

THE PASTA-BILITIES  
ARE *endless*.

*I'm delicious  
when I'm hot...*

*.....and why not try  
me cold with small  
chunks of tomato and  
cucumber?*

*Did you know?*

Wholewheat pasta is a good source of fibre which helps us feel fuller for longer by releasing energy slowly. Try using half wholewheat and half white pasta to introduce it to your child's diet.



# SIMPLE POTATOES

*three ways.*

*wrap me in foil, bake me in the oven  
and make me into a jacket potato...*

*mash me...*

*chop me and bake me as  
wedges... sprinkle with  
cheese if you like!*

## *Did you know?*

All carbohydrates get converted into glucose, which our brains need to function. Glucose gives us the energy to learn, grow, think and play.



# THE ULTIMATE CHEESE *sandwich.*

*Cheese sandwiches don't have to be boring... make it a Ploughman's, a traditional British lunch, with crispy iceberg lettuce, crunchy apple slices and juicy tomato!*

*Serve as a filled sandwich or go classic and serve ingredients on a plate, building the Ploughman's with each bite.*

## *Did you know?*

Calcium helps us build strong teeth and bones. When you tap your teeth, you are tapping your enamel, which is the hardest substance in the human body.



# TASTY, TOMMY *tomatoes.*

*dice me and put me  
on cheesy toast...*

*chop me and  
add me to pasta  
sauce...*

*add me to cold  
pasta for a tasty  
cold lunch...*

*add me to beans  
and dollop me  
onto a jacket  
potato...*

## *Did you know?*

Tomatoes are actually a fruit and not a veg! They are a great source of Vitamin C and provide approx 30% of your daily intake requirement.



# PASTA

## Salad



### *Method.*

1. Cook the penne pasta until soft and then cool.
2. Slice into rings or keep the pasta whole - whichever you prefer.
3. Mix with diced tomato sauce, cucumber and tomato (you could add sweetcorn and cheese!)
4. Enjoy!



# TWICE BAKED CHEESY *potatoes.*

## *Method.*

1. Bake the potatoes in the oven wrapped in foil until soft (prod with a knife to check!)
2. Carefully remove from the oven and unwrap the potatoes from the foil. With a knife, slice the spuds open and scoop out the potato from the skin.
3. In a bowl, mix the scooped out potato with grated cheese, throw on chopped tomatoes and then pop the mixture back into the skins.
4. Bake again until cheese is gooey and serve with side salad using lettuce, cucumber and tomato.
5. Scrummy!



# BAKED, CHEESY *wedges.*



## *Method.*

1. Wash and cut the potatoes into wedges - no need to peel!
2. Spray a low fat oil onto an oven tray lined with foil and place the wedges onto the tray, moving them around to coat them in oil.
3. Bake in the oven until cooked and crispy at the edges turning half way through.
4. Once cooked, bring the wedges to the centre of the tray, grate cheese on top and pop back in the oven until the cheese is melted...heaven!
5. Add beans if you fancy then serve and enjoy!



# PASTA *bake.*



## *Method.*

1. Cook the pasta until al dente (slightly hard).
2. Mix the pasta in with the tomato sauce and some grated cheese.
3. Spoon into a buttered ovenproof dish and top with a light sprinkle of cheese.
4. Bake in the oven until golden and bubbling at the edges.
5. Delicious!



# AMERICAN GRILLED CHEESE *sandwich.*

## *Method.*

1. Make a cheese sandwich like usual but butter the outside, not the inside, of the bread.
2. Either grill or fry in a touch of butter/oil in a non-stick pan for 3 minutes either side until crisp on the outside and gooey in the middle.
3. Heaven!



# POTATO

*crispiés.*



## *Method.*

1. Peel and dice the potatoes into small cubes and spread out evenly on a baking tray.
2. Bake in a hot oven for 15-20 mins until the potato cubes are golden and crunchy, turning half way through.
3. For top crunchies, we like to toss them in garlic but you could use whatever herbs and spices you have in the cupboard such as paprika, fajita or cajun.
4. Tuck in!



# TUNA *melt.*

## *Method.*

1. Drain your tinned tuna and combine with a few squirts of light mayonnaise if you have any in the cupboard.
2. Slice your petit pains in half and fill with chopped iceberg lettuce.
3. Pop the tuna mayo mix on top and then sprinkle with grated cheese.
4. Spread a little butter on the outside of the petit pains and then pop in a pan to cook. Wait until golden and gooey and then serve.
5. Take a big bite and enjoy!