

Great Recipes with Fruit & Veg



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Introduction

This recipe book is designed to be used with the bags of produce from the **WRVS** and **Brighter Living fruit** and veg co-operatives. For further information on where you can buy affordable fruit & veg throughout Sefton, call **Ian Mitchell on 01704 501024 x 205** or visit **www.brighterliving.org.uk**

Including more fruit and vegetables in your diet is a great way of maintaining a healthy weight and they are an excellent source of vitamins and minerals. Fruit and veg are very low in fat and energy (calories) and contain soluble fibre which can help you feel fuller.

Variety is also key and it tends to be the compounds that are beneficial to health that give the fruit and veg their colour. So try and eat fruit and veg that are a variety of different colours.

Why eat fruit & veg?

- Reduces the risk of Coronary Heart Disease
- Reduces the risk of common cancers such as bowel cancer
- Helps maintain a healthy weight
- Increases the amount of vitamins and minerals to protect against illness



How to include more in your diet

- Add dried fruit or chopped fruit to cereal
- Have a glass of fruit juice with breakfast
- Snack on fresh/tinned fruit during the day
- Use chopped vegetables e.g. carrots, cucumber etc. as a snack
- Serve a side salad with your main meals and add salad to sandwiches
- Try chunky vegetable soups for lunch
- Blend your favourite fruits with low fat yoghurt to make a smoothie
- Vegetable stir-fries make a quick and easy meal
- Try roasting vegetables in a little olive oil for a change
- Add extra vegetables to stews or casseroles



What counts as one portion of fruit or veg?

Fresh, frozen, canned, 100% juice, and dried fruit and vegetables all count.

1 portion

- 1 medium fruit e.g. apple, pear, banana
- 2 small fruits such as kiwi fruit and clementines
- 1 cupful of grapes or berries e.g. raspberries
- 2-3 tbsp of tinned fruit in juice, stewed fruit or fruit salad
- 1 glass of unsweetened fruit juice (150ml)
- 2 broccoli spears, 8 cauliflower florets, 4 tbsp spring greens
- 3 tbsp cooked vegetables, i.e. carrots, peas or sweetcorn
- 3 sticks of celery, 2" piece of cucumber, 1 medium tomato
- 3 tbsp baked, haricot, kidney, cannellini or butter beans/chick peas



Stock

A number of the recipes in this book feature stock as an ingredient. It is fine to use stock cubes for the recipes but try and find a brand with low salt/sodium content as some brands can be very salty. Check the label on foods to see if they are high in salt, look at the figure for salts per 100g. HIGH is more than 1.5g per 100g (or 0.6g sodium) LOW is 0.3g salt or less per 100g (or 0.1g sodium)

If you wish to make your own vegetable stock, all you need to do is boil a few vegetables such as carrots, onions, celery and a handful of herbs for 15 minutes, allow to cool and then strain through a colander.

It is pretty much the same for meat stocks, just save the bones from any leftovers you may have, such as a chicken carcass. Just boil with a few carrots, an onion and a couple of celery sticks for 15-20 minutes, cool and then strain.

The recipes have where possible, an indicator of how many portions of fruit and vegetable are contained within each recipe. Please be aware that if you blend the soups you will be losing the roughage and dietary fibre contained in the vegetables and a serving will only count as one point towards your 5 a day targets, even if you have more than one fruit or vegetable in the recipe. This is the same for fruit smoothies.

Notes

Butter: Instead of butter/margarine in recipes you can use unsaturated margarine e.g. sunflower spread/olive oil based spread.

Wine: Instead of 50ml white wine you could use extra 50ml of stock.

Terms

Tsp	=	tea spoon	Simmer	=	to boil gently on a low heat, usually for a long period of time
Tbsp	=	table spoon	Trimmed	=	cleaning the vegetables and removing skins etc
Dsp	=	dessert spoon	Chop	=	the smaller you cut the vegetables the shorter the cooking time
ml	=	millilitres			
Ltr	=	litre			
G	=	grams			
Kg	=	kilograms			

Store Cupboard Essentials

You do not need to go out and buy everything straight away, just buy a couple of things each time you go shopping and it will soon build up:

Oils such as extra virgin olive oil or rapeseed oil, vegetable oils such as sunflower or ground nut

Dried chillies

Vegetable stock cubes

Dried herbs such as thyme, rosemary and marjoram

Bay leaves

Plain and self raising flour

Worcestershire sauce

Canned beans such as cannellini, berlotti and butterbeans

Noodles and pasta including lasagne sheets

Rice, specifically basmati and risotto rice as well as brown rice

Salt, preferably a low sodium version

Black pepper

Tinned tomatoes

Vinegars such as balsamic and cider for dressings

Tomato purée



Soups

Quick & Easy Tomato and Basil Soup (serves 4)

Ingredients

2 tins chopped tomatoes
2 cloves thinly sliced garlic
1 handful fresh basil leaves
200ml vegetable stock
1/2tsp extra virgin oil
Black pepper

What you will need

Tin opener
Large pan
Spatula
Large knife and chopping board
Hand blender or food processor



Method

- 1 Put oil in pan and add garlic, cook for a minute without browning.
- 2 Add tomatoes and stock to pan and simmer for 5-10 minutes.
- 3 Once cooked remove from heat and leave to stand for a couple of minutes.
- 4 Add the basil leaves and a few grinds of black pepper and pulse with blender/food processor.
- 5 Serve with some crusty bread.

Tip! For a quick tomato sauce for pasta leave out the stock and mix with cooked, drained pasta.



French Onion Soup

(serves 4)

Ingredients

3tbsp butter or margarine
10 onions thinly sliced
50g plain flour
1tbsp tomato puree
50ml white wine (or stock)
1ltr chicken or vegetable stock
100g Gruyère cheese grated
4 slices French bread toasted

What you will need

Large knife and chopping board
Large pan
Grater



Method

- 1** Melt the butter in a large saucepan over a low heat and cook the onions for 30 minutes until softened, stirring constantly.
- 2** Add the flour, tomato purée, wine and chicken stock. Cook for a further 30 minutes. Season to taste with salt and freshly ground black pepper.
- 3** Scatter the grated cheese over the toasted French bread slices and grill until the cheese is golden and bubbling. Serve the soup immediately, with a piece of cheese topped toast floating on the top of each.



Leek and Potato Soup

(serves 4)

Ingredients

1kg peeled and chopped potatoes
2 medium leeks trimmed and sliced thinly
1ltr vegetable stock
2tsp olive oil

What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon
Hand blender



Method

- 1 Place pan on heat and add the oil, potatoes and leeks leaving a handful of the darker green slices of leek for later.
- 2 Fry gently for 5 minutes.
- 3 Add the stock and simmer for 10-15 minutes.
- 4 Once soft remove from heat and blend with hand blender until smooth.
- 5 Return to heat and add the left over green bits of leek.
- 6 Simmer for a further 5 minutes and serve.



Sweet Potato Soup

(serves 4)

Ingredients

1kg sweet potatoes peeled and chopped into small chunks
1 medium onion chopped
2-3 cloves garlic sliced
1ltr vegetable stock
3tbsp tomato purée
2tsp olive oil

What you will need

Potato peeler
Large knife and chopping board
Large pan
Spatula or wooden spoon
Ladle
Hand blender



Method

- 1 Boil a kettle of water and make the stock according to pack instructions.
- 2 Peel and chop the sweet potatoes into small chunks.
- 3 Peel and chop the onion and garlic.
- 4 Fry the sweet potatoes in a little olive oil for 2-3 minutes, stirring constantly.
- 5 Add the onion and garlic and continue to stir for a further 2 minutes.
- 6 Cover the potatoes and onion with the vegetable stock and simmer for 10-15 minutes until the potatoes are soft.
- 7 Once the potatoes are soft add the tomato purée and blend until smooth. Start off pulsing with the blender as you want to retain some texture.



Pea and Lettuce Soup (serves 4)

Ingredients

1 Romaine lettuce /
2 little gem lettuces roughly chopped
1 medium onion sliced
500g frozen garden peas
750ml vegetable stock
Pinch salt and pepper (optional)
1/2tsp olive oil
Crème fraîche
Single cream to finish

What you will need

Large knife and chopping board
Large pan
Spatula or wooden spoon
Hand blender



Method

- 1 Add oil to pan and gently fry the onion without colouring for a few minutes.
- 2 Add the lettuce to pan with the peas.
- 3 Cover with the stock, add the salt and pepper and simmer for around 5-6 minutes.
- 4 Once cooked set aside for a minute to cool before blending with a hand blender.
- 5 Serve with a swirl of the cream.

Peas are a good source of vitamin A, vitamin C, folate, thiamine (vitamin B1), iron and phosphorus. They are rich in protein, carbohydrate and fibre, and low in fat.



Carrot and Lentil Soup

(serves 4)

Ingredients

4 or 5 large carrots chopped
1 onion chopped
2 cloves garlic sliced
1ltr vegetable stock
200g red lentils
1tsp olive oil

What you will need

Large pan
Spatula
Large knife and chopping board
Hand blender



Method

- 1 Put oil in pan and add the onion, garlic and carrots.
- 2 Gently fry for 5 minutes and then add the vegetable stock.
- 3 Add the lentils and simmer for 10-15 minutes.
- 4 Once cooked set aside to cool for a minute then blend until smooth.



Vegetable Bag Soup

(serves 4-6)

Ingredients

2-3 cloves of garlic sliced
1 large onion chopped
Vegetable bag contents, 3 carrots,
1 cabbage, 1 swede, 1 broccoli,
1 cauliflower, 1 cabbage, 2 potatoes etc
peeled and chopped
1.5ltr vegetable stock
1tbsp olive oil

What you will need

Large pan
Spatula or wooden spoon
Large knife and chopping board
Peeler

Method

- 1 Put oil in pan and add the onion, garlic and carrots and whatever vegetables you may have.
- 2 Gently fry for 5 minutes and then add the vegetable stock.
- 3 Simmer for 10-15 minutes.
- 4 Once cooked set aside to cool for a minute then blend until smooth or leave chunky.

Tip! Add a can of beans such as cannellini or flageolet or a couple of handfuls of dried pasta when you add the stock!

This is ideal to use up any leftover vegetables.



Simple Accompaniments

Boiled Rice

Ingredients

250g basmati rice
1tsp salt
1ltr cold water

What you will need

Large pan with lid
Spatula or wooden spoon

Method

- 1 Place rice in pan with salt, cover with cold water and stir with spatula.
- 2 Put lid on pan and place on full heat hob.
- 3 Bring to boil then turn down and simmer for 5 minutes.
- 4 Remove from heat, drain rice and serve.



Braised Leeks

Ingredients

2 or 3 large leeks trimmed and cut into 1 inch chunks
1tsp dried thyme
125ml glass water/white wine

What you will need

Large lasagne dish, large knife and chopping board

Method

- 1 Place leeks into the lasagne dish.
- 2 Pour the water/wine over the leeks and sprinkle the thyme over the top.
- 3 Cook in oven for 20 minutes at 200°C/400°F/gas 6.



Lasagne Cheese Sauce

Mix one egg into a tub of natural yoghurt, add 50g of grated cheese mix well and add to top of lasagne.



Carrot & Swede Mash

(serves 4)

Ingredients

1 large swede or turnip peeled and chopped
4 or 5 large carrots peeled and chopped
1tbsp olive oil
1tsp pepper

What you will need

Peeler
Large knife and chopping board
Large pan
Masher



Method

- 1 Boil a pan of water.
- 2 Peel the swede and carrots and chop into small chunks.
- 3 Place the vegetables in the water and boil for 8 minutes.
- 4 Remove from heat and drain.
- 5 Add the oil and pepper and mash until smooth but retaining texture.

Tip! You can change the ingredients, substituting or adding parsnips for a different taste!



Stir Fry Cabbage

(serves 3-6)

Ingredients

1 large Savoy or other leafy green cabbage
2 cloves of garlic sliced
1/2tsp of chilli flakes
2tsp extra virgin olive oil

What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon



Method

- 1 Remove outer leaves from cabbage and discard.
- 2 Pull the rest of the leaves off and remove the hard white bits from the middle, this can be done by slicing a v shape along the middle of the leaves.
- 3 Take 2 or 3 leaves and roll up into a sausage shape and thinly slice, repeat with rest of leaves until all the leaves are done.
- 4 Put a small amount of the oil into a large pan and allow to heat.
- 5 Once the oil is hot, add the cabbage and stir for 2 minutes – the cabbage will wilt down quite a bit.
- 6 Add the garlic and chilli flakes and continue to stir for another 2 minutes without burning.
- 7 Once cooked you can serve with meat, fish or as a tasty snack on its own.



Simple Roast Veg (serves 4)

Ingredients

- 5 large potatoes peeled and quartered
- 1 large swede or turnip peeled and chopped into large chunks
- 4 or 5 large carrots with tops and bottoms removed and washed
- 4 or 5 large parsnips peeled and chopped into large chunks
- 1tbsp olive oil
- 1tsp dried thyme
- 1tsp dried rosemary
- 1 whole bulb of garlic separated into cloves with skin left on



What you will need

- Peeler
- Large knife and chopping board
- Large roasting tray
- Large mixing bowl

Method

- 1 Pre-heat oven to 200°C/400°F/gas 6.
- 2 Place all prepared vegetables into mixing bowl and mix in oil and herbs coating all contents well.
- 3 Warm roasting pan on hob and pour vegetables into pan giving them a good shake to avoid sticking.
- 4 Cook for around 50 minutes to an hour turning once after 20 minutes.



Mediterranean Roast Veg (serves 4)

Ingredients

1 large red onion cut into chunks
1 red and 1 yellow pepper de-seeded
and cut into chunks
250g mushrooms cut in half or
quarter depending on size
1 courgette sliced into 1cm chunks
1 small tray cherry tomatoes
1tsp dried thyme
1 whole bulb of garlic broken into
cloves with skin on
1tbsp olive oil



What you will need

Large knife and chopping board
Large roasting tray
Large mixing bowl

Method

- 1 Preheat oven to 200°C/400°F/gas 6.
- 2 Place all prepared ingredients into the large bowl and mix with your hands.
- 3 Pour the mix into the roasting pan and roast for half an hour.

Tip! You can adapt this recipe to use ingredients such as potatoes, carrots, pumpkins and squashes. Just cut into chunks and cook for an extra 15 minutes or so!



Creamy Potato Bake

(serves 4)

Ingredients

500g washed potatoes sliced into large discs as thin as possible
1 sliced red onion
2 cloves garlic sliced
2tsp dried parsley
low fat crème fraîche
1 large glass white wine
or vegetable stock



What you will need

Large knife and chopping board
Large casserole dish with lid

Method

- 1 Pre heat oven to 200°C/400°F/gas 6.
- 2 Place a layer of potatoes into the casserole dish covering the bottom by slightly overlapping the potatoes.
- 3 Place a layer of sliced onions and garlic on top with a pinch of the dried parsley.
- 4 Add a little of the cream and wine and repeat from stage 2 until the dish is full.
- 5 Place the lid on the dish and cook in the oven for 45 minutes.
- 6 Remove the lid from the dish and cook for a further 15 minutes.

Tip! To turn this into a tasty fish pie, replace the first layer of the mix with some cubed fish such as cod, haddock, large prawns or a mix!



Cauliflower Tomato Bake

(serves 4)

Ingredients

- 1 large cauliflower with leaves removed and separated into florets
- 2 tins chopped tomatoes
- 3 cloves garlic sliced
- 1tsp olive oil
- 75g mature Cheddar cheese

What you will need

- Tin opener
- Large pan
- Small pan
- Spatula, large knife and chopping board
- Lasagne dish



Method

- 1 Boil a large pan of water and pre-heat your oven to 200°C/400°F/gas 6.
- 2 Peel away and discard the green leaves from the cauliflower and divide the white part into individual florets.
- 3 Place the florets into the boiling water and cook for 5 minutes.
- 4 Meanwhile, slice the garlic and fry gently in the oil for a minute then add the chopped tomatoes to the garlic and simmer for a few minutes.
- 5 Drain the cauliflower and place in the lasagne dish.
- 6 Pour the tomato mixture over the cauliflower and top with the cheese.
- 7 Place in the oven and cook for 15 minutes.

Tip! You can use the tomato sauce as a simple accompaniment to spaghetti for a quick healthy meal!



Savoy Cabbage with Potatoes, Onions & Melted Cheese (serves 4)

Ingredients

1kg potatoes peeled and cut into big chunks
1tbsp olive oil
1 large onion sliced
150g Gruyère or other firm cheese
1 small handful grated Parmesan
8 whole Savoy cabbage leaves



What you will need

Large knife and chopping board
Casserole dish
Grater

Method

- 1 Bring a large pan of salted water to the boil ,while you peel and chop the potatoes add to the water and simmer for 15-20 minutes.
- 2 Warm the olive oil in a deep casserole dish over a medium heat, add the onion and let it soften and colour lightly, stirring it from time to time so that it does not brown. Set the oven at 180°C/350°F/gas 4.
- 3 When the potatoes are tender, drain them and cut through each one. Tip them into the onion pan then toss them with the Gruyère or Cheddar, crumbled or cut into small pieces.
- 4 Grind over some salt and black pepper, then scatter with the grated Parmesan.
- 5 Bake for about 35-40 minutes until the cheese is melted and the potatoes and onions are golden.
- 6 Steam or boil the Savoy leaves while this is happening, a few minutes before you expect the potatoes to be ready.
- 7 Place two Savoy leaves on top of one another on each plate and spoon the potato mix onto the leaves.



Simple Dishes

Mushroom Risotto (serves 4)

Ingredients

1/2 pack of Porcini dried mushrooms
(if not available use an extra 50g sliced
button mushrooms)
250g Arborio risotto rice
250g sliced button mushrooms
1ltr vegetable stock
1 medium red onion finely chopped
2 cloves garlic finely chopped
125ml glass of white wine/vegetable stock
1tsp dried parsley
75g grated Parmesan
50g butter/margarine
1tbsp extra virgin olive oil

What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon
Measuring jug for stock
Small cheese grater

Method

- 1 Make up vegetable stock according to packet instructions.
- 2 Place the porcini mushrooms into a bowl and cover with boiling water.
- 3 Add oil to pan and add the chopped onion and gently fry while stirring for 2 mins.
- 4 Add garlic and fry for a further minute.
- 5 Add the sliced mushrooms and continue to stir and cook for a further 2 mins until just browning.
- 6 Add the rice and continue to stir until all grains are coated.
- 7 Add the wine to the pan and stir until evaporated.
- 8 Once the wine has evaporated add 200ml of stock and continue as with wine, adding a further 200ml when becoming dry.
- 9 After 10 minutes or so the stock should be mostly gone. Drain and chop the porcini mushrooms and add to the pan and stir.
- 10 Remove the pan from the heat and add half the Parmesan, the butter and the parsley and stir.
- 11 Cover the pan and leave alone for two minutes for the cheese and butter to melt.
- 12 Serve into 4 large bowls and use the rest of the Parmesan to top the finished dish.



Quick and Easy Vegetarian Lasagne

(serves 4-6)

This recipe is a quick and easy vegetarian version of a classic Italian dish. High in protein and fibre and low in fat due to the vegetarian mince, it can be served with a light salad or if you're feeling hungry, quarter a few potatoes, toss in oil and dried thyme and roast in the oven alongside the lasagne for tasty potato wedges.

Ingredients

450g vegetarian mince
1 medium onion chopped
1 red and green pepper chopped into chunks
1 courgette chopped into small chunks
10 button mushrooms sliced
3 cloves garlic finely chopped
2 tins chopped tomatoes
1tbsp tomato purée
Dried/fresh lasagne sheets
200ml water
1tbsp dried herbs
1dsp extra virgin olive oil
1 jar low fat lasagne topper/see page 12 for alternative sauce
50g orange cheese such as Cheddar or Red Leicester



What you will need

Large kitchen knife and chopping board
1 large pan
1 lasagne dish
Spatula or wooden spoon
Grater

Method

- 1 Turn on your oven and set to 200°C/400°F/gas 6.
Fry onion & garlic gently in the olive oil until soft.
- 2 Add the peppers and courgette to the onion and garlic and fry for a couple of minutes. Remove vegetables from pan and set aside.
- 3 Brown the mince and return the vegetables to the pan.
- 4 Add the tin of tomatoes, tomato puree, herbs and the water and mix well. Reduce the heat of your pan and simmer for 15 minutes.

Tip! At this point you can remove from the heat and serve with cooked spaghetti for a quick and easy Bolognese!

- 5** To continue with the lasagne, add an amount of the (Bolognese) sauce to the lasagne dish to coat the bottom by about 1 centimetre.
- 6** Add enough of the lasagne sheets to cover the mix (you may have to break the sheets) and then pour a little of the white sauce over the lasagne sheets, smoothing it out with a spoon.
- 7** Repeat this 2 or 3 times depending on the depth of your dish ensuring you finish with a layer of white sauce.
- 8** Grate the cheese over the lasagne and place the dish on a baking tray to avoid mess in your oven. Place in the centre of the oven and bake for 30 minutes for dried lasagne sheets, 20 minutes for fresh.

Tip! This recipe freezes really well! Allow to go completely cold then transfer to a suitable plastic container and stick in your freezer. This can be defrosted and re-heated in a microwave.



Vegetarian Chilli Con Carne

(serves 4)

Ingredients

- 1 large onion finely chopped
- 3 cloves garlic finely chopped
- 1 red and 1 green pepper chopped
- 2tbsp olive oil
- 500g vegetarian mince
- 1tbsp chilli powder
- 1tbsp cumin powder
- 1 can chopped tomatoes
- 1 bay leaf
- 250ml beef or vegetable stock
- 2tbsp tomato purée
- 1 can kidney beans drained



What you will need

- Large pan and a large knife and chopping board
- Spatula or wooden spoon and a tin opener

Method

- 1 Add half the oil to pan and fry mince until brown.
- 2 Remove mince from pan and set aside.
- 3 Add the onion and garlic to the pan with the rest of the oil and cook until just brown.
- 4 Add the mince back to the pan along with the chilli powder and cumin and stir for two minutes.
- 5 Add all the other ingredients apart from the kidney beans and reduce heat to a simmer for 20 minutes
- 6 After 20 minutes add the kidney beans and cook for a further 10 minutes (you can transfer to a slow cooker until ready, overnight would be fine).
- 7 Serve with boiled rice and some crusty bread.



Pasta with Broccoli Pesto

(serves 4)

Ingredients

350g penne pasta
350g broccoli, cut into small florets
3tbsp olive oil
3 cloves garlic, finely chopped
4tbsp pine kernels, toasted
Lemon juice, to taste
4tbsp freshly grated Parmesan
Salt and freshly ground black pepper



What you will need

Large pan
Small frying pan
Large knife and chopping board
Fork

Method

- 1** In a large pan of boiling water, cook the pasta according to the pack instructions. Meanwhile, cook the broccoli in a separate pan of boiling water for 10-12 minutes, or until very soft.
- 2** Meanwhile, in a small pan heat the olive oil, add the garlic and cook gently for 2-3 minutes until softened but not coloured. Remove from the heat and set aside.
- 3** Thoroughly drain the broccoli, return to the pan and mash roughly with a fork.
- 4** Drain the pasta and return to the pan.
- 5** Stir in the mashed broccoli, garlic, pine kernels and lemon juice, and season to taste. Season and serve scattered with Parmesan.



Chicken & Orange Casserole

(serves 4)

Ingredients

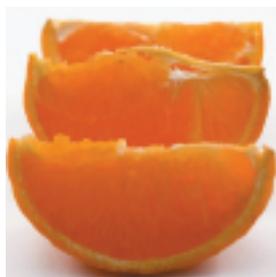
350g penne pasta
3 cloves garlic, peeled and crushed
2tbsp ground paprika
1 heaped tsp dried thyme
4tbsp olive oil
4 chicken breasts, skin left on or remove skin to lower fat content
3tbsp sherry vinegar
1 large orange, cut in half then into thin slices, peel left on
1 medium onion, peeled and finely chopped
300 ml chicken stock
Juice of a lemon
50g chopped cold butter or margarine, cut into cubes
2 tbsp flat-leaf parsley chopped

What you will need

Large pan
Large knife and chopping board
Spatula or wooden spoon
Cling film

Method

- 1 Finely chop and mash the garlic to a paste, then stir in the paprika, thyme, half a teaspoon of pepper and 2 tablespoons of the oil.
- 2 Rub this paste over the chicken breasts and set them aside, covered with cling film for a couple of hours.
- 3 Heat the remaining oil in a large pan and add the chicken pieces, cooking them over a medium to high heat until golden all over.
- 4 Remove the chicken with a draining spoon and add the onion to the pan. Stir well and cook until soft and translucent - about 5-10 minutes.
- 5 Pour the sherry vinegar into the pan, scraping up any bits on the bottom of the pan and stirring them in.
- 6 Pour in the chicken stock, bring to the boil and add the orange slices and the lemon juice. Return the chicken to the pan and leave to simmer gently until thoroughly cooked - this will take 20-25 minutes.
- 7 Remove the chicken pieces from the pan and place them in a warm serving dish.
- 8 Bring the sauce to a rapid boil, then stir in the butter and parsley.
- 9 Spoon the sauce over the chicken and serve.



Microwave Braised Beef & Vegetables (serves 4)

Ingredients

2tbsp butter or margarine at kitchen temperature
1 large onion thinly sliced
3 carrots thinly sliced
75g sliced mushrooms
450g stewing/braising steak cut into small cubes
1tbsp plain flour
300ml beef stock
Black pepper & salt to season

What you will need

Large microwaveable casserole dish
Large knife and chopping board
Spatula or wooden spoon
Cling film



Method

- 1 Put the butter/margarine into the casserole dish and melt on defrost setting for 45 seconds.
- 2 Add the vegetables and steak and mix well.
- 3 Cook uncovered on full for 3 minutes.
- 4 Add the flour and stock and mix well.
- 5 Move the mixture to the edge of the dish forming a ring leaving a hollow in the middle.
- 6 Sprinkle with pepper, cover with cling film and pierce twice to allow steam to escape.
- 7 Cook on full for 9 minutes turning the dish once.
- 8 Allow to stand for 5 minutes then season and serve.



Best Ever Beans on Toast (serves 4)

Ingredients

2 tins of beans such as cannellini, flageolet, butter beans or chickpeas
2 tins chopped tomatoes
1 large sliced onion
3 cloves garlic sliced
1 red pepper sliced
1 sliced whole red or green chilli
1tbsp cumin powder
2tsp olive oil
8 slices French bread

What you will need

Large pan
Kitchen knife
Spatula or wooden spoon

Method

- 1 Place pan on heat and add oil and onion.
- 2 Fry for 2 minutes without colouring and then add the garlic, pepper, chilli and cumin powder.
- 3 Fry for a further 2 minutes..
- 4 Add the tins of tomatoes, beans and simmer for 10 minutes.
- 5 Remove from heat and serve on some sliced crusty French bread.

Tip! Great for vegetarians – high source of protein.



Fruity Desserts

Fruit Skewers with Dipping Sauce (serves 4)

Ingredients

For the kebabs:

400g mixed fruit (e.g. apples, oranges, kiwi fruit, pear, grapes, melon, banana) sliced.

For the sauce:

150g strawberries or other berries
2tsp icing sugar
2tbsp low fat yoghurt or fromage frais

What you will need

Wooden skewers
Food processor/blender

Method

- 1 Thread the sliced fruit onto cocktail sticks or skewers.
- 2 Place the strawberries and icing sugar into a blender and blend until smooth, adding a little water if the sauce is too thick.
- 3 Spoon the berry sauce and the yoghurt into separate bowls and use as dips for the kebabs.



Fruit Sundaes

(serves 4)

Ingredients

2 meringue nests, roughly crushed
1 banana, sliced
1 kiwi fruit, peeled and chopped
1 pear/apple, peeled and chopped
200g low fat yoghurt
1tbsp caster sugar

What you will need

Large knife
Chopping board
4 tall glasses

Method

- 1 Place a little meringue into the bottom of 4 tall glasses. Add a little fruit.
- 2 Stir together the yoghurt and caster sugar and spoon a little over the fruit.
- 3 Continue to layer up the ingredients until all used up.
- 4 Serve immediately.



Mixed Fruit Jelly

(serves 4)

Ingredients

1 packet sugar-free jelly

100ml boiling water

200ml cold water

175ml unsweetened fruit juice

e.g. orange, apple

300g finely chopped fresh fruit

e.g. pear, banana, peaches, strawberries

(Don't use pineapple or kiwi as these will prevent the jelly from setting)

What you will need

Measuring jug

Large knife and chopping board

Jelly mould



Method

- 1 Place the jelly in a large jug and pour in the boiling water. Stir to dissolve.
- 2 Add the cold water and then the fruit juice.
- 3 Take a large jelly mould or several small moulds or dishes and place the fruit in the bottom.
- 4 Pour the jelly mixture over the fruit.
- 5 Stir to distribute the fruit evenly and place in the fridge.
- 6 Leave in the fridge to set.



Ruby Pears (serves 4)

Ingredients

4 firm pears peeled

250ml cup cranberry juice

Low fat yoghurt/crème fraîche

What you will need

Peeler

Large knife

Large pan

Method

- 1 Arrange the peeled whole pears in a saucepan and cover with cranberry juice.
- 2 Cook until tender (approx. 10-15 mins).
- 3 Remove pears and set to one side.
- 4 Bring juice to the boil until reduced by half.
- 5 Spoon juice over the pears and serve with low fat yoghurt.



Fruit Salad

(serves 4)

Ingredients

8 satsumas or clementines

4 apples

4 pears

4 kiwi fruits

(Other fruits of your choice can also be used)



What you will need

Large knife and chopping board

Large bowl

Method

- 1 Peel the satsumas or clementines and divide into segments. If there are pips remove them by cutting the segments in half.
- 2 Wash the rest of the fruit.
- 3 Core the apples and pears and cut into bite-size cubes.
- 4 Peel the kiwi fruit and slice.
- 5 Mix all the fruits together in a bowl.
- 6 If you are not going to serve the fruit salad immediately, sprinkle some orange/lemon juice over the apple and pear to stop them from discolouring.

Tip! Serve with low fat yoghurt for extra calcium.



Plum Crunchies

(serves 4)

Ingredients

8 plums
8 wholemeal digestive biscuits
250g low fat yoghurt

What you will need

Food processor/blender
Large knife and chopping board
Large pan
4 ramekin dishes

Method

- 1 Halve and stone the plums and place in a small pan with 4tbsp water and simmer for five minutes until soft.
- 2 Crush the biscuits and divide between four ramekins.
- 3 Divide the fromage frais between the ramekins, spread carefully over the crushed biscuits.
- 4 Place two plums in each ramekin and drizzle with the juice.



Stewed Apples (serves 4)

Ingredients

4 apples

Optional: 100g raisins/currants
and cinnamon

50ml water

What you will need

Large knife and chopping board

Large pan

Spatula or wooden spoon

Method

- 1 Peel, core and slice the apples.
- 2 Put 50ml boiling water into a saucepan and add the sliced apple.
- 3 Cook on a low heat, stirring every 3-4 minutes to stop the apple from sticking for approx 30-40 mins until the apples are tender.
- 4 If adding raisins/cinnamon these can be added after about 20 minutes.

Tip! Ideal for weaning babies, just mash up to a smooth paste.



Apple & Pear Pancakes

(serves 4)

Ingredients

280g plain flour
2 eggs, beaten
500ml milk
2tsp olive oil
2 dessert apples, cored and diced
2 pears peeled, cored and diced
2tbsp soft brown sugar
8tbsp unsweetened orange/apple juice

What you will need

Large knife and chopping board
Large flat frying pan
Large bowl
Small pan
Spatula or wooden spoon

Method

- 1 Place the flour in a large bowl and make a well in the centre.
- 2 Add the egg and mix.
- 3 Pour in the milk slowly, beating continuously.
- 4 Allow the batter to stand for 20 minutes.
- 5 Meanwhile, put the fruit, sugar and juice in a small saucepan and simmer for five minutes until soft.
- 6 To make the pancakes, heat the olive oil in a frying pan and then pour a little batter at a time into the frying pan.
- 7 Roll the mixture around the pan and fry, turning once, until golden brown.
- 8 To serve, put some of the fruit on one side of the pancake and fold.





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