

# Simple Omelette



## Ingredients

1x10ml spoon (1 dessert spoon) oil  
2 eggs

## Extra Ingredients

cheese, ham, red pepper, sweetcorn,  
mushroom, tuna fish, herbs

## Equipment

Frying pan, knife, chopping board,  
small bowl, fork and a vegetable  
peeler.

## Method

1. Prepare the filling ingredients.
2. Add the oil to the frying pan.
3. Beat the eggs together in a small bowl and pour into the frying pan.
4. Stir with a fork until the egg begins to set.
5. Turn down the heat and add the extra ingredients.
6. Continue to cook until the egg is set.
7. Fold the omelette over in the pan and slide onto a plate.

# Nutrition Information

Simple Omelette	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	837	1105	552
Energy (kcal)	200	264	132
Protein (g)	11.4	15.1	7.5
Fat (g)	17.7	23.3	11.6
of which saturates (g)	3.6	4.7	2.3
Carbohydrate (g)	0.0	0.0	0.0
of which sugars (g)	0.0	0.0	0.0
Fibre (g)	0.0	0.0	0.0
Sodium (mg)	130	171	786
Salt (g)	0.3	0.4	0.2

## Notes

# Key Messages

## Healthy eating

- Serve omelettes with a side salad, some crusty bread and a portion of vegetables.
- When cooking the omelette, choose oil that is either high in polyunsaturates (such as sunflower oil) or monounsaturates (such as olive oil).

## Money

- Omelettes can contain a variety of ingredients, so use up vegetables, left over ham or cheese.
- Eggs are relatively inexpensive and make a substantial meal.

## Food safety

- Make sure the omelette is completely cooked, raw eggs should not be eaten.
- Keep eggs in the fridge, away from strong odours. Use the eggs by the 'best before' date. Do not use eggs with damaged or broken shells.
- Eat cooked egg dishes as soon as possible after cooking. If storing in the fridge, consume within 2 days.

Recipe  
**13**

Serves  
**4**

# Potato Wedges



## Ingredients

4 large potatoes  
1x15ml spoon (1 Tablespoon) oil  
seasonings (e.g. pepper, garlic, chilli)

## Equipment

Chopping board, measuring spoon,  
plastic sandwich bag or mixing bowl,  
baking tray and knife.

## Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Cut the potatoes into wedges.
3. Place the wedges into a plastic sandwich bag or bowl.
4. Add the oil and other seasonings.
5. Shake or mix the wedges to cover them in the oil.
6. Place on a baking tray and bake for 20-30 minutes.

# Nutrition Information

Potato Wedges	per 100g	per recipe	per portion ( $\frac{1}{4}$ recipe)
Energy (kJ)	356	4326	1082
Energy (kcal)	85	1034	258
Protein (g)	2.1	25.2	2.1
Fat (g)	1.4	17.4	1.4
of which saturates (g)	0.1	1.8	0.2
Carbohydrate (g)	17.0	206.4	17.2
of which sugars (g)	0.6	7.2	0.6
Fibre (g)	1.3	15.6	1.3
Sodium (mg)	7	84	7
Salt (g)	0.0	0.2	0.0

## Notes

# Key Messages

## Healthy eating

- Cut the potato wedges thicker so the surface area of the potatoes is reduced and less fat is absorbed.
- Use a spray oil.

## Money

- Compare the prices of different oils, blended oils are cheaper than some seed or nut oils.
- Use the chilli flakes or garlic powder to add flavour. Use what you need and store the remainder for future use.

## Food safety

- Scrub the potatoes to remove soil.

Recipe  
**14**

Serves  
**4**

# Savoury Rice



## Ingredients

150g (6oz) long grain rice  
300ml (1/2) pint of boiling water  
1 vegetable stock cube  
1 x 15ml spoon (1 Tablespoon) oil  
1 onion, chopped  
25g (1oz) peas  
25g (1oz) mushrooms, sliced  
25g (1oz) baby sweetcorn (optional)  
1 x 15ml spoon (1 teaspoon) curry powder  
1 tomato, chopped

## Equipment

Saucepan, spatula, chopping board,  
measuring jug and measuring spoons.

## Method

1. Wash and prepare the vegetables
2. Fry the onion in oil for 3 minutes.
3. Add the mushrooms and cook for a further 2 minutes.
4. Stir in the rice.
5. Add the water, stock cube, peas and curry powder.
6. Simmer for 15 minutes, until the rice is tender.
7. Place the rice in a bowl and sprinkle the tomato on top.

# Nutrition Information

Savoury Rice	per 100g	per recipe	per portion ( $\frac{1}{4}$ recipe)
Energy (kJ)	499	3351	838
Energy (kcal)	119	801	200
Protein (g)	2.3	15.6	1.3
Fat (g)	3.3	22.2	1.8
of which saturates (g)	0.5	3.2	0.3
Carbohydrate (g)	21.4	143.8	12.0
of which sugars (g)	1.4	9.2	0.8
Fibre (g)	0.6	4.2	0.4
Sodium (mg)	177	1188	99
Salt (g)	0.4	3.0	0.2

## Notes

# Key Messages

## Healthy eating

- Rice is a good source of starchy carbohydrate. Brown rice provides more fibre than white rice.
- Use a variety of different vegetables to add colour and a range of nutrients.

## Money

- Try using economy long grain rice.

## Food safety

- Rice should be served hot, if you are serving it cold, cool quickly and store in the fridge until ready to eat. Don't leave rice hanging around at room temperature.

Recipe  
**15**

Serves  
**2-4**

# Tomato Salad



## Ingredients

2 tomatoes  
½ red onion (chopped)  
1x15ml spoon (1 Tablespoon) salad  
dressing

## Equipment

Chopping board and knife.

## Method

1. Wash the tomatoes.
2. Peel and slice the onion.
3. Arrange the tomato and onion in a serving dish.
4. Pour the dressing over the top, if desired.

# Nutrition Information

Tomato Salad	per 100g	per recipe	per portion ( $\frac{1}{3}$ recipe)
Energy (kJ)	87	326	109
Energy (kcal)	21	78	26
Protein (g)	0.8	3.0	1.0
Fat (g)	0.3	1.0	0.3
of which saturates (g)	0.1	0.3	0.1
Carbohydrate (g)	4.1	15.2	5.1
of which sugars (g)	3.6	13.5	4.5
Fibre (g)	1.1	4	1.3
Sodium (mg)	8	29	10
Salt (g)	0.0	0.1	0.0

## Notes

# Key Messages

## Healthy eating

- Tomatoes are a source of vitamin C which is essential for maintaining good health.

## Money

- Buying tomatoes sold loose is cheaper than buying packaged tomatoes.

## Food safety

- Wash the tomatoes thoroughly and make sure the chopping board is clean before you start.

Recipe  
**16**

Serves  
**4**

# Banana Bread



## Ingredients

100g (4oz) butter or margarine  
125g (5oz) sugar  
2 eggs (medium)  
3 large ripe bananas, mashed  
100g (4oz) self raising flour  
100g (4oz) wholemeal flour  
1x5ml spoon (1 teaspoon) mixed  
spice  
50g (2oz) walnuts or pecan nuts  
(optional)

## Equipment

Loaf tin or muffin tray with cases,  
mixing bowl, small bowl, fork,  
mixing spoon, measuring spoons,  
sieve, wire rack and grease proof  
paper.

## Method

1. Preheat the oven to 180°C or Gas Mark 4. Grease and line (using grease proof paper) a 1kg loaf tin, or prepare a muffin tray with cases.
2. Cream the butter or margarine and sugar together until light and fluffy.
3. Gradually beat in the eggs, one at a time.
4. Stir in the mashed banana lightly.
5. Sieve the flour and spice into the mixture and fold until incorporated.
6. Mix in nuts, if using.
7. Pour into the loaf tin and bake for 1 hour, or 20-30 minutes in the muffin tray.
8. Cool on a wire rack.

# Nutrition Information

Banana Bread	per 100g	per recipe	per portion ( $\frac{1}{8}$ recipe)
Energy (kJ)	1223	11774	1472
Energy (kcal)	292	2814	352
Protein (g)	4.3	41.8	5.2
Fat (g)	13.9	133.4	16.7
of which saturates (g)	4.9	47.6	6.0
Carbohydrate (g)	40.3	387.8	48.5
of which sugars (g)	22.0	211.6	26.5
Fibre (g)	1.4	13.3	1.7
Sodium (mg)	161	1551	194
Salt (g)	0.4	3.9	0.5

## Notes

# Key Messages

## Healthy eating

- The more ripe the bananas (the blacker) the sweeter they taste, which means you can add less sugar to the recipe.
- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute which is suitable for baking (or use half and half).

## Money

- Bananas bought from market stalls can be cheaper than those purchased from supermarkets. Always compare prices.

## Food safety

- Keep eggs in the fridge, away from strong odours and use them by the 'best before' date - don't use eggs with damaged or dirty shells.