

'Healthy Lunch Boxes For Us' Toolkit

Ingredients list to support shopping

1. Crunchy coleslaw

(Serves 4)

¼ cabbage

1 small onion or 4 spring onions

1 stick celery

1 apple

1 large carrot

½ pepper

2 tablespoons low fat yogurt

1 teaspoon low fat mayonnaise

½ lemon

½ teaspoon dried parsley

Freshly ground black pepper

2. Basic tomato salsa

(Serves 4)

1 teaspoon vegetable oil

1 medium onion

2 cloves garlic

1 pepper (any colour)

1 x 400g can tomatoes

1 teaspoon paprika

½ teaspoon chilli powder (optional)

½ teaspoon dried parsley

Black pepper to season

3. Cheese and herb scones

(Makes 8)

200g self-raising flour

50g wholemeal self-raising flour

1/2 teaspoon baking powder

50g butter or polyunsaturated margarine (not low fat)

50g mature Cheddar cheese

½ teaspoon mixed herbs or dried oregano

150ml semi skimmed milk flour for rolling out

4. Easy pizzas

(Makes 1 pizza)

1 pitta or sandwich thin

2 dessertspoons passata or tomato puree

2 cherry tomatoes

1 dessertspoon canned sweetcorn

1 dessertspoon green or red pepper

1 spring onion

1 slice cooked chicken or turkey

15g mature cheddar cheese

5. Fruit and savoury muffins

(Makes 6 muffins)

Basic Muffin Recipe:

150g self-raising flour

½ teaspoon baking powder

1 medium egg

3 tablespoons vegetable oil

150ml milk

1 tablespoon porridge oats (optional)

Extras for Fruit Muffins:

75g sugar (for fruit muffins only)

75g dried, frozen or fresh fruit:

1 chopped banana or 1 grated apple/carrot

½ teaspoon cinnamon/mixed spice/vanilla essence

Extras for Savoury Muffins:

75g mature cheddar cheese

3 sundried tomatoes (chopped finely) or 1 slice of ham

½ teaspoon fresh or dried:

mixed herbs/thyme/parsley/basil

6. Fruit crumble flapjacks

(Makes 6)

80g self-raising flour

60g porridge oats

2 teaspoons caster sugar or sweetener

50g margarine

½ banana

60g blueberries or other soft fruit

7. Fruity cheesecake pots

(Serves 2)

60g porridge oats

100g low fat cream cheese

100ml low fat natural yogurt

1 teaspoon sweetener

2 drops vanilla essence

100g fruit such as:

Berries (fresh or frozen) e.g. strawberries, raspberries

Stewed fruit e.g. apple, rhubarb

Sliced fruit e.g. bananas, peaches

8. Healthy wraps

(Makes 2 wraps)

1 tablespoon hummus or cream cheese

2 tortilla wraps

mixed salad leaves

2 cherry tomatoes

1/8 cucumber

1 spring onion

15g mature cheddar cheese

½ cooked chicken breast or ½ can tuna or 1 slice ham

9. Homemade tortillas chips

(Serves 4)

4 tortilla wraps (plain, wholemeal or seeded)

1 tablespoons vegetable oil (or spray oil)

½ teaspoon paprika or black pepper

10. Me Size pizzas

(Makes 4 pizzas)

200g strong plain flour

1 x 7g sachet easy-bake (micro fine) yeast

½ teaspoon mixed herbs

200ml warm water

2 teaspoons oil

For the topping:

100ml passata

100g mature cheddar cheese

Ground black pepper

Dried oregano (optional)

11. Rainbow couscous salad

(Serves 4)

200g couscous

1 vegetable stock cube

200ml boiling water

8 cherry tomatoes

¼ cucumber

½ pepper (any colour)

4 tablespoons sweetcorn

½ lemon

1 tablespoon parsley

Ground black pepper

12. Sunshine pasta salad

(Serves 4)

250g cooked pasta

2 tomatoes

¼ cucumber

½ pepper

2 spring onions or ½ small red onion

2 tablespoons sweetcorn

For the dressing:

2 tablespoons vegetable oil

1 tablespoon red wine or balsamic vinegar

Black pepper