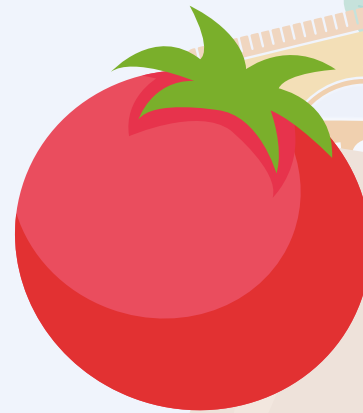


Eat Smart Save Better



IDEAS ON HOW TO EAT WELL
& SAVE MONEY



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

SHOPPING BAG RECIPES



Shopping bag ingredients:

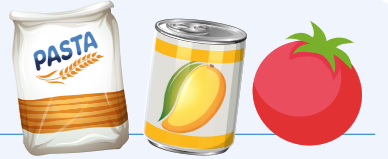
Ingredients

- | | |
|-----------------------------|--------------------------------|
| Porridge oats | Mushrooms |
| Tinned sliced peaches | Bread muffins |
| Plain natural yoghurt | Apples |
| Self raising flour | Tomato puree |
| Free range eggs | Onions |
| Tinned potatoes | Tinned chopped tomatoes |
| Bunch of spring onion | Dried whole-wheat pasta shapes |
| Tinned sweetcorn | Tinned green lentils |
| Block of cheese | Carrots |
| Tinned mixed beans (chilli) | |

*Additional ingredients needed; vegetable oil, margarine, mixed herbs, milk, black pepper
Garlic, chilli powder and any additional herbs and spices can be added to all the savoury dishes according to individual taste preferences



Overnight Breakfast Oats makes 1 pot



Ingredients:

- 3-4 Tinned peach slices and juice
- 2 dessert spoons, plain natural yoghurt
- 2 dessert spoons, porridge oats

Equipment:

- Small container with lid
- Dessertspoon

Allergy Awareness:

- Milk
- Oats

Directions:

- Place 2 dessert spoons of porridge oats in the bottom of a container
- Pour some of the peach juice onto the oats and combine
- Place peach slices on top of the porridge oats
- Spoon 2 dessert spoons of plain natural yoghurt on top of the peach slices
- Put lid on top of container and leave in fridge overnight



SHOPPING BAG ITEMS



INGREDIENTS

FINISHED DISH

Breakfast Pancakes makes 4-6



Ingredients:

50g/2oz self-raising flour
1 egg beaten
3 tablespoons milk

Equipment:

Measuring jug
Bowl
Frying pan
Wooden spoon
Dessert spoon

Allergy Awareness:

Milk
Eggs
Wheat
Gluten

Directions:

- Beat the egg and the milk in a measuring jug
- Put flour in a bowl and stir in the egg and milk mixture
- Heat a frying pan with a little oil and drop spoonfuls' of the mixture onto the surface
- Let bubbles come to the surface and then turn over. Cook for 2-3 minutes each side
- Serve with fruit and plain natural yoghurt



SHOPPING BAG ITEMS



INGREDIENTS



FINISHED DISH

Mini Breakfast Frittatas makes 6



Ingredients:

2 tinned potatoes, diced
2 spring onions, finely sliced
3 eggs, beaten
15g cheese, grated
60ml milk
3 mushrooms, sliced
1 tablespoon, sweetcorn
Black pepper

Equipment:

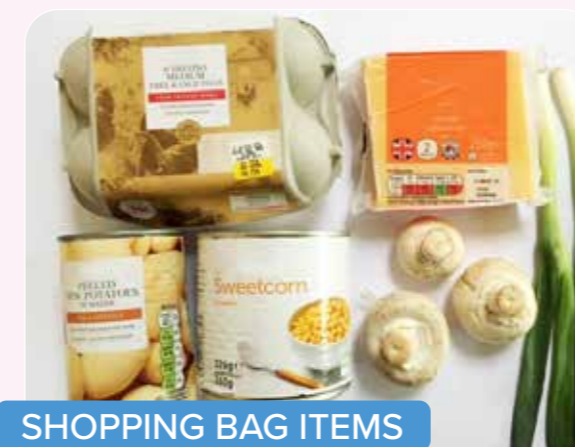
Muffin tin
Baking tray
Chopping board
Sharp knife
Grater
Mixing bowl
Measuring jug
Fork
Teaspoon

Allergy Awareness:

Milk
Eggs
Cheese (made with milk)

Directions:

- Heat the oven to 170°C/Gas 4
- Place the muffin tin on a baking tray
- Mix the potatoes, spring onion, mushrooms and sweetcorn in a bowl and divide between the 6 muffin moulds
- In a measuring jug, beat the eggs with the milk, grated cheese and black pepper
- Carefully pour the egg mixture into the moulds until $\frac{3}{4}$ full
- Bake for 20 minutes until golden and set. Leave to cool for a few minutes before loosening with a knife
- Carefully tip out onto a serving plate, serve warm



SHOPPING BAG ITEMS

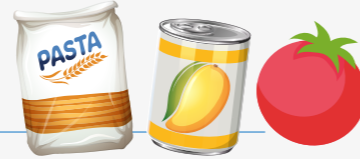


INGREDIENTS



FINISHED DISH

Lunchtime Pizza Muffins makes 8 halves



Ingredients:

- 4 bread muffins, each cut in half
- 1 teaspoon tomato puree, per half a muffin
- 60g/2oz grated cheese
- 1-2 dessert spoons sweetcorn, for 8 halves
- 2 spring onions, sliced for 8 halves

Equipment:

- Baking tray
- Chopping board
- Sharp knife
- Grater
- Table spoon
- Dessert spoon
- Teaspoon

Allergy Awareness:

- Cheese (made from milk)
- Wheat
- Gluten

Directions:

- Heat the oven to 180°C/Gas 4
- Cut each muffin in half, and spread the tomato puree onto each half
- Sprinkle grated cheese over the top
- Arrange sweetcorn and spring onion over the top
- Put on baking tray and bake for 10 minutes until cheese is melted and muffin lightly toasted



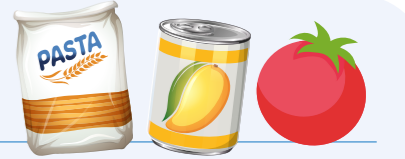
SHOPPING BAG ITEMS

INGREDIENTS



FINISHED DISH

Tomato and Cheese Pasta Bake serves 4



Ingredients:

- 250g/9oz pasta shapes
- ½ onion, chopped
- 1 tin of chopped tomatoes
- 60g/2oz grated cheese
- 1 teaspoon mixed herbs (optional)

Equipment:

- Frying pan
- Sharp knife
- Chopping board
- Wooden spoon
- Large pan
- Grater
- Teaspoon
- Oven proof baking dish

Allergy Awareness:

- Cheese (made with milk)
- Wheat
- Gluten

Directions:

- Heat oven to 180°C/Gas 4
- Fry onion in a small amount of oil (approx. 1 teaspoon)
- Add chopped tomatoes and stir. Leave to simmer for 10 minutes
- Boil pasta in pan of water for 15 minutes, then drain
- Add pasta to the tomatoes and onion and combine
- Transfer into an oven proof baking dish and sprinkle over cheese
- Place in the oven for 15-20 minutes



SHOPPING BAG ITEMS



INGREDIENTS



FINISHED DISH

Homemade Pizza serves 4



Ingredients:

- 250g/9oz self-raising flour
- 1 tablespoon vegetable oil
- 150ml/5fl oz warm water
- 4 tablespoons tomato puree
- 60g/2oz grated cheese
- 2 spring onion, sliced
- 2 dessert spoons sweetcorn
- Mixed herbs (optional)
- (More toppings can be added)

Equipment:

- Sieve
- Baking tray
- Chopping board
- Sharp knife
- Grater
- Mixing bowl
- Measuring jug
- Fork
- Teaspoon
- Wooden spoon
- Rolling pin

Allergy Awareness:

- Cheese (made with milk)
- Wheat
- Gluten

Directions:

- Heat the oven to 180°C/Gas 4
- Sieve flour and mixed herbs if using into a mixing bowl, add oil
- Stir slowly adding water to form a soft dough
- Turn out the dough onto a floured surface. Knead for 5 minutes
- Using a rolling pin, roll out to fit on to a baking tray (it doesn't have to be round)
- Spread tomato puree onto dough along with grated cheese, spring onion and sweetcorn. (Extra toppings can be added)
- Cook for 15-20 minutes until golden brown



SHOPPING BAG ITEMS



INGREDIENTS



FINISHED DISH

Vegetarian Bolognese Sauce serves 4



Ingredients:

- 2 carrots, grated
- 2 spring onions, chopped
- 3 mushrooms, chopped
- 2 dessert spoons sweetcorn
- 1 tin of chopped tomatoes
- 1 tin of green lentils, drained
- 100ml water
- 1 dessert spoon tomato puree
- 1 teaspoon mixed herbs (optional)

Equipment:

- Large saucepan
- Sharp knife
- Chopping board
- Wooden spoon
- Measuring jug
- Tablespoon
- Dessertspoon
- Teaspoon

Allergy Awareness:

- Wheat
- Gluten

Directions:

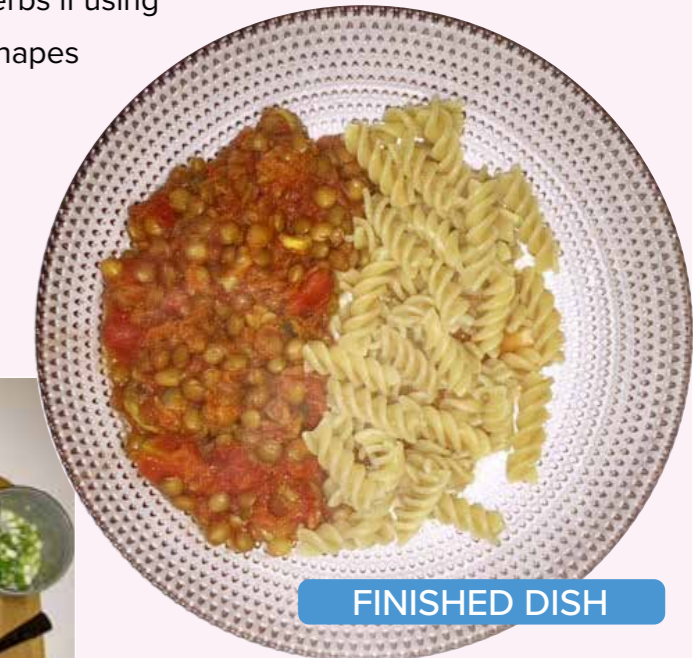
- Heat small amount of oil (approx. 1 teaspoon) in a large saucepan
- Add the onion and carrot and simmer gently for 10 minutes, stirring regularly until softened
- Stir in tomato puree and cook for 1 minute
- Add mushrooms, sweetcorn, lentils, chopped tomatoes and 100ml water
- Stir in the mixed herbs if using
- Serve with pasta shapes



SHOPPING BAG ITEMS



INGREDIENTS



FINISHED DISH

Mixed Bean Chilli serves 4



Ingredients:

- ½ onion, chopped
- 1 tin of chopped tomatoes
- 1 tin of taco mixed beans
- 2 tablespoons sweetcorn
- 100ml water
- 1 teaspoon mixed herbs (optional)

Equipment:

- Large saucepan
- Sharp knife
- Chopping board
- Wooden spoon
- Measuring jug
- Dessert spoon
- Teaspoon
- Grater

Allergy Awareness:

Directions:

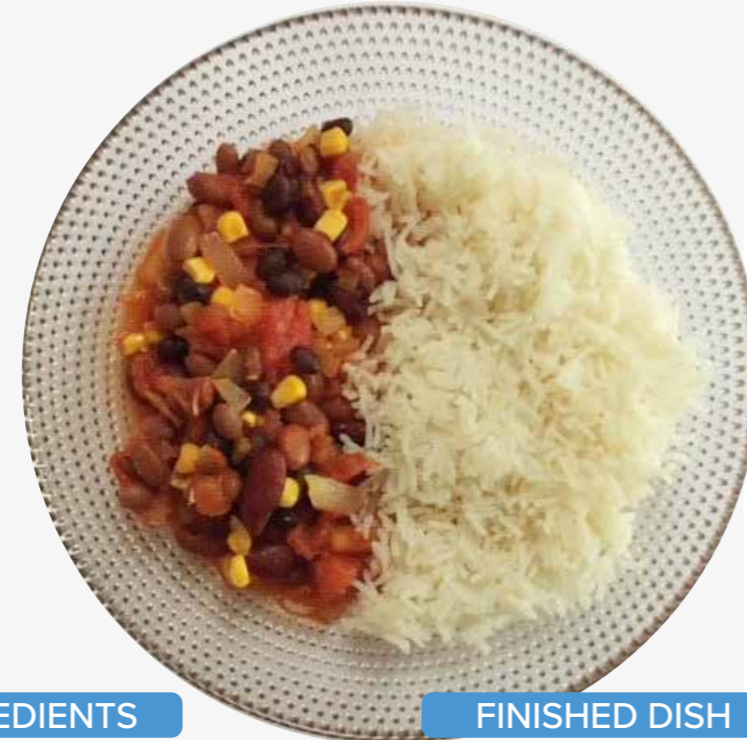
- Heat small amount of oil (approx. 1 teaspoon) in a large saucepan
- Add the onion and simmer gently for 10 minutes, stirring regularly until softened
- Add the chopped tomatoes, mixed beans, sweetcorn and 100ml water
- Stir in the mixed herbs if using
- Serve with plain boiled rice or potato wedges



SHOPPING BAG ITEMS

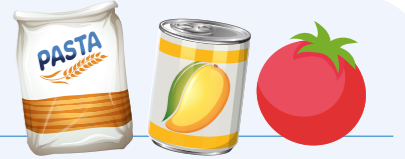


INGREDIENTS



FINISHED DISH

Tinned Potato Wedges Serves 2-3



Ingredients:

- 8 tinned potatoes, halved then quartered
- 1 tablespoon vegetable oil
- 1 tablespoon tomato puree
- Mixed herbs (optional)

Equipment:

- Chopping board
- Sharp knife
- Table spoon
- Large bowl
- Wooden spoon
- Baking tray

Allergy Awareness:

Directions:

- Heat the oven to 200°C/Gas 6
- Mix the oil, herbs and puree in a bowl
- Coat the wedges in the oil mix
- Spread wedges on a baking tray
- Bake in the oven for 20 minutes, turning halfway through cooking
- Serve with mixed bean chilli



SHOPPING BAG ITEMS



INGREDIENTS



FINISHED DISH

Quick and Easy Fruit Crumble Serves 4



Ingredients:

4 apples, peeled and chopped
1 tin of sliced peaches including juice
150g/5oz self raising flour
75g/3oz margarine
75g/3oz porridge oats

Equipment:

Chopping board
Sharp knife
Table spoon
Large bowl
Wooden spoon
Oven proof dish
Baking tray

Allergy Awareness:

Wheat
Gluten
Oats

Directions:

- Heat the oven to 180°C/Gas 4
- Place fruit including juice in an oven proof dish
- In a mixing bowl rub the flour and margarine together with fingertips gently until they look like breadcrumbs
- Add the porridge oats and mix well
- Pour crumble mix evenly over fruit
- Bake in the oven for 25-30 minutes until top is golden
- Serve with plain natural yoghurt



SHOPPING BAG ITEMS



INGREDIENTS



FINISHED DISH