

Recipe  
**1**

Serves  
**3-4**

# Pizza or Calzone



## Ingredients

### Base

500g (1lb) strong white flour  
1 x 7g packet instant easy-blend yeast  
300ml (½ pt) warm water  
1x15ml spoon (1 Tablespoon) oil  
1x5ml spoon (1 teaspoon) sugar  
½x5ml spoon (½ teaspoon) salt

### Toppings

1 small jar Italian tomato sauce,  
dried herbs, variety of different  
toppings, e.g. cheese, tomato,  
mushroom, green pepper, ham,  
pepperoni, pineapple chunks

### Equipment

Mixing bowl, measuring spoons,  
knife, chopping board, baking tray,  
measuring jug, grater and grease  
proof paper.

## Method

1. Preheat oven to 200°C or Gas Mark 6.
2. Sieve together the flour and salt into a mixing bowl. Stir in the sugar and yeast.
3. Add warm water, mix into a dough.
4. Knead the dough for 5 minutes. Cover the dough and allow to prove for 20 minutes in a warm place until it doubles in size.
5. Divide dough in half and shape into two round disks.
2. Spread the tomato sauce on top and add other toppings.
3. Sprinkle with cheese and bake for 10-15 minutes.

### Calzone

### Pizza

1. Put grease proof paper on tray and add pizza base.
1. Put grease proof paper on tray and place the disks at either end with one-half overhanging.
2. Add fillings onto one side of the dough.
3. Fold the remaining dough over and seal with water - crimping the edges together.
4. Bake for 10-15 minutes, until golden brown.

# Nutrition Information

Pizza*	per 100g	per recipe	per portion ( $\frac{1}{4}$ pizza)
Energy (kJ)	848	10029	2507
Energy (kcal)	203	2397	599
Protein (g)	7.2	84.6	21.2
Fat (g)	5.1	60.8	15.2
of which saturates (g)	2.0	23.4	5.8
Carbohydrate (g)	34.1	402.6	100.6
of which sugars (g)	1.8	20.9	5.2
Fibre (g)	1.3	15.5	3.9
Sodium (mg)	421	4976	1244
Salt (g)	1.1	12.4	3.1

\* (Calculation based on pizza using  $\frac{1}{2}$  green pepper, 4 mushrooms, 1 tomato and 150g mozzarella cheese.)

## Notes

# Key Messages

## Healthy eating

- Make the base of the pizza thick to boost carbohydrate content.
- Add plenty of different vegetables and lower fat toppings such as tuna, ham or prawns.
- Top with a few handfuls of reduced fat cheese to keep the overall fat content down.
- Alternatively, use a stronger flavoured cheese to top your pizza. You do not need to use as much to get the same taste and this helps cut down on fat and salt.

## Money

- Use economy brands from supermarkets where possible, and buy loose, canned or frozen vegetables instead of pre-packed or pre-prepared vegetables.

## Food safety

- Use cooked meat only on the pizza, as raw meat may not cook thoroughly in the time.
- Wash hands thoroughly before kneading the dough.



Recipe

2

Serves

6

# Simple Salad



## Ingredients

½ lettuce  
4 tomatoes, quartered  
¼ cucumber, sliced  
½ green pepper, cut into strips  
½ onion or 2 spring onions, sliced  
Salad dressing

## Equipment

Chopping board and knife.

## Method

1. Wash and prepare all the ingredients and place into a large bowl.
2. Add a salad dressing, if desired, and toss together.



## Options

Use a range of fruit and vegetables in your salad, e.g. different lettuce, red onion, apple, carrot and sweetcorn.

Why not make your own dressing? Shake 1 x 15ml spoon (1 Tablespoon) vinegar or lemon juice, 2 x 15ml spoons (2 Tablespoons) oil and a pinch of pepper and mustard in a screw top jar or whisk in a cup.

# Nutrition Information

Simple Salad	per 100g	per recipe	per portion ( $\frac{1}{3}$ recipe)
Energy (kJ)	63.3	469	156
Energy (kcal)	15	112	37
Protein (g)	1	5.7	1.9
Fat (g)	0.3	2.5	0.8
of which saturates (g)	0.1	0.6	0.2
Carbohydrate (g)	2.4	18.1	6.0
of which sugars (g)	2.4	17.8	5.9
Fibre (g)	1.0	7.4	2.5
Sodium (mg)	6	44	15
Salt (g)	0.0	0.1	0.0

Calculation includes dressing.

## Notes

# Key Messages

## Healthy eating

- Be adventurous with salad vegetables and try ones you have never tasted before to increase the variety in your diet.

## Money

- Add some canned vegetables, such as sweetcorn, and look for vegetables in season as these will be cheaper.

## Food safety

- Always wash salad vegetables to remove dirt and peel when necessary.



Recipe  
**3**



Serves  
**6**

# Chocolate Brownies



## Ingredients

75g (3oz) butter or margarine  
40g (1 ½ oz) cocoa powder  
225g (8oz) sugar  
2 large eggs  
50g (2oz) plain flour  
25g (1oz) chocolate chips (optional)  
25g (1oz) nuts (optional)

## Equipment

Saucepan, mixing spoon, baking tin, wire rack, spatula and grease proof paper.

## Method

1. Preheat the oven to 180°C, Gas Mark 5 and line the baking tin with the grease proof paper.
  2. Melt the butter or margarine in a saucepan.
  3. Stir in the cocoa powder and sugar.
  4. Remove the pan from the heat.
  5. Add the eggs, one at a time, and mix.
  6. Stir in the flour and optional ingredients.
  7. Pour the mixture in the lined baking tin, using the spatula to remove all the mixture from the pan.
  8. Bake in the oven for 30 minutes, then cool on the wire rack.
- Note: Microwave oven**
1. Melt the butter or margarine in a heat proof bowl for approximately 1 minute.
  2. Add the remaining ingredients and beat hard with a spoon.
  3. Microwave for a further 3-4 minutes (depending on the power of the microwave oven).

# Nutrition Information

Brownies*	per 100g	per recipe	per portion ( $\frac{1}{6}$ recipe)
Energy (kJ)	1635	9188	1531
Energy (kcal)	391	2196	366
Protein (g)	6.3	35.3	5.9
Fat (g)	18.8	105.5	17.6
of which saturates (g)	9.7	54.5	9.1
Carbohydrate (g)	52.7	296.4	49.4
of which sugars (g)	45.0	252.7	42.1
Fibre (g)	1.4	8.1	1.4
Sodium (mg)	198	1114	186
Salt (g)	0.5	2.8	0.5

\* made with chocolate and nuts

## Notes

# Key Messages

## Healthy eating

- Like any foods containing fat and sugar, chocolate brownies can be part of a healthy balanced diet, when eaten occasionally. It is the amount you eat that is important.
- Foods high in fat and sugar should only form a small part of your diet.
- To reduce the sugar content, use a sugar substitute suitable for baking (or use half and half).

## Money

- Some nuts can be expensive, look for the chopped mixed variety.

## Food safety

- Avoid the temptation to lick the spoon or your fingers while making these.