



A collection of recipes, skills
and tips to get you cooking



department for
children, schools and families



Cooking is one of life's basic skills but it's also a lot of fun for both adults and children. It's vital children are involved in the kitchen and I really enjoy cooking with my children and trying out new ideas.

Cooking is already compulsory in primary schools and from 2011 all 11–14 year olds will study it – but what children learn at home is also crucial.

The first "Real meals" cookbook has been a great success and almost half a million copies have already been distributed to secondary schools. I am delighted to launch the next book in the "Real meals" series which is based on healthy cold food ideas.

This cookbook has more than 20 recipes which will help give you the chance to learn and develop great cooking skills. They are all for cold food, but still involve cooking and preparation skills. The meals will be great at home and they can also be used for picnics, as packed lunches or for days out during the summer holidays. Not only will you be eating delicious food you have made yourself – but you and your family will also be eating healthy food.

A handwritten signature in black ink, appearing to read "Ed Balls".

Rt Hon Ed Balls MP

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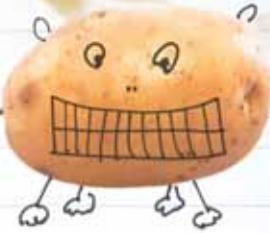
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Sherwood Forest



hi there!

Introduction



This is a recipe book for young people like you. It shows you how to prepare healthy, tasty meals that can be eaten cold.

Not only are the recipes easy and fun to cook, the meals can be eaten anywhere – in the park, on journeys or with your friends! Why not link them to an activity such as a day out or when learning to cook? Here are a few more ideas:

Feed your family or friends

Why not cook lunch for your family or friends? You could cook everything in advance and then surprise them!

But if you don't want to do all the work yourself, why not ask everyone to make their own wraps? You will just need to get the ingredients and everyone can create their own!

If you are looking to impress, how about making brunch? This is great for lazy days or weekends when you don't want to get up early.

Try recipes on pages 4–12 and 16–18.

Food on the go

All the recipes are great as packed lunches for days out, and many of them will be good for journeys too. Why not have a picnic in the park, an energy boost during a football competition or as a snack when you are just having fun with your brothers and sisters? Whatever you choose to do, these recipes are great as they can be prepared in advance and eaten later.

Try recipes on pages 4, 10 and 13–15.

No cooking required

Some of the recipes don't require any cooking. Others may require cooking, but why not cook them and then leave the food to cool? You can make them well in advance and not worry about keeping the food hot for everyone – it'll taste fantastic cold!

Try recipes on pages 7, 10 and 16–18.

Become a better cook

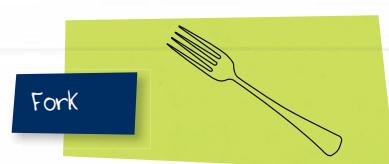
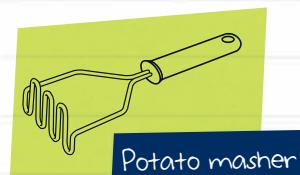
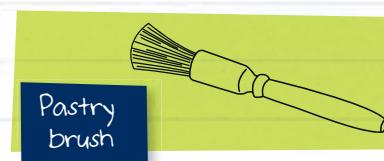
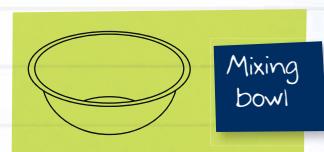
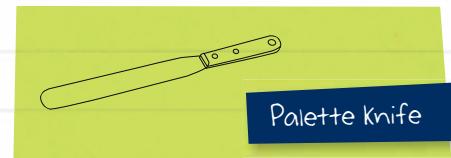
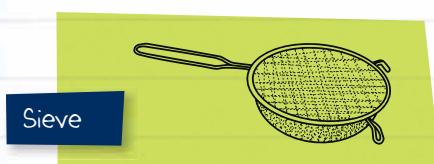
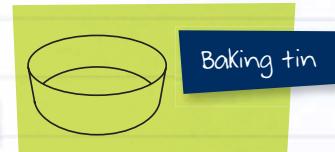
Once you've tried the recipes why not be more ambitious? There are a number of tips throughout this book to help you expand your cooking skills.

Try recipes on pages 6, 9, 11 and 14.

hello!



Equipment



Please note: You will also need serving bowls for some recipes

4

Chicken drumsticks

Ingredients

Serving: 1 chicken drumstick each

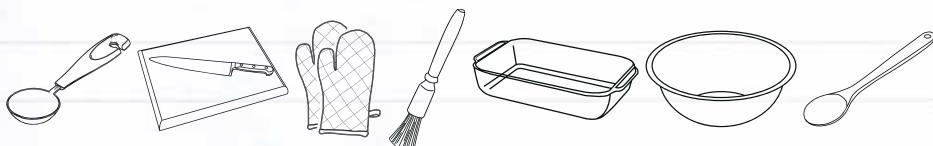
- 4 chicken drumsticks
- 1 x 5ml spoon of oil

Extra flavours

- Soy sauce, chilli and garlic
- Tandoori paste, yogurt and lemon
- Jerk seasoning



Equipment



Method

1. Preheat oven to 190°C or gas mark 5.
2. Remove the skin from the drumsticks.
3. Prepare the extra flavours if using.
 - 1 x 5ml spoon soy sauce, ½ red chilli (chopped), 1 clove garlic (crushed), drizzle of oil.
 - 1 x 5ml spoon tandoori paste, 1 x 15ml spoon plain yogurt, ½ lemon (juiced)
4. Coat the drumsticks with the extra flavours, if you wish. If not, brush oil over the drumsticks to stop from sticking.
5. Place drumsticks into the oven-proof dish.
6. Roast the chicken drumsticks for 30 minutes.
7. Check that the chicken is cooked completely by piercing the thickest part with a clean knife. The chicken is cooked when the juices run clear.



Something to try next time

- * Coat the chicken in Honey or BBQ sauce.
- * Serve with a crunchy salad!

Skills

- | | |
|-------------------|-------------------------------------|
| Handling raw meat | <input checked="" type="checkbox"/> |
| Using the oven | <input checked="" type="checkbox"/> |
| Roasting | <input checked="" type="checkbox"/> |



EAT FOR HEALTH

- * Chicken is a good source of protein for growth and development.
- * Removing the skin helps you cut down on fat.

TAKE CARE!

Wash hands after touching raw meat.

Make sure the raw meat does not touch other foods.

Make sure you've got an adult to help you use the oven safely.

Pizza

5

Ingredients

Serves 2

- ½ yellow pepper
- 3 cherry tomatoes
- 1 spring onion
- 1 mushroom
- 30g hard cheese, e.g. Cheddar, Edam, Gruyere
- 1 large flat bread e.g. large pitta
- 2 x 15ml spoons tomato pasta sauce
- Pinch of mixed herbs

Equipment



Method

1. Prepare the ingredients:
 - slice the pepper (remove any stalk and seeds);
 - halve the tomatoes;
 - slice the onion;
 - slice the mushroom
 - grate the cheese.
2. Turn on the grill to get hot.
3. Place the flat bread on a baking tray and grill for 1 minute.
4. Remove from the grill and turn over the bread.
5. Spread the tomato sauce over the bread, using the back of the spoon.
6. Place the vegetables on top of the bread.
7. Sprinkle with cheese and mixed herbs.
8. Place the bread under the grill, for about 3–5 minutes, until the cheese bubbles.

Grow your own

- * Tomatoes



Top tips

- * Try thin slices of courgette, goats cheese and pine nuts!
- * Why not add cooked sausage or chicken, ham or canned tuna?
- * Add a spoon of pickle or chutney for extra bite.
- * Always leave the grill door open when cooking.

Skills

Preparing a selection of vegetables



Using a knife



Spreading



Using the grill



EAT FOR HEALTH

- * The veggies are rich in vitamins and minerals and help you achieve one of your 5 A DAY
- * Bread is a good source of energy.
- * Why not have this as a healthier party snack?

TAKE CARE!

Make sure you've got an adult to help you use the grill safely.

Mighty muffins

6



Ingredients

Makes 12

- 250g self-raising flour
- 1 x 5ml spoon bicarbonate of soda
- 200ml semi-skimmed milk
- 2 medium eggs
- 85ml oil

For savoury muffins

- 1–2 slices ham
- 3 spring onions
- 100g Cheddar cheese

For fruit muffins

- 100g caster sugar
- 150g fruit, e.g. strawberries, blueberries, frozen berries, canned pineapple

Equipment

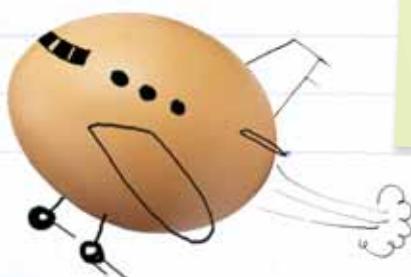


Method

1. Preheat the oven to 200°C or gas Mark 6.
2. Put the muffin cases into the cake tin.
3. Mix together the flour and bicarbonate of soda in the mixing bowl.
4. Measure the milk and oil in the measuring jug.
5. Add the eggs to the milk and whisk everything together with a fork.
6. Prepare the other ingredients:
 - savoury muffins: chop the ham and onions, and grate the cheese.
 - fruit muffins: stir the sugar into the flour and chop the fruit, if required.
7. Stir the milk mixture into the flour until combined.
8. Stir in the fruit or the ham, onion and cheese.
9. Spoon the mixture evenly into the 12 muffin cases in the cake tin.
10. Bake for 15–18 minutes, until risen and golden.
11. Cool on the cooling rack until cold.
12. Cool on the cooling rack until cold.

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.



Top tips

- * Makes 12 muffins – perfect for sharing.
- * Go for a mix of white and wholemeal flour.

Skills

Measuring



Using an oven



Grating



Using a knife



EAT FOR
HEALTH

- * Go for semi-skimmed milk instead of whole milk.
- * Blueberries are rich in vitamin C which gives you healthy skin.

7

Rainbow salad

Ingredients

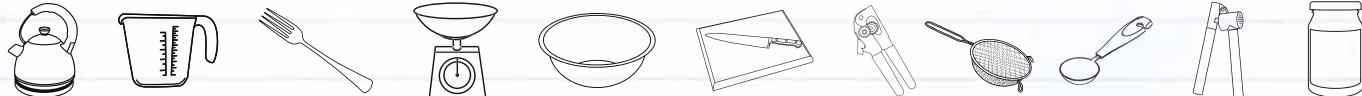
Serves 4

- 250ml water, boiling
- 1 x vegetable stock cube (reduced salt)
- 200g couscous
- ½ red pepper
- ¼ green pepper
- ¼ orange pepper
- 2 tomatoes
- 4 spring onions
- 200g canned sweetcorn

Dressing:

- 2 x 15ml spoons olive oil
- 1 x 15ml spoon lemon juice
- 1 x 15ml spoon fresh coriander or parsley
- Pinch of black pepper
- 1 clove of garlic, crushed (optional)

Equipment



Method

1. Crumble the stock cube in the boiling water until it has dissolved. Take care.
2. Pour the stock over the couscous in the mixing bowl.
3. Fluff with a fork and leave to stand for 5 minutes.
4. Prepare the vegetables:
 - slice the red, green and orange peppers thinly (remove any stalk and seeds);
 - cut the tomatoes into quarters;
 - slice the spring onions.
5. Drain the canned sweetcorn in the sieve over the sink.
6. Add all the vegetables to the couscous.
7. Place all the dressing ingredients into a jar/container and shake.
8. Pour the dressing over the couscous and stir everything together.
9. Place in a serving bowl.



EAT FOR HEALTH

- * These veggies give you plenty of vitamins – important for healthy skin.
- * Couscous is a good source of energy.
- * Choosing low-salt varieties of stock cube can help you cut down on salt.



Something to try next time

- * Instead of couscous, use rice. Just boil until cooked and then cool down. You could also use different pasta shapes! Check the instructions on the packet.
- * Add dried fruit, such as chopped apricots, or different types of nuts and seeds.

Skills

- | | |
|----------------------------------|-------------------------------------|
| Using a knife. | <input checked="" type="checkbox"/> |
| Preparing a range of vegetables. | <input checked="" type="checkbox"/> |
| Draining. | <input checked="" type="checkbox"/> |
| Making a dressing. | <input checked="" type="checkbox"/> |
| using the kettle | <input checked="" type="checkbox"/> |

TAKE CARE!

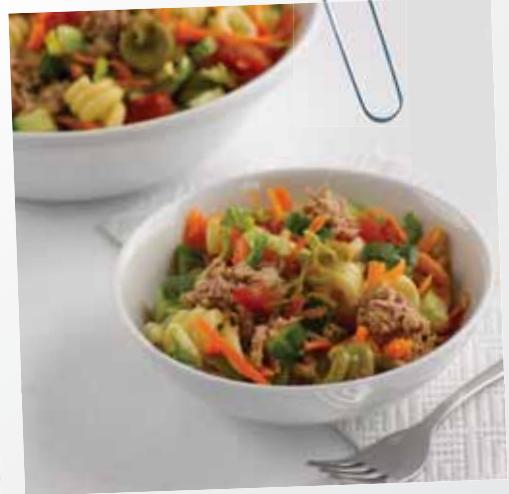
Make sure you've got an adult to help you use the kettle safely.

Pasta tuna salad

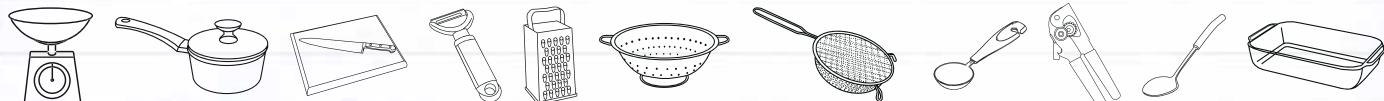
Ingredients

Serves 2

- 100g pasta shapes
- 1 small lettuce
- 1 tomato
- $\frac{1}{4}$ cucumber
- 1 carrot
- 100g canned tuna fish (in water)
- 2 x 15ml spoons low fat salad dressing



Equipment

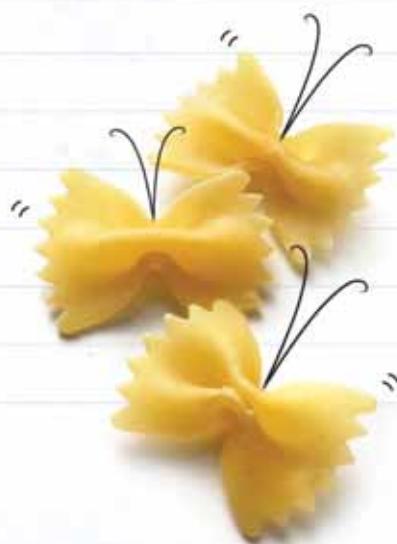


Method

1. Bring a small saucepan of water to the boil, and then add the pasta. Take care. Simmer for about 8–10 minutes (check the packet instructions).
2. Prepare the other ingredients:
 - shred the lettuce;
 - slice the tomato;
 - chop the cucumber into small chunks;
 - peel and grate the carrot.
3. Drain the boiling hot water away from the pasta into a colander in the sink. Cool the pasta by rinsing it under a cold tap for a few moments. Drain well.
4. Drain the tuna in a sieve over the sink.
5. Mix the pasta, tuna, vegetables and dressing together.

Grow your own

- * Tomatoes
- * Lettuce



Top tips

- * Use 100g of cooked chicken as an alternative for tuna.
- * Add seasonal vegetables or dried fruit to vary the recipe.

Skills

Preparing vegetables.



Measuring.



Using the hob.



Peeling and grating.



EAT FOR HEALTH

- * Adding different veggies to the pasta salad is an easy way to help you get one of your 5 A DAY.
- * This dish is a good way to give you energy before going out and about.

TAKE CARE!

Make sure you've got an adult to help you drain away the boiling water.

Open cheese and onion pie

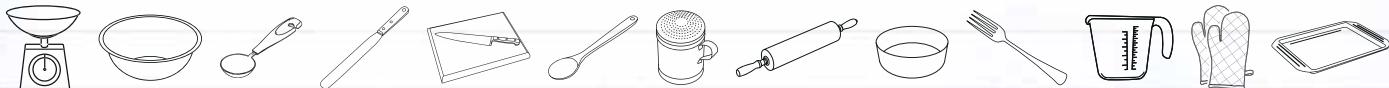


Ingredients

Serves 8

- 150g plain flour
- 50g margarine
- 2–3 x 15ml spoons cold water
- 1 onion
- 100g Cheddar cheese
- 2 eggs
- 150ml semi-skimmed milk
- Pinch of black pepper

Equipment



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Make up the shortcrust pastry:
 - rub the margarine into the flour, using your fingertips, until it resembles breadcrumbs;
 - add the cold water a little at a time and start to mix together;
 - mix to form a firm, smooth dough.
3. Roll out the pastry on a floured work surface.
4. Grease the baking tin, and then line it with the shortcrust pastry (trim off the excess pastry).
5. Peel and slice the onion.
6. Grate the cheese.
7. Sprinkle the onion and cheese over the pastry base.
8. Whisk the eggs and milk together in the measuring jug using a fork. Add a pinch of black pepper.
9. Pour the egg mixture into the pastry shell.
10. Place on a baking tray and bake for 20–25 minutes, until golden and firm.

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.



Something to try next time

- * Use half wholemeal and half plain flour.
- * Add tomatoes, fresh herbs or sliced mushrooms for a change.
- * Use ready made shortcrust pastry if you're in a rush

Skills

- | | |
|------------------------|-------------------------------------|
| Weighing and measuring | <input checked="" type="checkbox"/> |
| Rubbing-in | <input checked="" type="checkbox"/> |
| Rolling out | <input checked="" type="checkbox"/> |
| Using the oven | <input checked="" type="checkbox"/> |



EAT FOR HEALTH

- * Using black pepper to flavour can help you eat less salt.
- * Why not use reduced or low fat cheese to keep the fat content down?

Deli wraps

10

Decide on the wrap you want to make or just mix 'n' match. You could even use the filling in a bread roll!



Ingredients

1 wrap each

- 1 x tortilla wrap
- 1 x handful lettuce

- 1 x 15ml spoon low fat plain yogurt

A. Chilli chicken

- 1 slice cooked chicken
- ¼ red pepper
- 1x15ml spoon cooked red kidney beans
- Pinch of chilli powder

B. Beef n beets

- 1 slice cooked beef
- ¼ red pepper
- 1 tomato

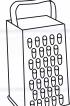
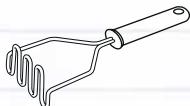
C. Egg 'n' cress

- 1 hard boiled egg (see page 12)
- Cress
- ¼ red onion

D. Cheesy appleslaw

- 30g Edam cheese
- ½ apple
- 1 carrot
- 1 spring onion

Equipment



Method

1. Prepare the ingredients for the wrap you are going to make:
 - A) Slice the pepper. Lightly mash the beans.
Add the chilli to the yogurt.
 - B) Slice the beef and red pepper. Dice the tomato.
 - C) Slice the egg and onion.
 - D) Grate the cheese, apple and carrot. Slice the onion.
2. Place the prepared ingredients on to the tortilla, and top with the lettuce and yogurt.
3. Roll up the wrap tightly and cut diagonally.

Top tips

* Use different types of bread, like pittas, bagels and rolls.

Skills

Preparing vegetables

Grating

Making a wrap



EAT FOR
HEALTH

* Beans and veggies all count towards your 5 A DAY.

* Yogurt gives you calcium which is important for strong bones and teeth.

Grow your own

- * Cress
- * Lettuce



Savoury bread

11



Ingredients

Makes 8

- 300g strong white flour
- $\frac{1}{2}$ x 5ml spoon salt
- 1 x 15ml spoon oil
- 1 sachet quick acting yeast (7g)
- 200ml warm water
- 2 tomatoes
- $\frac{1}{2}$ red onion
- 2 mushrooms

- 50g Cheddar cheese
- 1 x 15ml spoon tomato sauce
- 1 x 5ml spoon mixed dried herbs

Equipment



Method

1. Grease or line the baking tray using the oil.
2. Sift the flour and salt into the mixing bowl.
3. Pour in the oil.
4. Stir in the yeast.
5. Make a well in the centre of the flour and add warm water.
6. Combine everything together into a soft dough with your hand.
7. Turn onto a lightly floured surface and knead for 5–10 minutes until smooth.
8. Place the dough in the bowl. Cover with cling film and allow to rise in a warm place until doubled in size (about 20 to 30 minutes).
9. Preheat the oven to 220°C or gas mark 8.
10. Prepare the other ingredients:
 - chop the tomatoes;
 - peel and slice the onion;
 - slice the mushrooms;
 - grate the cheese.
11. Place the dough onto a lightly floured surface and roll out into a large square.
12. Spread the tomato sauce over the dough.
13. Scatter the tomatoes, onion, mushroom and cheese over the dough. Sprinkle over the dried herbs.
14. Roll up the dough like a swiss roll.
15. Cut into 8 pieces and place on the baking tray.
16. Bake for 10–15 minutes, until risen and golden.
17. Place on the cooling rack until cold.

Top tips

- * Use 50% wholemeal and 50% white flours.
- * Try different vegetables.

Skills

- weighing and measuring
- kneading
- using the oven



EAT FOR HEALTH

- * This is a healthy way to boost your energy levels as a morning or afternoon snack
- * Adding various seeds can give you fibre for a healthy gut as well as extra flavour!

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.

12

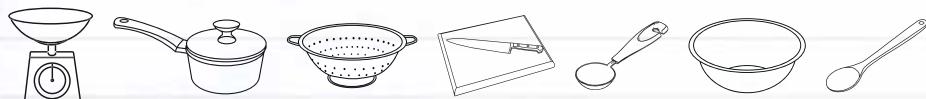
Potato salad

Ingredients

Serves 4

- 500g small new potatoes
- 2 spring onions
- 1 egg (optional)
- 2 x 15ml spoons reduced fat mayonnaise
- 2 x 15ml spoons reduced fat Greek yogurt
- 1 x 5ml spoon mustard
- Pinch of black pepper

Equipment



Method

1. Place the potatoes in a saucepan, cover with water and bring to the boil. When the water is boiling, reduce the heat and allow to simmer for 20 minutes, until soft. Take care.
Optional: Place the egg in a small saucepan of boiling water. Boil for 10 minutes. Remove the egg and allow to cool in cold water. Remove the shell, chop and mix into the salad.
2. Drain the boiling water away from the potatoes using a colander in the sink.
3. Cool the potatoes under running cold water.
4. Finely slice the spring onions.
5. Mix the mayonnaise, yogurt and mustard together in a small bowl.
6. Stir in the potatoes, spring onions and a pinch of black pepper.
7. Place the salad into a serving bowl.



EAT FOR HEALTH

- * Having new potatoes with the skin left on is a good way to get fibre to keep your gut healthy.
- * Using reduced fat versions of yogurt and mayonnaise makes a healthier dressing - why not try this with other salads as well?



Something to try next time

Add ...

- * Flakes of mackerel
- * A handful of rocket and cherry tomatoes.
- * Slices of red onion and cooked green beans.
- * Grated Cheddar cheese and chopped cucumber.

Skills

Using the hob.



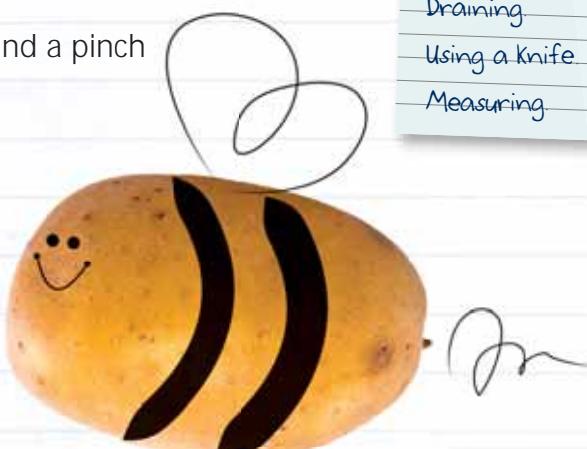
Draining.



Using a knife.



Measuring.



TAKE CARE!

Make sure you've got an adult to help you drain away the boiling water.

Curried sweet potato

(13)

Ingredients

Serves 2

- 200g sweet potatoes
- 50g cooked green lentils
- 1 x 5ml spoon curry paste
- 60g low fat plain yogurt



Equipment



Method

1. Peel, cut into chunks and boil the sweet potatoes for about 10 minutes or until just cooked. Take care.
2. Drain the potatoes in a colander over the sink.
3. When the potatoes are cool, add the lentils.
4. Mix the curry paste into the yogurt.
5. Stir the yogurt mix into the potatoes.
6. Place the salad into a serving bowl.

Top tips

- * No lentils? Why not add a small can of mixed beans instead?
- * Try adding fresh coriander leaves.
- * Mix in sultanas or chopped dried apricots.

Skills

Preparing sweet potatoes.



Using the hob



Measuring



EAT FOR HEALTH

- * Sweet potatoes are a type of starchy food which give you energy as well as fibre to keep your gut healthy.
- * Green lentils are a source of protein to help growth and development. They also provide iron for healthy blood.

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.

Cupcakes

14



Ingredients

Serves 12

- 50g self raising flour
- 50g self raising wholemeal flour
- 75g margarine
- 100g caster sugar
- 2 eggs

Plus one of the following options:

1. 75g carrot, 50g dried apricots and 1 x 5ml spoon cinnamon
2. 20g cocoa powder and 1 small pear
3. 1 banana and 30g walnut pieces

Equipment



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Place the cake cases in the cake tin.
3. Prepare the additional ingredients:
 - peel and grate the carrot and chop the apricots, or;
 - core the pear and chop into small pieces, or;
 - peel and slice the banana.
4. Place the flours, margarine, sugar and eggs into the mixing bowl. Also add the cocoa at this stage, if you are using it.
5. Mix everything together until light and creamy.
6. Stir in the additional ingredients.
7. Spoon the mixture evenly into the 12 cases in the cake tin.
8. Bake for 10–12 minutes or until cakes spring back when lightly touched.
9. Cool on the cooling rack until cold.

Top tips

* When cold, store in an airtight container.

Skills

Grating.



Using the oven.



Sieving.



Measuring.



TAKE CARE!

Make sure you've got an adult to help you use the oven safely.

Picnic bar

15



Ingredients

Makes 12

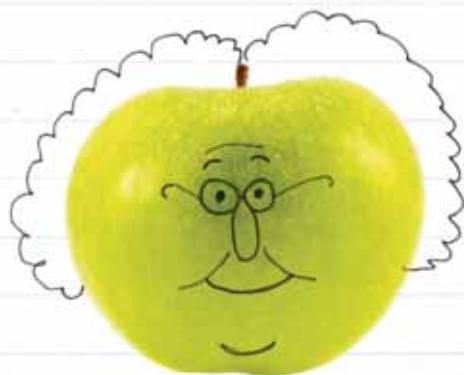
- 150g margarine
- 75g black treacle
- 225g porridge oats
- 50g demerara sugar
- 1 x 5ml spoon cinnamon
- 45g pumpkin and sunflower seeds

Equipment



Method

1. Preheat the oven to 180°C or gas mark 4.
2. Gently melt the margarine and treacle in a saucepan.
3. Place the oats, sugar, cinnamon and seeds into the bowl.
4. Pour the melted mixture into the dry ingredients and stir well.
5. Press the mixture into the sandwich tin (round or square).
6. Bake for 30 minutes.
7. Mark into 12 wedges while still warm. Break apart when cold.



FOOD SAFETY

- * Always keep dairy foods, meat, poultry and eggs cold.
- * Leave food in the fridge until the last possible moment.

- * When out and about slot frozen ice packs around the food, or freeze small plastic bottles of water and use these in the same way to keep food cool.

Top tips

* Measure out the treacle with a metal spoon that has been standing in hot water for a few seconds. The treacle will drop off easily.

Why not try:

* Using different seeds, e.g. poppy or sesame.

* Adding chopped fruit to the mixture, e.g. dried apricots, sultanas or fresh apple.

* Using different spices, such as ginger or mixed spice.

Skills

Measuring.



Using the hob.



Baking.



EAT FOR HEALTH

* Oats are rich in fibre which help to protect your heart

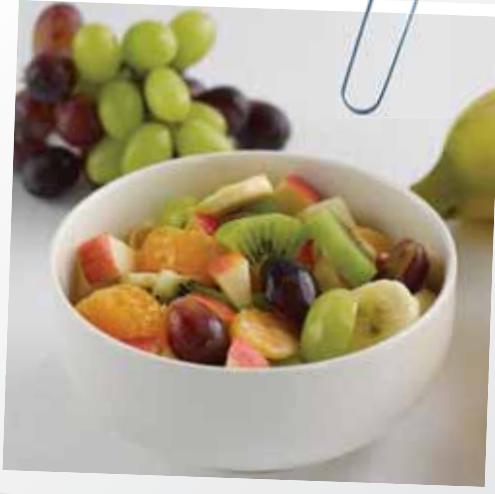
* Pumpkin and sunflower seeds give you good fats and other vitamins and minerals

TAKE CARE!

Make sure you've got an adult to help you use the oven safely.

Chopped fruit salad

16

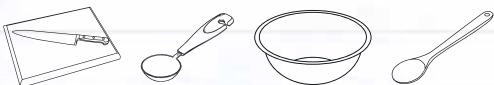


Ingredients

Serves 4

- 1 clementine
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit
- 1 apple
- 1 banana
- 2 x 15ml spoons orange juice

Equipment



Method

1. Peel the clementine and separate into segments.
2. Cut the grapes in half and remove any seeds.
3. Peel the kiwi fruit and slice.
4. Quarter the apple, remove the core and slice.
5. Peel the banana and slice.
6. Place all the fruit in the mixing bowl.
7. Add the orange juice and mix together.



Top tips

- * Try using different types of fruit such as sliced peaches, chunks of fresh mango or canned pineapple pieces.
- * Use other types of fruit juice instead of orange juice.
- * Cut the fruit into very small, even-sized pieces to make a fruit cocktail.
- * Go for seasonal fruits!

Skills

Using a knife.



Peeling.



Measuring.



EAT FOR
HEALTH

- * On your way to 5 A DAY!
- * Fruits are low in fat and rich in many vitamins and minerals.
- * Have this as a healthier snack or dessert.

TAKE CARE!

Wash the grapes and apple before using them.

Lollies

Great for sunny afternoons.

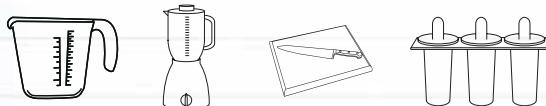


Ingredients

Makes 4

- 250ml semi-skimmed milk
- 125ml fruit yogurt
- 1 banana
- 4 strawberries

Equipment



Method

1. Pour the milk and the yogurt into the blender.
2. Peel the banana and add to the blender.
3. Cut the green stalks off the strawberries and place the strawberries in the blender with the other ingredients.
4. Put the lid on the blender and switch on for 5–10 second blasts. Repeat this until the mixture is smooth.
5. Pour the smoothie into the lolly moulds.
6. Place the moulds into the freezer until frozen (at least 2–3 hours).

Top tips

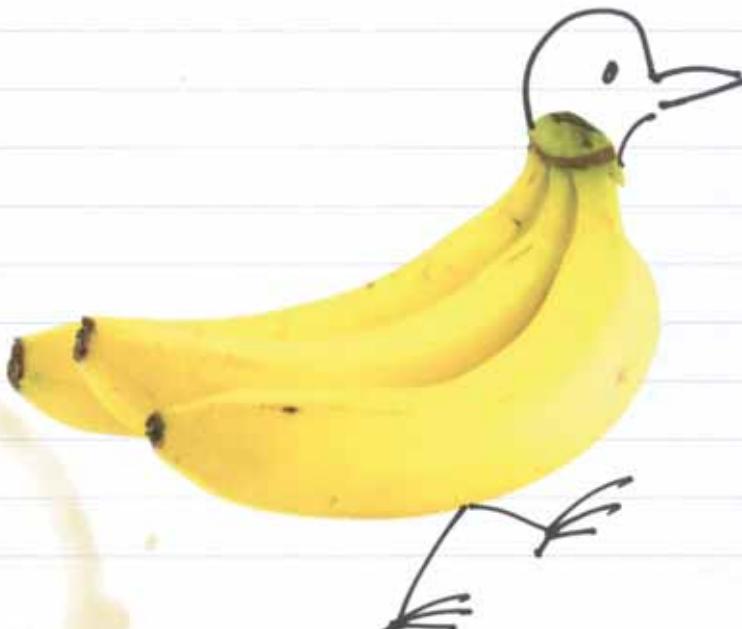
- * Try using fresh fruits that are in season, or add frozen or drained canned fruit.
- * Hold the lid of the blender with a clean dishcloth.
- * Push fresh fruit pieces into the lolly moulds.
- * Make tasty ice lollies by simply pouring different fruit juices into lolly moulds.
- * The lollies will be great for about a month in the freezer.

Skills

Blending



Using a Knife



TAKE CARE!

- * Always get help from an adult when using a blender.
- * Wash the strawberries before you use them.



- * Milk and yogurt are good sources of calcium.
- * Have these lollies instead of ice-cream for a healthier dessert.

PARTY DIPS!

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Cucumber mash

This recipe is as cool as a cucumber! It would usually be served with spicy Indian food but works just as well with veggie dippers, pitta breads or salads.

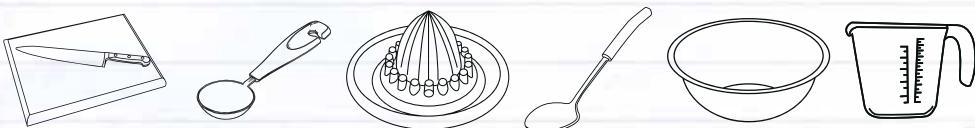


Ingredients

Serves 4

- ½ medium cucumber
- ½ onion
- 125g low fat natural yogurt
- 1 lemon
- A few mint leaves

Equipment



Method

1. Wash the cucumber and chop into pieces (as small as you can).
2. Peel and chop the onion as finely as possible.
3. Wash the mint leaves and chop them as finely as possible.
4. Squeeze the juice from the lemon.
5. Scoop the natural yogurt into the bowl, mix in the lemon juice, chopped cucumber, onion and mint. Stir well.
6. Serve with bread sticks.

Top tips

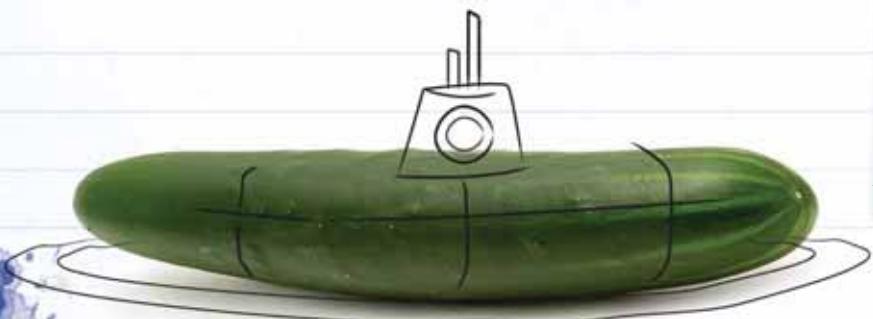
* You can peel the cucumber and remove the seeds if you like but it tastes just as good with them left in - and it's quicker!

Something to try next time

- * Add 1 x 5ml spoon of ground cumin for a spicy taste.
- * If you like hot food, add 1 x 5ml spoon chopped chilli (you can buy fresh ones or already chopped in tubes or jars).

Skills

- Using a food knife.
- Measuring.
- Juicing.



Hummus

Hummus makes a tasty snack either as a dip or sandwich spread. You might also have seen it spelt hummus, houmus or hommos, which are all correct.



Ingredients

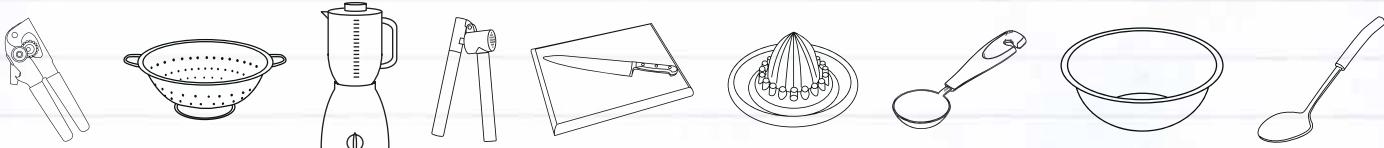
Serves 4

- 400g canned chickpeas
- 2 cloves of garlic
- 1 lemon

- 2 x 15ml spoons water
- 2 x 15ml spoons plain yogurt
- 2 x 15ml spoons tahini

- 2 x 15ml spoons extra virgin olive oil
- Pinch of black pepper

Equipment



Method

1. Drain the chickpeas in a colander and rinse with cold water.
2. Blend the chickpeas in the food processor or using a hand blender, until they are a chunky texture.
3. Peel and crush the garlic.
4. Squeeze the juice from the lemon.
5. Add the garlic, lemon juice, water, yogurt, tahini and oil to the processor and blend until it is smooth.
6. Season with black pepper to taste.
7. Serve with carrot sticks or warm pitta bread.

Top tips

* If you are unable to find tahini sold in jars, this hummus recipe is just as tasty without it.

* If you do not have a food processor you can mash the ingredients with a fork.

Something to try next time

- * Hummus makes a fantastic sandwich filler as well as a dip.
- * You don't have to limit yourself to bread, try it inside a wrap or bagel.

Skills

Using a food processor.

Measuring.

Juicing.



PREPARE NOW,
EAT LATER

Hummus can be stored in the fridge for up to 2 days.





PARTY DIPS!



Salmon dip 29

This fishy dip uses canned salmon (an oily fish) which contains omega-3 fatty acids that help keep your heart healthy.

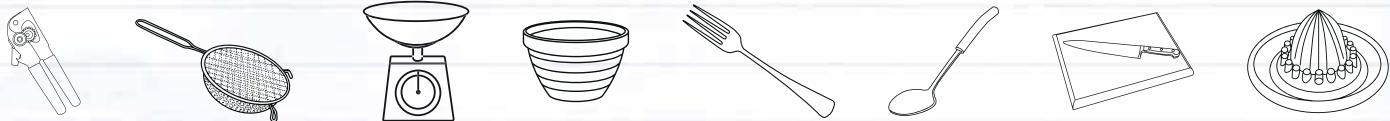


Ingredients

Serves 4

- 100g low fat soft cheese
- 100g canned salmon (in water)
- $\frac{1}{2}$ lemon
- 150g low fat natural yogurt
- Chopped vegetables for dipping

Equipment



Method

1. Drain the salmon in the sieve over the sink.
2. Put the salmon into the mixing bowl and mash lightly with a fork.
3. Spoon the low fat soft cheese into the bowl.
4. Squeeze the juice from the lemon. Add the juice to the mixing bowl.
5. Mix all the ingredients together thoroughly.
6. If you want to make the dip a bit softer, add 1–2 x 10ml spoons of the yogurt.
7. Transfer the dip to a serving bowl and serve with your favourite chopped raw vegetables.



Top tips

* Roll the lemon backwards and forwards on a table before you cut it in half. This makes it easier to juice.

Something to try next time

* Try a low fat soft cheese with garlic and herbs or chop up some parsley or dill and add it to the plain cheese.

* You could use mackerel, sardines or pilchards in place of the salmon.

Skills

Measuring

Juicing



Carrot dippers with a cheese and chive dip

Fresh carrots are full of flavour when they are in season. Raw, crunchy carrots are great to dip. This is great as an after school snack.

Ingredients

Serves 4

- 4 carrots
- 250g low fat plain yogurt
- 50g Cheddar cheese (reduced fat)
- Handful of fresh chives



Equipment



Method

1. Wash the carrots and chives. Pat them dry with a clean tea towel.
2. Top and tail the carrots, then peel them.
3. Carefully slice the carrots lengthways into halves and then quarters. Cut into long strips.
4. Next make the dip. Scoop the yogurt into a bowl.
5. Grate the cheese and add to the yogurt.
6. Chop the chives and add to the yogurt and cheese. Stir well.

Top tips

* A safe and easy way to finely chop chives is to place them in a mug and then snip with scissors.

Something to try next time

- * Make different dips. Try mixing low fat cream cheese and natural yogurt with some finely chopped onion.
- * Use different vegetables when they are in season. Try celery and cucumber in summer or cauliflower and broccoli in winter.

More dip for your carrots - Tomato and cheese dip

Serves 4

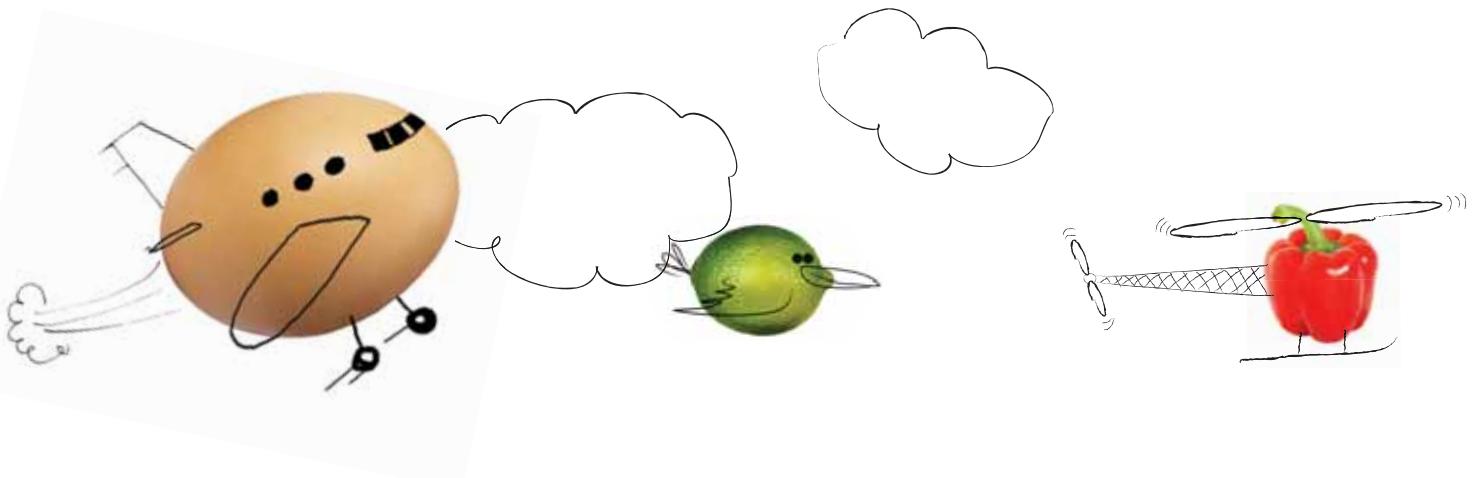
- 100g low fat soft cheese
- 1 x 15ml spoon tomato puree
- 1 lemon

- 150g low fat plain yogurt (optional)
- 2 spring onions

Method

1. Place the soft cheese and tomato puree into the mixing bowl.
2. Wash the spring onions and cut off the leaves and roots. Chop the spring onions into 1cm pieces and add the pieces to the mixing bowl.
3. Cut the lemon in half and squeeze the juice from one half of the lemon.
4. Add the lemon juice to the mixing bowl.
5. Mix all the ingredients together thoroughly.
6. If you want to make the dip a bit softer, add one or two 10ml spoonfuls of yogurt.
7. Transfer the dip to a serving bowl and serve with your favourite chopped raw vegetables.





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www.teachernet.gov.uk/publications

ISBN 978-1-84775-443-1

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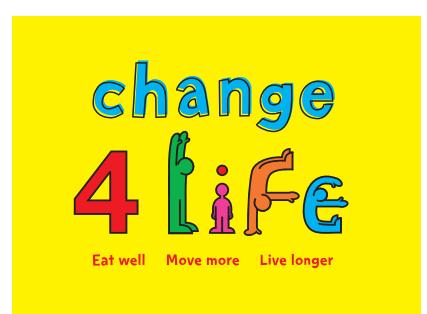
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Issue date: June 2009

Information and advice contained in this leaflet is correct at the time of going to press.

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With thanks to the School Food Trust and the British Nutrition Foundation for recipe advice