

RECIPES

Chicken Risotto (serves 4)

Ingredients

200g rice per person
1 chicken stock cube made up with boiling water (1/2 pint)
4 small cooked chicken fillets (chopped)
1 onion - chopped
1 cup of frozen peas
Herbs and pepper to season

Boil rice in stock for 15 - 25 minutes until cooked. Add cooked chicken and onions. Once the rice begins to boil add remaining vegetables and seasoning.

Easy Pizza (serves 4)

Ingredients

2 soda bread
1 small jar of tomato based pasta sauce
Tomato puree
Some cheese
8 mushrooms

Slice soda bread and toast on floured side. Remove from grill and spread untoasted side with a small amount of tomato sauce mixed with a little of the tomato puree. Cover with grated cheese and sliced mushrooms. Grill until cheese has melted.



Chicken and Leek Stew (serves 4)

Ingredients

2 chicken fillets - chopped
2 leeks
1 tin of condensed chicken soup
1 tin of sweet corn
(try low salt/sugar varieties)

Brown chopped chicken in 1 teaspoon of oil over a medium heat and add chopped leek. Cook until leeks are tender and add drained tin of sweet corn. Then add tinned soup. Continue to heat through. Serve in a bowl with some crusty bread.

Bolognese (serves 4)

Ingredients

350g lean mince
1 onion - chopped
400g tin of chopped tomatoes
200g tin of mushrooms
2 carrots - grated
1 tablespoon of tomato puree
Herbs/pepper to taste

Cook mince in a saucepan without oil. Once browned, drain off any liquid. Add onions, herbs, tomato puree and pinch of pepper. Allow onions to soften and add the tin of chopped tomatoes and grated carrot. Simmer for 45 minutes. Serve with cooked pasta or rice
*Add chilli powder and tin of red kidney beans for chilli con carne or top with mashed potatoes for a shepherds pie).

FAST FOOD 4 FIT KIDS!



Busy families need fast but healthy food.
Look inside for tips to make your life easier.

START BY BEING ORGANISED!

Use this supermarket checklist to help...

Eating 3 meals a day using a variety of foods will help to keep us healthy.

By encouraging your children to try new foods you can help reduce problems with fussy eaters... making your life easier!

Shopping Checklist

- Cereal (low sugar types) ✓
- Bread (loaf, baguettes, soda bread) ✓
- Pasta ✓
- Rice ✓
- Tinned fish e.g. tuna ✓
- Tinned tomatoes ✓
- Baked beans ✓
- Tomato puree ✓
- Jar of tomato sauce for pasta ✓
- Soup (fresh, tinned or packet) ✓
- Pure Fruit juice (value brand is fine) ✓
- Milk ✓
- Cheese ✓
- Fruit yogurt ✓
- Reduced fat spread ✓
- Fruit (fresh, tinned or frozen) ✓
- Vegetables (fresh, tinned or frozen) ✓
- Stock cubes (low in salt) ✓
- Potatoes ✓
- Meat e.g. chicken fillets, lean mince, pork chops ✓

*For extra flavour you may want to buy some herbs, for example, dried mixed herbs and pepper.

Now you have the basics, try some of these ideas for breakfast, lunch and dinner...

BREAKFAST

- Bowl of cereal and milk
- Glass of milk and a piece of fruit
- Banana Buttie (banana in a roll)
- Toast with low fat spread and a glass of milk

* Why not have a glass of fruit juice too!

LUNCH

- Sandwich (see below for filling ideas)
- Vegetable soup and a roll
- A toasted ham and cheese sandwich
- Beans on toast
- School dinner

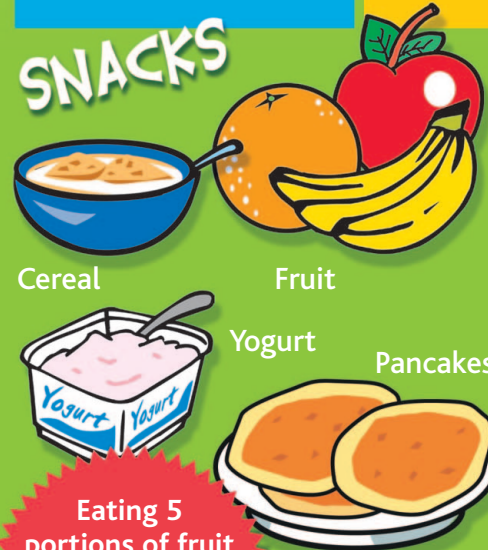
* If you could manage to include fruit or a yogurt with lunch that's great!

DINNER

- Cooked pasta with a jar of tomato sauce and add a drained tin of tuna
- Chicken and leek stew - see simple recipe
- Grilled pork chop with boiled potatoes and some peas and/or carrots (frozen or tinned)
- Easy pizza - see simple recipe

* Remember food isn't enough. You need to drink plenty. Water or milk are the best choices.

SNACKS



Cereal

Fruit

Yogurt

Pancakes

Eating 5 portions of fruit and vegetables each day reduces the risk of cancer

Hints/Tips

- Pour breakfast cereal the night before and cover with clingfilm
- Add more vegetables to make meals go further e.g. chicken and leek stew
- Use a variety of breads e.g. wheaten, baguettes or pitta bread
- Make packed lunches the night before and store in the fridge

Lunch Box Ideas

Warmed soup or baked beans in a flask with a roll. Try these fillings in sandwiches, children will love them... cheese & beetroot, chicken & sliced tinned peaches (drained), tuna & chopped cucumber.

