

Wholefood recipes and tips



Recipes for success

Tried and tested, nutritionally analysed recipes to help you offer a popular menu and tips to meet the national standards for school food

Contents

Page 3	Why has this booklet been developed?
Page 4	What are wholefoods?
Page 5	What is wholegrain?
Page 6	Buying wholefoods
Page 7	Tips – including wholefoods on your lunch menu
Page 8	Tips – including wholefoods at other times
Page 9	Recipe index
Page 10	Tomato and lentil soup
Page 11	Beef cobbler
Page 12	Lamb casserole with lentils and herbs
Page 13	Spanish chicken and rice
Page 14	Tuna, tomato and bean pasta bake
Page 15	Mackerel and mixed pepper wraps with potato salad
Page 16	Rice and peas
Page 17	Butternut squash and bean risotto
Page 18	Mexican chicken enchiladas
Page 19	Vegetable layer and tomato bread
Page 20	References

Acknowledgements

The Children's Food Trust would like to thank the following schools and caterers for sharing their recipes:

- Beverly High School and Taylor Shaw Catering
- CityServe Direct Services
- Creative Management Services Ltd
- HC3S (Hampshire County Council Catering Services)
- Howden School and Technology College and East Riding of Yorkshire Council
- Heathside Secondary School and Chartwells
- Lynn Grove High School
- Lancashire County Commercial Group

Why has this booklet been developed?

The standards for school food were updated in January 2015.¹ These standards include a requirement to provide one or more wholegrain varieties of starchy foods each week at lunchtime.

These standards, and good practice guidance included in 'School Food Standards – A practical guide for schools their cooks and caterers'², help ensure that school lunches provide enough fibre, and other nutrients important for children's health.

Eating wholefoods like wholemeal bread, brown rice, whole wheat pasta and pulses can boost children's intakes of essential nutrients, as they are high in fibre, vitamins and minerals and low in fat. However, it can be a challenge to encourage pupils to try wholefoods if they're not used to eating these foods at home.

This booklet contains practical tips on including wholefoods in school recipes, and 10 tried and tested recipes containing wholegrain starchy foods, or other whole foods.

The importance of wholefoods in the diet

- Wholefoods are a good source of fibre, which we all need for a healthy digestive system³
- Foods rich in fibre take longer for the body to break down, and so the energy is released slowly, which helps us feel fuller for longer
- Wholegrains, such as brown rice and whole wheat pasta, contain insoluble fibre which passes through the gut removing waste products
- Pulses and oats contain soluble fibre which can be partially digested and may help to lower cholesterol in the blood.⁴



What are wholefoods?

Wholefoods are foods in their natural state. That is, they have not been refined or processed.⁵ Fruit, vegetables, lentils, beans and wholegrains, such as brown rice, are all good examples. The table below contains examples of wholefoods.

	Grains	Wheat, brown rice, oats, barley, bulgur wheat, buckwheat, rye, maize and corn.
	Pulses	Broad beans, soya beans, chickpeas, cannellini beans, pinto beans, yellow split peas, kidney beans, borlotti beans, haricot beans, butter beans and black-eyed peas.
	Lentils	Red lentils, green lentils, black lentils, brown lentils and puy lentils.
	Nuts*	Almonds, pecans, cashew nuts, brazil nuts, pistachio nuts, walnuts, pine nuts, hazelnuts and chestnuts.
	Seeds	Sesame seeds, pumpkin seeds and sunflower seeds.

Tips

- ✓ Dried lentils and pulses are usually more affordable than canned, but take more time to soak, rehydrate, rinse and cook.
- ✓ A wide selection of canned pulses, such as chickpeas and kidney beans, are available and ideal for busy school kitchens. Choose 'no added salt and sugar' varieties.
- ✓ Puy lentils hold their shape during cooking so are great for salads, whilst red lentils dissolve so are best for soups or sauces. Choose pulses according to the consistency you need.

* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

What is wholegrain?

Grains are the seeds of cereal plants, such as rice and wheat. Wholegrains have three parts:⁵

1. a fibre-rich outer layer, (the bran),
2. a small nutrient-packed area, (the germ),
3. a large central starchy area, (the endosperm).

Many of the nutrients are concentrated in the bran and the germ, so wholegrains can contain up to 75 per cent more nutrients than refined grains.

Products made from white flour lose many of the original nutrients because the germ and the bran are removed before milling. So, to correct this, all flours in the UK – except wholemeal flour – are fortified with iron, calcium and B vitamins. This restores the nutrients lost in milling.

Know your flour and bread

- **Wholemeal** – is the wholewheat grain with nothing added or removed. To be categorised as wholemeal bread, all the flour used to make the bread must be wholemeal
- **Brown** – is 85 per cent of the grain with some bran and germ removed. Carefully check ingredients lists, as some brown flour is actually white flour with added bran and caramel colouring
- **White** – is 75 per cent of the wheat grain with most or all of the bran and germ removed
- **Wheat germ** – is white or brown flour with at least 10 per cent added wheat germ
- **Malted wheat grain** – is brown or wholemeal flour with added malted grain
- **Granary** – true granary flour is brown flour with malted wheat or barley that has started to germinate, releasing sugars. Most granary flours and breads are actually made from white flour with added bran, molasses, caramel and malt extract.



Buying wholefoods

In the past, some school caterers have found it more difficult and expensive to source ingredients such as brown rice and wholewheat pasta, from suppliers. But things are changing as more people use these ingredients, and guidance for schools and other caterers advises using more wholegrain starchy foods and higher fibre cereals.^{2, 6}

Here's what other cooks are saying about using whole wheat pasta.

“Apart from the health benefits, I think whole wheat pasta is better anyway because it doesn't stick to the pans like white pasta – which means less waste and less time cleaning up. It's also good for the children and is slow-releasing energy and filling.”

Mary Anderson,
Catering Supervisor
Parklands Girls High School, Leeds

“I've found that if you use it with a sauce like spaghetti bolognese, the students don't notice the difference and they eat it all! You can also use it on the salad bar by adding a bit of mayonnaise and some vegetables.”

Chris Rushby,
Cook in Charge
Bessecar Primary School, Doncaster



Tips – including wholefoods on your lunch menu

Remember

School lunch menus must include one or more wholegrain varieties of starchy food each week, so make sure you include wholegrain varieties of bread, pasta and/or rice as part of hot and cold dishes. You can meet this standard using 50/50 mixes of brown and white rice or whole wheat and white pasta, and by using higher-fibre white bread.

Pulses can be used to meet the requirement to provide vegetarian non-dairy protein on three or more days each week.

Meat main courses

- Add lentils and beans to popular dishes such as shepherd's pie, curries and pasta sauces
- Use rolled oats in crumb coatings for fishcakes
- Add pulses to stews and soups.

Vegetarian main courses

- Try a mixture of beans in stews, curries, chilli and burgers
- Try mixed bean enchiladas in wholemeal tortillas
- Make a nut* or lentil roast and serve in a wholemeal pitta with salad.

Starchy accompaniments

- Try brown rice, or a mixture of brown and white rice as an accompaniment, but remember that brown rice takes longer to cook than white rice
- Try wholewheat pasta in hot dishes, such as pasta bakes, or combine with vegetables to make pasta salads
- Use wholemeal flour mixed with a little rye flour or some poppy seeds when making bread rolls

- Try wholewheat couscous in salads, or serve hot with lamb dishes
- Make a refreshing tabbouleh salad with bulgur wheat, fresh herbs, tomatoes and lemon juice.

Sandwiches

- Make sandwiches from a selection of breads including rye, granary and wholemeal, speciality breads containing seeds or oats, wholemeal bagels, wraps or pittas.

Desserts

- Add rolled oats to fruit crumble toppings
- Try wholewheat flour in cakes and desserts.



* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

Tips – including wholefoods at other times

Breakfast clubs

- Try porridge with grated apple, raisins or flavoured with cinnamon
- Wholegrain breakfast cereals can be a great way to get wholefoods into children's diets. Choose varieties with low or medium sugar content. Avoid providing cereals that are high in sugar, such as sugar-coated cereals. Remember that cereals containing confectionery, such as chocolate chips, are not permitted in schools
- Try scrambled eggs or reduced sugar and salt baked beans on wholemeal toast.

Mid-morning break

- Try wholemeal toast or bagels as they are quick to prepare and provide a grab-and-go option that releases energy slowly
- Provide nuts* and seeds without added sugar, fat or salt as a snack
- Offer wholewheat pasta salad pots as a popular grab-and-go
- Fresh vegetable or tomato and lentil soup with a wholemeal roll could be a popular snack in winter months.

After school clubs

- Run an activity in which pupils mix their own muesli from a selection of rolled oats and wheat flakes, dried fruit, nuts* and seeds, to take home for sharing at breakfast time
- Make your own dips and bean pâtés, such as houmous, by blending canned beans and chickpeas with oil, garlic, lemon juice and spices. Use carrot, cucumber and pepper sticks to dip
- Try making wholemeal muffins with pizza toppings as a fun, food-based activity
- Visit www.letsgetcooking.org.uk to find out about setting up a cooking club and for tried and tested tasty recipes and resources to use with your pupils.



* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

Wholesome wholefood recipes

Wholefoods already popular in some primary and secondary schools include wholewheat pasta, brown rice, lentils, beans and other pulses. Here are 10 tried and tested versatile wholefood recipes for you to try.

1. **Tomato and lentil soup**
2. **Beef cobbler**
3. **Lamb casserole with lentils and herbs**
4. **Spanish chicken and rice**
5. **Tuna, tomato and bean pasta bake**
6. **Mackerel and mixed pepper wraps with potato salad**
7. **Rice and peas**
8. **Butternut squash and bean risotto**
9. **Mexican chicken enchiladas**
10. **Vegetable layer and tomato bread**

Note: The standards for school lunches introduced in January 2015 are food-based only, and caterers are not required to nutritionally analyse their recipes. The nutrient content of recipes in this booklet have been listed for information. Each recipe also lists the allergens typically present in the ingredients used, but these will vary between individual brands and products, so it is important to check the products you use.



This recipe makes:

30 primary servings (240g)

22 secondary servings (330g)

Prep time:
20 minutes

Cooking time:
1 hour

Allergens:
celery, egg, milk, wheat (gluten)

Serving suggestion:
try as a hot snack at after school clubs

Tip:
heat it up with chilli powder

Recipe adapted from:

Beverly High School and Taylor Shaw Catering

Tomato and lentil soup

Grab-and-go or after school snack



Ingredients

- 4.5l water
- 450g red lentils, dried
- 675g carrots, peeled and diced
- 450g onions, peeled and diced
- 225g swede, peeled and diced
- 800g canned tomatoes, chopped
- 100g tomato purée
- 12g stock cubes (2)
- 10g black pepper (2tbsp)

Method

1. Boil the water and add the lentils, carrots, onions, swede, tomatoes and tomato purée.
2. Cover and bring to the boil. Simmer for 30 minutes.
3. Add the stock cubes and black pepper and simmer for a further 30 minutes or until all the vegetables are tender.
4. Part liquidise the soup to blend the vegetables into smaller chunks before serving.

Nutrients	Nutrient content		
	Per 100g	Primary serving (240g)	Secondary serving (330g)
Energy kcals	27	65	90
Fat g	0.2	0.4	0.6
Saturates g	0.0	0.0	0.0
Carbohydrate g	4.9	11.7	16.0
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.1	2.7	3.7
Protein g	1.9	4.5	6.1
Iron mg	0.6	1.5	2.1
Calcium mg	10.0	23.9	32.8
Vitamin A µg	219.8	527.6	723.8
Folate µg	10.6	25.4	34.8
Vitamin C mg	1.6	3.8	5.2
Sodium mg	43.2	103.7	142.2
Zinc mg	0.3	0.6	0.8

Beef cobbler

Main



Ingredients

- 500g lean beef, minced
- 200g onions, peeled and diced
- 200g carrots, peeled and diced
- 50g tomato purée
- 25g flour
- 1l water
- 6g stock cube (1)
- 100g red lentils, dried
- 200g frozen peas
- 75g wholemeal flour
- 75g plain flour
- 15g baking powder (4tsp)
- 5g dried thyme (2tbsp)
- 75g soft margarine
- 100ml semi-skimmed milk

Method

1. Preheat the oven to 220°C/425°F/gas mark 7.
2. Dry fry the mince, onions and carrots for 10 minutes, then add the tomato purée and 25g flour. Stir well.
3. Gradually add the water and stock cube and stir well.
4. Add the lentils and simmer for 30 minutes then stir in the peas.
5. Sieve the flours and baking powder together, add back the bran and stir in the thyme.
6. Rub in the margarine to form fine breadcrumbs.
7. Add most of the milk and stir to form a stiff dough. Roll out until 2cm thick.
8. Cut into 9 (secondary) or 12 (primary) scones using a cutter if you wish.
9. Place the scones on a baking tray and brush with the remaining milk. Bake for 12–15 minutes until golden brown.
10. Serve the beef with the scones neatly arranged on top.

This recipe makes:

12 primary servings (210g)
9 secondary servings (280g)

Prep time:
30 minutes

Cooking time:
30 minutes

Allergens:
celery, egg, milk, wheat (gluten)

Serving suggestion:
with boiled potatoes and seasonal vegetables

Tip:
add parmesan or mustard to the scone mix

Recipe adapted from:

Heathside Secondary School and Chartwells

Nutrients	Nutrient content		
	Per 100g	Primary serving (210g)	Secondary serving (280g)
Energy kcals	94	198	264
Fat g	3.9	8.2	10.9
Saturates g	1.2	2.6	3.5
Carbohydrate g	8.8	18.4	24.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.7	3.6	4.8
Protein g	6.6	13.8	18.4
Iron mg	1.3	2.8	3.7
Calcium mg	32.2	67.6	90.1
Vitamin A µg	216.8	454.1	605.4
Folate µg	14.2	29.7	39.6
Vitamin C mg	1.5	3.1	4.2
Sodium mg	162.2	340.0	453.2
Zinc mg	1.3	2.7	3.6

This recipe makes:

100 primary servings (180g)

75 secondary servings (245g)

Prep time:
50 minutes

Cooking time:
2 hours

Allergens:
celery, egg, milk, wheat (gluten)

Serving suggestion:
with mashed potato and green vegetables

Tip:
cut the lamb into smaller cubes to help it cook quicker

Recipe adapted from:

CityServe
Direct Services

Lamb casserole with lentil and herbs

Main



Ingredients

- 100ml vegetable oil
- 1kg onions, peeled and diced
- 3.25kg carrots, peeled and diced
- 250g celery, diced
- 6kg lean stewing lamb, diced
- 200g plain flour
- 200g courgettes, chopped
- 200g red pepper, deseeded and chopped
- 4kg canned tomatoes, chopped
- 600g red lentils, dried
- 70g tomato purée
- 20g dried mixed herbs (7tbsp)
- 20g dried oregano (7tbsp)
- 24g stock cubes (4)
- 4l water

Method

1. Heat 50ml of oil and gently fry 750g of onions, 3kg of carrots and all the celery, and cook for 5 minutes.
2. Dry fry the lamb, stirring to stop it sticking. When the lamb has browned, sprinkle it with the flour and stir continuously.
3. In another saucepan, heat the remaining oil and fry the courgettes, peppers, remaining carrots and onions for 5 minutes or until softened.
4. Make up the stock. Add the tomatoes, red lentils, tomato purée, herbs, stock, and bring to the boil. Simmer for 30 minutes.
5. Add the lamb and the lentil mixture to the vegetables.
6. Bring to the boil and simmer for 1½–2 hours until the lamb is tender.

Nutrients	Nutrient content		
	Per 100g	Primary serving (180g)	Secondary serving (245g)
Energy kcals	87	157	212
Fat g	4.3	7.7	10.4
Saturates g	1.6	3.0	4.0
Carbohydrate g	4.7	8.5	11.5
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.2	2.3	3.0
Protein g	7.7	14.0	18.9
Iron mg	1.1	1.9	2.6
Calcium mg	24.6	44.4	60.2
Vitamin A µg	417.3	753.0	1020.1
Folate µg	10.2	18.3	24.8
Vitamin C mg	2.9	5.3	7.2
Sodium mg	56.3	101.9	138.1
Zinc mg	1.6	3.0	4.0

www.childrensfoodtrust.org.uk

Spanish chicken and rice

Main



Ingredients

- 30ml vegetable oil (2tbsp)
- 200g onions, peeled and diced
- 10g garlic, crushed (2 cloves)
- 450g chicken, white meat, diced
- 450g chicken, dark meat, diced
- 800g brown rice
- 30g paprika (3tbsp)
- 12g stock cubes (2)
- 1.8l boiling water
- 800g canned tomatoes, chopped
- 200g red pepper, deseeded and sliced
- 400g canned kidney beans, drained (drained weight 256g)

Method

1. Heat the oil and fry the onions, garlic and chicken for 8 minutes.
2. Add the rice and paprika and stir for 1 minute.
3. Dissolve the stock cubes in the boiling water.
4. Add the tomatoes, (including the juice), stock and peppers to the rice, and bring to the boil.
5. Cover and simmer for 20 minutes.
6. Add the drained, rinsed kidney beans and cook for a further 10 minutes or until the rice is cooked.

Nutrients	Nutrient content		
	Per 100g	Primary serving (300g)	Secondary serving (400g)
Energy kcals	103	309	411
Fat g	2.3	6.9	9.2
Saturates g	0.5	1.5	2.0
Carbohydrate g	15.9	47.8	63.7
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.4	4.2	5.6
Protein g	5.6	16.9	22.5
Iron mg	0.7	2.1	2.8
Calcium mg	12.8	38.5	51.3
Vitamin A µg	76.7	230.1	306.5
Folate µg	8.5	25.6	34.1
Vitamin C mg	4.6	13.7	18.3
Sodium mg	83.3	249.7	332.8
Zinc mg	0.6	1.9	2.5

This recipe makes:

16 primary servings (300g)
12 secondary servings (400g)

Prep time:

15-20 minutes

Cooking time:

45 minutes

Allergens:

celery, egg, milk, wheat (gluten)

Serving suggestion:

with green salad and tomato salad

Tip:

for a vegetarian version replace the chicken with soya chunks

Recipe adapted from:

Howden School and Technology College and East Riding of Yorkshire Council

This recipe makes:

34 primary servings (340g)

26 secondary servings (445g)

Prep time:
30 minutes

Cooking time:
30 minutes

Allergens:
fish, milk, mustard, sulphites, wheat (gluten)

Serving suggestion:
with garden peas

Tip:

try with canned salmon for a portion of oily fish

Recipe adapted from:

Howden School and Technology College and East Riding of Yorkshire Council

Tuna, tomato and bean pasta bake

Main



Ingredients

- 15ml vegetable oil (1tbsp)
- 450g onions, peeled and diced
- 20g garlic, crushed (5 cloves)
- 800g canned tomatoes, chopped
- 15g dried mixed herbs (5tbsp)
- 150g tomato purée
- 1.2kg wholemeal pasta shapes
- 250g plain flour
- 3l semi-skimmed milk
- 10g pepper (2tbsp)
- 10g mustard powder (1tbsp)
- 2.4kg canned tuna in spring water (drained 1.9kg)
- 400g canned kidney beans, drained (drained weight 256g)
- 400g canned butter beans, drained (drained weight 228g)
- 400g tomatoes, sliced

Method

1. Preheat the oven to 180°C/350°F/ gas mark 4.
2. Heat the oil and fry the onions and garlic for 2 minutes.
3. Add the tomatoes, herbs and tomato purée, bring to the boil then simmer for 10 minutes.
4. Cook the pasta according to the manufacturer's instructions.
5. Mix the flour, pepper and mustard with a little milk, gradually whisk in the rest of the milk and bring to the boil whisking all the time to form a white sauce.
6. Mix the white sauce, tomato sauce, drained tuna, drained and rinsed beans and cooked pasta together and pour into a baking tin or dish.
7. Garnish with tomato slices and bake for 30 minutes until the top is golden.

Nutrients	Nutrient content		
	Per 100g	Primary serving (340g)	Secondary serving (445g)
Energy kcals	86	292	381
Fat g	1.1	3.6	4.7
Saturates g	0.4	1.4	1.8
Carbohydrate g	12.2	41.4	54.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.1	7.1	9.3
Protein g	7.8	26.4	34.5
Iron mg	0.9	3.2	4.2
Calcium mg	47.5	161.5	210.9
Vitamin A µg	17.4	59.1	77.2
Folate µg	8.0	27.2	35.5
Vitamin C mg	1.6	5.4	7.0
Sodium mg	103.1	350.7	457.9
Zinc mg	0.7	2.3	3.0

Mackerel and mixed pepper wraps with potato salad

Grab-and-go or after school snack



Ingredients

- 800g potatoes, peeled and diced
- 100g lower-fat mayonnaise
- 20ml lemon juice (1 lemon)
- 1g black pepper (½tsp)
- 1kg canned mackerel, (drained weight 720g)
- 400g mixed leaf lettuce, roughly chopped
- 400g mixed peppers, deseeded and sliced
- 600g wholemeal flour tortillas (10 x 60g wraps or 14 x 43g wraps)

Method

1. Boil the potatoes for 15-20 minutes until soft. Drain and leave to cool.
2. Combine the mayonnaise, lemon juice and black pepper in a large mixing bowl.
3. Add the cooled potatoes to the mayonnaise mixture and combine well.
4. Serve the mackerel with lettuce and mixed peppers in a wrap, with a portion of potato salad.

Nutrients	Nutrient content (including tortilla wrap)		
	Per 100g	Primary serving (65g potato salad, 145g wrap plus filling)	Secondary serving (90g potato salad, 205g wrap plus filling)
Energy kcals	145	307	430
Fat g	5.6	11.8	16.5
Saturates g	1.2	2.5	3.4
Carbohydrate g	17.8	37.8	52.9
Free sugars g	0.2	0.4	0.6
Fibre (AOAC) g	1.6	3.4	4.8
Protein g	6.8	14.5	20.3
Iron mg	0.8	1.8	2.5
Calcium mg	35.1	74.4	104.2
Vitamin A µg	69.8	148.0	207.4
Folate µg	17.0	36.1	50.6
Vitamin C mg	17.6	37.4	52.4
Sodium mg	153.0	324.4	454.5
Zinc mg	0.9	1.9	2.6

This recipe makes:

14 primary servings
(65g potato salad, 145g wrap plus filling)

10 secondary servings
(90g potato salad, 205g wrap plus filling)

Prep time:
20 minutes

Cooking time:
20 minutes

Allergens:

egg, fish, milk, mustard, wheat (gluten)

Serving suggestion:

with sliced tomatoes and freshly chopped dill

Tip:

swap canned mackerel for smoked mackerel, canned salmon or sardines

Recipe adapted from:

Creative Management Services Ltd

This recipe makes:

60 primary servings (165g)

45 secondary servings (220g)

Prep time:
5 minutes

Cooking time:
30 minutes

Allergens:
none

Serving suggestion:
with
jerk chicken

Tip:

for a Caribbean flavour add desiccated coconut or reduced-fat coconut milk

Recipe adapted from:

CityServe
Direct Services

Rice and peas

Accompaniment



Ingredients

- 50ml vegetable oil
- 300g onions, peeled and finely diced
- 3.2kg canned kidney beans, drained (drained weight 2kg)
- 400g canned black-eyed peas, drained (drained weight 256g)
- 1kg brown rice
- 4l water
- 30g fresh thyme
- 1kg white rice
- 10g white pepper (2tbsp)

Method

1. Heat the oil and sweat the onions until they soften.
2. Drain and rinse the kidney beans and black-eyed peas.
3. Wash and drain the brown rice.
4. Bring the water to the boil and add the brown rice and thyme. Cover and simmer for 10 minutes to part cook the rice.
5. Wash and drain the white rice and add to the brown rice.
6. Bring back to the boil and simmer for 15 minutes until tender and the rice has absorbed the water.
7. Add the kidney beans and black-eyed peas, pepper and onions to the rice, cover and heat for 5 minutes. Do not over stir.

Nutrients	Nutrient content		
	Per 100g	Primary serving (165g)	Secondary serving (220g)
Energy kcals	120	201	268
Fat g	1.4	2.3	3.1
Saturates g	0.3	0.5	0.6
Carbohydrate g	25.1	41.9	55.9
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.7	4.4	5.9
Protein g	3.4	5.7	7.6
Iron mg	0.7	1.2	1.6
Calcium mg	25.2	42.1	56.2
Vitamin A µg	0.2	0.4	0.5
Folate µg	14.3	23.8	31.8
Vitamin C mg	0.1	0.1	0.2
Sodium mg	82.2	137.3	183.4
Zinc mg	0.6	1.1	1.4

Butternut squash and bean risotto

Main



Ingredients

- 400g butternut squash, peeled and diced
- 30ml vegetable oil (2tbsp)
- 350g onion, peeled and chopped
- 12g garlic, peeled and crushed (3 cloves)
- 650g Arborio (risotto) rice
- 2l water
- 800g canned black-eyed beans, drained (drained weight 480g)
- 800g canned haricot beans, drained (drained weight 480g)
- 200g spinach, fresh or frozen
- 20g fresh parsley, chopped

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. In a large mixing bowl, coat the diced butternut squash in half the oil.
3. Place on a baking tray, making sure the pieces do not overlap. Roast in the oven for 30 minutes or until soft.
4. Meanwhile, heat the remaining oil in a deep saucepan.
5. Add the onion and garlic and heat gently until it softens.
6. Add the rice and mix well for a few seconds to coat with oil, then pour in one-third of the water and bring to a gentle simmer. Cook until almost all the water is absorbed.
7. Add a little more water and the beans. Cook until almost all the water is absorbed.
8. Continue to add the water a little at a time until the rice is cooked. Stir in the roasted butternut squash, spinach and half the chopped parsley. Stir regularly until the spinach has wilted.
9. Sprinkle with remaining fresh parsley before serving.

This recipe makes:

14 primary servings (330g)

10 secondary servings (460g)

Prep time:
15 minutes

Cooking time:
45 minutes

Allergens:
none

Serving suggestion:
as a grab-and-go option in an insulated disposable cardboard pot

Nutrients	Nutrient content		
	Per 100g	Primary serving (330g)	Secondary serving (460g)
Energy kcals	87	286	401
Fat g	1.3	4.4	6.2
Saturates g	0.2	0.8	1.1
Carbohydrate g	16.9	55.8	78.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.1	7.0	9.7
Protein g	2.9	9.4	13.2
Iron mg	0.7	2.3	3.3
Calcium mg	28.6	94.4	132.1
Vitamin A µg	97.2	320.9	449.2
Folate µg	30.7	101.3	141.8
Vitamin C mg	2.2	7.4	10.3
Sodium mg	8.3	27.3	38.3
Zinc mg	0.5	1.8	2.5

Tip:
stir in some crème fraîche for a creamier flavour

Recipe adapted from:

Lynn Grove High School

This recipe makes:

16 primary servings (295g)

12 secondary servings (390g)

Prep time:
15 minutes

Cooking time:
50 minutes

Allergens:
milk, wheat
(gluten)

Serving suggestion:
with mixed green leaf salad

Tip:
swap half the chicken for some kidney beans

Recipe adapted from:

Lancashire County Commercial Group

Mexican chicken enchiladas

Main



Ingredients

- 1.6kg chicken chopped tomatoes
- 60g tomato purée
- 12g garlic, peeled and crushed (3 cloves)
- 9g chilli powder (3tsp)
- 20ml vegetable oil (1tbsp)
- 300g onion, peeled and chopped
- 1.2kg chicken breast, diced
- 80g red pepper, deseeded and diced
- 80g green pepper, deseeded and diced
- 400g courgette, diced
- 6g coriander, ground (2tsp)
- 6g cumin, ground (2tsp)
- 400ml water
- 800g wholemeal tortilla (12 x 60g or 16 x 45g)
- 75g lower-fat Cheddar cheese, grated
- 50g mozzarella cheese, grated

Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Combine the chopped tomatoes, tomato purée, garlic and chilli powder in a mixing bowl.
3. Heat the oil in a large pan. Fry the onions for 10 minutes until soft. Add the chicken and cook for a further 5 minutes until browned.
4. Add the peppers and courgette and cook for 5 minutes. Stir in the ground coriander and cumin, then fry for 1 minute.
5. Add half of the tomato mixture to the chicken and vegetables and cook on a low heat for 10-15 minutes. Add some of the water if required.
6. To assemble the enchiladas, lay the tortillas onto a board and divide the chicken and vegetable mixture between them, folding over the ends and rolling up to seal.
7. Lay in an ovenproof dish with the seal side down. Cover the enchiladas with the remaining tomato sauce and sprinkle with the grated cheese.
18. Bake in the oven for 30 minutes. Serve with a side salad.

Nutrients	Nutrient content		
	Per 100g	Primary serving (295g)	Secondary serving (390g)
Energy kcals	92	269	358
Fat g	2.3	6.6	8.8
Saturates g	0.7	2.0	2.7
Carbohydrate g	10.8	31.6	42.2
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.3	3.7	4.9
Protein g	8.0	23.4	331.2
Iron mg	0.7	2.0	2.7
Calcium mg	45.5	133.3	177.8
Vitamin A µg	52.3	153.3	204.5
Folate µg	9.2	27.0	36.0
Vitamin C mg	6.0	17.7	23.5
Sodium mg	90.3	264.7	352.9
Zinc mg	0.5	1.3	1.8

Vegetable layer and tomato bread

Main



Ingredients

- 200g wholemeal bread mix
- 140ml warm water
- 30g tomato purée (2tbsp)
- 2g mixed dried herbs (2tsp)
- 40g plain flour (2tbsp)
- 600g potato, peeled and sliced
- 20ml vegetable oil (1tbsp)
- 140g red onion, peeled and sliced
- 140g courgette, sliced
- 140g red pepper, deseeded and sliced
- 4 eggs, beaten
- 520ml semi-skimmed milk
- 10g mustard powder (3tsp)
- 100g lower-fat Cheddar cheese, grated

Method

For the bread

1. Preheat the oven to 230°C/450°F/gas mark 8.
2. Make the bread dough according to the manufacturer's instructions, adding the tomato purée and herbs at the beginning of the process.
3. When the dough is ready mould into 10 pieces (primary) or 6 pieces (secondary), shape and place on a greased baking tray and dust the top with flour.
4. Bake for approximately 15-20 minutes. They should sound hollow when they are ready. Turn the oven down to 180°C/350°F/gas mark 4.

For the vegetable layer

5. Boil the potato slices for 10 minutes, then drain.
6. Heat the oil in a large pan. Add the onions, courgette and pepper and fry for 5 minutes.
7. Combine the egg, milk, mustard powder and cheese in a mixing jug or bowl.
8. Grease a deep baking tray or casserole dish. Layer the sliced potatoes, and vegetable mixture. Repeat until all the ingredients have been used.
9. Pour over the egg mixture and bake in the oven for 1 hour or until the egg mixture has set.
10. Serve with bread rolls and salad.

This recipe makes:

10 primary portions
(30g bread plus 200g vegetable layer)

6 secondary portions
(50g bread plus 330g vegetable layer)

Prep time:
15 minutes

Cooking time:
2 hours

Allergens:

egg, milk, mustard, wheat (gluten)

Serving suggestion:

hot or cold with mixed salad leaves

Nutrients	Nutrient content		
	Per 100g	Primary serving (30g bread, 200g vegetable layer)	Secondary serving (50g bread, 330g vegetable layer)
Energy kcals	106	243	405
Fat g	3.4	7.7	12.9
Saturates g	1.2	2.6	4.4
Carbohydrate g	14.0	32.2	53.6
Free sugars g	0.1	0.2	0.4
Fibre (AOAC) g	1.7	4.1	6.8
Protein g	5.5	12.5	20.9
Iron mg	0.7	1.6	2.6
Calcium mg	89.3	205.5	342.4
Vitamin A µg	72.7	167.3	278.8
Folate µg	18.3	42.1	70.1
Vitamin C mg	7.7	17.6	29.3
Sodium mg	95.6	219.9	366.5
Zinc mg	0.6	1.5	2.5

Tip:

add sliced tomatoes to the vegetable layer and cook for a further 15 minutes

Recipe adapted from:

HC3S (Hampshire County Council Catering Services)

References

1. The Requirements for School Food Regulations 2014 can be found at: www.legislation.gov.uk/ukxi/2014/1603/pdfs/ukxi_20141603_en.pdf
2. School Food Standards. A practical guide for schools their cooks and caterers can be found at: www.schoolfoodplan.com/standards/
3. Scientific Advisory Committee on Nutrition (SACN) Carbohydrates and Health report. www.gov.uk/government/publications/sacn-carbohydrates-and-health-report
4. Institute of Grocery Distribution UK Wholegrain Guidance Note. www.igd.com
5. Flour Advisory Bureau. For more information on the types of flour available and their uses visit: <http://fabflour.co.uk/>
6. Information for schools and caterers about the Government Buying Standards for Food and Catering Services can be found at: www.childrensfoodtrust.org.uk/childrens-food-trust/schools/school-food-standards/resources/advice-on-buying-healthier-food-and-ingredients/

For the full series of our **Recipes for Success** booklets, please visit:
www.childrensfoodtrust.org.uk

The Children's Food Trust

The Children's Food Trust aims to reduce childhood obesity and malnutrition and enhance educational performance through improving the food our children eat in early years settings, schools and beyond.

We work with health and education commissioners in local authorities, and directly with early years settings, schools, parents and children across the country. We run the UK's biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you, too.

Let's Get Cooking

Run by the Children's Food Trust, Let's Get Cooking is the UK's largest network of cooking clubs. We provide training, support and resources for setting up and running healthy cooking activities for people of all ages.

For cooking clubs and cookery training information and services visit: www.letsgetcooking.org.uk

Cooking at home? Visit: www.letsgetcookingathome.org.uk for a fantastic range of healthy, tasty recipes as well as lots of helpful information on cooking from scratch.

Contact us

Children's Food Trust, 3rd Floor, 1 East Parade, Sheffield S1 2ET

Tel: 0114 299 6901

Email: info@childrensfoodtrust.org.uk

Website: www.childrensfoodtrust.org.uk

Children's Food Trust registered charity number 1118995

Copyright © Children's Food Trust 2015

0028-E2-15