

# Vegetable 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

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Borough Council
- One recipe was developed by the  
Trust's Let's Get Cooking programme.

## Why has this booklet been developed?

The standards for school food in England were updated in January 2015.<sup>1,2</sup> To meet these standards, one or more portions of vegetables or salad must be provided as an accompaniment at lunchtime every day, at least three different vegetables must be provided each week, and fruit and/or vegetables should be available in all school food outlets.

It is also good practice to include vegetables within recipes provided at lunchtime, and as part of meals and snacks provided at other times of the day, to help children to get their 5 A DAY.

This booklet contains lots of practical tips for how to meet the standards for vegetables, and provide vegetables as part of recipes, along with 10 tried and tested dishes which each contain a whole portion of vegetables or salad.

### Why have a standard for vegetables?

- To encourage pupils to eat more vegetables and reach their 5 A DAY target.<sup>3</sup> National surveys show that 11 to 18-year-olds consume on average only three portions of fruit and vegetables across the whole day.<sup>4</sup> School food can help increase this
- Vegetables are a good source of nutrients including folate, vitamin C, vitamin A, calcium, iron and fibre
- Vegetables are a good source of dietary fibre, which is important for a healthy digestive system and prevents constipation. A diet high in fibre can also reduce the risk of heart disease, stroke and some cancers, including bowel cancer
- The standard encourages children to develop the habit of eating fruit and vegetables as part of meals and snacks every day.



# What counts as a vegetable and how much?

## What does this food group include?

Fresh, frozen, canned, steamed, mashed, stir-fried or roasted vegetables, salad, and vegetable juices. Beans and pulses, such as lentils and chickpeas, also count as a portion of vegetables. Potatoes are high in starchy carbohydrate and are categorised as a starchy food, so *do not* count towards your 5 A DAY or the standard for vegetables.

## What is one portion of vegetables?

For adults, 80g<sup>3</sup> is the recommended size for one portion of vegetables, but at the moment there is no recommended portion size for children. We recommend serving at least half an adult portion (40g) to primary pupils, moving towards an adult size portion (80g) for secondary pupils.

Data from our surveys suggest that primary schools often provide portions of vegetables and salad which are larger than 40g and secondary schools provide portions which are generally smaller than 80g, but this varied between types of vegetables and schools.<sup>5, 6</sup>

Typical portion sizes for different fruit and vegetables are included in 'School Food Standards: A practical guide for schools their cooks and caterers'<sup>2</sup> and are outlined in the table below.

Food	Primary	Secondary
Raw vegetables or salad	40-60g	80g
Cooked vegetables e.g. peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, cabbage, spinach	40-60g 1-2 tablespoons	80g 2-3 tablespoons
Pulses e.g. lentils, kidney beans, chickpeas	Dried 15-20g Cooked 40-60g (1-2 tablespoons)	Dried 30g Cooked 80g (3 tablespoons)
Baked beans in tomato sauce	50-70g (1-2 tablespoons)	90-100g (3 tablespoons)
Vegetable-based soup	200-250g	250-300g

\* Vitamin losses associated with cooked vegetables have been taken into account.

## Get creative – add colourful vegetables to your menu

Vegetables provide many different nutrients and their various colours play a part. For example, yellow and orange vegetables are often high in vitamin A, whereas green, leafy vegetables provide folate.

Think about colour when choosing vegetable dishes, accompaniments and creating meal deals. Colours make your dishes look attractive at the servery and on the plate. For example, if you have cheese and onion flan with mashed potato which are both quite pale in colour, serve them with different coloured vegetables like peppers and peas, or mixed roasted vegetables rather than parsnips or sweetcorn. Vegetables can also be used as garnishes – use sliced tomatoes to decorate a fish pie or macaroni cheese, or sprinkle grated carrot and parsley on top of soups and stews.

Here are more colour ideas.

<b>Red</b>				
<b>Yellow/orange</b>				
<b>White</b>				
<b>Green</b>				
				
<b>Purple</b>				

## Tips – providing vegetables at lunchtime

### Remember

**For your lunch menus to meet the standards for school lunches, you should provide one or more portions of vegetables or salad as an accompaniment every day, and it is good practice to include vegetables as part of school lunch recipes.**

### Soups

- Try freshly made soups, such as leek and potato, scotch broth, pea and mint, carrot and coriander, or tomato and lentil.

### Main meals and composite dishes

- Include a portion of vegetables in your main dishes – try vegetable curries, stews, chilli con carne, pasta dishes, sweet and sour sauce, ratatouille, stir fry, lasagne, vegetable crumble, moussaka or vegetable-topped pizza
- Aim for at least one portion (40g primary, 80g secondary) of vegetables per serving of your main dish
- Include vegetables such as tomatoes, onions and peppers in pasta sauces
- Add carrot, swede or sweet potato to mashed potato toppings on fish pie or shepherd's pie, to add colour and nutrients.

### Grab-and-go

- Include a portion of salad or vegetables in grab-and-go options: serve salad pots with sandwiches to avoid them going soggy; serve vegetable sticks with wraps; offer crudités with houmous; include vegetables in hot or cold pasta pots; or provide cardboard cups of vegetable soup

- Promote vegetables and salad as part of a buy-one-get-one-free offer to complement grab-and-go items.

### Accompaniments

- Offer a variety of boiled or steamed vegetables to accompany main dishes
- Roasted vegetables, mashed carrot and swede, cauliflower cheese or stir fried vegetables make interesting alternatives
- Add chopped vegetables, peas or beans to rice or couscous to make it more colourful.

### Salad bar

- Offer plain and mixed salads for pupils to choose from, such as plain grated carrot, sliced beetroot, onions, mixed lettuce, spinach leaves, and mixed pasta salads, rice, noodle or couscous salads
- Fresh, canned and dried fruit may also be popular in salads. Try cabbage and orange, carrot and sultana or celery and apple.

### Desserts

- Try including vegetables in dessert options, such as celery, cherry tomatoes or grapes with cheese and crackers, pumpkin pie, courgette loaf, carrot cake, or beetroot muffin.

## Tips – providing vegetables at other times

### Remember

To meet the standards for food other than lunches, you must offer fruit and/or vegetables wherever you provide food during the school day. That means breakfast clubs, mid-morning break, vending machines, tuck shops and after school clubs.

### Breakfast clubs

- Add mushrooms, onion, tomato and peppers to omelettes or scrambled egg
- Try grilled mushrooms, canned plum tomatoes or spinach and poached egg on toast
- Use reduced sugar and salt varieties of baked beans where possible.

### Mid-morning break

- Offer fresh vegetable sticks and pitta bread strips to dip in houmous or taziki
- Try toast topped with diced fresh tomato, onions and peppers or grilled mushrooms and a little lower-fat cheese
- Small servings of vegetable soup are also good to offer as a winter warmer.

### After school clubs

- Include dishes, such as vegetable soup, pasta sauces, vegetable fajitas, English muffins topped with vegetables or jacket potatoes with salad
- Offer a range of vegetable toppings for pupils to choose from so they can create their own pizzas or wraps
- Smoothies are popular, so encourage pupils to make their own using a combination of fruit and vegetables such as celery and apple or carrot, banana and orange
- For more ideas, check out our 'After school club recipes and tips' booklet.

### Vending

- Think about how to include vegetables in vending machines as this can reduce queues
- Some machines will accommodate bags or pots of chopped fresh vegetables, such as carrot sticks and dips, or sandwiches filled with salad
- Ask suppliers to trial vegetable juice drinks (max 150ml portion), such as tomato or carrot, and offer these as taste testers to pupils.



# Seasonal selections

Try to use vegetables which are in season, when they are often cheaper and sweeter. You'll also be helping pupils learn about the great vegetables available in Britain.<sup>7</sup>

	In season	January	February	March	April	May	June	July	August	September	October	November	December
	Available												
	In store												
Broccoli													
Cabbage													
Carrot													
Cauliflower													
Leek													
Onion													
Parsnip													
Peas													
Spinach													
Swede													
Sweetcorn													
Turnip													
Celery													
Lettuce													
Radish													
Spring onion													
Tomato													

-  **In season** This is when vegetables are at their best and most widely available.
-  **Available** This is when vegetables are coming into or out of season. Some salad crops are grown outside of season in greenhouses.
-  **In store** Vegetables are harvested in season, then stored to extend their availability.

## Vegetable recipes

Recipes rich in vegetables and already popular in schools include tomato and chunky vegetable pasta sauces, curries, stews, soups and salad boxes. Self-service salad bars are also popular, but if you don't have space, put bowls of mixed salad on the serverly instead. Here are 10 tried and tested dishes highlighting the best of British seasonal vegetables. These dishes can also be adapted to reflect the seasons.

1. **Winter vegetable soup**
2. **Lancashire hot pot**
3. **Autumn country vegetable crumble**
4. **Cauliflower, potato, and chickpea curry**
5. **Summer vegetable lasagne**
6. **Mixed vegetable risotto**
7. **Roasted root vegetables**
8. **Winter red coleslaw**
9. **Summery salad**
10. **Mixed bean salad**

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:

15 primary servings (220ml soup plus 60g bread roll)

12 secondary servings (275ml soup plus 75g bread roll)

**Prep time:**  
10 minutes

**Cooking time:**  
30 minutes

**Allergens:**  
celery, soya, sulphites, wheat (gluten)

**Serving suggestion:**  
offer a range of bread rolls

**Tip:**  
alter the vegetables to reflect the seasons

**Recipe adapted from:**

Darlington School of Mathematics and Science

# Winter vegetable soup

## Grab-and-go



### Ingredients

- 30ml vegetable oil (2tbsp)
- 600g onion, peeled and diced
- 100g celery, chopped
- 100g swede, peeled and diced
- 500g potatoes, peeled and diced
- 100g broccoli, chopped
- 150g carrots, peeled and chopped
- 100g cauliflower, chopped
- 100g celeriac, peeled and diced
- 25g garlic purée (1½tbsp)
- 1.5l water
- 2g black pepper (1tsp)
- 900g wholemeal rolls (12 x 75g or 15 x 60g)

### Method

1. Heat the oil in a pan and add the onion and celery, cook slowly until they begin to soften.
2. Add the swede, potato, broccoli, carrot, cauliflower, celeriac and garlic purée to the softened vegetables.
3. Add the water and black pepper. Bring to the boil and then simmer for 20 minutes or until all the vegetables are soft.
4. Blend the soup before serving with a bread roll.

Nutrients	Nutrient content (including roll)		
	Per 100g	Primary serving (280g)	Secondary serving (350g)
Energy kcals	74	208	260
Fat g	1.7	4.6	5.8
Saturates g	0.3	0.7	0.9
Carbohydrate g	12.9	36.2	45.2
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.8	5.1	6.4
Protein g	2.8	7.8	9.7
Iron mg	0.7	1.9	2.4
Calcium mg	27.2	76.2	95.3
Vitamin A µg	83.0	232.3	290.4
Folate µg	20.5	57.3	71.6
Vitamin C mg	3.5	9.9	12.4
Sodium mg	107.4	388.3	485.4
Zinc mg	0.5	1.3	1.6

# Lancashire hot pot

## Main



### Ingredients

- 30ml vegetable oil (2tbsp)
- 1.2kg lean stewing lamb, diced into 1.5cm cubes
- 300g leek, sliced
- 300g onion, peeled and sliced
- 30g plain flour (1½tbsp)
- 300ml water
- 12g stock cubes (2)
- 300g carrot, peeled and finely sliced
- 300g turnip, peeled and diced into 1cm cubes
- 10g black pepper (3tsp)
- 2.4kg potatoes, scrubbed and thinly sliced

### Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Heat the oil in a pan and brown the lamb.
3. Remove the lamb from the pan, and set aside on a plate.
4. Add the leek and onion to the pan and mix with the meat juices, sprinkle in the flour, stir well to coat the vegetables.
5. Add the water, crumbled stock cubes, carrot, turnip and black pepper, bring to the boil then simmer for 10 minutes until the vegetables start to soften and the sauce thickens.
6. Return the browned lamb to the saucepan, mix and pour the meat and vegetables into an oven proof dish.
7. Arrange the potato slices on top, slightly overlapping like tiles.
8. Cover with a lid and cook in the oven for 40 minutes, then remove the lid and cook for a further 40 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving (325g)	Secondary serving (405g)
Energy kcals	91	295	369
Fat g	3.4	11.1	13.8
Saturates g	1.3	4.1	5.1
Carbohydrate g	9.7	31.5	39.4
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.4	4.6	5.7
Protein g	6.0	19.4	24.2
Iron mg	0.7	2.2	2.8
Calcium mg	17.7	57.3	71.6
Vitamin A µg	139.7	452.6	565.7
Folate µg	14.4	46.5	58.1
Vitamin C mg	4.3	14.0	17.5
Sodium mg	59.2	191.8	239.7
Zinc mg	1.3	4.2	5.2

**This recipe makes:**

15 primary servings (325g)

12 secondary servings (405g)

**Prep time:**  
10 minutes

**Cooking time:**  
1 hour 30 minutes

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

**Serving suggestion:**  
with steamed broccoli

**Tip:**  
replace the lamb with beef

**Recipe adapted from:**  
School Food Support Service  
Leicestershire County Council

## This recipe makes:

9 primary servings (200g)

6 secondary servings (305g)

**Prep time:**  
10 minutes

**Cooking time:**  
45 minutes

**Allergens:**  
milk, wheat  
(gluten)

**Serving suggestion:**  
with mixed  
salad

**Tip:**  
use courgettes  
and peas in  
summer

**Recipe adapted from:**

Creative  
Management  
Services,  
Sunderland

# Autumn country vegetable crumble

## Main



### Ingredients

- 75g soft margarine
- 250g wholemeal flour
- 75g lower-fat Cheddar cheese, grated
- 100g carrots, peeled and diced into 1cm cubes
- 100g leeks, peeled and sliced
- 200g onion, peeled and finely diced
- 100g savoy cabbage, sliced
- 100g potatoes, peeled and diced into 1cm cubes
- 25g tomato purée (1½tbsp)
- 2g mixed dried herbs (2tsp)
- 400g canned chopped tomatoes
- 400g canned kidney beans, drained and rinsed (drained weight 256g)
- 150ml water

### Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Rub the margarine into the flour and stir in the grated cheese.
3. Put all the vegetables, potatoes, tomato purée, herbs, chopped tomatoes, kidney beans and water into a saucepan and bring to the boil, simmer for 5 minutes.
4. Transfer the vegetable mixture to an ovenproof dish and sprinkle the crumble topping evenly to cover the vegetables.
5. Bake for 40 minutes or until golden.

Nutrients	Nutrient content		
	Per 100g	Primary serving (200g)	Secondary serving (305g)
Energy kcals	112	228	342
Fat g	4.6	9.3	13.9
Saturates g	1.2	2.4	3.6
Carbohydrate g	14.0	28.4	42.6
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	3.2	6.4	9.8
Protein g	4.7	9.5	14.2
Iron mg	1.2	2.3	3.5
Calcium mg	61.3	124.8	187.2
Vitamin A µg	184.9	376.6	564.9
Folate µg	17.7	36.1	54.1
Vitamin C mg	3.6	7.3	11.0
Sodium mg	132.2	269.2	403.8
Zinc mg	0.7	1.5	2.2

# Cauliflower, potato and chickpea curry

## Main



**This recipe makes:**

18 primary servings (225g)

12 secondary servings (340g)

**Prep time:**  
10 minutes

**Cooking time:**  
25 minutes

### Ingredients

- 20ml vegetable oil (1tbsp)
- 200g onion, peeled and sliced
- 15g root ginger, peeled and grated
- 5g chilli powder (1½tsp)
- 5g curry powder (1½tsp)
- 5g ground turmeric (1½tsp)
- 5g ground cumin (1½tsp)
- 400g canned chopped tomatoes
- 300ml water
- 1.2kg cauliflower, broken into small florets
- 350g potatoes, peeled and cubed
- 350g frozen peas
- 2kg chickpeas, canned (drained 1.2kg)
- 50g fresh coriander

### Method

1. Heat the oil in a pan and fry the onions until soft.
2. Add the fresh ginger and spices and mix to cover the onions.
3. Add the tomatoes and water and bring to the boil.
4. Add the cauliflower, potatoes, peas and chickpeas to the curry mixture and stir well.
5. Cover and simmer for approximately 15 minutes, until the vegetables are cooked.
6. Sprinkle with fresh coriander before serving.

**Allergens:**  
mustard,  
sulphites

**Serving suggestion:**  
with rice or naan bread and salad

Nutrients	Nutrient content (analysed without rice)		
	Per 100g	Primary serving (225g)	Secondary serving (340g)
Energy kcals	61	139	208
Fat g	1.7	3.9	5.9
Saturates g	0.2	0.5	0.7
Carbohydrate g	8.2	18.6	27.8
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	3.0	6.8	10.3
Protein g	3.8	8.7	13.1
Iron mg	1.0	2.3	3.5
Calcium mg	26.7	60.5	90.7
Vitamin A µg	19.1	43.3	64.8
Folate µg	24.2	54.8	82.1
Vitamin C mg	10.8	24.6	36.8
Sodium mg	72.8	165.2	247.5
Zinc mg	0.5	1.1	1.6

**Tip:**

use fresh peas and broad beans in June

**Recipe adapted from:**

School Food Support Service  
Leicestershire County Council

## This recipe makes:

16 primary servings (280g)

12 secondary servings (375g)

**Prep time:**  
15 minutes

**Cooking time:**  
45 minutes

**Allergens:**  
milk, wheat  
(gluten)

**Serving suggestion:**  
with bread  
and salad

**Tip:**  
garnish with  
sliced fresh  
tomato

**Recipe adapted from:**

Enfield  
Catering  
Services

# Summer vegetable lasagne

## Main



### Ingredients

- 50ml vegetable oil (3tbsp)
- 120g onion, peeled and diced
- 8g garlic (2 cloves)
- 450g broccoli, sliced
- 230g carrot, peeled and diced
- 450g cauliflower, diced
- 300g courgette, sliced
- 230g mushrooms, sliced
- 60g tomato purée (3tbsp)
- 400g canned tomatoes
- 500ml water
- 3g dried mixed herbs (3tsp)
- 25g soft margarine
- 25g plain flour (1tbsp)
- 500ml semi-skimmed milk
- 120g lower-fat cheese, grated
- 2g white pepper (1tsp)
- 570g pasta sheets (dried)

### Method

1. Preheat the oven to 200°C /400°F/ gas mark 6.
2. Heat the oil in a pan and soften the onion and garlic.
3. Add the remaining vegetables and stir to coat in the oil.
4. Add the tomato purée, canned tomatoes, water and mixed herbs and cook for 5 minutes until the vegetables start to soften.
5. In a separate pan mix the margarine and flour together to form a paste, gradually add the milk and stir until the mixture thickens into a white sauce. Add half the grated cheese and white pepper to flavour the sauce.
6. In a suitable dish, assemble the lasagne by layering of the vegetable mixture, then a layer of pasta sheets, then cheese sauce, repeating with the top layer being pasta sheets and cheese sauce. Then sprinkle the remaining grated cheese over the top and bake for 40 minutes.

Nutrients	Nutrient content		
	Per 100g	Primary serving (280g)	Secondary serving (375g)
Energy kcals	67	189	252
Fat g	2.5	7.1	9.5
Saturates g	0.7	1.9	2.6
Carbohydrate g	8.3	23.3	31.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.5	4.3	5.8
Protein g	3.4	9.4	12.6
Iron mg	0.5	1.4	1.9
Calcium mg	50.7	142.4	189.8
Vitamin A µg	144.6	406.3	514.8
Folate µg	20.4	57.4	76.5
Vitamin C mg	8.8	24.8	33.1
Sodium mg	41.4	116.3	155.0
Zinc mg	0.4	1.1	1.5

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# Mixed vegetable risotto

## Main



### Ingredients

- 20ml vegetable oil (1tbsp)
- 500g white rice (1385g cooked)
- 100g carrots, peeled, diced
- 350g celery, finely diced
- 100g onion, peeled and diced
- 6g vegetable stock cube (1)
- 1.5l water
- 100g frozen peas
- 100g sweetcorn, canned and drained
- 50g red pepper, deseeded, diced
- 50g green pepper, deseeded, diced
- 250g fresh spinach, washed

### Method

1. Heat the vegetable oil in a pan, add the rice and stir to cover the rice with the oil.
2. Add the carrot, celery and onion and soften.
3. Make up the stock in a separate pan or jug.
4. Add the stock a little at a time and stir into the rice mixture.
5. After about 10 minutes when the rice is partially cooked, add the peas, sweetcorn, peppers and spinach and cook for a further 10 minutes.

### This recipe makes:

10 primary servings (310g)  
8 secondary servings (390g)

**Prep time:**  
15 minutes

**Cooking time:**  
25 minutes

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

**Serving suggestion:**  
with beetroot salad

Nutrients	Nutrient content		
	Per 100g	Primary serving (310g)	Secondary serving (390g)
Energy kcals	78	244	305
Fat g	1.4	4.5	5.6
Saturates g	0.3	0.8	1.0
Carbohydrate g	15.5	48.3	60.4
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.3	3.9	4.9
Protein g	1.8	5.5	6.9
Iron mg	0.4	1.1	1.4
Calcium mg	28.8	90.1	112.6
Vitamin A µg	174.8	546.4	683.0
Folate µg	13.7	42.8	53.4
Vitamin C mg	4.1	12.7	15.9
Sodium mg	72.8	227.6	284.5
Zinc mg	0.42	1.3	1.6

### Tip:

add grated lower-fat hard cheese at the end for a more creamy texture

### Recipe adapted from:

Churchill Community College, North Tyneside

## This recipe makes:

32 primary servings (65g)

18 secondary servings (120g)

**Prep time:**  
15 minutes

**Cooking time:**  
50 minutes

**Allergens:**  
sulphites

**Serving suggestion:**  
serve with stews or roast dinners

**Tip:**  
try roasting pumpkin or beetroot

**Recipe adapted from:**

King Edward VI C of E Voluntary Controlled Upper School, Suffolk

# Roasted root vegetables

## Accompaniment



### Ingredients

- 30g fresh thyme
- 50ml vegetable oil (3tbsp)
- 40g garlic purée (2tbsp)
- 500g carrots, peeled and chopped
- 500g swede, peeled and chopped
- 500g parsnip, peeled and chopped
- 500g butternut squash, peeled, deseeded and chopped

### Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Reserve 10g thyme. Put 20g thyme, the oil, garlic purée and all the vegetables into a bowl and mix well.
3. Tip the vegetables onto a baking tray, and roast for 50 minutes, or until soft, turning occasionally.
4. Serve the roasted vegetables hot or cold. Garnish with the remaining thyme leaves.

Nutrients	Nutrient content		
	Per 100g	Primary serving (65g)	Secondary serving (120g)
Energy kcals	59	39	70
Fat g	3.3	2.2	3.8
Saturates g	0.3	0.2	0.4
Carbohydrate g	7.0	4.7	8.3
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.9	1.9	3.5
Protein g	0.9	0.6	1.1
Iron mg	0.4	0.3	0.5
Calcium mg	42.8	28.3	50.3
Vitamin A µg	664.0	438.9	780.2
Folate µg	22.2	14.7	26.1
Vitamin C mg	9.9	6.6	11.7
Sodium mg	69.1	45.7	81.2
Zinc mg	0.2	0.1	0.2

# Winter red coleslaw

## Accompaniment



**This recipe makes:**

40 primary servings (50g)  
20 secondary servings (100g)

**Prep time:**  
10 minutes

**Chilling time:**  
30 minutes

### Ingredients

- 20g mustard (2tsp)
- 4g black pepper (2tsp)
- 120g lower-fat mayonnaise
- 1kg red cabbage, finely shredded
- 300g carrots, peeled and grated
- 500g beetroot, boiled and grated (not pickled)
- 75g raisins

### Method

1. Mix the mustard, black pepper and mayonnaise together.
2. Add the shredded cabbage, grated carrot and beetroot and mix to coat the vegetables.
3. Add the raisins and refrigerate, served chilled.

**Allergens:**  
egg, milk, mustard

**Serving suggestion:**  
on salad bar or jacket potato filling

Nutrients	Nutrient content		
	Per 100g	Primary serving (50g)	Secondary serving (100g)
Energy kcals	56	28	56
Fat g	2.0	1.0	2.0
Saturates g	0.3	0.1	0.3
Carbohydrate g	8.5	4.3	8.5
Free sugars g	0.3	0.2	0.3
Fibre (AOAC) g	2.9	1.4	2.9
Protein g	1.4	0.7	1.4
Iron mg	0.6	0.3	0.6
Calcium mg	43.9	22.1	43.9
Vitamin A µg	311.9	157.4	311.9
Folate µg	48.7	24.6	48.7
Vitamin C mg	29.4	14.8	29.4
Sodium mg	122.3	61.7	122.3
Zinc mg	0.2	0.1	0.2

**Tip:**  
add red onion for extra flavour

**Recipe adapted from:**

Let's Get Cooking

## This recipe makes:

30 primary servings (40g)  
15 secondary servings (80g)

**Prep time:**  
15 minutes

**Chilling time:**  
30 minutes

**Allergens:**  
mustard

**Serving suggestion:**  
serve vinaigrette dressing separately

**Tip:**  
use a range of lettuce leaves

**Recipe adapted from:**

Fresh Catering,  
Sandwell Metropolitan Borough Council

# Summery salad

## Accompaniment



### Ingredients

- 500g iceberg lettuce, shredded
- 200g watercress, stalks removed
- 100g tomatoes, sliced
- 110g mustard and cress
- 150g carrots, peeled and grated
- 50g cucumber, sliced
- 50g spring onion, sliced
- 50g radishes, sliced

### Method

1. Wash and prepare the vegetables, cut and wash the cress.
2. Mix in a bowl and chill before serving.

Nutrients	Nutrient content		
	Per 100g	Primary serving (40g)	Secondary serving (80g)
Energy kcals	17	7	14
Fat g	0.5	0.2	0.4
Saturates g	0.1	0.0	0.1
Carbohydrate g	2.2	0.9	1.8
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.8	0.7	1.4
Protein g	1.2	0.5	1.0
Iron mg	0.8	0.3	0.7
Calcium mg	48.3	19.5	39.0
Vitamin A µg	248.6	100.3	200.6
Folate µg	44.3	17.9	35.7
Vitamin C mg	18.2	7.3	14.7
Sodium mg	17.2	7.0	13.9
Zinc mg	0.3	0.1	0.2

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# Mixed bean salad

## Accompaniment



**This recipe makes:**

30 primary servings (60g)

20 secondary servings (90g)

**Prep time:**  
15 minutes

**Chilling time:**  
2 hours

### Ingredients

- 400g canned kidney beans, drained (drained weight 256g)
- 400g canned butter beans, drained (drained weight 228g)
- 400g canned chickpeas, drained (drained weight 240g)
- 400g canned borlotti beans, drained (drained weight 256g)
- 340g canned sweetcorn, drained (drained weight (278g)
- 150g green pepper, deseeded and finely diced
- 150g red pepper, deseeded and finely diced
- 250g onion, peeled and finely diced
- 15ml vegetable oil (1tbsp)
- 15ml vinegar (1tbsp)
- 5g black pepper (1tbsp)

### Method

1. Drain and rinse the beans, chickpeas and sweetcorn and place in a large bowl.
2. Add all the remaining ingredients and mix well.
3. Chill before serving.

**Allergens:**  
sulphites

**Serving suggestion:**  
include as part of a salad bar

Nutrients	Nutrient content		
	Per 100g	Primary serving (60g)	Secondary serving (90g)
Energy kcals	86	52	78
Fat g	1.6	1.0	1.5
Saturates g	0.2	0.1	0.2
Carbohydrate g	14.5	8.7	13.0
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	4.7	2.9	4.3
Protein g	4.4	2.6	3.9
Iron mg	1.1	0.7	1.0
Calcium mg	33.7	20.2	30.3
Vitamin A µg	59.4	35.6	53.4
Folate µg	17.1	10.2	15.4
Vitamin C mg	22.0	13.2	19.8
Sodium mg	231.1	138.7	208.0
Zinc mg	0.5	0.3	0.5

**Tip:**  
add mustard or chopped herbs to the dressing

**Recipe adapted from:**  
Children's Food Trust

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For the full series of our *Recipes for Success* booklets, please visit:  
[www.childrensfoodtrust.org.uk/schools/resources](http://www.childrensfoodtrust.org.uk/schools/resources)

### 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](http://www.letsgetcooking.org.uk)

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

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