

Pizza

How To
Lunch
Serves 4

Ingredients:

Pizza base:

250g plain flour

1 teaspoon dried easy use yeast or 1 sachet fast acting yeast

1 dessertspoon olive or vegetable oil

200ml lukewarm water

4 dessertspoons grated mature cheddar

Spread:

tomato puree

dried mixed herbs

Topping ideas:

chopped peppers (any colour - deseeded), mushrooms, sweetcorn, pineapple, tuna, cooked ham or chicken

How to...

1. Pre-heat oven to 220°C or gas mark 7.
2. Make the dough - mix the flour, yeast and oil together in a large bowl. Gradually add the water, mix well and knead for 5 minutes to form a dough.
3. Put the dough into a deep bowl and cover with cling film for 60 minutes. The dough will double in size.
4. Divide the dough into 4, and roll each portion out thinly.
5. Spread a thin layer of tomato puree and sprinkle some herbs on to the dough base.
6. Add your choice of toppings, remember not to overload the pizza.
7. Sprinkle some cheese on top.
8. Cook in the oven for 12 minutes.

Notes:

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Produced by:
NHS Forth Valley,
Community Food Development Workers,
Community Dietitians - February 2018
www.nhsforthvalley.com/nutrition



Tip

Other suitable pizza bases include french stick, naan bread or pitta bread.

Omelette

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Ingredients:

2 or 3 eggs (per person)

paprika or black pepper to taste

1 dessertspoon olive or vegetable oil

2 dessertspoons grated mature cheddar (optional)

Filling ideas:

slice of diced cooked ham

slice of diced cooked chicken

chopped peppers (any colour - deseeded)

sliced mushrooms

chopped tomato

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How to...

1. Break eggs into a bowl (remember to wash hands after handling raw eggs).
2. Whisk eggs with a fork, add paprika or black pepper to taste.
3. Place a small frying pan on a medium heat and add oil.
4. When oil is hot add your choice of filling ideas (remember not to overfill) and stir with fork for 1 minute.
5. Add egg mix, stirring constantly with the fork for another 30 seconds.
6. Add cheese if you wish, then flatten out with back of fork. Cook until base is slightly brown, then flip 1 half over the other to make "D" shape.
7. Cook for 30 seconds. Then flip over until cooked through.

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Tip

This is a great dish to use up all your leftovers.

Bruschetta/ Tuna Baked Potato

How To
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Bruschetta

Ingredients:

- 12 cherry tomatoes (chopped)
- 2 garlic cloves (crushed)
- 6 basil leaves (chopped)
- 2 dessertspoons olive oil
- 3 dessertspoons balsamic vinegar
- 1 large crusty baguette

How to...

1. In a large bowl add chopped tomatoes, garlic cloves, basil leaves, olive oil, balsamic vinegar and mix well.
2. Cover with cling film and refrigerate for 1 hour.
3. Slice the baguette diagonally into thick slices, toast on both sides until light brown.
4. Spoon mixture evenly on to the bread and serve.

Tip

Serve the stuffed baked potato or bruschetta with salad.

Stuffed Baked Potato

Ingredients:

- 2 large baked potatoes
- Approx 400g tinned tuna (in spring water or brine - drained)
- 4 dessertspoons tinned sweetcorn (drained)
- 2 spring onions (finely chopped)
- 4 dessertspoons mature grated cheese

How to...

1. Pre-heat oven to 180°C or gas mark 4.
2. Place potatoes on a baking tray, bake for 60 minutes or until soft. Remove, set aside and allow to cool.
3. Whilst potatoes are cooking, in a large bowl, add tuna, sweetcorn, spring onions and mix well.
4. Cut cooled baked potatoes in half, scoop out the flesh with a spoon, add this to the tuna mix and stir well. Fill the empty potato skins with the mixture.
5. Sprinkled with grated cheese and bake in the oven for a further 10 minutes or until cheese is bubbling.

Notes:

Spicy Salsa/ Wedges

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Spicy Salsa

Ingredients:

- 4 large tomatoes (diced)
- 1 red onion (diced)
- ½ pepper (any colour - deseeded - diced)
- 1 spring onion (finely chopped)
- ½ teaspoon chilli flakes
- 1 teaspoon dried mixed herbs
- black pepper to taste

How to...

1. In a large bowl add diced/chopped vegetables, chilli flakes, herbs and mix well.
2. Add black pepper to taste.
3. Leave for a short while in fridge to let flavours mix.

Tip

Why not spice the wedges up: try using some paprika, cajun spice or mixed herbs.

Wedges

Ingredients:

- 3 medium sized baking potatoes or sweet potatoes
- 2 dessertspoons olive or vegetable oil
- black pepper to taste

How to...

1. Pre-heat oven to 180°C or gas mark 4.
2. Cut potatoes into 8 or 12 wedges.
3. Place wedges into a deep bowl, add oil, black pepper to taste and mix together.
4. Place on a non-stick baking tray in the oven for 30 minutes or until soft, turning once.

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