

Price £2.99

Recipes for a healthier life

Easy, tasty recipes for the whole family



Recipes for a healthier life

Easy, tasty recipes for the whole family

As the City Council we take the health and well being of our communities very seriously and are always looking to improve both standards and quality for you.

Schools meals in Sunderland have always been excellent. We serve nearly thirty thousand high quality, healthy school meals a day to our City's children, helping them to get the most out of their school day and supporting longer-term health benefits.

But now thanks to the hard work, skill and dedication of our school cooks (and with a little help from Jamie Oliver!) the meals are even better than ever.

In fact we are so proud of our healthy new menus we want to share them with everyone, and make an even bigger impact on the health of the people of Sunderland.

That is why we have developed this recipe book based on meals served in our schools in Sunderland.

The meals highlighted in the book are easy and great fun to make, meet the requirements of a healthy and nutritionally balanced diet, and are designed to feed a family of four (unless otherwise stated) and are great value for money.

So please try these recipes at home and let the whole family enjoy and experience Sunderland's new look to our healthy school meals.



8 tips for healthy eating

- Enjoy your food.
- Eat a variety of different foods.
- Eat plenty of foods rich in starch and fibre, such as wholemeal bread, breakfast cereals, potatoes, rice, pasta and pulses.
- Eat plenty of fruit and vegetables, try to eat at least 5 portions every day.
- Don't eat too many foods that contain a lot of fat.
- Don't have sugary foods and drinks too often.
- Eat more fish, including oily fish like sardines, pilchards, salmon and mackerel.
- Avoid adding salt at the table and eat fewer salted foods.

Cooking, freezing and shopping tips

- Buy the fruit and vegetables that are in season, as they should taste better and be cheaper.
- Cook vegetables in as little water as possible, or steam them to help keep in the vitamins and minerals.
- Add vegetables to stews, casseroles and mince dishes to lower the cost, and help to achieve your five a day.
- Choose low fat dairy products (if for under 5's please consult with your health visitor).
- Buy the leanest meat and trim off any excess fat.
- Grill, bake or microwave instead of frying.
- Try to use olive oil or rapeseed oil for cooking and keep it to small amounts.
- Check labels for hidden fats and sugar in cakes, biscuits, pastries and ready-made products.
- Make large batches and freeze for a convenient meal at another time.
- Plan menus for the week so less food is bought on impulse and there is less waste.
- Keep a list of basic food prices so you are aware if they are really on special offer.
- Try supermarkets' own brands as they are often cheaper but contain the same ingredients as leading brands.

Family eating tips

- Sit all the family down for meals together whenever possible.
- Offer your child the same food as the rest of the family.
- Children can have their own unbreakable plates and bowls along with blunt cutlery, alternatively use finger foods for your child.
- If your child doesn't eat food take it away without comment.
- Offer small portions and give praise even when they have eaten just a small amount.
- Give water, milk or fruit juice at meal times, for young children give diluted pure fruit juice, the vitamin C will help absorption of iron from food.
- Limit in-between meal snacks and fizzy drinks.

Food hygiene

- Wash hands thoroughly before preparing food, after handling raw meat, after going to the toilet or handling pets.
- Keep your kitchen clean. Wash worktops, chopping boards and utensils between handling food that is to be cooked and food that is not.
- Keep pets away from food, dishes and worktops.

Food safety

- Check 'use by' dates. Use food only within the recommended period.
- Prepare and store all uncooked food separately from cooked food. Don't place raw meat or fish above other items in your fridge.
- Defrost frozen meats and poultry in the fridge or microwave before cooking unless the cooking instructions state otherwise.
- Cook food thoroughly, following the instructions on the pack. If you reheat food, make sure it is piping hot, and never reheat.
- Undercooked meat, particularly burgers, sausages and poultry, can cause illness. Take extra care to cook them thoroughly until the juice has run clear and no pink bits remain. Do not eat food containing uncooked eggs.
- Keep hot food hot and cold food cold. Don't leave them standing around. Take chilled food and frozen food home quickly then put them in your fridge or freezer at once.



Starters

Curried Parsnip Soup

Ingredients:

- 1 carrot (medium)
- 1 onion (medium)
- 2 parsnips (medium)
- 1 stock cube (vegetable)
- 3 tablespoons of curry powder (mild)
- Olive oil or rapeseed oil
- 2 cloves of garlic

Instructions:

1. Peel vegetables and slice as thinly as possible.
2. Fry the onions in the smallest amount of oil needed until softened, while doing this add parsnips to the same pan to seal them.
3. Place a pan on to boil with water, add stock cube, curry powder, garlic and any other spices to taste.
4. Add all vegetables and boil till soft (make sure all vegetables are covered by water).
5. When soft, transfer to blender, blend for a few seconds, taste and adjust spices to taste. If you don't have a blender mash by hand.
6. Check consistency and add water to adjust if necessary.
7. Serve with wholemeal bread.



Bruschetta

Ingredients:

- 4 slices of crusty bread (Ciabatta)
- 1 clove garlic
- 5 cherry tomatoes
- 2 teaspoons olive oil
- Fresh basil
- Mozzarella (buffalo)

Method:

1. Toast the bread under the grill for a few minutes.
2. Cut the cherry tomatoes in three pieces and peel the garlic.
3. Remove the bread from the grill and rub the garlic clove into the toasted side of the bread.
4. Drizzle 2 teaspoons of the oil over the 4 slices of bread.
5. Add the strips of cherry tomatoes, followed by a few fresh basil leaves.
6. To finish the bruschetta, cut the mozzarella into thin strips and place a layer of the cheese over each slice.
7. Brush the cheese with some olive oil.
8. Place in the oven for 10 minutes at 190°C.



Healthy Dips and Dippers

Chop crunchy carrots and juicy cucumber into strips to enjoy with these tasty dips.

White Bean and Tarragon Dip

410g tin cannellini or butter beans, drained

200ml/7fl oz crème fraîche

1/2 lemon, juice only

1/2 teaspoon paprika

Pinch cayenne pepper

1 small garlic clove, crushed

A small handful of tarragon leaves, chopped

Freshly ground black pepper

Place all ingredients in a food processor or blender and blitz well until really smooth, or mash together with a fork. This tastes best when served at room temperature.

Houmous

1 garlic clove, chopped

1 teaspoon sesame seeds

1/2 lemon, juice only

Freshly ground black pepper

3-4 tablespoons olive oil

1/2 tin chickpeas, drained

Put the ingredients into a processor and blend until smooth, or mash together with a fork.

Guacamole

1 avocado, stoned and chopped

1 teaspoon honey

1/2 lemon, juice only

2 tablespoons olive oil

Dash tabasco

Paprika to garnish

Black pepper

Put the ingredients into a mini processor and blend until smooth or mash together with a fork for a lumpier texture.

Salsa

5 fresh chopped tomatoes

1 tablespoon coriander, chopped

1/2 avocado, diced

1 chilli, deseeded and chopped

1 lime, juice only

2 tablespoons olive oil

Carefully mix all the ingredients in a bowl.



Main Dishes

Spaghetti Bolognese

Ingredients:

250g lean beef mince
240g (60g per person) dried pasta/spaghetti
2 mixed peppers
1 stock cube (meat or vegetable), dissolved
1 onion
1 grated carrot
400g tin chopped tomatoes
2 tablespoons of tomato puree
25g mushrooms
2 garlic cloves
Pepper - to season
Mixed herbs - to season
Olive oil or rapeseed oil

Method:

1. Peel and then finely chop onion.
2. Add to frying pan with a little oil and allow to slowly cook for 5 minutes.
3. Whilst the onion is cooking wash the pepper and mushrooms and chop to medium pieces.
4. Finely chop the garlic.
5. Add the mince to the onions and continue to cook on a medium heat for 5 minutes.
6. Add peppers, mushrooms, carrot and garlic and brown for a few minutes.
7. Add chopped tomatoes, tomato puree, stock cube and 2 cups of water, stirring until even in consistency.
8. Simmer for 5 minutes.
9. Add mince, stir in and leave to simmer over a medium heat for 30 minutes.
10. In separate pan boil water for pasta.
11. Place pasta into boiling water and cook for approx. 12 minutes.
12. Drain pasta and add bolognese, serve and enjoy!



Vegetable Curry

Ingredients

- 1 tablespoon olive or rapeseed oil
- 2 cloves garlic, crushed
- 1 medium onion, finely chopped
- 1 teaspoon chilli powder
- 1 teaspoon ground ginger
- 1 teaspoon turmeric powder
- 1 tablespoon medium curry powder
- 200g cauliflower and broccoli, broken into small florets
- 250g mixed vegetables
- 1 tablespoon tomato puree
- 20g sultanas, optional



Method:

1. Heat the oil in a large pan and fry onion for 5 minutes, or until just softened.
2. Add the chilli, ginger, curry powder and turmeric and continue to fry gently for a further minute.
3. Add the cauliflower, broccoli and mixed vegetables, plus 300ml water.
4. Stir in the tomato puree, sultanas.
5. Bring to the boil, reduce heat, cover and simmer for 35-40 minutes.

Pasta Bake

Ingredients:

- 150g pasta
- 300g tinned tomatoes
- 50g onions (peeled and finely diced)
- 50g tomato puree
- 50g mushrooms (sliced)
- 50g peppers (finely diced)
- 25g cheese (grated)
- 3g garlic powder
- Black pepper to season



Method:

1. Cook pasta for 10-15 minutes, drain.
2. Cook together tomatoes, onions, mushrooms and peppers for 5 minutes.
3. Add black pepper and garlic powder.
4. Add pasta.
5. Place in oven proof dish, sprinkle with grated cheese.
6. Bake in moderate oven for approximately 20 minutes.



Quiche

Pastry Ingredients:

110g plain flour
60g olive or rapeseed spread
1 teaspoon baking powder
Pinch of salt
Small amount of cold water

Method:

1. Sift plain flour, baking powder and salt into a bowl (or in the bowl of the food processor).
2. Rub the olive or rapeseed spread with finger tips (or use the pulse button on the food processor) until the mixture resembles coarse breadcrumbs.
3. Gradually add water until dough sticks together.
4. Remove and wrap in cling wrap and refrigerate for 30 minutes before using.

Filling Ingredients:

150g cheese
125g lentils
2 eggs
25g onions
Half pint of milk
1 teaspoon mustard
Black pepper to taste

Method:

1. Cook lentils for 45 minutes.
2. Grease then line appropriate oven proof container with pastry.
3. Beat eggs and milk together, add black pepper and mustard.
4. Place lentils, cheese and onion into container.
5. Pour egg mixture over.
6. Bake in hot oven for 30-40 minutes.



Homemade Meatballs in Tomato Sauce

Meatball Ingredients:

2 tablespoons olive oil
 150g peeled and finely chopped onion
 1 clove garlic, crushed
 900g freshly minced beef
 2 tablespoon freshly chopped herbs, such as marjoram
 or 1 tablespoon rosemary
 Half courgette, grated
 1 egg beaten
 Freshly ground black pepper

For the tomato sauce:

3 tablespoons olive oil
 110g peeled onion, sliced
 1 clove garlic, crushed
 150g fresh mozzarella, grated
 1 teaspoon sugar
 Freshly ground pepper
 400g tin chopped tomatoes



Method:

1. Heat two tablespoons of olive oil in a heavy saucepan over a gentle heat and add the onion and garlic. Cover and sweat for 4 minutes, until soft and a little golden. Allow to cool.
2. In a bowl mix the minced beef with the cold sweated onion and garlic and the courgette. Add the herbs and beaten egg. Season with pepper.
3. Divide the mixture into approximately 24 round balls. Cover the meatballs and refrigerate until required.
4. Meanwhile, make the tomato sauce. Heat the oil in a pan.
5. Add the sliced onion and crushed garlic, toss until covered, cover and sweat on a gentle heat until soft and pale golden.
6. Add chopped tomatoes, with all the juice, to the onion mixture.
7. Season with sugar and freshly ground pepper.
8. Cook the tomatoes uncovered for approximately 30 minutes until soft.
9. Heat a frying pan and cook the meatballs for about 10 minutes in about 3 tbsp of olive oil.
10. When they are cooked, put them into an ovenproof dish with the tomato sauce and top with the grated mozzarella. Place under a preheated grill until the cheese has melted.
11. Serve with spaghetti.



Chilli Con Carne

Ingredients:

250g mince
3g chilli powder
280g tinned tomatoes
130g baked beans
300mls water
30g tomato puree
50g peeled and chopped onions
25g mushrooms
400g rice

Method:

1. Fry mince and onions.
2. Add water and mushrooms, tinned tomatoes and tomato puree, simmer.
3. Add baked beans.
4. Add chilli powder and simmer for a further 15 minutes.
5. Serve with boiled rice.



Homemade Pizza

Ingredients for the base:

1 double packet of pizza dough mix (2x145g sachets), follow packet instructions

Add any of these suggestions to flavour the dough

1 teaspoon dried chilli flakes, a small handful of finely grated parmesan cheese, 1 teaspoon dried marjoram, rosemary

1-2 tablespoons finely chopped sun-dried tomatoes

1-2 tablespoons finely chopped olives

1 tablespoon flavoured oil, such as chilli, basil or rosemary

Flour for rolling out, olive oil for drizzling

Alternatively use pre made pizza bases, stotties or muffins cut in half.

For the tomato sauce:

2 tablespoons olive oil

1 medium onion, peeled and finely chopped

2 cloves of garlic, crushed, 1 bay leaf, 1 teaspoon dried oregano

1x400g can chopped tomatoes, 2 tablespoons tomato puree

Freshly ground black pepper

Method:

1. Gently fry onion and garlic in pan with olive oil for 5 minutes, add all other ingredients, bring to boil, allow to simmer for 5 minutes. Remove bay leaf.
2. Spread the tomato sauce generously onto base, add your favourite topping then place pizza in the oven at 220°C for 15-20 minutes or until base is crisp and the topping golden.

Topping Suggestions

For a Popeye Special

50g cooked spinach, grated nutmeg, 1 teaspoon dried oregano, 50g mozzarella cheese and handful of grated parmesan cheese and 1 egg broken in the centre.

For a Four in One

Place thinly sliced pepperoni/salami over one quarter of the top, thinly sliced mushrooms over the second quarter, mozzarella cheese over the third quarter and tinned anchovies, olives and capers over the last quarter.

For Pizza Med

A few slices parma ham, mozzarella cheese, sun dried tomatoes, basil, olives and parmesan cheese.

Vegetable

Sweetcorn, mushrooms and peppers.

Hawaiian

Slices of ham and fresh or tinned pineapple.



Sweet and Sour Chicken

Ingredients:

200g rice (white, brown or wild)
250g chicken breast, diced
4 tablespoons vegetable oil
75g carrots cut into thin 'matchsticks'
60g baby sweetcorn, sliced
60g green beans, trimmed
2 tablespoons sliced spring onions

For the batter:

1 egg yolk
Freshly ground black pepper
1 1/2 tablespoons cornflour
1 tablespoon milk

For the sauce:

4 tablespoons chicken stock
2 tablespoons tomato ketchup
1 tablespoon soy sauce
2 tablespoons rice wine vinegar
2 tablespoons caster sugar



Method:

1. Cook the rice according to the instructions on the packet.
2. Make the sauce by mixing together all the sauce ingredients in a bowl.
3. Beat together the batter ingredients in another bowl.
4. Heat two tablespoons of oil in a saucepan.
5. Dip the chicken in the batter, then fry it carefully. Remove from the pan and set aside.
6. Next, stir fry the carrots, baby corn and green beans in the remaining two tablespoons of oil for four minutes.
7. Add the sauce and boil for one minute. Then add the chicken and spring onions and heat through.
8. Spoon a helping of sweet and sour chicken on top of a bed of rice.
9. Serve.



Mediterranean Pasta

Ingredients:

- 2 red peppers deseeded and chopped into chunks
- 2 red onions, peeled and cut into wedges
- 1 mild red chilli deseeded and diced (optional)
- 3 peeled garlic cloves
- 1 teaspoon caster sugar
- 2 tablespoons olive or rapeseed oil
- Black pepper
- 1kg small tomatoes, quartered
- 350g dried pasta e.g. fussilli or twists
- Handful fresh basil
- Grated parmesan or hard cheese to serve

Grilled chicken could be added if desired

Method:

1. Heat the oven to 200°C (fan oven)/220°C/gas 7.
2. Scatter peppers, red onion, garlic cloves and chilli in a large roasting tin, sprinkle on the sugar and toss in the oil, season with black pepper. Place in the oven and roast for 15 minutes, then add the tomatoes and roast for a further 10 minutes until it turns soft and golden.
3. After the tomatoes have been added cook the pasta in large pan of boiling water according to packet instructions, once cooked drain well.
4. Once all cooked remove the roasting tin from the oven, add the drained pasta to the tin and lightly mix together, finish with basil leaves and sprinkle cheese on top then serve.



Tomato and Basil Soup

Ingredients:

- 1 kg tomatoes
- 1 medium onion, finely chopped
- 1 garlic clove, crushed and chopped
- 2 tablespoons olive oil
- 1 vegetable stock cube dissolved in 750ml water
- 8-10 whole basil leaves
- 2 tablespoons tomato purée
- 150ml low fat crème fraîche (optional)

Instructions:

1. Cut up the tomatoes, onion and prepare the garlic.
2. Fry the onion and garlic gently in the oil until translucent.
3. Stir in the tomatoes, tomato purée and the 750ml of vegetable stock.
4. Bring to the boil. Reduce the heat and simmer for 20-30 minutes, stirring from time to time.
5. Push the soup through a sieve, or whiz in a food processor or blender and then sieve, to remove any tough skins.
6. Add the torn basil. Return the soup to the heat and bring to the boil. Turn off the heat.
7. Add the crème fraîche and season to taste.
8. Serve and enjoy!



Cornbread

Serves 8

Ingredients:

1 large egg
200ml low fat natural yoghurt
25g butter, melted, plus extra for greasing
125g fine cornmeal (from health food shops and some supermarkets)
50g plain flour
1 tablespoon baking powder
1 teaspoon salt
1/2-1 teaspoon chilli
4 spring onions, finely sliced
124g fresh or tinned sweetcorn kernels (drained and rinsed)
50g parmesan cheese freshly grated

Method:

1. Preheat the oven to 180°C/gas 4.
2. Lightly grease and line the base of an 18cm (7 inch) cake tin with non-stick baking paper. Whisk the egg in a bowl until frothy then stir in the yoghurt and melted butter.
3. Next add the cornmeal, flour, salt, baking powder, stir and add the chilli, spring onions, sweetcorn kernels and parmesan, mix thoroughly.
4. Tip the mixture into the prepared cake tin and place in the preheated oven on the middle shelf for 35-40 minutes or until an inserted skewer in the centre comes out clean.
5. Once out of the oven allow it to cool in the tin for 10 minutes then turn out onto a wire rack. When cold cut into squares.



Pitta Pockets with Sticky Citrus Chicken

Ingredients:

3 large skinless, boneless chicken breasts cut into finger strips
2 tablespoons of olive or rapeseed oil
Juice of 1 lemon
1 large red pepper, deseeded and diced
2 tablespoons dark soy sauce
Juice of 1 orange
2 garlic cloves, crushed
1-2 tablespoons clear honey
2 tablespoons sesame seeds, toasted
4 pitta pockets
1/2 lettuce, shredded
1/2 cucumber, cut into strips
4 carrots, grated
Black pepper

Method:

1. Toss the chicken with 1 tablespoon of the olive oil, the lemon juice and a little black pepper. Add the red pepper.
2. Mix the soy sauce in a jug with the orange juice, garlic and honey. Heat the remaining oil in a deep frying pan, tip in the chicken mix and stir-fry for 2-3 minutes.
3. Pour the soy and orange mix over the chicken, sprinkle in the sesame seeds and cook over a high heat for 3-4 minutes.
4. Cut the pitta pocket in half and fill with lettuce, cucumber and carrots and top with the chicken.



Chicken Stir Fry and Rice

Ingredients:

- 1 tablespoon olive oil
- 250g chicken, diced
- 1 tablespoon olive or rapeseed oil
- 75g bean sprouts
- 40g mushrooms
- 25g spring onions
- 50g onions, peeled and diced
- 150g rice
- 25ml soy sauce
- 75g carrots, grated
- 70g green/red pepper, finely sliced



Method:

1. Boil the rice according to packet instructions.
2. Cook chicken pieces in a little oil for 5 minutes.
3. Add in carrot, pepper, mushrooms, spring onion and onions.
4. Sprinkle with soy sauce.
5. Add bean sprouts and drained rice.
6. Finish with black pepper.



Lamb Tagine (aromatic North African Style casserole)

Ingredients:

2 tablespoons olive oil
500g lean boneless lamb, cubed
1 onion, peeled and chopped
500ml hot vegetable stock
1 tablespoon tomato puree
225g tin chopped tomatoes
1 orange, zest only
1/4 teaspoon ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground coriander
1/2 teaspoon harissa (adds heat to the dish) -
found in most large supermarkets or use 1 chilli
1 tablespoon runny honey
125g dried apricots, chopped
100g raisins
400g tin chickpeas, drained and rinsed
100g couscous

Method:

1. Heat the oil in a large, deep saucepan or flameproof casserole dish. Add the cubes of lamb and fry until lightly browned.
2. Push the meat to one side and add the onion to the pan, fry for 5-10 minutes and stir frequently until golden.
3. Add all four spices and stir round, coating the meat mixture for a minute. Stir in the tin of chopped tomatoes and tomato puree, followed by the stock, zest, chickpeas, dried fruit and honey.
4. Cover pan with lid and place in the oven to cook slowly for 2 1/2 hours.
5. When the tagine is nearly cooked, follow the packet instructions to cook the couscous and serve.



Fish Pie

Ingredients:

- 1 tin sweetcorn, drained
- 1 leek, sliced
- 2 x 110g smoked haddock fillets cut into bite sized cubes
- 2 x 110g salmon, fresh or tinned into bite sized pieces
- 25g flour
- 50g olive or rapeseed spread
- 500ml/1 pint milk
- 3 large potatoes, peeled, diced
- Breadcrumbs from 1 slice of bread
- 30g hard cheese, grated
- 1 handful chopped parsley
- Black pepper



Method:

1. Pre-heat oven to 200°C/400°F/gas 6.
2. Place the leek in a pan with 2 tablespoons of water and cover for 5 minutes until soft.
3. Place in an oven proof dish with the sweetcorn and fish.
4. Place the spread and flour in a pan, stir well and cook for 1-2 minutes.
5. Remove the pan from the heat and gradually stir in the milk. Return to the heat and cook, stirring well, until the sauce has thickened. Simmer gently for five minutes.
6. Place half the sauce into a pie dish. Place the haddock fillets on top, then spoon over the remaining sauce. Season with black pepper.
7. Mash the potatoes and cover the fish mixture with the mash. Mix the breadcrumbs, cheese and parsley together. Place on top of the fish pie 10 minutes before the end of the cooking time.
8. Place the dish on a baking sheet and bake for 35-40 minutes, until the potatoes are golden and the fish is completely cooked through.

Chicken Dhansak

Ingredients:

1 onion, peeled and finely chopped
1 tablespoon olive or rapeseed oil
75g lentils
1 teaspoon cumin seeds
3 chicken breasts, diced
1 tin tomatoes, chopped
2 teaspoons curry powder
Large pinch paprika
1-2 chillies, deseeded and finely chopped (optional)
2 tablespoons tomato puree
2 limes, juice only
Splash of Worcestershire sauce
1 tablespoon brown sugar
1 handful of green beans, chopped
1 medium courgette, chopped
225g tinned pineapple, cubed
Black pepper

Method:

1. Place the lentils into a pan of boiling water for 20 minutes, meanwhile preparing the rest of the dish.
2. Toast the cumin seeds in a dry frying pan until they begin to release their aroma. Remove and set aside.
3. Gently fry the onion in the oil till softened.
4. Add in all the spices and the chicken, cook for 2 minutes and keep stirring.
5. Add all the other ingredients, including the drained lentils and allow to simmer for 15-20 minutes.
6. Serve (ideally accompanied with rice or nan bread).



Desserts

Oaty Fruit Crumble

Ingredients:

120g flour
60g olive oil or rapeseed oil spread
30g rolled oats
30g sugar



Filling:

4 apples sliced
25g butter
2 teaspoons cinnamon
1 tablespoon sugar

To make the filling:

1. Melt the butter in a frying pan and when foaming add the apple, cinnamon and sugar. Cook for 4-5 minutes until soft.
2. Place in oven proof dish.

To make the topping:

1. Pre-heat oven to 200°C/gas 7.
2. Place the flour in a large bowl and then rub in the olive oil/rapeseed spread until it resembles breadcrumbs. Add the oats and the sugar and mix through. Use a spoon to sprinkle the crumble topping evenly over the fruit.
3. Bake for 45 minutes or until the fruit is cooked and bubbling juices seep through the topping.

Fruit Milk Jelly

Ingredients:

1 packet sugar free jelly
1/2 pint milk
1/2 pint water
1 tin fruit of choice e.g. mandarins



Method:

1. Cut up the jelly into cubes, place in a jug, pour over 1/4 pint of boiling water, stir until the jelly has dissolved, top up with 1/4 pint of cold water and 1/2 pint of milk and mix thoroughly.
2. Place into mould or fridge proof serving dish and scatter on fruit.
3. Allow to set in fridge.

Rice Pudding

Ingredients:

55g pudding rice
25g sugar
600ml/1 pint semi skimmed milk
Grated nutmeg
55g dried fruit e.g. sultanas



Method:

1. Mix rice and sugar in a baking dish and pour on milk. Grate nutmeg on the top. Sprinkle with dried fruit.
2. Bake in the oven for at least 1 hour at 160-180°C/325-350°F/ gas 3-4.

Eves Pudding

Ingredients:

110g butter
110g caster sugar
Zest of 1 lemon
2 eggs, beaten
55g self-raising flour
55g ground almonds
2 apples, each halved and cut into eight pieces



Method:

1. Preheat the oven to 200°C/400°F/gas 6.
2. In a food processor blend together the butter and sugar until pale (or use hand whisk).
3. Add the eggs and lemon zest and blend to combine.
4. Add the self raising flour and ground almonds. Pulse with the blender until combined, or hand mix.
5. Mix the apples and the sponge mix and place into a greased, small, deep, oven proof frying pan or loaf tin. Place in the oven for 15 minutes, or until risen and golden brown.



Peach and Chocolate Muffin

Ingredients:

400g plain flour
100g caster sugar
10g cocoa powder
1 tbsp baking powder
Pinch of salt
284ml carton buttermilk/or semi skimmed milk
2 eggs, beaten
85g olive oil or rapeseed spread, melted
250g tinned peaches in natural juice, chopped

Method:

1. Preheat the oven to 200°C/400°F/gas 6. Grease a 12 hole muffin tin, place a muffin case in each.
2. In a large bowl combine the flour, sugar, cocoa powder, baking powder and salt. In a separate bowl, mix together the buttermilk, eggs and olive oil/rapeseed spread.
3. Make a well in the centre of the dry ingredients and pour in the buttermilk or semi skimmed milk mixture. Stir until the ingredients are combined and the mixture is quite stiff, but be careful not to overmix.
4. Lightly fold in the peaches, then spoon the mixture into the tins to fill the holes generously.
5. Bake for 15-18 minutes until risen and pale golden on top. Leave to cool in the tin for a few minutes, as the muffins are quite delicate when hot. To turn out, run a knife around the edge of the muffins and carefully transfer to a wire rack to cool.



Fruity Scones

Ingredients:

450g self raising flour
110g olive or rapeseed spread
110g sultanas
50g sugar
1/2 tsp bicarbonate of soda



Method:

1. Preheat oven to 190°C/375°F/gas 5.
2. Rub the olive or rapeseed spread lightly into flour, lifting the mixture to add air, until the mixture resembles breadcrumbs.
3. Add the sugar and sultanas.
4. Add the bicarbonate of soda, mixing in enough milk to make a soft dough.
5. Pat or roll out the dough on a lightly floured surface until about 1.5cm (1/2 inch) thick, cut into 4cm (1 1/2 inches) rounds.
6. Bake for 12-15 minutes.

Cheesecake

Ingredients:

1 tub of low fat soft cheese
225g fromage frais
225g soft fruit e.g. strawberries or raspberries
1 sugar-free jelly the same flavour as chosen fruit
2 teaspoons lemon juice
1/2 packet of low fat digestive biscuits
30g olive oil or rapeseed spread



NB The fromage frais can be replaced with same amount of low fat soft cheese.

Method:

1. Make the jelly up as per manufacturer's instructions, place in the fridge to chill.
2. Crush the digestive biscuits into crumbs in a plastic bag with a rolling pin or use a food processor
3. Melt the olive oil or rapeseed spread slowly.
4. Mix in the olive oil or rapeseed spread to the biscuit.
5. Press the biscuit mixture firmly down into the base of a 9" or 22.5cm tin - lined with baking parchment.
6. Place in the fridge to chill.
7. Place the fruit in a bowl, reserving a few to decorate the top.
8. Mash to a pulp.
9. Add the fromage frais, low fat cheese, lemon juice and jelly and mix together well.
10. Place the fruit mixture onto the biscuit base and spread evenly.
11. Allow to chill, when ready to serve place two reserved pieces of fruit on the top.

Fruit Smoothies

Berry Peach Smoothie

Ingredients:

1/2 kg frozen mixed berries
2 1/2 large tins sliced peaches in juice, drained
Small drizzle honey

Method:

Put all the ingredients into a blender and blend until smooth.

Sunrise Smoothie

Ingredients:

180g chopped strawberries
1/4 litre orange juice
12 ice cubes

Method:

Put all the ingredients into a blender and blend until smooth.



For information on the School Meals Service call 0800 169 6722
or visit www.sunderland.gov.uk/schoolmeals

School Meals Service
Sunderland City Council
Community and Cultural Services
South Hylton House, Unit 1, Hylton Bank,
Sunderland SR4 0JL
Telephone: 0191 553 4648
Email: school.meals@sunderland.gov.uk

This information can be made available in large print, Braille, audio and other languages. Please contact the School Meals Service on 0800 169 6722 or email school.meals@sunderland.gov.uk for help.

As part of Sunderland's commitment to creating a balanced and sustainable future, this leaflet is printed on 75% post-consumer waste recycled paper. When you have finished with it, please recycle it in your kerb-it box.

All information correct at time of going to press. Published March 2007.


Sunderland
City Council

