

# FRUIT AND VEG RECIPES



## Coleslaw

### Ingredients (Serves 2-4)

- ¼ white cabbage
- 1 medium apple
- 1 carrot
- 2 x 15ml spoons of low-fat mayonnaise

### Equipment

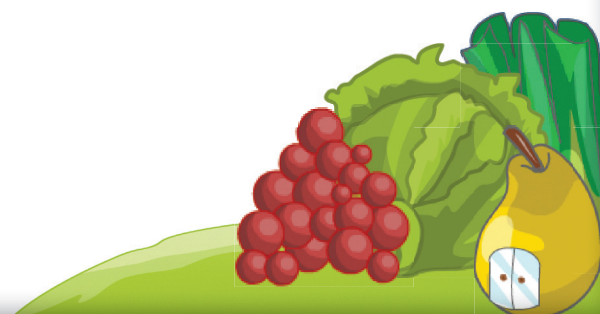
Colander, chopping board, sharp knife, kitchen scissors (optional), vegetable peeler, grater, mixing bowl, measuring spoons and mixing spoon.

### Method

1. Shred the cabbage into thin strips. You could use kitchen scissors!
2. Top and tail the carrot, then peel and grate.
3. Core and grate the apple.
4. Place the cabbage, grated carrot and apple in the mixing bowl.
5. Add the low-fat mayonnaise.
6. Mix all the ingredients together.

### Handy hints

- Wash the fruit and vegetables before use.
- Instead of using only low-fat mayonnaise try low-fat mayonnaise mixed with low-fat plain yogurt.
- Try adding other vegetables such as spring onion or celery.



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## Fruit kebabs

### Ingredients (Serves 20)

- 2 satsumas
- ½ honeydew melon
- 1 small bunch red grapes, seedless
- 1 small bunch of white grapes, seedless

### Equipment

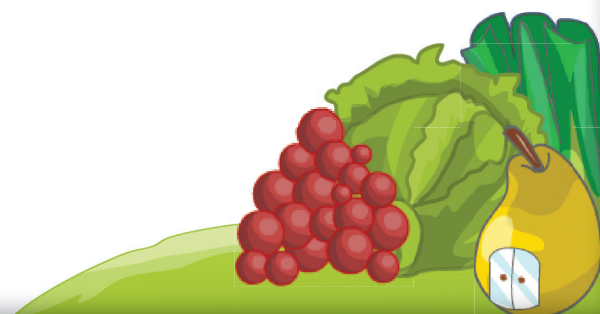
20 wooden cocktail sticks, chopping board and a sharp knife.

### Method

1. Remove the grapes from their stalks.
2. Peel the satsumas and pull each apart into individual segments.
3. Remove the skin and seeds from the melon.
4. Cut the melon into small cubes.
5. Thread pieces of fruit onto a cocktail stick.
6. Serve on a plate.

### Handy hints

- Use a small tub of fruit flavoured fromage frais as a dip.
- Try using different types of fruit such as strawberries, bananas and apples.
- Veggie kebabs are a great alternative. Try using 8 cherry tomatoes, 100g cheddar cheese cut into cubes, 4 baby sweetcorn cut in half, 8 prunes and 10cm piece of cucumber cut into cubes. You could use 50g low fat cream cheese as a dip.
- You could swap the grapes for strawberries, or the honeydew melon for canned pineapple.



# FRUIT AND VEG RECIPES



## Layered salad

### Ingredients (Serves 2-4)

- ½ lettuce, shredded
- 1 carrot, grated
- Small can of sweetcorn
- 1 red pepper, sliced

### Equipment

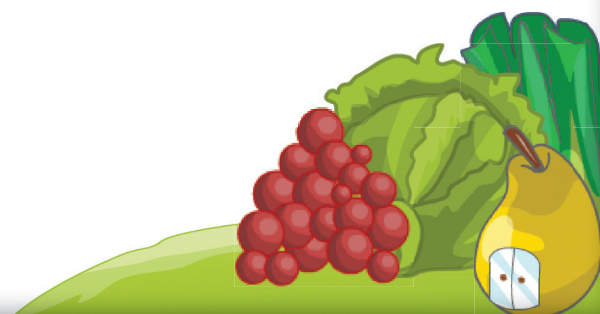
Chopping board, knife, vegetable peeler, grater, can opener, serving dish.

### Method

1. Wash all the ingredients.
2. Shred the lettuce.
3. Remove the top and tail of the carrot, peel and grate.
4. Slice the red pepper.
5. Drain the sweetcorn.
6. Arrange in layers in the serving dish.

### Handy hints

- Use a variety of different vegetables and fruit, e.g. red cabbage, apple, onion, new potatoes and beansprouts.
- Add a layer of boiled egg, canned tuna or grated cheese to make a main meal.



# FRUIT AND VEG RECIPES



## Country vegetable soup

### Ingredients (Serves 4)

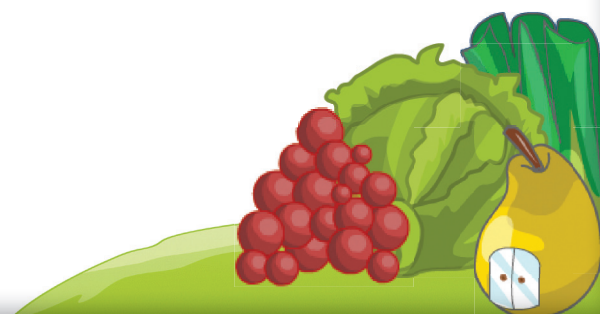
- 1 onion
- 1 carrot
- 1 leek
- 1 potato
- 2 celery sticks
- 1 x 15ml spoon oil
- 1 x 15ml spoon plain flour
- 1 x 5ml spoon stock powder
- 500ml water, boiling

### Equipment

Chopping board, knife, vegetable peeler, saucepan, measuring spoons, wooden spoon and measuring jug.

### Method

1. Peel and chop the onion.
2. Top and tail the carrot, then peel and dice.
3. Top and tail the leek, remove the outer layer, then peel and slice.
4. Peel and cube the potato.
5. Cut the celery into 2cm length pieces.
6. Heat the oil in a saucepan and fry all the vegetables, except the potatoes, for 5 minutes.
7. Stir in the flour and cook for 2 minutes.
8. Dissolve the stock powder in boiling water.
9. Add the stock to the saucepan and bring to the boil.
10. Add the potatoes.
11. Place a lid on the saucepan and let simmer for 30 minutes.
12. Serve.



# FRUIT AND VEG RECIPES



## Veggie snacks

### Ingredients (Serves 4-6)

- 2 celery sticks
- ½ small cucumber
- 1 yellow pepper
- 1 red pepper
- 4 x 15ml spoons hummus or pâté
- 1 x 15ml spoon natural yogurt
- Small bunch of chives (optional)

### Equipment

Sharp knife, chopping board, kitchen scissors, mixing bowl, spoon and plate.

### Method

1. Cut the celery into 5cm lengths (about as long as your finger).
2. Cut the cucumber into 5cm lengths.
3. Cut the cucumber in half lengthways, to form a flat base.
4. Scoop out the seeds from the cucumber.
5. Cut the peppers in half and remove the seeds and stalk.
6. Cut into large wedges.
7. Place the hummus and yogurt in a bowl.
8. Snip the chives into small pieces, using kitchen scissors, into the bowl.
9. Mix all the ingredients together until smooth.
10. Spoon the mixture into the vegetables.

### Handy hints

- Remember to wash all vegetables before preparing them.
- The seeds in a pepper may sting. Try not to touch your face.
- You could grow your own chives on a window sill.

