

Vegetable Pasta

How To Veggie Serves 4

Ingredients:

- 1 medium onion
- 1 dessertspoon olive or vegetable oil
- 2 mugs mixed chopped vegetables (fresh or frozen) try: courgette, peppers (any colour - deseeded) and mushrooms
- 1 large tin chopped tomatoes
- 2 teaspoons garlic pureé
- 3 dessertspoons tomato pureé
- 1 teaspoon dried mixed herbs
- 1 mug water
- 1 small can of chickpeas (drained and washed)
- 4 mugs pasta (any kind)

Notes:
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How to...

1. Peel and chop the onion.
2. Place a large pot on a medium heat and add oil. When the oil is hot add onion and cook until soft.
3. Add mixed chopped vegetables, chopped tomatoes, garlic and tomato pureé, herbs, water, mix well and cook until soft.
4. Add chickpeas, mix then reduce heat to low and cook for 5 minutes or until vegetables are soft.
5. To cook pasta bring a large pot of water to the boil, add pasta and stir well. Cook as per manufacturer's instructions.
6. Once cooked drain off water using a colander.
7. Add pasta to sauce, stir and serve.

Notes:
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Tip

You can also freeze the sauce or add to mince for bolognese.

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



Vegetable Fajitas

How To Veggie Serves 4

Ingredients:

- 1 medium onion
- 1 courgette
- 2 peppers (any colour - deseeded)
- ½ mug mushrooms
- 1 dessertspoon olive or vegetable oil
- 1 dessertspoon garlic pureé
- 1 dessertspoon cajun or fajita spice
- 1 small tin of kidney beans (drained and washed)
- 4 tortilla wraps

Notes:
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How to...

1. Peel and chop all the vegetables.
2. Place a large pot on a medium heat and add oil. When the oil is hot add onion, courgette, peppers, mushrooms and cook for 3 minutes.
3. Add garlic pureé, cajun or fajita spice and mix well.
4. Add kidney beans, mix then reduce heat to low and cook for 5 minutes (continue stirring) until vegetables are soft. Remove and set aside.
5. Heat all the tortilla wraps together in the microwave for 40 seconds.
6. Put tortilla wrap onto a plate, spoon mixture evenly down the centre, fold the bottom of the wrap over to hold the mixture then fold in both sides.

Notes:
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Tip

You can add chicken, beef or pork to make meat fajitas.

Lentil/Sweet Potato Curry

How To Veggie Serves 4

Ingredients:

- 1 red onion (finely chopped)
- 2 large sweet potatoes (chunks)
- 250g red lentils
- 1 dessertspoon olive or vegetable oil
- 1 garlic clove (crushed)
- thumb-sized piece fresh ginger, peeled (finely chopped)
- 1 ½ teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon chilli flakes
- 600ml vegetable stock
- 80g bag of spinach (fresh or frozen)
- ½ mug of chopped coriander

Notes:

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Tip

You can use other vegetables of your choice e.g. butternut squash or cauliflower.

How to...

1. Peel and chop all the vegetables.
2. Rinse lentils in a sieve under cold running water (until the water runs clear) and set aside.
3. Place a large pot on a medium heat and add oil. When the oil is hot add onion, garlic, ginger and cook until slightly soft.
4. Add cumin, turmeric and chilli flakes, cook for 2 minutes. Then add chopped potatoes, stir until all the spices have coated them.
5. Add lentils, vegetable stock and bring to the boil then reduce heat to medium. Cook for a further 20 minutes until lentils are tender and sweet potato is still holding its shape.
6. Add spinach cook for 3 minutes until wilted.
7. If mixture becomes too thick you may need to add a little more water.
8. Garnish with chopped coriander.

Notes:

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Cheesy Pasta

How To Veggie Serves 4

Ingredients:

- 1 pint semi-skimmed milk
- 3 dessertspoons plain flour
- 2 dessertspoons low fat spread
- 3 dessertspoons grated mature cheddar
- 2 teaspoons mustard (any kind)
- 3 mugs pasta (any kind)

Optional toppings:

- 3 dessertspoons grated mature cheddar
- 1 tomato (sliced)

Notes:

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Tip

Add 2 slices of cooked smoked bacon (remove the fat) to make a carbonara.

How to...

1. Put milk, flour, low fat spread into a medium sized pot on a high heat and whisk.
2. Keep whisking until low fat spread starts to melt, sauce will start to thicken.
3. Reduce to a low heat, continue to whisk.
4. Add cheese, mustard and continue to whisk - cook for 5 minutes. If the sauce is too thick you may need to add a little more milk.
5. To cook pasta bring a large pot of water to the boil, add pasta and stir well. Cook as per manufacturer's instructions.
6. Once cooked, drain off water using a colander.
7. Add pasta to sauce, stir and serve.
8. Optional toppings - put in an oven-proof dish, top with cheese and tomato. Place under a hot grill until golden brown.

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