

Summer couscous salad



Serves
4-6



Ingredients

200g (wholewheat) couscous
1 stock cube (or ½ teaspoon of salt and mixed herbs)
200ml boiling water
3 tablespoons vegetable or olive oil
2 medium courgettes
300g cherry tomatoes
400g can chickpeas, drained and rinsed
100g pitted black olives
½ red onion, diced

For the dressing

3 tablespoons olive oil
3 tablespoons lemon juice (juice of 1 lemon)
2 tablespoons chopped mint
2 tablespoons chopped basil

Method

1. Bring the water to the boil and measure out 200ml and mix with a flavouring (stock cube or salt and herbs).
2. Put the couscous into a bowl, pour over the flavoured hot water and one tablespoon of olive oil and mix well with a fork. Cover with a plate and leave for 10 minutes.
3. Slice the courgettes into rounds. Heat one tablespoon oil in a large frying pan and fry the courgettes slices over a medium a heat for about five minutes or until dark golden brown and put the courgettes on a plate.
4. Cut the tomatoes across the middle. Put them cut-side down into the pan with one tablespoon of oil and cook for another five minutes or until brown on the underside.
5. Slice the olives and dice the onion in small pieces. Chop or tear the fresh herbs. Fluff up the couscous with a fork, stir in the drained chickpeas, tomatoes, courgettes, diced onion, olives and chopped fresh herbs.
6. Prepare your dressing by mixing three tablespoons of olive oil with an equal amount of lemon juice and add the chopped herbs.
7. Drizzle the dressing over the couscous salad, mix well and serve.

Carrot and coconut balls

Makes
15 balls

Ingredients

2 carrots, peeled and grated
60g oats
70g desiccated coconut, plus more for rolling
1 very ripe banana, mashed
6-7 pitted dates
1 teaspoon cinnamon
Cocoa powder (optional)

TOP TIP!

Sweet enough already: Too much added sugar may affect your health in a not so sweet way.

Too much sugar can cause tooth decay, excess weight and can lead to Type 2 diabetes in later life. This recipe uses naturally occurring sugars and is full of other nutrients. It is also a great way to get everyone involved in the kitchen!

Method

1. Soak the dates in hot water for five minutes and discard the water afterwards.
2. In the meantime wash and peel the carrots.
3. Grate the carrots finely.
4. Mash the banana and chop the dates.
5. Mix the carrots, banana, dates, oat, desiccated coconut and cinnamon together in the bowl.
6. Using your hands, scoop walnut sized portions of mixture and firmly squeeze and roll them into balls. Roll the balls in desiccated coconut or cocoa powder (or leave plain).
7. Serve or store in an airtight container in the fridge.



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Cheesy scones



Serves
6-8



Ingredients

200g (wholemeal) self-raising flour
50g butter or margarine
125ml milk
75g grated cheese
1 teaspoon mixed herbs

To make fruit scones, replace the cheese and mixed herbs with 75g sultanas or raisins and 1 tsp of cinnamon before you add the milk.


TOP TIP!

Use wholemeal self-raising flour to give you fibre. It will keep you full for longer.

Method

1. Preheat oven to 200°C / gas mark 7.
2. Grease a baking tray.
3. Put the flour into a bowl.
4. Rub the butter or margarine into the flour with your fingertips until it resembles breadcrumbs.
5. Add in the grated cheese and dried herbs and mix.
6. Pour in some of the milk and mix. Add more milk until it forms a soft dough.
7. Place the dough on a floured work and roll it out until 1.5cm thick.
8. Use a cutter to make scones. If you don't have a cutter, cut around a glass with a table knife.
9. Place the scones on to the greased baking tray, brush the top of each scone with the remainder of the milk and bake for 12 – 15 minutes or until golden brown.
10. After baking, place the scones on a cooling rack.

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Spinach and basil hummus



Serves
4-6



Ingredients

- 1 tin of chickpeas (or cannellini beans)
- 2-3 handfuls of fresh spinach
- 1 small bunch of fresh basil
- 2 tablespoons tahini (sesame paste) - optional
- 1 lemon
- ½ teaspoon salt
- 2 tablespoons olive oil
- 1 clove garlic
- ½ cucumber (for serving)
- 1-2 tomatoes cut (for serving)

Method

1. Drain and rinse the chickpeas (or cannellini beans if using) and place in a bowl.
2. Add all the remaining ingredients (apart from cucumber and tomatoes) and blend until smooth.
3. Top with fresh basil and serve with the scones and sliced cucumber and tomato.

Making your own hummus is much cheaper than buying it from the shop and you can try different flavours and colours. Try adding beetroot to the hummus for a pink colour, or roast yellow peppers and a touch of turmeric for a yellow hummus. Which other colours and flavours can you create?

TOP TIP!

Four fantastic food groups for a fabulous life.

Cheesy scones and spinach and basil hummus have something from each of the four main groups:

- Starchy food, such as flour, should form the basis of all your meals to give you energy throughout the day.
- Fruit and vegetables, such as spinach, tomato and cucumber, are packed with vitamins and minerals. Have some with every meal and snack.
- Dairy foods, such as milk and cheese, contain calcium for healthy bones and teeth.
- Protein foods, such as chickpeas, build muscle.

Make sure to eat something from each of the fantastic food groups every day.