remove from oven and leave to cool
7. Cut into fingers and store in a sealed container

