



Lasagne



Ingredients

150g (6oz) lasagne sheets

Meat sauce: 1 onion, 50g (2oz) mushrooms, 1 green pepper, 1 clove garlic, 250g (8oz) lean minced beef, 1x15ml spoon (1 tablespoon) oil, 400g can tomatoes, 1x15ml spoon (1 Tablespoon) tomato puree, pinch of mixed herbs (optional)

Vegetable sauce: 2 onions, 100g (4oz) mushrooms, 1 green pepper, 2 cloves garlic, 1x15ml spoon (1 Tablespoon) oil, 2x400g cans tomatoes, 1x15ml spoon (1 Tablespoon) tomato puree and a pinch of mixed herbs

Cheese sauce: 25g (1oz) butter or margarine, 25g (1oz) plain flour, 250ml (½ pint) milk, 100g (4oz) cheese

Equipment

Chopping board, knife, measuring jug, measuring spoons, saucepans, large baking dish, grater, garlic press, can opener and spatula.

Method

1. Preheat the oven to 190°C or Gas Mark 5.
2. Make up either meat or vegetable sauce:
Meat: Fry the onion and garlic for 5 minutes. Add the minced beef and cook until it turns brown. Add mushrooms and green pepper, cook for 5 minutes. Stir in tomatoes, puree and herbs. Simmer for 20 minutes.
Vegetable: Fry the onion and garlic for 5 minutes. Add the other vegetables and cook for 5 minutes. Add the tomatoes, puree and herbs. Simmer for 20 minutes.
3. Make the cheese sauce: Melt the butter in a saucepan. Stir in the flour to form a paste. Add the milk gradually, stirring constantly, until mixture thickens. Simmer for 5 minutes and add grated cheese.
4. Put the lasagne together: Place a layer of meat/vegetable sauce on the bottom of the dish. Place a layer of lasagne sheets on top. Spread some cheese sauce over the lasagne. Continue adding layers, finishing with cheese sauce. Sprinkle some grated cheese on top.
5. Bake for 30-40 minutes until golden brown.

Nutrition Information

	Meat Version			Vegetable Version		
	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)
Energy (kJ)	561	8548	2849	399	7213	2404
Energy (kcal)	134	2043	681	95	1724	575
Protein (g)	7.7	1173	39.1	3.8	68.8	22.9
Fat (g)	6.8	103.4	34.5	4.4	80.3	26.8
of which saturates	3.3	49.9	16.6	2.2	39.4	13.2
Carbohydrate	11.3	172.4	57.5	10.8	194.8	64.9
of which sugars	2.7	41.1	13.7	3.3	58.9	19.6
Fibre (g)	0.9	13.5	4.5	1.0	16.6	6.2
Sodium (mg)	92	1401	467	73	1312	437
Salt (g)	0.2	3.5	1.2	0.2	3.3	1.1

Notes

Key Messages

Healthy eating

- Use lean minced beef.
- Use a small amount of a strongly flavoured cheese in the sauce so you can use less.
- Remove excess fat from the meat version by allowing the mixture to settle and then skimming away any fat from the surface with a spoon.
- The cheese sauce is a good source of calcium, as it is made with milk and cheese. Reduce the fat content by using semi-skimmed milk and a reduced fat cheese.
- The tomato base sauce counts as one portion towards your 5 A DAY.

Money

- Mix mince with soya or Quorn to make it go further.
- Use lean mince, it goes further than economy mince. Some meat can be substituted with soya or quorn to make it go further.
- Label and freeze left over meat or vegetable sauce, for up to one month, and have it on jacket potatoes.
- Make 2 lasagnes and freeze one for another meal.

Food safety

- Handle raw meat carefully. Wash hands and surfaces after handling.
- Do not eat rare minced beef - check there is no pinkness.



Recipe

2

Serves

6

Simple Salad



Ingredients

½ lettuce
4 tomatoes, quartered
¼ cucumber, sliced
½ green pepper, cut into strips
½ onion or 2 spring onions, sliced
Salad dressing

Equipment

Chopping board and knife.

Method

1. Wash and prepare all the ingredients and place into a large bowl.
2. Add a salad dressing, if desired, and toss together.

Options

Use a range of fruit and vegetables in your salad, e.g. different lettuce, red onion, apple, carrot and sweetcorn.

Why not make your own dressing? Shake 1 x 15ml spoon (1 Tablespoon) vinegar or lemon juice, 2 x 15ml spoons (2 Tablespoons) oil and a pinch of pepper and mustard in a screw top jar or whisk in a cup.



Nutrition Information

Simple Salad	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)
Energy (kJ)	63.3	469	156
Energy (kcal)	15	112	37
Protein (g)	1	5.7	1.9
Fat (g)	0.3	2.5	0.8
of which saturates (g)	0.1	0.6	0.2
Carbohydrate (g)	2.4	18.1	6.0
of which sugars (g)	2.4	17.8	5.9
Fibre (g)	1.0	7.4	2.5
Sodium (mg)	6	44	15
Salt (g)	0.0	0.1	0.0

Calculation includes dressing.

Notes

Key Messages

Healthy eating

- Be adventurous with salad vegetables and try ones you have never tasted before to increase the variety in your diet.

Money

- Add some canned vegetables, such as sweetcorn, and look for vegetables in season as these will be cheaper.

Food safety

- Always wash salad vegetables to remove dirt and peel when necessary.



Garlic Bread



Ingredients

1 small French stick
50g (2oz) butter or margarine
2 cloves garlic
1x15ml spoon (1 Tablespoon) parsley,
chopped (optional)

Equipment

Foil, garlic press, small bowl,
chopping board and knife.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Mix the butter or margarine, garlic and parsley together in a small bowl.
3. Cut slices into the French stick about a third of the way down.
4. Spread the garlic butter onto each slice.
5. Wrap the stick in foil.
6. Bake for 10 minutes.
7. Peel the foil back and bake for a further 5 minutes until crunchy.

Nutrition Information

Garlic Bread	per 100g	per recipe	per portion ($\frac{1}{3}$ recipe)
Energy (kJ)	1372	4883	1628
Energy (kcal)	328	1167	389
Protein (g)	7.8	27.8	9.3
Fat (g)	13.1	46.8	15.6
of which saturates (g)	7.6	27.1	9.0
Carbohydrate (g)	47.6	169.6	56.5
of which sugars (g)	2.5	8.8	2.9
Fibre (g)	2.1	7.4	2.5
Sodium (mg)	604	2151	717
Salt (g)	1.5	5.4	1.8

Notes

Key Messages

Healthy eating

- Use a reduced fat spread instead of butter or margarine, but make sure it is suitable for baking.

Money

- Day old French sticks, which are usually reduced in price in supermarkets, can be used to make garlic bread. These could be frozen for future use.

Food safety

- Always keep butter and margarine in the fridge.



Knickerbockerglory



Ingredients

4 scoops Ice cream or frozen yogurt
Fresh fruit, e.g. strawberries, grapes,
bananas, kiwi fruit (or canned fruit)
Chocolate sauce, optional
Chopped nuts, optional
Cream and wafers, optional

Equipment

Chopping board, knife, ice cream
scoop and tall glasses for serving.

Method

1. Wash and prepare the fruit, or use fruit canned in natural juice.
2. In a tall glass, arrange layers of ice cream and fruit.
3. Pour the chocolate sauce over the top, if liked.
4. Decorate with cream, nuts and wafers (optional).

Nutrition Information

Knickerbockerglory	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	756	2548	1274
Energy (kcal)	181	609	305
Protein (g)	3.6	12.3	6.2
Fat (g)	10.7	36.1	18.1
of which saturates (g)	4.8	16.1	8.1
Carbohydrate (g)	18.6	62.7	31.4
of which sugars (g)	16.7	56.4	28.2
Fibre (g)	0.8	2.6	1.3
Sodium (mg)	64	217	109
Salt equivalent (g)	0.2	0.5	0.3

(Calculation based on 2 scoops of ice cream, with canned fruit, chocolate sauce, chopped nuts, cream and a wafer.)

Notes

Key Messages

Healthy eating

- Use plenty of fresh or canned fruit.
- Foods high in fat or sugar should only form a small part of your diet.
- To reduce sugar content use frozen yogurt instead of ice cream.

Money

- Use economy ice cream and canned fruit to cut the cost.

Food safety

- Make sure the cream is fresh and within its use-by date before using to decorate.