

Keep a School's...

Healthy Recipes

For Everyday

Foods



Kea Community Primary School

As part of the Government's Healthy Eating initiative, the School Council has been talking about how we can become healthier. Mrs Lisa Sanford Howard recently visited a School Council meeting to talk about healthy eating using her knowledge from her work with Slimming World. With her help and recipes, the children have created this healthy meals booklet. The School Council hope you enjoy making the different healthy option meals included within it.

Spaghetti Bolognese

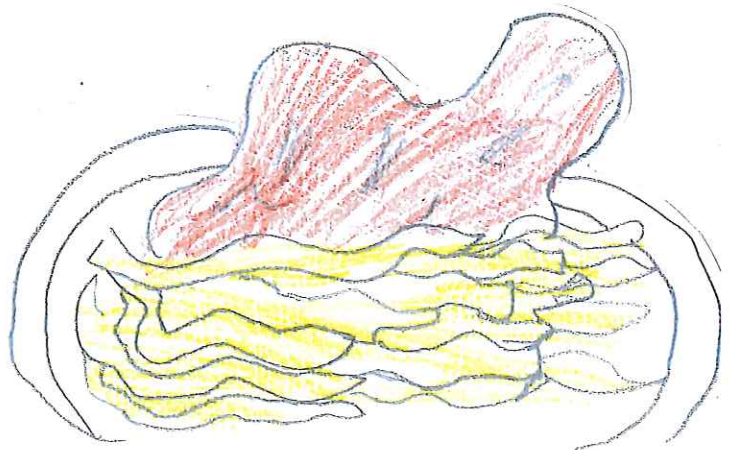
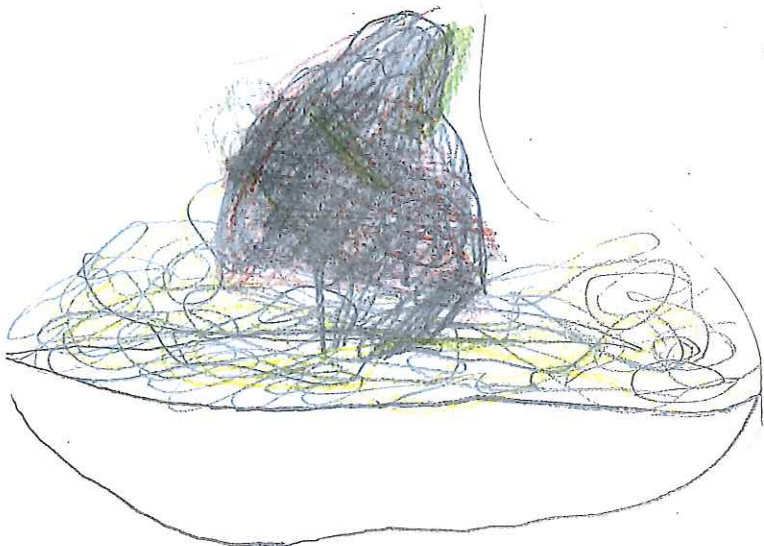
Serves: 4

Ingredients

- Low calorie cooking spray
- 2 shallots, finely chopped
- 2 garlic cloves, crushed
- 350g lean beef mince (5% fat or less)
- 225g button mushrooms, thinly sliced
- 1 x 400g can chopped tomatoes
- 280ml beef stock
- 1 level tbsp Worcestershire sauce
- Salt and freshly ground black pepper
- 275g spaghetti, dried

Method

1. Spray a pan with low calorie cooking spray and cook the shallots and garlic for 2–3 minutes until just softened. Stir in the mince and cook for 2–3 minutes until browned.
2. Stir in the mushrooms and cook for 1 minute. Add the chopped tomatoes, stock and Worcestershire sauce. Season lightly and bring to the boil. Reduce the heat and simmer for about 15 minutes until reduced and thickened. Check the seasoning.
3. Meanwhile, cook the spaghetti in a large pan of salted boiling water, as per the packet instructions, until just tender. Drain and divide between 4 serving plates. Top with the Bolognese sauce and sprinkle with grated Parmesan cheese if you fancy (1½ Syns per level tbsp).



Chicken Curry

This Free chicken curry is quick, simple and a firm family favourite. Whether you like your curry on the mild side, or you like curry with a kick, this quick and easy recipe is delicious.

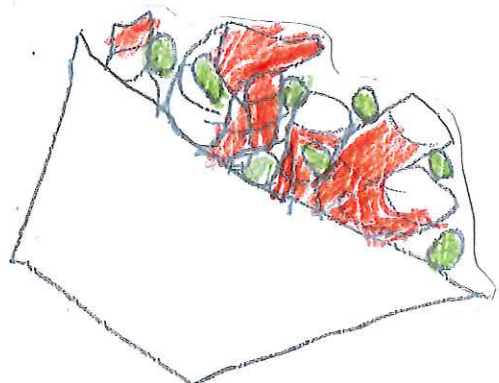
Serves: 4

Ingredients

- Low calorie cooking spray
- 3 garlic cloves, peeled and crushed
- 2 large onions, peeled and finely chopped
- ½ green pepper and ½ red pepper, deseeded and chopped in chunks
- 4 skinless chicken breasts, chopped into chunks
- 100g chopped mushrooms
- 400g tin chopped tomatoes
- 225ml chicken stock
- 2 heaped tsp of curry spice (mild, medium or hot - your choice)
- Fat free natural yogurt
- Fresh coriander and fresh green chilli, to serve

Method

1. Place the chicken on a plate, season well and set aside.
2. Spray a frying pan with low calorie cooking spray and place over a medium heat. Add the onion, mushrooms and peppers and stir-fry for 5-6 minutes or until starting to lightly brown.
3. Stir in the garlic, curry powder and stir-fry over a high heat for 1-2 minutes.
4. Add the chicken and cook for 2-3 minutes until sealed, then add the tomatoes and stock. Bring to the boil, cover tightly, reduce the heat to low and allow to simmer gently for 40-45 minutes, stirring occasionally until the chicken is cooked through.
5. Remove the frying pan from the heat, adjust the seasoning to taste and serve garnished with chopped coriander and sliced green chillies. If you enjoy a creamier curry or want to make the curry less hot swirl in some fat free natural yogurt.



Cottage

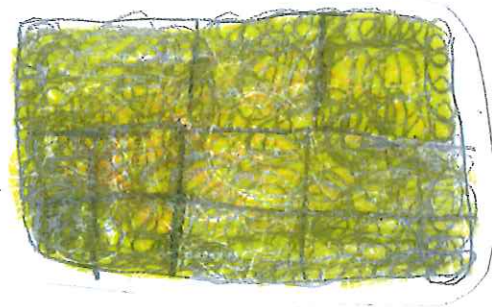
Pie!

Cottage pie – hearty minced beef with onions, carrots and celery topped with tasty mashed potato, carrot and parsnip

Serves: 4

Ingredients

- Low calorie cooking spray
- 1 onion, finely chopped
- 1 carrot, peeled and finely chopped
- 2 celery sticks, finely chopped
- 500g lean beef mince (5% fat or less)
- 1 large garlic clove, crushed
- 2 beef stock cubes
- 2 tbsp tomato puree
- 2 tsp Worcestershire sauce
- 1 tsp dried thyme
- 2 bay leaves
- Salt and freshly ground black pepper



For the topping

- 4 large carrots (about 450g) peeled and finely chopped
- 1 large potato, peeled and roughly chopped
- 3 medium parsnips, finely chopped

Method

1. Spray a large saucepan with low calorie cooking spray and fry the onion, carrot and celery over a medium heat for 10 minutes.
2. Add the beef and cook for a further 5 minutes until browned. Stir in 350ml water and the remaining filling ingredients. Bring to the boil and simmer for 15 minutes or until thickened.
3. In the meantime, preheat the oven to 200°C/Fan 180°C/Gas 6. Remove the bay leaves and season to taste.
4. While the filling is cooking bring the topping vegetables to the boil in a pan of lightly salted water then simmer over a low heat for 15 minutes or until tender. Drain, mash and season.
5. Tip the filling into an ovenproof dish, top with the mash and cook in the oven for 20 minutes.

PASTA BAKE

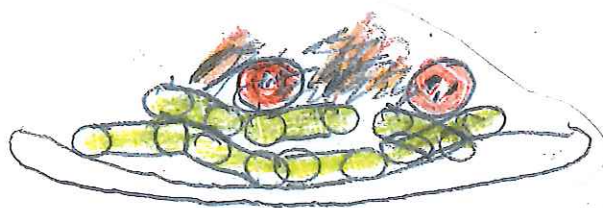
Serves: 4

Ingredients

- 250g dried penne pasta
- 4 courgettes
- 1 red and 1 yellow pepper
- 2 red onions
- 4 garlic cloves
- Low calorie cooking spray
- 2 x 400g cans chopped tomatoes
- 2 tsp dried mixed herbs
- Salt and freshly ground black pepper
- 300g fat-free natural fromage frais

Method

1. Preheat the oven to 200°C/180°C Fan/Gas 6. Cook the penne according to the packet instructions, drain and set aside.
2. Cut the courgettes into thick strips, deseed and cut the peppers into strips, peel and roughly chop the onions and peel and finely chop the garlic. Place the vegetables in a large roasting tin and sprinkle over the garlic. Spray lightly with low calorie cooking spray and bake in the oven for 15-20 minutes or until tender.
3. When cooked, transfer the vegetables to a bowl. Add the chopped tomatoes and dried herbs, season well and stir to combine. Place the mixture in an oven proof dish.
4. Beat the fromage frais until smooth, season and toss with the drained pasta. Spoon over the vegetables and return to the oven to cook for a further 15-20 minutes. Remove from the oven, divide between four warmed serving plates, and serve immediately with some boiled green beans.



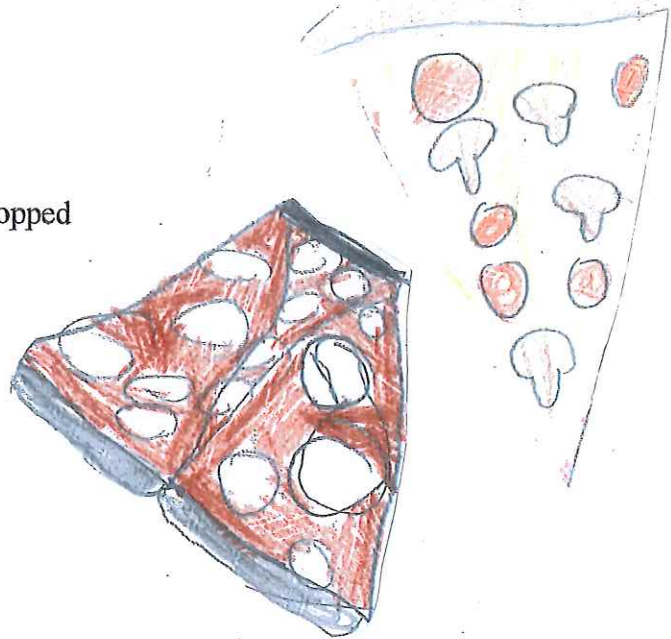
Pizza topped chicken

Pizza topped chicken - This Italian-inspired dish gives you all the taste of cheesy pizza, for Free! Using chicken or turkey as a base saves on doughy Syns and provides a real deep-pan meat feast!

Serves: 1

Ingredients

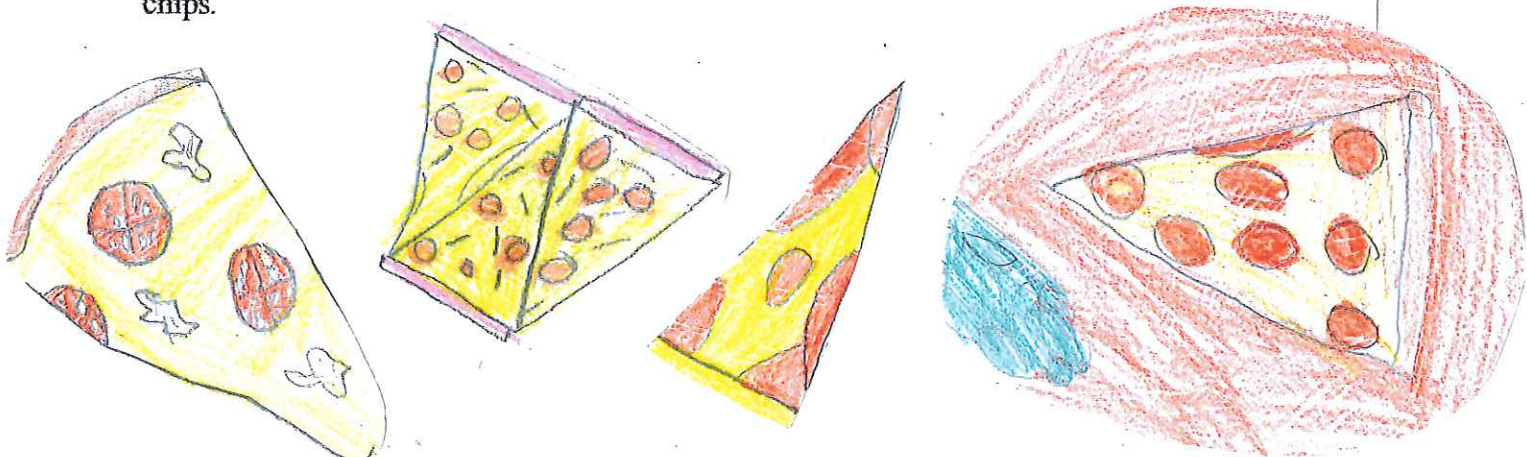
- ½ small red onion, chopped
- ½ red pepper, chopped
- 1 small clove of garlic, crushed
- 1 tbsp stock
- 2 vine tomatoes, skinned and chopped
- 1 tbsp tinned tomatoes
- 1 tsp tomato purée
- 1 tsp oregano
- 1 chicken fillet
- Low calorie cooking spray
- 40g low fat hard cheese, grated
- 1 cherry tomato, halved
- Fresh basil, roughly chopped



Method

1. Place the onion, pepper and garlic in a small saucepan with the stock and simmer for a few minutes.
2. Add the vine tomatoes to the pan, then the tinned tomatoes, tomato purée and oregano. Cut the chicken fillet in half horizontally, being careful not to cut it the whole way through. Fold open to make a butterfly shape. Spray a non-stick frying pan lightly with low calorie cooking spray then fry the chicken to give colour on both sides. Place the chicken on a baking tray and place in the oven, 220°C/200°C Fan/Gas 7 for 15-20 minutes.
3. When cooked, place the tomato mixture on top of the chicken. Add the cheese and sprinkle with basil. Place the cherry tomato on the top, then put back in the oven for 5 minutes.

Tip: Serve with a huge crispy salad, a jacket potato, roasted vegetables or Slimming World chips.



Fish + chips

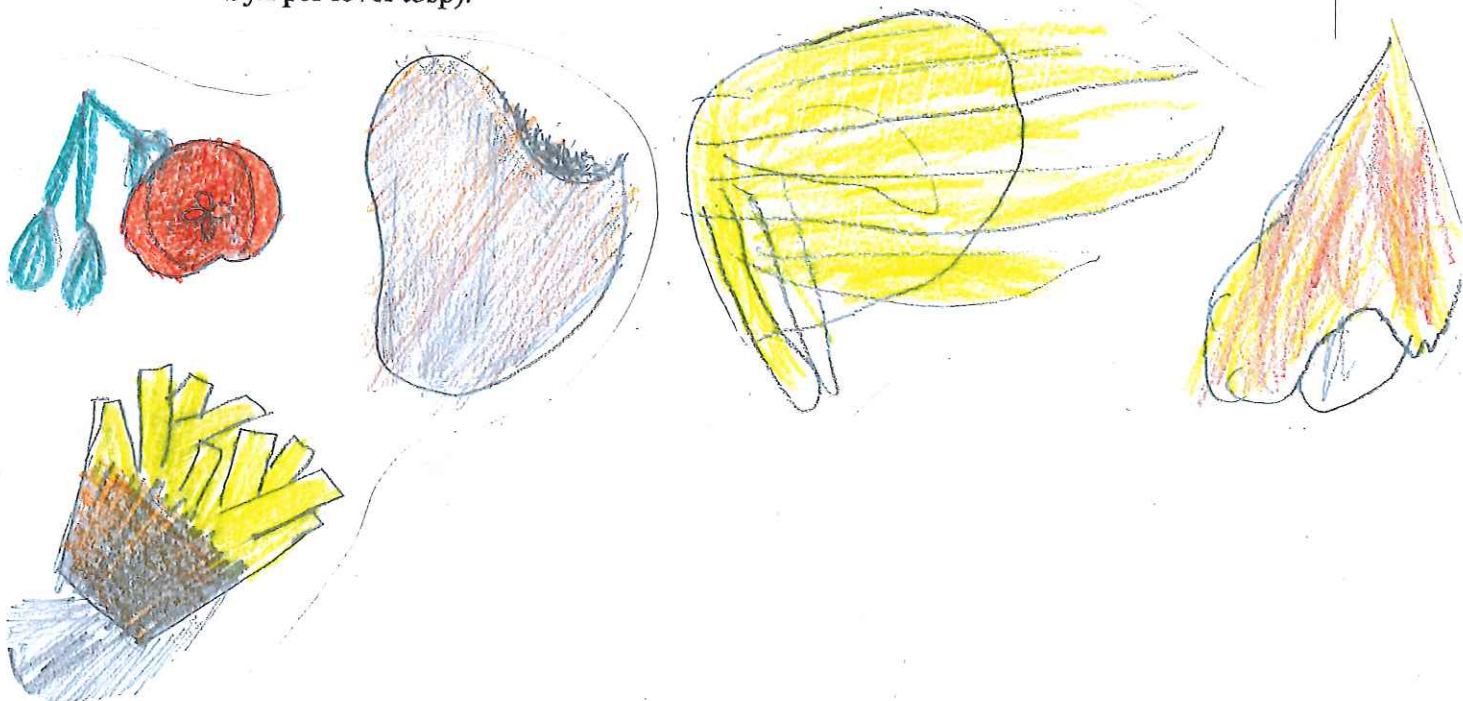
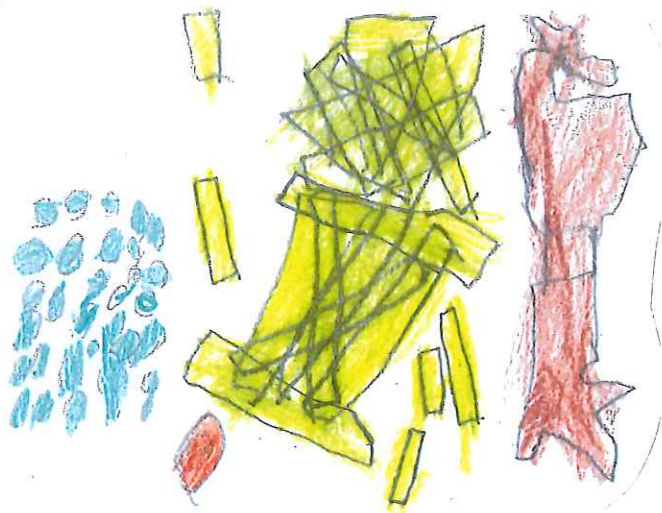
Serves: 4

Ingredients

- 4 x 150g cod fillets
- Juice of 1 lemon
- Salt and freshly ground black pepper
- 900g Maris Piper or King Edward potatoes
- Low calorie cooking spray
- 60g dried breadcrumbs
- 4 tbsp freshly chopped parsley
- 2 eggs

Method

1. Preheat the oven to 200°C/180°C Fan/Gas 6. Place the cod fillets in a bowl, sprinkle over the lemon juice and season well. Leave to marinate for an hour.
2. Meanwhile, peel the potatoes and cut into thick chips. Bring a pan of water to the boil and cook the chips for 5 minutes. Drain and dry on kitchen paper. Return to the dry pan and shake to 'rough up' the edges. Transfer to a non-stick baking sheet, spray with low calorie cooking spray and season well.
3. Mix together the breadcrumbs, parsley and seasoning to taste. Lightly beat the eggs and place in a bowl. Dip each cod fillet into the egg mixture and then into the breadcrumbs mixture to coat evenly and place on a baking sheet sprayed with low calorie oil spray.
4. Place the chips in the oven and cook for 10 minutes. Add the fish and cook for a further 15-20 minutes. Divide between four plates and serve with tomato ketchup (1 Syn per level tbsp).



BEEF HOT POT

Beef and baked beans are always a great combination and with the addition of a sliced potato topping this dish is comfort food at its best, this was an instant hit with my family,

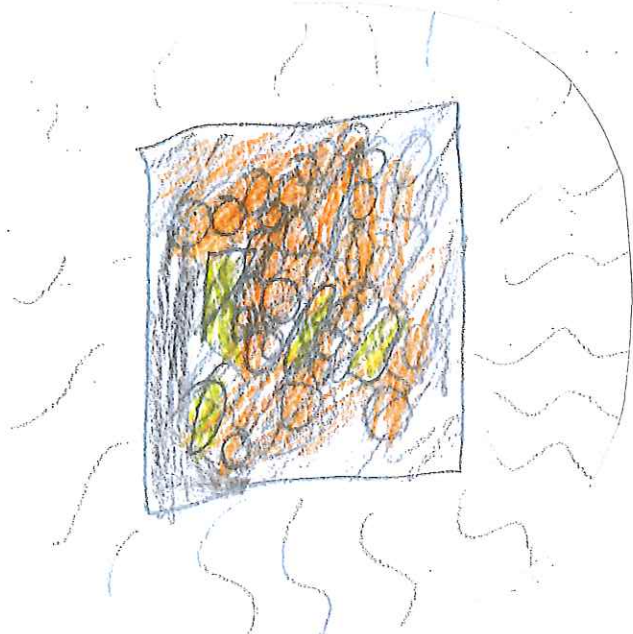
Serves: 4

Ingredients

- 750g lean stewing beef, all visible fat removed, cubed
- 2 large onions, peeled and roughly chopped
- 2 carrots, peeled and roughly chopped
- 1 level tbsp plain flour
- Salt and freshly ground black pepper
- 300ml boiling hot beef stock
- 2 tsp Worcestershire sauce
- 400g can baked beans
- 2 bay leaves
- 600g potatoes, peeled and thickly sliced

Method

1. Preheat the oven to 180°C/160°C Fan/Gas 4.
2. Place the beef, onions, carrots and flour in a baking dish, season and toss to mix well.
3. Pour in the boiling hot stock then add the Worcestershire sauce, baked beans and bay leaves. Stir to mix well and arrange the sliced potatoes on top of the meat mixture.
4. Cover with foil then place in the oven for 2½-3 hours or until the potatoes are cooked and tender.
5. Remove the foil, then turn the oven up to brown the potatoes, or finish under the grill for 5-8 minutes until brown.



Stew with Dumplings

For the ultimate comfort food on a cold night, you can't beat a good stew with dumplings.

Serves: 4

Ingredients

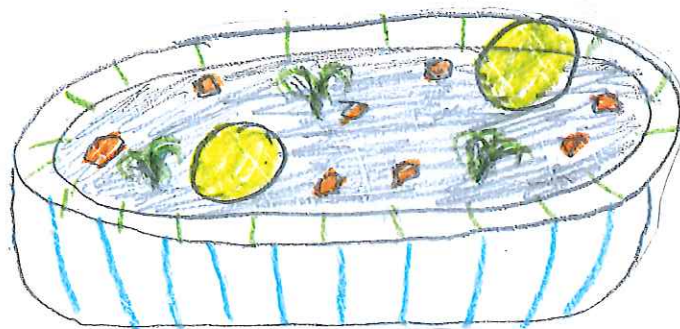
- low calorie cooking spray
- 700g lean beef steak, visible fat removed, cut into bite-sized pieces
- 2 garlic cloves, crushed
- 2 onions, roughly chopped
- 4 carrots, peeled and cut into chunks
- 2 turnips or 1 swede, peeled and cut into chunks
- 600ml boiling beef stock
- 2 tsp dried mixed herbs
- salt and freshly ground black pepper

For the dumplings

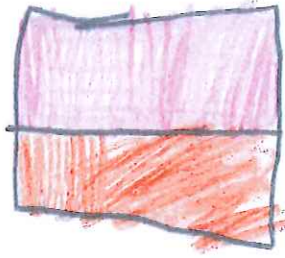
- 50g plain flour
- 25g vegetable suet

Method

1. Preheat the oven to 160°C/Fan 140°C/Gas 3.
2. Spray a large non-stick casserole pan with low calorie cooking spray and place over a medium heat. Add the beef and stir-fry until browned. Add the garlic, onions, carrots, turnips or swede, stock and dried herbs. Season well, cover tightly and cook in the oven for 2 hours.
3. Meanwhile, put the flour, suet and parsley in a bowl. Add a pinch of salt and 2-3 tablespoons of cold water and mix well to make a soft dough. Season well and divide the dough into eight equal pieces. Shape each one into a ball and set aside.
4. Lift the lid of the casserole and place the dumplings on top of the stew. Cook uncovered for a further 20-25 minutes.
5. Spoon the stew and dumplings into warmed shallow bowls and serve with your favourite vegetables.



Double Sided Jelly & Weet's



150mls of hot water

Add 1 sachet of gelatine and 1 sachet of jelly

Mix well until dissolved

Half full the moulds

Place in the fridge to set

Add half a muller light yogurt to the rest of the mixture

Remove set jelly from the fridge and pour the reminding mixture on top

Place in fridge to set

